

Local Children's Fitness/Sports Resources

Often the best place to begin when looking for a fitness or sports program for your child is your local school, recreation center, YMCA or park and recreation district. Advanced Pediatrics has composed the following list of local fitness/sports programs for children as a resource for parents. Inclusion in this list does not represent endorsement by Advanced Pediatrics. As with any extra curricular activity, Advanced Pediatrics recommends parents thoroughly investigate any program they are considering to make an informed decision as to whether it constitutes a good fit for their child.

Athletic Clubs

Cherry Creek Athletic Club
Swim lessons
500 S. Cherry St.
303-399-3050
www.cherrycreekclub.com

Colorado Athletic Club, Inverness
Swim lessons, tennis, summer camps
374 Inverness Pkwy.
303-790-7777
www.coloradoac.com

Greenwood Athletic Club, Englewood
Swimming, basketball, soccer, tennis,
inline skating, martial arts, summer
camps
5801 S. Quebec St.
303-770-2582
www.greenwoodathleticclub.com

Heartwood Athletic Club, Aurora
Swimming, racquetball, fall/winter
exercise program, summer camps
15528 E. Hampden Circle
303-693-3550
www.heartwoodfitness.com

YMCA Aurora
Opening 2007
445 S Lansing St.
303-364-7471
www.denverymca.org

YMCA Littleton
Swimming, basketball, baseball,
football, roller hockey, marital arts,
soccer, tennis volleyball
11 W. Dry Creek Ct.
303-797-9622
www.denverymca.org

Recreation Centers

Beck Recreation Center, Aurora
Swimming, racquetball, martial arts
800 Telluride St. Aurora
303-739-6886
www.auroragov.org/recreation

Castle Rock Recreation Center
Swimming, gymnastics, baseball,
volleyball, basketball, soccer,
inline/roller hockey
2301 N. Woodlands Blvd.
303-660-1036
www.crgov.com

Englewood Recreation Center
Swimming, tumbling/dance, volleyball,
basketball, baseball, soccer
1155 W. Oxford Ave.
303-762-2680
www.englewoodgov.org

Goodson Recreation Center, Centennial
Swimming, gymnastics, racquetball,
basketball, field hockey, inline hockey,
soccer, football, volleyball, track,
lacrosse, baseball
6315 S. University Blvd.
303-798-2476
www.ssprd.org

Recreation Centers Cont.

Harvard Gulch Recreation Center
Swimming (summer), baseball, soccer,
volleyball
550 E. Illiff Ave
303-698-4999
www.denvergov.org/recreation

Parker Recreation Center
Swimming, baseball, basketball, dance,
football, roller hockey, soccer, tennis,
volleyball
17301 Lincoln Ave.
303-841-4500
www.parkeronline.org

Trails Recreation Center, Centennial
Swimming, climbing wall, racquetball,
basketball, gymnastics, martial arts,
soccer, volleyball
16799 E. Lake Ave.
303-269-8400
www.aprd.org

Parks and Recreation Districts

Aurora Parks and Recreation
Multiple locations in Aurora
10 pools, sports leagues, classes etc.
303-739-6640
www.auroragov.org/recreation

South Suburban Parks and Recreation
Multiple locations in Centennial &
Littleton
Pools, sports leagues, classes etc.
303-347-5999
www.sspr.org

Organized Sports

*See athletic clubs, recreation centers
and parks & recreation districts for
additional organized sports.*

T-Ball/Baseball/Softball

Arapahoe Youth League –
www.aylsports.com
Aurora Parks and Rec - 303-326-8700
Centennial Youth - 303-841-1689
Centennial Sabers - 720-838-0704
Cherry Creek Little League -
303-680-0168
Cherry Creek Youth Sports -
(303) 662-1644
Parker Hawks – 303-840-2255
Parker Rec Center - 303-841-4500
Spartans – 303-692-5374
YMCA Aurora – 303-364-7471
YMCA Littleton – 303-797-9622

Basketball

Arapahoe Youth League –
www.aylsports.com
Aurora Parks and Rec - 303-326-8700
Cherry Creek Youth Sports -
(303) 662-1644
Jam Basketball - 303-464-0996
Gold Crown Basketball - 303-238-6626
Parker Hawks – 303-840-2255
Parker Rec Center - 303-841-4500
Parker Sky Sox –
www.parkerskysox.com
Rams 303-248-3926
Rebels – 303-766-7490
Spartans – 303-692-5374
South Suburban - 303-347-5999 or 303-
483-7030
Trails Rec. Ctr. - 303-269-8400
YMCA Aurora – 303-364-7471
YMCA Littleton – 303-797-9622

Dance

Academy of Performing Arts –
303-688-5863
Aurora Parks and Rec. – 303-699-3911
Colorado School of Dance –
303-841-7233
Cherry Creek Dance – 303-399-8087
Dance Intensity – 720-870-1116
Jazzelle's Dance Academy –
720-231-3580

Dance Cont.

