

# Explore Fall 2024 Activities



Register Beginning July 23rd 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](https://DENVERGOV.ORG/RECREATION)

## CityWide Sports



See our full schedule of Adult Sports leagues online at: [DENVERCITYWIDESPORTS.ORG](https://DENVERCITYWIDESPORTS.ORG)

## Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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### 50+ Functional Fit

Th	11:00 AM-12:00 PM	year-round	<b>89844</b>
Ages: 50+ . . . . . Drop in class. FREE with membership			

### 50+ Gentle Yoga

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

### Club: Social

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

### Trip: Explore Blackhawk

W	9:00 AM-3:30 PM	09/18	<b>96670</b>
Ages: 50+ . . . . . \$7			



Flip for: Youth Sports Swim Lessons

## MY Denver

DAY	TIME	DATE	ACTIVITY #
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### 4-H STEAM

M	5:00-6:30 PM	09/16-11/11	<b>97763</b>
Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card			

### Digital Art

Tu	4:00-5:30 PM	09/10-11/05	<b>98481</b>
Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card			

### MY Denver Activities

M-F	4:00-6:30 PM	year-round	<b>90745</b>
Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card			

### MY Denver Karate

W	7:00-8:00 PM	year-round	<b>90760</b>
Ages: 5-18. . . . . Drop in class. FREE with membership			

### MY Denver Kids in the Kitchen

F	5:00-6:30 PM	09/27-11/15	<b>97785</b>
Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card			



## Alternative Sports

DAY	TIME	DATE	ACTIVITY #
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### Adult: Beginner: Roller Skate

W	10:00 AM-12:00 PM	11/06-11/20	<b>98453</b>
Ages: 18-64. . . . . \$21			
Ages: 65+ . . . . . \$13.50			

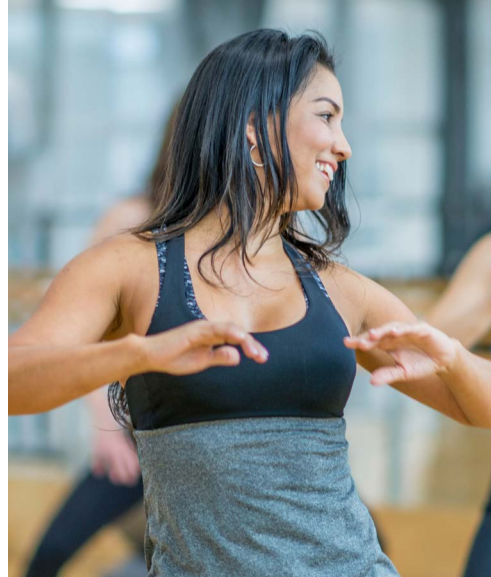
## Discounts

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](https://SeeYourselfHere.org)



## Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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### Group Training

M	10:45-11:45 AM	year-round	<b>90561</b>
Ages: 15+ . . . . . Drop in class. FREE with membership			

### HIIT

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

### Total Body Conditioning

Tu	10:00-11:00 AM	year-round	<b>90604</b>
F	11:00 AM-12:00 PM	year-round	<b>90605</b>
Ages: 15+ . . . . . Drop in class. FREE with membership			

### Zumba®

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

See our full schedule of classes online at: [DENVERGOV.ORG/FITNESS](https://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



LIVE FITNESS CLASS SCHEDULE

### Nutrition Plan

Personalized nutrition consult and 30-minute one-on-one check in call halfway through the session.

