

# Explore Summer 2022 Activities



Register Beginning May 3rd at Noon

## 5090 Broadway Recreation Center

5090 Broadway • (720) 865-2150  
M-F: 9:30am-7pm / Sat: 10am-2:30pm / Sun: Closed

▶▶▶▶▶▶▶▶▶▶ Browse the Activity Guide, and register for programs at [DENVERGOV.ORG/RECREATION](http://DENVERGOV.ORG/RECREATION) ◀◀◀◀◀◀◀◀◀◀



### Active Older Adults

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

**Billiards 101**  
W 10:00-11:00 AM 01/05-12/28 [73525](#)  
Ages: 18+ ..... Drop in class. FREE with membership

**Circuit Weight Room 101**  
Tu,Th 10:00-11:00 AM 01/04-12/29 [73536](#)  
Ages: 50+ ..... Drop in class. FREE with membership

**Club: Billiards**  
W 11:00 AM-1:00 PM 01/05-12/28 [73541](#)  
Ages: 18+ ..... Drop in class. FREE with membership

**Club: Social**  
F 9:45-11:00 AM 01/07-12/02 [73580](#)  
Ages: 18+ ..... Drop in class. FREE with membership

**Nutrition Clinic**  
M 11:30 AM-12:30 PM 01/10-12/12 [75315](#)  
Ages: 50+ ..... Drop in class. FREE with membership

**Pickleball**  
Tu,Th 11:30 AM-1:30 PM 01/04-12/29 [73590](#)  
Ages: 18+ ..... Drop in class. FREE with membership

**Pickleball Beginner Clinic**  
Tu 10:00-11:00 AM 01/04-12/27 [73609](#)  
Ages: 18+ ..... Drop in class. FREE with membership

### MY Denver

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

**MY Denver Activities**  
M-F 12:00-4:00 PM 06/03-08/19 [77540](#)  
Ages: 8-18. .... Drop in class. FREE with MY Denver Card

**Summer in the Parks**  
At Aztlan Recreation Center  
M-F 9:00 AM-4:00 PM 06/06-07/29 [72991](#)  
Ages: 5-12. .... \$630

### Discounts

Denver residents ages 60+ and youth ages 5-18 could qualify for a free MY Denver membership.

Visit the front desk at any recreation center to see if you are eligible.



### Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

**Zumba®**  
M,W 5:30-6:30 PM 01/03-12/26 [73802](#)  
Ages: 15+ ..... Drop in class. FREE with membership

See our full schedule of classes online at:  
[DENVERGOV.ORG/FITNESS](http://DENVERGOV.ORG/FITNESS)

#### PERSONAL TRAINING

**Body fat/fitness assessments**  
Ages: 15+ .....\$15

**Individual training:** One-on-one 60 minute session with one of our Certified Personal Trainers.  
Ages: 15+ 1 Session .....\$45

#### Nutrition Plan

Personalized nutrition consult and 30-minute one-on-one check in call halfway through the session.  
Fee.....\$45



### Youth Sports

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

**Cheerleading Camp**  
At Scheitler Recreation Center  
M-Th 10:30 AM-12:00 PM 07/25-07/28 [74759](#)  
Ages: 5-14. ....\$20

**Sports Camp - Lacrosse**  
Berkeley Lake Park  
M-F 9:00-10:00 AM 06/27-07/01 [74608](#)  
Ages: 7-9 .....\$25  
M-F 10:30-11:30 AM 06/27-07/01 [74609](#)  
Ages: 10-12 .....\$25

**Sports Camp - Multi-Sport**  
Berkeley Lake Park  
M-F 9:00-10:00 AM 06/13-06/17 [75107](#)  
Ages: 5-8 .....\$25  
M-F 10:30-11:30 AM 06/13-06/17 [74605](#)  
Ages: 9-12 .....\$25

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

**Sports Camp - Outdoor Volleyball**  
Berkeley Lake Park  
M-F 9:00-10:00 AM 06/20-06/24 [74606](#)  
Ages: 9-11 .....\$25  
M-F 10:30-11:30 AM 06/20-06/24 [74607](#)  
Ages: 12-14 .....\$25

**Pee Wee Tennis**  
Berkeley Park  
Tu,Th 8:00-8:45 AM 06/07-07/28 [77223](#)  
Ages: 5-7 .....\$40

**Youth Beginner Tennis**  
Berkeley Park  
Tu,Th 9:00-10:00 AM 06/07-07/28 [77260](#)  
Ages: 7-15 .....\$50

**Youth Adv. Beg Tennis**  
Berkeley Park  
Tu,Th 10:00-11:00 AM 06/07-07/28 [77243](#)  
Ages: 7-15 .....\$50

**Youth Intermediate Tennis**  
Berkeley Park  
Tu,Th 11:00 AM-12:00 PM 06/07-07/28 [77276](#)  
Ages: 7-15 .....\$50

### YOUTH TEAM SPORTS

DAY	TIME	AGE	ACTIVITY #
-----	------	-----	------------

**T-Ball**  
Tu,W 4:00-5:00 PM Ages: 5-6 [74574](#)  
Ages: 5-6 Dates: 06/06-08/06 .....\$40

**Baseball**  
W,Th 5:00-6:00 PM Ages: 7-8 [74617](#)  
M,F 6:00-7:30 PM Ages: 9-10 [74684](#)  
Ages: 7-8 Dates: 06/06-08/06 .....\$40  
Ages: 9-14 Dates: 06/06-08/13 .....\$50

**Softball**  
M,Tu 5:00-6:00 PM Ages: 7-8 [74646](#)  
W,Th 6:00-7:30 PM Ages: 9-10 [74713](#)  
Ages: 7-8 Dates: 06/06-08/06 .....\$40  
Ages: 9-14 Dates: 06/06-08/13 .....\$50

View game schedules at:  
[DENVERYOUTHSPORTS.ORG](http://DENVERYOUTHSPORTS.ORG)

**Age Cutoff: June 19, 2022** for  
5-6 T-Ball • 7-8 Coach Pitch Baseball & Softball

**Age Cutoff: July 31, 2022** for  
9-14 Baseball • 9-14 Softball

\*Teams will practice 2x/week until games begin;  
Once games begin, teams will practice 1x/week.