

# Explore Summer 2026 Activities



Register Beginning May 6th at Noon

## Washington Park Recreation Center

701 S Franklin St. • (720) 865-3400

M-Th: 6am-9pm / F: 6am-8pm / Sat: 8am-4pm  
Sun: 11am-4pm

Register online or in person. For the complete list of available programs, visit [DENVERGOV.ORG/RECREATION](https://denvergov.org/recreation)



### Alternative Sports

DAY	TIME	DATE	ACTIVITY #
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#### AS: Adult: E-bike Group Ride

Th	5:30-7:30 PM	06/11	<a href="#">111311</a>
Ages: 15+ ..... Free - Registration Required			

#### Adult: Beginner Quad Roller Skate

Tu	5:30-7:00 PM	05/26-06/09	<a href="#">111302</a>
Th	5:30-7:00 PM	07/09-07/23	<a href="#">111303</a>
Ages: 18-64 ..... \$19			
Ages: 65+ ..... \$10.25			

#### Adult: Intermediate Quad Roller Skate

Tu	5:30-7:00 PM	06/16-06/23	<a href="#">111308</a>
Th	5:30-7:00 PM	07/30-08/06	<a href="#">111307</a>
Ages: 18-64 ..... \$10.50			
Ages: 65+ ..... \$6.75			

### Aquatics

DAY	TIME	DATE	ACTIVITY #
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#### Ai Chi

F	10:00-11:00 AM	year-round	<a href="#">115412</a>
Ages: 15+ ..... Drop in class. FREE with membership			

#### Aqua Aerobics

W	5:15-6:15 PM	year-round	<a href="#">115438</a>
Ages: 15+ ..... Drop in class. FREE with membership			

#### Aqua Tone

M,W,F	9:00-10:00 AM	year-round	<a href="#">115442</a>
Ages: 15+ ..... Drop in class. FREE with membership			

#### Deep Water Aerobics

Su	11:00 AM-12:00 PM	year-round	<a href="#">115449</a>
Ages: 15+ ..... Drop in class. FREE with membership			

#### Water Walking

Tu,Th	9:00-9:45 AM	year-round	<a href="#">115460</a>
Ages: 15+ ..... Drop in class. FREE with membership			

#### Youth Swim Team

M-Th	10:00-11:00 AM	06/15-07/30	<a href="#">112383</a>
Ages: 5-17 ..... \$59			

**Flip for: Arts & Culture**  
Fitness & Wellness • Youth Sports  
My Denver • CityWide Sports

### Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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#### 50+ Functional Fit

Tu	11:00 AM-12:00 PM	year-round	<a href="#">111050</a>
Th	9:30-10:30 AM	year-round	<a href="#">111051</a>
Ages: 50+ ..... Drop in class. FREE with membership			

#### Tai Chi

Th	10:45 AM-12:00 PM	year-round	<a href="#">111135</a>
Ages: 50+ ..... Drop in class. FREE with membership			

#### Trip: Explore Breckenridge

W	9:00 AM-4:00 PM	06/24	<a href="#">110753</a>
Ages: 50+ ..... \$8			

### Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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#### AOA Kayak

M	10:00 AM-3:00 PM	07/20	<a href="#">117560</a>
Ages: 50-64 ..... \$21			
Ages: 65+ ..... \$11.25			

#### Family Outdoor Rock Climbing: Newton

Sa	10:00 AM-4:00 PM	07/25	<a href="#">117593</a>
Ages: 8-17 ..... \$13.50			
Ages: 18-64 ..... \$25			
Ages: 65+ ..... \$13.50			

#### Intermediate Hike: Chicago Lakes

F	7:30 AM-5:30 PM	06/05	<a href="#">117526</a>
Ages: 15-17 ..... \$27			
Ages: 18-64 ..... \$41			
Ages: 65+ ..... \$27			

#### Intermediate Hike: Staunton State Park

Th	7:30 AM-4:30 PM	07/16	<a href="#">117598</a>
Ages: 15-17 ..... \$24			
Ages: 18-64 ..... \$37			
Ages: 65+ ..... \$24			

#### MY Denver Archery & Orienteering

W	9:00 AM-4:00 PM	07/15	<a href="#">118225</a>
Ages: 8-17 ..... Registration required.			
..... FREE with MY Denver Card			

#### MY Denver Kayak

M	9:45 AM-12:15 PM	06/29	<a href="#">117613</a>
Ages: 8-17 ..... Registration required.			
..... FREE with MY Denver Card			

