

RMHS 2025 Summer RESOURCE GUIDE



Summer in Colorado is full of opportunities for kids and teens to learn, play, and explore. In this guide, you'll find information on camps, free and low-cost activities, educational programs, and community resources to help your family make the most of summer 2025. While most resources are based along the Front Range, you also find recommendations across the state—perfect for mountain locals or summer road trips. Whether you're looking for outdoor adventures, creative workshops, or ways to keep young minds engaged, this guide has something for everyone!

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RMHS 2025 Summer RESOURCE GUIDE





Summer Camps and Programming for Children & Youth


FRONT RANGE


Teaching the Autism Community (TACT) Summer Camps

 Weekly in June

 Englewood

 (303) 295-0163


 [Click here to visit website](#)


 Teaching the Autism Community Trades (TACT) is an organization that provides individuals with autism the opportunity to learn various trades to enhance their skills. They offer a range of weeklong, half-day summer camps, including Intro to Welding, Intro to Coding, Robotics Camp, and more. Open to various ages, including individuals 18+ with disabilities.


Denver Parks and Recreation-Adaptive Recreation


 Weekly from April through the fall

 Denver

 (720) 865-0820

 [Click here to visit website](#)


 adaptive.recreation@denvergov.org


 Denver Parks & Recreation offers a variety of inclusive programs throughout the summer at different times and locations. Adaptive activities include swimming, cycling, fitness classes, ceramics, cooking, camping, martial arts, and more.

Denver Parks and Recreation Youth Summer Camps

 Weekly from April through the Sept.

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 Denver Parks and Recreation offers Youth Summer Camps and MY Denver Activities, featuring a variety of camps throughout the summer. These camps focus on areas such as arts & culture, outdoor adventures, and youth sports. Registration for summer activities opens on Tuesday, May 7 at noon. Additionally, a brand-new, [free day camp](#) is also available this summer for kids ages 8-12 and is currently open for registration.

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Summer Camps and Programming for Children & Youth

FRONT RANGE continued

Camp Paha



June-July



Lakewood



[Click here to visit website](#)



paha@lakewood.org



Camp Paha is a unique summer day camp for children and young adults with disabilities in Lakewood and the surrounding communities.

- **Children aged 6-17** enjoy a variety of activities including swimming, sports, games, arts, crafts, nature exploration, music, and field trips in a safe and fun environment.
 - Session A: June 9-27
 - Session B: July 7-25
- **Adults ages 18-25** participate in a program called Paha Adults in Transition (PAT), which provides supportive and engaging experiences for all participants. Camper scholarships are available through the nonprofit, Friends of Paha.
 - Session A: June 9-27
 - Session B: July 7-25

Yay! Camp



Weekly from June 10-July 17



Highlands Ranch



(720) 865-0820



[Click here to visit website](#)



Peggy Brown at pbrown@eastersealscolorado.org



Yay! Camp is a summer day camp designed for children aged 7-18 living with any disability or special health care need. It offers a supportive environment where kids can overcome challenges, meet new goals, and most importantly, have fun! The camp offers theme days, arts and crafts, recreational activities, and plenty of exciting adventures.


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Summer Camps and Programming for Children & Youth


FRONT RANGE continued


Star Institute


 Weekly throughout the summer

 Centennial

 (303) 221-7827


 [Click here to visit website](#)

 groups@sensoryhealth.org


 STAR Institute for Sensory Processing offers therapeutic group programs and camps aimed at helping children develop confidence, self-esteem, self-awareness, and self-regulation. They offer various summer groups for ages 3-17 with opportunities to build skills through engaging lessons and sensory-based activities.


SUMMIT COUNTY


Breckenridge Outdoor Education Center

 Weekly throughout the summer

 Summit County

 (970) 453-6422

 [Click here to visit website](#)

 The Breckenridge Outdoor Education Center (BOEC) offers transformative outdoor learning experiences for people of all ages and abilities, giving individuals who are often excluded from outdoor activities due to disabilities or special needs a sense of freedom.



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Accessible Trails in Colorado



FRONT RANGE


Fountain Trail at Roxborough State Park

-  Roxborough State Park, Denver
-  Stroller and handicap/wheelchair accessible



 Fountain Trail is one of four hikes at Roxborough State Park and is regarded as the most scenic. It's an excellent handicap-accessible trail for bird watching and wildlife viewing.


