

# Explore Summer 2026 Activities



Register Beginning May 6th at Noon

## Montclair Recreation Center

729 Ulster Wy. • (720) 865-0560

M-Th: 6am-9pm / F: 6am-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)

### Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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#### MY Denver Archery & Orienteering

W	9:00 AM-4:00 PM	06/24	<a href="#">118222</a>
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Ages: 8-17. . . . . Registration required.  
 . . . . . FREE with MY Denver Card

#### MY Denver Kayak

M	9:15 AM-1:00 PM	07/27	<a href="#">117617</a>
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Ages: 8-17. . . . . Registration required.  
 . . . . . FREE with MY Denver Card

#### Orienteering

**Destination: Genesee Mountain Park**

Su	10:00 AM-4:00 PM	05/31	<a href="#">118197</a>
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Ages: 12-17 . . . . . \$13.50  
 Ages: 18-64 . . . . . \$25  
 Ages: 65+ . . . . . \$13.50

#### Teen Overnight Adventure: Genesee

Sa-M	10:00 AM-3:00 PM	07/11-07/13	<a href="#">117642</a>
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Ages: 13-18 . . . . . \$59

#### Teen Rock Climbing: Newton

Su	9:00 AM-4:00 PM	06/14	<a href="#">117601</a>
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Ages: 13-18 . . . . . \$19

#### Youth Adventure Program

M-Th	9:00 AM-3:30 PM	07/06-07/09	<a href="#">117656</a>
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Ages: 7-9 . . . . . \$69  
 M-Th 9:00 AM-3:30 PM 07/06-07/09 [117657](#)  
 Ages: 10-13 . . . . . \$69

### Aquatics

DAY	TIME	DATE	ACTIVITY #
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#### Aqua Aerobics

M,W	8:30-9:30 AM	year-round	<a href="#">115434</a>
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Ages: 15+ . . . . . Drop in class. FREE with membership

#### Deep Water Aerobics

Tu,Th	8:30-9:30 AM	year-round	<a href="#">115448</a>
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Ages: 15+ . . . . . Drop in class. FREE with membership

#### Fitness Swim

Tu,Th	6:00-7:00 PM	year-round	<a href="#">117026</a>
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Ages: 15+ . . . . . Drop in class. FREE with membership

#### Youth Swim Team

M-Th	5:00-6:00 PM	06/15-07/30	<a href="#">117805</a>
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Ages: 5-17. . . . . \$59

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

**Flip for: Arts & Culture Swim Lessons**



### Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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#### 50+ Cardio and Strength Fit

Tu	11:00 AM-12:00 PM	year-round	<a href="#">111017</a>
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Ages: 50+ . . . . . Drop in class. FREE with membership

#### 50+ Fabulous Abs

F	12:30-1:30 PM	year-round	<a href="#">111024</a>
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Ages: 50+ . . . . . Drop in class. FREE with membership

#### 50+ Functional Fit

M	11:00 AM-12:00 PM	year-round	<a href="#">117749</a>
Th	10:00-11:00 AM	year-round	<a href="#">111046</a>

Ages: 50+ . . . . . Drop in class. FREE with membership

#### 50+ Gentle Yoga

Tu	12:30-1:30 PM	year-round	<a href="#">111067</a>
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Ages: 50+ . . . . . Drop in class. FREE with membership

#### Bingo

M	1:00-3:00 PM	06/15	<a href="#">118477</a>
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Ages: 50+ . . . . . Drop in class. FREE with membership

#### Club: Mah Jong

Th	1:00-4:00 PM	year-round	<a href="#">111103</a>
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Ages: 50+ . . . . . Drop in class. FREE with membership

#### Club: Social

W	9:00-10:00 AM	year-round	<a href="#">111120</a>
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Ages: 50+ . . . . . Drop in class. FREE with membership

#### Learn to Play Mah Jong

W	10:15 AM-12:15 PM	06/03-06/24	<a href="#">118292</a>
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Ages: 50+ . . . . . \$24

#### Tai Chi

W	10:30-11:30 AM	year-round	<a href="#">111132</a>
F	11:00 AM-12:00 PM	year-round	<a href="#">111133</a>

Ages: 50+ . . . . . Drop in class. FREE with membership

#### Trip: CCC Tour and Lunch

Th	9:30 AM-1:30 PM	06/18	<a href="#">117746</a>
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Ages: 21+ . . . . . \$4

#### Trip: Leadville Mining Museum and Lunch

F	9:00 AM-4:00 PM	07/17	<a href="#">110760</a>
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Ages: 50+ . . . . . \$8

