

# RMHS 2026 Summer Resource Guide

Summer in Colorado is full of opportunities for children and teenagers to explore, learn, and try something new. This 2026 Summer Resource Guide brings together a variety of opportunities to support families, ranging from camps and reading programs to inclusive, sensory-friendly events, day trips, and useful community resources.

No matter your child's interests, abilities, or age, this guide is designed to help you make the most of the summer season. Many of the featured opportunities are located along the Front Range, with additional options across Colorado for day trips and weekend adventures.

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# RMHS 2026 Summer Resource Guide

## Summer Camps & Youth Programs

### Front Range




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#### Teaching the Autism Community (TACT) Summer Camps

 Weekly in June

 Englewood

 (303) 295-0163

 [buildwithtact.org](http://buildwithtact.org)


 Builds practical trade skills for individuals with autism through hands-on, week-long half-day summer camps like engine building, automotive, and farm-to-table experiences. Programs are offered for all age groups, to individuals with disabilities.

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#### Denver Parks and Recreation—Adaptive Recreation


 Weekly from May through the fall

 Denver

 (720) 865-0820

 [denvergov.org](http://denvergov.org)

 [adaptive.recreation@denvergov.org](mailto:adaptive.recreation@denvergov.org)

 Offers inclusive summer programs across Denver, including swimming, cycling, fitness, arts, and more for individuals with disabilities. Registration for summer activities opens on Wednesday, May 6 at noon.


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#### Denver Parks and Recreation Youth Summer Camps

 Weekly from May through the fall

 Denver

 [denvergov.org](http://denvergov.org)

 Provides a wide range of youth summer camps focused on arts, outdoor adventure, and sports throughout the city. Registration for summer activities opens on Wednesday, May 6 at noon.

# RMHS 2026 Summer Resource Guide


## Summer Camps & Youth Programs

### Front Range continued




#### Denver Parks and Recreation Summer Rec Kidz

 June 15- August 7 (Monday- Friday)


 9 a.m.–4 p.m.

 Denver


 [denvergov.org](https://denvergov.org)

 Free summer day camp for youth ages 8–12 with a [MY Denver Card](#), featuring weekly themes, field trips, and community learning opportunities. Registration is currently open.

#### Camp Paha


 June-July

 Monday through Friday, 9 a.m.–4 p.m.

 Lakewood

 [lakewood.org](https://lakewood.org)

 [paha@lakewood.org](mailto:paha@lakewood.org)

 Inclusive day camp in Lakewood for children and young adults with disabilities, offering recreation, social connection, and life skills development. Camper scholarships are available through the nonprofit, [Friends of Paha](#).

- **Children aged 6–17** can enjoy swimming, sports, games, nature activities, music, sensory experiences, arts and crafts, and field trips in a safe, engaging, and fun environment.
  - Session A: June 8-26 (no camp June 19)
  - Session B: July 6-24
- **Adults ages 18–25** can take part in the Paha Adults in Transition (PAT) program, which offers a supportive and engaging experience for participants.
  - Session A: June 8-26 (no camp June 19)
  - Session B: July 6-24

# RMHS 2026 Summer Resource Guide


## Summer Camps & Youth Programs

### Front Range continued


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#### Yay! Camp


 June 8- July 16, Monday–Thursday

 8:30 a.m. –4 p.m.

 Highlands Ranch


 [easterseals.com](http://easterseals.com)


 Peggy Brown at [pbrown@eastersealscolorado.org](mailto:pbrown@eastersealscolorado.org)


 Supportive summer camp for children ages 7–18 with disabilities or special healthcare needs, featuring themed activities, recreation, and social opportunities.

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#### Aurora Community Connection

 Weekly sessions all summer

 Aurora

 (720) 975-0147

 [auroracommunityconnection.com](http://auroracommunityconnection.com)

 Offers summer camps for children and youth ages 2–14 that combine academic enrichment and physical activity in a structured environment.

# RMHS 2026 Summer Resource Guide


## Summer Camps & Youth Programs

### Mountain West

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#### Adam's Camp


-  Weekly sessions all summer
-  Colorado (mostly Granby)
-  (303) 563-8290
-  [adamscamp.org](http://adamscamp.org)

 Provides therapeutic and adventure-based camp experiences for individuals with intellectual and developmental disabilities, including youth, adults, and families.

