



Family Activity Resources

Fall and Winter

COLORADO SPRINGS 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

Deerfield Hills Community Center and Spray Ground

4290 Deerfield Hills Rd.
Colorado Springs, CO 80916
719-385-5996

Hillside Community Center

925 S. Institute St.
Colorado Springs, CO 80903
719-385-7900

Meadows Park Community Center

1943 South El Paso Ave.
Colorado Springs, CO 80905
719-385-7940

YMCA of the Pikes Peak Region

There are 6 YMCA family Centers and 2 recreation centers in the region.

719-471-9790

ppymca.org

After school sports and programs

The Salvation Army Red Shield After School Program

719-884-1044

tsacs.org (click “services”)

YMCA Child Care

ppymca.org/programs/child-care

Colorado Springs School District 11

d11.org/Pages/Programs.aspx

Girls on the Run

girlsontherunrockies.org

Things to Do

denverpost.com/outdoors

Boys and Girls Club of the Pikes Peak Region

719-570-7077

bgcppr.org

Parks, trails, and outdoor activities

Open Spaces and Natural Resources

trailsandopenspaces.org

Colorado Springs Trails

cospringstrails.com

Visit Colorado Springs

visitcos.com

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