

Explore Spring 2025 Activities



Register Beginning Feb 25th at Noon

Green Valley Ranch Recreation Center

4890 Argonne Wy. • (720) 865-4370

M-F: 6am-8pm / Sat: 10am-4pm / Sun: Closed

Register online or in person. For the complete list of available programs, visit DENVERGOV.ORG/RECREATION

Active Older Adults

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

50+ Functional Fit

Th	11:00 AM-12:00 PM	year-round	99237
----	-------------------	------------	-----------------------

Ages: 50+ Drop in class. FREE with membership

50+ Gentle Yoga

Tu	11:00 AM-12:00 PM	year-round	99258
Th	10:00-11:00 AM	year-round	99257

Ages: 50+ Drop in class. FREE with membership

Club: Social

W	12:30-4:30 PM	year-round	99315
---	---------------	------------	-----------------------

Ages: 50+ Drop in class. FREE with membership

Spring into Spring Potluck and BINGO

W	12:30-3:00 PM	05/07	106680
---	---------------	-------	------------------------

Ages: 50+ Drop in class. FREE with membership

Trip: Buc-ee's

W	10:30 AM-2:00 PM	03/19	106871
---	------------------	-------	------------------------

Ages: 50+ \$4

Trip: Explore Blackhawk

Th	9:00 AM-3:30 PM	03/27	101177
----	-----------------	-------	------------------------

Ages: 50+ \$7

Trip: Olympic Training Center Tour

Tu	9:00 AM-3:30 PM	04/29	101188
----	-----------------	-------	------------------------

Ages: 50+ \$19

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

Ballet 1

M	5:00-6:00 PM	03/24-05/19	106859
---	--------------	-------------	------------------------

Ages: 7-12 \$22

Beginner Hip Hop

W	4:00-5:00 PM	03/26-05/28	106860
---	--------------	-------------	------------------------

Ages: 8-12 \$28

Creative Movement

W	9:00-10:00 AM	03/26-05/28	106856
---	---------------	-------------	------------------------

Ages: 2-4 \$28

Dance Mix

W	10:00-11:00 AM	03/26-05/28	106861
---	----------------	-------------	------------------------

Ages: 4-7 \$28

Mini Picasso

M	10:45-11:30 AM	03/24-04/21	106863
M	10:45-11:30 AM	04/28-05/19	106864

Ages: 2-4 \$16

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

Flip for: CityWide Sports • Fitness & Wellness • Youth Sports

Swim Lessons: Session I

3/16/25-4/19/25; Reg Opens: 2/25/25-12pm

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

PARENT-CHILD

M,W	11:00-11:30 AM	03/17-04/16	106889
M,W	5:00-5:30 PM	03/17-04/16	106605

PRESCHOOL

M,W	10:25-10:55 AM	03/17-04/16	106304
M,W	11:00-11:30 AM	03/17-04/16	106306
M,W	5:35-6:05 PM	03/17-04/16	106506

LEVEL 1

M,W	10:25-10:55 AM	03/17-04/16	106888
M,W	5:00-5:30 PM	03/17-04/16	106591
M,W	5:35-6:05 PM	03/17-04/16	106592
Tu,Th	5:00-5:30 PM	03/18-04/17	106593
Tu,Th	5:35-6:05 PM	03/18-04/17	106887

LEVEL 2

Tu,Th	5:00-5:30 PM	03/18-04/17	106597
Tu,Th	5:35-6:05 PM	03/18-04/17	106598

LEVEL 3

Tu,Th	5:00-5:30 PM	03/18-04/17	106601
-------	--------------	-------------	------------------------

LEVEL 4

Tu,Th	5:35-6:05 PM	03/18-04/17	106603
-------	--------------	-------------	------------------------

LEVEL 5

M,W	5:35-6:05 PM	03/17-04/16	106891
-----	--------------	-------------	------------------------

LEVEL 6

Sa	10:15-11:15 AM	03/22-05/24	106280
----	----------------	-------------	------------------------

ADULT

M,W	5:15-6:00 PM	03/17-04/16	106504
-----	--------------	-------------	------------------------



MY Denver

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

MY Denver Activities

M-F	4:00-6:30 PM	year-round	100426
-----	--------------	------------	------------------------

Ages: 8-18 Drop in class. FREE with membership

MY Denver Karate

W	7:00-8:00 PM	year-round	100439
---	--------------	------------	------------------------

