

Explore Winter 2021-2022 Activities



Register Beginning November 9th at Noon

Browse the Activity Guide, and register for programs at [DENVERGOV.ORG/RECREATION](https://denvergov.org/recreation)

Eisenhower Recreation Center

4300 E Dartmouth Ave. • (720) 865-0730
M-Th: 7am-8pm / F: 7am-7pm / Sat: 9am-2pm / Sun: Closed



Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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Club: Party Bridge

W 9:30 AM-12:30 PM year-round [72371](#)
Ages: 50+ Drop in class. FREE with membership

Club: Pinochle

F 9:30 AM-12:30 PM year-round [72373](#)
Ages: 50+ Drop in class. FREE with membership

Intermediate Pickleball Workshop

W 2:00-4:00 PM 12/15 [70424](#)
Ages: 18-64.....\$10
Ages: 65+\$5

Pickleball 101

W 1:00-2:30 PM 02/16-03/09 [70427](#)
Ages: 18-64.....\$30
Ages: 65+\$15

Pickleball: Beginner/Intermediate

Tu,Th 8:30 AM-12:00 PM year-round [69929](#)
Ages: 50+ Drop in class. FREE with membership

Pickleball: Intermediate/Advanced

M,F 8:30 AM-12:00 PM year-round [69930](#)
Ages: 50+ Drop in class. FREE with membership

SilverSneakers Classic

Tu 9:30-10:30 AM year-round [69945](#)
M 9:30-10:30 AM year-round [69944](#)
Th 10:30-11:30 AM year-round [69946](#)
Ages: 50+ Drop in class. FREE with membership

SilverSneakers Yoga

M 11:00 AM-12:00 PM year-round [69959](#)
Th 8:30-9:30 AM year-round [69960](#)
Ages: 50+ Drop in class. FREE with membership

Tai Chi

Tu 11:00 AM-12:00 PM year-round [69965](#)
Th 12:00-1:00 PM year-round [69966](#)
Ages: 50+ Drop in class. FREE with membership

Out of School Time

DAY	TIME	DATE	ACTIVITY #
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Out of School Day

M 8:00 AM-4:30 PM 01/03 [71170](#)
Ages: 5-12.....\$22.50

Out of School Day-Spring Break

Tu-F 8:00 AM-4:30 PM 03/29-04/01 [71175](#)
Ages: 5-12.....\$90

Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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Group Training

W 7:30-8:30 AM year-round [69997](#)
Ages: 15+ Drop in class. FREE with membership

Yoga I

Tu 12:30-1:30 PM year-round [70039](#)
Ages: 15+ Drop in class. FREE with membership

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

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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DIY Holiday Card Making

M 10:00-11:30 AM 12/06 [72360](#)
Ages:5-17\$5

DIY Holiday Ceramics Painting

M 12:00-1:30 PM 12/06 [72361](#)
Ages: 5-12.....\$5

Intermediate Knitting, Beyond Basics

M 11:00 AM-12:30 PM 01/03-03/07 [71983](#)
Ages: 18-64.....\$36
Ages: 65+\$28

Knitting for Newcomers

M 9:00-10:30 AM 01/03-03/07 [71986](#)
Ages: 18-64.....\$36
Ages: 65+\$28

Mini Picasso

Tu 9:00-9:45 AM 01/04-02/01 [71997](#)
Tu 9:00-9:45 AM 02/08-03/08 [71998](#)
Ages: 2-4\$16

Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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Learn to Ski and Ride

F 7:00 AM-6:00 PM 02/25 [72184](#)
Ages: 7-17\$30



Youth Sports

DAY	TIME	AGE	ACTIVITY #
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Co-Ed Basketball

M 4:30-5:30 PM Ages: 5-6 [71537](#)
Sa 9:30-10:30 AM

Tu 4:30-5:30 PM Ages: 5-6 [71538](#)
Sa 10:30-11:30 AM

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

Boys Basketball

Th 4:30-5:30 PM Ages: 7-8 [71421](#)
Sa 11:30 AM-12:30 PM

M, Tu 5:30-6:30 PM Ages: 9-10 [71481](#)
M 6:30-7:30 PM Ages: 11-12 [71307](#)
Th 5:30-6:30 PM

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

Ages: 9-12 (Boys) Dates: 01/03-03/19\$50

Girls Basketball

W 4:30-5:30 PM Ages: 7-8 [71675](#)
Sa 12:30-1:30 PM

W, F 5:30-6:30 PM Ages: 9-10 [71723](#)
W, Th 6:30-7:30 PM Ages: 11-12 [71605](#)

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](https://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.

DAY	TIME	AGE	ACTIVITY #
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Sports Experience

F 4:30-5:30 PM 01/07-01/28 [71196](#)
F 4:30-5:30 PM 02/11-03/04 [71197](#)
Ages: 3-4\$15

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.