



Family Activity Resources

Fall and Winter

PARKER 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

Parker Recreation Center

17301 E. Lincoln Ave.

Parker, CO 80134

303-841-4500

parkerrec.com

Parker Fieldhouse

18700 E. Plaza Dr.

Parker, CO 80134

303-805-6300

After school sports and programs

Parks and Recreation Before and After School Care Program

303-805-6315

parkerrec.com/1514/Before-and-After-Care

Youth Sports

- parkerrec.com/1163/Youth-Sports
- parkeryouthsports.com

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

Castlewood Canyon State Park

2989 S. State Hwy. 83

Franktown, CO, 80116

303-688-5242

cpw.state.co.us/placestogo/parks/CastlewoodCanyon

Open Space and Natural Resources

douglas.co.us/openspace

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