Explore Winter 2026-2027 Activities

DENVER PARKS & RECREATION

Register Beginning **Nov 4th** 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 #
50+ Cardio and Strength Fit			
Tu	9:30-10:30 AM	year-round	111009
Tu	10:45-11:45 AM	year-round	111007
Th	10:15-11:15 AM	year-round	111008
Ages: 50+	*Drop in class. FREE with membership*		
50+ Circuit Fit			
M	10:30-11:30 AM	year-round	111021
Ages: 50+	*Drop in class. FREE with membership*		
50+ Functional Fit			
W	1:30-2:30 PM	year-round	111027
F	11:15 AM-12:15 PM	year-round	111028
Ages: 50+	*Drop in class. FREE with membership*		
Club: Mah Jong			
Tu	1:00-3:00 PM	year-round	121290
Ages: 50+	*Drop in class. FREE with membership*		
Tai Chi			
W	2:45-3:45 PM	year-round	111127
Ages: 50+	*Drop in class. FREE with membership*		

Adaptive Recreation

DAY	TIME	DATE	ACTIVITY #
Adaptive Actors Workshop			
Tu	3:30-5:00 PM	11/17-12/15	111229
Ages: 12+	$21		
Adaptive Aquatics for People w/ Disabilities			
M	4:00-4:30 PM	01/04-02/01	111230
M	4:30-5:00 PM	01/04-02/01	111231
M	4:00-4:30 PM	02/08-03/08	111232
M	4:30-5:00 PM	02/08-03/08	111233
Ages: 4+	$13		
Adaptive Indoor Cycling			
M	6:45-7:30 PM	01/11-02/01	111244
Ages: 13+	$8		
Adaptive Lap Swim Club			
M	5:00-5:45 PM	01/04-02/01	111246
M	5:00-5:45 PM	02/08-03/08	111247
Ages: 11+	$13		
Adaptive Winter Ball			
F	5:00-7:30 PM	12/11	121501
Ages: 15+	$5		

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

Flip for: Fitness & Wellness
Outdoor Recreation

Aquatics

DAY	TIME	DATE	ACTIVITY #
Aqua Aerobics			
M,W	9:00-10:00 AM	year-round	115416
Ages: 15+	*Drop in class. FREE with membership*		
Aqua Tone			
W	10:15-11:15 AM	year-round	115440
Ages: 15+	*Drop in class. FREE with membership*		
Aqua Zumba®			
F	10:30-11:30 AM	year-round	121785
Ages: 15+	*Drop in class. FREE with membership*		
Current Channel Water Aerobics			
Tu,Th	9:15-10:15 AM	year-round	115444
Ages: 15+	*Drop in class. FREE with membership*		
Deep Water Aerobics			
M	10:15-11:15 AM	year-round	115446
Ages: 15+	*Drop in class. FREE with membership*		
Fitness Swim			
F	6:00-7:00 PM	year-round	121350
Ages: 15+	*Drop in class. FREE with membership*		
Key Log Rolling			
Su	2:00-3:30 PM	year-round	115453
Ages: 5+	*Drop in class. FREE with membership*		
Youth Junior Lifeguarding			
Sa	9:00 AM-5:00 PM	02/06	121624
Ages: 12-16	*FREE*		

MY Denver

DAY	TIME	DATE	ACTIVITY #
Holiday Workshop			
W	5:00-6:30 PM	12/02	121488
Ages: 8-12	*Drop in class. FREE with MY Denver Card*		
MY Denver & DCM Field Trip			
F	4:30-8:30 PM	01/22	121475
Ages: 10-18	*Drop in class. FREE with MY Denver Card*		
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 Karate: Bushinkan Colorado			
Tu	5:30-6:30 PM	year-round	115386
Ages: 8-18	*Drop in class. FREE with MY Denver Card*		
MY Denver Park Ranger Leave No Trace			
Tu	4:30-5:30 PM	01/12	121483
Ages: 8-18	*Drop in class. FREE with MY Denver Card*		
Spooky Season's Greetings			
Sa	12:00-1:30 PM	12/19	121266
Sa	1:30-3:00 PM	12/19	121267
All Ages	*FREE*		

CityWide Sports

DAY	TIME	DATE	ACTIVITY #
Men's Basketball			
Recreational			
W	6:30-9:30 PM	01/06-02/24	121098
Intermediate			
Th	6:30-9:30 PM	01/07-02/25	121095
Ages: 19+	$650		
Men's Sunday Morning Basketball			
Su	10:00 AM-2:00 PM	01/10-03/07	121099
Ages: 19+	$650		
Women's Competitive Basketball			
Tu	6:30-9:30 PM	01/05-02/23	121114
Ages: 19+	$650		

