



# Family Activity Resources

Fall and Winter

ARAPAHOE 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

**Goodson Recreation Center**  
6315 S. University Blvd.  
Centennial, CO 80121  
**303-798-2476**

Littleton Branch YMCA  
11 W. Dry Creek Ct.  
Littleton, CO 80120  
**303-797-9622**

**Family Sports Ice Arena  
at Family Sports Center**  
6901 S. Peoria  
Centennial, CO 80112  
**303-708-9500**

**South Suburban Ice Arena**  
6580 S. Vine St.  
Centennial, CO 80121  
**303-798-7881**

## Parks, trails, and outdoor activities

**Centennial Parks and Trails**  
[sspr.org/parks](http://sspr.org/parks)  
**303-798-5131**

**Theo L. Carson Nature Center**  
3000 W. Carson Dr.  
Littleton, CO 80120  
303-730-1022  
[ssprd.org/nature](http://ssprd.org/nature)

**Get Outdoors Colorado**  
[getoutdoorscolorado.org](http://getoutdoorscolorado.org)

**Bicycle Colorado**  
[bicyclecolorado.org](http://bicyclecolorado.org) (click "ride")

## After school sports and programs

**Youth Programs**  
[ssprd.org/Youth-Programs](http://ssprd.org/Youth-Programs)

**Boys and Girls Club**  
\$2 per year  
**303-892-9200**  
[bgcmd.org/clubs](http://bgcmd.org/clubs)

**Things to Do**  
[denverpost.com/outdoors](http://denverpost.com/outdoors)

**Girls on the Run**  
[girlsontherunrockies.org](http://girlsontherunrockies.org)

**After School Programs**  
[denvergov.org/maps/map/afterschool](http://denvergov.org/maps/map/afterschool)

## Build activities into your day

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