

# 8 PARKS

## BETWEEN ILIFF AND CLAYTON

MOVE WITH DFX

A DENVER PARKS & PLAY GUIDE

DEVELOPMENTAL FX

therapy  
that fits

### DENVER CALC

MICRO-GRANT PROGRAM

MAKING IT EASIER AND SAFER TO  
WALK, ROLL, BIKE, AND TAKE TRANSIT

SAFER STREETS SAVE LIVES

DENVER x VISIONZERO



TRUST FOR  
PUBLIC  
LAND

DENVER • COMMUNITY  
ACTIVE LIVING COALITION



denver STREETS  
PARTNERSHIP



Developmental  
Pathways

CREATED BY THE TEAM AT DFX WITH GRAPHIC DESIGN BY RACHEL NICODENUS, OT

# MOVE WITH DFX

## A DENVER PARKS & PLAY GUIDE

### INTRODUCTION

DFX is grateful for the support of Denver CALC and Developmental Pathways which enabled us to create this resource. We're highlighting 8 parks in Denver that are located between our former location on Iliff Avenue and our new clinic on the Clayton campus.

We have also included information on the developmental benefits of being outdoors and connecting with the natural world.

This is intended to serve as a resource for families, to help them discover new places to enjoy the outdoors in Denver, and complements "Outdoor Play: A Denver Parks & Play Guide" that DFX developed in 2021 with Denver CALC funding. You can access that Guide through our website for more suggestions on how to maximize the developmental benefits of being outdoors.

Please reach out with questions, comments, and suggestions. You can email us at [info@developmentaldfx.org](mailto:info@developmentaldfx.org)



# 1

## JUDGE JOSEPH E. COOK PARK & RECREATION CENTER

7100 CHERRY CREEK S DR. DENVER 80224

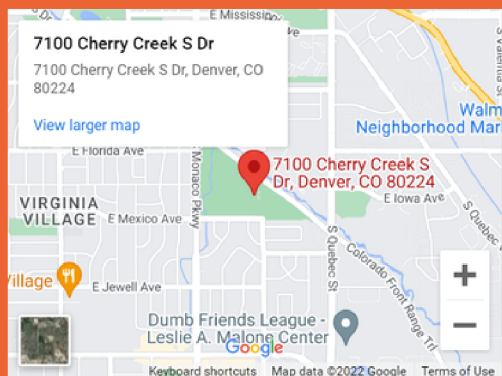
### Amenities:

- Recreation Center
- Outdoor pool
- Playground
- Fields for Softball, Baseball, Football, & Soccer
- Access to Creek & Natural Areas
- Restrooms
- Bike/Pedestrian Path
- Picnic Tables & Shelters

### Therapy that fits:

Walking and running in fields and along paths offers opportunities for cardiovascular fitness and gross motor skill development.

[Click here to learn more about Cook Park in DFX's Denver Parks & Play Guide](#)



# 2

## GARLAND PARK

6300 E MISSISSIPPI AVE DENVER 80224

### Amenities:

- Lake
- Playground
- Picnic Tables
- Sand Volleyball Court
- Bike/Pedestrian Path
- Playground
- Football & Soccer Fields
- Restrooms

### Therapy that fits:

Observe & imitate wildlife with your child - watch the geese, then try to waddle like a goose. Listen for other birds and try to chirp like a sparrow.





# 3

# CRESTMoor PARK

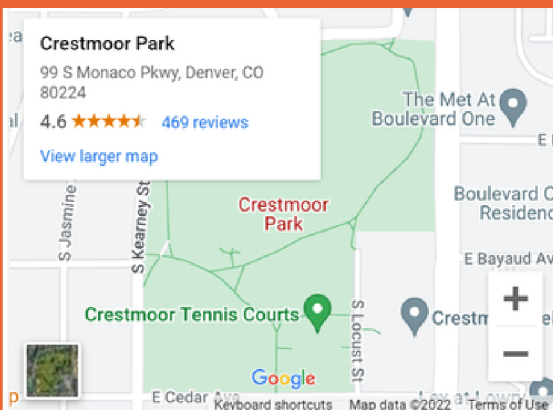
99 S MONACO PKWY DENVER CO 80224

## Amenities:

- Fitness Equipment
- Playground
- Picnic Tables & Picnic Area
- Bike/Pedestrian Path
- Benches
- Softball & Baseball Fields
- Restrooms
- Tennis Court

## Therapy that fits:

Playground play encourages development of gross and fine motor skills, builds core strength and promotes body awareness