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#### Breckenridge Outdoor Education Center

-  Weekly all summer
-  Summit County
-  (970) 453-6422
-  [boec.org](http://boec.org)

 Delivers adaptive outdoor experiences like rafting, climbing, and camping for individuals of all abilities.



# RMHS 2026 Summer Resource Guide






## Accessible Trails




### Front Range

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#### Fountain Trail at Roxborough State Park

-  Roxborough State Park, Denver
  -  Stroller and handicap/wheelchair accessible
  -  A scenic, handicap-accessible trail perfect for bird watching and wildlife viewing.
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#### Arkansas River Trail

-  Pueblo
  -  Paved trail, stroller and handicap/wheelchair accessible
  -  The Arkansas River Trail begins in the heart of Pueblo and heads west along the river to Lake Pueblo State Park, offering beautiful river views and scenic, tree-filled hillsides.
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# RMHS 2026 Summer Resource Guide






## Accessible Trails

### West of the Front Range

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#### Coyote Valley Trail


-  Rocky Mountain National Park
-  Hard packed gravel/ level grade, stroller and handicap/ wheelchair accessible

 A gentle, scenic 1-mile trail that winds through the Kawuneeche Valley along the Colorado River and offers frequent wildlife sightings, including elk and moose.

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#### All-Terrain Wheelchairs at Rocky Mountain National Park



-  Rocky Mountain National Park
-  All-Terrain Wheelchairs
-  (970) 586-6548
-  [nps.gov](https://www.nps.gov)

 The new [all-terrain wheelchairs](#) at Rocky Mountain National Park make it easier to navigate snow-covered paths or dirt roads while exploring the park. These wheelchairs can be reserved ahead of time at no cost and are available to wheelchair users looking for a more versatile option.

**Reservation Details:** Call the Estes Park Mountain Shop at (970) 586-6548. Visit [nps.gov](https://www.nps.gov) for more details.

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#### Dillon Reservoir Recpath

-  Dillon Reservoir in Summit County
-  Paved trail, stroller and handicap/ wheelchair accessible

 The paved Dillon Reservoir Recpath stretches more than 18 miles along the shore of Summit County's scenic Dillon Reservoir.

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#### Moose-Goose Natural Trail

-  Arapaho National Wildlife Refuge
-  Paved trail, stroller and handicap/ wheelchair accessible

 A short, scenic loop with opportunities to view wildlife like birds and moose, featuring ADA-accessible boardwalks.

# RMHS 2026 Summer Resource Guide


## Parks, Playgrounds & Outdoor Spaces

### Accessible Playgrounds and Parks

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#### Carmody Park


 Lakewood

 Carmody Park in Lakewood features a hill-integrated slide that is easily accessible for wheelchair users and ADA-accessible picnic shelters.

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#### City Park's Nature Play Playground


 Denver

 Just outside the Denver Museum of Nature & Science in City Park, Nature Play Playground is designed for people of all abilities, with full ADA accessibility and offers an immersive outdoor experience.

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#### Possibilities Playground at Butterfield Crossing Park

 Castle Rock

 Possibilities Playground is a lively, fully accessible space featuring a tactile sensory wall, adaptive swings and spinners, and a 50-foot accessible zip line, providing fun and excitement for visitors of all abilities.

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# RMHS 2026 Summer Resource Guide

## Parks, Playgrounds & Outdoor Spaces


### General Playgrounds and Parks

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#### Johnson-Habitat Park


 Denver

 Previously a landfill site, this park has been transformed into an innovative recreation space featuring a signature concrete platform, a stone amphitheater, an outdoor classroom, climbing platforms, and a fire pit along the river's edge.

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#### Swansea Park


 Denver

 Designed with input from local elementary students, Swansea Park has a playground made for children to truly enjoy with features like a playhouse, slides, and even a zip line.

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#### Ralston-Central Park & Splash Pad


 Arvada

 Ralston-Central Park features scenic walking paths and two playgrounds for different age groups with climbing structures, slides, swings, and a popular zip line, all set on rubber safety surfacing. In the summer, the splash pad and spray park open daily.

