

# Explore Spring 2026 Activities



Register Beginning Feb 25th at Noon

## Montbello Recreation Center

15555 E 53rd Ave. • (720) 865-0580  
M-F: 6:00am-8pm / Sat-Sun: 9am-4pm

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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Club: Social

Tu,Th 12:00-4:00 PM year-round [111119](#)  
Ages: 50+ . . . . . Drop in class. FREE with MY Denver Card



### CityWide Sports



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



### Aquatics

DAY	TIME	DATE	ACTIVITY #
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Aqua Aerobics

M,W,F 11:00 AM-12:00 PM year-round [115432](#)  
Tu,Th 5:30-6:30 PM year-round [115431](#)  
Ages: 15+ . . . . . Drop in class. FREE with MY Denver Card

**Flip for: Swim Lessons Youth Sports**



### MY Denver

DAY	TIME	DATE	ACTIVITY #
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MY Denver Activities

M-F 4:00-6:30 PM year-round [115375](#)  
Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card

MY Denver Karate

W 5:30-6:30 PM year-round [115383](#)  
Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card

MY Denver Night Moves (2nd & 4th Fridays)

F 5:00-8:00 PM year-round [115394](#)  
Ages: 12-18. . . . . Drop in class. FREE with MY Denver Card

Summer Rec Kidz

- Week 1 **Time Travelers**  
M-Th 9:00 AM-4:00 PM 06/15-06/18 [115976](#)
- Week 2 **Ocean Journey**  
M-F 9:00 AM-4:00 PM 06/22-06/26 [115977](#)
- Week 3 **Catch 'Em All**  
M-Th 9:00 AM-4:00 PM 06/29-07/02 [115978](#)
- Week 4 **Space Exploration**  
M-F 9:00 AM-4:00 PM 07/06-07/10 [115979](#)
- Week 5 **Step into STEM**  
M-F 9:00 AM-4:00 PM 07/13-07/17 [115980](#)
- Week 6 **Zombie Survival School**  
M-F 9:00 AM-4:00 PM 07/20-07/24 [115981](#)
- Week 7 **Jurassic Parks**  
M-F 9:00 AM-4:00 PM 07/27-07/31 [115982](#)
- Week 8 **LEGO Engineers**  
M-F 9:00 AM-4:00 PM 08/03-08/07 [115983](#)  
Ages: 8-12. . . . . Registration required.  
. . . . . FREE with MY Denver Card

### Discounts

Denver residents ages 60+ and youth ages 5-18 could qualify for a free MY Denver membership.  
Visit the front desk at any recreation center to see if you are eligible.



### Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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Adult Hike: Red Rocks

Su 9:00 AM-3:00 PM 03/08 [115338](#)  
Ages: 18-64. . . . . \$25  
Ages: 65+ . . . . . \$13.50

### Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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Pottery - Youth Hand Building

Th 4:30-5:30 PM 03/26-04/23 [113296](#)  
Th 4:30-5:30 PM 04/30-05/28 [113297](#)  
Ages: 7-11. . . . . \$27

Pottery

W 10:30 AM-12:30 PM 03/25-05/27 [113314](#)  
Th 6:00-8:00 PM 03/26-05/28 [113313](#)  
Ages: 18-64. . . . . \$106  
Ages: 65+ . . . . . \$77

Advanced Pottery

M 6:00-8:00 PM 03/23-05/18 [113133](#)  
Ages: 18-64. . . . . \$85  
Ages: 65+ . . . . . \$61



### Fitness & Wellness



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

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### Swim Lessons: Session I

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

DAY	TIME	DATE	ACTIVITY #
<b>LEVEL 1</b>			
M,W	5:00-5:30 PM	03/16-04/15	<a href="#">111488</a>
<b>LEVEL 2</b>			
M,W	5:30-6:00 PM	03/16-04/15	<a href="#">111530</a>
<b>LEVEL 3</b>			
M,W	5:30-6:00 PM	03/16-04/15	<a href="#">111562</a>
<b>LEVEL 4</b>			
M,W	5:00-5:30 PM	03/16-04/15	<a href="#">111590</a>
<b>LEVEL 5</b>			
M,W	6:00-6:30 PM	03/16-04/15	<a href="#">111608</a>
<b>ADULT</b>			
M,W	12:30-1:15 PM	03/16-04/15	<a href="#">116805</a>

