Explore Spring 2024 Activities

Register for programs in person at any Denver Recreation Center or online at DENVERGOV.ORG/RECREATION

- Register Beginning Mar 5th at Noon
- M-F: 9am-8pm / Sat: 9am-2pm / Sun: Closed
- 4890 Argonne Wy. • (720) 865-4370
- Green Valley Ranch Recreation Center

Fitness & Wellness

- Group Training
  - M 10:45-11:45 AM year-round 90561
  - Ages: 15+
  - Drop in class. FREE with membership

- HIIT
  - F 10:00-10:45 AM year-round 90565
  - Ages: 15+
  - Drop in class. FREE with membership

- Power Yoga
  - M 4:30-5:30 PM year-round 90591
  - Ages: 15+
  - Drop in class. FREE with membership

- Total Body Conditioning
  - Tu 10:00-11:00 AM year-round 90604
  - F 11:00 AM-12:00 PM year-round 90605
  - Ages: 15+
  - Drop in class. FREE with membership

- Zumba®
  - M 6:00-7:00 PM year-round 90678
  - Tu 6:30-7:30 PM year-round 90679
  - W 5:00-6:00 PM year-round 93976
  - Th 6:30-7:30 PM year-round 91834
  - Sa 10:30-11:30 AM year-round 90681
  - Ages: 15+
  - Drop in class. FREE with membership

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.

Active Older Adults

- 50+ Functional Fit
  - Th 11:00 AM-12:00 PM year-round 89844
  - Ages: 50+
  - Drop in class. FREE with membership

- 50+ Gentle Yoga
  - Tu 11:00 AM-12:00 PM year-round 89871
  - Th 10:00-11:00 AM year-round 89870
  - Ages: 50+
  - Drop in class. FREE with membership

- Club: Social
  - M 1:00-5:00 PM year-round 89943
  - W 12:30-4:30 PM year-round 89942
  - Ages: 50+
  - Drop in class. FREE with membership

- Trip: Explore Blackhawk
  - W 9:00 AM-3:30 PM 04/10 92379
  - Ages: 21+

- CityWide Sports

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

MY Denver

- MY Denver Activities
  - M-F 4:00-6:30 PM year-round 90745
  - Ages: 8-18
  - Drop in class. FREE with membership

- MY Denver Karate
  - W 7:00-8:00 PM year-round 90760
  - Ages: 5-18
  - Drop in class. FREE with membership

- MY Denver Activities

  - Co-Ed Flag Football
    - Tu 5:00-6:00 PM Ages: 5-6 92899
    - W 6:00-7:00 PM
    - Tu,F 6:00-7:00 PM Ages: 7-8 92920
    - M 5:00-6:00 PM Ages: 9-10 92942
    - Tu 6:00-7:00 PM
    - M,Th 6:00-7:00 PM Ages: 11-12 92869

  - Co-Ed Soccer
    - Th 5:00-6:00 PM Ages: 5-6 92988
    - Sa 9:00-10:00 AM
    - Th 6:00-7:00 PM Ages: 7-8 93014
    - Sa 11:00 AM-12:00 PM
    - Th 6:00-7:00 PM Ages: 9-10 93041
    - Sa 1:00-2:00 PM
    - M,W 6:00-7:00 PM Ages: 11-12 92967

  - Co-Ed Volleyball
    - W 5:30-6:30 PM Ages: 9-10 93123
    - F 6:00-7:00 PM
    - M 5:30-6:30 PM Ages: 11-12 93064
    - Tu 6:00-7:00 PM

  - View game schedules at: DENVERYOUTHSPORTS.ORG

Age Cutoff: April 21, 2024 for 5-14 Co-Ed Flag Football
5-12 Co-Ed Soccer • 7-14 Co-Ed Volleyball
*Teams will have one practice and one instructional game per week.