#### Orienteering

##### Destination: Dedisse Mountain Park

Sa	10:00 AM-4:00 PM	08/01	<a href="#">118199</a>
Ages: 12-17 ..... \$13.50			
Ages: 18-64 ..... \$25			
Ages: 65+ ..... \$13.50			

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

### Swim Lessons: Session I

6/15/26-7/11/26; Reg Opens: 5/6/26-12pm

DAY	TIME	DATE	ACTIVITY #
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#### PARENT-CHILD

Tu,Th	4:00-4:30 PM	06/16-07/09	<a href="#">112219</a>
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#### PRESCHOOL

M,W	4:00-4:30 PM	06/15-07/08	<a href="#">112369</a>
Tu,Th	4:00-4:30 PM	06/16-07/09	<a href="#">112370</a>

#### LEVEL 1

M,W	4:00-4:30 PM	06/15-07/08	<a href="#">111852</a>
Tu,Th	4:40-5:10 PM	06/16-07/09	<a href="#">111853</a>

#### LEVEL 2

M,W	4:40-5:10 PM	06/15-07/08	<a href="#">111958</a>
Tu,Th	4:40-5:10 PM	06/16-07/09	<a href="#">111959</a>

#### LEVEL 3

M,W	4:40-5:10 PM	06/15-07/08	<a href="#">112052</a>
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#### LEVEL 4

Tu,Th	4:40-5:10 PM	06/16-07/09	<a href="#">112109</a>
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#### ADULT

M,Tu	8:00-8:45 AM	06/15-07/07	<a href="#">112161</a>
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### Swim Lessons: Session II

7/13/26-8/8/26; Reg Opens: 7/1/26-12pm

DAY	TIME	DATE	ACTIVITY #
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#### PARENT-CHILD

Tu,Th	4:00-4:30 PM	07/14-08/06	<a href="#">112218</a>
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#### PRESCHOOL

M,W	4:00-4:30 PM	07/13-08/05	<a href="#">112367</a>
Tu,Th	4:00-4:30 PM	07/14-08/06	<a href="#">112368</a>

#### LEVEL 1

M,W	4:00-4:30 PM	07/13-08/05	<a href="#">111851</a>
Tu,Th	4:40-5:10 PM	07/14-08/06	<a href="#">111854</a>

#### LEVEL 2

M,W	4:40-5:10 PM	07/13-08/05	<a href="#">111957</a>
Tu,Th	4:40-5:10 PM	07/14-08/06	<a href="#">111960</a>

#### LEVEL 3

M,W	4:40-5:10 PM	07/13-08/05	<a href="#">112051</a>
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#### LEVEL 4

Tu,Th	4:40-5:10 PM	07/14-08/06	<a href="#">112108</a>
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#### ADULT

M,Tu	8:00-8:45 AM	07/13-08/04	<a href="#">112160</a>
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#### SWIM LESSON PRICING

**Yellow:** \$31 per session

**Blue:** \$78 per session

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### Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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#### Bad Art Night

F	5:30-7:30 PM	07/24	<a href="#">117257</a>
Ages: 16-17			\$9.50
Ages: 18-64			\$12
Ages: 65+			\$9.50

#### K-Pop Dance Intensive

Sa	10:15 AM-12:15 PM	06/13-06/27	<a href="#">117326</a>
Ages: 7-12			\$.53

#### Line Dancing

Th	2:15-3:45 PM	year-round	<a href="#">117787</a>
Ages: 18+			Drop in class. FREE with membership

### Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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#### Dance Cardio Fusion

Tu	12:15-1:15 PM	year-round	<a href="#">113765</a>
Ages: 15+			Drop in class. FREE with membership

#### Essentrics

M	10:15-11:15 AM	year-round	<a href="#">113768</a>
Ages: 15+			Drop in class. FREE with membership

#### Group Training

M	6:30-7:30 AM	year-round	<a href="#">113770</a>
Ages: 15+			Drop in class. FREE with membership

#### Total Body Conditioning

F	1:00-2:00 PM	year-round	<a href="#">113820</a>
Ages: 15+			Drop in class. FREE with membership

#### Vinyasa Yoga

M	2:45-3:45 PM	year-round	<a href="#">113838</a>
Tu	7:30-8:30 AM	year-round	<a href="#">113834</a>
Th	8:00-9:00 AM	year-round	<a href="#">113835</a>
Sa	9:00-10:00 AM	year-round	<a href="#">113837</a>
Ages: 15+			Drop in class. FREE with membership

#### Yoga I

W	8:30-9:30 AM	year-round	<a href="#">113855</a>
Ages: 15+			Drop in class. FREE with membership

