

# Free or Low Cost Local Physical Activity Programs

Program	Location	Phone or Contact	Fee
<b>Boys and Girls Club</b> Organization that provides youth with programs that include sports, recreation, and physical activity/fitness.	El Sobrante 4660 Appian Way Martinez: 1301 Alhambra Ave Oakland: 3300 High Street Richmond: 2801 Moran Avenue	510-223-5253 <a href="http://www.bgcelsobrante.org">www.bgcelsobrante.org</a> 925-228-3896 <a href="http://www.bgcdv.org">www.bgcdv.org</a> 510-535 9461 <a href="http://www.bgcoakland.org">www.bgcoakland.org</a> 510-215-4648 <a href="http://bgcmr.org">bgcmr.org</a>	Low cost, call or visit the website for more information.
<b>City Park &amp; Rec Activity Guides</b> Information about local activities, summer camps, parks, playgrounds, local events, and more!	Countywide. See website.	<b>Antioch:</b> <a href="http://www.ci.antioch.ca.us/recreation/">www.ci.antioch.ca.us/recreation/</a> <b>Brentwood:</b> <a href="http://www.brentwoodca.gov/gov/parks/">www.brentwoodca.gov/gov/parks/</a> <b>Concord:</b> <a href="http://www.cityofconcord.org/page.asp?pid=3002">www.cityofconcord.org/page.asp?pid=3002</a> <b>Martinez:</b> <a href="http://www.cityofmartinez.org/depts/recreation/guide.asp">www.cityofmartinez.org/depts/recreation/guide.asp</a> <b>Pittsburg:</b> <a href="http://www.pittsburgparksandrec.com/">www.pittsburgparksandrec.com/</a> <b>Richmond:</b> <a href="http://www.ci.richmond.ca.us/2150/Activities-Guide">www.ci.richmond.ca.us/2150/Activities-Guide</a> <b>San Pablo:</b> <a href="http://www.ci.san-pablo.ca.us/index.aspx?NID=1158">www.ci.san-pablo.ca.us/index.aspx?NID=1158</a>	Check local activity guide.
<b>Community Youth Center</b> CYC offers academic and sports classes to youth ages 3 to 18.	2241 Galaxy Court Concord, CA 94520	925-671-7070 <a href="http://www.communityyouthcenter.org">www.communityyouthcenter.org</a>	Scholarships are available. Please apply by downloading form on their website.

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<p><b>East Bay Regional Parks</b> Parks which have a variety of resources including day camps, self- guided hiking trails, golfing, swimming, and children’s activities.</p>	<p>Countywide. See website.</p>	<p>1-888-EBPARKS <a href="http://www.ebparks.org">www.ebparks.org</a></p> <p>Contact the number below to sign up for the Trials Challenge: 510-544-2220</p>	<p>Some free programs are available. In addition, financial aid is available for camp related activities.</p>
<p><b>First Five Centers</b> Offers programs including physical activity for families with children ages 0-5</p>	<p>Antioch Bay Point Brentwood Concord (Monument) San Pablo</p>	<p>925-757-5303 925-709-0874 925-516-3880 925-849-8861 510-232-5650 <a href="http://www.firstfivecc.org">www.firstfivecc.org</a></p>	<p>Free</p>
<p><b>Fishing</b></p>	<p>Countywide. See website.</p>	<p><a href="http://www.wildlife.ca.gov/fishing">www.wildlife.ca.gov/fishing</a></p>	<p>No fee for fishing license for children under 16</p>
<p><b>Kids Bowl Free</b></p>	<p>Countywide. See website.</p>	<p><a href="http://www.kidsbowlfree.com/">www.kidsbowlfree.com/</a></p>	<p>2 free games/day for ages 2-16, family pass available, add up to 4 family members ages 16 and up for \$29.95.</p>
<p><b>Kidz Love Soccer</b> Soccer classes and camps for children 2- 12 years of age.</p>	<p>Pleasant Hill Concord Walnut Creek Brentwood</p>	<p>1-888-277-9542 or <a href="http://www.kidzlovesoccer.com/index.php">www.kidzlovesoccer.com/index.php</a></p>	<p>Scholarships available. They offer a reimbursement of up to 35% of registration fees</p>

