

Explore Spring 2026 Activities



Register Beginning Feb 25th at Noon

Carla Madison Recreation Center

2401 E Colfax Ave. • (720) 865-5580

M-F: 5:30am-8pm / Sat-Sun: 8am-4pm

▶▶▶ Register online or in person. For the complete list of available programs, visit DENVERGOV.ORG/RECREATION ◀◀◀

Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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50+ Cardio and Strength Fit

Tu	10:45-11:45 AM	year-round	111007
Th	10:15-11:15 AM	year-round	111008
Tu	9:30-10:30 AM	year-round	111009

Ages: 50+ Drop in class. FREE with MY Denver Card

50+ Circuit Fit

M	10:30-11:30 AM	year-round	111021
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Ages: 50+ Drop in class. FREE with MY Denver Card

50+ Functional Fit

F	11:15 AM-12:15 PM	year-round	111028
W	1:30-2:30 PM	year-round	111027

Ages: 50+ Drop in class. FREE with MY Denver Card

Tai Chi

W	2:45-3:45 PM	year-round	111127
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Ages: 50+ Drop in class. FREE with MY Denver Card

Trip: Benson Sculpture Gardens Picnic

F	10:00 AM-3:00 PM	05/22	110656
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Ages: 50+ \$6

Aquatics

DAY	TIME	DATE	ACTIVITY #
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Aqua Aerobics

M,W	9:00-10:00 AM	year-round	115416
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Ages: 15+ Drop in class. FREE with MY Denver Card

Aqua Tone

W	10:15-11:15 AM	year-round	115440
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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	115444
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Ages: 15+ Drop in class. FREE with MY Denver Card

Deep Water Aerobics

M	10:15-11:15 AM	year-round	115446
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Ages: 15+ Drop in class. FREE with MY Denver Card

Key Log Rolling

Su	2:00-3:30 PM	year-round	115453
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Ages: 5+ 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: My Denver
Alternative Sports
Fitness & Wellness
Adaptive Recreation



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

Tu,Th	10:30-11:00 AM	03/17-04/16	111653
Tu,Th	11:15-11:45 AM	03/17-04/16	111654
Tu,Th	11:50 AM-12:20 PM	03/17-04/16	117045
Tu,Th	4:00-4:30 PM	03/17-04/16	111652
Tu,Th	4:35-5:05 PM	03/17-04/16	111651

PRESCHOOL

Tu,Th	10:30-11:00 AM	03/17-04/16	111691
Tu,Th	11:15-11:45 AM	03/17-04/16	111692
Tu,Th	4:00-4:30 PM	03/17-04/16	117183
Tu,Th	4:35-5:05 PM	03/17-04/16	111689
Tu,Th	5:10-5:40 PM	03/17-04/16	111690

LEVEL 1

Tu,Th	4:00-4:30 PM	03/17-04/16	111459
Tu,Th	4:35-5:05 PM	03/17-04/16	111460
Tu,Th	5:10-5:40 PM	03/17-04/16	111461

LEVEL 2

Tu,Th	4:00-4:30 PM	03/17-04/16	111508
Tu,Th	4:35-5:05 PM	03/17-04/16	111510
Tu,Th	6:00-6:30 PM	03/17-04/16	111511

LEVEL 3

Tu,Th	4:35-5:05 PM	03/17-04/16	111548
Tu,Th	6:00-6:30 PM	03/17-04/16	111546

LEVEL 4

Tu,Th	4:35-5:05 PM	03/17-04/16	117100
Tu,Th	6:00-6:30 PM	03/17-04/16	111574

LEVEL 5

Tu,Th	6:00-6:30 PM	03/17-04/16	111600
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LEVEL 6

Tu,Th	6:00-7:00 PM	03/17-04/16	111615
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ADULT - Beginner

Tu,Th	6:00-6:45 PM	03/17-04/16	116780
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ADULT - Intermediate

Tu,Th	6:00-6:45 PM	03/17-04/16	111622
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SWIM LESSON PRICING

Yellow: \$31 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

Tu,Th	10:30-11:00 AM	04/28-05/21	111655
Tu,Th	11:15-11:45 AM	04/28-05/21	111656
Tu,Th	11:50 AM-12:20 PM	04/28-05/21	117049
Tu,Th	4:00-4:30 PM	04/28-05/21	111657
Tu,Th	4:35-5:05 PM	04/28-05/21	111650

