Explore Winter 2023-2024 Activities

Register Beginning Nov 8th at Noon

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

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

Active Older Adults

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td>50+ Gentle Yoga</td>
<td>M</td>
<td>9:30-10:30 AM</td>
<td>year-round</td>
</tr>
<tr>
<td>Ages: 50+  Drop in class. FREE with membership</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pickleball 101</td>
<td>Tu</td>
<td>8:45-10:15 AM</td>
<td>11/28-12/19</td>
</tr>
<tr>
<td>Tu</td>
<td>8:45-10:15 AM</td>
<td>01/09-01/30</td>
<td>91911</td>
</tr>
<tr>
<td>Tu</td>
<td>8:45-10:15 AM</td>
<td>02/13-03/05</td>
<td>91912</td>
</tr>
<tr>
<td>Ages: 18-64 .............................................. $30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ages: 65+ .............................................. $15</td>
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</tbody>
</table>

Pickleball
Tu,Th-F 10:30 AM-1:30 PM | year-round | 89978 |

Ages: 50+  Drop in class. FREE with membership

Advanced Pickleball Workshop
Th | 8:45-10:15 AM | 11/30-12/21 | 91913 |
| Th | 8:45-10:15 AM | 01/11-02/01 | 91914 |
| Th | 8:45-10:15 AM | 02/15-03/07 | 91915 |
| Ages: 18-64 .............................................. $30 |
| Ages: 65+ .............................................. $15 |

Adaptive Recreation

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adaptive Lap Swim Club</td>
<td>M</td>
<td>5:15-6:00 PM</td>
<td>11/13-12/04</td>
</tr>
<tr>
<td>Ages: 12+ .............................................. $9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adaptive Mosaics</td>
<td>W</td>
<td>10:00-11:30 AM</td>
<td>01/10-02/07</td>
</tr>
<tr>
<td>Ages: 12+ .............................................. $16</td>
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</table>

Outdoor Recreation

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATE</th>
<th>ACTIVITY #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Hike: Red Rocks</td>
<td>Tu</td>
<td>9:30 AM-2:30 PM</td>
<td>12/19</td>
</tr>
<tr>
<td>Ages: 8+ .............................................. $11.25</td>
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</tbody>
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Out of School Time

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

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.

Work with Denver Parks & Recreation
Join Our Recreation Team
SeeYourselfHere.org

Flip for: Youth Sports
Swim Lessons

Aquatics

<table>
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<th>TIME</th>
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<th>ACTIVITY #</th>
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</thead>
<tbody>
<tr>
<td>Ai Chi</td>
<td>M,W</td>
<td>11:15 AM-12:15 PM</td>
<td>year-round</td>
</tr>
<tr>
<td>Ages: 15+  Drop in class. FREE with membership</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Aqua Aerobics</td>
<td>M,W,F</td>
<td>9:15-10:15 AM</td>
<td>year-round</td>
</tr>
<tr>
<td>Ages: 15+  Drop in class. FREE with membership</td>
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<td></td>
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</tr>
<tr>
<td>Aqua Tone</td>
<td>F</td>
<td>10:30-11:30 AM</td>
<td>year-round</td>
</tr>
<tr>
<td>Ages: 15+  Drop in class. FREE with membership</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Deep Water Aerobics</td>
<td>Tu,Th</td>
<td>9:15-10:15 AM</td>
<td>year-round</td>
</tr>
<tr>
<td>Ages: 15+  Drop in class. FREE with membership</td>
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</table>

See back for Swim Lessons!

Adaptive Lap Swim Club
M | 5:15-6:00 PM | 11/13-12/04 | 91816 |
| Ages: 12+ .............................................. $9 |

Adaptive Mosaics
W | 10:00-11:30 AM | 01/10-02/07 | 91323 |
| Ages: 12+ .............................................. $16 |

Out of School Time

<table>
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</thead>
<tbody>
<tr>
<td>Gift Workshop</td>
<td>W</td>
<td>5:00-6:30 PM</td>
<td>12/06</td>
</tr>
<tr>
<td>Ages: 5-12 .............................................. $3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Video Game Tournament</td>
<td>Sa</td>
<td>11:00 AM-2:00 PM</td>
<td>02/17</td>
</tr>
<tr>
<td>Ages: 10-19 .............................................. $3</td>
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</table>
Explore Winter 2023-2024 Activities

Register Beginning Nov 8th at Noon

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

MLK Jr. Recreation Center
3880 Newport St. • (720) 865-0530
M-F: 6am-7pm / Sat: 9am-1pm / Sun: Closed

Youth Team Sports

Co-Ed Basketball
F 5:00-6:00 PM Ages: 5-6 90927
Sa 10:00-11:00 AM
Ages: 5-6 Dates: 1/3/24-2/24/24 ................. $40

Boys Basketball
F 6:00-7:00 PM Ages: 7-8 90868
Sa 11:00 AM-12:00 PM
M,Tu 5:00-6:00 PM Ages: 9-10 90896
W,Th 5:00-6:00 PM Ages: 11-12 90808
M,W 6:00-7:00 PM Ages: 13-14 90833
Ages: 7-8 Dates: 1/3/24-2/24/24 ................. $40

Girls Basketball
F 6:00-7:00 PM Ages: 7-8 90990
Sa 11:00 AM-12:00 PM
Tu,F 6:00-7:00 PM Ages: 9-10 91013
W,Th 6:00-7:00 PM Ages: 11-12 90953
Ages: 7-8 Dates: 1/3/24-2/24/24 ................. $40

Swim Lessons: Session I
1/1/24-1/27/24; Registration Opens: 11/8/23 - 12pm
D A Y  T I M E  D A T E  A C T I V I T Y  #
PRESCHOOL
Tu,Th 5:00-5:30 PM 01/02-01/25 91440
LEVEL 1
Tu,Th 5:00-5:30 PM 01/02-01/25 91445
LEVEL 2
Tu,Th 5:35-6:05 PM 01/02-01/25 91447
LEVEL 3
Tu,Th 5:35-6:05 PM 01/02-01/25 91449
LEVEL 4
Tu,Th 6:10-6:40 PM 01/02-01/25 91451
ADULT
Tu,Th 6:10-6:55 PM 01/02-01/25 91438

Swim Lessons: Session II
2/5/24-3/2/24; Registration Opens: 1/30/24 - 12pm
D A Y  T I M E  D A T E  A C T I V I T Y  #
PRESCHOOL
Tu,Th 5:00-5:30 PM 02/06-02/29 91440
LEVEL 1
Tu,Th 5:00-5:30 PM 02/06-02/29 91445
LEVEL 2
Tu,Th 5:35-6:05 PM 02/06-02/29 91447
LEVEL 3
Tu,Th 5:35-6:05 PM 02/06-02/29 91449
LEVEL 4
Tu,Th 6:10-6:40 PM 02/06-02/29 91451
ADULT
Tu,Th 6:10-6:55 PM 02/06-02/29 91438

View game schedules at:
DENVERYOUTHSPORTS.ORG
Age Cutoff: January 14, 2024 for
5-6 Co-Ed Basketball • 7-17 Boys Basketball
7-14 Girls Basketball
*Teams will practice 2x/week until games begin; Once games begin, teams will practice 1x/week.

Swim Lesson Pricing
Yellow ........................... $26
Brown ............................. $66

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.

Join Our Recreation Team
SeeYourselfHere.org

Flip for:
Outdoor Recreation
Fitness & Wellness • Arts & Culture
Active Older Adults
Adaptive Recreation • Aquatics
CityWide Sports • Out of School Time