

Explore Summer 2025 Activities



Register Beginning May 6th at Noon

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

Green Valley Ranch Recreation Center

4890 Argonne Wy. • (720) 865-4370

M-F: 6am-8pm / Sat: 10am-4pm / Sun: Closed

Outdoor Recreation

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

Family Hike: Maxwell Falls

Tu	8:00 AM-3:00 PM	07/22	107608
Ages: 7-17			\$15.75
Ages: 18-64			\$24.50
Ages: 65+			\$15.75

Intermediate Hike: Genesee

W	8:00 AM-3:00 PM	05/21	107619
Ages: 15-17			\$15.75
Ages: 18-64			\$24.50
Ages: 65+			\$15.75

MY Denver Kayak

Tu	9:00 AM-1:30 PM	06/17	105247
Ages: 8-17			<i>Registration required.</i>
			<i>FREE with MY Denver Card</i>

MY Denver SUP

Th	11:30 AM-4:00 PM	07/10	105265
Ages: 8-17			<i>Registration required.</i>
			<i>FREE with MY Denver Card</i>

Youth Adventure Program

M-Th	9:00 AM-3:30 PM	07/14-07/17	107590
Ages: 7-9			\$58.50
M-Th	9:00 AM-3:30 PM	07/14-07/17	105274
Ages: 10-13			\$58.50

Alternative Sports

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

Become a Better Biker Program

Tu-F	9:00 AM-2:00 PM	07/29-08/01	103606
Ages: 10-13			<i>FREE - Registration required</i>

Learn to Bike Program

Tu-F	9:00 AM-2:00 PM	07/29-08/01	103613
Ages: 7-9			<i>FREE - Registration required</i>

Youth All Levels: SBC Adventures

W-F	8:00 AM-2:00 PM	07/23-07/25	103622
Ages: 8-14			\$40.50

Aquatics

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

Aqua Aerobics

M,W,F	9:00-10:00 AM	year-round	107027
Ages: 15+			<i>Drop in class. FREE with membership</i>



GREEN VALLEY RANCH – OUTDOOR POOL

Swim Lessons: Session I

6/16/25-7/10/25; Reg Opens: 5/6/25-12pm

DAY	TIME	DATE	ACTIVITY #
PARENT-CHILD			
M,W	10:45-11:15 AM	06/16-07/09	102341
Tu,Th	10:45-11:15 AM	06/17-07/10	102342

PRESCHOOL			
M,W	9:35-10:05 AM	06/16-07/09	102459
M,W	10:10-10:40 AM	06/16-07/09	102461
M,W	10:45-11:15 AM	06/16-07/09	102463
Tu,Th	9:35-10:05 AM	06/17-07/10	102460
Tu,Th	10:10-10:40 AM	06/17-07/10	102462
Tu,Th	10:45-11:15 AM	06/17-07/10	102464

LEVEL 1			
M,W	9:35-10:05 AM	06/16-07/09	102036
M,W	10:10-10:40 AM	06/16-07/09	102038
M,W	10:45-11:15 AM	06/16-07/09	102040
Tu,Th	9:35-10:05 AM	06/17-07/10	102037
Tu,Th	10:10-10:40 AM	06/17-07/10	102039
Tu,Th	10:45-11:15 AM	06/17-07/10	102041

LEVEL 2			
M,W	9:00-9:30 AM	06/16-07/09	102133
M,W	10:10-10:40 AM	06/16-07/09	102135
Tu,Th	9:00-9:30 AM	06/17-07/10	102134
Tu,Th	10:10-10:40 AM	06/17-07/10	102136

LEVEL 3			
M,W	9:00-9:30 AM	06/16-07/09	102216
M,W	9:35-10:05 AM	06/16-07/09	102218
Tu,Th	9:00-9:30 AM	06/17-07/10	102217
Tu,Th	9:35-10:05 AM	06/17-07/10	102219