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#### Quail Crossing Park

 Westminster

 For any future astronauts, a visit to Quail Crossing Park is a must! This small neighborhood playground is packed with fun features, including a three-story space-themed slide and a mission control play pad that sparks imaginative play.

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# RMHS 2026 Summer Resource Guide


## Parks, Playgrounds & Outdoor Spaces

### General Playgrounds and Parks

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#### John Venezia Community Park


 Colorado Springs

 This park is ranch-themed. It features a spinning evergreen tree with rope climbing elements, tennis courts, and a large turf soccer field with multiple playing areas.

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#### Palmer Park

 Colorado Springs

 With a variety of play opportunities along with a playground, hiking trails, and a scenic drive overlooking the city of Colorado Springs, this is a fun destination for both outdoor adventure and active play.

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# RMHS 2026 Summer Resource Guide

## Summer Reading & Learning Programs






### Library Programs

-  Throughout the summer
-  Library districts throughout Colorado




 Summer reading programs offered by library districts across Colorado, featuring prizes, events, and activities that encourage kids and teens to read and stay engaged. Check your local library to learn more.


### Barnes & Noble Summer Reading Program

-  July and August
-  Your local Barnes & Noble

 Children in grades 1–6 can earn a free book by reading and tracking at least eight books over the summer. Visit your local Barnes & Noble to learn more.

### The Colorado Rapids Summer Reading Program

-  Throughout the summer
-  Denver
-  [coloradorapids.com](http://coloradorapids.com)

 This program partners with local libraries to reward young readers with complimentary Colorado Rapids game tickets and discounted tickets for family members.

# RMHS 2026 Summer Resource Guide






## Attractions & Day Trips

### Statewide

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#### Library Programming




-  Daily throughout the year
-  Your local library.  
Use [this library finder](#) to find yours.


 Did you know that libraries offer lots of different programming for young children, school-aged children, and teenagers throughout the year? From story time for babies, to maker spaces for children who like to tinker, to author visits, to yoga, cooking classes, and more for toddlers, your local library likely has plenty of activities for your child. Many libraries also offer educational kits that your family can check out. Visit your local library to learn more.

### Denver Metro




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#### Denver Botanic Gardens

-  Daily
-  Denver and Aurora
-  [botanicgardens.org](http://botanicgardens.org)

 Features three locations with gardens, walking paths, and family-friendly programming, including free admission days throughout the summer. The site in Aurora, called Plains Conservation Center, offers information on the prairie ecosystem in addition to the cultural history of Colorado.

#### Denver Zoo Conservation Alliance

-  Daily throughout the summer
-  Denver
-  [denverzoo.org](http://denverzoo.org)

 A popular destination to learn about animals from around the world, with extended summer hours, interactive experiences, and [sensory-friendly events](#).

# RMHS 2026 Summer Resource Guide







## Attractions & Day Trips

### Denver Metro continued

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#### The Wild Animal Sanctuary




-  Daily throughout the summer
-  Keenesburg
-  [wildanimalsanctuary.org](http://wildanimalsanctuary.org)


 Provides rescued large mammals like lions, tigers, and bears with open space to roam, with elevated walkways for safe and unique viewing.

### Colorado Springs

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#### Manitou Cliff Dwellings

-  Daily 9 a.m.–5 p.m.
-  Manitou Springs
-  [cliffdwellingsmuseum.com](http://cliffdwellingsmuseum.com)




 Explore preserved Ancestral Puebloan cliff dwellings and learn about early Indigenous history through a self-guided walking experience.


#### The Rocky Mountain Dinosaur Resource Center

-  Monday-Saturday 9 a.m.–6 p.m.;  
Sunday 10 a.m.–5 p.m.
-  Woodland Park
-  [rmdrc.com](http://rmdrc.com)

 A hands-on museum featuring real fossils, interactive exhibits, and life-sized dinosaur models that bring prehistoric history to life.

