



Family Activity Resources

Fall and Winter

AURORA AREA 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

Beck Recreation Center
800 Telluride St.
Aurora, CO 80011
303-739-6888

Hoffman Youth Center
1298 Peoria St.
Aurora, CO 80011
303-739-1570

Aurora YMCA
Financial assistance is available
27151 E. Lakeview Dr.
Aurora, CO 80016
720-870-2221

Parks, trails, and outdoor activities

Aurora Parks and Recreation
auroragov.org/thingstodo/parksandopenspaces

Cherry Creek State Park
4201 S. Parker Rd.
Aurora, CO 80016
303-690-1166
cpw.state.co.us/placestogo/parks/cherrycreek

Get Outdoors Colorado
getoutdoorscolorado.org

Bicycle Colorado
bicyclecolorado.org (click "ride")

After school sports and programs

Boys and Girls Club
\$2 per year
303-892-9200
bgcmd.org/clubs

YMCA Before and After School Programs
denverymca.org/beforeandafter

Girls on the Run
girlsontherunrockies.org

COMPASS
auroragov.org/LivingHere/YouthResources/YouthDevelopment/COMPASS

Mobile Playground
auroragov.org/LivingHere/YouthResources/MobilePlayground

Things to Do
denverpost.com/outdoors

Build activities into your day

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