



Network for a Healthy California

Be Active Resource Directory

Gold Coast Region



Physical Activity Resources



Gold Coast •
Physical Activity Resources
San Luis Obispo County

PROGRAM / ORGANIZATION	DESCRIPTION	City	TARGET POPULATION	COST
Bike/Hiking Trails				
Bob Jones Bike Trail San Luis Obispo County Parks 7000 Ontario Road San Luis Obispo, CA 93405 (805) 781-5930	Description of activity	San Luis Obispo	Target Population	Cost
Railroad Recreation Trail Jennifer Street San Luis Obispo, CA 93401 (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Baseball				
Arroyo Grande Little League P.O. Box 355, Arroyo Grande (805) 489-9308 www.eteamz.com/AGVILL/index.cfm?	Inform	Arroyo Grande	Target Population	Cost
Bicycle Clubs				
San Luis Obispo Bicycle Club, Inc. P.O. Box 1585 San Luis Obispo, CA 93406 805-543-5973 (Hotline Answering Machine) http://www.slobc.org/index.html	Offers 15+ rides weekly for people of all ages who love bicycling and enjoy the company of like-minded people.	San Luis Obispo	All ages	\$15/individual yearly membership, \$22/family yearly membership
Climbing				
Crux Climbing Center 1160 Laurel Lane, San Luis Obispo (805) 544-2789 http://www.cruxslo.com/index.html	Designed to introduce the sport of climbing to the beginner, provide a challenge to the world class climber, and every one in between. Our adventures include speed climbing, bouldering, route climbing and much more. The Crux provides adventure and fun in a safe controlled environment.	San Luis Obispo	5yrs & older	Starting at \$1.66/hr. Call for rates.
SLO-OP Climbing 289 Prado Road San Luis Obispo, CA 93401 (805) 720-1245 To find out more send message to: info@slo-opclimbing.org	A non-profit bouldering facility that boasts about 3500 square feet of sick bouldering with top outs, a crack machine, slackline, and hangboard.	San Luis Obispo	Youth-Adult	Starting @ \$7 day pass.
Dairy Creek Golf Course 2990-B Dairy Creek Road, San Luis Obispo (805) 782-8070	Par 71 public golf course.	San Luis Obispo	All	Varies; Discounts available Call for information.

Morro Bay Golf Course 201 State Park Road, Morro Bay (805) 782-8060	Public golf course offers pro shop, driving range, rental clubs and lessons.	Morro Bay	All	Varies; Discounts available Call for information.
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Hiking				
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Fitness Hiking Club City of San Luis Obispo (805) 781-7302 www.slacity.org/parksandrecreation/parkrangers.asp	Hikes designed for active adults. Led by Parks & Recreation staff & Osher Lifelong Learning Institute. Call for dates & locations.	San Luis Obispo	Adults	Free
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Horseshoes				
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Adult Drop-In Horseshoes Santa Rosa Park (805)781-7282	Informal games of horse shoes.	Gold Coast	Adults	Free: Daily from 6pm- 8pm
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Parks				
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Anholm Park 870 Mission Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Emerson Park 1316 Beach Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
French Park 1040 Fuller Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Islay Hill Park 1511 Tank Farm Road, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Jack House & Gardens 536 Marsh Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Johnson Park 2875 Augusta Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Laguna Hills Park 890 Miranda Drive, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Laguna Lake Park 504 Madonna Road, Santa Barbara (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Meadow Park 2333 Meadow Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Mission Plaza 989 Chorro Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Mitchell Park 1400 Osos Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Priolo-Martin Park 890 Vista Del Collados, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Santa Rosa Park 190 Santa Rosa Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost

