

Explore Summer 2026 Activities



Register Beginning May 6th at Noon

Glenarm Recreation Center

M-Th: 6am-8pm
F: 8am-7pm
Sa: 10am-2pm
Su: Closed

2800 Glenarm Pl. • (720) 865-3380

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+ Gentle Yoga

W	10:45-11:45 AM	year-round	118268
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Ages: 50+ Drop in class. FREE with membership

Circuit Weight Room 101

M,W,F	12:30-1:30 PM	year-round	111079
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Ages: 50+ Drop in class. FREE with membership

Independence Day Potluck and Bingo

Th	12:00-2:30 PM	07/02	117744
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Ages: 50+ Drop in class. FREE with membership

Trip: Explore Blackhawk

Tu	9:00 AM-3:30 PM	08/04	118294
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Ages: 21+ \$7



CityWide Sports



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

Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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Family Outdoor Rock Climbing: Newton

Sa	10:00 AM-4:00 PM	06/27	117592
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Ages: 8-17 \$13.50
Ages: 18-64 \$25
Ages: 65+ \$13.50

MY Denver Kayak

M	11:30 AM-3:15 PM	07/06	117629
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Ages: 8-17 Registration required.
. FREE with MY Denver Card

MY Denver Outdoor Rock Climbing

W	9:00 AM-4:00 PM	08/12	117619
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Ages: 8-17 Registration required.
. FREE with MY Denver Card

Flip for: Swim Lessons
Youth Team Sports



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	117961
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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	115367
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Ages: 8-18 Drop in class. FREE with MY Denver Card

MY Denver Digital Art

Th	1:30-2:30 PM	06/11-08/13	117491
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Ages: 8-18 Registration required.
. FREE with MY Denver Card

MY Denver Excursion—Red Sox vs. CO Rockies

W	11:45 AM-4:15 PM	06/24	117968
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Ages: 8-18 Registration required.
. FREE with MY Denver Card

MY Denver Karate

Th	4:00-5:00 PM	year-round	115381
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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	117962
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Ages: 8-18 Drop in class. FREE with MY Denver Card

Aquatics

DAY	TIME	DATE	ACTIVITY #
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Aqua Aerobics

Tu,Th	10:00-11:00 AM	year-round	115423
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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	112376
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Ages: 5-17 \$59

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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Acrylic Painting: All Levels

Th	9:00-11:00 AM	06/11-07/09	117231
Th	9:00-11:00 AM	07/16-08/13	117232

Ages: 18-64 \$27
Ages: 65+ \$19

Art Adventures

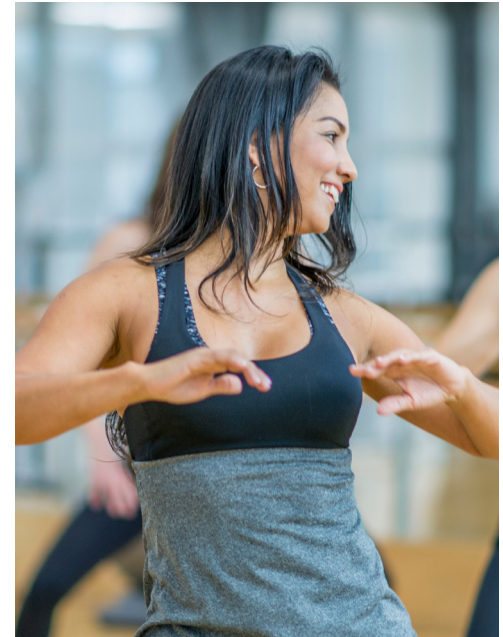
W	4:30-5:30 PM	06/10-07/08	117247
W	4:30-5:30 PM	07/15-08/12	117248

Ages: 5-8 \$21

Line Dancing

Tu	5:30-7:00 PM	year-round	117910
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Ages: 18+ Drop in class. FREE with membership



Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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Meditation

Tu	10:00-10:45 AM	year-round	113788
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Ages: 15+ Drop in class. FREE with membership

Slow Flow Yoga

W	5:30-6:30 PM	year-round	113804
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F 10:00-11:00 AM year-round [113803](#)
Ages: 15+ Drop in class. FREE with membership

Yoga I

M	10:00-11:00 AM	year-round	113847
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Ages: 15+ Drop in class. FREE with membership

Yogalates

Sa	11:00 AM-12:00 PM	year-round	113859
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Ages: 15+ Drop in class. FREE with membership

Zumba®

M	6:00-7:00 PM	year-round	113885
Th	6:00-7:00 PM	year-round	113886

Ages: 15+ Drop in class. FREE with membership



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

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.

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Youth Team Sports

DAY	TIME	AGE	ACTIVITY #
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Co-Ed T-Ball

Tu,W	4:00-5:00 PM	Ages: 5-6	114188
Ages: 5-6 Dates: 6/1/26-7/22/26\$41			

Coach Pitch Baseball

W,Th	5:00-6:00 PM	Ages: 7-8	114223
Ages: 7-8 Dates: 6/2/26-7/23/26\$41			

Baseball

M	6:30-8:00 PM	Ages: 9-10	114288
F	5:00-6:30 PM		
M,Tu	5:00-6:30 PM	Ages: 11-12	114070
W,Th	5:00-6:30 PM	Ages: 13-14	114117
Ages: 9-14 Dates: 5/18/26-8/1/26\$59			

Coach Pitch Softball

M,Tu	5:00-6:00 PM	Ages: 7-8	114248
Ages: 7-8 Dates: 6/1/26-7/25/26\$41			

Softball

Tu,Th	6:30-8:00 PM	Ages: 9-10	114311
Tu	6:30-8:00 PM	Ages: 11-12	114090
W	5:00-6:30 PM		
Ages: 9-14 Dates: 5/18/26-7/30/26\$59			

View game schedules at:
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

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	11:00-11:30 AM	06/16-07/09	112197

PRESCHOOL

Tu,Th	11:30 AM-12:00 PM	06/16-07/09	112293
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LEVEL 1

M,W	10:00-10:30 AM	06/15-07/08	111792
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LEVEL 2

M,W	10:00-10:30 AM	06/15-07/08	111907
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LEVEL 3

M,W	10:30-11:00 AM	06/15-07/08	112010
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LEVEL 4

M,W	10:30-11:00 AM	06/15-07/08	112081
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LEVEL 5

M,W	11:00-11:30 AM	06/15-07/08	112131
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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	11:00-11:30 AM	07/14-08/06	112196

PRESCHOOL

Tu,Th	11:30 AM-12:00 PM	07/14-08/06	112292
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LEVEL 1

M,W	10:00-10:30 AM	07/13-08/05	111791
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LEVEL 2

M,W	10:00-10:30 AM	07/13-08/05	111906
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LEVEL 3

M,W	10:30-11:00 AM	07/13-08/05	112009
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LEVEL 4

M,W	10:30-11:00 AM	07/13-08/05	112080
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LEVEL 5

M,W	11:00-11:30 AM	07/13-08/05	112130
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SWIM LESSON PRICING

Yellow: \$31 per session

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

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