LEVEL 4			
M,W	9:00-9:30 AM	06/16-07/09	102263
Tu,Th	9:00-9:30 AM	06/17-07/10	102264

Swim Lessons: Session II

7/14/25-8/7/25; Reg Opens: 7/1/25-12pm

DAY	TIME	DATE	ACTIVITY #
PARENT-CHILD			
M,W	10:45-11:15 AM	07/14-08/06	102318
Tu,Th	10:45-11:15 AM	07/15-08/07	102319

PRESCHOOL			
M,W	9:35-10:05 AM	07/14-08/06	102388
M,W	10:10-10:40 AM	07/14-08/06	102390
M,W	10:45-11:15 AM	07/14-08/06	102392
Tu,Th	9:35-10:05 AM	07/15-08/07	102389
Tu,Th	10:10-10:40 AM	07/15-08/07	102391
Tu,Th	10:45-11:15 AM	07/15-08/07	102393

LEVEL 1			
M,W	9:35-10:05 AM	07/14-08/06	101982
M,W	10:10-10:40 AM	07/14-08/06	101984
M,W	10:45-11:15 AM	07/14-08/06	101986
Tu,Th	9:35-10:05 AM	07/15-08/07	101983
Tu,Th	10:10-10:40 AM	07/15-08/07	101985
Tu,Th	10:45-11:15 AM	07/15-08/07	101987

LEVEL 2			
M,W	9:00-9:30 AM	07/14-08/06	102086
M,W	10:10-10:40 AM	07/14-08/06	102088
Tu,Th	9:00-9:30 AM	07/15-08/07	102087
Tu,Th	10:10-10:40 AM	07/15-08/07	102089

LEVEL 3			
M,W	9:00-9:30 AM	07/14-08/06	102178
M,W	9:35-10:05 AM	07/14-08/06	102180
Tu,Th	9:00-9:30 AM	07/15-08/07	102179
Tu,Th	9:35-10:05 AM	07/15-08/07	102181

LEVEL 4			
M,W	9:00-9:30 AM	07/14-08/06	102243
Tu,Th	9:00-9:30 AM	07/15-08/07	102244

Flip for: **INDOOR** Swim Lessons
CityWide Sports • My Denver

SWIM LESSON PRICING

Blue: \$22.75 per session
Yellow: \$26 per session

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

Explore Summer 2025 Activities



Register Beginning May 6th at Noon

Register online or in person. For the complete list of available programs, visit DENVERGOV.ORG/RECREATION

Green Valley Ranch Recreation Center

4890 Argonne Wy. • (720) 865-4370

M-F: 6am-8pm / Sat: 10am-4pm / Sun: Closed



GREEN VALLEY RANCH – INDOOR POOL

Swim Lessons: Session I

6/16/25-7/10/25; Reg Opens: 5/6/25-12pm

DAY	TIME	DATE	ACTIVITY #
PARENT-CHILD			
Tu,Th	5:50-6:20 PM	06/17-07/10	107320
Sa	10:50-11:20 AM	06/21-08/09	107319
Sa	10:15-10:45 AM	06/21-08/09	107318
PRESCHOOL			
Sa	10:15-10:45 AM	06/21-08/09	107322
Sa	10:50-11:20 AM	06/21-08/09	107327
Tu,Th	5:50-6:20 PM	06/17-07/10	107323
Tu,Th	6:25-6:55 PM	06/17-07/10	107324

LEVEL 1			
Tu,Th	5:50-6:20 PM	06/17-07/10	107297
Tu,Th	6:25-6:55 PM	06/17-07/10	107298
Tu,Th	7:00-7:30 PM	06/17-07/10	107303
Sa	10:15-10:45 AM	06/21-08/09	107296
Sa	10:50-11:20 AM	06/21-08/09	107299

LEVEL 2			
Tu,Th	5:50-6:20 PM	06/17-07/10	107305
Tu,Th	6:25-6:55 PM	06/17-07/10	107306

