

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](https://denvergov.org/recreation)



Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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50+ Gentle Yoga

M	1:30-2:30 PM	year-round	80309
Ages: 50+ Drop in class. FREE with membership			

Pickleball

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

Pickleball: Beginner

W	8:00-9:00 AM	year-round	81784
Ages: 50+ Drop in class. FREE with membership			



CityWide Sports



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

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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Mini Picasso

F	10:00-10:45 AM	03/31-04/28	83171
F	10:00-10:45 AM	05/05-05/26	83172
Ages: 2-4 \$16			

Piano Class: Beginning/Intermediate

Th	4:45-5:45 PM	03/30-05/25	83200
F	5:45-6:45 PM	03/31-05/26	83201
Ages: 6-12 \$28.80			

Preschool Holiday Craft

Th	9:00-9:45 AM	04/06	83265
Ages: 2-3 \$5			
Th	10:15-11:00 AM	04/06	83266
Ages: 4-5 \$5			

Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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Total Body Conditioning

Sa	12:30-1:30 PM	year-round	82348
Ages: 15+ Drop in class. FREE with membership			

WITT Weight Room Introduction

Tu,Th	4:30-6:30 PM	04/11-04/13	84650
Ages: 13-17 \$30			

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

Youth Sports

DAY	TIME	DATE	ACTIVITY #
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Gymnastics I

M	5:30-6:30 PM	04/03-04/24	83756
W	5:30-6:30 PM	04/05-04/26	83754
Ages: 6-14 \$20			

Sports Experience

Sa	10:00-11:00 AM	04/08-04/29	83745
Ages: 3-4 \$20			

DAY	TIME	AGE	ACTIVITY #
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YOUTH TEAM SPORTS - SPRING

Co-Ed Flag Football

Tu,W	4:30-5:30 PM	Ages: 5-6	83816
Th,F	4:30-5:30 PM	Ages: 7-8	83838
M,Tu	4:30-5:30 PM	Ages: 9-10	83860
W,Th	4:30-5:30 PM	Ages: 11-12	83787
M	4:30-5:30 PM	Ages: 13-14	83799
Sa	11:00 AM-12:00 PM		
Ages: 5-14 Dates: 4/3-5/5 \$25			

Co-Ed Soccer

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

Co-Ed Volleyball

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

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

DAY	TIME	AGE	ACTIVITY #
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YOUTH TEAM SPORTS - SUMMER

Co-Ed T-Ball

Tu,W	4:00-5:00 PM	Ages: 5-6	84178
Ages: 5-6 Dates: 6/5-7/28 \$40			

Coach Pitch Baseball

W,Th	5:00-6:00 PM	Ages: 7-8	84217
Ages: 7-8 Dates: 6/5-7/27 \$40			

Coach Pitch Softball

M	4:00-5:00 PM	Ages: 7-8	84238
Tu	5:00-6:00 PM		
Ages: 7-8 Dates: 6/5-7/27 \$40			

Baseball

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

Softball

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

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