Sinsheimer Park 900 Southwood Drive, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Throop Park 510 Cerro Romauldo, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Triangle Park 1701 Osos Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Vista Lago Park 1269 Vista Del Lago, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Damon-Garcia Sports Fields 680 Industrial Way, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Devaul Ranch Park 1651 Spooner Drive, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
Public Pools				
C.W. Clarke Park Pool 101 West Centre, Shandon (805) 239-1577	Seasonal public pool, offers recreational swim & lessons.	Shandon	All	Free recreational swim for adults & kids Tuesdays & Thursdays; Regular entrance fees \$4/adults, \$2/kids (16 & under)
Hardie Park Pool North Birch and "B" Streets, Cayucos (805) 995-1435	Seasonal public pool, offers recreational swim, lessons & water aerobics.	Cayucos	All	Free lap swim Tuesdays & Thursdays from 5pm-6:30pm; Free Aqua Aerobics Tuesdays-Fridays 9am-10am; Regular entrance fees \$4/adults, \$2/kids (16 & under)
San Miguel Park Pool 1221 "K" Street at "12th" Street San Miguel, CA (805) 467-3010	Seasonal public pool, offers recreational swim & lessons.	San Miguel	All	Free recreational swim for adults & kids. Call for times; Regular entrance fees \$4/adults, \$2/kids (16 & under)
Santa Margarita Lake Pool 4695 Santa Margarita Lake Road Santa Margarita, CA (805) 788-2402	Seasonal public pool offers recreational swim.	Santa Margarita	All	Park Entry Fee: \$8/per car.
Shamel Park Pool 5455 Windsor Blvd, Cambria (805) 927-4447	Seasonal public pool, offers recreational swim & lessons.	Cambria	All	Regular entrance fees \$4/adults, \$2/kids (16 & under)
Templeton Park Pool 550 Crocker Street Templeton, CA 93465	Seasonal public pool offers recreational swim & lessons.	Templeton	All	Free recreational swim for kids (16 & under).

(805) 434-0686

\$4/adults

Skate Parks				
Beatie Skate Park 5493 Traffic Way, Atascadero (805) 461-5000	Covered skate park. Has special times for BMX riders.	Atascadero	All	Monday -Saturday 3pm-5pm/free All other days & times \$5pp or \$20/mth membership
Los Osos Skate Park 2180 Palisades Ave, Los Osos (805) 781-5930	17,000 square feet park. Helmets & pads required.	Los Osos	All	Monday - Friday 12pm-dusk, Saturday & Sunday 10am-dusk, Summers & school breaks 10am-dusk everyday \$2pp or 12 entry pass/\$20 Free all times.
Morro Bay Skate Park 231 Atascadero Rd, Morro Bay (805) 772-6212	14,400 square feet wood park. Helmets & pads required.	Morro Bay	All	Monday-Fridays 3-7, Saturdays 1-7, closed some holidays & school breaks
Paso Robles Skate Park 19th and Riverside (Pioneer Park), Paso Robles (805) 237-3988	10,500 square feet concrete park. Helmets & pads required.	Paso Robles	All	Free all times. Open daily dawn to dusk.
San Luis Obispo Skate Park Santa Rosa and Oak Streets, San Luis Obispo, CA (805) 781-7300	4,800 square feet concrete park.	San Luis Obispo	All	Free all times. Open daily 7am to dusk.
South County Skate Park 1750 Ramona Ave, Grover Beach (805) 597-4725	13,000 square foot park. Helmets & pads required. Full sets of pads available on site, free of charge 1-day loan periods.	Grover Beach	All	Tuesday-Friday 3pm-6pm, Saturday-Sunday 11am-6pm. Monday closed. \$2pp/day
Templeton Skate Park 599 Main Street, Templeton (behind youth center)	10,000 square foot concrete park. Helmet & pads required.	Templeton		Free Hours vary. Park closed when temperature exceeds 100 degrees.

