

PHYSICAL ACTIVITY FOR YOU



A GUIDE TO PHYSICAL ACTIVITY
OPPORTUNITIES IN MONTEREY,
SANTA CRUZ, AND SAN BENITO
COUNTIES.

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Part One:

Guide to Physical Activity

INTRODUCTION: PHYSICAL ACTIVITY FOR YOU

Do you feel healthy? Are you consistently energized and capable of physical activity? If not, you are not alone. Many Americans need to find the time to sweat, breath heavily, and get their heart moving. These three things are easily manageable; consequently they are the only three things you need to become physically active. Exercise, combination of sweat, heavy breathing and pumping of the heart can move you towards a healthy life.

WHY P. A. IS IMPORTANT

According to The Centers for Disease Control, physical activity has proven to reduce the morbidity and mortality rate for the millions of Americans who suffer from chronic diseases¹. Physical activity decreases the risk of colon cancer, diabetes, and high blood pressure. Exercise helps control weight and will contribute to healthy bones, muscles and joints. Physical activity keeps the body strong by delaying the natural weakening process that causes injury among seniors. Physical activity helps to relieve the pain of arthritis and has been shown to reduce depression and anxiety.

THE NEED

The results of the 2011-2012 National Health and Nutrition Examination Survey show on average 16.9% of 2-19 year olds and 34.9% above age 20 are obese in the United States. These rates show very little (if any) improvement from 2004, when this survey was last conducted. A Health Brief directed by the California Health Interview Survey (CHIS) indicated that Monterey County has especially high obesity and overweight concerns. In 2012, 41-48% of 5th, 7th, and 9th grade students from Monterey, Seaside, Salinas and Soledad tested obese. The same study disclosed information for Monterey County teens and adults as well, showing a rise in persons becoming overweight and obese. In 2009, 2011 and 2012, 21% of residents aged 12-17 were overweight or obese, with 9% at risk for becoming overweight. Monterey County residents above the age of 18 are 40% overweight and 23% obese, and these rates are expected to rise.

Health Brief: Overweight and Obesity in Monterey County. (2013) Monterey county health department, public health bureau, epidemiology and evaluation. Retrieved from

http://www.mtyhd.org/wp-content/uploads/2014/09/Obesity_Health_Brief_November2013.pdf

Ogden, C.L, Carroll, M.D, Kit, B.K, and Flegal, K.M. (2014). Prevalence of childhood and adult obesity in the united states. *The Journal of the American Medical Association*. 311(8) 806-814.

INTENTIONS OF GUIDE

The purpose of this guide is to provide the residents of Monterey, San Benito, and Santa Cruz counties with information about physical activity opportunities. Our intention is to encourage the use of these locations to reduce the number of overweight and obese residents in the tri-county region. Whether it is through intense bodybuilding at the gym or playing horseshoes with friends, the goal is to get motivated and physically active.

HOW TO USE THE GUIDE

This guide provides you with the locations and contact numbers of physical activity sites in Monterey, San Benito, and Santa Cruz counties. Information regarding hours and fees are subject to change so please call the locations before you travel. Locations are listed alphabetically by county and then by city. The last section of this guide lists locations by specific activities.

HOW TO GET STARTED

It is important to talk to your health professional before beginning any type of physical activity.

Set Goals

Setting personal detailed goals regarding physical activity may help you participate in physical activity more regularly. Set reachable goals and reward yourself for reaching them. Share goals with friends and family who may be able to assist and encourage. Finding a fitness partner with similar goals is a strategy to stay on track.

Your Fitness Level

It is important to recognize your fitness level and not push yourself too hard during your physical activity routine. If you stick to a fitness routine, your fitness level will gradually improve and you will be able to do more.

Drink Water

Hydration is important for everyone every day, especially when participating in physical activity. It is recommended that individuals drink 64-80 ounces, or 8-10 8 ounce glasses, of water a day. An important rule to follow for exercise is to never allow the body to become thirsty.

Warming Up

Warming up can significantly increase the effectiveness of any workout and provide protection from preventable injuries. The purpose of warming up is to get blood moving, warm the muscles, and prepare your body for exercise. An effective warm up should include some type of low-key cardio and/or aerobic exercise. A short half-mile or longer walk/jog is usually sufficient for getting started. More ways to warm up are climbing stairs, doing jumping jacks, jumping rope, doing lunges, and participating in other activities that can be performed slowly and gently but get blood flowing. After the heart rate has increased a few targeted stretches may be helpful to prevent injury to the body.

Stretching

Stretching prepares the body, especially the muscles, for activity. Stretching can be limited to just the muscles used during the activity, but the whole body can benefit. An individual can only stretch to their ability, stretching should not hurt. Stretches should be held for 10-30 seconds.

Cooling Down

The cool down is similar to the warm up and is used to help the body adjust back to normal without hurting the heart and experiencing dizziness. An effective cool down consists of exercises that gradually bring the heart rate back to a comfortable rate. Cool downs should be adjusted to the individual and what he/she did during their work out. Generally a short, slow-paced walk and stretching will be sufficient after a moderate activity.

SUGGESTED USE OF LOCATIONS OFFERED IN THIS GUIDE:

Turfed areas (grass or field):

Running, jogging, relay races, Frisbee, catch, jumping jacks, group games, football, soccer, volleyball, tumbling, dancing, push-ups, sit-ups, racing, tag, and baseball

Beach access:

Running, jogging, walking, Frisbee, catch, group games, football, dancing, volleyball, swimming, diving, kayaking, surfing, body boarding, and body surfing

Basketball courts:

Traditional basketball, practicing and non-traditional basketball games such as HORSE and Lightning

Trails:

Walking, running, jogging, and mountain biking

Pool:

Lap swimming, water aerobics, pool games

Other types of Physical Activity include:

Cycling, skateboarding, tennis, climbing stairs, roller-blading, and roller-skating

If you are unable to go outside, you might try:

Push-ups, sit-ups, jogging in place, dancing, jumping, step aerobics, yoga, stretching, weight training, and dips (on the edge of a coffee table or chair)



Recommendations by Age Group

CHILDREN

Children should participate in physical activity on a daily basis. Exercise should be enjoyable for children.

Here are some examples of activities that may be fun for children:

Activities to do anywhere: run, jump, hop, balance, stretch, dance, tumble, jumping jacks, walk, push-ups, and sit-ups.



Activities that will need some equipment, a friend, or many friends: jump rope, bike ride, swim, fly a kite, skate, volleyball, soccer, baseball, basketball, football, Frisbee, hike, practice sports skills, swing, relay races, tag, and hula hoop.

All of the above activities can be done with friends or family. Some are outside activities but some can also be done inside. Get creative and have a good time with physical activity.

For safety reasons, children should not use weights when doing physical activity. If children really want to use weights, only light weights are permissible because heavy weights may cause damage to their developing bodies. The most effective weight for a child to use is his or her own body. This can be accomplished by doing sit-ups, push-ups, dips, etc.



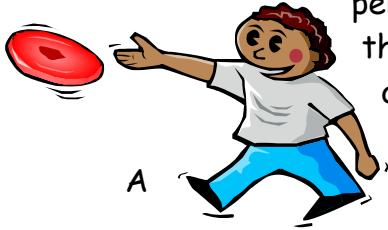
TEENS

Physical activity is important for teens and they should find time to fit it into their daily schedules. Not only will exercise contribute to a healthier life, it also benefits bone and muscle development.



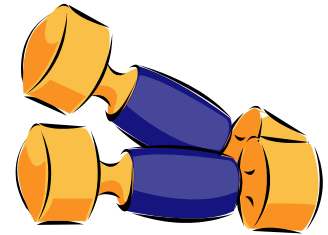
Teens are encouraged to do any of the above-mentioned activities that are suggested for children. Teens can alter the activity to their skill level and experience of enjoyment from them.

Developing a fitness circuit may be a cool way to incorporate physical activity into a daily routine. Fitness circuits can be tailored to specific interests. To make a fitness circuit the individual thinks of 4 or more personal activities that they enjoy. To do a fitness circuit, the teen needs to do a certain number of each activity in order, and then repeat. For example: 25 jumping jacks, 7 push-ups, 1 minute jogging in place, 30 sit-ups, and repeat. A fitness circuit may also be done with a partner.



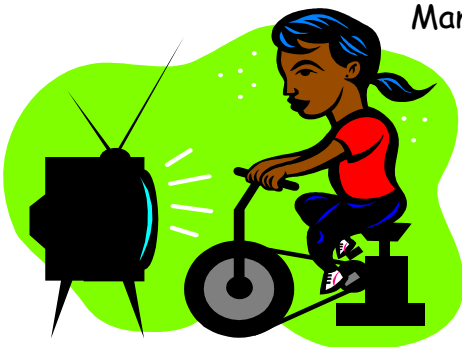
ADULTS

Physical Activity does not need to be strenuous to be beneficial. It is recommended that adults participate in at least 30 minutes of physical activity a day, most days of the week.



If 30 minutes a day is a challenge at first, it is suggested that an individual does a few minutes a day until the full 30 minutes is reached.

Here are some physical activity suggestions for adults: speed walking, mowing the lawn, dancing, swimming, and bicycling.



Many adults work in office type settings, if this is your situation you may try to incorporate physical activity into your work schedule. Here are some examples: Take three 10-minute walking breaks instead of a half hour lunch break or do stretching and lunging at your desk throughout the day.

SENIORS

It is recommended that seniors incorporate some physical activity into their daily lives in order to keep them healthy. Depending on their personal fitness level, seniors should only exercise to an extent where they will not injure themselves. The elder body will be able to repair itself and perform efficiently with proper use of conditioning and physical activity. Overcome the challenge of getting started. Improve your health by doing aerobic activity; it keeps the heart strong, lowers blood pressure, and relieves anxiety and depression.