Clear Creek Trail

-  Golden, CO
-  Paved trail, stroller and handicap/wheelchair accessible

 The Clear Creek Trail follows Clear Creek in Golden, CO. Kayakers are often seen on the creek, and the summer farmers market is held near the trail on Saturdays from 8:00 am-1:00 pm. Additionally, there are plenty of places to grab a coffee and enjoy a picnic along the way.

Perkins Central Garden Trail

-  Garden of the Gods, Colorado Springs
-  Paved trail, stroller and handicap/wheelchair accessible

 Perkins Central Garden Trail in Garden of the Gods is a 1.5-mile loop that passes by the park's largest and most iconic rock formations.





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Accessible Trails in Colorado

WEST OF THE FRONT RANGE




Great Sand Dunes National Park and Preserve

-  Southcentral Colorado, Saguache and Alamosa Counties
 -  Special sand wheelchairs can be reserved by calling the visitor center at (719) 378-6395
 -  [Click here to visit website](#)
 -  [Special sand wheelchairs](#) can be reserved for visits to Great Sand Dunes National Park and Preserve, allowing wheelchair users to experience the park. Visitors can explore the famous dunes, as well as the park's camping and picnic areas.
-

Animas River Trail

-  Durango
 -  Paved trail, stroller and handicap/ wheelchair accessible
 -  The Animas River Trail is a paved path that parallels the Animas River for 7 miles through the heart of Durango. As the centerpiece of Durango's trail system, it also serves as a handicap/ wheelchair accessible transportation backbone.
-

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. With exceptional views of the lake and Keystone Mountain, this accessible path is a great one for a stroll.

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Free Outdoor Areas and Playgrounds in Colorado for Children & Youth


ACCESSIBLE PLAYGROUNDS AND PARKS


Clement Park

 Littleton

 Littleton's Clement Park is known for its mountain and lake views. Additionally, it offers a variety of play structures, including an inclusive playground with adaptive swings and multiple ramps. It also has plenty of open space, an amphitheater, and many trails perfect for exploring with your little one.


LuBird's Playground

 Aurora

 LuBird's Playground in Aurora was designed for children of all abilities to play together. With sensory play equipment, ramps, wheelchair-accessible spinners and swings, smooth surfacing, and supportive swings for neck and back support, this playground is perfect for those who need greater accessibility.

Red-Tailed Hawk Park

 Aurora

 As one of the first inclusive parks in the Denver metro area, Red-Tailed Hawk Park offers a variety of sensory play opportunities for children of all abilities. Features include a wheelchair-accessible merry-go-round, adaptive swings, rubber surfacing, musical instruments, and a sensory garden. The park also boasts a splash pad, wetland boardwalk, and plenty of open space to explore.

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Free Outdoor Areas and Playgrounds in Colorado for Children & Youth

GENERAL PARKS AND PLAYGROUNDS


Paco Sanchez Park

 Denver

 This distinctive park is designed to resemble a 1950s microphone in tribute to local DJ Paco Sanchez. The playground features musical elements, such as nets shaped like sound waves and musical sculptures. There are also swings, slides, monkey bars, and more!


Central Park

 Denver

 With rolling turf hills, a roller slide, a zipline, a play tower with two slides, and a sand pit with diggers, this playground is a blast year-round. In the summer, water pumps and spray misters provide a way to cool off even on the hottest days.

Sloan's Lake Park

 Denver

 In addition to the nearly 3-mile paved loop around Sloan's Lake, there are two playgrounds on opposite sides of the lake. Both have nearby restroom facilities and picnic areas. The northside playground is pirate ship-themed with a play structure, saucer swings, and a teeter totter. The outer space-themed playground on the southside has two rocket ship play structures and a zipline.

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Free Outdoor Areas and Playgrounds in Colorado for Children & Youth

GENERAL PARKS AND PLAYGROUNDS continued


Westlands Park

 Greenwood Village

 This Greenwood Village park has three playground structures, a jungle gym, sand pit, and playhouses. Older children and teenagers will enjoy a rock-climbing structure and an area filled with musical instruments like drums, organs, and xylophones. There is also a pond with a hike and bike trail. In the summer, there is a “sprayground” with a wading pool, rock structures, and water jets.


Peter Pan Park – Westminster Center Park

 Westminster

 This park features a Peter Pan theme, complete with a Captain Hook pirate ship, jungle gym, tower bridge, clock tower, and climbing rocks. It also offers a splash pad and a shallow stream, perfect for cooling off on hot days.