Softball				
Adult Drop-In Softball Santa Rosa Park (805) 781-7282	Bring a bat & glove & meet at Santa Rosa Park every Tuesday for a game of softball with others over 50!	Santa Rosa	Adults 50+	Free: Every Tuesday from 10am-1pm
Table Tennis				
San Luis Obispo Table Tennis Club Ludwick Community Center Gym (805) 544-8298	Description of activity	Region name	Target Population	Cost
Track				
San Luis Distance Club P.O. Box 1134, San Luis Obispo For more info email: SanLuis@sbcglobal.net	Club promotes distance running in San Luis Obispo County. Fields teams at various levels of competition, conducts youth and open track and distance workouts.	San Luis Obispo	All ages	\$25/year, \$3 for any additional family members
Volleyball				
Indoor Volleyball Ludwick Community Center 864 Santa Rosa Road, San Luis Obispo (805) 781-7405	Drop-in indoor volleyball every Tuesday & Thursday from 12:30pm-2pm & Wednesdays from 7pm-9pm.	San Luis Obispo	Youth-Adult	Free
Water Parks				
Mustang Water Park 6840 Lopez Drive, Arroyo Grande (805) 489-8898 http://www.mustangwaterslides.com/	Water park offers 2 giant 600-foot curving waterslides, ponny pools, mini-slides, waterfall trees, picnic areas, snack bar, & more.	Arroyo Grande	All	Starting @ \$3; Call for rates

Gold Coast •
Physical Activity Resources
Santa Barbara County

PROGRAM / ORGANIZATION	DESCRIPTION	City	TARGET POPULATION	COST
Baseball				
Goleta Valley South Little League 4540 Hollister Ave., Goleta (805) 967-1467 www.leaguelineup.com				Scholarships available.
Bicycle Clubs				
Goleta Valley Cycling Club P.O. Box 1547, Goleta www.goletabike.org	Several rides mthly. Dates, times & locations vary.	Goleta	All ages	\$20pp/year, \$35pp/2years
Hazard's Cyclesport 110 Anacapa Street, Santa Barbara (805) 966-3787 www.hazardscyclesport.com/Rides.cfm	Weekly rides on Saturdays, Sundays, Tuesdays & Thursdays. Rides are 35-40 miles. Starting points vary. Experienced & new riders welcome.	Santa Barbara	Adult	None
Tailwinds Bicycle Club P.O. Box 48, Santa Maria (805) 720-1378 (Contact = Janelle Hann) www.tailwindsofsantamariabc.org/contact_us.htm	Several rides mthly. Dates, times & locations vary.	Santa Maria	All Ages	Membership: \$15pp/year, \$20family/year, \$30pp/2years, \$40family/2years
Boomerang				
United States Boomerang Association 1501 Clifton St., Santa Barbara (805) 564-4840 www.usba.org		Santa Barbara	All	Annual membership: Individual - \$15, Family - \$35
Boxing				
Santa Maria PAL Boxing Program Minami Community Center 600 W. Enos Dr., Santa Maria (805) 925-0951 x260	The program concentrates on Sportsmanship, self defense, punching techniques, and most of all, giving youth a recreational opportunity.	Santa Maria	Youth-Adult	Free for 7th - 12th graders, Monday - Friday 4pm-6:30pm; Adults \$15/mth, Monday - Friday 7pm-9pm
Climbing				
Adventure Climbing Center UCSB Recreation Center/Recreation Center II (805) 893-7619 http://www.recreation.ucsb.edu/	Open to the public indoor climbing center. Dedicated bouldering section, 30 foot main wall, top rope climbing, auto-belays, lead bolts, belay ledge, & 3 crack features.	Santa Barbara	Youth-Adult	Daily passes \$12/adults, \$6/children

