



Family Activity Resources

Fall and Winter

ROCK CREEK 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

Bob L. Burger Recreation Center

111 W. Baseline Rd.
Lafayette, CO 80026

303-665-0469

cityoflafayette.com/recreation

YMCA

2800 Dagny Way
Lafayette, CO 80026

303-664-5455

After school sports and programs

Bob Burger After School Enrichment Program

cityoflafayette.com/BASE

YMCA

ymcabv.org/ymcaweb/after-school

Boys and Girls Club

\$2 per year

bgcmd.org/clubs

303-892-9200

Girls on the Run

girlsontherunrockies.org

Things to Do

denverpost.com/outdoors

Parks, trails, and outdoor activities

Lafayette Trails

cityoflafayette.com/trails

303-665-5588 ext. 1306

Waneka Lake Park

1600 Caria Dr.
Lafayette, CO 80026

303-665-5588 ext. 3610

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