#### The Cheyenne Mountain Zoo

-  Daily
-  Colorado Springs
-  [cmzoo.org](http://cmzoo.org)

 Offers interactive animal experiences, including feeding giraffes, along with camps and programs for children of all abilities. For children age 7-11 with autism, sensory processing disorders, or other developmental disabilities/delays, there are [one-day camps](#) throughout the summer.

# RMHS 2026 Summer Resource Guide






## Free & Low-Cost Activities





### Denver Metro

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#### Movies on the Green

-  Occasional Friday evenings; films begin at dusk
  -  Central Park, Denver
  -  [mca.com](https://mca.com)
-  Free outdoor movie nights with family-friendly films perfect for a relaxed summer evening on a blanket or lawn chair.





#### Movie Nights at Infinity Park

-  Occasional Monday evenings; gates open at 6 p.m., movies begin at 7 p.m.
  -  Infinity Park in Glendale
  -  [infinityparkglendale.com](https://infinityparkglendale.com)
-  Enjoy free, family-friendly outdoor movies with space for blankets and chairs, plus food available for purchase from on-site vendors.

#### Film on the Rocks

-  Weekly throughout the summer; doors open at 6:30 p.m., films begin at dusk
  -  Morrison, CO at Red Rocks Amphitheater
  -  [redrocksonline.com](https://redrocksonline.com)
-  Watch movies at the iconic Red Rocks Amphitheatre, with a few family-friendly screenings offered each summer. The movie schedule will be available on May 4, so check back!

#### Visit the Denver U.S. Mint

-  Monday-Thursday (excluding federal holidays)
  -  Downtown Denver
  -  [usmint.gov](https://usmint.gov)
-  Free guided tours offer a behind-the-scenes look at how money is made at one of the country's only operating mints. Free tours, which must be reserved online in advance, last 1 hour and 15 minutes and are available for children ages 7 and older.


# RMHS 2026 Summer Resource Guide



## Free & Low-Cost Activities


### Denver Metro continued

#### Visit the Colorado State Capitol


 Monday-Friday 9 a.m.–4 p.m.; tours available on the hour from 10 a.m.–3 p.m.

 Downtown Denver

 [colorado.gov](https://colorado.gov)


 Explore Colorado's Capitol building through free weekday tours, including access to the gold dome observation area. This is a great way to explore government and civics with your child.

#### First Friday Art Walks

 The first Friday of each month from 5:30–9:30 p.m.

 Denver's Santa Fe Arts District

 [santafeartsdistrict.org](https://santafeartsdistrict.org)

 A lively monthly event with art galleries, street vendors, and food trucks in one of Denver's most vibrant districts. On August's first Friday, the street is closed to cars, allowing for even more space to wander.


### Boulder County

#### Ride the Free Tebo Train

 Monday-Friday mornings  
May 26–September 4, 2026

 Pearl Street in Boulder

 [boulderdowntown.com](https://boulderdowntown.com)


 A fun, free train ride for young children along Boulder's popular pedestrian mall. This new all-electric train invites all children under the age of 10 and their accompanying adult to climb aboard!

#### Take a Tea Tour at Celestial Seasonings

 Tuesday–Saturday 10 a.m.–4 p.m.

 Boulder

 [celestialseasonings.com](https://celestialseasonings.com)

 Tour a working tea factory and see how blends are created, with optional free tea sampling before or after your visit. 45-minute tours are available Tuesday through Saturday for participants ages 5 and older and must be reserved online in advance. Tickets are \$6 per person.


# RMHS 2026 Summer Resource Guide

## Inclusive & Sensory-Friendly Events




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### Guiding Bright Minds Neurodiversity Resource Fair

 June 13, 10 a.m.–2 p.m.


 Denver Academy,  
400 East Iliff Avenue, Denver, CO


 [guidingbrightminds.com](https://guidingbrightminds.com)

 A free, family-friendly event to explore local resources, connect with providers, and celebrate neurodiversity through activities and community engagement.


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### Sensory-Friendly Mornings at the Denver Art Museum

 July 12, 9 a.m.–noon


 Denver Art Museum

 [denverartmuseum.org](https://denverartmuseum.org)

 These Sensory-Friendly Mornings are designed for children with neurodiversity or sensory-processing disorders and their families to enjoy the museum in a welcoming and comfortable environment. Check their website for additional future dates.


