

# Explore Spring 2026 Activities



Register Beginning Feb 25th at Noon

# Green Valley Ranch Recreation Center

4890 Argonne Wy. • (720) 865-4370

M-F: 6am-8pm / Sat: 10am-4pm / Sun: Closed

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

## Active Older Adults

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

Th 11:00 AM-12:00 PM year-round [111037](#)  
Ages: 50+ . . . . . Drop in class. FREE with MY Denver Card

### 50+ Gentle Yoga

Tu 11:00 AM-12:00 PM year-round [111060](#)  
Th 10:00-11:00 AM year-round [111059](#)  
Ages: 50+ . . . . . Drop in class. FREE with MY Denver Card

### Club: Chess

M,W,F 9:00 AM-12:00 PM year-round [111087](#)  
Ages: 50+ . . . . . Drop in class. FREE with MY Denver Card

### Club: Social

W 12:30-4:30 PM year-round [111118](#)  
Ages: 50+ . . . . . Drop in class. FREE with MY Denver Card

### St Patrick's Day Potluck and BINGO

F 12:30-3:00 PM 03/20 [110647](#)  
Ages: 50+ . . . . . Drop in class. FREE with MY Denver Card

### Trip: Denver Premium Outlets

W 10:30 AM-3:30 PM 03/18 [110657](#)  
Ages: 50+ . . . . . \$4

### Trip: Explore Blackhawk

Th 9:00 AM-3:30 PM 03/26 [110662](#)  
Ages: 21+ . . . . . \$7

## Adaptive Recreation

DAY	TIME	DATE	ACTIVITY #
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### Adaptive Aquatics for People w/ Disabilities

M 4:00-4:30 PM 04/20-05/11 [111141](#)  
M 4:30-5:00 PM 04/20-05/11 [111142](#)  
Ages: 4+ . . . . . \$13

## MY Denver

DAY	TIME	DATE	ACTIVITY #
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### MY Denver Activities

M-F 4:00-6:30 PM year-round [115368](#)  
Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card

### MY Denver Karate

W 7:00-8:00 PM year-round [115382](#)  
Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card

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

### Flip for: Aquatics

Outdoor Recreation • Arts & Culture  
CityWide Sports • Swim Lessons



## Youth Sports

DAY	TIME	DATE	ACTIVITY #
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### Cheerleading Camp

Tu-F 5:30-6:30 PM 03/31-04/03 [117065](#)  
Ages: 5-8 . . . . . \$10  
Tu-F 6:30-7:30 PM 03/31-04/03 [117066](#)  
Ages: 9-14. . . . . \$10

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

#### Co-Ed Flag Football

Tu 5:00-6:00 PM Ages: 5-6 [113472](#)  
W 6:00-7:00 PM  
Tu,F 6:00-7:00 PM Ages: 7-8 [113493](#)  
M 5:00-6:00 PM Ages: 9-10 [113517](#)  
Tu 6:00-7:00 PM  
M,Th 6:00-7:00 PM Ages: 11-12 [113437](#)  
W,F 6:00-7:00 PM Ages: 13-14 [113457](#)  
Ages: 5-14 Dates: 4/6/26-5/8/26 . . . . . \$30

#### Co-Ed Soccer

Th 5:00-6:00 PM Ages: 5-6 [113562](#)  
Sa 9:00-10:00 AM  
Th 6:00-7:00 PM Ages: 7-8 [113589](#)  
Sa 11:00 AM-12:00 PM  
Th 6:00-7:00 PM Ages: 9-10 [113615](#)  
Sa 1:00-2:00 PM  
M,W 6:00-7:00 PM Ages: 11-12 [113541](#)  
Ages: 5-12 Dates: 4/7/26-5/9/26 . . . . . \$30

#### Co-Ed Volleyball

Tu 5:30-6:30 PM Ages: 7-8 [113675](#)  
W 6:00-7:00 PM  
W 6:30-7:30 PM Ages: 9-10 [113698](#)  
F 6:00-7:00 PM  
M 6:30-7:30 PM Ages: 11-12 [113640](#)  
Tu 6:00-7:00 PM  
Ages: 7-14 Dates: 4/6/26-5/8/26 . . . . . \$30

#### Co-Ed T-Ball

M,W 5:30-6:30 PM Ages: 5-6 [114189](#)  
Ages: 5-6 Dates: 6/1/26-7/22/26 . . . . . \$41

DAY	TIME	AGE	ACTIVITY #
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### Coach Pitch Baseball

Tu,Th 5:30-6:30 PM Ages: 7-8 [114224](#)  
Ages: 7-8 Dates: 6/2/26-7/23/26 . . . . . \$41