Helpful tips:

- Take things slow. Gradually build the intensity level of activity.
- Don't forget your warm up and cool down!
- Be aware of your body, listen to your joints and stay alert to possible pulling of muscles and tendons.
- Pay attention to negative signals and stop activity immediately, e.g. dizziness, paleness, cold sweats, faintness, and pain or pressure.
- Avoid activity on hot days and always drink lots of water.
- Set achievable goals.

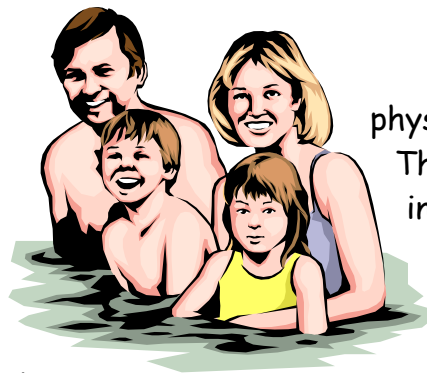


Some ideas of physical activity for seniors depending on fitness level:

Walking, gardening, swimming, water aerobics, stretching, bicycling, weight training, dancing, hiking, yoga, tai chi, and low-impact aerobics.

Families

Families are encouraged to incorporate activity into their busy schedules. many recreational activities that physical activity. Every family is different and they each include members of varying ages and fitness this should be remembered when physical



physical
There are
include

levels;
activities

are planned. When the weather is nice outside families can go explore the community by using this guide and discovering different local places for playgrounds, hikes, fields, and beaches. Level trails for hiking provide physical activity for all ages. Indoor activities are limited but here are some ideas: hide and seek, dancing, fitness circuit, jumping jacks, and housework.

PART TWO:
Places to go
by County

Monterey County

BIG SUR

Name	Location & Contact	Description	Hours	Cost
Andrew Molera State Park	Hwy1, 20 miles S. of Carmel Big Sur, CA 93920 (831) 667-2315	Beach access, trails, overnight camping, restrooms	9am-4pm	\$10/car day use
Garrapata State Park & Beach	Hwy 1, 10 miles S. of Carmel Big Sur, CA 93920 (831) 624-3407	Beach access, trails	Call	Free
Julia Pfeiffer Burns State Park & Beach	Hwy 1, 38 miles south of Carmel Big Sur, CA 93920 (831) 667-2315	Trails, restrooms	9am-4pm	\$10/car day use
Limekiln Beach State Park	63025 Hwy 1 Big Sur, CA 93920	Beach access, trails, overnight camping, restrooms	8am - sunset	Call
Pfeiffer Big Sur State Park	Hwy 1, 26 miles S. of Carmel Big Sur, CA 93920 (831) 667-2315	Trails, river access, overnight camping, restrooms	9am-4pm	\$10/car day use
Pfeiffer State Beach	Hwy 1, 27 miles S. of Carmel Big Sur, CA 93920 (831) 667-2315	Beach access	9am-4pm	\$10/car day use

**CARMEL &
CARMEL
VALLEY**

Name	Location & Contact	Description	Hours	Cost
Carmel City Beach	Scenic Rd. Carmel, CA 93921 (831) 624-3543	Beach access, trails, restrooms	9am- 4:30pm	Free
Carmel River Beach	HWY 1, south of Rio Rd. Carmel, CA 93921 (831) 649-2836	Beach access, trails, restrooms, boating, pet- friendly	Call	Free
Carmel Valley Community Park	25 Ford Rd. Carmel Valley, CA 93924 (831) 659-3983	Turfed area, playground, pool facilities, restrooms	Call	Call
Carmel Valley Racquet and Health Club	27300 Rancho San Carlos Carmel-By-The-Sea, CA 93921 (831) 624-2737	Gym facilities	Call	Call
Curves	13748 Center St. Carmel Valley, CA 93924 (831) 659-3211	Gym facilities	Call	Call
Devendorf Park	Ocean & Junipero Carmel, CA 93921 (831) 624-3543	Grass, restrooms	Sunrise to sunset	Free
Forest Hill Park	Camino Del Monte & Junipero	Playground, basketball court, volleyball court, tennis court, horseshoe arena, restrooms	Sunrise to sunset	Free
Garden Health and Fitness— Longevity for Women	26536 Carmel Rancho Carmel, CA 93921 (831) 626-0550	Gym facilities for women	Call	Call
Garland Ranch Regional Park	700 Carmel Valley Rd. Carmel Valley, CA 93924 (831) 659-6063	Trails, restrooms, pet-friendly	Sunrise to sunset	Free
Mission Trails Park	Rio Rd. (across from the Mission) Carmel, CA 93921	Trails	Sunrise to sunset	Free
Momentum Fitness Studio	3855 Via Nona Marie, Suite 203D Carmel, CA 93923 (831) 625-1360	Fitness classes, yoga & Pilates, zumba	Call	Call
Point Lobos State Reserve	Hwy 1, South of Carmel (831) 624- 4909	Trails, restrooms	8am-7pm	\$10 car/day

CASTROVILLE

Name	Location & Contact	Description	Hours	Cost
North County Recreation Center	11261 Crane St. Castroville, CA 95012 (831) 633-3084	Recreational activities for all age groups	Call	Call

DEL REY OAKS

Name	Location & Contact	Description	Hours	Cost
Del Rey Oaks Golf Center	899 Rosita Rd. Del Rey Oaks, CA 93940	Tennis court golfing	Sunrise to sunset	Free
Del Rey Park	999 Angelus Way Del Rey Oaks, CA 93940 (831) 394-8511	Turfed area, basketball court, baseball diamond, volleyball court, BBQ areas, pet- friendly	Sunrise to sunset	Free
Frog Pond Wetland Preserve	60 Gardet Ct suite 325, Monterey, CA, 93940 (831) 372-3196	Trails, pet- friendly	Sunrise to sunset	Free

GONZALES

Name	Location & Contact	Description	Hours	Cost
Canyon Creek Tot Lot	1875 Burgundy Way Gonzales, CA 93926 (831) 675-3629	Turfed area, playground (ages 3-5), BBQ pits	Sunrise to sunset: varies upon weather conditions	Free
Canyon Creek Park	1701 Burgundy Way Gonzalez, CA, 93926	Walking trails	Sunrise to sunset	Free
Centennial Park	250 1 st St. Gonzales, CA 93926	Turfed area, baseball/softball fields,	Sunrise to sunset	Free
Central Park	207 5 th St. Gonzales, CA 93926	Turfed area, playground, volleyball court, basketball court,	Sunrise to sunset	Free

		restrooms		
Curves	851 5 th St. suite H Gonzales, CA 93926 (831) 675-0112	Gym facilities	Call	Call
Gonzales Community Park	205 Elko Gonzales CA, 93926 (831) 675-3629	Pool facilities	Call	Call
Meyer Park	822 Holstein Way Gonzales, CA 93926	Turfed area, playground, soccer/softball fields, basketball court, restrooms	Sunrise to sunset	Free
Senior Center	117 4th St. Gonzales, CA 93926 (831) 675-9057	Recreational activities for seniors	Call	Call
Skate Park	203 1 st St. Gonzales, CA 93926 (831) 675-5000	Outdoor skate park, helmets required	Sunrise to sunset	Free

GREENFIELD

Name	Location & Contact	Description	Hours	Cost
Patriot Skate Park	Oak & 13 th St. Greenfield, CA 93927	Outdoor skate park	Sunrise to sunset	Free

KING CITY

Name	Location & Contact	Description	Hours	Cost
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Body Fx Gym	424 Broadway St. King City CA, 93930 (831) 386-9895	Gym facilities	Call	Call
City Park	Division St. King City, CA 93930	Playground, pool facilities, baseball fields, racquetball courts	Sunrise to sunset	Free
Curves	560 Canal St. King City, CA 93930 (831) 386-0646	Gym facilities	Call	Call
King City Senior Center	415 Queen St. King City, CA 93930 (831) 385-4562	Recreational activities for seniors	Call	Call
San Antonio Park	San Antonio Dr. King City, CA 93930 (831) 385-3281	Turfed area, playground, basketball/ volleyball court, soccer/softball fields, skate park	Sunrise to sunset	Free
San Lorenzo Park	1160 Broadway King City, Ca 93930 (831) 385-5964	Trails, playground, volleyball court, softball field, horseshoe, picnic areas and overnight camping	Call	Call

MARINA

Name	Location & Contact	Description	Hours	Cost
CSUMB Aquatic Center	CSUMB Campus 1st St. & 2nd Ave.	Pool facilities	Call	Call
CSUMB Track	CSUMB Campus Gen. Jim Moore & 1st	Track, football/soccer field	Sunrise to sunset	Free
Curves	445 Reservation Rd. Marina, CA 93933 (831) 883-2878	Gym facilities	Call	Call
Fort Ord Public Lands	(831) 394-8314	Trails	Sunrise to sunset	Free
Gloria Jean Tate	3254 Adby Way	Turfed area,	Sunrise to	Free

Park	Marina, CA 93933	playground, baseball fields, restroom, pet- friendly	sunset	
Locke-Paddon Park	Reservation & Del Monte Marina, CA 93933 (831) 884-1253	Trails	Sunrise to sunset	Free
Los Arboles Sports Complex	327 Reindollar Ave. Marina, CA 93933 (831) 384-4636	Softball fields and tennis courts	Call	Call
Marina Skate Park	211 Hillcrest St. Marina, CA 93933 (831) 384-3715	Outdoor skate park	Sunrise to sunset	Free
Marina State Beach	Reservation Rd. Marina, CA 93933	Beach Access	Sunrise to sunset	Free
Otter Sports Center	3 rd St. & 2 nd Ave. CSUMB Campus (831) 582-3031	Gym facilities	Call	Call
Slender Lady Weight Loss	215 Reservation Ste. D Marina, CA 93933 (831) 883-8663	Gym Facilities	Call	Call
Vince DiMaggio Park	3200 Del Monte Blvd. Marina, CA 93933	Turfed area, picnic areas and BBQ pits	Sunrise to sunset	Free
Windy Hill Park	3240 De Forest Ave. Marina, CA 93933 (831) 884-1253	Turfed area, playground, pet- friendly	Sunrise to sunset	Free