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### The Butterfly Pavilion's Sensory-Friendly Afternoons

 May 27, June 24, July 15  
from 3–5 p.m.

 The Butterfly Pavilion, Westminster

 [butterflies.org](https://butterflies.org)

 Sensory-Friendly Afternoons at the Butterfly Pavilion provide a quieter way for families to experience the exhibits with natural lighting, calm environments, and limited admission. Guests can also access a quiet room (sensory-friendly room) and guided exhibit activities.

# RMHS 2026 Summer Resource Guide

## Teen Volunteer Opportunities





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### Jovial Concepts

 Every Saturday (April- November)

 Denver Metro (various sites)

 [jovialconcepts.org](http://jovialconcepts.org)

 Volunteer in community gardens that expand access to fresh food while bringing people together. No experience needed, and all ages welcome. **Volunteer Hours:** 10 a.m.–2 p.m.


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### Habitat for Humanity of Metro Denver

 All year

 Metro Denver

 [habitatmetrodenver.org](http://habitatmetrodenver.org)

 Hands-on volunteer opportunities for teens 14 and older, including working in ReStore locations or supporting homebuilding projects. Youth ages 14–15 must be accompanied by an adult, while youth 16 and older may participate independently.


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### Clothes to Kids of Denver

 All year

 Denver

 [clothestokidsdenver.org](http://clothestokidsdenver.org)

 Teens can help sort and organize clothing to support students in the community. They are seeking volunteers who can make a minimum commitment of 12 hours/ 3 months.




# RMHS 2026 Summer Resource Guide


## Teen Volunteer Opportunities



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### Metro Caring


-  All year
-  Denver
-  [metrocaring.org](https://metrocaring.org)

 Support a community food market by helping stock food, assist shoppers, and keep operations running smoothly. All volunteers must be at least 14 years old.

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### Children's Literacy Center

-  September-June
-  Colorado Springs (several locations)
-  [childrensliteracycenter.org](https://childrensliteracycenter.org)

 Volunteer tutors support younger students with reading and language skills through one-on-one sessions. The center asks volunteers to commit to at least three months of two tutoring sessions per week. Volunteers must be at least 14 years old.


# RMHS 2026 Summer Resource Guide



## Food Resources


### Summer Food Service Program (SFSP)

-  All summer
-  Throughout Colorado
-  [cde.state.co.us](https://cde.state.co.us)




 Provides free breakfast, lunch, snacks, and supper to Colorado youth ages 18 and under throughout the summer. Meals are available at a variety of partner sites across the state, including nonprofits, non-residential camps, and public or private colleges.


### Hunger Free Colorado

-  All year
-  Throughout Colorado
-  (720) 328-1284
-  [hungerfreecolorado.org](https://hungerfreecolorado.org)




 Connects individuals with food resources to address immediate needs while also advocating for policy changes to end hunger.


### Food Bank of the Rockies

-  All year
-  Throughout Colorado
-  [foodbankrockies.org](https://foodbankrockies.org)

 Works to ensure Coloradans have access to nutritious food by operating sites throughout the state. Check their [pantry locator](#) to find a location near you.

### No Kid Hungry

-  All year
-  Throughout Colorado
-  [nokidhungry.org](https://nokidhungry.org)

 Ensures children across the United States have access to nutritious food year-round. During the summer, they offer resources to ensure kids continue to receive meals even when schools are closed. All children under 18 are eligible to participate in summer meal programs.




# RMHS 2026 Summer Resource Guide


## Community Resources & Support Services



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### 211 Colorado


-  Throughout Colorado
-  Dial 2-1-1 or (866) 760-6489
-  [211colorado.org](https://211colorado.org)

 A free, confidential, and multilingual service that offers information and referrals, connecting people to essential resources and services 24/7, online or by phone.

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### FindHelp


-  Throughout Colorado
-  [findhelp.org](https://findhelp.org)

 A searchable resource database to locate free or low-cost resources and services, including food, housing, financial assistance, healthcare, and more.

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### FoodFinder

-  Throughout Colorado
-  [foodfinder.us](https://foodfinder.us)

 With an app and website, you can locate food pantries in your area.