

# Explore Summer 2022 Activities



Register Beginning May 3rd at Noon

## Twentieth Street Recreation Center

1011 20th St. • (720) 865-0520

M-Th: 6:30am-8pm / F: 6:30am-7pm / Sat: 9am-1pm  
Sun: Closed

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

### Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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#### Boxing Conditioning

W	5:30-6:30 PM	03/02-12/28	<b>77095</b>
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Ages: 15+ ..... Drop in class. FREE with membership

#### Vinyasa Yoga

M	6:00-7:00 PM	01/24-12/19	<b>75503</b>
W	6:00-7:00 PM	03/23-12/28	<b>77514</b>

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

#### Yogalates

Th	5:30-6:30 PM	03/24-12/29	<b>77513</b>
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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



LIVE FITNESS CLASS SCHEDULE

##### Nutrition Plan

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

Fee..... \$45

### Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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#### Acrylic Painting

M	5:30-7:30 PM	07/11-08/08	<b>75564</b>
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Ages: 15-64..... \$40  
Ages: 65+ ..... \$25

#### Art in the Park

##### Commons Park

Th	5:30-7:30 PM	07/07	<b>77753</b>
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Ages: 15+ ..... \$5

#### Pottery

Tu	5:00-6:45 PM	06/07-08/09	<b>75672</b>
Tu	11:00 AM-1:00 PM	06/07-08/09	<b>77738</b>
Th	11:00 AM-1:00 PM	06/09-08/11	<b>75673</b>
Th	5:00-6:45 PM	06/09-08/11	<b>75674</b>

Ages: 18-64..... \$90  
Ages: 65+ ..... \$65

#### Sketching/Drawing

M	5:30-7:30 PM	06/06-06/27	<b>75692</b>
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Ages: 16-64..... \$32  
Ages: 65+ ..... \$20



### Youth Sports

DAY	TIME	DATE	ACTIVITY #
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#### Sports Camp - Lacrosse

##### La Alma / Lincoln Park

M-F	9:00-10:00 AM	07/25-07/29	<b>74741</b>
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Ages: 7-9 ..... \$25  
M-F 10:30-11:30 AM 07/25-07/29 **74742**  
Ages: 10-12..... \$25

#### Sports Camp - Multi-Sport

##### La Alma / Lincoln Park

M-F	9:00-10:00 AM	07/11-07/15	<b>74737</b>
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Ages: 5-8 ..... \$25  
M-F 10:30-11:30 AM 07/11-07/15 **74738**  
Ages: 9-12..... \$25

#### Sports Camp - Outdoor Volleyball

##### La Alma / Lincoln Park

M-F	9:00-10:00 AM	07/18-07/22	<b>74739</b>
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Ages: 9-11..... \$25  
M-F 10:30-11:30 AM 07/18-07/22 **74740**  
Ages: 12-14..... \$25

### YOUTH TEAM SPORTS

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

Tu,Th	4:00-5:00 PM	Ages: 9-10	<b>75117</b>
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**Ages: 9-10** Dates: 06/06-07/01..... \$20

View game schedules at:

[DENVERYOUTHSPORTS.ORG](https://denveryouthsports.org)

**Age Cutoff: July 2, 2022** for 9-10 3v3 Basketball

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



### Swim Lessons: Session I

6/13/22-7/7/22; Registration Opens: 5/3/22

DAY	TIME	DATE	ACTIVITY #
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#### LEVEL 1

M,W	10:30-11:00 AM	06/13-07/06	<b>76779</b>
Tu,Th	5:30-6:00 PM	06/14-07/07	<b>76044</b>

#### ADULT

M,W	9:00-9:30 AM	06/13-07/06	<b>77026</b>
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### Swim Lessons: Session II

7/11/22-8/4/22; Registration Opens: 7/5/22

DAY	TIME	DATE	ACTIVITY #
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#### PARENT-CHILD

M,W	10:30-11:00 AM	07/11-08/03	<b>76780</b>
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#### LEVEL 1

Tu,Th	5:30-6:00 PM	07/12-08/04	<b>76045</b>
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#### ADULT

M,W	9:00-9:30 AM	07/11-08/03	<b>77027</b>
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### SWIM LESSON PRICING

Blue..... \$22.75

Yellow..... \$26

Pink..... \$38.50

Purple..... \$44

### 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.