MONTEREY

Name	Location & Contact	<i>Description</i>	Hours	Cost
Archer Park Center	542 Archer St. Monterey, CA 93940 (831) 646-3866	Turfed area, playground, basketball court	6am-10pm daily	Free
Berwick Park	Ocean View Blvd. Pacific Grove 93950	Trails	6am-10pm daily	Free
Casanova Oak	Ramona & Euclid Ave.	Turfed area,	6am-10pm	Free

Knoll Park	Monterey, CA 93940 (831) 646-5665	playground, basketball court	daily	
CHOMP Cardiopulmonary Wellness Gym	576 Hartnell St. Monterey, CA 93940 (831) 625-4765	Gentle yoga class	Call	\$40/8 sessions
CHOMP Education	23625 Holman Hwy Monterey, CA 93942 (831) 625-4708	Tai Chi class, Walk to Win program	Call	Call
Curves	9 Soledad Dr., Ste. A Monterey, CA 93940 (831) 649-0192	Gym facilities	Call	Call
Cypress Park	Cypress St. & Hoffman Ave. Monterey, CA 93940	Turfed area, playground, tennis court	6am-10pm daily	Free
Deer Flats Park	Deer Forest Rd. Monterey, CA 93940 (831) 646-3866	Turfed area, playground, basketball court	6am-10pm daily	Free
Del Monte Beach	Tide Ave. & Surf Way Monterey, CA 93940	Trails, beach access, picnic area	6am-10pm daily	Free
Don Dahvee Greenbelt	Fremont Street & Iris Canyon Road Monterey, Ca 93940 (831) 649-7118	Trails, bike path	6am-10pm daily	Free
El Estero Park Complex	777 Pearl Street Monterey, CA, 93940 (831) 646-3866	Turfed are, playground, ball field, skate park, exercise course	10am-dusk	Free
Energia Body Centre	760 Del Monte Center Monterey, CA 93940 (831) 642-0222	Gym facilities	Mon-Fri. 6- 9pm Sat. 8-5pm Sun. 9-5pm	Call
Fisherman's Flats Park	Via Isola & San Vito Circle Monterey, CA 93940 (831) 646-3866	Turfed area, playground	6am-10pm daily	Free
Fisherman's Shoreline Park	Near Fisherman's Wharf & Coastguard Pier Monterey, CA 93940	Turfed area, recreation trail	6am-10pm daily	Free

Frog Pond Wetland Preserve	60 Garden Ct suite 325, Monterey, CA, 93940 (831) 372-3196	Trails, pet-friendly	Sunrise to sunset	Free
Fitness Evolution	2000 Garden Rd. Monterey, CA 93940 (831) 646-0550	Gym facilities	Call	\$9.99 per month
Monterey Peninsula Gymnastics	1663 Catalina Street Sand City, CA 93955 (831) 373-1694	Gymnastics instruction	Call	Call
Huckleberry Hill Natural Preserve	Access through Veteran's Memorial Park	Trails	6am-10pm daily	Free
Iris Canyon Greenbelt	Fremont Street & Iris Canyon Road Monterey, CA 93940	Turfed area	6am-10pm daily	Free
Hilltop Park & Center	871 Jessie Street Monterey, CA 93940 (831) 646-3975	Turfed area, playground, basketball court, tennis court, multi- purpose facility	6am-10pm daily	Free
Jack's Ball Park	Franklin & Figueroa Monterey, CA 93940 (831) 646-3969	Ball fields, playground, restrooms	Call	Call
Jack's Peak	25020 Jacks Peak Park Monterey, CA 93940 (888) 588-2267	Trails	Call	Call
Laguna Grande Regional Park	Del Monte & Virgin Monterey, CA 93940 (831) 646-3866	Playground, trails, volleyball courts, BBQ pits, restrooms	6am-10pm daily	Free
Larkin Park	Monroe & Clay St. Monterey, CA 93940 (831) 646-3866	Turfed area, playground, baseball field, basketball court, restrooms	Open after school and weekends	Free
Montecito Park	Montecito & Dela Vina Monterey, Ca 93940 (831) 646-3866	Playground, basketball court, restrooms	6am-10pm daily	Free

Monterey Peninsula College	980 Fremont St. Monterey, Ca 93940 (831) 646-4000	Fitness classes	Call	Call
Monterey Senior Center & Scholze Park	280 Dickman Ave. Monterey, CA 93940 (831) 646-3878	Turfed area, fitness classes, stretching classes, dance classes	9am-5pm Mon-Fri.	Free
Monterey Sports Center	301 E. Franklin Monterey, CA 93940 (831) 646-3730	Gym and pool facilities	Call	Call
Monterey State Beach	Del Monte & Park Ave. Monterey, Ca 93940 (831) 646-3860	Turfed area, beach access, trails, volleyball courts, restrooms	6am-10pm daily	Free
Monterey Tennis Center	401 Pearl St. Monterey, CA 93940 (831) 646-3881	Tennis courts, tennis lessons	9am-10pm daily	Call
Monterey Walking Club	Changes monthly- join online http://www.meetup.com/montereywalkers/	Walking group	Call	Free
Oak Newton Park	401 Oak St. Monterey, CA 93940 (831) 646-3866	Turfed area, playgrounds, basketball court, restrooms	6am-10pm daily	Free
Peter J. Ferrante Park	Encina & Palo Verde Monterey, Ca 93940 (831) 646-3969	Playground, baseball diamond, BBQ pit	6am-10pm daily	Free
Peninsula Power & Fitness	546 Hartnell St. Ste. E Monterey, CA 93940 (831) 375-3108	Gym facilities	Call	Call
Quarry Park	580 Pacific Street Monterey, CA 93940 (831) 646-3866	Trail	6am-10pm daily	Free
Rising Star Gymnastics	2024 Del Monte Ave. Monterey, CA 93940 (831) 375-9335	Gymnastics instruction	Call	Call
San Carlos Beach Park	Cannery Row & Reeside Ave. Monterey, CA	Turfed area, beach access, footpaths,	6am-10pm daily	Free

	93940	restrooms		
Slender Lady of Monterey	443 Webster St. Monterey, CA 93940 (831) 373-8446	Gym facilities focused on weight loss	Mon.-Fri. 7-8pm Sat. 8-1pm	Call
Spray Avenue Tot Lot	132 Spray Ave. Monterey, Ca 93940	Playground for young children	6am-10pm daily	Free
Veteran's Memorial Park	Skyline & Veteran's Drive Monterey, CA 93940 (831) 646-3865	Turfed area, basketball court, play equipment, overnight camping	Call	Call
Via Paraiso Park	Via Paraiso & Hermann Monterey, CA 93940 (831) 646-5669	Playground, basketball court, ball field, tennis courts, restrooms	6am-10pm daily	Free
Whispering Pines Park	Pacific & Alameda Monterey, CA 93940 (831) 646-3866	Turfed area, amphitheater, restrooms	6am-10pm daily	Free
YMCA of Monterey Peninsula	600 Camino el Estero Monterey, CA 93940 (831) 373-4167	Variety of youth recreational activities	Call	Call
Yoga Center of Monterey	201 Alvarado St. Monterey, CA 93940 (831) 647-9000	Yoga classes	Call	Call

MOSS LANDING

Name	Location & Contact	Description	Hours	Cost
Moss Landing State Beach	Jetty Road Moss Landing, CA 95039 (831) 649-2836	Beach access, horse-friendly trails	call	Free
Moss Landing Wildlife Area	Hwy 1, 1.25 miles N. of Moss Landing (831) 649- 2870	Limited trails	call	Free
Salinas River State Beach	Portrero Rd. off Hwy 1 Moss Landing, CA 95039 (831) 236-9326	Beach access, trails, restrooms	call	Free

Zmudoski Beach State Park	Giberson Rd. off Hwy 1 (831) 649-2836	Beach access, horse-friendly trails	call	Free
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PACIFIC GROVE

Name	Location & Contact	Description	Hours	Cost
In Shape Gym	1146 Forest Ave. Pacific Grove, Ca 93950 (831) 649-2348	Gym facilities	Call	Call
Andy Jacobsen Park	Ocean View & 7 th Pacific Grove, Ca 93950 (831) 648-5730	Trail	Sunrise to sunset	Free
Arnett Park	Piedmont Avenue Pacific Grove, Ca 93950	Playground, baseball field, restrooms	Sunrise to sunset	Free
Asilomar State Beach	804 Crocker Ave. Pacific Grove, Ca 93950 (831) 372-4076	Trail, beach access	Sunrise to sunset	Free
Caledonia Park	Central & Jewell Ave. Pacific Grove, Ca 93950	Turfed area, playground, basketball court, baseball diamond, restrooms	Sunrise to sunset	Free
Chase Park	Ocean View & Jewell Pacific Grove, Ca 93950	Trail	Sunrise to sunset	Free
Curves	158 Country Club Gate Center Pacific Grove, CA 93950 (831) 647-1900	Gym facilities	Call	Call
Esplanade Park	Esplanade Pacific Grove, Ca	Turfed area, beach access, trails	Sunrise to sunset	Free