PRESCHOOL

Tu,Th	10:30-11:00 AM	04/28-05/21	111693
Tu,Th	11:15-11:45 AM	04/28-05/21	111694
Tu,Th	4:00-4:30 PM	04/28-05/21	111695
Tu,Th	4:35-5:05 PM	04/28-05/21	111696
Tu,Th	5:10-5:40 PM	04/28-05/21	117053

LEVEL 1

Tu,Th	4:00-4:30 PM	04/28-05/21	111457
Tu,Th	4:35-5:05 PM	04/28-05/21	111458
Tu,Th	5:10-5:40 PM	04/28-05/21	111462

LEVEL 2

Tu,Th	4:00-4:30 PM	04/28-05/21	111507
Tu,Th	4:35-5:05 PM	04/28-05/21	111509
Tu,Th	6:00-6:30 PM	04/28-05/21	111512

LEVEL 3

Tu,Th	4:35-5:05 PM	04/28-05/21	111547
Tu,Th	6:00-6:30 PM	04/28-05/21	111549

LEVEL 4

Tu,Th	4:35-5:05 PM	04/28-05/21	117052
Tu,Th	6:00-6:30 PM	04/28-05/21	111575

LEVEL 5

Tu,Th	6:00-6:30 PM	04/28-05/21	111601
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LEVEL 6

Tu,Th	6:00-7:00 PM	04/28-05/21	111614
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ADULT - Beginner

Tu,Th	6:00-6:45 PM	04/28-05/21	111621
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ADULT - Intermediate

Tu,Th	6:00-6:45 PM	04/28-05/21	116808
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Purple: \$45 per session

Green: \$78 per session

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MY Denver

DAY	TIME	DATE	ACTIVITY #
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MY Denver Activities

M-F 4:00-6:30 PM year-round [115363](#)
Ages: 8-18. Drop in class. FREE with MY Denver Card

MY Denver Digital Art

Th 5:00-6:30 PM 04/09-05/21 [116998](#)
Ages: 8-18. Registration required.
. FREE with MY Denver Card

MY Denver Dive In Movie

F 5:00-7:30 PM 03/20 [115281](#)
Ages: 5-18. Registration required.
. FREE with MY Denver Card

MY Denver Karate: Bushinkan Colorado

M 5:30-6:30 PM year-round [115386](#)
Ages: 8-18. Drop in class. FREE with MY Denver Card

MY Denver Plant Pressing

Tu 4:30-5:30 PM 05/05 [116976](#)
Ages: 8-18. Drop in class. FREE with MY Denver Card

MY Denver Rock Climbing Club

F 5:00-7:00 PM 04/17 [115308](#)
F 5:00-7:00 PM 05/01 [115309](#)
F 5:00-7:00 PM 05/15 [115310](#)
F 5:00-7:00 PM 05/29 [115311](#)
Ages: 8-18. Registration required.
. FREE with MY Denver Card

Parents Night Out, Kids Night In

Sa 5:00-8:00 PM 05/02 [117003](#)
Ages: 5-12. \$5

Alternative Sports

DAY	TIME	DATE	ACTIVITY #
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Climbing Wall: Open Climb

Tu-Th 3:00-7:00 PM 04/07-05/28 [111278](#)
Ages: 5+ Drop in class. FREE with MY Denver Card

Teen: Beginner Climb Club

Sa 9:00-11:00 AM 04/11-04/25 [111280](#)
Ages: 15-16 \$13.50

Adult: Beginner Climb Club

M 5:30-7:00 PM 04/27-05/18 [111263](#)
Ages: 18-64 \$25
Ages: 65+ \$13.50

Adult: Belay Workshop

Sa 9:00-11:30 AM 05/02 [111276](#)
Sa 9:00-11:30 AM 05/09 [111277](#)
Ages: 15-17 \$5.75
Ages: 18-64 \$8.75
Ages: 65+ \$5.75

Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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Barre

W 10:30-11:30 AM year-round [113747](#)
W 6:30-7:30 PM year-round [113745](#)
Th 6:30-7:30 AM year-round [113746](#)
Sa 10:00-11:00 AM year-round [113744](#)
Ages: 15+ Drop in class. FREE with MY Denver Card

Cardio Kickboxing

M 12:00-12:45 PM year-round [113756](#)
Ages: 15+ Drop in class. FREE with MY Denver Card

D2G SocaFit

W 9:15-10:15 AM year-round [113761](#)
Ages: 15+ Drop in class. FREE with MY Denver Card

Cycle Weights

Tu 5:45-6:30 PM year-round [113758](#)
W 4:45-5:30 PM year-round [113760](#)
Sa 9:45-10:30 AM year-round [113759](#)
Ages: 15+ Drop in class. FREE with MY Denver Card