### Alternative Sports

DAY	TIME	DATE	ACTIVITY #
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#### Youth All Levels: SBC Adventures

W-F	8:00 AM-2:00 PM	07/15-07/17	<a href="#">111348</a>
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Ages: 8-14. . . . . \$48



### MY Denver

DAY	TIME	DATE	ACTIVITY #
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#### MY Denver & 4-H STEAM Class

Th	1:30-2:30 PM	06/18-08/13	<a href="#">117958</a>
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Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card

#### MY Denver Activities

M-F	4:00-6:30 PM	year-round	<a href="#">115376</a>
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Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card

#### MY Denver Billiards

M	3:30-6:30 PM	05/18-08/03	<a href="#">117517</a>
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Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card

#### MY Denver Digital Art

F	1:00-2:00 PM	06/12-08/14	<a href="#">117955</a>
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Ages: 8-18. . . . . Registration required.  
 . . . . . FREE with MY Denver Card

#### MY Denver Excursion—Nationals vs. Rockies

W	11:45 AM-4:15 PM	07/22	<a href="#">117980</a>
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Ages: 8-18. . . . . Registration required.  
 . . . . . FREE with MY Denver Card

#### MY Denver Excursion—Rays vs. CO Rockies

W	11:45 AM-4:15 PM	08/05	<a href="#">117981</a>
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Ages: 8-18. . . . . Registration required.  
 . . . . . FREE with MY Denver Card

#### MY Denver Guided Hike

Tu	2:00-4:00 PM	08/04	<a href="#">117950</a>
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Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card

#### MY Denver Karate: Bushinkan Colorado

M,W	5:30-6:30 PM	year-round	<a href="#">115387</a>
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Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card

#### MY Denver Kids in the Kitchen

F	3:00-4:00 PM	06/12-07/31	<a href="#">117521</a>
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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	<a href="#">117984</a>
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Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card

#### MY Denver Ukulele

M	4:15-5:15 PM	year-round	<a href="#">115405</a>
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Ages: 8-18. . . . . Drop in class. FREE with MY Denver Card

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### Swim Lessons: Session I

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

DAY	TIME	DATE	ACTIVITY #
<b>PARENT-CHILD</b>			
M,W	10:00-10:30 AM	06/15-07/08	<b>117785</b>
M,W	4:30-5:00 PM	06/15-07/08	<b>117783</b>
Tu,Th	10:30-11:00 AM	06/16-07/09	<b>112215</b>
Tu,Th	4:30-5:00 PM	06/16-07/09	<b>112216</b>

#### PRESCHOOL

M,W	10:30-11:00 AM	06/15-07/08	<b>117819</b>
M,W	4:30-5:00 PM	06/15-07/08	<b>117817</b>
Tu,Th	10:00-10:30 AM	06/16-07/09	<b>112355</b>
Tu,Th	4:30-5:00 PM	06/16-07/09	<b>112353</b>
Tu,Th	5:00-5:30 PM	06/16-07/09	<b>112354</b>

#### LEVEL 1

M,W	4:30-5:00 PM	06/15-07/08	<b>111843</b>
Tu,Th	5:00-5:30 PM	06/16-07/09	<b>111845</b>
Tu,Th	5:30-6:00 PM	06/16-07/09	<b>117850</b>

#### LEVEL 2

M,W	5:00-5:30 PM	06/15-07/08	<b>117858</b>
Tu,Th	5:00-5:30 PM	06/16-07/09	<b>111949</b>

#### LEVEL 3

M,W	5:30-6:00 PM	06/15-07/08	<b>117863</b>
Tu,Th	4:30-5:00 PM	06/16-07/09	<b>112045</b>

#### LEVEL 4

M,W	5:30-6:00 PM	06/15-07/08	<b>117791</b>
Tu,Th	5:00-5:30 PM	06/16-07/09	<b>112102</b>

#### LEVEL 5

M,W	5:30-6:00 PM	06/15-07/08	<b>117795</b>
Tu,Th	5:30-6:00 PM	06/16-07/09	<b>117797</b>

#### ADULT

M,W	5:00-5:45 PM	06/15-07/08	<b>117867</b>
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### Swim Lessons: Session II

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

DAY	TIME	DATE	ACTIVITY #
<b>PARENT-CHILD</b>			
M,W	10:00-10:30 AM	07/13-08/05	<b>117786</b>
M,W	4:30-5:00 PM	07/13-08/05	<b>117784</b>
Tu,Th	10:30-11:00 AM	07/14-08/06	<b>112214</b>
Tu,Th	4:30-5:00 PM	07/14-08/06	<b>112217</b>