	93950			
George Washington Park	Melrose & Adler St. Pacific Grove, Ca 93950	Trails, playground, baseball field, restrooms	Sunrise to sunset	Free
Greenwood Park	12 th & 13 th St. Pacific Grove, Ca 93950	Trails	Sunrise to sunset	Free
Hayward Park	Crocker Ave. Pacific Grove, Ca 93950	Trails	Sunrise to sunset	Free
Jewell Park	Park Place & Central Pacific Grove, Ca 93950	Turfed area	Sunrise to sunset	Free
Lover's Point Park	17 th St. on the coast Pacific Grove, Ca 93950	Turfed area, volleyball court, beach access	Sunrise to sunset	Free
Monterey Bay Coastal Recreation Trail	On the coast between Lover's Point and Aquarium	Trail	Sunrise to sunset	Free
Pacific Grove Adult School	1025 Lighthouse Ave. Pacific Grove, Ca 93950 (831) 646-6580	Fitness classes, pool facilities	Call	Call
Platt Park	Platt Court Pacific Grove, Ca 93950	Turfed area	Sunrise to sunset	Free
Rip Van Winkle Open Space	Congress Ave. Pacific Grove, Ca 93950	Trails	Sunrise to sunset	Free
Sally Griffin Center	700 Jewel Ave. Pacific Grove, Ca 93950 (831) 375-4454	Fitness classes, walking groups	Call	Call

PRUNEDALE

Name	Location & Contact	Description	Hours	Cost
Manzanita Regional Park	17100 Castroville Blvd. Prunedale, CA 93907	Soccer fields, BMX course	Sunrise to sunset	Free
Prunedale Senior Center	8300 Prunedale North Rd. Prunedale, CA 93907 (831) 633-5023	Variety of recreational activities for seniors	Call	Free
Slender Lady of Prunedale	17587 Vierra Canyon Rd. Prunedale, CA 93907 (831) 663-5800	Gym facilities	Call	Call

SALINAS

Name	Location & Contact	Description	Hours	Cost
Acacia Court	327 Acacia St. Salinas, CA 93901	Small turf area	Sunrise to sunset	Free
Active Seniors, Inc.	100 Harvest St. Salinas, CA 93901 (831) 424-5066	Various exercise classes for seniors. Ballroom dancing	Mon.-Fri. 9-3:30	\$30 annual fee
Alliance on Aging	247 Main St. Salinas, CA 93901 (831) 755-4466	Walking the Talk - walking club	Call	Free
Bataan Memorial Park	15 E. Market St. Salinas, CA 93901	2 acres, turf area	Sunrise to sunset	Free
Bread Box Recreation Center	745 N. Sanborn Rd. Salinas, CA 93901 (831) 758-7908	Variety of services for youth 7 years and up.	Mon.-Fri. 8am-5pm	Free
Cabana Holiday	8710 Prunedale North	RV park, Cabin rentals, pool,	Call	Call

	Salinas, CA 93907 (831)663-2886	Basketball court		
Central Park	420 Central Ave. Salinas, CA 93901 (831) 758-7936	Variety of activity opportunities.	Mon.-Fri. 3-5:30pm Call for other times	Call
Cesar Chavez Community Park	250 N. Madeira Salinas, CA 93901 (831) 758-7217	Playground, basketball courts, open turfed area, restrooms	Sunrise-Sunset	Free
Chamisal Tennis and Fitness Club	185 Robley Rd. Corral De Tierra, CA (831) 484-1135	Tennis courts, playground, pool, fitness classes, gym	Call	Call for rates
Circuit Lady Fitness	49 San Miguel Ave. Salinas, CA 93901 (831) 771-9300	Gym facilities	Call	Call
Claremont Manor Park	1220 San Fernando Dr. Salinas, CA 93901 (831) 758-7217	Playground, tennis courts, little league, restrooms	8am-5pm	Free
Clay Street Play Lot	70 Clay St, Salinas, CA 93901	Playground	Sunrise to Sunset	Free
Closter Community Park	401 Towt St. Salinas, CA 93905	Variety of recreational activities for youth	Mon.-Fri. 3-5:30 pm	Free
Constitution Soccer Complex	1440 Constitution Blvd. Salinas, CA 93906 (831) 758-7306	Soccer fields, restrooms	Call	Call
Creekbridge Park	1793 Declaration St. Salinas, CA 93906 (831) 758-7217	Playground, turfed area	Sunrise to Sunset	Free
Curves for Women	1276 S. Main Ste. C Salinas, CA 93901 (800) 704-5908	Gym Facilities	Call	Call
Curves for Women	1554 Constitution Blvd.	Gym Facilities	Call	Call

	Salinas, CA 93906 (831) 771-2450			
Curves International	1469 N Davis Rd, Salinas, CA 93907 (831) 757-4487	Gym Facilities	Call	Call
East Laurel Pocket Park	10 E. Laurel Dr. Salinas, CA 93905 (831) 758-7306	Playground, benches	Sunrise to sunset	Free
El Dorado Park	1655 El Dorado Dr. Salinas, CA 93906 (831) 758-7223	Variety of recreational activities for youth	Mon.-Fri. 3:30-5pm	Free
Elite Gymnastics Academy	518 Work Street Salinas, CA 93901 (831) 754-1113	Gymnastics instruction	Call	Call
Exposition Grounds	295 Sun Way Salinas, CA 93901	Turfed area, playground, softball/soccer fields,	Sunrise- sunset	Free
Frank Paul School Park	1330 Rider Ave. Salinas, CA 93905 (831) 753-5740	Playground, little league field	Call	Free
Firehouse Recreation Center	1655 El Dorado Street Salinas, CA 93901 (831) 758-7900	Variety of recreational activities for youth	Call	Call
Fremont Elementary School	1255 E. Market St. Salinas, CA 93905 (831) 753-5750	Lighted softball field	Call	Free
Gabilan Play Lot	263 Toro Ave. Salinas, CA 93905	Turfed area, playground	Sunrise to sunset	Free
Gymnastics Gypress Gymnastics Center	1354 Dayton St. Ste.A Salinas, CA 93901 (831) 751-9077	Gymnastics Instruction	Call	Call
Hartnell Community College	411 Central Ave. Salinas, CA 93901 (831) 755-6700	Fitness classes	Call	Call

Hartnell Park	723-725 W. Acacia St. Salinas, CA 93901	Playground, basketball and volleyball courts, restrooms	Sunrise to sunset	Free
Hebbron Heights Community Center	683 Fremont St. Salinas, CA 93905 (831) 758-7354	Variety of recreational activities for youth	Mon.-Fri. 3-6pm	Free
Jaycee Tot Lot	1415 Bardin Way Salinas, CA 93905	Playground, benches,	Sunrise-sunset	Free
Laguna Seca Regional Park	1025 Monterey Hwy Salinas, CA 93908 (888) 588-2267	Overnight camping	Call	Call
La Paz Park	560 Roosevelt St. Salinas, CA 93905 (831) 758-7217	Turfed area, playground, basketball court	Sunrise to sunset	Free
Laurel Heights Park	751 Circle Dr. Salinas, CA 93905 (831) 758-7217	Turfed area, playground, basketball	Sunrise to sunset	Free
Laurel Park	340 W. Laurel Dr. Salinas, CA 93906 (831) 758-7217	Playground, tennis courts, little league diamond	Sunrise to sunset	Free
Laurelwood Park	915 Victor St. Salinas, CA 93907 (831) 758-7217	Turfed area, playground, basketball court	Sunrise to sunset	Free
Los Padres Park	1210 John St. Salinas, CA 93905	Turfed area, playground	Sunrise to sunset	Free
Maple Play Lot	860 Los Palos Dr. Salinas, CA 93901	Turfed area, playground, basketball court	Sunrise to sunset	Free
McKinnon Park	1700 McKinnon St. Salinas, CA 93906	Turfed area, playground, field	Sunrise to sunset	Free
Mission Park Elementary	403 W Acacia St, Salinas, CA 93901 (831) 753-5635	Turfed area, playground	Sunrise to sunset	Free

Municipal Pool	920 N. Main St. Salinas, CA 93906 (831) 758-7301	Pool facilities and classes	Mon-Fri 8am-5pm	Call
Myrtle Court Play Lot	33 Myrtle Court Salinas, CA 93905	Turfed area, playground	Sunrise to sunset	Free
Natividad Park	1450 Lassen Ave. Salinas, CA 93906	Turfed area, playground	Sunrise to sunset	Free
Natividad Creek Park, Skateboard and BMX Course	1395 Nogal Dr. Salinas, CA 93905 (831) 758-7306	Trails, playground, various sports fields	Sunrise to sunset	Free
Northgate Park	1600 Seville St. Salinas, CA 93906 (831) 758-7217	Turfed area, playground, basketball court	Sunrise to sunset	Free
Northgate Tot Lot	1611 Cherokee Dr. Salinas, CA 93906	Turfed area, playground	Sunrise to sunset	Free
Prunedale Fitness Center	17760 Mono Road Salinas, CA, 93907 (831) 663-0685	Gym Facility	Call	Call
Rossi Rico Linear Parkway	701 Victor St. Salinas, CA 93907	Turfed area, paths, exercise course	Sunrise to sunset	Free
Salinas Adult School, Creative Living Center	20 Sherwood Pl. Salinas, CA 93901 (831) 796-6920	Fitness classes for older adults	Call	Call
Salinas Athletic Club: In-Shape	1509 N. Main St. Salinas, CA 93906 (831) 975-4233	Gym	Call	Call
Salinas Athletic Club: In-Shape	1040 N. Davis Rd. Salinas, CA 93901 (831) 755-0555	Gym	Call	Call
Salinas Community Center and Sherwood Hall	920 N. Main St. Salinas, CA 93906 (831) 758-7301	Variety of classes	Call	Call
Salinas	117 Clay St. Salinas, CA 93901	Variety of fitness classes	Call	Call

