Explore Fall 2022 Activities

Register Beginning July 26th at Noon

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

Active Older Adults

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td>50+ Functional Fit</td>
<td>M 10:30-11:30 AM</td>
<td>year-round</td>
<td>73638</td>
</tr>
<tr>
<td></td>
<td>W 10:30-11:30 AM</td>
<td>year-round</td>
<td>73639</td>
</tr>
<tr>
<td>Ages: 50+ . . . . . .</td>
<td>Drop in class. FREE with membership</td>
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</tr>
</tbody>
</table>

| 50+ Gentle Yoga | M 12:00-1:00 PM | year-round | 73659 |
| Ages: 50+ . . . . . . | Drop in class. FREE with membership |

Pickleball

Tu,Th 10:30 AM-12:30 PM | year-round | 73595 |
| W 12:15-2:15 PM | year-round | 73596 |
| Ages: 50+ . . . . . . | Drop in class. FREE with membership |

Tai Chi

Tu 12:00-1:00 PM | year-round | 73669 |
| Ages: 50+ . . . . . . | Drop in class. FREE with membership |

Out of School Time

MY Denver Karate

M,W 4:00-5:00 PM | year-round | 73838 |
| Ages: 5-18 . . . . . . | Drop in class. FREE with MY Denver Card |

Teen Female Self Defense Class

Sa 12:00-3:00 PM | 10/15 | 79625 |
| Ages: 13-18 . . . . . . | Drop in class. FREE with membership |

Adaptive Recreation

Adaptive Ceramics

M 1:00-2:30 PM | 10/03-11/07 | 78130 |
| Ages: 13+ . . . . . . | $20 |

Special Olympics Flag Football

Tu 5:45-7:00 PM | 09/06-11/01 | 78151 |
| Ages: 8+ . . . . . . | $25 |

Arts & Culture

Art Adventure

Tu 4:00-5:30 PM | 09/08-10/06 | 78728 |
| Th 4:00-5:30 PM | 10/13-11/10 | 78729 |
| Ages: 6-11 . . . . . . | $28 |

Collage/Art Journaling

F 4:30-6:40 PM | 09/09-10/07 | 78761 |
| Ages: 8-12 . . . . . . | $23 |
| F 4:30-6:40 PM | 10/14-11/04 | 78762 |
| Ages: 8-12 . . . . . . | $18.40 |

Line Dancing

Tu 1:15-3:15 PM | year-round | 73715 |
| Ages: 50+ . . . . . . | Drop in class. FREE with membership |

Mini Picasso

Th 10:00-10:45 AM | 09/08-10/06 | 78782 |
| Th 10:00-10:45 AM | 10/13-11/10 | 78783 |
| Ages: 2/4 . . . . . . | $16 |

Pottery - Hand Building

M 4:30-5:30 PM | 09/12-10/03 | 78815 |
| Ages: 7-12 . . . . . . | $18.40 |
| M 4:30-5:30 PM | 10/10-11/07 | 78816 |
| Ages: 7-12 . . . . . . | $23 |

Special Olympics Pottery

Tu 5:45-7:45 PM | 09/06-11/01 | 78821 |
| Ages: 5-18 . . . . . . | $28 |

Urban Homestead

Tu 5:45-7:45 PM | 09/06-11/01 | 78822 |
| Ages: 5-18 . . . . . . | $28 |

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.

Langston Hughes Academy

Flip for: Fitness & Wellness
Youth Sports
Explore Fall 2022 Activities

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**Youth Sports**

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
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<th>ACTIVITY #</th>
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</thead>
<tbody>
<tr>
<td>Level 1 Tennis</td>
<td>Washington Park Recreation Center</td>
<td>Sa 8:00-9:00 AM</td>
<td>78112</td>
</tr>
<tr>
<td>Ages: 7-15</td>
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<td></td>
</tr>
<tr>
<td>Level 2 Tennis</td>
<td>Washington Park Recreation Center</td>
<td>Sa 9:00-10:00 AM</td>
<td>78106</td>
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<tr>
<td>Ages: 7-15</td>
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**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>W,F</td>
<td>4:00-5:00 PM</td>
<td>79230</td>
</tr>
<tr>
<td>Ages: 5-6</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>M,Tu</td>
<td>5:00-6:00 PM</td>
<td>77966</td>
<td></td>
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<tr>
<td>Tu,Th</td>
<td>6:00-7:00 PM</td>
<td>77942</td>
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</tr>
<tr>
<td>M,W</td>
<td>6:00-7:00 PM</td>
<td>79224</td>
<td></td>
</tr>
<tr>
<td>Ages: 5-8</td>
<td>Dates: 9/5-10/22</td>
<td>$35</td>
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</tr>
<tr>
<td>Ages: 9-14</td>
<td>Dates: 9/5-10/29</td>
<td>$45</td>
<td></td>
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</tbody>
</table>

| Co-Ed Soccer | Th | 4:00-5:00 PM | Ages: 5-6 | 78003 |
| Sa | 9:15-10:15 AM | 78028 |
| Th | 5:00-6:00 PM | 78047 |
| Sa | 10:30-11:30 AM | |
| Th | 6:00-7:00 PM | Ages: 9-10 |
| Sa | 11:30 AM-12:30 PM | |
| M,W | 5:00-6:00 PM | Ages: 11-12 | 77987 |
| Ages: 5-8 | Dates: 9/5-10/22 | $35 |
| Ages: 9-12 | Dates: 9/5-10/29 | $45 |

| Co-Ed Volleyball | M,W | 5:00-6:00 PM | Ages: 7-8 | 78074 |
| W,F | 6:00-7:00 PM | 79303 |
| Ages: 5-8 | Dates: 9/5-10/22 | $35 |
| Ages: 9-17 | Dates: 9/5-10/29 | $45 |

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Discounts: Denver residents ages 60+ and youth ages 5-18 could qualify for a free MY Denver membership.

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**Fitness & Wellness**

<table>
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</thead>
<tbody>
<tr>
<td>Oula</td>
<td>Tu</td>
<td>6:00-7:00 PM</td>
<td>year-round</td>
</tr>
<tr>
<td>Sa</td>
<td>10:15-11:15 AM</td>
<td>year-round</td>
<td>73748</td>
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<tr>
<td>Ages: 15+</td>
<td>Drop in class. FREE with membership</td>
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</table>

| Vinyasa Yoga | F | 9:30-10:30 AM | year-round | 75547 |
| Ages: 15+ | Drop in class. FREE with membership |

| Yoga I | M | 4:30-5:30 PM | year-round | 73788 |
| Ages: 15+ | Drop in class. FREE with membership |

| Yoga II | W | 6:00-7:00 PM | year-round | 73800 |
| Ages: 15+ | Drop in class. FREE with membership |

| Zumba® | Th | 6:00-7:00 PM | year-round | 79975 |
| Ages: 15+ | Drop in class. FREE with membership |

See our full schedule of classes online at: DENVERGOV.ORG/FITNESS

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**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 |

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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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**View game schedules at:** DENVERYOUTHSPORTS.ORG

**Age Cutoff: September 18, 2022** for
- 5-14 Co-Ed Flag Football
- 5-12 Co-Ed Soccer
- 7-17 Volleyball

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