

Explore Winter 2021-2022 Activities



Register Beginning November 9th at Noon

Glenarm Recreation Center

M-Th: 6am-8pm
F: 8am-7pm
Sa: 10am-2pm
Su: Closed

2800 Glenarm Pl. • (720) 865-3380

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



Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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Circuit Weight Room 101

M	12:30-1:30 PM	year-round	70305
W	12:00-1:00 PM	year-round	69905

Ages: 50+ Drop in class. FREE with membership

Pickleball

M,Th	10:30 AM-12:30 PM	year-round	69920
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Ages: 50+ Drop in class. FREE with membership

Pickleball 101

W	9:30-11:00 AM	01/05-02/23	70428
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Ages: 18-64. \$30

Ages: 65+ \$15

MY Denver

DAY	TIME	DATE	ACTIVITY #
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MY Denver presents AOPYO's Tai Chi

M,W	5:30-6:30 PM	11/08-12/15	72337
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Ages: 8-18. Drop in class. FREE with membership

MY Denver Karate

Th	4:00-5:00 PM	year-round	70187
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Ages: 5-18. Drop in class. FREE with membership

Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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Hi/Lo

M,W	6:00-7:00 PM	year-round	70000
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Ages: 15+ Drop in class. FREE with membership

Vinyasa Yoga

Tu	5:45-6:45 PM	year-round	70026
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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
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Individual training: One-on-one 60 minute session with one of our Certified Personal Trainers.

Ages: 15+	1 Session	\$45
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Nutrition Plan

Personalized nutrition consult and 30-minute one-on-one check in call halfway through the session.

Fee.		\$45
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Swim Lessons – Indoor

1/03/22-3/03/22; Registration Opens: 11/09/21

DAY	TIME	DATE	ACTIVITY #
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PARENT-CHILD

Tu,Th	11:45 AM-12:15 PM	01/04-01/27	70687
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Tu,Th	11:45 AM-12:15 PM	02/08-03/03	70689
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PRESCHOOL

Tu,Th	11:15-11:45 AM	01/04-01/27	70748
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Tu,Th	5:00-5:30 PM	01/04-01/27	70745
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Tu,Th	11:15-11:45 AM	02/08-03/03	70749
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Tu,Th	5:00-5:30 PM	02/08-03/03	70747
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LEVEL 1

Tu,Th	5:30-6:00 PM	01/04-01/27	70497
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Tu,Th	5:30-6:00 PM	02/08-03/03	70498
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LEVEL 2

Tu,Th	5:30-6:00 PM	01/04-01/27	70549
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Tu,Th	5:30-6:00 PM	02/08-03/03	70550
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LEVEL 3

Tu,Th	6:00-6:30 PM	01/04-01/27	70591
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Tu,Th	6:00-6:30 PM	02/08-03/03	70592
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LEVEL 4

Tu,Th	6:00-6:30 PM	01/04-01/27	70637
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Tu,Th	6:00-6:30 PM	02/08-03/03	70638
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SWIM LESSON PRICING

Yellow		\$26
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Aquatics

DAY	TIME	DATE	ACTIVITY #
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Aqua Aerobics

Tu,Th	10:15-11:15 AM	year-round	72428
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Ages: 15+ Drop in class. FREE with membership



Youth Sports

DAY	TIME	AGE	ACTIVITY #
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Co-Ed Basketball

F	5:00-6:00 PM	Ages: 5-6	71539
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Sa	10:00-11:00 AM		
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Ages: 5-6 (Co-Ed) Dates: 01/03-03/05 \$40

Boys Basketball

F	6:00-7:00 PM	Ages: 7-8	71423
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Sa	11:00 AM-12:00 PM		
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M, Tu	6:30-7:30 PM	Ages: 9-10	71483
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W, Th	6:30-7:30 PM	Ages: 11-12	71309
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Tu, W	5:00-6:00 PM	Ages: 13-14	71359
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Ages: 7-8 (Boys) Dates: 01/03-03/05 \$40

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

Girls Basketball

F	4:00-5:00 PM	Ages: 7-8	71677
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Sa	12:00-1:00 PM		
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M	5:00-6:00 PM	Ages: 9-10	71725
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F	7:00-8:00 PM		
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W, Th	5:00-6:00 PM	Ages: 11-12	71607
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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.

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.