

Explore Summer 2022 Activities



Register Beginning May 3rd at Noon

Platt Park Recreation Center

1500 S Grant St. • (720) 865-0630

M-F: 8am-4pm / Sat-Sun: Closed

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

Fitness & Wellness

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



LIVE FITNESS CLASS SCHEDULE

Nutrition Plan

Personalized nutrition consult and 30-minute one-on-one check in call halfway through the session.
Fee..... \$45

Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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Ballroom Dance

Th 1:00-2:30 PM 02/17-12/29 **77093**
Ages: 50+ Drop in class. FREE with membership

SilverSneakers Circuit

Tu 9:00-10:00 AM 01/04-12/27 **73624**
Th 9:00-10:00 AM 01/06-12/29 **73625**
Ages: 18+ Drop in class. FREE with membership

SilverSneakers Classic

W 8:45-9:45 AM 01/05-12/28 **73647**
Ages: 18+ Drop in class. FREE with membership

SilverSneakers Yoga

W 10:30-11:30 AM 01/05-12/28 **73662**
Ages: 18+ Drop in class. FREE with membership

Tai Chi

M 9:00-10:00 AM 01/03-12/26 **73674**
F 9:00-10:00 AM 01/07-12/16 **73675**
Ages: 18+ Drop in class. FREE with membership

Adaptive Recreation

DAY	TIME	DATE	ACTIVITY #
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Adaptive Cardio/Circuit Training

W 5:00-6:00 PM 05/25-06/29 **75735**
W 5:00-6:00 PM 07/06-08/10 **75736**
Ages: 13+ \$12

Adaptive Martial Arts

W 6:00-7:00 PM 05/25-06/29 **75778**
W 6:00-7:00 PM 07/06-08/10 **75779**
Ages: 15+ \$51

Adaptive Mixed Arts

F 2:00-3:30 PM 07/08-08/12 **75780**
Ages: 8+ \$25

Events & Trips

DAY	TIME	DATE	ACTIVITY #
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Beginner French Conversation

Tu 2:00-3:30 PM 01/04-12/27 **73091**
Ages: 50+ Drop in class. FREE with membership

Social Club

M 10:30 AM-12:00 PM 01/03-12/26 **73663**
Ages: 18+ Drop in class. FREE with membership

Summer BBQ

F 12:00-3:00 PM 06/24 **75715**
Ages: 18+ \$7

Trip: Explore Manitou Springs

W 9:00 AM-4:00 PM 06/22 **77547**
Ages: 18+ \$8

Trip: Rockies Vs. Chicago White Sox

W 11:30 AM-5:00 PM 07/27 **77380**
Ages: 55+ \$17

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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Cooking with Friends Charcuterie

Th 12:00-2:00 PM 07/21 **77369**
Ages: 18+ \$7

Cooking with Friends Roasted Chicken

Th 12:00-2:00 PM 06/16 **77368**
Ages: 18+ \$7

Cooking with Friends Summer Supper

Th 12:00-2:00 PM 08/11 **77370**
Ages: 18+ \$7

Pottery

M 1:00-3:00 PM 06/06-08/08 **75671**
Ages: 55-64 \$81
Ages: 65+ \$58.50
Tu 1:00-3:00 PM 06/07-08/09 **75670**
Ages: 55-64 \$90
Ages: 65+ \$65

Urban Homestead

W 1:00-3:00 PM 06/29 **75703**
Ages: 50+ \$12

Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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AOA Hike: Little Park and Lair O' the Bear

Tu 9:00 AM-2:00 PM 08/16 **77463**
Ages: 50+ \$5.50

AOA Kayak

Th 8:00 AM-12:00 PM 07/14 **77421**
Ages: 50+ \$4.50

DAY	TIME	DATE	ACTIVITY #
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CCC Camp Tour

Sa 2:00-3:30 PM 06/11 **77697**
Sa 2:00-3:30 PM 08/06 **77711**
Ages: 10-64 \$3.50
Ages: 65+ \$1.75

Nature Series: Elk Habitat Hike

Tu 9:00-11:00 AM 06/14 **77698**
Ages: 10-64 \$4.50
Ages: 65+ \$2.25

Red Rocks Geology Hike

W 9:00-10:30 AM 06/15 **77699**
F 9:00-10:30 AM 07/29 **77710**
Ages: 10-64 \$3.50
Ages: 65+ \$1.75

Clubs & Games

DAY	TIME	DATE	ACTIVITY #
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Bingo

Tu 1:00-3:00 PM 01/04-12/27 **73532**
Ages: 18+ Drop in class. FREE with membership

Chorus

F 10:30-11:30 AM 04/08-12/09 **73535**
Ages: 18+ Drop in class. FREE with membership

Club: Duplicate Bridge

M 12:30-3:30 PM 01/03-12/26 **73556**
Ages: 18+ Drop in class. FREE with membership

Club: Fused Glass

Th 1:00-3:00 PM 01/06-12/29 **73557**
Ages: 18+ Drop in class. FREE with membership

Club: Knitting

W 12:00-2:00 PM 01/05-12/28 **73561**
Ages: 18+ Drop in class. FREE with membership

Club: Line Dancing

Th 10:15-11:30 AM 01/06-12/29 **73562**
Ages: 18+ Drop in class. FREE with membership

Club: Mah Jong

F 10:30 AM-1:00 PM 01/07-12/30 **73567**
Ages: 18+ Drop in class. FREE with membership

Club: Pinochle

Th 1:00-3:00 PM 01/06-12/29 **73578**
Ages: 18+ Drop in class. FREE with membership

Club: Short Story Discussion

Tu 10:00-11:00 AM 01/04-12/27 **73579**
Ages: 18+ Drop in class. FREE with membership

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