



Family Activity Resources

Fall and Winter

HIDDEN LAKE MEDICAL OFFICES

Physical activity lowers your stress level, boosts your mood, and improves your overall health. Enjoy physical activity for at least 30 minutes a day if you are an adult, or 60 minutes a day if you are a child.

Recreational facilities

Community Recreation Center

6842 Wadsworth Blvd.

Arvada, CO 80003

303-425-9583

Apex Center

13150 W. 72nd Ave.

Arvada, CO 80005

303-424-2739

George J. Meyers Pool

7900 Carr Dr.

Arvada, CO 80005

303-467-7140

JeffCo Branch YMCA

6350 Eldridge St.

Arvada, CO 80004

303-422-4977

Susan M. Duncan Family YMCA

6350 Eldridge St.

Arvada, CO 80004

303-422-4977

After school sports and programs

School Age Enrichment Program: Before and After School Care

jeffcopublicschools.org/schools/profiles/enrichment

YMCA

denverymca.org/beforeandafter

Boys and Girls Club

\$2 per year

303-892-9200

bgcmd.org/clubs

Girls on the Run

girlsontherunrockies.org

Things to Do

denverpost.com/outdoors

Parks, trails, and outdoor activities

Majestic View Nature Center and Park

7030 Garrison St.

Arvada, CO 80001

720-898-7405

Get Outdoors Colorado

getoutdoorscolorado.org

Bicycle Colorado

bicyclecolorado.org (click "ride")

Build activities into your day

- Play outdoors
- Take the stairs
- Bike or walk to destinations
- Walk the dog
- Dance