Community/ Recreation Center

Abel Maldonado Community Center 600 S. McClelland St. Santa Maria, 93458 (805) 925-0951 x252	Activities include indoor sports, computer lab, games, cardio, & weight training equipment, basketball courts and more nutrition education?	Santa Maria	7th - 12th graders	Free
Boys & Girls Club of Carpinteria 4849 Foothill Road, Carpinteria	Arts, Education, Character & Leadership Development, Health & Recreation		Youth	Membership: \$20 per child annually. Scholarships available.
Boys and Girls Club of Lompoc 1025 W. Ocean Ave. Lompoc (805) 736-4978	Arts, Education, Character & Leadership Development, Health & Recreation	Lompoc	Youth	Membership: \$20 per child annually. Scholarships available.
Boys and Girls Club of Santa Barbara 602 W. Anapamu Street, Santa Barbara (805) 962-2382	Arts, Education, Character & Leadership Development, Health & Recreation		Youth	Membership: \$20 per child annually. Scholarships available.
Boys and Girls Club of Santa Barbara 632 E. Canon Perdido St., Santa Barbara (805) 962-2382	Arts, Education, Character & Leadership Development, Health & Recreation		Youth	Membership: \$20 per child annually. Scholarships available.
Boys and Girls Club of Santa Maria Valley 901 N. Railroad Ave. Santa Maria (805) 922-7163	Arts, Education, Character & Leadership Development, Health & Recreation	Santa Maria	Youth	Membership: \$20 per child annually. Scholarships available.
City of Carpinteria Parks & Recreation 5305 Carpinteria Ave., Carpinteria (805) 566-2417				
City of Lompoc Parks & Recreation 125 West Walnut Avenue Lompoc, California 93436 (805) 875-8100				
City of Santa Barbara Parks & Recreation (805) 564-5418				
City of Solvang Parks and Recreation 411 Second Street, Solvang (805) 688-7529				
Goleta Valley Community Center 5679 Hollister Avenue, Goleta, CA 93117 Goleta, CA 93117 (805) 967-1237				
Isla Vista Teen Center 899 Camino del Sur, Isla Vista (805) 685-9170		Isla Vista	6th - 12th graders	Free

Sansum Diabetes Research Institute
 2219 Bath Street, Santa Barbara
 (805) 682-7638/ (805) 687-8915
 www.sansum.org

Provides free literature on diabetes in English and Spanish. Offers classes and seminars on diabetes control, individual peer counseling, adult support groups, youth/parent support groups, and listings of physicians, dieticians and diabetes educators. Summer camps for insulin dependent youth are available. Trained speakers on diabetes and its complications are available to interested groups.

Santa Barbara

Individuals with Type 1 or Type 2 diabetes &/or their family members.

Free, Support groups 12-2pm 1st Friday of the month

Dance

Dance Cotillion/Etiquette

255 Magnolia (not Magnolia Center), Goleta
 (805) 967-3103
 www.west.net/~aikido/dance/Instructors.html

Dancing & etiquette classes. Ballroom dancing classes with social graces/etiquette taught.

Goleta

5th-12th graders

Scholarships available.

Nutrition Classes

Lompoc Nutrition Night

120 W. Chestnut Ave. Lompoc
 Call Rosa (805) 740-4555 x106 to signup

Nutrition Education Classes
 Learn how to eat right and be more active for better health. Healthy snacks and childcare provided.

Lompoc

All

Free

Smart Eating for Kids and Teens

Marian Medical Center Room A
 1400 E. Church Street, Santa Maria
 (805) 739-3000

A fun & interactive class that focuses on food groups, portion control, and behavior modification for children and teens, as well as tips for exercise and fitness.

Gold Coast

Youths - Adults

Free: 9yr olds & older are allowed to accompany adult & will be provided with an educational class for their age group.