LEVEL 3			
Tu,Th	6:25-6:55 PM	06/17-07/10	107309

LEVEL 4			
Tu,Th	7:00-7:30 PM	06/17-07/10	107311

LEVEL 5			
Tu,Th	7:00-7:30 PM	06/17-07/10	107314

ADULT – Beginner			
Tu,Th	5:50-6:35 PM	06/17-07/10	107316

ADULT – Intermediate			
Tu,Th	6:45-7:30 PM	06/17-07/10	108163

Swim Lessons: Session II

7/14/25-8/7/25; Reg Opens: 7/1/25-12pm

DAY	TIME	DATE	ACTIVITY #
PARENT-CHILD			
Tu,Th	5:50-6:20 PM	07/15-08/07	107321
PRESCHOOL			
Tu,Th	5:50-6:20 PM	07/15-08/07	107325
Tu,Th	6:25-6:55 PM	07/15-08/07	107326
LEVEL 1			
Tu,Th	5:50-6:20 PM	07/15-08/07	107295
Tu,Th	6:25-6:55 PM	07/15-08/07	107300
Tu,Th	7:00-7:30 PM	07/15-08/07	107301

LEVEL 2			
Tu,Th	5:50-6:20 PM	07/15-08/07	107307
Tu,Th	6:25-6:55 PM	07/15-08/07	107308

LEVEL 3			
Tu,Th	6:25-6:55 PM	07/15-08/07	107310

LEVEL 4			
Tu,Th	7:00-7:30 PM	07/15-08/07	107312

LEVEL 5			
Tu,Th	7:00-7:30 PM	07/15-08/07	107313

ADULT – Beginner			
Tu,Th	5:50-6:35 PM	07/15-08/07	107317

ADULT – Intermediate			
Tu,Th	6:45-7:30 PM	07/15-08/07	108164

SWIM LESSON PRICING

- Blue:** \$22.75 per session
- Yellow:** \$26 per session
- Pink:** \$57.75 per session
- Green:** \$66 per session



CityWide Sports



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



MY Denver

DAY	TIME	DATE	ACTIVITY #
Digital Art			
Tu	2:00-3:00 PM	06/17-08/05	108190
Ages: 8-18. Drop in class. FREE with MY Denver Card			

Jewelry Making			
W	12:00-1:00 PM	06/18-08/13	105432
Ages: 8-18. Drop in class. FREE with MY Denver Card			

MY Denver Activities			
M-F	4:00-6:30 PM	year-round	100426
Ages: 8-18. Drop in class. FREE with MY Denver Card			

MY Denver Karate			
W	7:00-8:00 PM	year-round	100439
Ages: 8-18. Drop in class. FREE with MY Denver Card			

LEGO Robotics			
Th	4:30-5:30 PM	08/07-08/28	105424
Ages: 8-18. Registration required. FREE with MY Denver Card			

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

Flip for: Outdoor Recreation
Alternative Sports • Aquatics
OUTDOOR Swim Lessons

Explore Summer 2025 Activities



Register Beginning May 6th at Noon



Green Valley Ranch Recreation Center

4890 Argonne Wy. • (720) 865-4370

M-F: 6am-8pm / Sat: 10am-4pm / Sun: Closed

Register online or in person. For the complete list of available programs, visit DENVERGOV.ORG/RECREATION



Active Older Adults

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

50+ Functional Fit

Th	11:00 AM-12:00 PM	year-round	99237
Ages: 50+ Drop in class. FREE with membership			

50+ Gentle Yoga

Tu	11:00 AM-12:00 PM	year-round	99258
Th	10:00-11:00 AM	year-round	99257
Ages: 50+ Drop in class. FREE with membership			

Club: Social

W	12:30-4:30 PM	year-round	99315
Ages: 50+ Drop in class. FREE with membership			

Presentation: Denver Historic Cemeteries

W	10:00 AM-12:00 PM	06/18	108153
Ages: 50+ FREE - Registration required			

Summer Potluck and Bingo

W	12:00-2:00 PM	07/02	108155
Ages: 50+ FREE - Registration required			

Trip: Explore Blackhawk

W	9:00 AM-3:30 PM	06/04	101229
Ages: 50+ \$7			

Trip: Rockies vs. St. Louis Cardinals

W	11:30 AM-5:00 PM	07/23	107449
Ages: 55+ \$18			

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.