Joanne's Dance Studio – 303-688-6221
Metropolitan Academy of Dance -
303-771-6630
Miller's Dance Studio –
Aurora – 303-690-6040
SE Aurora – 303-693-6358
Parker - 303-841-9620
Motion Explosion – 303-799-6104
Parker Dance – 303-840-7407
Parker Rec Center - 303-841-4500
Starstruck Academy of Dance –
303-770-4480
YMCA Littleton – 303-797-9622

Football

Arapahoe Youth League –
www.aylsports.com
Aurora Parks and Rec - 303-326-8700
Cherry Creek Youth Sports -
(303) 662-1644
Parker Hawks – 303-840-2255
Parker Rec Center - 303-841-4500
Rams 303-248-3926
Rebels – 303-766-7490
Spartans – 303-692-5374
YMCA Aurora – 303-364-7471
YMCA Littleton – 303-797-9622

Gymnastics

Alpha Gymnastics – 303-841-9959
American Gymnastics Center –
303-766-1038
Aurora School of Gymnastics –
303-693-1007
Aurora Parks and Rec - 303-326-8700
Castle Rock School of Gymnastics –
720-733-3687
Champion Gymnastics – 303-843-0711
Colorado Gymnastics Institute –
303-363-7272
Colorado School Gymnastics –
303-337-8838
Gymnastics Plus – 303-512-0799
Omega Gymnastics – 303-814-2664
Parker School of Gymnastics –
303-841-9269
Trails Rec. Ctr. - 303-269-8400

Hockey

Ice

Arapahoe Youth Hockey - 303-708-9500
Family Sports - 303-708-9500
Littleton Hockey Assn. - (303) 703-8085
Front Range Hockey - (303) 439-2340

Roller

Aurora Parks and Rec - 303-326-8700
Parker Rec Center - 303-841-4500
Skate City - 303-344-3321 or 303-690-
1444
YMCA Littleton – 303-797-9622

Ice Skating

Family Sports - 303-708-9500
South Suburban Ice Arena -
303-798-7881

Martial Arts

ATA Academy & Karate for Kids –
303-663-9822
ATA Cross Taekwondo – 303-690-0560
Family Martial Arts – 303-699-1800
Ilyo Taekwondo – 303-696-7261
Ki Martial Arts – 303-699-5462
Korean Academy Taekwondo –
303-743-7767
Max Cooper's Karate – 303-337-4998
Omega Martial Arts – 303-680-3567
Parker Academy of Martial Arts – 303-
841-0515
Progressive Martial Arts – 303-369-6125
Taedwondo USA/Karate for Kids –
303-841-2145
Tiger Kim's Academy – 303-343-0955
Trails Rec. Ctr. - 303-269-8400
Ultimate Martial Arts – 303-400-0201
United Studios Self Defense
303-750-5810 or 720-870-8773
US Taedwondo - 303-690-8000
World Karate & Kickboxing
303-766-9449
YMCA Littleton – 303-797-9622

Soccer

Aurora Parks and Rec - 303-326-8700
Aurora Sting - 303-745-7574
Centennial Soccer – 303-660-4839
Colorado Rush – 303-986-5200
Colorado Storm - 303-799-0151
Douglas County – 303- 694-6882
Littleton Soccer – 303-797-0055
Parker Rec Center - 303-841-4500
Trails Rec. Ctr. - 303-269-8400
Triple Crown Sports –
www.triplecrownsports.com
YMCA Aurora – 303-364-7471
YMCA Littleton – 303-797-9622

Swimming

Aurora Pools – 303-696-4303
Beck Rec. Ctr. – 303-739-6984
Fitzsimons Pool – 303-361-7275
Parker Rec. Ctr. - 303-841-4500
Trails Rec. Ctr. - 303-269-8400
Utah Pool – 303-696-4303
YMCA Littleton – 303-797-9622

Tennis

Aurora Parks and Rec - 303-326-8700
Colorado Athletic Club – 303-790-7777
Greenwood Athl. Club – 303-770-2582
Littleton Tennis Center – 303-794-6933
Parker Rec Center - 303-841-4500
YMCA Littleton – 303-797-9622

Volleyball

Arapahoe Youth League –
www.aylsports.com
Aurora Parks and Rec - 303-326-8700
Cherry Creek Youth Sports -
(303) 662-1644
Gold Crown - 303-773-1442
Front Range Volleyball – 303-770-9435
Parker Hawks – 303-840-2255
Parker Rec Center - 303-841-4500
Spartans – 303-692-5374
Trails Rec. Ctr. - 303-269-8400
YMCA Aurora – 303-364-7471
YMCA Littleton – 303-797-9622