Parks

Alameda Park

1400 Santa Barbara Street, Santa Barbara

Santa Barbara

All

Free

Alice Keck Park

1300 Micheltorena Street, Santa Barbara

Santa Barbara

All

Free

Arroyo Burro Beach County Park

Cliff Drive, Santa Barbara

Santa Barbara

All

Free

Carpinteria State Beach

5361 6th Street, Carpinteria

Carpinteria

All

Chase Palm Park

323 E. Cabrillo Boulevard, Santa Barbara

Santa Barbara

All

Free

Chumash Painted Cave State Historic Park

2700 Painted Cave, Santa Barbara

Santa Barbara

All

Dwight Murphy Park Punta Gorda & Los Ninos, Santa Barbara	Santa Barbara	All	Free
East Beach Cabrillo Boulevard & Ninos Drive, Santa Barbara	Santa Barbara	All	Free
Eastside Park Soledad & Yanonali Streets, Santa Barbara	Santa Barbara		
El Carro Park El Carro Lane, Carpinteria	Carpinteria		
El Presidio De Santa Barbara State Historic Park 123 E. Canon Perdido Street, Santa Barbara	Santa Barbara		
Elings Park 1298 Las Postas Road, Santa Barbara	Santa Barbara	All	
Franklin Park Sterling Avenue, Carpinteria	Carpinteria	All	
Heath Ranch Park Chapparal Drive & Eucalyptus Street, Carpinteria	Carpinteria		
Hilda McIntyre Ray Park 1400 Kenwood Drive, Santa Barbara	Santa Barbara		
Ellings Park 1298 Las Positas Road at Jerry Harwin Parkway, Santa Barbara	Santa Barbara	All	
La Mesa Park 295 Meigs Road, Santa Barbara	Santa Barbara		
Leadbetter Beach Shoreline Drive & Loma Alta, Santa Barbara	Santa Barbara		
Lookout County Park Highway 101 & Summerland Exit South, Summerland	Summerland		
Mackenzie Park 3111 State Street, Santa Barbara	Santa Barbara		
Manning County Park San Ysidro Road, Montecito	Montecito		
Memorial Park Santa Ynez Streetm Carpinteria	Carpinteria		
Mission Historical Park Los Olivos & Laguna Streets, Santa Barbara	Santa Barbara		

Monte Vista Park Bailard Avenue & Pandanus Street, Carpinteria	Carpinteria
Oak Park 300 West Alamar, Santa Barbara	Santa Barbara
Oceanview Park Greenwell Avenue & Via Real, Summerland	Summer- land
Ortega Park 640 Salsipuedes, Santa Barbara	Santa Barbara
Pershing Park 100 Castillo Street, Santa Barbara	Santa Barbara
Pilgrim Terrace Community Garden 649 Pilgrm Terrace Drive, Santa Barbara	Santa Barbara
Plaza Del Mar 23 Castillo Street, Santa Barbara	Santa Barbara
Rincon Beach County Park Highway 101 & Bates Road Turn-Off, South, Carpinteria	Carpinteria
Rocky Nook County Park Mission Canyon Road, Santa Barbara	Santa Barbara
Shoreline Park Shoreline Drive & Santa Rosa, Santa Barbara	Santa Barbara
Skofield Park 1819 Las Conoas Road, Santa Barbara	Santa Barbara
Santa Barbara County Courthouse Gardens Anacapa & Anapamu Street, Santa Barbara	Santa Barbara
Stevens Park 258 Canon Drive, Santa Barbara	Santa Barbara
Toro Canyon County Park Toro Canyon Road, Carpinteria	Carpinteria
Viola Fields Carpinteria Avenue, Carpinteria	Carpinteria
West Beach West Cabrillo Boulevard, Santa Barbara	Santa Barbara

Skate Parks

Skaters Point Chase Palm Park Cabrillo Boulevard & Garden, Santa Barbara (805) 564-5418	Helmets, knee & elbow pads required.	Gold Coast	All ages	Free Open daily dawn to dusk
Santa Maria YMCA Skate Park 3400 Skyway Dr., Santa Maria (805) 937-5855 www.smvymca.org/skate.html	15,000 square foot park. Helmet required. Elbow & knee pads strongly recommended.	Gold Coast	All ages	Free to YMCA members. Scholarships available. Non-members \$5/day.
Solvang Skatepark 633 Chalk Hill Rd., Solvang	Concrete skatepark. Helmets & pads required.	Gold Coast	All	Free

Soccer

Santa Barbara American Youth Soccer Organization (AYSO) Santa Barbara (805) 687-4134 jmpesb@cox.net Santa Ynez (805) 686-4557 reg180@comcast.net www.aysosocccercamp.org			4 - 19 year olds	
Santa Barbara Soccer Club Post Office Box 60208, Goleta, CA 93160 (805) 679-7592 www.santabarbarasc.org/index.php	Club is for the competitive and/or passionate soccer players who desire to play at the highest level possible	Santa Barbara	7 - 19 year olds	Scholarships/financial aid available.

