

Explore Summer 2022 Activities



Register Beginning May 3rd at Noon



Carla Madison Recreation Center

2401 E Colfax Ave. • (720) 865-5580

M-Th: 5:30am-9pm / F: 5:30am-8pm / Sat: 8am-5pm
Sun: 8am-5pm

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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Boom Muscle & Mind

F	10:00-10:45 AM	01/07-12/16	73534
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Ages: 18+ Drop in class. FREE with membership

SilverSneakers Circuit

Tu	11:00 AM-12:00 PM	01/04-12/27	73614
Th	11:00 AM-12:00 PM	01/06-12/29	73615

Ages: 18+ Drop in class. FREE with membership

SilverSneakers Classic

M	11:00 AM-12:00 PM	01/03-12/26	73628
W	1:30-2:30 PM	01/05-12/28	73629

Ages: 18+ Drop in class. FREE with membership

SilverSneakers Yoga

Th	12:30-1:30 PM	01/06-12/29	73652
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Ages: 18+ Drop in class. FREE with membership

Tai Chi

W	3:00-4:00 PM	01/05-12/28	73666
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Ages: 18+ Drop in class. FREE with membership

Out of School Time

DAY	TIME	DATE	ACTIVITY #
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Dive-In Movie "Luca"

F	7:00-9:00 PM	06/17	75952
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Ages: 5-18. Drop in class. FREE with MY Denver Card

Summer in the Parks

At City Park

M-F	9:00 AM-3:00 PM	06/06-07/29	74796
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At Congress Park

M-F	9:00 AM-3:00 PM	06/06-07/29	74797
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Ages: 7-12. \$540

CityWide Sports

DAY	TIME	DATE	ACTIVITY #
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Adult Beginner Tennis Lessons

City Park Tennis Courts

Sa	11:30 AM-12:30 PM	06/25-08/06	77216
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Ages: 15+ \$70

Adult Advanced Beginner/Intermediate Tennis Lessons

City Park Tennis Courts

Sa	12:45-1:45 PM	06/25-08/06	77212
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Ages: 15+ \$70

Men's INT Basketball

Th	6:30-9:30 PM	05/12-06/30	77292
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Ages: 19+ \$575

Flip for: Arts & Culture

Outdoor Recreation • Swim Lessons
Youth Sports

DAY	TIME	DATE	ACTIVITY #
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Men's Rec Basketball

W	6:30-10:30 PM	05/11-06/29	77622
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Ages: 19+ \$575

Women's COMP Basketball

Tu	6:30-9:30 PM	05/10-06/28	77293
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Ages: 19+ \$575

Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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Barre

Tu	9:30-10:30 AM	01/04-12/27	73718
W	5:30-6:30 PM	01/05-12/28	73719
Sa	10:00-11:00 AM	03/05-12/17	77203

Ages: 15+ Drop in class. FREE with membership

Cardio Kickboxing

M	5:30-6:30 PM	01/03-12/19	73724
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Ages: 15+ Drop in class. FREE with membership

Cycle Weights

Tu	5:45-6:30 PM	01/04-12/27	73731
Sa	9:45-10:30 AM	04/02-12/17	77811

Ages: 15+ Drop in class. FREE with membership

D2G SocaFit

W	9:45-10:45 AM	01/05-12/28	54383
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Ages: 15+ Drop in class. FREE with membership

Group Training

M	12:00-1:00 PM	01/03-12/19	73733
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Ages: 15+ Drop in class. FREE with membership

HIIT Cycle

M	5:45-6:30 AM	01/03-12/19	73738
F	6:30-7:15 AM	01/07-12/30	75053
M	5:45-6:30 PM	03/21-12/19	77501
W	5:45-6:30 PM	03/23-12/28	77790
Sa	8:45-9:30 AM	04/02-12/17	77810
Th	5:45-6:30 PM	04/07-12/29	77822

Ages: 15+ Drop in class. FREE with membership

Indoor Cycling

F	12:00-1:00 PM	01/07-12/30	73742
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Ages: 15+ Drop in class. FREE with membership

Total Body Conditioning

Th	5:00-5:45 PM	01/06-12/29	73755
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Ages: 15+ Drop in class. FREE with membership

Vinyasa Yoga

M	8:00-9:00 AM	01/03-12/26	73769
Th	12:00-1:00 PM	01/06-12/29	73771
F	5:30-6:30 PM	01/07-12/16	73770
Tu	8:00-9:00 AM	03/22-12/27	77493

Ages: 15+ Drop in class. FREE with membership

Yoga II

F	7:30-8:30 AM	01/07-12/30	73798
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Ages: 15+ Drop in class. FREE with membership

DAY	TIME	DATE	ACTIVITY #
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Zumba®

Tu	12:00-1:00 PM	01/04-12/27	73803
Th	6:00-7:00 PM	01/06-12/29	75052
F	9:00-10:00 AM	01/07-12/30	73805
Sa	8:30-9:30 AM	01/08-12/17	73806
W	6:45-7:45 PM	03/23-12/28	77504
Th	9:00-10:00 AM	03/24-12/29	77812
Tu	6:00-7:00 PM	03/29-12/27	77506

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



Aquatics

DAY	TIME	DATE	ACTIVITY #
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Aqua Aerobics

M,W	9:00-10:00 AM	01/03-12/28	73684
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Ages: 15+ Drop in class. FREE with membership

Current Channel Water Aerobics

Tu,Th	9:00-10:00 AM	01/04-12/29	73699
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Ages: 15+ Drop in class. FREE with membership

Deep Water Aerobics

M,W	10:00-11:00 AM	01/03-12/28	73700
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Ages: 15+ Drop in class. FREE with membership

Diving Lessons

M,W	5:45-7:00 PM	06/13-07/06	77325
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Ages: 11+ \$47.50

Quiet Swim

M-F	9:00-10:00 AM	01/03-12/30	73705
Su,Sa	8:00-9:00 AM	01/08-12/31	73706

Ages: 15+ Drop in class. FREE with membership

See back for Swim Lessons!

