

Explore Winter 2021-2022 Activities



Register Beginning November 9th at Noon

Cook Park Recreation Center

M-Th: 7am-9pm
F: 7am-7pm
Sat: 8am-2pm
Sun: Closed

7100 Cherry Creek Dr S. • (720) 865-0610

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



Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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Club: Cribbage

Th	9:00 AM-12:00 PM	year-round	69909
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Ages: 50+ Drop in class. FREE with membership

Club: Duplicate Bridge

Th	12:30-3:30 PM	year-round	69910
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Ages: 50+ Drop in class. FREE with membership

Club: Knitting

Tu	1:00-3:00 PM	year-round	64556
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Ages: 50+ Drop in class. FREE with membership

Club: Mah Jong

F	12:30-4:30 PM	year-round	69911
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Ages: 50+ Drop in class. FREE with membership

Club: Party Bridge

Tu,F	9:00 AM-12:00 PM	year-round	69912
W	12:00-3:00 PM	year-round	69913

Ages: 50+ Drop in class. FREE with membership

Pickleball

Tu,Th	10:45-11:30 AM	year-round	69918
W	12:00-2:30 PM	year-round	69919

Ages: 50+ Drop in class. FREE with membership

SilverSneakers Circuit

Tu	9:30-10:30 AM	year-round	68143
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Ages: 50+ Drop in class. FREE with membership

SilverSneakers Classic

W	10:30-11:30 AM	year-round	68192
F	10:30-11:30 AM	year-round	64466

Ages: 50+ Drop in class. FREE with membership

SilverSneakers Yoga

M	1:00-2:00 PM	year-round	68220
W	1:30-2:30 PM	year-round	68228

Ages: 50+ Drop in class. FREE with membership

Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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NIA

Th	9:00-10:00 AM	year-round	72540
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Ages: 15+ Drop in class. FREE with membership

Total Body Conditioning

W	12:00-12:45 PM	year-round	64713
M	3:30-4:30 PM	year-round	68092
M	5:30-6:30 PM	year-round	70017

Ages: 15+ Drop in class. FREE with membership

WITT Weight Room Introduction

W	4:30-6:30 PM	12/01-12/08	72117
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Ages: 13-17 \$30

Yoga I

Th	12:00-1:00 PM	year-round	64756
W	5:30-6:30 PM	year-round	70036
Th	12:00-1:00 PM	year-round	70037
Sa	10:30-11:30 AM	year-round	70038

Ages: 15+ Drop in class. FREE with membership

Zumba®

Th	4:00-5:00 PM	year-round	68056
Th	5:30-6:30 PM	year-round	70060

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



MY Denver

DAY	TIME	DATE	ACTIVITY #
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Family Cooking Class

Tu,Th	5:00-6:30 PM	02/01-02/10	71153
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Ages: 6-17 FREE with MY Denver Card
Ages: 18+ \$15.50
. Youth and adult must register together

Gift Workshop

F	5:30-6:30 PM	12/17	71161
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Ages: 5-12 \$5

MY Denver Activities

M-F	4:00-6:30 PM	year-round	70194
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Ages: 8-18 Drop in class. FREE with membership

MY Denver Airbrush

Tu,Th	4:00-5:00 PM	12/02-12/16	71061
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Ages: 8-11 Drop in class. FREE with membership
Tu,Th 5:15-6:15 PM 12/02-12/16 [72148](#)
Ages: 12-18 Drop in class. FREE with membership

MY Denver presents AOPYO's Tai Chi

M,W	4:00-5:00 PM	02/14-03/16	72344
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Ages: 8-18 Drop in class. FREE with membership

MY Denver Karate

Tu,F	4:00-5:00 PM	year-round	70180
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Ages: 5-18 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.

Flip for: Arts & Culture
Outdoor Recreation • Youth Sports

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Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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DIY Clay Driedels
Sa 10:00-11:00 AM 12/18 [72385](#)
Ages: 5-12. \$5

DIY Dipped Candles
W 10:00 AM-12:00 PM 12/15 [72383](#)
Ages: 18+ \$5

DIY Felt Menorah
W 4:00-5:00 PM 12/15 [72384](#)
Ages: 5-12. \$5

Jewelry - Fused Glass Jewelry
Tu 9:00 AM-3:00 PM 11/30 [72397](#)
W 10:00 AM-12:00 PM 01/05-02/02 [71984](#)
Ages: 18-64. \$45
Ages: 65+ \$32

Jewelry - Precious Metal Clay
Tu 9:00 AM-3:00 PM 12/07-12/14 [72398](#)
W 10:00 AM-12:00 PM 02/09-03/09 [71985](#)
Ages: 18-64. \$45
Ages: 65+ \$32

Line Dancing
M 10:00-11:30 AM year-round [67698](#)
Ages: 15+ *Drop in class. FREE with membership*

Mini Picasso
M 11:15 AM-12:00 PM 01/03-01/31 [72348](#)
M 10:00-10:45 AM 01/03-01/31 [71995](#)
M 10:00-10:45 AM 02/07-03/07 [71996](#)
M 11:15 AM-12:00 PM 02/07-03/07 [72349](#)
Ages: 2-4 \$14

Pottery
Tu 10:00 AM-12:00 PM 01/04-03/08 [72027](#)
W 1:00-3:00 PM 01/05-03/09 [72028](#)
Ages: 16-64. \$90
Ages: 65+ \$65

DAY	TIME	DATE	ACTIVITY #
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Pottery Making Intensive
W 9:00 AM-3:00 PM 12/01-12/15 [72399](#)
Ages: 16-64. \$90
Ages: 65+ \$65

Watercolor: Beginning Level
F 9:30-11:30 AM 01/07-03/11 [72050](#)
Ages: 18-64. \$45
Ages: 65+ \$32

Watercolor: Intermediate Level
F 12:00-2:00 PM 01/07-03/11 [72052](#)
Ages: 18-64. \$45
Ages: 65+ \$32

Winter Art Camp
M-W 10:00 AM-1:00 PM 12/20-12/22 [72386](#)
Ages: 5-8 \$20



Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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Learn to Ski and Ride
Th 7:00 AM-6:00 PM 01/13 [72189](#)
Ages: 7-17 \$30



Youth Sports

DAY	TIME	AGE	ACTIVITY #
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Co-Ed Basketball
M 5:00-6:00 PM Ages: 5-6 [71533](#)
Sa 8:15-9:15 AM

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

Boys Basketball
W 5:00-6:00 PM Ages: 7-8 [71417](#)
Sa 9:15-10:15 AM

M, Tu 6:00-7:00 PM Ages: 9-10 [71475](#)

M, Tu 7:00-8:00 PM Ages: 9-10 [71476](#)

Tu 5:00-6:00 PM Ages: 11-12 [71305](#)

Th 7:00-8:00 PM

M 8:00-9:00 PM Ages: 13-14 [71355](#)

W 7:00-8:00 PM

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

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

Girls Basketball
Th 5:00-6:00 PM Ages: 7-8 [71673](#)
Sa 10:15-11:15 AM

Th 6:00-7:00 PM Ages: 9-10 [71721](#)

F 5:00-6:00 PM

W 6:00-7:00 PM Ages: 11-12 [71603](#)

Th 8:00-9:00 PM

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

Ages: 9-12 (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.

Flip for: Active Older Adults
Fitness & Wellness • My Denver