**Explore Summer 2024 Activities**

Register Beginning May 7th at Noon

Register online or in person. For the complete list of available programs, visit [DENVERGOV.ORG/RECREATION](http://DENVERGOV.ORG/RECREATION)

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### Active Older Adults

**Pickleball**
- **M, Th**: 12:00-2:00 PM year-round
- Ages: 50+
- Drop in class. FREE with membership

**MY Denver**
- **MY Denver Activities**
  - M-F: 12:00-4:00 PM 06/10-08/16
  - Age Ranges: 8-18
- **MY Denver at Genesee Challenge Course**
  - Th: 9:00 AM-5:00 PM 07/11
  - Ages: 8-17
  - FREE with MY Denver Card
- **MY Denver Kayak**
  - W: 1:15-5:00 PM 08/07
  - Ages: 8-17
  - FREE with MY Denver Card

**Arts & Culture**
- **Pop Art Trends**
  - Tu: 4:00-5:00 PM 06/04-07/02
  - Ages: 7-12
  - $23
  - Tu: 4:00-5:00 PM 07/09-08/06
  - Ages: 7-12
  - $20

<table>
<thead>
<tr>
<th>CityWide Sports</th>
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<tbody>
<tr>
<td>See our full schedule of Adult Sports leagues online at: <a href="http://DENVERCITYWIDESPORTS.ORG">DENVERCITYWIDESPORTS.ORG</a></td>
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### Youth Team Sports

**Co-Ed T-Ball**
- Tu, W: 4:00-5:00 PM
- Ages: 5-6
- Activity #: 93181
- Dates: 6/10-8/3/24
- Fee: $35

**Coach Pitch Baseball**
- W, Th: 5:00-6:00 PM
- Ages: 7-8
- Activity #: 93244
- Dates: 6/10-8/3/24
- Fee: $35

**Baseball**
- M, F: 6:00-7:30 PM
- Ages: 9-14
- Activity #: 93271
- Dates: 6/10-8/3/24
- Fee: $50

**Softball**
- W, Th: 6:00-7:30 PM
- Ages: 9-14
- Activity #: 93340
- Dates: 6/10-8/3/24
- Fee: $50

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### Fitness & Wellness

**PERSONAL TRAINING**
- Body fat/fitness assessments
  - Ages: 15+
  - Fee: $15

**Individual training**
- 60 minute session with one of our Certified Personal Trainers.
  - Ages: 15+
  - 1 Session
  - Fee: $45

**Nutrition Plan**
- Personalized nutrition consult and 30-minute one-on-one check in call halfway through the session.
  - Fee: $45

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### 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.

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**View game schedules at:**

[DENVERYOUTHSSPORTS.ORG](http://DENVERYOUTHSSPORTS.ORG)

- **Age Cutoff: June 10, 2024**
  - 5-6 Co-Ed T-Ball • 7-8 Coach Pitch Baseball & Softball
  - Teams practice twice per week for 2 weeks, then 1 practice and 1 instructional game per week through the end of the season.

- **Age Cutoff: July 15, 2024**
  - 9-14 Baseball & Softball
  - Teams practice twice per week for 2 weeks, then 1 practice and 1 game per week through the end of the season.

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**5090 Broadway Recreation Center**

5090 Broadway • (720) 865-2150

SeeYourselfHere.org