

# Explore Spring 2026 Activities



Register Beginning Feb 25th at Noon

## MLK Jr. Recreation Center

3880 Newport St. • (720) 865-0530

M-F: 6am-7pm / Sat: 9am-1pm / Sun: Closed

Register online or in person. For the complete list of available programs, visit [DENVERGOV.ORG/RECREATION](https://DENVERGOV.ORG/RECREATION)

### Active Older Adults

DAY	TIME	DATE	ACTIVITY #
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#### 50+ Gentle Yoga

M	9:30-10:30 AM	year-round	<a href="#">111066</a>
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Ages: 50+ . . . . . Drop in class. FREE with MY Denver Card

#### Trip: Explore Blackhawk

Tu	9:00 AM-3:30 PM	04/14	<a href="#">110667</a>
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Ages: 21+ . . . . . \$7

### Arts & Culture

DAY	TIME	DATE	ACTIVITY #
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#### Acrylic Painting: All Levels

F	1:00-3:00 PM	03/27-05/29	<a href="#">113123</a>
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Ages: 18-64 . . . . . \$53  
Ages: 65+ . . . . . \$38

### Aquatics

DAY	TIME	DATE	ACTIVITY #
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#### Ai Chi

M,W	11:15 AM-12:15 PM	year-round	<a href="#">115411</a>
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Ages: 15+ . . . . . Drop in class. FREE with MY Denver Card

#### Aqua Aerobics

M,W,F	9:15-10:15 AM	year-round	<a href="#">115430</a>
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Ages: 15+ . . . . . Drop in class. FREE with MY Denver Card

#### Aqua Tone

W	5:30-6:30 PM	year-round	<a href="#">117025</a>
F	10:30-11:30 AM	year-round	<a href="#">115441</a>

Ages: 15+ . . . . . Drop in class. FREE with MY Denver Card

#### Deep Water Aerobics

Tu,Th	9:15-10:15 AM	year-round	<a href="#">115447</a>
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Ages: 15+ . . . . . Drop in class. FREE with MY Denver Card

### CityWide Sports

DAY	TIME	DATE	ACTIVITY #
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#### Level 2: Adv Beginner Pickleball

Tu	8:30-10:15 AM	03/10-04/07	<a href="#">114993</a>
Tu	8:30-10:15 AM	04/21-05/12	<a href="#">114994</a>

Ages: 18+ . . . . . \$40

#### Level 4: Advanced Pickleball

Th	8:30-10:15 AM	03/05-03/26	<a href="#">114889</a>
Th	8:30-10:15 AM	04/09-04/30	<a href="#">114890</a>

Ages: 18+ . . . . . \$40

#### Adult League: Intermediate Pickleball 3.0-3.5

F	6:00-8:00 PM	04/10-05/22	<a href="#">116928</a>
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Ages: 18+ . . . . . \$80



See our full schedule of Adult Sports leagues online at: [DENVERCITYWIDESPORTS.ORG](https://DENVERCITYWIDESPORTS.ORG)

### Swim Lessons: Session I

3/15/26-4/18/26; Reg Opens: 2/25/26-12pm

DAY	TIME	DATE	ACTIVITY #
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#### PRESCHOOL

Tu,Th	5:00-5:30 PM	03/17-04/16	<a href="#">111720</a>
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#### LEVEL 1

Tu,Th	5:00-5:30 PM	03/17-04/16	<a href="#">111486</a>
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#### LEVEL 2

Tu,Th	5:35-6:05 PM	03/17-04/16	<a href="#">111528</a>
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#### LEVEL 3

Tu,Th	5:35-6:05 PM	03/17-04/16	<a href="#">111560</a>
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#### LEVEL 4

Tu,Th	6:05-6:35 PM	03/17-04/16	<a href="#">111588</a>
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#### ADULT

Tu,Th	6:05-6:50 PM	03/17-04/16	<a href="#">111634</a>
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### Swim Lessons: Session II

4/27/26-5/23/26; Reg Opens: 4/22/26-12pm

DAY	TIME	DATE	ACTIVITY #
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#### PRESCHOOL

Tu,Th	5:00-5:30 PM	04/28-05/21	<a href="#">111721</a>
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#### LEVEL 1

Tu,Th	5:00-5:30 PM	04/28-05/21	<a href="#">111487</a>
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#### LEVEL 2

Tu,Th	5:35-6:05 PM	04/28-05/21	<a href="#">111529</a>
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#### LEVEL 3

Tu,Th	5:35-6:05 PM	04/28-05/21	<a href="#">111561</a>
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#### LEVEL 4

Tu,Th	6:05-6:35 PM	04/28-05/21	<a href="#">111589</a>
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#### ADULT

Tu,Th	6:05-6:50 PM	04/28-05/21	<a href="#">111633</a>
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#### SWIM LESSON PRICING

Yellow: \$31 per session

Green: \$78 per session

### 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.

### Fitness & Wellness



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

### Youth Team Sports

DAY	TIME	AGE	ACTIVITY #
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#### Co-Ed Flag Football

Tu,W	6:00-7:00 PM	Ages: 5-6	<a href="#">113476</a>
Th,F	6:00-7:00 PM	Ages: 7-8	<a href="#">113498</a>
M,Tu	6:00-7:00 PM	Ages: 9-10	<a href="#">113523</a>

Ages: 5-14 Dates: 4/6/26-5/8/26 . . . . . \$30

#### Co-Ed Soccer

W	6:00-7:00 PM	Ages: 5-6	<a href="#">113569</a>
Sa	10:00-11:00 AM		
W	7:00-8:00 PM	Ages: 7-8	<a href="#">113596</a>
Sa	11:00 AM-12:00 PM		
Th	5:30-6:30 PM	Ages: 9-10	<a href="#">116908</a>
Sa	12:00-1:00 PM		

Ages: 5-12 Dates: 4/7/26-5/9/26 . . . . . \$30

#### Co-Ed T-Ball

M,W	5:30-6:30 PM	Ages: 5-6	<a href="#">114196</a>
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Ages: 5-6 Dates: 6/1/26-7/22/26 . . . . . \$41

#### Coach Pitch Baseball

Tu,Th	6:30-7:30 PM	Ages: 7-8	<a href="#">114231</a>
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Ages: 7-8 Dates: 6/2/26-7/23/26 . . . . . \$41

#### Baseball

M	5:00-6:30 PM	Ages: 9-10	<a href="#">114295</a>
W	6:30-8:00 PM		
Tu,Th	6:30-8:00 PM	Ages: 11-12	<a href="#">114076</a>
M,Th	6:30-8:00 PM	Ages: 13-14	<a href="#">114121</a>

Ages: 9-14 Dates: 5/18/26-8/1/26 . . . . . \$59

#### Coach Pitch Softball

M	6:30-7:30 PM	Ages: 7-8	<a href="#">114256</a>
Tu	5:30-6:30 PM		

Ages: 7-8 Dates: 6/1/26-7/25/26 . . . . . \$41

View game schedules at: [DENVERYOUTHSPORTS.ORG](https://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