Volleyball

Santa Barbara Volleyball Club P.O. Box 30772, Santa Barbara (805) 448-2582 www.sbvballclub.com		Carpinteria, Goleta, Santa Barbara	8 - 18 year old girls	Financial Aid available.
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Walking/Clubs

Camina Y Corre Conmigo Meet @ Santa Barbara City College's Track & Field Coordinator: Jose Gonzales (805) 962-3627 jose@sbactionpro.com	A variety of adults, youths & children meet to walk and/or run around the Santa Barbara City College Track & Field.	Santa Barbara	All	Free: Saturdays 8-10am
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Wilderness

Wilderness Youth Project 5386 Hollister Suite D, Santa Barbara (805) 964-8096 www.wyp.org		Santa Barbara	4 - 17 year olds & families	Sliding scale & financial support available.
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Gold Coast Region •
Physical Activity Resources
Ventura County

PROGRAM / ORGANIZATION	DESCRIPTION	City	TARGET POPULATION	COST
Old Oxnard High School "k" Street & 5th Street (small hardwood gym), Oxnard (805) 488- 7245 (Contact= Esther Carcano)	Offers aerobic classes to the public	Gold Coast	All	Free
Baseball				
Agoura Pony Baseball 5699 Kanan Road #227, Agoura Hills (818) 707-6268 http://www.agouraponybaseball.org/	Youth baseball leagues that will help young people grow into healthier and happier adults	Agoura Hills	Ages 5 - 15	Call for fees.
Baseball City Inc 28752 Roadside Drive, Agoura Hills 818) 991-7252	Batting Cages & private lessons	Agoura Hills	All ages	Call for rates.
Camarillo Bat-R Up 487 Dawson Drive, Camarillo (805) 987-2287 http://batrup.net/index.html	Indoor batting cages & private lessons	Camarillo	All ages	\$2 = 24 pitches, \$5 = 72 pitches
Camarillo Pony Baseball 1605 Burnley, Camarillo (805) 388-0829 http://cpba.org/	Youth baseball leagues that will help young people grow into healthier and happier adults	Camarillo	Ages 6 - 19	Call for fees.
Conejo Valley Little League 1550 East Avenida De Los Arboels, Thousand Oaks (805) 492-4396	Youth baseball leagues that will help young people grow into healthier and happier adults	Thousand Oaks	Youth	Cost varies. Scholarships available.
Fillmore Little League Baseball 2 D & Palm, Fillmore (805) 524-0842	Youth baseball that will help young people grow into healthier and happier adults	Fillmore	Youth	Varies
Montalvo Little League 1929 1/2 Johnson Dr., Ventura (805) 654-4141 http://montalvolittleleague.com/index.htm	Youth baseball that will help young people grow into healthier and happier adults	Ventura	Youth	Varies
Ojai Valley Little League 1201 Ventura Ave., Oak View (805) 649-4536 http://ojaivalleylittleleague.org/	Youth baseball that will help young people grow into healthier and happier adults	Oak View	Youth	\$50pp/all leagues
Santa Paula Little League 1400 E. Harvard Blvd., Santa Paula (805) 525-6813 http://santapaulalittleleague.com	Youth baseball that will help young people grow into healthier and happier adults	Santa Paula	Youth	Call for fees.

Santa Susana Boy's Baseball 4333 Township Ave. Simi Valley, CA (805) 526-1768 http://santasu.com/	Youth baseball that will help young people grow into healthier and happier adults	Simi Valley	Youth	Call for fees.
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Sunset Little League 1390 South I St., Oxnard (805) 486-1891 (Contact - Helen Lopez) www.leaguelineup.com/sunset	Youth baseball that will help young people grow into healthier and happier adults	Oxnard	Youth	Call for fees.
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Ventura Coast Youth Baseball 100 De Anza Dr., Ventura (805) 648-7669 http://vcyb.org/	Youth baseball that will help young people grow into healthier and happier adults	Ventura	Ages 4-12	Call for fees.
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Ventura Coastal Little League 601 E. Daily Dr. suite 223, Camarillo (805) 484-3000 http://www.eteamz.com/vcll/	Youth baseball that will help young people grow into healthier and happier adults	Camarillo	Ages 5-14	Call for fees.
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Basketball

