

# Explore Summer 2022 Activities



Register Beginning May 3rd at Noon

## Montclair Recreation Center

729 Ulster Wy. • (720) 865-0560

M-Th: 6am-9pm / F: 6am-8pm / Sat-Sun: 9am-4pm

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

### Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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#### Club: Mah Jong

Tu	11:00 AM-4:00 PM	01/04-12/27	<a href="#">73565</a>
Th	1:00-4:00 PM	01/06-12/29	<a href="#">73566</a>

Ages: 18+ . . . . . Drop in class. FREE with membership

#### Club: Social

W	9:00-10:00 AM	01/05-12/28	<a href="#">73584</a>
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Ages: 50+ . . . . . Drop in class. FREE with membership

#### Pickleball

M	7:15-10:15 AM	01/03-12/26	<a href="#">73603</a>
W	7:15-10:15 AM	01/05-12/28	<a href="#">75059</a>
Th	11:15 AM-2:15 PM	01/06-12/29	<a href="#">75060</a>

Ages: 18+ . . . . . Drop in class. FREE with membership

#### SilverSneakers Circuit

Tu	11:00 AM-12:00 PM	01/04-12/27	<a href="#">73623</a>
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Ages: 18+ . . . . . Drop in class. FREE with membership

#### SilverSneakers Classic

Th	10:00-11:00 AM	01/06-12/29	<a href="#">73645</a>
F	9:00-10:00 AM	01/07-12/16	<a href="#">73646</a>

Ages: 18+ . . . . . Drop in class. FREE with membership

#### Tai Chi

W	1:00-2:00 PM	01/05-12/28	<a href="#">73672</a>
F	11:00 AM-12:00 PM	01/07-12/09	<a href="#">73673</a>

Ages: 18+ . . . . . Drop in class. FREE with membership

### Out of School Time

DAY	TIME	DATE	ACTIVITY #
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#### MY Denver Activities

M-F	1:00-5:00 PM	06/03-08/19	<a href="#">77537</a>
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Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card

#### MY Denver Airbrush

M,W	1:00-2:00 PM	06/06-06/29	<a href="#">75964</a>
M,W	2:15-3:15 PM	06/06-06/29	<a href="#">75956</a>

Ages: 8-11. . . . . Drop in class. FREE with MY Denver Card

Ages: 12-18. . . . . Drop in class. FREE with MY Denver Card

#### MY Denver Billiards

W	4:15-5:15 PM	06/15-07/20	<a href="#">75982</a>
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Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card

#### MY Denver Karate

Tu,F	5:30-6:30 PM	01/04-12/27	<a href="#">73841</a>
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Ages: 5-18. . . . . Drop in class. FREE with MY Denver Card

#### MY Denver Kids in the Kitchen

F	1:30-2:30 PM	06/10-08/19	<a href="#">77521</a>
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Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card

DAY	TIME	DATE	ACTIVITY #
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#### MY Denver Ukulele Class

M	4:30-5:20 PM	01/10-12/12	<a href="#">73845</a>
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Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card

#### Summer in the Parks

<b>At Great Lawn Park</b>			
M-F	9:00 AM-3:00 PM	06/06-07/29	<a href="#">74798</a>

Ages: 7-12. . . . . \$540



### Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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#### Beginner Yoga

Tu	12:30-1:30 PM	04/19-12/27	<a href="#">77827</a>
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Ages: 18+ . . . . . Drop in class. FREE with membership

#### Total Body Conditioning

W	10:30-11:30 AM	02/16-12/28	<a href="#">77090</a>
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Ages: 15+ . . . . . Drop in class. FREE with membership

#### Vinyasa Yoga

W	6:30-7:30 AM	01/05-12/28	<a href="#">74894</a>
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Ages: 15+ . . . . . Drop in class. FREE with membership

#### Weight Room Training for Teens

M,W	4:30-6:30 PM	07/11-07/13	<a href="#">77486</a>
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Ages: 13-17 . . . . . \$30

#### Yoga I

M	12:00-1:00 PM	01/03-12/26	<a href="#">73792</a>
M	5:30-6:30 PM	01/03-12/26	<a href="#">73793</a>
Sa	10:30-11:30 AM	01/08-12/17	<a href="#">73795</a>

Ages: 15+ . . . . . Drop in class. FREE with membership

See our full schedule of classes online at:

[DENVERGOV.ORG/FITNESS](https://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



LIVE FITNESS CLASS SCHEDULE

### Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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#### Dance Jam

Th	4:30-5:30 PM	06/09-08/11	<a href="#">75583</a>
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Ages: 5-8 . . . . . \$16

Th	5:45-6:45 PM	06/09-08/11	<a href="#">75584</a>
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Ages: 8-16. . . . . \$16

