

Mount Vernon Presents

# 2025 SUMMER RECREATION GUIDE



# SUMMER EXPERIENCE



This summer, your kids will enjoy screen-free time spent outdoors with themed weekly activities, swimming, racquets, choice activities, and optional Friday field trips!

## Weekly Programs

27-29 May **week 1**

Candy Factory  
+Hammonds Tour

2-5 June **week 2**

Design, Build, Challenge  
+Urban Air

9-12 June **week 3**

Dirt Lab  
+Butterfly Pavilion

16-19 June **week 4**

Improv  
+WhatIF Theater

23-26 June **week 5**

Screen Printing  
+Bear Creek Lake Park

30-3 June/ July **week 7**

Stars & Stripes

7-10 July **week 8**

Creative Crafting  
+Skate City

14-17 July **week 9**

Pinball  
+Water World

21-24 July **week 10**

Mystery at Summer Camp  
+Boondocks

28-31 July **week 11**

Crazy Carnival  
+Trapeze @Fly Mile High

4-7 August **week 12**

Amazing Animals  
+Farm Visit

11-14 August **week 13**

Color Wars  
+Slick City

Ages

**5.5-12**

Admission

**\$312**

Time

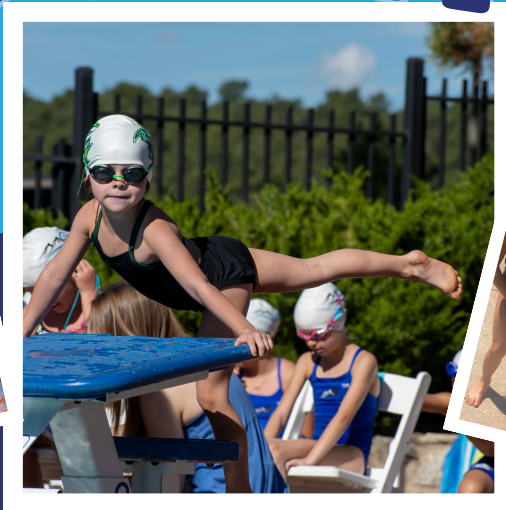
**Mon-Thurs<sup>+</sup>**

+Optional Friday Fieldtrip!  
\$115 each

To Register

email: [mwhitehill@mountvernoncc.com](mailto:mwhitehill@mountvernoncc.com)  
or call 303.526.3107

# MAKOS SWIM TEAM



Makos is perfect for kids aged 5 – 18 who are looking to have a fun summer, make new friends, and improve their swimming with incredible coaches who have over 50 years of experience!

No need to know all of the swim strokes, that is what we are here for!

## Practices

7:30 – 9 am

11 & Older

Monday – Thursday

9 – 10 am

10 & Under

Monday – Thursday

7:30 – 8:30 am

10 & Under  
Summer  
Experience

Monday – Thursday

6 – 7 pm

All Ages

Monday & Wednesday

## Swim Meets

May 31st

@ Red Rocks CC

June 6th

Columbine CC

June 13th

@ The Pinery CC

June 20th

@ Cherry Hills CC

Team Breakfast

MVCC

June 25th

Team Breakfast

June 27th

Rolling Hills CC

July 2nd

@ The Village Club

July 8th

MVCC

Division I B League

July 11th

League A

July 16th

Team Banquet

July 18th

All-Star Meet

Ages

4-18

Admission

\$310\*

\*1st swimmer, \$25 off each additional swimmer in the same family

To Register

email: [swimteam@mountvernoncc.com](mailto:swimteam@mountvernoncc.com)

# ADULT TENNIS

## Socials & Events

10 am – 2 pm

Memorial  
Day

May 26<sup>th</sup>

Rolland  
Garros Finals

June 8<sup>th</sup>

Volkl Demo  
Day

June 27<sup>th</sup>

4 – 6 pm

4th of July

July 4<sup>th</sup>

Club  
Championship  
*Singles*

July  
11<sup>th</sup> – 13<sup>th</sup>

Strawberries  
& Cream  
Social

July 13<sup>th</sup>

Club  
Championship  
*Doubles*

August  
8<sup>th</sup> – 10<sup>th</sup>

Labor Day

September 1<sup>st</sup>

## Weekly Drills

*start the week of 5/19*

Tuesday  
Night Drill &  
Play Under  
the Lights

6–8pm

Wednesday  
Daytime  
Doubles

10am–12pm

Friday  
Afternoon  
Club

4–6pm

Saturday  
Cardio  
Tennis

8–9am

Super  
Saturdays  
*Coed 2.5–3.0*

9–11am

Super  
Saturdays  
*3.5 plus coed*

11am–1pm

Saturday  
All Levels  
Drop In

10:30am  
–12pm

## USTA Tournaments

Men's and Women's 2.5 the weekend of June 14th  
Men's and Women's 3.0 the weekend of June 28th  
Men's and Women's 3.5 the weekend of July 19th  
Men's and Women's 4.0 the weekend of August 3rd



