



# Family Activity Resources

Fall and Winter

WHEAT RIDGE 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

Wheat Ridge Recreation Center  
4005 Kipling St.  
Wheat Ridge, CO 80033  
303-231-1300

## After school sports and programs

Youth Leagues and Programs  
[ci.wheatridge.co.us/490/Youth-Leagues-and-Programs](http://ci.wheatridge.co.us/490/Youth-Leagues-and-Programs)

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

**YMCA**  
[denverymca.org](http://denverymca.org)

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

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

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

## Parks, trails, and outdoor activities

**Wheat Ridge Parks and Trails**  
[ci.wheatridge.co.us/594/Parks-Fields-and-Facilities](http://ci.wheatridge.co.us/594/Parks-Fields-and-Facilities)

**Prospect Park**  
44th Ave. and Robb St.  
Wheat Ridge, CO 80033  
303-231-1300

**Crown Hill Park and Wildlife Preserve**  
26th Ave.  
Wheat Ridge, CO 80033  
[jeffco.us/parks/parks-and-trails/crown-hill-park](http://jeffco.us/parks/parks-and-trails/crown-hill-park)

**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