

Explore Winter 2021-2022 Activities



Register Beginning November 9th 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



Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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Pickleball

Tu,Th 11:30 AM-1:30 PM year-round **69916**
Ages: 50+ Drop in class. FREE with membership



MY Denver

DAY	TIME	DATE	ACTIVITY #
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MY Denver Activities

M-W,F 4:00-6:30 PM year-round **70190**
Th 1:00-5:00 PM year-round **70191**
Ages: 8-18 Drop in class. FREE with membership

MY Denver Airbrush

M,W 4:00-5:00 PM 02/02-02/28 **71058**
Ages: 8-11 Drop in class. FREE with membership
M,W 5:15-6:15 PM 02/02-02/28 **71051**
Ages: 12-18 Drop in class. FREE with membership

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 #
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Zumba®

M,W 5:30-6:30 PM year-round **70051**
Ages: 15+ Drop in class. FREE with membership

See our full schedule of classes online at: DENVERGOV.ORG/RECREATION

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	AGE	ACTIVITY #
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Co-Ed Basketball

W 4:00-5:00 PM Ages: 5-6 **71517**
Sa 10:00-11:00 AM

Ages: 5-6 (Co-Ed) Dates: 01/03-03/05 \$40

Boys Basketball

Th 4:00-5:00 PM Ages: 7-8 **71401**
Sa 11:00 AM-12:00 PM

M, Tu 4:00-5:00 PM Ages: 9-10 **71461**

Tu, Th 7:00-8:00 PM Ages: 11-12 **71291**

M, W 7:00-8:00 PM Ages: 13-14 **71341**

F 6:00-7:00 PM Ages: 15-17 **71385**

Sa 1:00-2:00 PM

Ages: 7-8 (Boys) Dates: 01/03-03/05 \$40

Ages: 9-17 (Boys) Dates: 01/03-03/19 \$50

Girls Basketball

F 4:00-5:00 PM Ages: 7-8 **71660**

Sa 12:00-1:00 PM

Tu, F 5:00-6:00 PM Ages: 9-10 **71711**

Tu 5:00-6:00 PM Ages: 11-12 **71593**

Th 6:00-7:00 PM

Tu 6:00-7:00 PM Ages: 13-14 **71635**

W 7:00-8:00 PM

Ages: 7-8 (Girls) Dates: 01/03-03/05 \$40

Ages: 9-14 (Girls) Dates: 01/03-03/19 \$50

View game schedules at:

DENVERYOUTHSPORTS.ORG

Age Cutoff: January 23, 2022 for

5-6 Co-Ed Basketball

7-17 Boys Basketball • 9-14 Girls Basketball

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

Sports Experience

M 3:00-4:00 PM 01/03-01/24 **71207**

M 3:00-4:00 PM 02/07-02/28 **71208**

Ages: 3-4 \$15