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

Alternative Sports

DAY	TIME	DATE	ACTIVITY #
Winter Climbing			
Sa	10:00 AM-1:00 PM	01/09	111430
Su	10:00 AM-1:00 PM	01/10	111431
Sa	10:00 AM-1:00 PM	02/06	111433
Su	10:00 AM-1:00 PM	02/07	111437
Sa	10:00 AM-1:00 PM	02/20	111434
Su	10:00 AM-1:00 PM	02/21	111438
Sa	10:00 AM-1:00 PM	02/27	111432
Su	10:00 AM-1:00 PM	02/28	111436
Sa	10:00 AM-1:00 PM	03/06	111435
Ages: 18+	*FREE with membership*		

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
Hip Hop Level 1			
W	4:00-4:45 PM	01/06-03/10	120734
Ages: 6-8	$33		
W	5:00-5:45 PM	01/06-03/10	120735
Ages: 8-12	$33		
Mini Picasso			
Th	10:30-11:15 AM	01/07-02/04	120747
Th	10:30-11:15 AM	02/11-03/11	120748
Ages: 2-4	$19		

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Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
Barre			
W	10:30-11:30 AM	year-round	113747
W	11:45 AM-12:45 PM	year-round	121762
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 membership*			
Bilingual Vinyasa Yoga			
Th	7:45-8:45 AM	year-round	113750
Ages: 15+ ..... *Drop in class. FREE with membership*			
Cardio Kickboxing			
M	12:00-12:45 PM	year-round	113756
Ages: 15+ ..... *Drop in class. FREE with membership*			
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 membership*			
D2G SocaFit			
W	9:15-10:15 AM	year-round	113761
Ages: 15+ ..... *Drop in class. FREE with membership*			
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 membership*			
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 membership*			
Pilates			
F	10:00-11:00 AM	year-round	113795
Ages: 15+ ..... *Drop in class. FREE with membership*			
Preschool Yoga			
W	9:00-9:45 AM	12/02-12/30	116787
W	9:00-9:45 AM	01/20-02/17	116788
Ages: 3-5 ..... $30			
Total Body Conditioning			
M	6:00-7:00 AM	year-round	113809
Tu	2:00-3:00 PM	year-round	121558
W	7:30-8:30 AM	year-round	113807
Th	5:00-5:45 PM	year-round	113810
F	2:00-3:00 PM	year-round	121553
Ages: 15+ ..... *Drop in class. FREE with membership*			
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 membership*			
WITT Weight Intro Training for Teens			
Sa	10:00 AM-12:00 PM	01/09	116792
Ages: 13-17 ..... $10			
Xtreme Hip Hop Step			
M	5:15-6:15 PM	year-round	118267
Ages: 15+ ..... *Drop in class. FREE with membership*			
Xtreme Hip Hop Step Master Class - Black History Month			
Sa	10:30 AM-12:00 PM	02/27	121608
Ages: 15+ $5			
Yin Yoga			
Tu	4:30-5:30 PM	year-round	113841
Ages: 15+ ..... *Drop in class. FREE with membership*			
Yinyasa Yoga			
M	6:30-7:45 PM	year-round	113842
Ages: 15+ ..... *Drop in class. FREE with membership*			
Yoga III			
W	4:00-5:00 PM	year-round	113858
Ages: 15+ ..... *Drop in class. FREE with membership*			
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 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.

Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
AOA Snowshoe - Flying J Ranch Park			
Sa	9:00 AM-2:00 PM	02/27	120659
Ages: 50-64 ..... $21			
Ages: 65+ $11.25			
Cross-country Ski - Devil's Thumb Ranch			
Tu	7:00 AM-5:00 PM	02/09	120576
Ages: 18-64 ..... $41			
Ages: 65+ $27			
Cross-country Ski - Echo Lake			
Su	8:00 AM-3:00 PM	01/24	120578
Ages: 18-64 ..... $29			
Ages: 65+ $19			
Family Eco-Snowshoe ***Axton Ranch***			
Su	10:00 AM-3:00 PM	11/22	120668
Ages: 5-17 ..... $11.25			
Ages: 18-64 ..... $21			
Ages: 65+ $11.25			
Family Ice Skating - Evergreen Lake			
Su	12:00-4:00 PM	02/28	120596
Ages: 7-17 ..... $9			
Ages: 18-64 ..... $14			
Ages: 65+ $9			
Learn to Ski and Ride			
M	6:45 AM-6:30 PM	01/25	120625
Ages: 7-17 ..... $30			

Flip for: Active Older Adults
Adaptive Recreation
Aquatics • My Denver
CityWide Sports
Alternative Sports
Arts & Culture