America the Beautiful Park

 Colorado Springs

 This fantasy playground includes spinner bowls, turntables, and hammocks. It also offers picnic areas, walking trails, a fountain, and waterfalls. The park is conveniently located near horseback riding trails and an aquatic center.

Nancy Lewis Park

 Colorado Springs

 This lovely park features playgrounds and plenty of open spaces for running, picnicking, and enjoying playtime. It’s also conveniently located near a pond and waterfall area.

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Summer Reading Programs for Children & Youth

Library Programs



Throughout the summer



Library districts throughout Colorado



Library districts throughout Colorado offer summer reading programs that encourage children and teenagers to read and connect with others about the books they enjoy. Most libraries offer various prizes, events, and ways to participate. Check your local library to learn more.

Barnes & Noble Summer Reading Program



July and August



Your local Barnes & Noble



Barnes & Noble offers students in first through sixth grades the opportunity to earn free books simply by reading a designated number of books and sharing about them in a reading journal. Visit your nearest Barnes & Noble to learn more.

Scholastic Summer Reading Home Base



May 9 - September 12



Virtual



[Click here to visit website](#)



Parents and caregivers can set their children up on the Scholastic app, Home Base, which allows young readers to join a community of readers to share about their favorite books, attend author events, interact with their favorite characters, play book-based games and more! In the Summer Zone part of the app, they can also track their summer reading. The app will note and celebrate those who maintain a reading streak. This app is moderated for safety 24/7.

The Colorado Rapids Summer Reading Program



Throughout the summer



Denver



[Click here to visit website](#)



Does your child love soccer? They're in luck! The Colorado Rapids offer Colorado kids the chance to participate in their local library district's reading program and receive complimentary tickets to Rapids games as a prize. Family and friends of the reader can receive discounted tickets as well.

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Places to Take Children & Youth for a Day Visit

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 Zoo Conservation Alliance



Daily throughout the summer



Denver, CO



[Click here to visit website](#)



Does your child love animals? The Denver Zoo Conservation Alliance is a great place for children and teenagers to learn about all types of animals. During Summer Extended Hours, families can experience live music, yard games, and awe-inspiring animal demos. Your visit supports conservation efforts in Colorado and beyond. Additionally, the Denver Zoo Conservation Alliance offers [sensory-friendly events and evenings](#) for individuals with sensory processing needs.

The Wild Animal Sanctuary



Daily throughout the summer



Keenesburg, CO



[Click here to visit website](#)



The Wild Animal Sanctuary, located about 40 minutes northeast of Denver, provides large mammals who might otherwise be captured in small enclosures with the space to roam. Large mammals include tigers, bears, lions, wolves and more. Visitors can walk above the large fields on elevated walkways and observation decks and observe the animals beneath them.

RMHS 2025 Summer RESOURCE GUIDE



Places to Take Children & Youth for a Day Visit

The Cheyenne Mountain Zoo



Daily



Colorado Springs, CO



[Click here to visit website](#)



The Cheyenne Mountain Zoo offers children and their families the chance to see and learn about all types of animals. With interactive experiences such as the chance to feed the zoo's giraffes, there are many options for engaging your child. Additionally, it offers programming and camps for children of all ages and abilities throughout the summer. For children with special needs ages 7-11, there are [one-day camps](#) throughout the summer.

U-Pick Sunflowers at Anderson Farms



Late July - Late August



Anderson Farms, near Erie, CO



[Click here to visit website](#)



U-Pick Sunflowers provides families with the opportunity to take a wagon ride out to the fields of sunflowers. With over 50 varieties of sunflowers and wildflowers ranging in height, colors, and stages of bloom, the photo opportunities are endless. You can pick your own bouquet by purchasing an All-You-Can-Fill Collectors Cup or French Market Bucket.

RMHS 2025 Summer RESOURCE GUIDE



Places That Teenagers Can Volunteer

Humane Colorado (previously the Dumb Friends League)



All year



Locations in Denver, Castle Rock, Alamosa



[Click here to visit website](#)



Humane Colorado is an animal shelter network that provides basic care and temporary homes for animals waiting to be adopted. There are plenty of ways that young people can volunteer, including cleaning up kennels, offering enrichment and attention to dogs and cats, walking dogs, supporting outreach events, and ongoing support with cleaning dishes and doing laundry. Volunteers under the age of 16 need to be accompanied by a parent.

