



Family Activity Resources

Fall and Winter

BRIGHTON 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

Brighton Recreation Center
brightonco.gov/parks-recreation
555 N. 11th Ave.
Brighton, CO 80601
303-655-2200

After school sports and programs

Youth Programs
brightonco.gov/263/Youth-Programs

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

Girls on the Run
girlsontherunrockies.org

Things to Do
denverpost.com/outdoors

Parks, trails, and outdoor activities

Brighton Parks
brightonco.gov/facilities

Barr Lake State Park
cpw.state.co.us/placestogo/parks/BarrLake
13401 Picadilly Road
Brighton, CO 80603

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