



Family Activity Resources

Fall and Winter

CASTLE ROCK 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

Castle Rock Recreation Center

2301 Woodlands Blvd.
Castle Rock, CO 80104
303-660-1036

After school sports and programs

Douglas County School District

dcsdk12.org/base

Boys and Girls Club

\$2 per year
303-892-9200
bgcmd.org/clubs

YMCA Day Camps

The Ridge at Founder's Village

5501 Enderud Blvd.
Castle Rock, CO 80104
720-524-2793
denverymca.org/daycamps

Girls on the Run

girlsontherunrockies.org

Things to Do

denverpost.com/outdoors

Parks, trails, and outdoor activities

Castle Rock Parks and Trails

crgov.com/facilities

Castlewood Canyon State Park

2989 S. Hwy. 83
Franktown, CO 80116
303-688-5242
cpw.state.co.us/placestogo/parks/CastlewoodCanyon

Open Space and Natural Resources

douglas.co.us/openspace

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