

# Explore Summer 2026 Activities



Register Beginning May 6th 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 membership

#### Trip: Explore Blackhawk

W	9:00 AM-3:30 PM	07/15	<a href="#">110752</a>
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Ages: 21+ .....\$7

### Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
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#### Adult Hike: Golden Gate Canyon State Park

Tu	7:30 AM-4:30 PM	07/28	<a href="#">117529</a>
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Ages: 15-17 .....\$24  
Ages: 18-64 .....\$37  
Ages: 65+ .....\$24

#### Intro to Belay: Hobbs Peak

Sa	9:00 AM-4:00 PM	07/18	<a href="#">117600</a>
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Ages: 15-17 .....\$19  
Ages: 18-64 .....\$29  
Ages: 65+ .....\$19

### 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 membership

#### 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 membership

#### 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 membership

#### 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 membership

### Arts & Culture

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

F	1:00-3:00 PM	06/12-08/14	<a href="#">117234</a>
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Ages: 18-64 .....\$42  
Ages: 65+ .....\$31

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

### Swim Lessons: Session I

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

DAY	TIME	DATE	ACTIVITY #
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#### PRESCHOOL

Tu,Th	5:00-5:30 PM	06/16-07/09	<a href="#">112349</a>
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#### LEVEL 1

Tu,Th	5:00-5:30 PM	06/16-07/09	<a href="#">111839</a>
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#### LEVEL 2

Tu,Th	5:35-6:05 PM	06/16-07/09	<a href="#">111945</a>
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#### LEVEL 3

Tu,Th	5:35-6:05 PM	06/16-07/09	<a href="#">112042</a>
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#### LEVEL 4

Tu,Th	6:10-6:40 PM	06/16-07/09	<a href="#">112100</a>
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#### ADULT

Tu,Th	6:10-6:55 PM	06/16-07/09	<a href="#">112153</a>
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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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#### PRESCHOOL

Tu,Th	5:00-5:30 PM	07/14-08/06	<a href="#">112348</a>
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#### LEVEL 1

Tu,Th	5:00-5:30 PM	07/14-08/06	<a href="#">111838</a>
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#### LEVEL 2

Tu,Th	5:35-6:05 PM	07/14-08/06	<a href="#">111944</a>
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#### LEVEL 3

Tu,Th	5:35-6:05 PM	07/14-08/06	<a href="#">112041</a>
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#### LEVEL 4

Tu,Th	6:10-6:40 PM	07/14-08/06	<a href="#">112099</a>
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#### ADULT

Tu,Th	6:10-6:55 PM	07/14-08/06	<a href="#">112152</a>
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#### SWIM LESSON PRICING

**Yellow:** \$31 per session

**Blue:** \$78 per session

### MY Denver

DAY	TIME	DATE	ACTIVITY #
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#### MY Denver Fishing

M	4:30-6:30 PM	07/06	<a href="#">117952</a>
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Ages: 8-18. .... Drop in class. FREE with MY Denver Card

#### MY Denver LEGO Robotics

Th	4:00-5:00 PM	08/06-08/27	<a href="#">117502</a>
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Ages: 8-18. .... Registration required.  
..... FREE with MY Denver Card

### Fitness & Wellness



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 2 Indoor Pickleball Class

Tu	8:30-10:00 AM	05/26-06/16	<a href="#">116667</a>
Tu	8:30-10:00 AM	06/30-07/21	<a href="#">116668</a>
Tu	8:30-10:00 AM	08/04-08/25	<a href="#">116669</a>

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

#### Level 4 Indoor Pickleball Class

Th	8:30-10:00 AM	05/14-06/04	<a href="#">116506</a>
Th	8:30-10:00 AM	07/23-08/13	<a href="#">116507</a>
Th	8:30-10:00 AM	08/27-09/17	<a href="#">116508</a>

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



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

### Youth Team Sports

DAY	TIME	AGE	ACTIVITY #
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#### 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)

#### 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