Communi
ty YMCA

(831) 758-3811

Salinas Skate Park	Las Casitas & Constitution Salinas, CA 93905	Outdoor skate apparatus (behind tennis courts)	Sunrise to Sunset	Free
Salinas Recreation Center	920 Lincoln Ave. Salinas, CA 93901 (831) 758-7954	Gymnasium, various activities, restroom	Call	Call
Santa Lucia Playground	320 Elwood St. Salinas, CA 93906	Turfed area, playground	Sunrise to sunset	Free
Santa Rita Park	290 Bolivar St. Salinas, CA 93906	Turfed area, playground, basketball court	Sunrise to sunset	Free
Sherwood Park	920 N. Main St. Salinas, CA 93906	Turfed area, playground, volleyball court, restroom	Sunrise to sunset	Free
Sherwood Park Tennis Center	930 N. Main St. Salinas, CA 93906 (831) 758-7318	Tennis facilities	Call, seasonal	Call
Soberanes Park	1140 Paseo Grande Salinas, CA 93905	Turfed area, playground	Sunrise to sunset	Free
Soto Square	2140 N. Main St. Salinas, CA 93906	Turfed area, playground	Sunrise to sunset	Free
Steinbeck Park	1700 Burlinton Ave. Salinas, CA 93906	Turfed area, playground, softball field	Sunrise to sunset	Free
Toro Park	501 Hwy 68 Salinas, CA 93908 (888) 588-2267	Trails for hiking/biking, softball fields, playgrounds, volleyball courts, restrooms	Vary monthly	\$4/Mon.-Fri. \$6/Sat.-Sun. (per vehicle)
Veteran's Memorial Park	855 E. Laurel Dr. Salinas, CA 93905	Bike path, restrooms	Sunrise to sunset	Free

West Coast Fitness	247 Main St. Salinas CA 93901 (831) 753-2202	Gym facilities	Call	Call
Williams Ranch Park	1530 Falcon Dr. Salinas, CA 93905	Turfed area, playground, little league field	Sunrise to sunset	Free
Woodside Park	1045 Iverson St. Salinas, CA 93901	Turfed area, playground, basketball court, little league field	Sunrise to Sunset	Free
Yoga High Studio	1215 S. Main Salinas, CA 93901 (831) 594-9348	Yoga classes	Call	Call
24-hour Fitness	1035 Main St. Salinas, CA 93901 (831) 751-7444	Gym facilities	Call	Call

SEASIDE & SAND CITY

Name	Location & Contact	Description	Hours	Cost
Curves	1130 Fremont St. #202 Seaside, CA 93955 (831) 899-0998	Gym facilities	Call	Call
Cutino Park	Noche Buena St. & La Salle Ave. Seaside, CA 93955	Turfed area	Sunrise to sunset	Free
Gold's Gym	1760 Fremont Seaside, CA 93955 (831) 394-8870	Gym facilities	Call	Call
Houghton M. Roberts State Beach	Sand Dunes Dr. Seaside, CA 93955	Beach access, trails	Sunrise to sunset	Free
Laguna Grande Regional Park	Canyon Del Rey & Hilby Seaside, CA 93955	Turfed area, playground, soccer field, volleyball	Sunrise to sunset	Free

	(831) 899-6270	court, restrooms		
Robert's Park	Roberts Avenue Seaside, CA 93955 (831) 899-6270	Small lake, trails	Sunrise to sunset	Free
Oldemeyer Center	986 Hilby Ave. Seaside, CA 93955 (831) 899-6800	Variety of recreational services	Call	Call
Patulla Swim Center	1184 Wheeler St. Seaside, CA 93955 (831) 899-6815	Pool facilities	Call	Call
Sanctuary Rock Climbing Gym	1855A East Avenue Sand City, CA 93955 (831) 899-2595	Rock climbing gym	Call	Call
Seaside State Beach	Canyon Del Rey Seaside, CA 93955 (831) 899-6270	Beach access, trails	Sunrise to sunset	Free
Youth and Education Center	1136 Wheeler St. Seaside, CA 93955 (831) 899-6820	Variety of services for youth grade 6-12	Call	Free

SOLEDAD

Name	Location & Contact	<i>Description</i>	Hours	Cost
Bill Ramus Park	Monterey & Soledad Soledad, CA 93360	"Walking track" for seniors	Posted at park	Free
Chester Aaroe Park	East & North Soledad, CA 93360	Playground, baseball field, tennis courts, restrooms	Posted at park	Free
Front Street Park	Front St. Soledad, CA 93360	Open recreational space	Posted at park	Free
Jesse Gallardo Park	East & North Soledad, CA 93360	Baseball field, tennis court	Posted at park	Free
Lum Park	520 Terraza St. Soledad, CA 93360	Playground, basketball court, soccer field	Posted at park	Free
Ramirez Park	Munras St. Soledad, CA 93360	Turfed area, playground	Posted at park	Free
Santana Park	Miranda St. & Prado	Playground, basketball	Posted	Free

	Dr. Soledad, CA 93360	court, volleyball court, soccer/football field	at park	
South County YMCA	560 Walker Dr. Soledad, CA 93360 (831) 678-1239	Variety of fitness classes and equipment	Call	Call
Soledad Community Swimming Pool	570 N. Walker Dr. Soledad, CA 93360 (831) 678-3745	Pool facilities	Call	Call
Veteran's Park	Gabilian Dr. & Vista de Soledad Soledad, CA 93360	Walking trail	Posted at park	Free
Vosti Park	Park & Monterey Soledad, CA 93360	Sports fields, volleyball court, restrooms	Posted at park	Free

San Benito
County

HOLLISTER

Name	Location & Contact	Description	Hours	Cost
Calaveras School Park	1151 Buena Vista Road Hollister, CA 95023 (831) 636-4390	Turfed area, playground softball field, basketball court	Sunrise to sunset	Free (Reservations cost money)
Cerra Vista School Park	2151 Cerra Vista Dr. Hollister, CA 95023 (831) 636-4390	Playgrounds, trails, softball/soccer fields, basketball court	Sunrise to sunset	Free (Reservations cost money)
Designing Women Health & Fitness	640 McCray St. Hollister, CA 95023 (831) 636-7874	Fitness facilities for women	Call	Call
Dunne Park	West & Sixth St. Hollister, CA 95023 (831) 636-4390	Playground, softball field, tennis court	Sunrise to sunset	Free (Reservations cost money)
Frank Klauer Memorial Park	Beverly Dr. Hollister, CA 95023 (831) 636-4390	Turfed area, playground	Sunrise to sunset	Free (Reservations cost money)
Gold's Gym	1525 Cushman St. Hollister, CA 95023 (831) 637-8122	Gym facilities	Call	Call
Hollister Skate Park	Memorial St. Hollister, CA 95023	Outdoor skate park	Sunrise to sunset	Free
John Z. Hernandez Memorial Park	Central Ave. Hollister, CA 95023	Playground, basketball court	Sunrise to sunset	Free
Kick Box USA	717 San Benito St. Hollister, CA 95023 (831) 637-3834	Kick boxing classes	Call	Call
Las Brisas Park	Las Brisas Dr. Hollister, CA 95023	Turfed area, playground	Sunrise to sunset	Free
Laura Dance Academy	618 San Benito St. Hollister, CA 95023 (831) 636-8343	Dance classes	Call	Call

Maguerite Maze Sports Complex	Meridian St. Hollister, CA 95023 (831) 636-4390	Basketball court, softball field, volleyball court, soccer field	Sunrise to sunset	Free (Reservations cost money)
McCarthy Street Park	Alvarado Dr. Hollister, CA 95023	Turfed area, basketball court	Sunrise to sunset	Free
Pinnacles National Monument	5000 Hwy 146 Paicines, CA 95043 (831) 636-4390 Ext. 243	Trails, rock climbing, restrooms	East: Sunrise to sunset West: 7:30-6pm	\$5/vehicle \$3/walk-in
Rancho San Justo Sports Complex	Prospect & Park St. Hollister, CA 95023 (831) 636-4390	Track, various sports fields and courts	Call	Call
Schleeter's Academy of Martial Arts	618 San Benito St. Hollister, CA 95023 (831) 630-3177	Martial Arts classes	Call	Call
Tony Aguirre Memorial Park	Bridge Rd. Hollister, CA 95023	Turfed area, playground	Sunrise to sunset	Free
USA Sports Connections	864 Industrial Dr. Hollister, CA 95023 (831) 635-0872	Various recreational activities, dance and gymnastics classes	Call	Call
World Gym	190 Maple St. Hollister, CA 95023 (831) 636-3488	Gym facilities	Call	Call
Veteran's Memorial Softball Fields	Memorial Dr. Hollister, CA 95023 (831) 636-4390	Softball fields with night lights	Call	Call
Vista Park Hill	Hill & 3 rd St. Hollister, CA 95023	Playground, softball field	Sunrise to sunset	Free (reservations cost money)
YMCA	339 Fifth St. Hollister, CA 95023 (831) 637-8600	Various recreational activities	Call	Call

SAN JUAN BAUTISTA

<i>Name</i>	<i>Location & Contact</i>	<i>Description</i>	<i>Hours</i>	<i>Cost</i>
Fremont Peak State Park	Off Hwy 156, San Juan Canyon Rd. (831) 623-4255	Trails	8am-1/2 hour after sunset	Call
San Juan Bautista State Historic Park	Hwy 156, 3 miles east of Hwy 101 (831) 623-4526	Walking	10am-4:30 pm	Call

**SANTA CRUZ
COUNTY**

APTOS

Name	Location & Contact	Description	Hours	Cost
Aptos Village Park	100 Aptos Creek Rd. Aptos, CA 95003 (831) 454- 7956	Turfed area, trails, playground	9am-sunset	Free
Body in Motion	783 Rio Del Mar Blvd. Ste. 55 & 57 Aptos, CA 95003 (831) 685-1779	Pilates and Gyro tonic classes	Call	\$12 to \$100
Curves	7960 Soquel Dr. Aptos, CA 95003 (831) 688- 2348	Gym facilities	Call	Call
Seacliff State Beach	201 State Park Dr. Aptos, CA 95003 (831) 685- 6442	Beach access	Sunrise to sunset	\$ 6 car day-use parking fee
The Forest of Nisene Marks State Park	Aptos Creek Rd & Soquel Aptos CA 95003 (831) 763- 7064	Trails, bicycling	Sunrise to sunset	\$6 day use & \$3 per person overnight