# 4

## MONTCLAIR PARK

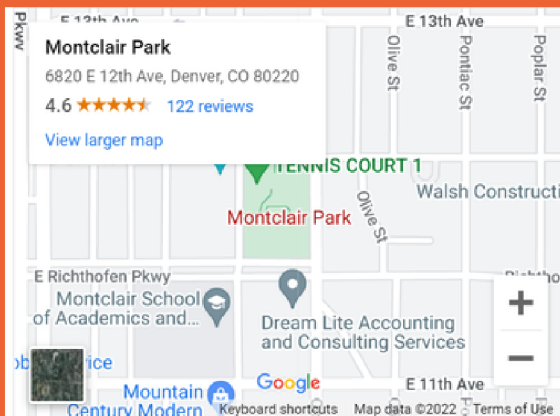
6820 E 12TH AVE DENVER 80220

### Amenities:

- Horseshoe Pits
- Playground
- Historic Site - The Moltery is on the National Register of Historic Places
- Benches
- Picnic Tables
- Picnic Area
- Tennis Court

### Therapy that fits:

Playground play allows for spontaneous engagement with peers and offers opportunity for social development



# W.H. FERGUSON PARK

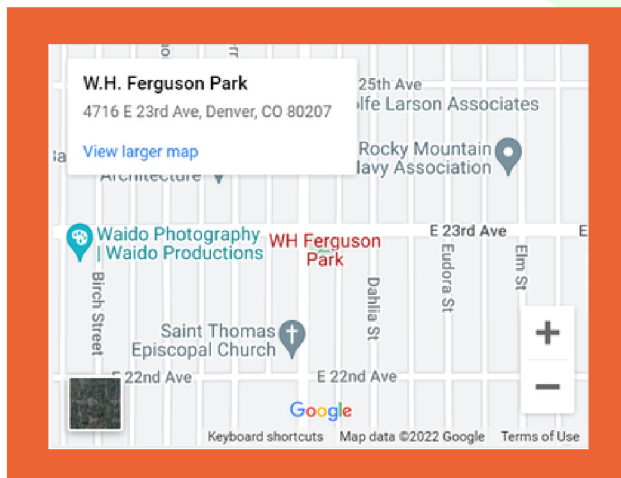
4716 E 23RD AVE DENVER 80207

## Amenities:

- Playground
- Benches
- Picnic Tables
- Picnic Shelter
- Known as "Turtle Park" for the concrete turtle that kids can climb on!

## Therapy that fits:

Plan an obstacle course! Give directions using sequencing terms and location words. First, walk under the tower. Second; climb on the Turtle; Last, Climb to the top of the Slide!



# 6

## CITY PARK

6820 E 12TH AVE DENVER 80220

### Amenities:

- Bike/Pedestrian Path
- Natural Areas & Scenic Views
- Picnic Tables
- Fountain
- Pavilion
- Softball, Baseball, & Soccer Fields
- Benches
- Historic Site

### Therapy that fits:

Take advantage of the wide-open spaces after a visit to the Denver Museum of Nature & Science. Take a break from being quiet & indoors. Let your kids run around, recharge, and breathe deeply!





# 7

## J. LANGSTON BOYD PARK

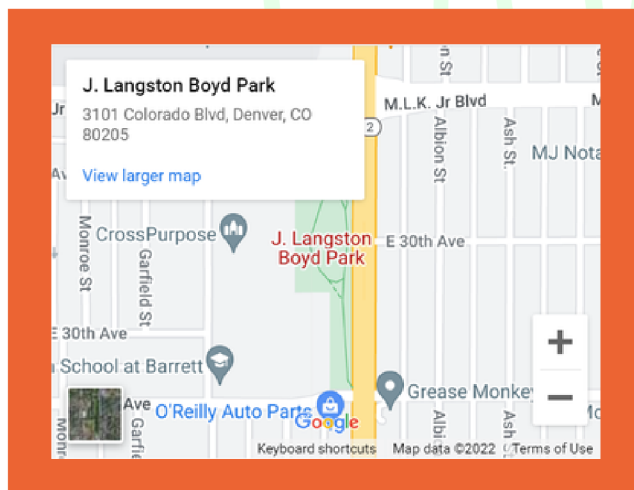
3101 COLORADO BLVD DENVER 80205

### Amenities:

- Benches
- Flower Beds
- Plaza
- Field
- Natural Areas

### Therapy that fits:

Time outside in nature offers opportunities to activate the senses and practice mindfulness. Take time to lay in the grass, close your eyes, and listen to the sounds of the park. Notice the birds chirping, an airplane flying overhead, and dogs barking. How many different sounds do you hear?