Ages: 8-18 Drop in class. FREE with membership

Swim Lessons: Session II

4/28/25-5/24/25; Reg Opens: 4/22/25-12pm

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

PARENT-CHILD

M,W	11:00-11:30 AM	04/28-05/21	106297
M,W	5:00-5:30 PM	04/28-05/21	106606

PRESCHOOL

M,W	10:25-10:55 AM	04/28-05/21	106843
M,W	11:00-11:30 AM	04/28-05/21	106844
M,W	5:35-6:05 PM	04/28-05/21	106590

LEVEL 1

M,W	5:35-6:05 PM	04/28-05/21	106226
M,W	10:25-10:55 AM	04/28-05/21	106845
M,W	5:00-5:30 PM	04/28-05/21	106594
Tu,Th	5:00-5:30 PM	04/29-05/22	106595
Tu,Th	5:35-6:05 PM	04/29-05/22	106596

LEVEL 2

Tu,Th	5:00-5:30 PM	04/29-05/22	106599
Tu,Th	5:35-6:05 PM	04/29-05/22	106600

LEVEL 3

Tu,Th	5:00-5:30 PM	04/29-05/22	106602
-------	--------------	-------------	------------------------

LEVEL 4

Tu,Th	5:35-6:05 PM	04/29-05/22	106604
-------	--------------	-------------	------------------------

LEVEL 5

M,W	5:35-6:05 PM	04/28-05/21	106892
-----	--------------	-------------	------------------------

ADULT

M,W	5:15-6:00 PM	04/28-05/21	106505
-----	--------------	-------------	------------------------

SWIM LESSON PRICING

Blue: \$22.75 per session

Yellow: \$26 per session

Pink: \$38 per session

Purple: \$57.75 per session

Green: \$66 per session



Aquatics

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

Aqua Aerobics

M,W	9:00-10:00 AM	year-round	107027
-----	---------------	------------	------------------------

Ages: 15+ Drop in class. FREE with membership

Explore Spring 2025 Activities



Register Beginning Feb 25th at Noon

Green Valley Ranch Recreation Center

4890 Argonne Wy. • (720) 865-4370

M-F: 6am-8pm / Sat: 10am-4pm / Sun: Closed

Register online or in person. For the complete list of available programs, visit DENVERGOV.ORG/RECREATION

CityWide Sports

Level 1 (2.0 - 2.5) Adult Beginner Tennis

Northfield Tennis Courts

Sa 10:00-11:00 AM 03/29-05/03 [105845](#)
Ages: 15+\$75

Level 2 (2.5-3.0) Adult Beginner/Advanced Beginner Tennis

Northfield Tennis Courts

Sa 11:00 AM-12:00 PM 03/29-05/03 [105848](#)
Ages: 15+\$75



See our full schedule of Adult Sports leagues online at: DENVERCITYWIDESPORTS.ORG

Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

Group Training

M	10:45-11:45 AM	year-round	100211
---	----------------	------------	------------------------

Ages: 15+ Drop in class. FREE with membership

HIIT

F	10:00-10:45 AM	year-round	100213
---	----------------	------------	------------------------

Ages: 15+ Drop in class. FREE with membership

Total Body Conditioning

Tu	10:00-11:00 AM	year-round	100243
F	11:00 AM-12:00 PM	year-round	100244

Ages: 15+ Drop in class. FREE with membership

Yoga I

Tu	4:30-5:30 PM	year-round	100644
Th	4:30-5:30 PM	year-round	101000

Ages: 15+ Drop in class. FREE with membership

Zumba®

M	6:00-7:00 PM	year-round	100315
Tu	6:30-7:30 PM	year-round	100316
W	5:00-6:00 PM	year-round	100319
Th	6:30-7:30 PM	year-round	100318
F	6:30-7:30 PM	year-round	107332
Sa	10:30-11:30 AM	year-round	100317

Ages: 15+ Drop in class. FREE with membership

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



LIVE FITNESS CLASS SCHEDULE



Youth Sports

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

Level 1 Beginner Tennis

Northfield

Sa	8:00-9:00 AM	03/29-05/03	103741
----	--------------	-------------	------------------------