BEN LOMOND

Name	Location & Contact	Description	Hours	Cost
Ben Lomond Park	9525 Mill St. Ben Lomond CA 95005 (831) 454- 7956	Basketball courts, playground	8am - sunset	Free
Senior Center of San Lorenzo Valley	Highlands Park P.O.Box 136 Ben Lomond, CA 95005 (831) 336- 8900	Variety of recreational services for seniors	Call	Call

BOULDER CREEK

Name	Location & Contact	Description	Hours	Cost
Big Basin Redwoods	21600 Big Basin Way- 25 miles NW of Santa	Trails, overnight camping, bicycling	Daily sunrise	\$6 car day use parking

State Park	Cruz on Hwy 9 (831) 338-8860	to sunset	fee
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CAPITOLA

Name	Location & Contact	Description	Hours	Cost
Dancercenter	1550 41st Ave. Capitola CA 95010 (831) 475- 5032	Dance classes, personal trainers, fitness facilities	Call	Call
Spa Fitness Center	1200 41 st Ave., Capitola CA 95010 (831) 462- 2004	Weight room & women's facility	Mon. - Fri. 5:30am - 9pm Sat. & Sun.7am- 8:30 pm	Call
Spa Fitness Center	1100 41 st Ave., Capitola CA 95010 (831) 462-2004	Gym and spa facilities	Weekdays 5:30am to 9pm Weekends 7am- 8:30pm	32/month with 2 year contract
Spa Fitness Center	816 Bay Ave., Capitola, CA 95010 (831) 475- 6316	Gym and Spa facilities	Weekdays 6am-9pm Sat. 7am- 6:30pm Sun. 9:30am- 4:30pm	Call

FELTON

Name	Location & Contact	Description	Hours	Cost
Curves	6149 Hwy. 9 Felton CA 95018 (831) 335- 7870	Gym facilities	Call	Call
Henry Cowell Redwoods State Park	303 Big Trees Park Rd. Felton, CA 95018 (831) 335- 7077	Trails, overnight camping	Sunrise to sunset	\$6 car day use parking fee
Loch Lomand Recreation Area	100 Loch Lomand Way Felton CA 95018 (831) 335- 7424	Trails, water activities	Open March 1- Sept. 15, call for hours	\$4 car day pass/ boat launch \$2-\$5/ \$1 per person & dog

SANTA CRUZ

Name	Location & Contact	Description	Hours	Cost
24- Hour Fitness	1261 Soquel Ave. Santa Cruz, CA (831) 454-0333	Gym and pool facilities	Weekdays 24 hours Weekends Call	Call
Adventure Sports Unlimited	(831) 458- 3648	Variety of recreational services	Call	Call
Arana Gulch City Park	Agnes St. Santa Cruz, CA 95060 (831) 420- 5270	Trails	Summer/ sunrise to 7pm Winter/ sunrise to 4pm	Free
Ashtanga Yoga Institute	1307 Seabright Ave. Santa Cruz, CA 95062 (831) 426-8893	Yoga classes	Call	Call
Balance of Power Pilates	207 McPherson St. Ste.A Santa Cruz, CA 95060 (831) 429- 1245	Pilates classes	Call	\$75 per series Call for private lessons

Beach Flat Park	122 Raymond St. Santa Cruz, CA 95060 (831) 420-5270	Turfed area, playground	Sunrise to sunset	Free
Bethany Curve	West Cliff Dr. Santa Cruz, CA 95060 (831) 420- 5270	Turfed area, trails	Sunrise to sunset	Free
Body & Soul	738 Chestnut St. Santa Cruz, CA 95060 (831) 459- 8613	Yoga classes	Call	\$9 -\$12 a class
Brazilian Jiu- Jitsu	21507 E. Cliff Dr. Santa Cruz, CA 95062 (831) 476- 7650	Jiu- Jitsu classes	Call	Call
Catalyst Soccer Club	(831) 475- 4015	Youth soccer leagues	Call	Call
Curves	415 F River St. Santa Cruz, CA 95060 (831) 466- 0166	Gym facilities	Call	Call
Curves	2724 Soquel Ave. Santa Cruz, CA 95062 (831) 465- 8228	Gym facilities	Call	Call
DeLaveaga Park	850 N. Branciforte Dr. Santa Cruz, CA 95060 (831) 420- 5270	Trails, ball fields, playground, archery range	Park- 7am to sunset, ball fields open @ 11 call for archery	Call
Derby park	508 Woodland Way Santa Cruz, CA 95060 (831) 420-5270	Outdoor skateboard park, turfed area, tennis courts, volleyball court	Sunrise to sunset	Free
Frederick Street Park	168 Frederick St. Santa Cruz, CA 95062 (831) 420- 5270	Turfed area, trails, playground, volleyball court	Sunrise to sunset	Free
Garfield Park	634 Almar Ave. Santa Cruz, CA 95060 (831) 420- 5270	Turfed area, basketball court, playground	Sunrise to sunset	Free
Gold's Gym	620 Water St. Santa Cruz, CA 95060	Gym facilities	Call	Call

	(831) 425- 4653			
Grant Park	150 Grant St. Santa Cruz, CA 95060 (831) 420- 5270	Basketball court, youth baseball field, playground	Sunrise to sunset	Free
Harvey West Park	326 Evergreen St. Santa Cruz, CA 95060 (831) 420- 5270 pool- 420- 6140	Pool, ball field, playground, trails	Park: 7am- sunset, ball fields open @ 11, call for pool hours	Call
Jim Booth Swim School	(831) 722- 3500	Swim lessons	Call	Call
John Franks Park	Marnell St. Santa Cruz, CA 95062 (831) 420- 5270	Turfed area, playground	Sunrise to sunset	Free
Kali Ray Triyoga	708 Washington St. Santa Cruz, CA 95060 (831) 464- 8100	Yoga classes	Call	Call
Kathy Davenport's- Body Works	320 River St. Santa Cruz, CA 95060 (831) 425- 2639	Private fitness & training studio	Appoint- ments only	\$55 an hour group- \$30 per person
La Madrona Swim & Racquet Club	1897 La Madrona Dr. Santa Cruz, CA 95060 (831) 438- 1072	Pool facilities, tennis courts	Call	Call
Laurel Park	301 Center St Santa Cruz, CA 95060	Turfed area, playground, basketball court	Sunrise to sunset	Free
Lighthouse Field State Park	701 West Cliff Dr. Santa Cruz, CA 95060 (831) 420- 5270	Trails	Sunrise to sunset	Free
Louden Nelson Center	1000 Center St. Santa Cruz, CA 95060 (831) 420- 6177	Exercise & dance for seniors	Mon.- Sat. 9am - 9:30 pm	Range from \$1 to \$5
Mike Fox Park	San Lorenzo Blvd.& Third Santa Cruz, CA 95060 (831) 420- 5270	Tennis courts	Sunrise to Sunset	Free
Mission Plaza	103 Emmet St. Santa Cruz, CA 95060	Trails, turfed area	Sunrise to sunset	Free

	(831) 420- 5270			
Moore Creek Preserve	Hwy. 1 and Shaffer Rd. Santa Cruz, CA 95060 (831) 420- 5270	Trails, bicycling	Summer: Sunrise to 7pm Winter: sunrise to 4pm	Free
Motion Pacific	408 Front St. Santa Cruz, CA 95060 (831) 457- 1616	Dance studio, yoga classes	Call	\$12 to \$212
Natural Bridges State Park	2531 West Cliff Dr. Santa Cruz, CA 95060 (831) 423- 4609	Beach access	Daily 8am to sunset	\$6 car day use parking fee
Nautilus Health Club	1261 Soquel Ave. Santa Cruz, CA 95062 (831)454- 0333	Gym facilities	Call	Call
Nearly Lagoon Park	110 California St. Santa Cruz, CA 95060	Wildlife refuge, playground, trails	Sunrise to sunset	Free
Ocean View Park	102 Ocean View Ave. Santa Cruz, CA 95062 (831) 420- 5270	Turfed area, playground, half basketball court	Sunrise to sunset	Free
Om Room School of Yoga	300 Natural Bridges Santa Cruz, CA 95060 (831) 429- 9642	Yoga classes	Call	Call
Pacific Edge Gym	104 Bronson St. Santa Cruz, CA 95062 (831) 454-9254	Rock climbing & gym facilities	Call	\$14/day \$70/month
Pogonip Park	333 Golf Club Dr. Santa Cruz, CA 95060 (831) 420- 5270	Trails, biking	Summer: sunrise- 7pm Winter: sunrise- 4pm	Free
San Lorenzo Park	137 Dakota St. Santa Cruz, CA 95060 (831) 420- 5270	Playground, bowling green	Sunrise to sunset	Free
Santa Cruz Gymnastics Center	2750- B Soquel Ave. Santa Cruz, CA 95062 (831) 462- 0655	Gymnastics classes	Call	Call
Santa Cruz	1653 Capitola Rd.	Pilates classes	Call	Call