#### PRESCHOOL

M,W	10:30-11:00 AM	07/13-08/05	<b>117820</b>
M,W	4:30-5:00 PM	07/13-08/05	<b>112350</b>
M,W	5:00-5:30 PM	07/13-08/05	<b>112351</b>
Tu,Th	10:00-10:30 AM	07/14-08/06	<b>112352</b>
Tu,Th	4:30-5:00 PM	07/14-08/06	<b>117818</b>

#### LEVEL 1

M,W	4:30-5:00 PM	07/13-08/05	<b>111842</b>
Tu,Th	5:00-5:30 PM	07/14-08/06	<b>111844</b>
Tu,Th	5:30-6:00 PM	07/14-08/06	<b>117851</b>

#### LEVEL 2

M,W	5:00-5:30 PM	07/13-08/05	<b>111950</b>
Tu,Th	5:00-5:30 PM	07/14-08/06	<b>111948</b>

#### LEVEL 3

M,W	5:30-6:00 PM	07/13-08/05	<b>117864</b>
Tu,Th	4:30-5:00 PM	07/14-08/06	<b>112046</b>

#### LEVEL 4

M,W	5:30-6:00 PM	07/13-08/05	<b>117792</b>
Tu,Th	5:00-5:30 PM	07/14-08/06	<b>112103</b>

#### LEVEL 5

M,W	5:30-6:00 PM	07/13-08/05	<b>117796</b>
Tu,Th	5:30-6:00 PM	07/14-08/06	<b>117798</b>

#### ADULT

M,W	5:45-6:30 PM	07/13-08/05	<b>117868</b>
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## Arts & Culture

DAY TIME DATE ACTIVITY #

### Acrylic Painting: All Levels

W	10:00 AM-12:00 PM	06/10-08/12	<b>117235</b>
Ages: 18-64			\$53
Ages: 65+			\$38

### Bad Art Night

F	5:30-7:30 PM	06/26	<b>117255</b>
Ages: 16-17			\$9.50
Ages: 18-64			\$12
Ages: 65+			\$9.50

### Pre Ballet

Th	4:30-5:30 PM	06/11-08/13	<b>117431</b>
Ages: 5-7			\$38

### Ballet 1

Th	5:45-6:45 PM	06/11-08/13	<b>117262</b>
Ages: 7-12			\$38

### Hip Hop - All Levels

Sa	11:45 AM-12:45 PM	06/13-08/15	<b>117311</b>
Ages: 7-12			\$30

### Mini Picasso

Sa	11:00-11:45 AM	06/13-07/11	<b>117350</b>
Ages: 2-4			\$15
Sa	11:00-11:45 AM	07/18-08/15	<b>117351</b>
Ages: 2-4			\$19

### Preschool Pottery

F	11:00-11:45 AM	06/12-08/14	<b>117440</b>
Ages: 3-5			\$43

### Pottery - Youth Hand Building

Tu	4:30-5:30 PM	06/09-07/07	<b>117381</b>
Tu	4:30-5:30 PM	07/14-08/11	<b>117382</b>
Ages: 7-11			\$27

### Teen Pottery

W	4:30-6:00 PM	06/10-08/12	<b>117468</b>
Ages: 12-17			\$38

### Pottery

M	9:30-11:30 AM	06/08-08/10	<b>117398</b>
W	6:30-8:30 PM	06/10-08/12	<b>117401</b>
Th	5:00-7:00 PM	06/11-08/13	<b>117400</b>
Su	10:00 AM-12:00 PM	06/14-08/16	<b>117399</b>
Ages: 18-64			\$106
Ages: 65+			\$77

### Tots in Motion

Sa	10:00-10:45 AM	06/13-07/11	<b>117480</b>
Ages: 2-4			\$15
Sa	10:00-10:45 AM	07/18-08/15	<b>117481</b>
Ages: 2-4			\$19

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

### SWIM LESSON PRICING

**Yellow:** \$31 per session

**Blue:** \$78 per session

**Flip for:** Outdoor Recreation  
Aquatics • Active Older Adults  
Alternative Sports • My Denver

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### Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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#### REB3L® Groove

Tu 9:00-10:00 AM year-round [113799](#)  
Ages: 15+ ..... Drop in class. FREE with membership

