

Explore Fall 2022 Activities



Register Beginning July 26th 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](https://denvergov.org/recreation)



Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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Circuit Weight Room 101

Tu,Th 10:00-11:00 AM year-round **73536**
Ages: 50+ Drop in class. FREE with membership

Club: Billiards

M,W 11:00 AM-1:00 PM year-round **73541**
Ages: 50+ Drop in class. FREE with membership

Club: Social

F 9:45-11:00 AM year-round **73580**
Ages: 50+ Drop in class. FREE with membership

Nutrition Clinic

M 11:30 AM-12:30 PM year-round **75315**
Ages: 50+ Drop in class. FREE with membership

Pickleball

Tu,Th 11:30 AM-1:30 PM year-round **73590**
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 08/29-12/30 **73821**
Th 1:00-5:00 PM 09/01-12/29 **73822**
Ages: 8-18. Drop in class. FREE with MY Denver Card

Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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Family Standup Paddleboard

Sa 10:00 AM-3:00 PM 08/20 **79655**
Ages: 10-64. \$13.50
Ages: 65+ \$6.75



Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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Zumba®

M,W 5:30-6:30 PM year-round **73802**
Ages: 15+ Drop in class. FREE with membership

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



LIVE FITNESS CLASS SCHEDULE



Youth Team Sports

DAY	TIME	AGE	ACTIVITY #
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Co-Ed Flag Football

Tu,W 4:30-5:30 PM Ages: 5-6 **77947**
Th,F 4:30-5:30 PM Ages: 7-8 **77958**
M,Tu 4:30-5:30 PM Ages: 9-10 **77971**
W,Th 5:30-6:30 PM Ages: 11-12 **77936**
M,F 5:30-6:30 PM Ages: 13-14 **79218**

Ages: 5-8 Dates: 9/5-10/22 \$35
Ages: 9-14 Dates: 9/5-10/29 \$45

Co-Ed Soccer

F 4:30-5:30 PM Ages: 5-6 **77992**
Sa 10:00-11:00 AM
F 5:30-6:30 PM Ages: 7-8 **78017**
Sa 11:00 AM-12:00 PM
Th 5:00-6:00 PM Ages: 9-10 **78039**
Sa 12:00-1:00 PM

Tu,W 5:00-6:00 PM Ages: 11-12 **79254**
Ages: 5-8 Dates: 9/5-10/22 \$35
Ages: 9-12 Dates: 9/5-10/29 \$45

Co-Ed Volleyball

M,F 4:00-5:00 PM Ages: 7-8 **79291**
M,F 5:00-6:00 PM Ages: 9-10 **78081**
M 7:00-8:00 PM Ages: 11-12 **79272**
Tu 5:00-6:00 PM
Tu 6:00-7:00 PM Ages: 13-14 **79282**
Th 7:00-8:00 PM

Tu,W 7:00-8:00 PM Ages: 15-17 **79287**
Ages: 5-8 Dates: 9/5-10/22 \$35
Ages: 9-17 Dates: 9/5-10/29 \$45

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.

View game schedules at:
[DENVERYOUTHSPORTS.ORG](https://denveryouthsports.org)

Age Cutoff: September 18, 2022 for
5-14 Co-Ed Flag Football • 5-12 Co-Ed Soccer
7-17 Volleyball

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