Explore Fall 2022 Activities
Register Beginning July 26th at Noon

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

La Alma Recreation Center
M-Th: 10am-8pm
F: 10am-6pm
Sat: 10am-2pm
Sun: Closed
1325 W 11th Ave. • (720) 865-2200

Out of School Time

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME DATE</th>
<th>ACTIVITY #</th>
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<tbody>
<tr>
<td>Night Moves: Teen Takeover</td>
<td>F 6:00-9:00 PM 08/19-11/18</td>
<td>78969</td>
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<tr>
<td>Ages: 12-18</td>
<td>Drop in class. FREE with membership</td>
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Fitness & Wellness
See our full schedule of classes online at: 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

Outdoor Recreation

Learn to Skateboard Series
Th 4:00-6:00 PM 09/15 79686
Ages: 8-13 ................................. $4.50

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.

Youth Team Sports

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME AGE</th>
<th>ACTIVITY #</th>
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<tbody>
<tr>
<td>Co-Ed Flag Football</td>
<td>Tu,W 4:30-5:30 PM Ages: 5-6 79232</td>
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<tr>
<td>W,F 5:30-6:30 PM Ages: 7-8 79238</td>
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<td>M,Tu 5:00-6:00 PM Ages: 9-10 79249</td>
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<tr>
<td>Tu,Th 6:00-7:00 PM Ages: 11-12 79213</td>
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<tr>
<td>M,Th 6:00-7:00 PM Ages: 13-14 79226</td>
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<td>Ages: 5-8 Dates: 9/5-10/22 .............. $35</td>
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<tr>
<td>Ages: 9-14 Dates: 9/5-10/29 .............. $45</td>
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Co-Ed Soccer
F 4:30-5:30 PM Ages: 5-6 78007
Sa 9:00-10:00 AM Ages: 7-8 79263
F 5:30-6:30 PM Ages: 7-8 79263
Sa 10:00-11:00 AM Ages: 9-10 79270
Th 5:00-6:00 PM Ages: 9-10 79270
Sa 11:00 AM-12:00 PM Ages: 9-14 Dates: 9/5-10/29 .............. $45

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.

View game schedules at: DENVERYOUTHSPORTS.ORG

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