HIIT Cycle

M 6:15-7:00 AM year-round [113776](#)
W 6:00-6:45 AM year-round [113775](#)
W 5:45-6:30 PM year-round [113773](#)
Th 5:45-6:30 PM year-round [113777](#)
F 6:00-6:45 AM year-round [113772](#)
Sa 8:45-9:30 AM year-round [113774](#)
Ages: 15+ Drop in class. FREE with MY Denver Card

Indoor Cycling

M 5:45-6:30 PM year-round [113786](#)
Tu 6:30-7:30 AM year-round [113784](#)
Th 6:30-7:15 AM year-round [113785](#)
F 12:00-12:45 PM year-round [113783](#)
Ages: 15+ Drop in class. FREE with MY Denver Card

NIA

M 5:15-6:15 PM year-round [113790](#)
Ages: 15+ Drop in class. FREE with MY Denver Card

Pilates

F 10:00-11:00 AM year-round [113795](#)
Ages: 15+ Drop in class. FREE with MY Denver Card

Total Body Conditioning

M 6:00-7:00 AM year-round [113809](#)
Tu 2:00-3:00 PM year-round [113806](#)
W 12:15-1:15 PM year-round [113807](#)
Th 5:00-5:45 PM year-round [113810](#)
F 12:30-1:30 PM year-round [113808](#)
Ages: 15+ Drop in class. FREE with MY Denver Card

WITT Weight Intro Training for Teens

Sa 10:00 AM-12:00 PM 03/21 [115025](#)
Ages: 13-17 \$10

Fitness & Wellness continues next column »

DAY	TIME	DATE	ACTIVITY #
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Vinyasa Yoga

Tu 8:00-9:00 AM year-round [113825](#)
Th 12:00-1:00 PM year-round [113824](#)
F 5:30-6:30 PM year-round [113823](#)
Su 9:45-10:45 AM year-round [113826](#)
Su 11:00 AM-12:00 PM year-round [113827](#)
Ages: 15+ Drop in class. FREE with MY Denver Card

Bilingual Vinyasa Yoga

Th 7:45-8:45 AM year-round [113750](#)
Ages: 15+ Drop in class. FREE with MY Denver Card

Yin Yoga

Tu 4:30-5:30 PM year-round [113841](#)
Ages: 15+ Drop in class. FREE with MY Denver Card

Yinyasa Yoga

M 6:30-7:45 PM year-round [113842](#)
Ages: 15+ Drop in class. FREE with MY Denver Card

Yoga III

W 4:00-5:00 PM year-round [113858](#)
Ages: 15+ Drop in class. FREE with MY Denver Card

Zumba®

M 9:15-10:15 AM year-round [113875](#)
Tu 12:00-1:00 PM year-round [113866](#)
Tu 6:00-7:00 PM year-round [113870](#)
W 5:15-6:15 PM year-round [113874](#)
Th 9:00-10:00 AM year-round [113871](#)
Th 6:00-7:00 PM year-round [113869](#)
F 8:45-9:45 AM year-round [113867](#)
Sa 8:30-9:30 AM year-round [113868](#)
Sa 11:15 AM-12:15 PM year-round [113873](#)
Su 8:30-9:30 AM year-round [113872](#)
Ages: 15+ Drop in class. FREE with MY Denver Card



See our full schedule of classes online at: DENVERGOV.ORG/FITNESS

Adaptive Recreation

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

M 4:00-4:30 PM 03/16-04/13 [111139](#)
M 4:30-5:00 PM 03/16-04/13 [111140](#)
Ages: 4+ \$13

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

Flip for: Active Older Adults Aquatics Swim Lessons

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Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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Pre Ballet			
F	3:00-3:45 PM	03/27-05/29	113353
Ages: 5-7\$38			

Ballet 1			
F	4:00-4:45 PM	03/27-05/29	113154
Ages: 7-12\$38			

Creative Movement			
F	2:00-2:45 PM	03/27-05/29	113215
Ages: 2-5\$33			

Hip Hop Level 1			
W	4:00-4:45 PM	03/25-05/27	113224
Ages: 6-8\$33			
W	5:00-5:45 PM	03/25-05/27	113225
Ages: 7-12\$33			

Mini Picasso			
Th	9:15-10:00 AM	03/26-04/23	113247
Th	10:30-11:15 AM	03/26-04/23	113248
Th	9:15-10:00 AM	04/30-05/28	113249
Th	10:30-11:15 AM	04/30-05/28	113250
Ages: 2-4\$19			

