

Explore Summer 2024 Activities



Register Beginning May 7th at Noon



Green Valley Ranch Recreation Center

4890 Argonne Wy. • (720) 865-4370

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	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			
W	12:30-4:30 PM	year-round	89942
M	1:00-5:00 PM	year-round	89943
Ages: 50+ Drop in class. FREE with membership			
Trip: Explore Blackhawk			
Th	9:00 AM-3:30 PM	08/01	94316
Ages: 21+ \$7			
Trip: Explore Georgetown			
W	9:00 AM-4:00 PM	07/24	94326
Ages: 50+ \$8			
Trip: Rockies vs. Los Angeles Dodgers			
Th	11:30 AM-5:00 PM	06/20	94332
Ages: 55+ \$18			

CityWide Sports



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

Alternative Sports

DAY	TIME	DATE	ACTIVITY #
Become a Better Biker Program			
M-F	9:00 AM-2:00 PM	07/29-08/02	95316
Ages: 10-13 Drop in class. FREE with membership			
Learn to Bike Program			
M-F	9:00 AM-2:30 PM	07/29-08/02	95991
Ages: 7-10 Drop in class. FREE with membership			
Youth: All Levels: SBC Adventures			
M-F	8:00 AM-2:00 PM	07/22-07/26	95988
Ages: 8-14 \$67.50			

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



Flip for: Fitness & Wellness
Swim Lessons

MY Denver

DAY	TIME	DATE	ACTIVITY #
LEGO Robotics			
Tu	12:00-2:00 PM	06/11-06/25	94186
Ages: 8-12 FREE with MY Denver Card			
Monthly Themed Art			
Th	12:30-2:00 PM	06/13-08/08	95956
Ages: 8-18 FREE with MY Denver Card			
MY Denver Activities			
M-F	12:00-4:00 PM	06/10-08/16	94151
Ages: 8-18 Drop in class. FREE with MY Denver Card			
MY Denver Karate			
W	7:00-8:00 PM	year-round	90760
Ages: 5-18 FREE with MY Denver Card			
Summer Rec Kidz: Bug's Life			
M,Tu,Th,F	9:00 AM-12:00 PM	06/17-06/21	96243
Ages: 8-12 FREE with MY Denver Card			
Summer Rec Kidz: Fit Kids			
M-F	9:00 AM-12:00 PM	07/22-07/26	96248
Ages: 8-12 FREE with MY Denver Card			
Summer Rec Kidz: Medieval Times			
M-F	9:00 AM-12:00 PM	08/05-08/09	96250
Ages: 8-12 FREE with MY Denver Card			
Summer Rec Kidz: Space Exploration			
M-W	9:00 AM-12:00 PM	07/01-07/03	96245
Ages: 8-12 FREE with MY Denver Card			
Summer Rec Kidz: Step Into STEM			
M-F	9:00 AM-12:00 PM	07/29-08/02	96249
Ages: 8-12 FREE with MY Denver Card			
Summer Rec Kidz: Tabletop Games			
M-F	9:00 AM-12:00 PM	07/15-07/19	96247
Ages: 8-12 FREE with MY Denver Card			
Summer Rec Kidz: Jurassic Parks and Rec			
M-F	9:00 AM-12:00 PM	07/08-07/12	96246
Ages: 8-12 FREE with MY Denver Card			
Summer Rec Kidz: Outdoor Survivor Challenge			
M-F	9:00 AM-12:00 PM	06/24-06/28	96244
Ages: 8-12 FREE with MY Denver Card			
Summer Rec Kidz: The Olympic Experience 2024			
M-F	9:00 AM-12:00 PM	06/10-07/29	96193
Ages: 8-12 FREE with MY Denver Card			

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.

Youth Team Sports

DAY	TIME	AGE	ACTIVITY #
Co-Ed T-Ball			
M,W	5:30-6:30 PM	Ages: 5-6	93192
Ages: 5-6 Dates: 6/10/24-8/3/24 \$35			
Coach Pitch Baseball			
Tu,Th	5:30-6:30 PM	Ages: 7-8	93255
Ages: 7-8 Dates: 6/10/24-8/3/24 \$35			
Baseball			
M,Th	6:30-8:00 PM	Ages: 9-10	93847
Ages: 9-14 Dates: 6/3/24-8/3/24 \$50			
Coach Pitch Softball			
M,Tu	6:30-7:30 PM	Ages: 7-8	93328
Ages: 7-8 Dates: 6/10/24-8/3/24 \$35			

View game schedules at:
DENVERYOUTHSPORTS.ORG

*** Age Cutoff: June 10, 2024 for**
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 for**
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.*

Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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			

See our full schedule of classes online at:
DENVERGOV.ORG/FITNESS