

# 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](http://DENVERGOV.ORG/RECREATION)

### Outdoor Recreation

| DAY  | TIME            | DATE  | ACTIVITY #   |
|--|-----------------|-------|--------------|
| <b>Cross Country Skiing: Echo Lake Mountain Park</b> |                 |       |              |
| W  | 8:00 AM-3:00 PM | 02/21 | <b>91664</b> |
| 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 | <b>91650</b> |
| Ages: 7-17 |                 |       | \$30         |

#### Snowshoe Trip: Lookout Mountain Park

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

### Active Older Adults

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

#### Bingo

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

#### Pickleball: Beginner

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

#### Pickleball

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

#### Trip: Explore Blackhawk

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

### Out of School Time

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

#### MY Denver Kids in the Kitchen

| DAY        | TIME         | DATE        | ACTIVITY #                          |
|------------|--------------|-------------|-------------------------------------|
| Th         | 4:30-5:30 PM | 01/18-03/07 | <b>90731</b>                        |
| 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 #   |
|--------------------------------------|--------------|-------------|--------------|
| <b>WITT Weight Room Introduction</b> |              |             |              |
| Tu,Th                                | 4:00-6:00 PM | 01/09-01/11 | <b>91539</b> |
| Ages: 13-17                          |              |             | \$30         |

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

#### PERSONAL TRAINING

| ACTIVITY  | PRICE |
|---|-------|
| <b>Body fat/fitness assessments</b>   |       |
| Ages: 15+   | \$15  |
| <b>Individual training:</b> 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 #   |
|-----------------------|--------------|-------------|--------------|
| <b>Art Adventures</b> |              |             |              |
| Tu                    | 4:00-5:00 PM | 01/09-02/06 | <b>91745</b> |
| Tu                    | 4:00-5:00 PM | 02/13-03/12 | <b>91746</b> |
| Ages: 6-11            |              |             | \$20         |

#### Build A Leprechaun Trap

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

#### DIY Create! Valentines Cards

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

#### Fall Break Art Camp

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

#### Kiddie Carolers

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

#### Mini Picasso

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

#### Paint Exploration

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

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

#### Piano Winter Recital

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

### Youth Sports

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

#### Gymnastics I

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

| DAY | TIME | AGE | ACTIVITY # |
|-----|------|-----|------------|
|-----|------|-----|------------|

#### YOUTH TEAM SPORTS - WINTER

| ACTIVITY                        | PRICE                  |
|---------------------------------|------------------------|
| <b>Co-Ed Basketball</b>         |                        |
| F 5:00-6:00 PM                  | Ages: 5-6 <b>90933</b> |
| 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   | <b>90873</b> |
| Sa                                | 11:30 AM-12:30 PM |             |              |
| M,Tu                              | 5:00-6:00 PM      | Ages: 9-10  | <b>90902</b> |
| W,Th                              | 5:00-6:00 PM      | Ages: 11-12 | <b>90814</b> |
| M,W                               | 6:00-7:00 PM      | Ages: 13-14 | <b>90838</b> |
| 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   | <b>90995</b> |
| Sa                                | 11:30 AM-12:30 PM |             |              |
| Th,F                              | 4:45-5:45 PM      | Ages: 9-10  | <b>91018</b> |
| W,Th                              | 5:00-6:00 PM      | Ages: 11-12 | <b>90958</b> |
| 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](http://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.