



GLENARM RECREATION CENTER

SUMMER 2018, MAY 27- AUGUST 18

ACTIVITIES LISTED ARE INCLUDED WITH REGIONAL AND LOCAL LEVEL PASSES/MEMBERSHIPS. ADDITIONAL FEES APPLY FOR NEIGHBORHOOD LEVELS.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Club: Social 12:30 - 2:30 p.m.	Meditation 9:45 - 10:30 a.m.	Tai Chi 10:30 - 11:30 a.m.		Functional Fit 12:30 -1:30 p.m.	Power Stretch 10:00 - 11:00 a.m.
Energize 12:30 -1:30 p.m.	Yoga I 6:00 - 7:00 p.m.	Pump It 12:30 - 1:30 p.m.	Yoga I 6:00 - 7:00 p.m.		
Hi/lo Aerobics 6:00-7:00 p.m.		Hi/Lo Aerobics 6:00 – 7:00 p.m.			
* ◇ Trip: Cinzetti's Out to Lunch 6/4 ▪ 11:00 -1:00 p.m. ▪ \$3	SilverSneakers® honored at this site ▪ Additional fees may apply MY Denver youth activities schedule available on site				
* ◇ Trip: Denver Art Museum 6/18 ▪ 11:00 - 1:00 p.m. ▪ \$3					
* ◇ Potluck: Summer 7/2 ▪ 1:00 - 3:00 p.m. ▪ \$1					

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gymnasium	Pickleball 10:30 a.m. - 12:30 p.m.	Full-Court Basketball Ages 18+ 6:00 a.m. - 8:00 a.m.		Full-Court Basketball Ages 18+ 6:00 a.m. - 8:00 a.m.		Full-Court Basketball Ages 18+ 10:00 a.m. - 12:00 p.m.
	Open Gym 12:30 a.m. - 6:00 p.m.	Full-Court Basketball Ages 15+ 1:30 - p.m. - 3:00 p.m.	Open Gym 10:00 a.m. - 6:00 p.m.	Pickleball (Court 1 & 2) 10:30 a.m. - 12:30 p.m.	Full-Court Basketball Ages 15+ 1:30 p.m. - 3:00 p.m.	
	Full-Court Basketball Ages 18+ 6:00 p.m. - 7:30 p.m.	Open Gym 8:00 a.m. - 1:30 p.m. 3:00 p.m. - 8:00 p.m.	Full-Court Basketball Ages 18+ 6:00 p.m. - 7:30 p.m.	Open Gym 8:00 a.m. - 10:30 a.m. 12:30 p.m. - 8:00 p.m.	Open Gym 10:00 a.m. - 1:30 p.m. 3:00 p.m. - 7:00 p.m.	Open Gym 12:00 p.m. - 3:30 p.m.
Racquetball	10:30 a.m. - 7:30 p.m.	6:30 a.m. - 7:30 p.m.	10:30 a.m. - 7:30 p.m.	6:30 a.m. - 7:30 p.m.	10:30 a.m. - 6:30 p.m.	10:00 a.m. - 3:00 p.m.
Walleyball				10:00 a.m. - 11:00 a.m.		