Ages: 7-16\$13.50

Level 2 Advanced Beginner Tennis

Northfield

Sa	9:00-10:00 AM	03/29-05/03	103735
----	---------------	-------------	------------------------

Ages: 7-16\$13.50

Level 3 Tennis (Jr Development)

Northfield Park

Sa	12:00-1:00 PM	03/29-05/03	103737
----	---------------	-------------	------------------------

Ages: 10-18\$13.50

Level 4 Tennis (Jr Development)

Northfield Park

Sa	12:00-1:00 PM	03/29-05/03	103737
----	---------------	-------------	------------------------

Ages: 10-18\$13.50

DAY	TIME	AGE	ACTIVITY #
-----	------	-----	------------

YOUTH TEAM SPORTS—SPRING & SUMMER

Co-Ed Flag Football

Tu	5:00-6:00 PM	Ages: 5-6	103785
W	6:00-7:00 PM		

Tu,F	6:00-7:00 PM	Ages: 7-8	103805
------	--------------	-----------	------------------------

M	5:00-6:00 PM	Ages: 9-10	103827
---	--------------	------------	------------------------

Tu	6:00-7:00 PM		
----	--------------	--	--

M,Th	6:00-7:00 PM	Ages: 11-12	103754
------	--------------	-------------	------------------------

Ages: 5-14 Dates: 4/14/25-5/9/25\$20

Co-Ed Soccer

Th	5:00-6:00 PM	Ages: 5-6	103870
----	--------------	-----------	------------------------

Sa	9:00-10:00 AM		
----	---------------	--	--

Th	6:00-7:00 PM	Ages: 7-8	103896
----	--------------	-----------	------------------------

Sa	11:00 AM-12:00 PM		
----	-------------------	--	--

Th	6:00-7:00 PM	Ages: 9-10	103922
----	--------------	------------	------------------------

Sa	1:00-2:00 PM		
----	--------------	--	--

M,W	6:00-7:00 PM	Ages: 11-12	103850
-----	--------------	-------------	------------------------

Ages: 5-12 Dates: 4/14/25-5/10/25\$20

Co-Ed Volleyball

Tu	5:30-6:30 PM	Ages: 7-8	106568
----	--------------	-----------	------------------------

W	6:00-7:00 PM		
---	--------------	--	--

W	6:30-7:30 PM	Ages: 9-10	103992
---	--------------	------------	------------------------

F	6:00-7:00 PM		
---	--------------	--	--

M	6:30-7:30 PM	Ages: 11-12	103944
---	--------------	-------------	------------------------

Tu	6:00-7:00 PM		
----	--------------	--	--

Ages: 7-14 Dates: 4/14/25-5/9/25\$20

DAY	TIME	AGE	ACTIVITY #
-----	------	-----	------------

Co-Ed T-Ball

M,W	5:30-6:30 PM	Ages: 5-6	104124
-----	--------------	-----------	------------------------

Ages: 5-6 Dates: 6/2/25-7/23/25\$35

Coach Pitch Baseball

Tu,Th	5:30-6:30 PM	Ages: 7-8	104160
-------	--------------	-----------	------------------------

Ages: 7-8 Dates: 6/2/25-7/24/25\$35

Baseball

M,F	6:30-8:00 PM	Ages: 9-10	104210
-----	--------------	------------	------------------------

Ages: 9-14 Dates: 5/19/25-8/2/25\$50

Coach Pitch Softball

M,Tu	6:30-7:30 PM	Ages: 7-8	104185
------	--------------	-----------	------------------------

Ages: 7-8 Dates: 6/2/25-7/24/25\$35

Softball

W,Th	6:30-8:00 PM	Ages: 9-10	107288
------	--------------	------------	------------------------

Ages: 9-14 Dates: 5/19/25-8/1/25\$50

View game schedules at: DENVERYOUTHSPORTS.ORG

Spring Age Calculation Date: April 27, 2025
for 5-14 Co-Ed Flag Football • 5-12 Co-Ed Soccer
7-14 Co-Ed Volleyball

Summer 8 & Under Age Calculation Date:

April 27, 2025 for 5-6 Co-Ed T-Ball
7-8 Coach Pitch Baseball / Softball

Summer 9+ Age Calculation Date:

July 13, 2025 for 9-14 Baseball / Softball



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

Flip for: Active Older Adults
Arts & Culture • Swim Lessons
My Denver • Aquatics