



# Family Activity Resources

Fall and Winter

LONE TREE 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

**Lone Tree Recreation Center**  
10249 RidgeGate Cir.  
Lone Tree, CO 80124  
**303-708-3500**

## After school sports and programs

**South Suburban Parks and Recreation**  
[ssprd.org/Youth-Programs](https://ssprd.org/Youth-Programs)  
**303-798-5131**

**Douglas County School District**  
[dcsdk12.org/base](https://dcsdk12.org/base)

**Boys and Girls Club**  
\$2 per year  
**303-892-920**  
[bgcmd.org/clubs](https://bgcmd.org/clubs)

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

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

## Parks, trails, and outdoor activities

**South Suburban Parks and Recreation**  
[ssprd.org/parks](https://ssprd.org/parks)  
**303-798-5131**

**Bluffs Regional Park**  
10099 Crooked Stick Trl.  
Lone Tree, CO 80124

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

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

## Build activities into your day

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