# ADULT PICKLEBALL

## Socials & Events

10 am – 2 pm

Dinko de Mayo

May 3<sup>rd</sup>

Memorial Day

May 26<sup>th</sup>

4th of July

July 4<sup>th</sup>

Selkirk/Onix Demo Day

June 27<sup>th</sup>

BALANCE Scholarship Fundraiser

August 23<sup>rd</sup>

Club Championship

July 18<sup>th</sup> – 19<sup>th</sup>

## Weekly Drills

start the week of 5/19

Thursday Play with a Pro

*Coach Brandon*

4:30–5:30pm

Friday Play with a Pro

*Coach Brandon*

3–4pm

Friday Afternoon Club

5–7pm

Saturday Play with a Pro

*Coach Brandon*

9:30–10:30 am

Saturday All Levels Drop In

*4 week skill rotation*

10:30am–12pm

## Drop In Schedule

All levels Drop In Mondays 9 – 11 am

Advanced Level Drop In Mondays, Wednesdays 5 – 7 pm

Ladies Day Wednesdays 9 – 11 am

All Levels Saturday 12 – 2 pm

## Leagues

Starting week of 5/26

Lower League Tuesday Evenings 5:30 – 7:30 pm Levels 2.0–3.49

Upper League Thursday Evenings 5:30 – 7:30 pm Levels 3.5–4.49

# JUNIOR TENNIS JUNIOR PICKLEBALL

## Hot Shots

Ages 3 – 8

**Mondays –  
Fridays**

May 26<sup>th</sup> –  
August 11<sup>th</sup>

10:30 – 11:30 am\*

\*Ages 3–5 will go for 45  
minutes, and ages 5–8 will  
go for the full 60 minutes

## Pre Tournament Development

Ages 9 – 13

**Mondays –  
Thursdays**

May 26<sup>th</sup> –  
August 11<sup>th</sup>

11:15 am – 12:30 pm

## Weekday High School High Performance

Ages 13+

**Tuesdays &  
Thursdays**

May 26<sup>th</sup> –  
August 11<sup>th</sup>

10:30 am – 12pm

## High School JV/Beginner Development

Ages 13+

**Mondays  
Wednesdays  
Fridays**

May 26<sup>th</sup> –  
August 11<sup>th</sup>

10:30 am – 12pm

## Junior Pickleball Development

Ages 8+

**Tuesdays &  
Thursdays**

June 1<sup>st</sup> –  
August 17<sup>th</sup>

4:15 – 5:15 pm

Junior pickleball  
development is the  
perfect after camp care  
option for parents!

**Family  
Pickleball  
Learn to Play**  
Fridays *biweekly*  
start 6/6

3:30–5pm



# WELLNESS & FITNESS



## Monday

### Aqua Fit\*

9 -10 am

### Canyon Energy Yoga

5:30 pm

## Tuesday

### Core Fusion

9 am

## Wednesday

### Aqua Fit\*

9 -10 am

## Thursday

### Canyon Energy Yoga

5:30 pm

## Friday

### Aqua Fit\*

9 -10 am

## Saturday

### Flow & Stretch Yoga

9 am

### Canyon Energy Yoga

This class is centered around finding a balance of our inner strength and fire combined with our subtle and soft body awareness.

### Core Fusion

Core Fusion is a fun class recommended for men and women ages 50+ who want a low-impact workout focusing on strength, balance and flexibility.

### Flow & Stretch

Students achieve and maintain an active lifestyle by cultivating flexibility, strength, and balance.

### Aqua Fit *\*for Aquatics access Members only*

Enjoy a combination of strength and low-impact cardio workouts in the water. Burn calories, tone and stretch!

**To add Fitness to your Membership**  
Contact the Membership Department

