



Family Activity Resources

Fall and Winter

HIGHLANDS RANCH 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

Recreation Center at Northridge

8801 Broadway
Highlands Ranch, CO 80126
303-791-2500

Recreation Center at Southridge

4800 McArthur Ranch Rd.
Highlands Ranch, CO 80130
303-791-2500

The Recreation Center at Eastridge

9568 University Blvd.
Highlands Ranch, CO 80126
303-791-2500

The Recreation Center at Westridge

9650 Foothills Canyon Blvd.
Highlands Ranch, CO 80129
303-791-2500

After school sports and programs

Boys and Girls Club

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

Girls on the Run

girlsontherunrockies.org

After School Programs

denvergov.org/maps/map/afterschool

Things to Do

denverpost.com/outdoors

Parks, trails, and outdoor activities

Highlands Ranch Parks and Trails

highlandsranch.org/services/parks-open-space/trails

Redstone Park

3280 Redstone Park Cir.
Highlands Ranch, CO 80129
303-791-2710

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