

Program Overview

- a. Active Older Adults provides quality programs designed to engage and encourage active older adults in wellness, exercise and leisure activities to promote and support healthy aging. In 2018, DPR began providing residents aged 60+ with free access to all the City's recreation centers and pools.
- b. Adaptive Recreation provides recreational opportunities for youth, adults, and seniors with disabilities. Programs include a variety of sports and activities, such as arts and crafts, fitness, swimming, and Special Olympics.
- c. Adult Sports offers adult team sports opportunities citywide and throughout the year. Currently, eight different sports are offered including basketball, kickball, football, and tennis.
- d. Alternative Sports provides new and innovative approaches to connect people with the outdoors. There are facilitated and unfacilitated activities in the urban park system including, biking, skating, urban climbing, Ruby Hill Rail Yard, bike permitting and more.
- e. Aquatics staffs, operates and provides water safety for 16 outdoor pools and 16 indoor pools. Key activities include aquatics programming such as American Red Cross swim lessons, competitive swim teams, aqua aerobic classes, parent-tot lessons, lap swimming, and special events such as birthday parties.
- f. Arts and Culture offers affordable, high-quality, creative programs for Denver's diverse communities. Activities include visual and performing arts, crafts, literature, and music.
- g. The Denver Employee Fitness Center features a full complement of exercise classes, fitness equipment, and services for all employees for a fee. The center is open Monday to Friday, 7:00 am to 5:30 pm. Members of the Denver Employee Fitness Center have full access to all Denver Recreation Centers.
- h. Fitness coordinates and offers many different types of fitness classes throughout the recreation centers. Fitness classes range from Yoga and Zumba to Circuit Training and Spinning.
- i. Outdoor Recreation plans, coordinates, and implements outdoor activities for youth, adults, and seniors who may not otherwise have the resources to experience outdoor recreational opportunities in Colorado. Program objectives focus on teambuilding, leadership development, and environmental education by utilizing Colorado's natural resources, such as those at the Genesee Experiential Outdoor Center, which include the Genesee Challenge Ropes Course, educational hikes, camping, and rock climbing.
- j. Social Enrichment provides opportunities for youth of all ages to participate in a variety of physical and social activities throughout the year, such as Summer in the Parks, out of school time activities and various special events. These activities are designed to provide learning opportunities, skill development and recreational opportunities.
- k. Youth Sports connects youth with year-round team sport opportunities. Youth sports teach youth the basic understanding of the rules, sportsmanship and teamwork. Key activities include basketball, soccer, flag football, volleyball, baseball/softball and soccer.