#### Mini Picasso

Sa	11:00-11:45 AM	06/11-07/09	<a href="#">75622</a>
Sa	11:00-11:45 AM	07/16-08/13	<a href="#">75623</a>

Ages: 2-4 . . . . . \$16

#### Music & Movement

Sa	10:00-10:45 AM	06/11-07/09	<a href="#">75637</a>
Sa	10:00-10:45 AM	07/16-08/13	<a href="#">75638</a>

Ages: 2-4 . . . . . \$16

#### Pottery - Hand Building

W	5:00-6:00 PM	06/08-07/06	<a href="#">77740</a>
W	5:00-6:00 PM	07/13-08/10	<a href="#">77741</a>

Ages: 7-12. . . . . \$23

#### Pottery

M	6:00-8:00 PM	06/06-08/08	<a href="#">75668</a>
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Ages: 18-64. . . . . \$81

Ages: 65+ . . . . . \$58.50

F	1:00-3:00 PM	06/10-08/12	<a href="#">75669</a>
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Ages: 18-64. . . . . \$90

Ages: 65+ . . . . . \$65

#### Pottery Camp

Tu,Th-F	10:00 AM-1:00 PM	06/21-07/01	<a href="#">77726</a>
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Ages: 5-7 . . . . . \$40

#### Preschool Pottery

Tu	9:00-9:45 AM	06/07-07/05	<a href="#">77735</a>
Tu	9:00-9:45 AM	07/12-08/09	<a href="#">77736</a>

Ages: 3-5 . . . . . \$23

#### Urban Homestead

W	5:30-7:30 PM	06/22	<a href="#">75701</a>
W	5:30-7:30 PM	07/20	<a href="#">75702</a>

Ages: 18+ . . . . . \$12

#### Watercolor: Beginning Level

W	9:30-11:30 AM	06/08-08/10	<a href="#">75706</a>
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Ages: 18-64. . . . . \$45

Ages: 65+ . . . . . \$32

#### Watercolor: Intermediate Level

W	12:00-2:00 PM	06/08-08/10	<a href="#">75708</a>
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Ages: 18-64. . . . . \$45

Ages: 65+ . . . . . \$32

Flip for: Youth Sports • Aquatics  
CityWide Sports • Outdoor Recreation

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

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### Youth Sports

DAY	TIME	DATE	ACTIVITY #
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#### 3-4 Sports Experience: T-ball

W	9:00-10:00 AM	06/08-06/29	<a href="#">75061</a>
W	10:00-11:00 AM	06/08-06/29	<a href="#">75062</a>
W	9:00-10:00 AM	07/13-08/03	<a href="#">75063</a>
W	10:00-11:00 AM	07/13-08/03	<a href="#">75064</a>
Ages: 3-4			.....\$20

#### 6-14 Gymnastics I

Tu	4:00-5:00 PM	06/07-06/28	<a href="#">75555</a>
Tu	4:00-5:00 PM	07/12-08/02	<a href="#">75556</a>
Ages: 6-14			.....\$15

#### 9-14 Gymnastics II

Tu	5:00-6:30 PM	06/07-06/28	<a href="#">75557</a>
Tu	5:00-6:30 PM	07/12-08/02	<a href="#">75558</a>
Ages: 9-14			.....\$20

#### Sports Camp - Lacrosse

<i>Cook Park</i>			
M-F	9:00-10:00 AM	06/13-06/17	<a href="#">74673</a>
Ages: 7-9			.....\$25
M-F	10:30-11:30 AM	06/13-06/17	<a href="#">74674</a>
Ages: 10-12			.....\$25

#### Sports Camp - Multi-Sport

<i>Cook Park</i>			
M-F	9:00-10:00 AM	06/20-06/24	<a href="#">74675</a>
Ages: 5-8			.....\$25
M-F	10:30-11:30 AM	06/20-06/24	<a href="#">74676</a>
Ages: 9-12			.....\$25

#### Sports Camp - Outdoor Volleyball

<i>Cook Park</i>			
M-F	9:00-10:00 AM	06/27-07/01	<a href="#">74735</a>
Ages: 9-11			.....\$25
M-F	10:30-11:30 AM	06/27-07/01	<a href="#">74736</a>
Ages: 12-14			.....\$25

#### Pee Wee Tennis

<i>Lindsley Park</i>			
M,W	8:00-8:45 AM	06/06-07/27	<a href="#">77225</a>
<i>Lowry Park</i>			
Tu,Th	8:00-8:45 AM	06/07-07/28	<a href="#">77231</a>
Sa	8:00-8:45 AM	06/25-08/06	<a href="#">77235</a>
Ages: 5-7			.....\$40

