Explore Summer 2022 Activities

Register Beginning May 3rd at Noon

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

Active Older Adults

<table>
<thead>
<tr>
<th>DAY TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intermediate Pickleball Workshop</td>
<td>W 11:30 AM-1:30 PM 08/10 77377</td>
<td></td>
</tr>
<tr>
<td>Ages: 18-64</td>
<td>$10</td>
<td></td>
</tr>
<tr>
<td>Ages: 65+</td>
<td>$5</td>
<td></td>
</tr>
<tr>
<td>Pickleball</td>
<td>Tu,Th 12:00-2:00 PM 01/04-12/29 73607</td>
<td></td>
</tr>
<tr>
<td>Ages: 18+</td>
<td>Drop in class. FREE with membership</td>
<td></td>
</tr>
</tbody>
</table>

Out of School Time

<table>
<thead>
<tr>
<th>DAY TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td>MY Denver Activities</td>
<td>M-F 12:00-4:00 PM 06/03-08/19 77538</td>
<td></td>
</tr>
<tr>
<td>Ages: 8-18</td>
<td>Drop in class. FREE with MY Denver Card</td>
<td></td>
</tr>
<tr>
<td>MY Denver Karate</td>
<td>Tu 4:00-5:00 PM 01/04-12/27 73842</td>
<td></td>
</tr>
<tr>
<td>Ages: 5-18</td>
<td>Drop in class. FREE with MY Denver Card</td>
<td></td>
</tr>
<tr>
<td>MY Denver Kids in the Kitchen</td>
<td>F 3:00-4:00 PM 06/10-08/19 77524</td>
<td></td>
</tr>
<tr>
<td>Ages: 8-18</td>
<td>Drop in class. FREE with MY Denver Card</td>
<td></td>
</tr>
<tr>
<td>Night Moves: Teen Takeover</td>
<td>F 6:00-9:00 PM 06/02-08/12 77819</td>
<td></td>
</tr>
<tr>
<td>Ages: 12-18</td>
<td>Drop in class. FREE with MY Denver Card</td>
<td></td>
</tr>
</tbody>
</table>

CityWide Sports

<table>
<thead>
<tr>
<th>DAY TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Beginner Tennis Lessons</td>
<td>City Park Tennis Courts</td>
<td>Sa 11:30 AM-12:30 PM 06/25-08/06 77216</td>
</tr>
<tr>
<td>Ages: 15+</td>
<td>$70</td>
<td></td>
</tr>
<tr>
<td>Adult Advanced Beg./Int. Tennis Lessons</td>
<td>City Park Tennis Courts</td>
<td>Sa 12:45-1:45 PM 06/25-08/06 77212</td>
</tr>
<tr>
<td>Ages: 15+</td>
<td>$70</td>
<td></td>
</tr>
</tbody>
</table>

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

YOUTH SPORTS

Cheerleading Camp
At Swansea Gym
M-Th 10:30 AM-12:00 PM 07/11-07/14 74762
Ages: 5-14 $20

Sports Camp - Lacrosse
Skylark Park
M-F 9:00-10:00 AM 07/11-07/15 74743
Ages: 7-9 $25
M-F 10:30-11:30 AM 07/11-07/15 74744
Ages: 10-12 $25

Sports Camp - Multi-Sport
Skylark Park
M-F 9:00-10:00 AM 07/18-07/22 74745
Ages: 5-8 $25
M-F 10:30-11:30 AM 07/18-07/22 74746
Ages: 9-12 $25

Sports Camp - Outdoor Volleyball
Skylark Park
M-F 9:00-10:00 AM 07/25-07/29 74747
Ages: 9-11 $25
M-F 10:30-11:30 AM 07/25-07/29 74748
Ages: 12-14 $25

Pee Wee Tennis
City Park
Tu,Th 8:00-8:45 AM 06/07-07/28 77226
Sa 8:00-8:45 AM 06/25-08/06 77234

St. Charles Recreation Center
3777 Lafayette St. (720) 865-2190

YOUTH TEAM SPORTS

T-Ball
M,W 5:00-6:00 PM Ages: 5-6 74600
Ages: 5-6 Dates: 06/06-08/06 $40

Baseball
W,Th 6:00-7:00 PM Ages: 7-8 74642
M 6:00-7:30 PM Ages: 9-10 74709
Sa 10:00-11:30 AM Ages: 11-12 74491
Sa 11:30 AM-1:00 PM Ages: 7-8 Dates: 06/06-08/06 $40
Ages: 9-14 Dates: 06/06-08/13 $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.

View game schedules at: DENVERYOUTHSPORTS.ORG

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

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

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