Explore Fall 2022 Activities
Register Beginning July 26th at Noon

Browse the Activity Guide, and register for programs at DENVERGOV.ORG/RECREATION

Outdoor Recreation

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mt. Falcon Park</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Th</td>
<td>9:00 AM-3:00 PM</td>
<td>11/03</td>
<td>79671</td>
</tr>
<tr>
<td>Ages: 18-64</td>
<td>.............................................</td>
<td>$15.75</td>
<td></td>
</tr>
<tr>
<td>Ages: 65+</td>
<td>.............................................</td>
<td>$7.75</td>
<td></td>
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</tbody>
</table>

Youth Team Sports

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Age</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Co-Ed Flag Football</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M,W</td>
<td>5:00-6:00 PM</td>
<td>Ages: 5-6</td>
<td>77948</td>
</tr>
<tr>
<td>M,F</td>
<td>6:00-7:00 PM</td>
<td>Ages: 7-8</td>
<td>77960</td>
</tr>
<tr>
<td>M,Tu</td>
<td>6:00-7:00 PM</td>
<td>Ages: 9-10</td>
<td>77974</td>
</tr>
<tr>
<td>Ages: 5-8</td>
<td>Dates: 9/5-10/22</td>
<td>......</td>
<td>$35</td>
</tr>
<tr>
<td>Ages: 9-14</td>
<td>Dates: 9/5-10/29</td>
<td>......</td>
<td>$45</td>
</tr>
</tbody>
</table>

Co-Ed Soccer |
| Th | 5:00-6:00 PM | Ages: 5-6 | 77995 |
| Sa | 10:00-11:00 AM | Ages: 7-8 | 78020 |
| Th | 6:00-7:00 PM | Ages: 9-10 | 79267 |
| Sa | 12:00-1:00 PM | Ages: 10-12 | 79275 |
| Co-Ed Volleyball |
| M,F | 5:00-6:00 PM | Ages: 7-8 | 79293 |
| W,F | 6:30-7:30 PM | Ages: 9-10 | 79302 |
| M,Tu | 6:30-7:30 PM | Ages: 11-12 | 79273 |
| Tu,Th | 5:00-6:00 PM | Ages: 13-14 | 78066 |
| Ages: 5-8 | Dates: 9/5-10/22 | ...... | $35 |
| Ages: 9-17 | Dates: 9/5-10/29 | ...... | $45 |

Active Older Adults

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall Luncheon and BINGO</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>F</td>
<td>10:30 AM-2:00 PM</td>
<td>10/21</td>
<td>78158</td>
</tr>
<tr>
<td>Ages: 50+</td>
<td>.............................................</td>
<td>$7</td>
<td></td>
</tr>
</tbody>
</table>

Pickleball |
| W | 10:00 AM-1:00 PM | year-round | 79450 |
| Ages: 50+ | Drop in class. FREE with membership |

Trip: Explore Blackhawk |
| Th | 9:00 AM-3:30 PM | 09/01 | 78176 |
| Ages: 50+ | ............................................. | $7 |

Out of School Time

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>MY Denver Activities</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M-F</td>
<td>3:00-6:00 PM</td>
<td>08/29-12/30</td>
<td>73823</td>
</tr>
<tr>
<td>Ages: 8-18</td>
<td>Drop in class. FREE with MY Denver Card</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

MY Denver 4H Science Classes |
| M | 4:30-6:00 PM | 09/12-09/26 | 79620 |
| Ages: 8-18 | Drop in class. FREE with MY Denver Card |

Night Moves: Teen Takeover |
| F | 6:00-9:00 PM | 08/19-11/18 | 78979 |
| Ages: 12-18 | Drop in class. FREE with membership |

Fitness & Wellness

See our full schedule of classes online at: 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 |

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.