#### Youth Beginner Tennis

<i>Lindsley Park</i>			
M,W	9:00-10:00 AM	06/06-07/27	<a href="#">77257</a>
<i>Lowry Park</i>			
Tu,Th	9:00-10:00 AM	06/07-07/28	<a href="#">77263</a>
Sa	9:00-10:00 AM	06/25-08/06	<a href="#">77269</a>
Ages: 7-15			.....\$50

DAY	TIME	DATE	ACTIVITY #
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#### Youth Adv. Beg Tennis

<i>Lindsley Park</i>			
M,W	10:00-11:00 AM	06/06-07/27	<a href="#">77240</a>
<i>Lowry Park</i>			
Tu,Th	10:00-11:00 AM	06/07-07/28	<a href="#">77246</a>
Sa	10:00-11:00 AM	06/25-08/06	<a href="#">77252</a>
Ages: 7-15			.....\$50

#### Youth Intermediate Tennis

<i>Lindsley Park</i>			
M,W	11:00 AM-12:00 PM	06/06-07/27	<a href="#">77274</a>
<i>Lowry Park</i>			
Tu,Th	11:00 AM-12:00 PM	06/07-07/28	<a href="#">77281</a>
Ages: 7-15			.....\$50

### YOUTH TEAM SPORTS

DAY	TIME	AGE	ACTIVITY #
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#### 3v3 Basketball

Tu,Th	3:00-4:00 PM	Ages: 9-10	<a href="#">75115</a>
W,F	3:00-4:00 PM	Ages: 11-12	<a href="#">75068</a>
Tu,Th	2:00-3:00 PM	Ages: 13-14	<a href="#">75090</a>
W,F	2:00-3:00 PM	Ages: 15-17	<a href="#">75100</a>
Ages: 9-17 Dates: 06/06-07/01			.....\$20

#### T-Ball

M,W	4:30-5:30 PM	Ages: 5-6	<a href="#">74594</a>
Ages: 5-6 Dates: 06/06-08/06			.....\$40

#### Baseball

Tu,Th	5:30-6:30 PM	Ages: 7-8	<a href="#">74637</a>
M,W	5:00-6:30 PM	Ages: 9-10	<a href="#">74704</a>
Tu,Th	6:30-8:00 PM	Ages: 11-12	<a href="#">74487</a>
Tu,Th	7:00-8:30 PM	Ages: 13-14	<a href="#">74545</a>
Ages: 7-8 Dates: 06/06-08/06			.....\$40
Ages: 9-14 Dates: 06/06-08/13			.....\$50

#### Softball

Tu,Th	4:30-5:30 PM	Ages: 7-8	<a href="#">74663</a>
Tu,Th	5:00-6:30 PM	Ages: 9-10	<a href="#">74729</a>
M,W	6:30-8:00 PM	Ages: 11-12	<a href="#">74506</a>
M,W	7:00-8:30 PM	Ages: 13-14	<a href="#">74559</a>
Ages: 7-8 Dates: 06/06-08/06			.....\$40
Ages: 9-14 Dates: 06/06-08/13			.....\$50

View game schedules at:  
[DENVERYOUTHSPORTS.ORG](https://denveryouthsports.org)

**Age Cutoff: June 19, 2022** for  
5-6 T-Ball • 7-8 Coach Pitch Baseball & Softball

**Age Cutoff: July 2, 2022** for 9-17 3v3 Basketball

**Age Cutoff: July 31, 2022** for  
9-14 Baseball • 9-14 Softball

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



### CityWide Sports

DAY	TIME	DATE	ACTIVITY #
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#### Adult Beginner Tennis Lessons

<i>Lowry Tennis Courts</i>			
Sa	11:30 AM-12:30 PM	06/25-08/06	<a href="#">77217</a>
Ages: 15+			.....\$70

#### Adult Advanced Beginner/Intermediate Tennis Lessons

<i>Lowry Tennis Courts</i>			
Sa	12:45-1:45 PM	06/25-08/06	<a href="#">77213</a>
Ages: 15+			.....\$70



### Aquatics

DAY	TIME	DATE	ACTIVITY #
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#### Aqua Aerobics

M,W	8:30-9:30 AM	01/03-12/28	<a href="#">73693</a>
Ages: 15+			..... Drop in class. FREE with membership

#### Deep Water Aerobics

Tu,Th	8:30-9:30 AM	01/04-12/29	<a href="#">73704</a>
Ages: 15+			..... Drop in class. FREE with membership

### Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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<b>Youth Adventure Program: Bike Blast</b>			
M-F	8:00 AM-3:00 PM	08/01-08/05	<a href="#">74911</a>
Ages: 12-14			.....\$114

Flip for: Active Older Adults  
Out of School Time  
Fitness & Wellness • Arts & Culture

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