



Family Activity Resources

Fall and Winter

BASELINE 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

South Boulder Recreation Center

1360 Gillaspie
Boulder, Colorado 80305
303-441-3448

East Boulder Recreation Center

5660 Sioux Dr.
Boulder, Colorado 80303
303-441-4400

North Boulder Recreation Center

3170 Broadway
Boulder, Colorado 80304
303-413-7260

YMCA of Boulder Valley

2850 Mapleton Ave.
Boulder, CO 80301
303-442-2778
ymcabv.org

Build activities into your day

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

After school sports and programs

YMCA After School Programs

ymcabv.org/ymcaweb/after-school

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

Boulder Parks and Trails

bouldercolorado.gov/parks-rec/parks-main

Thorne Nature Experience

thornenature.org

Get Outdoors Colorado

getoutdoorscolorado.org

Bicycle Colorado

bicyclecolorado.org (click "ride")