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<p><b>Monument Impact</b> Community-based, nonprofit organization that promotes the capacity of residents. Offers physical activity programs, summer baseball Junior Giants League, summer cheerleading, as well as stretching and relaxation courses, Zumba, Latin dance and physical activity classes. Classes are open to adults and children of all ages with exception of Junior Giants which are open to children 7-13 years of age.</p>	<p><b>Zumba &amp; Stretching, Latin Dance &amp; Physical Activity, Stretching &amp; Relaxation</b> offered at a variety of locations around Concord. See website or call for details.</p> <p><b>Annual Summer Junior Giants League</b> -Ages 7-13 only -Registration is available online or in house</p> <p><b>Cheerleading</b> New program for 2016, meets in Concord for 2 practices and 1 game each week</p>	<p><a href="http://www.monumentimpact.org">www.monumentimpact.org</a> 925-682-8248, extension 2230 or 2700</p> <p>925-682-8248, extension 2140</p> <p>925-682-8248, extension 2140</p>	<p>Call for more information or visit a location to apply in person. Or visit the website <a href="http://www.monumentimpact.org">www.monumentimpact.org</a></p>
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<b>Skate Parks</b>	Antioch: Prewett Family Park 4701 Lone Tree Way		Free
	Concord: Cowell Road and Galindo Street (near Monument)	925-671-3270	Free
	Martinez: N. Court Street and Joe DiMaggio Drive		Free
	Richmond: Nichol Skate-park: 3230 Macdonald Avenue	(510) 620-6793	Free
	Walnut Creek: Heather Farms: 301 North San Carlos Drive		Free
<b>The First Tee Golf Program</b> Organization offers programs to foster skills and physical activity for children and teens ages 7-14.	Antioch Concord Walnut Creek	925-446-6701 <a href="http://www.thefirstteecontracosta.org">www.thefirstteecontracosta.org</a>	Financial aid is available
<b>Weigh of Life</b> Organization that provides fitness classes, nutrition classes, and food distribution.	Richmond San Pablo	510-323-3052 <a href="http://www.weighoflife.org">www.weighoflife.org</a>	Low cost with scholarships available. Call for more information or visit a location to apply in person.
<b>YMCA</b> Has programs that promote youth development and healthy living.	Hilltop Family (Richmond) Pleasant Hill EM Downer Family (Richmond)	510-222-9622 925-687-8900 510-412-5647 <a href="http://www.ymca.org">www.ymca.org</a>	Low cost with scholarships available. Call or visit to apply in person.

# Free or Low Cost Local Physical Activity Programs

Water Parks/Splash Pads			
	Antioch Water Park/Prewett Family Park	4701 Lone Tree Way, Antioch, 925-776-3070	\$8-\$16, season pass available, children under 30 inches free
	Meadow Homes Spray Park	1351 Detroit Ave, Concord, 925-671-3366	Free
	Waterworld California	1950 Waterworld Parkway, Concord. 925-609-1364	Check website for prices, under age 3 free
	Rankin Aquatic Center	100 Buckley St, Martinez, CA, 925-370-6451	\$3.50 - \$4.50, under age 3 free, passes available
	Brentwood Family Aquatic Complex	195 Griffith Lane, Brentwood, 925-516-5430	\$2 - \$8
	Blue Goose Park	1765 Adams Ln, Brentwood, 925-516-5400	Free
	Brentwood City Park	710 2 <sup>nd</sup> St, Brentwood	Free
	Larkey Splash Pad	2771 Buena Vista Ave, Walnut Creek, 925-943-5861	\$2, pool access separate fee
	Hap Magee Ranch Park	1025 La Gonda Way, Danville, 925-314-3434	Free
	Sycamore Valley Park	2101 Holbrook Dr, Danville, 925-314-3434	Free
	El Cerrito Swim Center & Splash Park	7007 Moeser Ln, El Cerrito, 510-559-7008	\$3 per person