



# Family Activity Resources

## Fall and Winter

LAKWOOD 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

**Carmody Recreation Center**  
2200 S. Kipling St.  
Lakewood, CO 80227  
**720-963-5360**

**Green Mountain Recreation Center**  
13198 W. Green Mountain Dr.  
Lakewood, CO 80228  
**303-987-7830**

**Lakewood Link Recreation Center**  
1295 S. Reed St.  
Lakewood, CO 80232  
**303-987-5400**

**Whitlock Recreation Center**  
1555 Dover St.  
Lakewood, CO 80215  
**303-987-4800**

**Southwest-Chatfield Branch YMCA**  
5181 W Kenyon Ave.  
Denver, CO 80236  
**303-761-7530**

### Build activities into your day

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

### After school sports and programs

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

**School Age Services**  
[lakewood.org/SchoolAge](http://lakewood.org/SchoolAge)

**School Age Enrichment Program: Before and After School Care**

[jeffcopublicschools.org/schools/profiles/enrichment/index](http://jeffcopublicschools.org/schools/profiles/enrichment/index)

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

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

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

### Parks, trails, and outdoor activities

**Bear Creek Lake Park**  
15600 W. Morrison Rd.  
Lakewood, CO 80465  
**303-697-6159**

**William Frederick Hayden Park**  
(Multiple access points on Alameda Pkwy. and Rooney Rd.)  
1000 S. Rooney Rd.  
Lakewood, CO 80228

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

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