

# Explore Spring 2023 Activities



Register Beginning Feb 21st at Noon

## Southwest Recreation Center

9200 W Saratoga Pl. • (720) 865-0670

M,W: 7am-7pm / Tu,Th: 8am-6pm / F: 7am-7pm  
Sat: 10am-2pm / Sun: Closed

Browse the Activity Guide, and register for programs at [DENVERGOV.ORG/RECREATION](http://DENVERGOV.ORG/RECREATION)



### Active Older Adults

DAY	TIME	DATE	ACTIVITY #
<b>50+ Gentle Yoga</b>			
M	1:30-2:30 PM	year-round	<b>80309</b>
Ages: 50+ ..... Drop in class. FREE with membership			

<b>Pickleball</b>			
M,W,F	9:00 AM-1:00 PM	year-round	<b>80393</b>
Sa	10:00 AM-12:00 PM	year-round	<b>80394</b>
Ages: 50+ ..... Drop in class. FREE with membership			

<b>Pickleball: Beginner</b>			
W	8:00-9:00 AM	year-round	<b>81784</b>
Ages: 50+ ..... Drop in class. FREE with membership			



### CityWide Sports



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

### Arts & Culture

DAY	TIME	DATE	ACTIVITY #
<b>Mini Picasso</b>			
F	10:00-10:45 AM	03/31-04/28	<b>83171</b>
F	10:00-10:45 AM	05/05-05/26	<b>83172</b>
Ages: 2-4 ..... \$16			
<b>Piano Class: Beginning/Intermediate</b>			
Th	4:45-5:45 PM	03/30-05/25	<b>83200</b>
F	5:45-6:45 PM	03/31-05/26	<b>83201</b>
Ages: 6-12 ..... \$28.80			
<b>Preschool Holiday Craft</b>			
Th	9:00-9:45 AM	04/06	<b>83265</b>
Ages: 2-3 ..... \$5			
Th	10:15-11:00 AM	04/06	<b>83266</b>
Ages: 4-5 ..... \$5			

### Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
<b>Total Body Conditioning</b>			
Sa	12:30-1:30 PM	year-round	<b>82348</b>
Ages: 15+ ..... Drop in class. FREE with membership			
<b>WITT Weight Room Introduction</b>			
Tu,Th	4:30-6:30 PM	04/11-04/13	<b>84650</b>
Ages: 13-17 ..... \$30			

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



LIVE FITNESS CLASS SCHEDULE

### Youth Sports

DAY	TIME	DATE	ACTIVITY #
<b>Gymnastics I</b>			
M	5:30-6:30 PM	04/03-04/24	<b>83756</b>
W	5:30-6:30 PM	04/05-04/26	<b>83754</b>
Ages: 6-14 ..... \$20			
<b>Sports Experience</b>			
Sa	10:00-11:00 AM	04/08-04/29	<b>83745</b>
Ages: 3-4 ..... \$20			

### YOUTH TEAM SPORTS - SPRING

DAY	TIME	AGE	ACTIVITY #
<b>Co-Ed Flag Football</b>			
Tu,W	4:30-5:30 PM	Ages: 5-6	<b>83816</b>
Th,F	4:30-5:30 PM	Ages: 7-8	<b>83838</b>
M,Tu	4:30-5:30 PM	Ages: 9-10	<b>83860</b>
W,Th	4:30-5:30 PM	Ages: 11-12	<b>83787</b>
M	4:30-5:30 PM	Ages: 13-14	<b>83799</b>
Sa	11:00 AM-12:00 PM		
Ages: 5-14 Dates: 4/3-5/5 ..... \$25			

<b>Co-Ed Soccer</b>			
F	6:00-7:00 PM	Ages: 5-6	<b>83903</b>
Sa	10:15-11:15 AM		
F	5:00-6:00 PM	Ages: 7-8	<b>83930</b>
Sa	11:15 AM-12:15 PM		
Th	4:30-5:30 PM	Ages: 9-10	<b>83956</b>
Sa	12:15-1:15 PM		
Tu,W	5:30-6:30 PM	Ages: 11-12	<b>83878</b>
Ages: 5-12 Dates: 4/3-5/6 ..... \$25			

<b>Co-Ed Volleyball</b>			
M	4:30-5:30 PM	Ages: 7-8	<b>84011</b>
Sa	10:30-11:30 AM		
Th	5:00-6:00 PM	Ages: 9-10	<b>84033</b>
F	5:45-6:45 PM		
M	5:45-6:45 PM	Ages: 11-12	<b>83976</b>
Tu	5:00-6:00 PM		
W	4:30-5:30 PM	Ages: 13-14	<b>83990</b>
Th	4:00-5:00 PM		
Ages: 7-17 Dates: 4/3-5/6 ..... \$25			

### YOUTH TEAM SPORTS - SUMMER

<b>Co-Ed T-Ball</b>			
Tu,W	4:00-5:00 PM	Ages: 5-6	<b>84178</b>
Ages: 5-6 Dates: 6/5-7/28 ..... \$40			

<b>Coach Pitch Baseball</b>			
W,Th	5:00-6:00 PM	Ages: 7-8	<b>84217</b>
Ages: 7-8 Dates: 6/5-7/27 ..... \$40			

<b>Coach Pitch Softball</b>			
M	4:00-5:00 PM	Ages: 7-8	<b>84238</b>
Tu	5:00-6:00 PM		
Ages: 7-8 Dates: 6/5-7/27 ..... \$40			

<b>Baseball</b>			
M	6:30-8:00 PM	Ages: 9-10	<b>84274</b>
Sa	11:30 AM-1:00 PM		
M	5:00-6:30 PM	Ages: 11-12	<b>84083</b>
Tu	6:00-7:30 PM		
Ages: 9-14 Dates: 5/22-7/28 ..... \$50			

<b>Softball</b>			
W,Th	6:00-7:30 PM	Ages: 9-10	<b>84295</b>
W	6:00-7:30 PM	Ages: 11-12	<b>84097</b>
Sa	10:00-11:30 AM		
Ages: 9-14 Dates: 5/22-7/28 ..... \$50			

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

**Age Cutoff: April 16, 2023** for  
5-14 Flag Football • 5-12 Co-Ed Soccer • 7-17 Volleyball

**Age Cutoff: June 12, 2023** for  
5-6 T-Ball • 7-8 Coach Pitch Baseball & Softball

**Age Cutoff: July 17, 2023** for  
9-14 Baseball • 9-14 Softball

\*Teams will practice 2x/week until games begin;  
Once games begin, teams will practice 1x/week.

**Discounts:** Denver residents ages 60+ and youth ages 5-18 could qualify for a free MY Denver membership.