



# Family Activity Resources

Fall and Winter

WESTMINSTER 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

**City Park Recreation Center**  
10455 Sheridan Blvd.  
**303-460-9690**

**West View Recreation Center**  
10747 W. 108th Ave.  
**303-460-9530**

## After school sports and programs

**School Age Enrichment Program:  
Before and After School Care**  
[jeffcopublicschools.org/schools/profiles/enrichment](http://jeffcopublicschools.org/schools/profiles/enrichment)

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

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

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

## Parks, trails, and outdoor activities

**Westminster Parks**  
[www.ci.westminster.co.us/ParksRec.aspx](http://www.ci.westminster.co.us/ParksRec.aspx)

**Standley Lake Regional Park**  
100th Ave. and Simms St.  
**303-425-1097**

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

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

## Build activities into your day

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