



# SOUTHWEST 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
	<b>Total Body Conditioning</b> 5:30 - 6:30 p.m.	<b>Tai Chi</b> 1:00 - 2:00 p.m.			<b>Yoga I</b> 11:00 a.m. - 12:00 p.m.
<b>Pilates</b> 6:45 - 7:45 p.m.	<b>Yoga I</b> 5:45 - 6:45 p.m.	<b>Pilates</b> 6:45 - 7:45 p.m.	<b>Total Body Conditioning</b> 5:30 - 6:30 p.m.		

## GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

SilverSneakers® honored at this site  
MY Denver youth activities schedule available on site

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Open Gym</b> 9:00 - 9:45 a.m. 1:15 - 8:00 p.m.	<b>Open Gym</b> 11:45 a.m. - 9:00 p.m.	<b>Open Gym</b> 9:00 - 9:45 a.m. 1:15 - 8:00 p.m.	<b>Open Gym</b> 9:00 a.m. - 9:00 p.m.	<b>Open Gym</b> 9:00 - 9:45 a.m. 1:15 p.m. - 7:00 p.m.	<b>Open Gym</b> Full Court 9:00 a.m. - 11:00 a.m. Half Court 11:00 a.m. - 1:00 p.m.
<b>Pickleball</b> 10:00 a.m. - 1:00 p.m.	<b>Pickleball</b> <b>Learn to play (1 Court)</b> 9:30 a.m. - 10:30 a.m. <b>Beg/Inter ( 2 Courts)</b> 9:00 a.m. - 11:30 a.m.	<b>Pickleball</b> 10:00 a.m.- 1:00 p.m.		<b>Pickleball</b> 10:00 a.m. - 1:00 p.m.	<b>Pickleball</b> 11:00 a.m. - 1:00 p.m. 1 Court

**HOURS OF OPERATION:** MONDAY, WEDNESDAY (9:00a - 8:00p) | TUESDAY, THURSDAY (9:00a - 9:00p) | FRIDAY (9:00a - 7:00p) | SATURDAY (9:00a - 1:00p) | SUNDAY (closed)

SOUTHWEST RECREATION CENTER, 9200 W. SARATOGA PLACE, DENVER, CO 80123 | 720.865.0670 | DENVERGOV.ORG/RECREATION