#### Zumba®

M	9:00-10:00 AM	year-round	<a href="#">113900</a>
Ages: 15+			Drop in class. FREE with membership



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



### Youth Sports

DAY	TIME	DATE	ACTIVITY #
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#### Co-Ed Volleyball Camp

Tu,F	1:30-4:00 PM	07/07-07/31	<a href="#">114363</a>
Ages: 7-10			\$.32
Tu,F	3:00-5:30 PM	07/07-07/31	<a href="#">114360</a>
Ages: 11-14			\$.32

DAY	TIME	AGE	ACTIVITY #
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#### YOUTH TEAM SPORTS—SUMMER

#### Co-Ed T-Ball

M,W	5:00-6:00 PM	Ages: 5-6	<a href="#">114205</a>
Ages: 5-6 Dates: 6/1/26-7/22/26			\$.41

#### Coach Pitch Baseball

Tu,Th	4:30-5:30 PM	Ages: 7-8	<a href="#">114239</a>
Ages: 7-8 Dates: 6/2/26-7/23/26			\$.41

#### Baseball

M,Th	5:30-7:00 PM	Ages: 9-10	<a href="#">114303</a>
M,Tu	7:00-8:30 PM	Ages: 11-12	<a href="#">114083</a>
Tu	5:30-7:00 PM	Ages: 13-14	<a href="#">114127</a>
Th	7:00-8:30 PM		
Ages: 9-14 Dates: 5/18/26-8/1/26			\$.59

#### Coach Pitch Softball

M,Tu	4:30-5:30 PM	Ages: 7-8	<a href="#">114262</a>
Ages: 7-8 Dates: 6/1/26-7/25/26			\$.41

#### Softball

Tu,Th	7:00-8:30 PM	Ages: 9-10	<a href="#">114323</a>
Tu,W	5:30-7:00 PM	Ages: 11-12	<a href="#">114098</a>
M,Th	5:30-7:00 PM	Ages: 13-14	<a href="#">114138</a>
Ages: 9-14 Dates: 5/18/26-7/30/26			\$.59

DAY	TIME	DATES	ACTIVITY #
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#### 3v3 Basketball

Tu,F	2:15-3:15 PM	06/02-06/26	<a href="#">114099</a>
Ages: 11-14			\$.20
Tu,F	3:15-4:15 PM	06/02-06/26	<a href="#">114150</a>
Ages: 15-17			\$.20



### MY Denver

DAY	TIME	DATE	ACTIVITY #
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#### MY Denver Excursion—Nationals vs. Rockies

W	11:45 AM-4:15 PM	07/22	<a href="#">117978</a>
Ages: 8-18			Registration required. FREE with MY Denver Card

#### MY Denver LEGO Robotics

M	4:00-5:30 PM	08/03-08/24	<a href="#">117499</a>
Ages: 8-18			Registration required. FREE with MY Denver Card

#### Plant Pressing

M	4:30-6:30 PM	07/20	<a href="#">117957</a>
Ages: 8-18			Drop in class. FREE with MY Denver Card

#### MY Denver TRY-athlon

<b>Division 1: 18 &amp; under</b>			
Su	8:00 AM-12:00 PM	08/30	<a href="#">117963</a>
Ages: 8-18			\$.15
<b>Division 2: 12 &amp; under</b>			
Su	9:00 AM-12:00 PM	08/30	<a href="#">117964</a>
Ages: 8-12			\$.15
<b>Division 3: 8-9</b>			
Su	10:00 AM-12:00 PM	08/30	<a href="#">117965</a>
Ages: 8-9			\$.15

### CityWide Sports

DAY	TIME	DATE	ACTIVITY #
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#### Level 1 Indoor Pickleball Class

Th	12:30-2:00 PM	06/11-07/02	<a href="#">116550</a>
Th	12:30-2:00 PM	07/16-08/06	<a href="#">116673</a>
Th	12:30-2:00 PM	08/20-09/10	<a href="#">116674</a>
Ages: 18+			\$.40



See our full schedule of Adult Sports leagues online at: [DENVERCITYWIDESPORTS.ORG](https://denvercitywidesports.org)

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

View game schedules at: [DENVERYOUTHSPORTS.ORG](https://denveryouthsports.org)

#### Summer 8 & Under Age Calculation Date:

**June 28, 2026** for 5-6 Summer Co-Ed T-Ball  
7-8 Summer Coach Pitch Baseball & Softball

#### Summer 9+ Age Calculation Date:

**July 19, 2026** for 9-14 Summer Baseball & Softball

**Flip for:** Alternative Sports  
Aquatics • Active Older Adults  
Outdoor Recreation  
Swim Lessons