#### Vinyasa Yoga

M 7:15-8:15 AM year-round [113830](#)  
Ages: 15+ ..... Drop in class. FREE with membership

#### Yoga I

W 12:00-1:00 PM year-round [113851](#)  
W 5:15-6:15 PM year-round [113853](#)  
Sa 10:30-11:30 AM year-round [113852](#)  
Ages: 15+ ..... Drop in class. FREE with membership

#### Zumba®

F 9:45-10:45 AM year-round [113897](#)  
Sa 9:15-10:15 AM year-round [113896](#)  
Ages: 15+ ..... Drop in class. FREE with membership

#### Zumba® Gold

M 9:30-10:30 AM year-round [113903](#)  
Ages: 15+ ..... Drop in class. FREE with membership



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

### CityWide Sports

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

F 7:00-8:30 AM 05/22-06/12 [116670](#)  
F 7:00-8:30 AM 06/26-07/17 [116671](#)  
F 7:00-8:30 AM 07/31-08/21 [116672](#)  
Ages: 18+ ..... \$40

#### Level 4 Indoor Pickleball Class

F 2:00-3:30 PM 05/01-05/22 [116509](#)  
M 9:00-10:30 AM 05/18-06/15 [116512](#)  
F 2:00-3:30 PM 06/05-06/26 [116510](#)  
M 9:00-10:30 AM 06/29-07/20 [116513](#)  
F 2:00-3:30 PM 07/17-08/07 [116511](#)  
M 9:00-10:30 AM 08/03-08/24 [116514](#)  
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.



### Youth Sports

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

M-Th 12:00-1:30 PM 06/22-06/25 [114338](#)  
M-Th 12:00-1:30 PM 07/27-07/30 [114339](#)  
Ages: 5-8 ..... \$13.50  
M-Th 1:30-3:00 PM 06/22-06/25 [114345](#)  
M-Th 1:30-3:00 PM 07/27-07/30 [114346](#)  
Ages: 9-14 ..... \$13.50

#### Cheerleading Camp

M-Th 5:30-7:00 PM 07/20-07/23 [114335](#)  
Ages: 5-14 ..... \$13.50

#### Parent-Child Gymnastics

Sa 11:30 AM-12:30 PM 06/06-06/27 [114495](#)  
Sa 9:30-10:30 AM 06/06-06/27 [114497](#)  
Sa 11:30 AM-12:30 PM 07/11-08/01 [114496](#)  
Sa 9:30-10:30 AM 07/11-08/01 [114498](#)  
Ages: 6m-3 ..... \$24

#### Preschool Gymnastics

Sa 12:30-1:30 PM 06/06-06/27 [114502](#)  
Sa 10:30-11:30 AM 06/06-06/27 [114504](#)  
Sa 12:30-1:30 PM 07/11-08/01 [114503](#)  
Sa 10:30-11:30 AM 07/11-08/01 [114505](#)  
Ages: 3-5 ..... \$24

#### Sports Experience

W 9:00-10:00 AM 06/03-06/24 [114160](#)  
W 10:00-11:00 AM 06/03-06/24 [114161](#)  
W 9:00-10:00 AM 07/08-07/29 [114162](#)  
W 10:00-11:00 AM 07/08-07/29 [114163](#)  
Ages: 3-4 ..... \$10

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 [114198](#)  
Ages: 5-6 Dates: 6/1/26-7/22/26 ..... \$41

#### Coach Pitch Baseball

Tu,Th 5:00-6:00 PM Ages: 7-8 [114233](#)  
Ages: 7-8 Dates: 6/2/26-7/23/26 ..... \$41

#### Baseball

M,W 6:30-8:00 PM Ages: 9-10 [114297](#)  
M 5:00-6:30 PM Ages: 11-12 [114078](#)  
Tu 6:30-8:00 PM  
M,Th 6:30-8:00 PM Ages: 13-14 [114123](#)  
Ages: 9-14 Dates: 5/18/26-8/1/26 ..... \$59

#### Coach Pitch Softball

Tu,Th 5:00-6:00 PM Ages: 7-8 [114258](#)  
Ages: 7-8 Dates: 6/1/26-7/25/26 ..... \$41

#### Softball

Tu,Th 6:30-8:00 PM Ages: 9-10 [114318](#)  
M,W 5:00-6:30 PM Ages: 11-12 [114095](#)  
M,W 6:30-8:00 PM Ages: 13-14 [114135](#)  
Ages: 9-14 Dates: 5/18/26-7/30/26 ..... \$59

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