

Explore Summer 2026 Activities



Register Beginning May 6th at Noon

Scheitler Recreation Center

M-Th: 6am-8:30pm
F: 6am-7pm
Sat: 9am-4pm
Sun: 9am-2pm

5031 W 46th Ave. • (720) 865-0640

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

M	11:00 AM-12:00 PM	year-round	111020
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Ages: 50+ Drop in class. FREE with membership

50+ Functional Fit

F	11:00 AM-12:00 PM	year-round	111048
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Ages: 50+ Drop in class. FREE with membership

Circuit Weight Room 101

F	12:15-1:15 PM	year-round	117748
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Ages: 50+ Drop in class. FREE with membership

Club: Mah Jong

Tu	10:30 AM-12:30 PM	year-round	111106
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Ages: 50+ Drop in class. FREE with membership

Cooking Showcase: Odd Vegetables

Tu	12:00-2:00 PM	07/28	110692
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Ages: 50+ \$5

Cooking w/ Friends: Mediterranean Delights

Tu	12:00-2:00 PM	06/09	110704
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Ages: 50+ \$7

Cooking with Friends: Summer Salads

Tu	12:00-2:00 PM	06/23	110693
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Ages: 50+ \$7

Learn to Play Mah Jong

Th	10:00 AM-12:00 PM	07/09-07/30	110708
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Ages: 50+ \$24

Summer Luncheon

F	12:00-2:00 PM	07/10	110737
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Ages: 50+ \$7

Tai Chi/Qi Gong Fusion

Tu	9:30-10:30 AM	year-round	111138
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Ages: 50+ Drop in class. FREE with membership



CityWide Sports



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

Flip for: Arts & Culture
Fitness & Wellness
Youth Sports



MY Denver

DAY	TIME	DATE	ACTIVITY #
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MY Denver Activities

M-F	4:00-6:30 PM	year-round	117227
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Ages: 8-18. Drop in class. FREE with MY Denver Card

MY Denver Excursion—Rays vs. CO Rockies

W	11:45 AM-4:15 PM	08/05	117982
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Ages: 8-18. Registration required.
. FREE with MY Denver Card

MY Denver Kids in the Kitchen

Th	2:30-4:00 PM	06/11-07/30	117523
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Ages: 8-18. Registration required.
. FREE with MY Denver Card



Aquatics

DAY	TIME	DATE	ACTIVITY #
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Aqua Aerobics

M-Th	9:00-10:00 AM	year-round	115436
W	5:45-6:45 PM	year-round	116823

Ages: 15+ Drop in class. FREE with membership

Stroke Improvement

F	5:00-6:00 PM	year-round	117883
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Ages: 15+ Drop in class. FREE with membership

Water Walking

M,W	10:00-10:45 AM	year-round	115459
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Ages: 15+ Drop in class. FREE with membership

Youth Swim Team

M-Th	8:45-9:45 AM	06/15-07/30	112371
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Ages: 5-17. \$59

Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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Family Night Climbing: Newton

F	5:30-10:30 PM	07/17	117587
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Ages: 8-17. \$11.25
Ages: 18-64. \$21
Ages: 65+ \$11.25

Intro to Astronomy

F	7:00-11:00 PM	08/07	118254
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Ages: 8-17. \$9
Ages: 18-64. \$14
Ages: 65+ \$9

Intro to Backpacking: Indian Peaks

Th-F	8:00 AM-5:00 PM	09/17-09/18	117599
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Ages: 15-17 \$59
Ages: 18-64. \$89
Ages: 65+ \$59

Intro to Outdoor Rock Climbing: Hobbs Peak

Su	10:00 AM-4:00 PM	07/26	117605
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Ages: 15-17 \$13.50
Ages: 18-64. \$25
Ages: 65+ \$13.50

Learn to Lead Climb: Hobbs Peak

Sa	9:00 AM-4:00 PM	08/08	117610
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Ages: 15-17 \$19
Ages: 18-64. \$29
Ages: 65+ \$19

MY Denver Kayak

M	9:15 AM-1:00 PM	07/13	117615
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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	06/24	117620
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Ages: 8-17. Registration required.
. FREE with MY Denver Card

Orienteering

Destination: Echo Lake Mountain Park

Sa	10:00 AM-4:00 PM	07/25	118198
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Ages: 12-17 \$13.50
Ages: 18-64. \$25
Ages: 65+ \$13.50