# 8

# CITY OF AXUM PARK

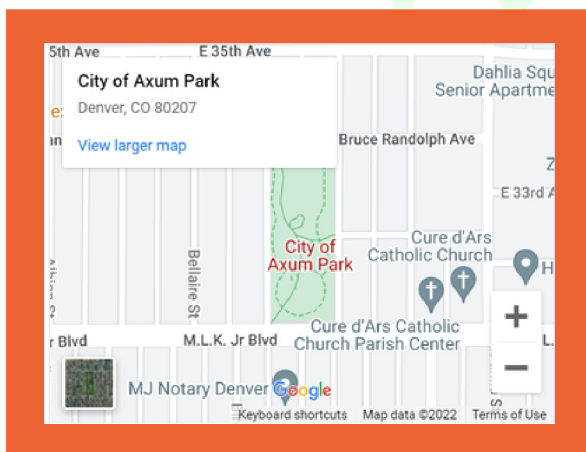
4400 BRUCE RANDOLPH AVE, DENVER 80207

## Amenities:

- Dedicated to Denver's Sister City, Axum, in Ethiopia
- Walking/Jogging Path
- Playground
- Picnic Tables
- Benches
- Basketball Court
- Benches
- Picnic Shelter

## Therapy that fits:

Climbing, hanging, swinging, sliding - all these movements build fine & gross motor skills, strengthen motor planning, spatial awareness, and body coordination.





# 8 COMMON GARDEN FLOWERS



**Purple Salvia**



**Geranium**



**Snap Dragon**



**Impatiens**

**Connect with  
Nature in Your  
Neighborhood**

**Play  
Flower Bingo**



**Russian Sage**



**Marigolds**



**Black-Eyed Susan**

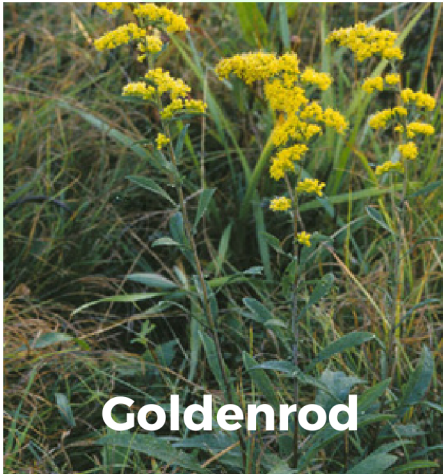


**Petunias**

**CAN YOU FIND THESE IN YOUR NEIGHBORHOOD?**



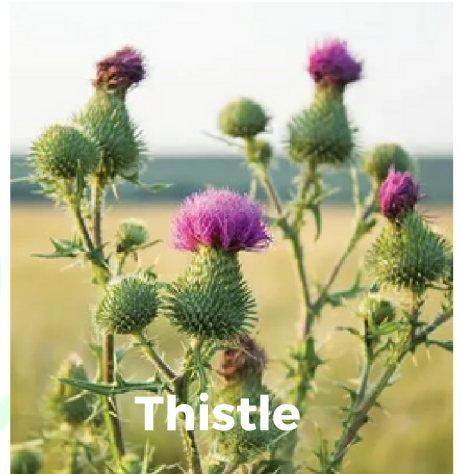
# 8 COMMON WILDFLOWERS



**Goldenrod**



**White Asters**



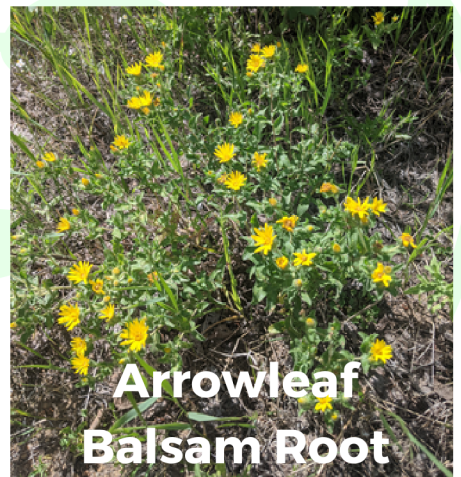
**Thistle**



**Wild Bergemot**

**Connect with Nature**

**Play Wildflower Bingo**



**Arrowleaf Balsam Root**



**Woolly Mullein**



**Yarrow**



**Cone Flower**

**CAN YOU FIND THESE IN A PARK OR ON A HIKE?**



# DENVER PARK BINGO



Cook Park



Garland Park



Crestmoor Park



Montclair Park

**MOVE  
WITH DFX**

**Play  
Park Bingo**



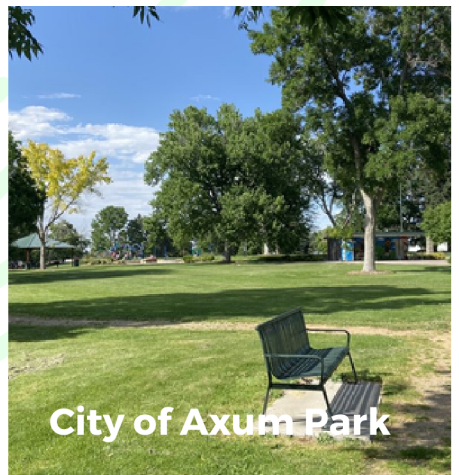
Ferguson Park



City Park



J. Langston Boyd Park



City of Axum Park

## CAN YOU VISIT ALL 8 PARKS?