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Swim Lessons: Session I

1/3/27-1/30/27; Reg Opens: 11/4/26–12pm

DAY	TIME	DATE	ACTIVITY #
PARENT-CHILD			
Tu,Th	10:30-11:00 AM	01/05-01/28	113028
Tu,Th	11:05-11:35 AM	01/05-01/28	113029
Tu,Th	4:00-4:30 PM	01/05-01/28	113026
Tu,Th	4:35-5:05 PM	01/05-01/28	113027
PRESCHOOL			
Tu,Th	10:30-11:00 AM	01/05-01/28	113072
Tu,Th	11:05-11:35 AM	01/05-01/28	113071
Tu,Th	4:00-4:30 PM	01/05-01/28	113069
Tu,Th	4:35-5:05 PM	01/05-01/28	113068
Tu,Th	5:10-5:40 PM	01/05-01/28	113070
LEVEL 1			
Tu,Th	4:00-4:30 PM	01/05-01/28	112825
Tu,Th	4:35-5:05 PM	01/05-01/28	112824
Tu,Th	5:10-5:40 PM	01/05-01/21	112826
LEVEL 2			
Tu,Th	4:00-4:30 PM	01/05-01/28	112871
Tu,Th	4:35-5:05 PM	01/05-01/28	112869
Tu,Th	5:10-5:40 PM	01/05-01/28	112870
LEVEL 3			
Tu,Th	4:00-4:30 PM	01/05-01/28	112911
Tu,Th	4:35-5:05 PM	01/05-01/28	112913
LEVEL 4			
Tu,Th	5:10-5:40 PM	01/05-01/28	112944
Tu,Th	6:00-6:30 PM	01/05-01/28	112943
LEVEL 5			
Tu,Th	6:00-6:30 PM	01/05-01/28	112966
LEVEL 6			
Tu,Th	6:00-7:00 PM	01/05-01/28	112979
ADULT - Beginner			
Tu,Th	6:00-6:45 PM	01/05-01/28	112983
ADULT - Intermediate			
Tu,Th	6:00-6:45 PM	01/05-01/28	112990

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

Swim Lessons: Session II

2/7/27-3/13/27; Reg Opens: 2/3/27–12pm

DAY	TIME	DATE	ACTIVITY #
PARENT-CHILD			
Tu,Th	10:30-11:00 AM	02/09-03/04	113024
Tu,Th	11:05-11:35 AM	02/09-03/04	113025
Tu,Th	4:00-4:30 PM	02/09-03/04	113022
Tu,Th	4:35-5:05 PM	02/09-03/04	113023
PRESCHOOL			
Tu,Th	10:30-11:00 AM	02/09-03/04	113067
Tu,Th	11:05-11:35 AM	02/09-03/04	113066
Tu,Th	4:00-4:30 PM	02/09-03/04	113064
Tu,Th	5:10-5:40 PM	02/09-03/04	113065
LEVEL 1			
Tu,Th	4:00-4:30 PM	02/09-03/04	112822
Tu,Th	4:35-5:05 PM	02/09-03/04	112821
Tu,Th	5:10-5:40 PM	02/09-03/04	112823
LEVEL 2			
Tu,Th	4:00-4:30 PM	02/09-03/04	112867
Tu,Th	4:35-5:05 PM	02/09-03/04	112868
Tu,Th	5:10-5:40 PM	02/09-03/04	112866
LEVEL 3			
Tu,Th	4:00-4:30 PM	02/09-03/04	112908
Tu,Th	4:35-5:05 PM	02/09-03/04	112909
Tu,Th	5:10-5:40 PM	02/09-03/04	112910
LEVEL 4			
Tu,Th	4:35-5:05 PM	02/09-03/04	112942
LEVEL 5			
Tu,Th	6:00-6:30 PM	02/09-03/04	112965
LEVEL 6			
Tu,Th	6:00-7:00 PM	02/09-03/04	112978
ADULT - Beginner			
Tu,Th	6:00-6:45 PM	02/09-03/04	112982
ADULT - Intermediate			
Tu,Th	6:00-6:45 PM	02/09-03/04	112991

SWIM LESSON PRICING

Yellow: $31 per session

Pink: $45 per session

Purple: $78 per session

Youth Team Sports

DAY	TIME	AGE	ACTIVITY #

WINTER 2026-27

Ages: 5-8 Dates: 1/11/27-2/27/27 . . . . . $47

Ages: 9-17 Dates: 12/7/26-3/13/27 . . . . . $50

Co-Ed Basketball			
F Sa	4:00-5:00 PM 10:00-11:00 AM	Ages: 5-6	116181
Boys Basketball			
F Sa	5:00-6:00 PM 11:00 AM-12:00 PM	Ages: 7-8	116121
M,Tu	5:00-6:00 PM	Ages: 9-10	116148
M Th	6:00-7:00 PM 5:00-6:00 PM	Ages: 11-12	116055
M W	8:00-9:00 PM 5:00-6:00 PM	Ages: 13-14	116085
Th Sa	4:00-5:00 PM 12:00-1:00 PM	Ages: 15-17	116107
Girls Basketball			
F Sa	5:00-6:00 PM 11:00 AM-12:00 PM	Ages: 7-8	116245
M,F	5:00-6:00 PM	Ages: 9-10	116270
M Th	6:00-7:00 PM 5:00-6:00 PM	Ages: 11-12	116207
M W	7:00-8:00 PM 5:00-6:00 PM	Ages: 13-14	116230

View game schedules at:
DENVERYOUTHSPORTS.ORG

***Winter* Age Calculation Date: Jan 17, 2027**
for 5-6 Co-Ed Basketball • 7-17 Boys Basketball
7-14 Girls Basketball