

Explore Winter 2023-2024 Activities



Register Beginning Nov 8th 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

Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
Cross Country Skiing: Echo Lake Mountain Park			
W	8:00 AM-3:00 PM	02/21	91664
Ages: 18-64			\$24.50
Ages: 65+			\$15.75

Learn to Ski and Ride

Registration: Wednesday 12/6 from 3:00-7:00 pm

DAY	TIME	DATE	ACTIVITY #
M	6:45 AM-6:30 PM	02/12	91650
Ages: 7-17			\$30

Snowshoe Trip: Lookout Mountain Park

DAY	TIME	DATE	ACTIVITY #
Th	9:00 AM-3:00 PM	01/11	91673
Ages: 18-64			\$21
Ages: 65+			\$13.50

Active Older Adults

DAY	TIME	DATE	ACTIVITY #
50+ Gentle Yoga			
M	1:45-2:45 PM	year-round	89883
Ages: 50+			Drop in class. FREE with membership

Bingo

DAY	TIME	DATE	ACTIVITY #
Tu	1:00-3:00 PM	year-round	89891
Ages: 50+			Drop in class. FREE with membership

Pickleball: Beginner

DAY	TIME	DATE	ACTIVITY #
W	8:00-9:00 AM	year-round	89997
Ages: 50+			Drop in class. FREE with membership

Pickleball

DAY	TIME	DATE	ACTIVITY #
M,W,F	9:00 AM-1:00 PM	year-round	89986
Sa	10:00 AM-12:00 PM	year-round	89987
Ages: 50+			Drop in class. FREE with membership

Trip: Explore Blackhawk

DAY	TIME	DATE	ACTIVITY #
Tu	9:00 AM-3:30 PM	02/13	91828
Ages: 50+			\$7

Out of School Time

DAY	TIME	DATE	ACTIVITY #
Gift Workshop			
W	5:00-6:30 PM	11/29	91141
Ages: 5-12			\$3

MY Denver Kids in the Kitchen

DAY	TIME	DATE	ACTIVITY #
Th	4:30-5:30 PM	01/18-03/07	90731
Ages: 8-18			Drop in class. FREE with membership

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.

Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
WITT Weight Room Introduction			
Tu,Th	4:00-6:00 PM	01/09-01/11	91539
Ages: 13-17			\$30

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

PERSONAL TRAINING

ACTIVITY	PRICE
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

ACTIVITY	PRICE
Personalized nutrition consult and 30-minute one-on-one check in call halfway through the session.	
Fee	\$45

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
Art Adventures			
Tu	4:00-5:00 PM	01/09-02/06	91745
Tu	4:00-5:00 PM	02/13-03/12	91746
Ages: 6-11			\$20

Build A Leprechaun Trap

DAY	TIME	DATE	ACTIVITY #
M	4:30-6:30 PM	03/04	91479
Ages: 5-8			\$5

DIY Create! Valentines Cards

DAY	TIME	DATE	ACTIVITY #
Sa	11:00 AM-12:30 PM	02/03	91524
Ages: 6-11			\$5

Fall Break Art Camp

DAY	TIME	DATE	ACTIVITY #
M-W	10:30 AM-1:00 PM	11/20-11/22	91601
Ages: 6-8			\$23

Kiddie Carolers

DAY	TIME	DATE	ACTIVITY #
W	5:30-6:30 PM	11/27-12/11	91804
Ages: 5-11			\$11

Mini Picasso

DAY	TIME	DATE	ACTIVITY #
F	9:00-9:45 AM	01/12-02/09	90140
F	10:00-10:45 AM	01/12-02/09	90138
F	9:00-9:45 AM	02/16-03/15	90141
F	10:00-10:45 AM	02/16-03/15	90139
Ages: 2-4			\$16

Paint Exploration

DAY	TIME	DATE	ACTIVITY #
W	4:30-5:30 PM	01/10-02/07	90166
W	4:30-5:30 PM	02/14-03/13	90168
Ages: 5-7			\$28
W	5:30-6:30 PM	01/10-02/07	90167
W	5:30-6:30 PM	02/14-03/13	90169
Ages: 8-10			\$28

DAY	TIME	DATE	ACTIVITY #
Piano Class: Beginning/Intermediate			
F	5:45-6:45 PM	01/12-03/15	90177
Ages: 6-12			\$28
Th	4:45-5:45 PM	01/11-03/14	90176
Ages: 6-12			\$32

Piano Winter Recital

DAY	TIME	DATE	ACTIVITY #
Sa	10:30 AM-12:30 PM	11/11	91744
Ages: 6-12			Drop in class. FREE with membership

Youth Sports

DAY	TIME	DATE	ACTIVITY #
Sports Experience			
F	4:00-5:00 PM	01/05-02/02	90782
F	4:00-5:00 PM	02/16-03/01	90783
Ages: 3-4			\$20

Gymnastics I

DAY	TIME	DATE	ACTIVITY #
M	5:30-6:30 PM	01/08-02/05	90790
W	5:30-6:30 PM	01/10-01/31	90791
M	5:30-6:30 PM	02/12-03/11	91561
W	5:30-6:30 PM	02/14-03/06	91562
Ages: 6-14			\$20

DAY	TIME	AGE	ACTIVITY #
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YOUTH TEAM SPORTS - WINTER

ACTIVITY	PRICE
Co-Ed Basketball	
F 5:00-6:00 PM	Ages: 5-6 90933
Sa 10:30-11:30 AM	
Ages: 5-6 Dates: 1/3/24-2/24/24	
\$40	

Boys Basketball

DAY	TIME	AGE	ACTIVITY #
F	6:00-7:00 PM	Ages: 7-8	90873
Sa	11:30 AM-12:30 PM		
M,Tu	5:00-6:00 PM	Ages: 9-10	90902
W,Th	5:00-6:00 PM	Ages: 11-12	90814
M,W	6:00-7:00 PM	Ages: 13-14	90838
Ages: 7-8 Dates: 1/3/24-2/24/24			\$40
Ages: 9-17 Dates: 12/11/23-3/9/24			\$50

Girls Basketball

DAY	TIME	AGE	ACTIVITY #
F	6:00-7:00 PM	Ages: 7-8	90995
Sa	11:30 AM-12:30 PM		
Th,F	4:45-5:45 PM	Ages: 9-10	91018
W,Th	5:00-6:00 PM	Ages: 11-12	90958
Ages: 7-8 Dates: 1/3/24-2/24/24			\$40
Ages: 9-14 Dates: 12/11/23-3/9/24			\$50

View game schedules at: DENVERYOUTHSPORTS.ORG

Age Cutoff: January 14, 2024 for
5-6 Co-Ed Basketball • 7-17 Boys Basketball
7-14 Girls Basketball

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