Volunteers for Outdoor Colorado



April - October



Throughout Colorado



[Click here to visit website](#)



Teenagers can volunteer to support Colorado's many outdoor spaces through Volunteers for Outdoor Colorado. Volunteer work ranges from trail building to planting trees to gardening. There are also leadership opportunities available. Teenagers younger than 16 must be accompanied by an adult. Visit their website to learn more.

Denver YMCA



All year



Denver



[Click here to visit website](#)



Teenagers 14 and older are welcome to explore volunteer opportunities at their local YMCA. Options often include hands-on help with coaching, mentoring, special events, or fundraisers.

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Places That Teenagers Can Volunteer

Special Olympics Colorado



All year



Throughout Colorado



[Click here to visit website](#)



Volunteers are key to ensuring Special Olympics fulfills its mission of creating a more active, healthy, and inclusive Colorado. With scores of events to choose from, volunteers can support by working at an event to ensure it goes smoothly, becoming a coach, or serving as unified partner (an individual without an intellectual disability who trains and competes alongside special Olympians).

Project Angel Heart



All year



Throughout the Front Range



[Click here to visit website](#)



Project Angel Heart delivers meals to Coloradans living with life-threatening illnesses. There are a variety of volunteer opportunities for teenagers, which include support with delivering meals, assisting in the kitchen, gardening, and working at community outreach events. Volunteers must be able to make a six-month commitment.

Children's Hospital of Colorado



All year



Denver



[Click here to visit website](#)






The Junior Volunteer Program at Children's Hospital Colorado provides teenagers ages 13-18 the chance to support the hospital, work with children, and gain valuable experience in the medical field. Volunteer opportunities include creating enrichment activities for children, supporting special events, and more. There are both full-year and summer volunteer opportunities. Interested teens must apply and be able to make a six-month commitment.


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Food Resources


Summer Food Service Program (SFSP)

-  All summer
-  Throughout Colorado
-  [Click here to visit website](#)




 The Summer Food Service Program (SFSP) provides free breakfast, lunch, snack, and/or early dinner to Colorado youth 18 and under throughout the summer. These free meals are offered at a wide range of partnering sites throughout the state including public and private nonprofits, non-residential camps, public or private colleges and more. Visit their webpage for more information.


Hunger Free Colorado

-  All year
-  Throughout Colorado
-  [Click here to visit website](#)




 Hunger Free Colorado links individuals to food resources to address immediate needs while advocating for policy changes to eliminate hunger. To find resources available in Colorado communities during the summer, visit their website or give them a call: (855) 855-4626


Food Bank of the Rockies

-  All year
-  Throughout Colorado
-  [Click here to visit website](#)

 The Food Bank of the Rockies ensures Coloradans have access to nutritious food. They operate sites all over the state, so visit their pantry locator website to learn more about a location near you.

No Kid Hungry

-  All year
-  Throughout Colorado
-  [Click here to visit website](#)

 No Kid Hungry works to ensure that children across the United States have access to nutritious food throughout the year. They have a special program in the summer to make sure that as schools close their doors, children's meals don't get cut off. This program offers grocery cards to families with children to use over the summer. It also supports summer meals sites throughout the state. Visit their website to learn more.

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General Assistance & Resource Finders for Coloradans

211 Colorado



Throughout Colorado



Dial 2-1-1 or (866) 760-6489



[Click here to visit website](#)



211 is a confidential, free, and multilingual service that provides information and referrals, connecting individuals to vital services and resources 24/7, both online and by phone.

FindHelp



Throughout Colorado



[Click here to visit website](#)



FindHelp lets you search by zip code to discover free or low-cost resources, including food, housing, financial assistance, healthcare, and more.

APPENDIX

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Summer Camps and Programming for Children & Youth





Front Range


Teaching the Autism Community (TACT) Summer Camps


-  Weekly in June
-  Englewood, CO
-  (303) 295-0163
-  buildwithtact.org

 Teaching the Autism Community Trades (TACT) is an organization that provides individuals with autism the opportunity to learn various trades to enhance their skills. They offer a range of weeklong, half-day summer camps, including Intro to Welding, Intro to Coding, Robotics Camp, and more. Open to various ages, including individuals 18+ with disabilities.




Denver Parks and Recreation-Adaptive Recreation


-  Weekly from April through the fall
-  Denver, CO
-  (720) 865-0820
-  denvergov.org

 Denver Parks & Recreation offers a variety of inclusive programs throughout the summer at different times and locations. Adaptive activities include swimming, cycling, fitness classes, ceramics, cooking, camping, martial arts, and more.

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RMHS

ADD A PIC
WHEN SPACE
ALLOWS

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