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Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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Art in the Park

<i>Cheesman Park</i>			
Th	5:30-7:30 PM	07/21	77754
<i>City Park</i>			
Th	5:30-7:30 PM	06/23	77751
Ages: 15+\$5		

Art Under the Stars

F	5:30-7:30 PM	06/17	77746
F	5:30-7:30 PM	06/24	77747
F	5:30-7:30 PM	07/08	77748
F	5:30-7:30 PM	07/22	77749
F	5:30-7:30 PM	07/29	77750
Ages: 15+\$5		

Mini Picasso

Th	9:15-10:00 AM	06/09-07/07	75602
Th	10:30-11:15 AM	06/09-07/07	75603
Th	9:15-10:00 AM	07/14-08/11	75604
Th	10:30-11:15 AM	07/14-08/11	75605
Ages: 2-4\$16		

Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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Family Climb

F	5:30-7:30 PM	06/24	77395
F	5:30-7:30 PM	07/15	77426
F	5:30-7:30 PM	08/12	77474
Ages: 6-64\$4.50		
Ages: 65+\$2.25		

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.

Swim Lessons: Session I

6/13/22-7/7/22; Registration Opens: 5/3/22

DAY	TIME	DATE	ACTIVITY #
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PARENT-CHILD

M,W	8:00-8:30 AM	06/13-07/06	76700
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PRESCHOOL

M,W	8:00-8:30 AM	06/13-07/06	76817
M,W	8:35-9:05 AM	06/13-07/06	76818
M,W	9:10-9:40 AM	06/13-07/06	76819

LEVEL 1

M,W	8:35-9:05 AM	06/13-07/06	76074
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LEVEL 2

M,W	9:10-9:40 AM	06/13-07/06	76231
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LEVEL 3

M,W	8:00-8:30 AM	06/13-07/06	76397
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LEVEL 4

M,W	9:10-9:40 AM	06/13-07/06	76570
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LEVEL 5

M,W	8:35-9:05 AM	06/13-07/06	76638
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Swim Lessons: Session II

7/11/22-8/4/22; Registration Opens: 7/5/22

DAY	TIME	DATE	ACTIVITY #
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PARENT-CHILD

M,W	8:00-8:30 AM	07/11-08/03	76701
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PRESCHOOL

M,W	8:00-8:30 AM	07/11-08/03	76820
M,W	8:35-9:05 AM	07/11-08/03	76821
M,W	9:10-9:40 AM	07/11-08/03	76822

LEVEL 1

M,W	8:35-9:05 AM	07/11-08/03	76075
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LEVEL 2

M,W	9:10-9:40 AM	07/11-08/03	76232
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LEVEL 3

M,W	8:00-8:30 AM	07/11-08/03	76398
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LEVEL 4

M,W	9:10-9:40 AM	07/11-08/03	76571
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LEVEL 5

M,W	8:35-9:05 AM	07/11-08/03	76639
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SWIM LESSON PRICING

Blue	\$22.75
Yellow	\$26

Youth Sports

DAY	TIME	DATE	ACTIVITY #
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Denver Track

<i>Harvard Gulch North Track</i>			
Tu,Th	6:00-7:30 PM	05/31-07/14	74431
Ages: 5-8\$50		
M,W	6:00-7:30 PM	06/01-07/13	74432
Ages: 9-16\$50		

Pee Wee Tennis

<i>City Park</i>			
Tu,Th	8:00-8:45 AM	06/07-07/28	77226
Sa	8:00-8:45 AM	06/25-08/06	77234
<i>Lindsley Park</i>			
M,W	8:00-8:45 AM	06/06-07/27	77225
Ages: 5-7\$40		

Youth Beginner Tennis

<i>City Park</i>			
Tu,Th	9:00-10:00 AM	06/07-07/28	77261
Sa	9:00-10:00 AM	06/25-08/06	77268
<i>Lindsley Park</i>			
M,W	9:00-10:00 AM	06/06-07/27	77257
Ages: 7-15\$50		

Youth Adv. Beg Tennis

<i>City Park</i>			
Tu,Th	10:00-11:00 AM	06/07-07/28	77244
Sa	10:00-11:00 AM	06/25-08/06	77251
<i>Lindsley Park</i>			
M,W	10:00-11:00 AM	06/06-07/27	77240
Ages: 7-15\$50		

Youth Intermediate Tennis

<i>City Park</i>			
Tu,Th	11:00 AM-12:00 PM	06/07-07/28	77277
<i>Lindsley Park</i>			
M,W	11:00 AM-12:00 PM	06/06-07/27	77274
Ages: 7-15\$50		

YOUTH TEAM SPORTS

DAY	TIME	AGE	ACTIVITY #
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3v3 Basketball

Tu,Th	1:00-2:00 PM	Ages: 13-14	75087
M,W	1:00-2:00 PM	Ages: 15-17	75098
Ages: 9-17	Dates: 06/06-07/01\$20		

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

Age Cutoff: July 2, 2022 for 9-17 3v3 Basketball

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

Flip for: Active Older Adults
 Out of School Time • CityWide Sports
 Fitness & Wellness • Aquatics