### Baseball

M,F 6:30-8:00 PM Ages: 9-10 [114289](#)  
Ages: 9-14 Dates: 5/18/26-8/1/26 . . . . . \$59

### Coach Pitch Softball

M,Tu 6:30-7:30 PM Ages: 7-8 [114249](#)  
Ages: 7-8 Dates: 6/1/26-7/25/26 . . . . . \$41

### Softball

W,Th 6:30-8:00 PM Ages: 9-10 [114312](#)  
Ages: 9-14 Dates: 5/18/26-7/30/26 . . . . . \$59

View game schedules at:

[DENVERYOUTHSPORTS.ORG](https://DENVERYOUTHSPORTS.ORG)

**Spring Age Calculation Date: April 19, 2026**

for 5-14 Co-Ed Flag Football • 5-12 Co-Ed Soccer  
7-14 Co-Ed Volleyball

**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

## Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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### Group Training

M 10:45-11:45 AM year-round [113769](#)  
Ages: 15+ . . . . . Drop in class. FREE with MY Denver Card

### HIIT

F 10:00-10:45 AM year-round [113771](#)  
Ages: 15+ . . . . . Drop in class. FREE with MY Denver Card

### Total Body Conditioning

Tu 10:00-11:00 AM year-round [113814](#)  
F 11:00 AM-12:00 PM year-round [113815](#)  
Ages: 15+ . . . . . Drop in class. FREE with MY Denver Card

### Yoga I

Tu 4:30-5:30 PM year-round [113848](#)  
Ages: 15+ . . . . . Drop in class. FREE with MY Denver Card

### Zumba®

M 6:00-7:00 PM year-round [113887](#)  
Tu 6:30-7:30 PM year-round [116957](#)  
Th 6:30-7:30 PM year-round [113890](#)  
Ages: 15+ . . . . . Drop in class. FREE with MY Denver Card



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

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### Aquatics

DAY	TIME	DATE	ACTIVITY #
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#### Ai Chi

Th	10:30-11:30 AM	year-round	<a href="#">115408</a>
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Ages: 15+ . . . . . Drop in class. FREE with MY Denver Card

#### Aqua Aerobics

M,W,F	9:00-10:00 AM	year-round	<a href="#">115424</a>
M,Tu,Th	6:30-7:30 PM	year-round	<a href="#">115425</a>

Ages: 15+ . . . . . Drop in class. FREE with MY Denver Card

#### Aqua Dance

W	6:30-7:30 PM	year-round	<a href="#">117024</a>
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Ages: 15+ . . . . . Drop in class. FREE with MY Denver Card

#### Current Channel Water Aerobics

Tu,Th	9:15-10:15 AM	year-round	<a href="#">116822</a>
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Ages: 15+ . . . . . Drop in class. FREE with MY Denver Card

#### Current Channel Water Walking

Tu,Th	9:15-10:15 AM	year-round	<a href="#">117023</a>
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Ages: 15+ . . . . . Drop in class. FREE with MY Denver Card

### Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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#### Adult Snowshoe: Echo Lake

W	8:00 AM-4:00 PM	03/25	<a href="#">115352</a>
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Ages: 18-64 . . . . . \$33  
Ages: 65+ . . . . . \$21

### Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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#### Pre Ballet

W	3:30-4:30 PM	03/25-05/27	<a href="#">113356</a>
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Ages: 5-6 . . . . . \$38

#### Ballet 1

W	4:45-5:45 PM	03/25-05/27	<a href="#">113156</a>
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Ages: 7-12 . . . . . \$38

#### Creative Movement

W	1:00-2:00 PM	03/25-05/27	<a href="#">113217</a>
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Ages: 2-5 . . . . . \$33

#### Hip Hop Level 1

W	6:00-7:00 PM	03/25-05/27	<a href="#">113226</a>
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Ages: 8-12 . . . . . \$33

#### Jumpin' Jazzers

W	2:15-3:15 PM	03/25-05/27	<a href="#">113239</a>
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Ages: 4-5 . . . . . \$33

### CityWide Sports



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

### Swim Lessons: Session I

3/15/26-4/18/26; Reg Opens: 2/25/26-12pm

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

M,W	10:30-11:00 AM	03/16-04/15	<a href="#">111668</a>
M,W	5:00-5:30 PM	03/16-04/15	<a href="#">111666</a>
M,W	5:35-6:05 PM	03/16-04/15	<a href="#">116785</a>
Tu,Th	12:00-12:30 PM	03/17-04/16	<a href="#">116784</a>
Tu,Th	5:00-5:30 PM	03/17-04/16	<a href="#">116800</a>

