

Explore Summer 2022 Activities



Register Beginning May 3rd at Noon

Eisenhower Recreation Center

4300 E Dartmouth Ave. • (720) 865-0730
M-Th: 7am-8pm / F: 7am-7pm / Sat: 9am-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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Club: Party Bridge

W	9:30 AM-12:30 PM	01/05-12/28	73573
Ages: 18+ Drop in class. FREE with membership			

Club: Pinochle

F	9:30 AM-12:30 PM	01/07-12/16	73577
Ages: 18+ Drop in class. FREE with membership			

Intermediate Pickleball Workshop

W	9:00-11:00 AM	06/22	77375
W	9:00-11:00 AM	08/03	77376
Ages: 18-64 \$10			
Ages: 65+ \$5			

Pickleball 101

W	9:30-11:00 AM	05/25-06/15	75711
W	9:30-11:00 AM	07/06-07/27	75712
Ages: 18-64 \$30			
Ages: 65+ \$15			

Pickleball: Beginner/Intermediate

Tu,Th	8:30 AM-12:00 PM	01/04-12/27	73611
Ages: 18+ Drop in class. FREE with membership			

Pickleball: Intermediate/Advanced

M,F	8:30 AM-12:00 PM	01/03-12/26	73612
Ages: 18+ Drop in class. FREE with membership			

SilverSneakers Classic

M	9:30-10:30 AM	01/03-12/26	73633
Tu	9:30-10:30 AM	01/04-12/27	73634
Th	10:30-11:30 AM	01/06-12/29	73635
Ages: 18+ Drop in class. FREE with membership			

SilverSneakers Yoga

M	11:00 AM-12:00 PM	01/03-12/26	73656
Th	9:00-10:00 AM	04/21-12/29	77826
Ages: 18+ Drop in class. FREE with membership			

Tai Chi

Tu	11:00 AM-12:00 PM	01/04-12/27	73667
Th	12:00-1:00 PM	01/06-12/29	73668
Ages: 18+ Drop in class. FREE with membership			

Trip: Explore Georgetown

Tu	9:00 AM-3:30 PM	07/26	77552
Ages: 18+ \$7			

Flip for: My Denver •
Outdoor Recreation • Swim Lessons

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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Cooking with Friends Roasted Chicken

W	12:00-2:00 PM	06/15	77371
Ages: 18+ \$7			

Cooking with Friends Summer Supper

W	12:00-2:00 PM	08/03	77372
Ages: 18+ \$7			

Art on Foot: O'Fallon Park

Sa	8:00 AM-2:00 PM	08/20	77724
Ages: 18+ \$20			

Mini Picasso

Tu	9:00-9:45 AM	06/07-07/05	75614
Tu	9:00-9:45 AM	07/12-08/09	75615
Ages: 2-4 \$16			



CityWide Sports

DAY	TIME	DATE	ACTIVITY #
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Adult Beginner Tennis Lessons

<i>Washington Park Tennis Courts</i>			
Sa	11:30 AM-12:30 PM	06/25-08/06	77219
Ages: 15+ \$70			

Adult Beginner/Advanced Beginner Tennis Lessons

<i>Washington Park Tennis Courts</i>			
M	6:00-8:00 PM	05/23-06/27	77220
Ages: 15+ \$100			

Adult Advanced Beginner/Intermediate Tennis Lessons

<i>Washington Park Tennis Courts</i>			
Sa	12:45-1:45 PM	06/25-08/06	77215
Ages: 15+ \$70			

Adult Intermediate/Advanced Tennis Lessons

<i>Washington Park Tennis Courts</i>			
W	6:00-8:00 PM	05/25-06/29	77221
Ages: 15+ \$100			

Co-Ed Grass Volleyball - 6v6 Leagues

<i>Washington Park</i>			
W	6:00-9:00 PM	07/06-09/14	77828
Th	6:00-9:00 PM	07/07-09/15	77829
Ages: 21+ \$275			



Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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Circuit Training

W	9:00-10:00 AM	01/05-12/28	73726
Ages: 15+ Drop in class. FREE with membership			

Dance Cardio Fusion

W	10:30-11:30 AM	04/06-12/28	77713
Ages: 15+ Drop in class. FREE with membership			

HIIT

W	6:00-6:45 PM	03/02-12/28	77094
Ages: 15+ Drop in class. FREE with membership			

Oula

M	6:00-7:00 PM	01/24-12/19	75504
Ages: 15+ Drop in class. FREE with membership			

Power Yoga

Th	6:00-7:00 PM	01/13-12/29	75379
Ages: 15+ Drop in class. FREE with membership			

Yoga I

Tu	12:30-1:30 PM	01/04-12/27	73787
Ages: 15+ Drop in class. FREE with membership			

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

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

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MY Denver

DAY	TIME	DATE	ACTIVITY #
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MY Denver LEGO Robotics

Tu	4:30-5:30 PM	08/02-08/16	75985
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Ages: 8-12. Drop in class. FREE with MY Denver Card



Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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Art on Foot

Destination: O'Fallon Park - Watercolor Paint
Sa 8:00 AM-2:00 PM 08/20 **77724**
Ages: 18+ \$20

Daniels Park Bison Walk

Sa 9:30 AM-1:30 PM 08/20 **77716**
Ages: 10-64 \$9
Ages: 65+ \$4.50

E-Bike Ride

Route: Confluence Park/Starbucks via Highline Canal and Cherry Creek Trail
Tu 8:00 AM-12:00 PM 06/14 **77357**
Ages: 18-64 \$9
Ages: 65+ \$4.50

Reynolds Park Open Space

W 8:00 AM-3:00 PM 06/08 **77352**
Ages: 18-64 \$15.75
Ages: 65+ \$8

Youth Adventure Program: Water Adventurers

M-F 8:00 AM-3:00 PM 08/08-08/12 **75428**
Ages: 10-12 \$176.75

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.

Swim Lessons: Session I

6/13/22-7/7/22; Registration Opens: 5/3/22

DAY	TIME	DATE	ACTIVITY #
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PARENT-CHILD

M,W	10:30-11:00 AM	06/13-07/06	76733
Tu,Th	10:30-11:00 AM	06/14-07/07	76734

PRESCHOOL

M,W	9:20-9:50 AM	06/13-07/06	76873
M,W	9:55-10:25 AM	06/13-07/06	76877
M,W	10:30-11:00 AM	06/13-07/06	76881
Tu,Th	9:20-9:50 AM	06/14-07/07	76874
Tu,Th	9:55-10:25 AM	06/14-07/07	76878
Tu,Th	10:30-11:00 AM	06/14-07/07	76882

LEVEL 1

M,W	9:20-9:50 AM	06/13-07/06	76106
M,W	9:55-10:25 AM	06/13-07/06	76110
Tu,Th	9:20-9:50 AM	06/14-07/07	76107
Tu,Th	9:55-10:25 AM	06/14-07/07	76111

LEVEL 2

M,W	9:20-9:50 AM	06/13-07/06	76267
M,W	10:30-11:00 AM	06/13-07/06	76271
Tu,Th	9:20-9:50 AM	06/14-07/07	76268
Tu,Th	10:30-11:00 AM	06/14-07/07	76272

LEVEL 3

M,W	8:45-9:15 AM	06/13-07/06	76431
M,W	9:55-10:25 AM	06/13-07/06	76435
Tu,Th	8:45-9:15 AM	06/14-07/07	76432
Tu,Th	9:55-10:25 AM	06/14-07/07	76436

LEVEL 4

M,W	8:45-9:15 AM	06/13-07/06	76594
Tu,Th	8:45-9:15 AM	06/14-07/07	76595

LEVEL 5

M,W	8:45-9:15 AM	06/13-07/06	76658
Tu,Th	8:45-9:15 AM	06/14-07/07	76659



Swim Lessons: Session II

7/11/22-8/4/22; Registration Opens: 7/5/22

DAY	TIME	DATE	ACTIVITY #
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PARENT-CHILD

M,W	10:30-11:00 AM	07/11-08/03	76735
Tu,Th	10:30-11:00 AM	07/12-08/04	76736

PRESCHOOL

M,W	9:20-9:50 AM	07/11-08/03	76875
M,W	9:55-10:25 AM	07/11-08/03	76879
M,W	10:30-11:00 AM	07/11-08/03	76883
Tu,Th	9:20-9:50 AM	07/12-08/04	76876
Tu,Th	9:55-10:25 AM	07/12-08/04	76880
Tu,Th	10:30-11:00 AM	07/12-08/04	76884

LEVEL 1

M,W	9:20-9:50 AM	07/11-08/03	76108
M,W	9:55-10:25 AM	07/11-08/03	76112
Tu,Th	9:20-9:50 AM	07/12-08/04	76109
Tu,Th	9:55-10:25 AM	07/12-08/04	76113

LEVEL 2

M,W	9:20-9:50 AM	07/11-08/03	76269
M,W	10:30-11:00 AM	07/11-08/03	76273
Tu,Th	9:20-9:50 AM	07/12-08/04	76270
Tu,Th	10:30-11:00 AM	07/12-08/04	76274

LEVEL 3

M,W	8:45-9:15 AM	07/11-08/03	76433
M,W	9:55-10:25 AM	07/11-08/03	76437
Tu,Th	8:45-9:15 AM	07/12-08/04	76434
Tu,Th	9:55-10:25 AM	07/12-08/04	76438

LEVEL 4

M,W	8:45-9:15 AM	07/11-08/03	76596
Tu,Th	8:45-9:15 AM	07/12-08/04	76597

LEVEL 5

M,W	8:45-9:15 AM	07/11-08/03	76660
Tu,Th	8:45-9:15 AM	07/12-08/04	76661

SWIM LESSON PRICING

Blue	\$22.75
Yellow	\$26

Flip for: Active Older Adults
Arts & Culture • CityWide Sports
Fitness & Wellness