Play & Learn			
Tu	9:45-10:15 AM	03/24-04/21	113271
Tu	9:45-10:15 AM	04/28-05/26	113272
Ages: 0-2\$14			

Spring Break Dance Camp			
Tu-Th	10:00 AM-2:30 PM	03/31-04/02	116844
Ages: 7-12\$31			

Tots in Motion			
Tu	10:45-11:30 AM	03/24-04/21	113399
Tu	10:45-11:30 AM	04/28-05/26	113400
Ages: 2-4\$19			

Outdoor Recreation			
Cross-Country Ski: Breckenridge Nordic Center			
M	8:00 AM-6:00 PM	03/09	115342
Ages: 18-64\$41			
Ages: 65+\$27			

Family Environmental Education Snowshoe / Spike Hike: Echo Lake			
Sa	9:30 AM-2:30 PM	04/11	116973
Ages: 5-17\$11.25			
Ages: 18-64\$21			
Ages: 65+\$11.25			

Tracking Colorado's Wildlife			
Su	8:30 AM-3:30 PM	03/29	117091
Ages: 8-17\$19			
Ages: 18-64\$29			
Ages: 65+\$19			

CityWide Sports

DAY	TIME	DATE	ACTIVITY #
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Men's Recreational Basketball			
W	6:30-9:30 PM	03/11-04/29	114976
Su	10:00 AM-2:00 PM	03/15-04/26	116924
Ages: 19+\$650			

Men's Intermediate Basketball			
Th	6:30-9:30 PM	03/12-04/30	114974
Ages: 19+\$650			

Women's Competitive Basketball			
Tu	6:30-9:30 PM	03/10-04/28	115018
Ages: 19+\$650			



See our full schedule of Adult Sports leagues online at: DENVERCITYWIDESPORTS.ORG



Youth Sports

DAY	TIME	DATE	ACTIVITY #
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Cheerleading & Poms			
Sa	12:30-1:30 PM	04/11-05/30	117063
Ages: 8-11\$24			

Sports Experience			
Sa	11:30 AM-12:30 PM	04/11-05/02	113411
Ages: 3-4\$10			

YOUTH TEAM SPORTS—SPRING & SUMMER

DAY	TIME	AGE	ACTIVITY #
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Co-Ed Flag Football			
M	5:00-6:00 PM	Ages: 5-6	113468
W	6:00-7:00 PM		
W	5:00-6:00 PM	Ages: 7-8	113487
F	6:00-7:00 PM		
M,Tu	6:00-7:00 PM	Ages: 9-10	113511
Ages: 5-14 Dates: 4/6/26-5/8/26\$30			

Co-Ed Soccer			
Th	5:00-6:00 PM	Ages: 5-6	113556
Sa	9:00-10:00 AM		
Th	6:00-7:00 PM	Ages: 7-8	113583
Sa	10:00-11:00 AM		
W	6:00-7:00 PM	Ages: 9-10	113610
Sa	11:00 AM-12:00 PM		
Ages: 5-12 Dates: 4/7/26-5/9/26\$30			

Co-Ed Volleyball			
M	5:00-6:00 PM	Ages: 7-8	113669
W	6:00-7:00 PM		
W	5:00-6:00 PM	Ages: 9-10	113692
F	6:00-7:00 PM		
M,Tu	6:00-7:00 PM	Ages: 11-12	113634
Ages: 7-14 Dates: 4/6/26-5/8/26\$30			

DAY	TIME	AGE	ACTIVITY #
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Co-Ed T-Ball			
M,W	4:30-5:30 PM	Ages: 5-6	114183
Ages: 5-6 Dates: 6/1/26-7/22/26\$41			

Coach Pitch Baseball			
W,Th	6:00-7:00 PM	Ages: 7-8	114218
Ages: 7-8 Dates: 6/2/26-7/23/26\$41			

Baseball			
M,Th	5:00-6:30 PM	Ages: 9-10	114283
Tu,W	5:00-6:30 PM	Ages: 11-12	114065
Ages: 9-14 Dates: 5/18/26-8/1/26\$59			

Coach Pitch Softball			
M,Tu	6:00-7:00 PM	Ages: 7-8	114244
Ages: 7-8 Dates: 6/1/26-7/25/26\$41			

Softball			
M,Th	6:30-8:00 PM	Ages: 9-10	114307
Tu,W	6:30-8:00 PM	Ages: 11-12	114086
Ages: 9-14 Dates: 5/18/26-7/30/26\$59			

View game schedules at: 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: Denver residents ages 60+ and youth ages 5-18 could qualify for a free MY Denver membership.

Youth Team Sports continues next column ▶