Arts & Culture

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

Dance Camp

M-W	12:00-5:00 PM	06/16-06/18	107494
M-W	12:00-5:00 PM	08/04-08/06	107495
Ages: 7-12 \$35			



Fitness & Wellness

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

Group Training

M	10:45-11:45 AM	year-round	100211
Ages: 15+ Drop in class. FREE with membership			

HIIT

F	10:00-10:45 AM	year-round	100213
Ages: 15+ Drop in class. FREE with membership			

Simplified Nutrition Tips

W	10:00-11:00 AM	06/11	107524
Ages: 18+ \$5			

Total Body Conditioning

Tu	10:00-11:00 AM	year-round	100243
F	11:00 AM-12:00 PM	year-round	100244
Ages: 15+ Drop in class. FREE with membership			

WITT Weight Room Introduction

Sa	10:00 AM-12:00 PM	07/12	108200
Ages: 13-17 \$10			

Yoga I

Tu	4:30-5:30 PM	year-round	100644
Th	4:30-5:30 PM	year-round	101000
Ages: 15+ Drop in class. FREE with membership			

Zumba®

M	6:00-7:00 PM	year-round	100315
Tu	6:30-7:30 PM	year-round	100316
W	5:00-6:00 PM	year-round	100319
Th	6:30-7:30 PM	year-round	100318
F	6:30-7:30 PM	year-round	107332
Sa	10:30-11:30 AM	year-round	100317
Ages: 15+ Drop in class. FREE with membership			



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

Youth Sports

DAY	TIME	DATE	ACTIVITY #
-----	------	------	------------

Sports Experience: T-ball

Sa	10:00-11:00 AM	06/07-06/28	107735
Sa	10:00-11:00 AM	07/12-08/02	107736
Ages: 3-4 \$10			

Cheerleading Camp

M-Th	5:30-7:00 PM	07/28-07/31	108180
Ages: 5-14 \$13.50			

DAY	TIME	AGE	ACTIVITY #
-----	------	-----	------------

YOUTH TEAM SPORTS – SUMMER

Co-Ed T-Ball

M,W	5:30-6:30 PM	Ages: 5-6	104124
Ages: 5-6 Dates: 6/2/25-7/23/25 \$35			

Coach Pitch Baseball

Tu,Th	5:30-6:30 PM	Ages: 7-8	104160
Ages: 7-8 Dates: 6/2/25-7/24/25 \$35			

Coach Pitch Softball

M,Tu	6:30-7:30 PM	Ages: 7-8	104185
Ages: 7-8 Dates: 6/2/25-7/24/25 \$35			

Baseball

M,F	6:30-8:00 PM	Ages: 9-10	104210
Ages: 9-14 Dates: 5/19/25-8/2/25 \$50			

Softball

W,Th	6:30-8:00 PM	Ages: 9-10	107288
Ages: 9-14 Dates: 5/19/25-8/2/25 \$50			

View Youth Team Sports game schedules at: DENVERYOUTHSPORTS.ORG

Summer 8 & Under Age Calculation Date:
April 27, 2025
 for 5-6 Co-Ed T-Ball • 7-8 Coach Pitch Baseball / Softball

Summer 9+ Age Calculation Date:
July 13, 2025
 for 9-17 3v3 Basketball • 9-14 Baseball / Softball

SCAN FOR SUMMER YOUTH TENNIS

Get in the game!
 Learn and play tennis this summer with classes offered all around Denver.



Level 1: Beginner
 Level 2: Advanced Beginner
 Level 3-4: Advanced

PLUS, Youth Tennis Camps, Drills, and Jr. Development Tournaments!