

Explore Winter 2023-2024 Activities



Register Beginning Nov 8th at Noon



Harvey Park Recreation Center

2120 S Tennyson Wy. • (720) 865-0550
M-F: 9am-8:00pm / Sat: 9am-2pm / Sun: Closed

Browse the Activity Guide, and register for programs at DENVERGOV.ORG/RECREATION

Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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Hiking: Bear Creek Trail to Panorama Point
W 9:00 AM-4:00 PM 11/29 [91713](#)
Ages: 18-64\$24.50
Ages: 65+\$15.75

Learn to Ski and Ride
Registration: Wednesday 12/6 from 3:00-7:00 pm
F 6:45 AM-6:30 PM 01/19 [91645](#)
Ages: 7-17\$30

Snowshoe Trip: Echo Lake Mountain Park
Tu 9:00 AM-3:00 PM 02/27 [91666](#)
Ages: 18-64\$21
Ages: 65+\$13.50

Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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50+ Basketball
F 11:00 AM-1:00 PM year-round [89817](#)
Ages: 50+ Drop in class. FREE with membership

50+ Functional Fit
Tu,Th 9:15-10:15 AM year-round [89849](#)
Ages: 50+ Drop in class. FREE with membership

Club: Social
F 9:30-10:30 AM year-round [89944](#)
Ages: 50+ Drop in class. FREE with membership

Pickleball
Tu-Th 11:00 AM-1:00 PM year-round [89972](#)
Ages: 50+ Drop in class. FREE with membership

Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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Yogalates
F 10:30-11:30 AM year-round [90653](#)
Ages: 15+ Drop in class. FREE with membership

See our full schedule of classes online at:
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

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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Creative Movement
M 10:45-11:30 AM 01/08-03/11 [91774](#)
Ages: 3-5\$24

Intermediate Sewing
Sa 12:00-1:30 PM 01/13-03/16 [90095](#)
Ages: 6-11\$45

Mini Picasso
Th 9:30-10:15 AM 01/11-02/08 [90125](#)
Th 10:45-11:30 AM 01/11-02/08 [90126](#)
Th 9:30-10:15 AM 02/15-03/14 [90124](#)
Th 10:45-11:30 AM 02/15-03/14 [90127](#)
Ages: 2-4\$16

Music & Movement
M 9:30-10:15 AM 01/08-02/05 [91740](#)
M 9:30-10:15 AM 02/12-03/11 [91741](#)
Ages: 2-4\$16

Pre Ballet
M 5:30-6:30 PM 01/08-03/11 [91809](#)
Ages: 5-7\$24

Youth Sewing
Sa 10:15-11:45 AM 01/13-03/16 [90263](#)
Ages: 6-11\$45

MY Denver

DAY	TIME	DATE	ACTIVITY #
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MY Denver 4H Science Classes
M 3:30-4:30 PM 01/08-03/04 [90705](#)
Ages: 8-18. Drop in class. FREE with membership

MY Denver Activities
M-F 3:30-6:00 PM year-round [90747](#)
Ages: 8-18. Drop in class. FREE with membership

MY Denver Karate
M,W 5:30-6:30 PM year-round [90762](#)
Ages: 5-18. Drop in class. FREE with membership

MY Denver Kids in the Kitchen
F 4:00-5:00 PM 01/19-03/08 [90733](#)
Ages: 8-18. Drop in class. FREE with membership

CityWide Sports



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

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



Youth Sports

DAY	TIME	DATE	ACTIVITY #
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Sports Experience
M 1:00-2:00 PM 01/08-02/05 [90778](#)
M 1:00-2:00 PM 02/12-03/11 [90779](#)
Ages: 3-4\$20

Cheerleading
Tu 4:30-5:30 PM 01/16-03/05 [90788](#)
Ages: 5-14\$30

DAY	TIME	AGE	ACTIVITY #
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YOUTH TEAM SPORTS - WINTER

Co-Ed Basketball
F 5:00-6:00 PM Ages: 5-6 [90922](#)
Sa 9:30-10:30 AM
Ages: 5-6 Dates: 1/3/24-2/24/24\$40

Boys Basketball
Th 6:15-7:15 PM Ages: 7-8 [90863](#)
Sa 11:45 AM-12:45 PM
M 4:30-5:30 PM Ages: 9-10 [90891](#)
F 6:00-7:00 PM
M 5:45-6:45 PM Ages: 11-12 [90803](#)
Th 4:30-5:30 PM
M,W 7:00-8:00 PM Ages: 13-14 [90829](#)
W 5:45-6:45 PM Ages: 15-17 [90846](#)
Sa 12:00-1:00 PM
Ages: 7-8 Dates: 1/3/24-2/24/24\$40
Ages: 9-17 Dates: 12/11/23-3/9/24\$50

Girls Basketball
Th 5:00-6:00 PM Ages: 7-8 [90986](#)
Sa 10:30-11:30 AM
W 4:30-5:30 PM Ages: 9-10 [91009](#)
F 4:45-5:45 PM
Tu,Th 5:45-6:45 PM Ages: 11-12 [90948](#)
Tu,Th 7:00-8:00 PM Ages: 13-14 [90967](#)
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.