



City of Glenwood Springs
101 West 8th Street
Glenwood Springs, CO 81601

Brian Smith, Parks and Recreation Director

July 1, 2017

Director's Message

This month we celebrate Parks and Recreation, which are vitally important to establishing and maintaining the quality of life in our community, ensuring the health of all residents, and contributing to the economic and environmental well-being of our City and surrounding region.

The City Seal highlights several of our recreation offerings here in Glenwood Springs and for good reason. To many of our residents, outdoor recreation is a lifestyle. Overwhelmingly, 90% of Coloradans participate in some form of outdoor recreation activity every year. These activities are also the backbone for much of our economy here. Statewide, outdoor recreation contributes over \$34.5 billion in annual economic activity. The City of Glenwood Springs is at the center of the Northwest Region where total economic output from recreation is greatest. Over 91,000 jobs are created in the Northwest region from recreation, representing one third of the entire adult population for the region.

The Milken Institute has ranked our region as #11 in the Nation for Successful Aging and #1 for Wellness! Glenwood Springs continues to draw many older residents because of our healthy, engaged lifestyles, sense of community and safe environment. Exercise is an important key to aging successfully. It's never too late to start. No matter what your age, exercise is good for you. Find exercise that you enjoy, that fits into your schedule and get started.

Get out and discover a myriad of amenities around the area, did you know we have an archery range at South Canyon that is free to the public? The Community Center has cutting edge training facilities allowing you to exercise in a variety of ways, with several programs and activities designed to keep you active and healthy. Complete with lap lanes, hot tub, waterslide, diving board and water features the indoor leisure pool offers year-round fun.

This July designated as Parks & Recreation month kicks off an entire season of member appreciation and new discount sign up events including a Community Center open house on July 29th opening the facility to the public for free with a wealth of activities and entertainment for the whole family.

Our open spaces are a treasure trove of outdoor recreation opportunities. with Scenic Roaring Fork and Colorado rivers with its miles of paved trails, river side beaches, pavilions, fishing, sports fields, archery range, cycling, playgrounds and miles of beautified nature trails systems throughout the surrounding areas.

Whatever your level of activity may be Glenwood Springs has something for you. I invite all residents to experience our parks and the community center and make Parks and Recreation month the start of an enriching, healthy and active life.

Brian Smith, Parks and Recreation Director