Fee. . . . . \$45

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## Green Valley Ranch Recreation Center

4890 Argonne Wy. • (720) 865-4370

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



### Swim Lessons: Session I

8/26/24-9/19/24; Reg Opens: 7/23/24-12pm

DAY	TIME	DATE	ACTIVITY #
<b>PARENT-CHILD</b>			
Tu,Th	10:00-10:30 AM	08/27-09/19	<b>98514</b>

#### LEVEL 1

M,W	5:35-6:05 PM	08/26-09/18	<b>98490</b>
M,W	5:35-6:05 PM	08/28-09/18	<b>98491</b>

#### LEVEL 2

Tu,Th	5:35-6:05 PM	08/27-09/19	<b>98502</b>
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### Swim Lessons: Session II

9/30/24-10/24/24; Reg Opens: 9/24/24-12pm

DAY	TIME	DATE	ACTIVITY #
<b>PARENT-CHILD</b>			
Tu,Th	10:00-10:30 AM	10/01-10/24	<b>98515</b>

#### LEVEL 1

M,W	5:35-6:05 PM	09/30-10/23	<b>98492</b>
Tu,Th	5:35-6:05 PM	10/01-10/24	<b>98493</b>

#### LEVEL 2

Tu,Th	5:35-6:05 PM	10/01-10/24	<b>98503</b>
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### Swim Lessons: Session III

11/4/24-12/12/24; Reg Opens: 10/29/24-12pm

DAY	TIME	DATE	ACTIVITY #
<b>PARENT-CHILD</b>			
Tu,Th	10:00-10:30 AM	11/05-12/05	<b>98516</b>

#### LEVEL 1

M,W	5:35-6:05 PM	11/04-12/04	<b>98494</b>
Tu,Th	5:35-6:05 PM	11/05-12/05	<b>98495</b>

#### LEVEL 2

Tu,Th	5:35-6:05 PM	11/05-12/05	<b>98504</b>
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### SWIM LESSON PRICING

Yellow: \$26 per session

### Youth Team Sports

DAY	TIME	AGE	ACTIVITY #
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#### Co-Ed Flag Football

Tu,W	5:00-6:00 PM	Ages: 5-6	<b>97529</b>
Tu,F	6:00-7:00 PM	Ages: 7-8	<b>97550</b>
M,Tu	5:00-6:00 PM	Ages: 9-10	<b>97572</b>
M,Th	6:00-7:00 PM	Ages: 11-12	<b>97502</b>

Ages: 5-8 Dates: 9/3/24-10/18/24 .....\$35  
 Ages: 9-14 Dates: 9/3/24-11/01/24 .....\$45

#### Co-Ed Soccer

Th	5:00-6:00 PM	Ages: 5-6	<b>97622</b>
Sa	10:30-11:30 AM		
Th	6:00-7:00 PM	Ages: 7-8	<b>97648</b>
Sa	11:30 AM-12:30 PM		
W	6:00-7:00 PM	Ages: 9-10	<b>97674</b>
Sa	12:30-1:30 PM		
M,W	6:00-7:00 PM	Ages: 11-12	<b>97598</b>

Ages: 5-8 Dates: 9/3/24-10/19/24 .....\$35  
 Ages: 9-12 Dates: 9/3/24-11/02/24 .....\$45

DAY	TIME	AGE	ACTIVITY #
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#### Co-Ed Volleyball

W,F	5:30-6:30 PM	Ages: 9-10	<b>97747</b>
M,Tu	5:30-6:30 PM	Ages: 11-12	<b>97695</b>
Ages: 9-14 Dates: 9/3/24-11/01/24 .....\$45			

View game schedules at:  
[DENVERYOUTHSPORTS.ORG](https://DENVERYOUTHSPORTS.ORG)

**Age Cutoff: September 22, 2024** for  
 5-14 Co-Ed Flag Football • 5-12 Co-Ed Soccer  
 7-17 Co-Ed Volleyball

*Ages 8 & Under will have two practices the first week of the season, then one practice and one game for the duration of the season (6 instructional games).*

*Ages 9+ will have two practices the first two weeks of the season, then one practice and one game for the duration of the season (5 league games followed by single-elimination tournaments).*

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**Flip for:** CityWide Sports  
 Active Older Adults  
 My Denver • Alternative Sports  
 Fitness & Wellness