### Swim Lessons: Session II

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

DAY	TIME	DATE	ACTIVITY #
<b>LEVEL 1</b>			
M,W	5:00-5:30 PM	04/27-05/20	<a href="#">111489</a>
<b>LEVEL 2</b>			
M,W	5:30-6:00 PM	04/27-05/20	<a href="#">111531</a>
<b>LEVEL 3</b>			
M,W	5:30-6:00 PM	04/27-05/20	<a href="#">111563</a>
<b>LEVEL 4</b>			
M,W	5:00-5:30 PM	04/27-05/20	<a href="#">111591</a>
<b>LEVEL 5</b>			
M,W	6:00-6:30 PM	04/27-05/20	<a href="#">111609</a>
<b>ADULT</b>			
M,W	12:30-1:15 PM	04/27-05/20	<a href="#">116819</a>

#### SWIM LESSON PRICING

**Yellow:** \$31 per session

**Green:** \$78 per session



### Youth Team Sports

DAY	TIME	AGE	ACTIVITY #
<b>Co-Ed Flag Football</b>			
M	5:00-6:00 PM	Ages: 5-6	<a href="#">113477</a>
W	6:00-7:00 PM		
W,F	6:00-7:00 PM	Ages: 7-8	<a href="#">113499</a>
M,Tu	6:00-7:00 PM	Ages: 9-10	<a href="#">113524</a>
Tu	7:00-8:00 PM	Ages: 11-12	<a href="#">113443</a>
Th	6:00-7:00 PM		
M	7:00-8:00 PM	Ages: 13-14	<a href="#">113460</a>
F	6:00-7:00 PM		
Ages: 5-14 Dates: 4/6/26-5/8/26 .....\$30			
<b>Co-Ed Soccer</b>			
Th	5:00-6:00 PM	Ages: 5-6	<a href="#">113570</a>
Sa	9:00-10:00 AM		
Th	6:00-7:00 PM	Ages: 7-8	<a href="#">113597</a>
Sa	11:00 AM-12:00 PM		
W	7:00-8:00 PM	Ages: 9-10	<a href="#">113621</a>
Sa	1:00-2:00 PM		
Tu,W	6:00-7:00 PM	Ages: 11-12	<a href="#">113544</a>
Ages: 5-12 Dates: 4/7/26-5/9/26 .....\$30			
<b>Co-Ed Volleyball</b>			
M,W	6:00-7:00 PM	Ages: 7-8	<a href="#">113682</a>
W,F	6:00-7:00 PM	Ages: 9-10	<a href="#">113705</a>
M	5:00-6:00 PM	Ages: 11-12	<a href="#">113645</a>
Tu	6:00-7:00 PM		
Ages: 7-14 Dates: 4/6/26-5/8/26 .....\$30			
<b>Co-Ed T-Ball</b>			
M,W	5:00-6:00 PM	Ages: 5-6	<a href="#">114197</a>
Ages: 5-6 Dates: 6/1/26-7/22/26 .....\$41			
<b>Coach Pitch Baseball</b>			
Tu,Th	5:00-6:00 PM	Ages: 7-8	<a href="#">114232</a>
Ages: 7-8 Dates: 6/2/26-7/23/26 .....\$41			
<b>Baseball</b>			
M	6:00-7:30 PM	Ages: 9-10	<a href="#">114296</a>
Sa	11:30 AM-1:00 PM		
Tu	5:00-6:30 PM	Ages: 11-12	<a href="#">114077</a>
W	6:00-7:30 PM		
Tu	6:30-8:00 PM	Ages: 13-14	<a href="#">114122</a>
Th	6:00-7:30 PM		
Ages: 9-14 Dates: 5/18/26-8/1/26 .....\$59			

DAY	TIME	AGE	ACTIVITY #
<b>Coach Pitch Softball</b>			
M,Tu	4:00-5:00 PM	Ages: 7-8	<a href="#">114257</a>
Ages: 7-8 Dates: 6/1/26-7/25/26 .....\$41			
<b>Softball</b>			
Tu,Th	6:00-7:30 PM	Ages: 9-10	<a href="#">114317</a>
M,W	6:00-7:30 PM	Ages: 11-12	<a href="#">114094</a>
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



### Discounts

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**Flip for: Active Older Adults**  
 CityWide Sports • Aquatics  
 My Denver • Outdoor Recreation  
 Arts & Culture • Fitness & Wellness