Teen Backpacking: Golden Open Space

Su,Sa	8:00 AM-7:00 PM	06/27-06/28	117641
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Ages: 13-18. \$59

Youth Adventure Program

M-Th	9:00 AM-3:30 PM	07/20-07/23	117655
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Ages: 7-9 \$69
M-Th 9:00 AM-3:30 PM 07/20-07/23 [117654](#)
Ages: 10-13. \$69

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

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Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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Line Dancing

M 12:30-1:30 PM year-round [116886](#)
Ages: 18+ Drop in class. FREE with membership



Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
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D2G SocaFit

Tu,Th 6:00-7:00 PM year-round [113764](#)
Ages: 15+ Drop in class. FREE with membership

REB3L® Groove

M 5:30-6:30 PM year-round [113800](#)
Ages: 15+ Drop in class. FREE with membership

REB3L® Strength

Tu 4:30-5:30 PM year-round [113801](#)
Th 4:30-5:30 PM year-round [113802](#)
Ages: 15+ Drop in class. FREE with membership

Total Body Conditioning

W 6:00-7:00 PM year-round [113818](#)
Sa 9:15-10:15 AM year-round [113819](#)
Ages: 15+ Drop in class. FREE with membership

Vinyasa Yoga

M 7:30-8:30 AM year-round [113833](#)
Ages: 15+ Drop in class. FREE with membership

Yin yoga

Tu 7:15-8:15 PM year-round [113843](#)
Ages: 15+ Drop in class. FREE with membership

Yoga I

Th 7:00-8:00 AM year-round [113854](#)
Ages: 15+ Drop in class. FREE with membership

Yogalates

F 8:30-9:30 AM year-round [113861](#)
Ages: 15+ Drop in class. FREE with membership

Zumba®

Th 9:30-10:30 AM year-round [113899](#)
Ages: 15+ Drop in class. FREE with membership



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



Youth Sports

DAY	TIME	DATE	ACTIVITY #
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Co-Ed Volleyball Camp

M,W 5:00-6:30 PM 07/27-08/12 [117926](#)
Ages: 9-12.....\$24
M,W 6:30-8:00 PM 07/27-08/12 [117927](#)
Ages: 13-17.....\$24

DAY	TIME	AGE	ACTIVITY #
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YOUTH TEAM SPORTS—SUMMER

Co-Ed T-Ball

Tu,W 4:30-5:30 PM Ages: 5-6 [114200](#)
Ages: 5-6 Dates: 6/1/26-7/22/26\$41

Coach Pitch Baseball

Tu,Th 5:30-6:30 PM Ages: 7-8 [114235](#)
Ages: 7-8 Dates: 6/2/26-7/23/26\$41

Baseball

M,Tu 5:00-6:30 PM Ages: 9-10 [114299](#)
M,Tu 6:30-8:00 PM Ages: 11-12 [114080](#)
Tu,Th 6:30-8:00 PM Ages: 13-14 [114125](#)
Ages: 9-14 Dates: 5/18/26-8/1/26\$59

Coach Pitch Softball

M,Tu 5:00-6:00 PM Ages: 7-8 [114259](#)
Ages: 7-8 Dates: 6/1/26-7/25/26\$41

DAY	TIME	AGE	ACTIVITY #
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Softball

M,Th 6:00-7:30 PM Ages: 9-10 [114319](#)
W,Th 6:00-7:30 PM Ages: 11-12 [114096](#)
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

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.

Flip for: Active Older Adults
My Denver • Aquatics

CityWide Sports • Outdoor Recreation

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BERKELEY – OUTDOOR POOL

Swim Lessons: Session I

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

DAY	TIME	DATE	ACTIVITY #
PARENT-CHILD			
M,W	10:35-11:05 AM	06/15-07/08	112057
M,W	11:10-11:40 AM	06/15-07/08	112175
Tu,Th	10:35-11:05 AM	06/16-07/09	111978
Tu,Th	11:10-11:40 AM	06/16-07/09	112176

PRESCHOOL

M,W	10:00-10:30 AM	06/15-07/08	112241
M,W	10:35-11:05 AM	06/15-07/08	112243
M,W	11:10-11:40 AM	06/15-07/08	112245
Tu,Th	10:00-10:30 AM	06/16-07/09	112242
Tu,Th	10:35-11:05 AM	06/16-07/09	112244
Tu,Th	11:10-11:40 AM	06/16-07/09	112246