#### PRESCHOOL

M,W	10:30-11:00 AM	03/16-04/15	<a href="#">111706</a>
M,W	5:00-5:30 PM	03/16-04/15	<a href="#">116801</a>
M,W	5:35-6:05 PM	03/16-04/15	<a href="#">111707</a>
Tu,Th	12:00-12:30 PM	03/17-04/16	<a href="#">111705</a>
Tu,Th	5:35-6:05 PM	03/17-04/16	<a href="#">116802</a>

#### LEVEL 1

M,W	5:00-5:30 PM	03/16-04/15	<a href="#">111471</a>
M,W	5:35-6:05 PM	03/16-04/15	<a href="#">111472</a>
Tu,Th	5:00-5:30 PM	03/17-04/16	<a href="#">111473</a>
Tu,Th	5:35-6:05 PM	03/17-04/16	<a href="#">111478</a>

#### LEVEL 2

M,W	5:00-5:30 PM	03/16-04/15	<a href="#">116803</a>
M,W	5:35-6:05 PM	03/16-04/15	<a href="#">116804</a>
Tu,Th	5:00-5:30 PM	03/17-04/16	<a href="#">111520</a>
Tu,Th	5:35-6:05 PM	03/17-04/16	<a href="#">111521</a>

#### LEVEL 3

Tu,Th	5:00-5:30 PM	03/17-04/16	<a href="#">111554</a>
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#### LEVEL 4

Tu,Th	5:35-6:05 PM	03/17-04/16	<a href="#">111582</a>
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#### LEVEL 5

Tu,Th	5:35-6:05 PM	03/17-04/16	<a href="#">111605</a>
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#### LEVEL 6

M,W	5:00-6:00 PM	03/16-04/15	<a href="#">111618</a>
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#### ADULT - Beginner

M,W	5:15-6:00 PM	03/16-04/15	<a href="#">111629</a>
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#### ADULT - Intermediate

Tu,Th	5:15-6:00 PM	03/17-04/16	<a href="#">116783</a>
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#### SWIM LESSON PRICING

Yellow: \$31 per session

Purple: \$45 per session

Green: \$78 per session

### Swim Lessons: Session II

4/27/26-5/23/26; Reg Opens: 4/22/26-12pm

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

M,W	10:30-11:00 AM	04/27-05/20	<a href="#">117151</a>
M,W	5:00-5:30 PM	04/27-05/20	<a href="#">111667</a>
M,W	5:35-6:05 PM	04/27-05/20	<a href="#">116813</a>
Tu,Th	12:00-12:30 PM	04/28-05/21	<a href="#">111665</a>
Tu,Th	5:00-5:30 PM	04/28-05/21	<a href="#">116814</a>

#### PRESCHOOL

M,W	10:30-11:00 AM	04/27-05/20	<a href="#">111709</a>
M,W	5:00-5:30 PM	04/27-05/20	<a href="#">116815</a>
M,W	5:35-6:05 PM	04/27-05/20	<a href="#">111708</a>
Tu,Th	12:00-12:30 PM	04/28-05/21	<a href="#">111710</a>
Tu,Th	5:35-6:05 PM	04/28-05/21	<a href="#">116816</a>

#### LEVEL 1

M,W	5:00-5:30 PM	04/27-05/20	<a href="#">111474</a>
M,W	5:35-6:05 PM	04/27-05/20	<a href="#">111470</a>
Tu,Th	5:00-5:30 PM	04/28-05/21	<a href="#">111475</a>
Tu,Th	5:35-6:05 PM	04/28-05/21	<a href="#">111476</a>

#### LEVEL 2

M,W	5:00-5:30 PM	04/27-05/20	<a href="#">116817</a>
M,W	5:35-6:05 PM	04/27-05/20	<a href="#">116818</a>
Tu,Th	5:00-5:30 PM	04/28-05/21	<a href="#">111522</a>
Tu,Th	5:35-6:05 PM	04/28-05/21	<a href="#">111523</a>

#### LEVEL 3

Tu,Th	5:00-5:30 PM	04/28-05/21	<a href="#">111555</a>
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#### LEVEL 4

Tu,Th	5:35-6:05 PM	04/28-05/21	<a href="#">111583</a>
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#### LEVEL 5

Tu,Th	5:35-6:05 PM	04/28-05/21	<a href="#">111604</a>
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#### LEVEL 6

M,W	5:00-6:00 PM	04/27-05/20	<a href="#">116810</a>
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#### ADULT - Beginner

M,W	5:15-6:00 PM	04/27-05/20	<a href="#">111630</a>
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#### ADULT - Intermediate

Tu,Th	5:15-6:00 PM	04/28-05/21	<a href="#">116811</a>
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**Flip for: Active Older Adults**  
Adaptive Recreation  
My Denver  
Youth Sports  
Fitness & Wellness

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