



# Family Activity Resources

## Fall and Winter

DENVER 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

There are 23 rec centers and 29 swimming facilities in the Denver metro area, please contact the parks and recreation department for information on which is closest to you.

[denvergov.org/parksandrecreation](http://denvergov.org/parksandrecreation)

**720-913-1311**

#### Downtown YMCA

25 E. 16th Ave. Unit B

Denver, CO 80202

**303-861-8300**

#### Glendale Branch YMCA

4500 E. Kentucky Ave.

Glendale, CO 80246

**303-639-4711**

#### Community Program Branch YMCA

1700 E. 28th Ave.

Denver, CO 80205

**720-524-2700**

#### YMCA of Metropolitan Denver

2625 S. Colorado Blvd.

Denver, CO 80222

**720-524-2700**

#### Gerald L Schlessman Branch YMCA

3901 E. Yale Ave.

Denver, CO 80210

**720-524-2750**

#### Southwest-Chatfield Branch YMCA

5181 W. Kenyon Ave.

Denver, CO 80236

**303-761-7530**

### After school sports and programs

#### Boys and Girls Club

\$2 per year

[bgcmd.org/clubs](http://bgcmd.org/clubs)

**303-892-9200**

#### YMCA

[denverymca.org/beforeandafter](http://denverymca.org/beforeandafter)

#### Denver After School Alliance

[cps.civicore.com/map](http://cps.civicore.com/map)

#### Girls on the Run

[girlsontherunrockies.org](http://girlsontherunrockies.org)

#### Things to Do

[denverpost.com/outdoors](http://denverpost.com/outdoors)

#### After School Programs

[denvergov.org/maps/map/afterschool](http://denvergov.org/maps/map/afterschool)

### Parks, trails, and outdoor activities

#### Denver Parks and Trails

[denvergov.org/parksandrecreation](http://denvergov.org/parksandrecreation)

(click on "parks" to find parks and trails)

#### Get Outdoors Colorado

[getoutdoorscolorado.org](http://getoutdoorscolorado.org)

#### Bicycle Colorado

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

### Build activities into your day

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