Pilates Studio	Santa Cruz, CA 95062 (831)477- 9173			
Santa Cruz Skate park	Beach St. & Pacific Santa Cruz, CA 95060 (831) 420- 5270	Outdoor skate park	9am to sunset	Call
Santa Cruz Sports Center	(831) 427- FLIP	Gymnastics, dance, cheerleading, acrobatics classes	Call	Call
Shapexpress	409 Oxford Way Santa Cruz, CA 95060 (831) 420- 1638	Gym facilities	Call	Call
Simpkin Center	979 17 th Ave. Santa Cruz, CA 95062 (831) 454- 7929	Pool facilities, water aerobics	Call-Closed Mondays	Call
Star of the Sea Park	Frederick St. Santa Cruz, CA 95062 (831) 420- 5270	Turfed area	Sunrise to sunset	Free
Structural Integration	113 New St. Santa Cruz, CA 95060 (831) 423- 7033	Yoga classes	Call	Call
Toadal Fitness -2	1200 17 th Ave. #108 Santa Cruz, CA 95062 (831) 464- 3764	Gym and pool facilities	Call	Call
Toadal Fitness	113 Lincoln St. Santa Cruz, CA 95060 (831)423- 3764	Full fitness, fitness for kids, rehabilitation/ physical therapy	Daily 5:30am-10pm	Range from \$14- \$40
Trescony Park and Community Gardens	Trescony St. Santa Cruz, CA 95060 (831) 420- 5270	Playground	Sunrise to Sunset	Free
Tyrell Park	Pilkington Santa Cruz, CA 95062 (831) 420- 5270	Trails, monarch butterfly habitat	Sunrise to Sunset	Free
University Terrace	Meder St. Santa Cruz, CA 95060 (831) 420- 5270	Turfed area Basketball court, tennis court, playground	Sunrise to sunset	Free
Westlake	Bradley Dr. off Spring	Turfed area	Sunrise to	Free

Park	St Santa Cruz, CA 95060 (831) 420- 5270	playground,	sunset	
Wilder Ranch State Park	1410 Old Coast Rd. Santa Cruz, CA 95060 (831) 423- 9703	Trails, biking	Daily 8am to sunset	\$6/ car day use parking fee
Worlds Gym	120 Du Bois Santa Cruz, CA 95060 (831) 423- 5617	Gym Facilities	Mon.-Fri. 5am- 10pm Sat.-Sun. 7am- 8pm	Call
Yoga Center Santa Cruz	428 Front St. Santa Cruz, CA 95060 (831) 423- 6719	Yoga classes	Call	\$50 a series

SCOTTS VALLEY

Name	Location & Contact	Description	Hours	Cost
Curves	10 Victor Square Scotts Valley, CA 95066 (831) 430- 0634	Gym Facilities	Call	Call
Illusions Cheergym	5900 Buller Lane Scotts Valley, CA 95006 (831) 461- 1400	Cheer and dance	Call	Call
Scotts Valley Senior Center	370 Kings Village Rd. Scotts Valley, CA 95066 (831) 438-8666	Fitness class	Mon. - Fri. 10am- 4pm	\$15 per year membership
Scotts Valley Yoga Center	208 Mount Hermon Rd. #6 Scotts Valley, CA 95066 (831) 461- 9322	Yoga classes	Call	Call
Siltanen Park	127 Vine Hill School Rd. Scotts Valley, CA 95006	Softball and soccer fields, horseshoe pits	Call	Call

(831) 438- 3251				
Valley Gardens Golf Course	263 Mt. Hermon Rd. Scotts Valley, CA 95006 (831) 438- 3058	Nine hole golf course	Call	Call
World Gym	105 Whispering Pines Scotts Valley, CA 95066 (831) 439- 9400	Gym facilities	Mon.- Fri. 5am- 10pm Sat. & Sun. 7am- 7pm	\$35 to 55 a month

SOQUEL

Name	Location & Contact	Description	Hours	Cost
Body Language Gyrotonic	3140 Porter St. Soquel, CA 95073 (831) 464- 1600	Gym facilities	Call	Call
Ron Sanford Trad Karate	4626 Soquel Dr. Soquel, CA 95073 (831) 475- 9676	Martial arts classes	Call	Call
Studio	2800 S. Rodeo Gulch Rd. Soquel, CA 95073 831-479-1600	Dance classes, physical trainers	Call	Call
Vashnava Seva Society	2900 N. Rodeo Gulch Rd. Soquel, CA 95073 (831) 462- 4712	Yoga classes	Call	Call
Yoga Village Bikram	4641 Soquel Dr. Soquel, CA 95073 (831) 475- 9642	Yoga classes	Call	Call

WATSONVILLE

Name	Location & Contact	Description	Hours	Cost
Body Zone Health & Fitness Club	1810 Main St. Watsonville CA 95076 (831) 728- 1280	Gym facilities, aerobics classes	Call	Call
Callaghan Cultural Center	225 Sudden St. Watsonville, CA 95076 (831) 728- 6059	Recreation center	Call	Call
Elkhorn Slough National Estuarine	1700 Elkhorn Rd. Watsonville, CA 95076 (831) 728- 2822	Trails	Wen. - Sun. 9am- 5pm	\$2.50 per adult over 16, children are free
Gene Hoularis & Waldo Rodriguez Youth Center	30 Maple Ave. Watsonville, CA 95076 (831) 728- 6126	Recreation center, pool facilities	Call	Call
Manresa State Beach	400 San Andreas Rd. La Selva Beach, Aptos (831) 724- 3750	Beach access	Sunrise to sunset	\$6 car day use parking fee
Marinovich Community Center	120 Second St. Watsonville, CA 95076 (831) 728- 6167	Recreation center	Call	Call
Pinto Lake Park	451 Green Valley Rd. Watsonville, CA 95076 (831) 722- 8129	Fishing, playground, baseball field	Sunrise to sunset	Free
Ramsay Park Family Center	1501 Main St. Watsonville, CA 95076 (831) 728- 6086	Recreation center	Call	Call
Royal Oaks Park	537 Maher Rd. Watsonville, CA 95076 (831) 755-4899	Softball field, basketball, volleyball, and tennis courts, playground, trails	Call	\$4 Mon-Friday & \$6 Sat./ Sun. car day use

Slender Lady	449 Union St. Watsonville, CA 95076 (831) 761- 1234	Nutrition counseling and fitness center	Mon.- Fri. 7am- 8pm Sat. 8am-1pm	\$39- \$49 a month
Spa Fitness Centers	25 Penny Lane Watsonville, CA 95076 (831)- 722- 3895	Gym and pool facilities,	Call	\$400 for first year \$300 every year after
Tae kwondo Academy	936 E. Lake Dr. Watsonville, CA 95076 (831) 722- 0963	Tae kwondo classes	Call	Call
Veterans Memorial Building Gym	215 E. Beach St. Watsonville, CA 95076 (831) 763- 4126	Multi- purpose gym	Mon. - Thurs. 3- 8pm Fri. 3-6 pm	Call
Watsonville Family YMCA	27 Sudden St. Watsonville, CA 95076 (831) 728- 9622	Gym facilities, pool, water aerobics, karate, basketball	Mon.- Fri. 6am- 8:30pm Sat. 8am-3:00pm	Monthly- \$65 for families \$40 for adults children vary
Watsonville Skate Park	At Ramsey Park Watsonville, CA 95076	Outdoor skate park	Sunrise to sunset	Free

Part Three:
Places to
Go by
Activity

Baseball & Softball Diamonds	City	Page #
Centennial Park	Gonzales	14
Meyer Park	Gonzales	15
City Park	King City	15
San Antonio Park	King City	15
San Lorenzo Park	King City	15
Gloria Jean Tate Park	Marina	16
Los Arboles Sports Complex	Marina	16
El Estero Park Complex	Monterey	17
Jack's Ball Park	Monterey	18
Peter J. Ferrante Park	Monterey	19
Via Paraiso Park	Monterey	20
Arnett Park	Pacific Grove	21
Caledonia Park	Pacific Grove	21
George Washington Park	Pacific Grove	21
Claremont Manor Park	Salinas	24
Exposition Grounds	Salinas	25
Frank Paul School Park	Salinas	25
Fremont School	Salinas	25
Laurel Park	Salinas	26
Steinbeck Park	Salinas	27
Toro Park	Salinas	28
Williams Ranch Park	Salinas	28
Woodside Park	Salinas	28
Chester Aaroe Park	Soledad	29
Jesse Gallardo Park	Soledad	29
Vosti Park	Soledad	30
Calaveras School Park	Hollister	32
Cerra Vista School Park	Hollister	32
Dunne Park	Hollister	32
Maguerite Maze Sports Complex	Hollister	32
Veteran's Memorial Softball Fields	Hollister	33
Vista Park	Hollister	33
DeLaveaga Park	Santa Cruz	39
Grant Park	Santa Cruz	39
Harvey West Park	Santa Cruz	39

Siltanen Park	Scotts Valley	43
Pinto Lake Park	Watsonville	44
Royal Oaks Park	Watsonville	44-5

Basketball Courts	City	Page #
Forest Hill Park	Carmel	13
Del Rey Park	Del Rey Oaks	14
Central Park	Gonzales	14
Meyer Park	Gonzales	15
San Antonio Park	King City	15
Archer Park Center	Monterey	17
Casa Nova Knoll Park	Monterey	17
Deer Flats Park	Monterey	17
Hilltop Park	Monterey	18
Larkin Park	Monterey	18
Montecito Park	Monterey	18
Oak Newton Park	Monterey	19
Veteran's Memorial Park	Monterey	20
Via Paraiso Park	Monterey	20
Caledonia Park	Pacific Grove	21
Cabana Holiday	Salinas	23
Cesar Chavez Community Park	Salinas	24
Hartnell Park	Salinas	25
La Paz Park	Salinas	25
Laurel Heights Park	Salinas	26
Laurelwood Park	Salinas	26
Maple Play Lot	Salinas	26
Northgate Park	Salinas	26
Santa Rita Park	Salinas	27
Woodside Park	Salinas	28
Lum Park	Soledad	29
Santana Park	Soledad	30
Calaveras School Park	Hollister	32
Cerra Vista School Park	Hollister	32
John Z. Hernandez Memorial Park	Hollister	32
Maguerite Maze Sports Complex	Hollister	32