LEVEL 1

M,W	10:00-10:30 AM	06/15-07/08	111756
M,W	10:35-11:05 AM	06/15-07/08	111758
Tu,Th	10:00-10:30 AM	06/16-07/09	111757
Tu,Th	10:35-11:05 AM	06/16-07/09	111759

LEVEL 2

M,W	10:00-10:30 AM	06/15-07/08	111871
M,W	11:10-11:40 AM	06/15-07/08	111873
Tu,Th	10:00-10:30 AM	06/16-07/09	111872
Tu,Th	11:10-11:40 AM	06/16-07/09	111874

LEVEL 3

M,W	10:35-11:05 AM	06/15-07/08	111975
Tu,Th	10:35-11:05 AM	06/16-07/09	111976

LEVEL 4

M,W	11:10-11:40 AM	06/15-07/08	112059
Tu,Th	11:10-11:40 AM	06/16-07/09	111977

LEVEL 5

M,W	10:00-10:30 AM	06/15-07/08	112112
Tu,Th	10:00-10:30 AM	06/16-07/09	112113

Swim Lessons: Session II

7/13/26-8/8/26; Reg Opens: 5/6/26-12pm

DAY	TIME	DATE	ACTIVITY #
PARENT-CHILD			
M,W	10:35-11:05 AM	07/13-08/05	111979
M,W	11:10-11:40 AM	07/13-08/05	112173
Tu,Th	10:35-11:05 AM	07/14-08/06	111980
Tu,Th	11:10-11:40 AM	07/14-08/06	112174

PRESCHOOL

M,W	10:00-10:30 AM	07/13-08/05	112235
M,W	10:35-11:05 AM	07/13-08/05	112237
M,W	11:10-11:40 AM	07/13-08/05	112239
Tu,Th	10:00-10:30 AM	07/14-08/06	112236
Tu,Th	10:35-11:05 AM	07/14-08/06	112238
Tu,Th	11:10-11:40 AM	07/14-08/06	112240

LEVEL 1

M,W	10:00-10:30 AM	07/13-08/05	111752
M,W	10:35-11:05 AM	07/13-08/05	111754
Tu,Th	10:00-10:30 AM	07/14-08/06	111753
Tu,Th	10:35-11:05 AM	07/14-08/06	111755

LEVEL 2

M,W	10:00-10:30 AM	07/13-08/05	111867
M,W	11:10-11:40 AM	07/13-08/05	111869
Tu,Th	10:00-10:30 AM	07/14-08/06	111868
Tu,Th	11:10-11:40 AM	07/14-08/06	111870

LEVEL 3

M,W	10:35-11:05 AM	07/13-08/05	111973
Tu,Th	10:35-11:05 AM	07/14-08/06	111974

LEVEL 4

M,W	11:10-11:40 AM	07/13-08/05	112060
Tu,Th	11:10-11:40 AM	07/14-08/06	112058

LEVEL 5

M,W	10:00-10:30 AM	07/13-08/05	112114
Tu,Th	10:00-10:30 AM	07/14-08/06	112115



SCHAITLER – INDOOR POOL

Swim Lessons: Session I

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

DAY	TIME	DATE	ACTIVITY #
PRESCHOOL			
Tu,Th	5:30-6:00 PM	06/16-07/09	117822

LEVEL 1

M,W	5:00-5:30 PM	06/15-07/08	117852
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LEVEL 2

M,W	5:00-5:30 PM	06/15-07/08	117859
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LEVEL 3

Tu,Th	5:00-5:30 PM	06/16-07/09	117865
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LEVEL 4

Tu,Th	5:00-5:30 PM	06/16-07/09	117793
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ADULT

Tu,Th	10:15-11:00 AM	06/16-07/09	117869
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Swim Lessons: Session II

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

DAY	TIME	DATE	ACTIVITY #
PRESCHOOL			
Tu,Th	5:30-6:00 PM	07/14-08/06	117823

LEVEL 1

M,W	5:00-5:30 PM	07/13-08/05	117853
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LEVEL 2

M,W	5:00-5:30 PM	07/13-08/05	117860
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LEVEL 3

Tu,Th	5:00-5:30 PM	07/14-08/06	117866
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LEVEL 4

Tu,Th	5:00-5:30 PM	07/14-08/06	117794
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ADULT

Tu,Th	10:15-11:00 AM	07/14-08/06	117870
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SWIM LESSON PRICING

Yellow: \$31 per session

Blue: \$78 per session

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