



Family Activity Resources

Fall and Winter

LONGMONT 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

Longmont Recreation Center

310 Quail Rd.
Longmont, CO 80501
303-774-4800

St. Vrain Memorial Building

700 Longs Peak Ave.
Longmont, CO 80501
303-651-8404

Centennial Pool

1201 Alpine St.
Longmont, CO 80504
303-651-8406

Ed and Ruth Lehman YMCA

950 Lashley St.
Longmont, CO 80504

Parks, trails, and outdoor activities

Longmont Parks and Trails

ci.longmont.co.us/parks
(click on "Directory of Parks and trails")

Get Outdoors Colorado

getoutdoorscolorado.org

Bicycle Colorado

bicyclecolorado.org (click "ride")

After school sports and programs

Youth Programs

longmontymca.org
(Click "youth development")

City of Longmont ZONE After School Program

303-651-8580

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

Build activities into your day

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