McCarthy Street Park	Hollister	33
Ben Lomond Park	Ben Lomond	36
Garfield Park	Santa Cruz	39
Grant Park	Santa Cruz	39
Laurel Park	Santa Cruz	40
Ocean View Park	Santa Cruz	40
University Terrace	Santa Cruz	42
Royal Oaks Park	Watsonville	44-5

Camping (overnight)	City	Page #
Andrew Molera State Park	Big Sur	12
Limekiln Beach State Park	Big Sur	12
Pfeiffer Big Sur State Park	Big Sur	12
San Lorenzo Park	King City	15
Veteran's Memorial Park	Monterey	20
Cabana Holiday	Salinas	23
Laguna Seca Regional Park	Salinas	25
Big Basin Redwoods State Park	Boulder Creek	36
Henry Cowell Redwoods State Park	Felton	37

Fitness & Exercise Classes	City	Page #
Momentum Fitness Studio	Carmel	13
CHOMP Cardiopulmonary Wellness Gym	Monterey	17
CHOMP Education	Monterey	17
Monterey Peninsula College	Monterey	19
Yoga Center of Monterey	Monterey	20
Pacific Grove Adult School	Pacific Grove	22
Hartnell Community College	Salinas	25
Yoga High Studio	Salinas	28
Body in Motion	Aptos	36
Ashtanga Yoga Institute	Santa Cruz	38
Balance of Power Pilates	Santa Cruz	38
Body & Soul	Santa Cruz	38
Kali Ray Triyoga	Santa Cruz	39
Motion Pacific	Santa Cruz	40
Om Room School of Yoga	Santa Cruz	40

Santa Cruz Pilates Studio	Santa Cruz	41
Structural Integration	Santa Cruz	41
Yoga Center Santa Cruz	Santa Cruz	42
Scotts Valley Yoga Center	Scotts Valley	43
Vashnava Seva Society	Soquel	44
Yoga Village Bikram	Soquel	44

Gyms and Fitness Centers	City	Page #
Carmel Valley Racquet and Health Club	Carmel	13
Curves of Carmel Valley	Carmel Valley	13
Garden Health and Fitness for Women	Carmel	13
Curves of Gonzales	Gonzales	14
Body Fx Gym	King City	15
Curves of King City	King City	15
Curves of Marina	Marina	16
Otter Sports Center	Marina	16
Slender Lady Weight Loss	Marina	16
Curves of Monterey	Monterey	17
Energia Body Centre	Monterey	18
Garden Health and Fitness	Monterey	18
Monterey Sports Center	Monterey	19
Peninsula Power & Fitness	Monterey	19
Slender Lady of Monterey	Monterey	19
Anastasia's Club Fit	Pacific Grove	21
Curves of Pacific Grove	Pacific Grove	21
Slender Lady of Prunedale	Prunedale	23
Chamisal Tennis and Fitness Club	Salinas	24
Circuit Lady Fitness	Salinas	24
Curves for Women (3 locations)	Salinas	24
Prunedale Fitness Center	Salinas	26
Salinas Athletic Center (2 locations)	Salinas	27
West Coast Fitness	Salinas	28
24-hour Fitness	Salinas	28
Curves of Seaside	Seaside	28
Gold's Gym of Seaside	Seaside	28
Designing Women Health & Fitness	Hollister	32

Gold's Gym of Hollister	Hollister	32
World Gym	Hollister	33
Spa Fitness Center (2 Locations)	Capitola	37
Curves of Felton	Felton	37
24-hour Fitness	Santa Cruz	38
Curves of Santa Cruz (2 Locations)	Santa Cruz	38-9
Gold's Gym of Santa Cruz	Santa Cruz	39
Nautilus Health Club	Santa Cruz	40
Pacific Edge Gym	Santa Cruz	41
Shapexpress	Santa Cruz	41
Toadal Fitness (2)	Santa Cruz	41-2
Worlds Gym	Santa Cruz	42
Curves of Scotts Valley	Scotts Valley	42
Worlds Gym	Scotts Valley	43
Body Language Gyrotonic	Soquel	43
Body Zone Health & Fitness Club	Watsonville	44
Slender Lady of Watsonville	Watsonville	45

Gymnastics Instruction	City	Page #
Gymnastics Monterey Peninsula Center	Monterey	17
Rising Star Gymnastics	Monterey	19
Elite Gymnastics Academy	Salinas	25
Gymnastics Cypress Gymnastics Center	Salinas	25
USA Sports Connection	Hollister	33
Santa Cruz Gymnastics Center	Santa Cruz	41
Santa Cruz Sports Center	Santa Cruz	41

Martial Arts Instruction	City	Page #
Kick Box USA	Hollister	32
Schleeter's Academy of Martial Arts	Hollister	33
Brazilian Jiu-Jitsu	Santa Cruz	38
Ron Sanford Trad Karate	Soquel	43
Tae kwondo Academy	Watsonville	45

Pools and Aquatic Centers	City	Page #
Carmel Valley Community Park	Carmel Valley	13
Gonzales Community Park	Gonzales	14
City Park	King City	15
CSUMB Aquatic Center	Marina	16
Monterey Sports Center	Monterey	19
Pacific Grove Adult School	Pacific Grove	22
Cabana Holiday	Salinas	23
Municipal Pool	Salinas	26
Patulla Swim Center	Seaside	29
Soledad Community Swimming Pool	Soledad	30
Harvey West Park	Santa Cruz	39
Jim Booth Swim School	Santa Cruz	39
La Madrona Swim & Racquet Club	Santa Cruz	40
Simpkin Center	Santa Cruz	41
Gene Hoularis & Waldo Rodriguez Youth Center	Watsonville	44
Watsonville Family YMCA	Watsonville	45

Recreation Centers	City	Page #
North County Recreation Center	Castroville	14
Salinas Recreation Center	Salinas	27
Callaghan Cultural Center	Watsonville	44
Marinovich Community Center	Watsonville	44
Ramsay Park Family Center	Watsonville	44
Watsonville Family YMCA	Watsonville	45

Senior Centers & Activities	City	Page #
Senior Center	Gonzales	15
King City Senior Center	King City	15
Monterey Senior Center & Scholze Park	Monterey	19
Sally Griffin Center	Pacific Grove	22
Prunedale Senior Center	Prunedale	22
Active Seniors, Inc.	Salinas	23
Area Agency on Aging	Salinas	23

Salinas Adult School, Creative Living	Salinas	27
Senior Center of San Lorenzo Valley	Ben Lomond	36
Louden Nelson Center	Santa Cruz	40
Scotts Valley Senior Center	Scotts Valley	43

Skateboard Parks	City	Page #
Skate Park	Gonzales	15
Patriot Skate Park	Greenfield	15
San Antonio Park	King City	15
Marina Skate Park	Marina	16
El Estero Park Complex	Monterey	17
Natividad Creek Park	Salinas	26
Salinas Skate Park	Salinas	27
Hollister Skate Park	Hollister	32
Derby Park	Santa Cruz	39
Santa Cruz Skate Park	Santa Cruz	41
Watsonville Skate Park	Watsonville	45

Soccer Fields	City	Page #
Meyer Park	Gonzales	15
San Antonio Park	King City	15
CSUMB Track	Marina	16
Gloria Jean Tate Park	Marina	16
Larkin Park	Monterey	18
Manzanita Regional Park	Prunedale	23
Constitution Soccer Complex	Salinas	24
Exposition Grounds	Salinas	25
Laguna Grande Regional Park	Seaside	29
Lum Park	Soledad	29
Santana Park	Soledad	29
Cerra Vista School Park	Hollister	32
Maguerite Maze Sports Complex	Hollister	32
Siltanen Park	Scotts Valley	43

Tennis Courts	City	Page #
Del Rey Oaks Tennis Courts	Del Rey Oaks	14
Cypress Park	Monterey	17
Hilltop Park	Monterey	18
Monterey Tennis Center	Monterey	19
Via Paraiso Park	Monterey	20
Claremont Manor Park	Salinas	24
Laurel Park	Salinas	26
Sherwood Park Tennis Center	Salinas	27
Chester Aaroe Park	Soledad	29
Jesse Gallardo Park	Soledad	29
Dunne Park	Hollister	32
Derby Park	Santa Cruz	39
La Madrona Swim & Racquet Club	Santa Cruz	40
Mike Fox Park	Santa Cruz	40
University Terrace	Santa Cruz	42
Royal Oaks Park	Watsonville	44-5

Volleyball Courts	City	Page #
Forest Hill Park	Carmel	13
Central Park	Gonzales	14
San Antonio Park	King City	15
San Lorenzo Park	King City	15
Lover's Point Park	Pacific Grove	22
Hartnell Park	Salinas	25
Sherwood Park	Salinas	27
Toro Park	Salinas	28
Laguna Grande Regional Park	Seaside	29
Santana Park	Soledad	30
Vosti Park	Soledad	30
Maguerite Maze Sports Complex	Hollister	32
Derby Park	Santa Cruz	39
Frederick Street Park	Santa Cruz	39
Royal Oaks Park	Watsonville	44-5

Youth Centers	City	Page #
YMCA Center of Monterey	Monterey	20
Bread Box Recreation Center	Salinas	23
Closter Community Park	Salinas	24
El Dorado Park	Salinas	24
Firehouse Recreation Center	Salinas	25
Hebbron Heights Community Center	Salinas	25
Salinas Community YMCA	Salinas	27
Oldemeyer Center	Seaside	29
Youth and Education Center	Seaside	29
South County YMCA	Soledad	30
YMCA	Hollister	33
Gene Hoularis & Waldo Rodriguez Youth Center	Watsonville	44

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