



Family Activity Resources

Fall and Winter

LITTLETON AND KEN CARYL 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

Douglas H. Buck Community Recreation Center

2004 W. Powers Ave.
Littleton, CO 80120

303-797-8787

ssprd.org/Buck-Recreation-Center

Ken-Caryl Ranch Community Center

1 Club Dr.
Littleton, CO 80127

303-979-2233

Littleton Family YMCA

11 W. Dry Creek Ct.
Littleton, CO 80120

303-797-9622

South Suburban Ice Arena

6580 S Vine St
Centennial, CO 80121

303-798-7881

Build activities into your day

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

After school sports and programs

YMCA

denverymca.org/beforeandafter

Foothills Children's Programs

foothills.org/child_beforeandafter.asp

After School Programs

denvergov.org/maps/map/afterschool

Boys and Girls Club

\$2 per year

303-892-9200

bgcmd.org/clubs

Girls on the Run

girlsontherunrockies.org

Things to Do

denverpost.com/outdoors

Parks, trails, and outdoor activities

South Suburban Parks and Recreation

sspr.org/parks

303-798-5131

Ken Caryl Ranch Parks and Trails

ken-caryl-ranch.org/parks-facilities

Get Outdoors Colorado

getoutdoorscolorado.org

Bicycle Colorado

bicyclecolorado.org (click "ride")