Camarillo Youth Basketball Association (805) 388-0829 http://cybaonline.org/	Recreational & traveling basketball leagues	Gold Coast	Youths in 4th - 8th grade	Call for fees.
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Conejo Youth Basketball Association PO Box 6966, Thousand Oaks (805) 732-7327	Provides a means of wholesome recreation to youths in the Thousand Oaks/Westlake village areas. All directors, coaches & staff are volunteers.	Thousand Oaks	Youths in 1st - 12th grade	Scholarships available.
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Batting Cages

Who's On First 961 N. Rice Ave., Oxnard (805) 485-4001	Batting Cages.	Oxnard	All ages	
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Zall Ball Batting Cages 2285 Ward Ave., Simi Valley (805) 583-9050 www.zallball.com	Indoor batting cages for all skill levels, year-round baseball and softball training. Bats and helmets available.	Simi Valley	All ages	\$5 for a bucket of balls (bucket = 50-60 balls)
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Bicycle Clubs

Amgen Cycling Club http://www.velogen.org/default.cfm	Global club of over 650 cyclist thru-out the US and Europe	Gold Coast	Adult	Refer to website to join
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Channel Islands Bicycle Club P.O. BOX 6481 Oxnard www.cibike.org/index.html	Regular meetings are 3rd Wednesday of every month Address: 2401 Harbor Blvd.	Oxnard	All Ages	\$20pp/annual membership, \$25 membership for family of 2 or more.
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Conejo Valley Cyclist Club P.O. BOX 4411, Thousand Oaks www.cvcbike.org	Call for meeting dates and locations	Thousand Oaks	All Ages	\$30yr for new members, \$20yr for membership renewal \$35 for new family memberships, \$25 for family membership renewal.
North Ranch Mountain Bikers http://www.nrmbc.org/	Provides several organized rides monthly in Ventura County, info on trails & info on biking trips. Check website for dates & locations of rides.	Ventura County	Youth-Adult	Free
Old Kranks (805) 381-2744 http://www.oldkranks.org/infopage.htm	Provides rides every day except Tuesday's & Thursday's in the Westlake area in Ventura County. Rides vary from 4-19 miles	Ventura County	Adults 50+ years or older	\$10pp/annual membership

Bicycling

Freedom Park BMX Raceway 528 Freedom Park Drive, Camarillo (805) 824-7854	Bicycle motocross facility offering year-round recreational riding & competitive racing opportunities. A sanctioned by the American Bicycle Association facility.	Camarillo	Youth - Adult	Annual ABA membership fee \$45pp. Daily track fees: Practice - \$5, Race - \$10 (includes practice). Family membership discounts, one-day & free trail memberships for first- time riders also available.
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Boomerang

United States Boomerang Association 169 Cook Drive, Fillmore (805) 524-2913 www.usba.org		Fillmore	All	Annual membership: Individual - \$15, Family - \$35
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Bowling

Brunswick Valley Bowl 5255 Cochran Street, Simi Valley (805) 584-2695	Play individually, as a family, join a league or after school club.	Simi Valley	All ages	Prices vary. Call for \$1/night.
Buena Lanes 1788 Mesa Verde Ave., Ventura (805) 656-0666 http://buenalanesbowling.com	Play individually, as a family, join a league or after school club.	Ventura	All ages	Sunday mornings 9am-12pm \$1pp/game, \$1pp/shoe rental, After school club 3pm-5pm, 16 years old & younger \$4pp includes 2 games, shoe rental, hot dog & drink. All other times prices vary.

Harley's Camarillo Bowl 305 Arneil Rd., Camarillo (805) 482-0747 www.harleysbowl.com	Play individually, as a family or join a league.	Camarillo	All ages	Sunday 9:45pm-close \$1 games. Monday night 9pm-11pm \$1.50 per game. Tuesday night 9pm-close \$8 cover, unlimited bowling. Wednesday night at 9pm \$8 unlimited games, shoes included w/college I.D. all other times prices vary.
Harley's Simi Bowl 480 E. Los Angeles Ave., Simi Valley (805) 526-4212 www.harleysbowl.com	Play individually, as a family or join a league.	Simi Valley	All ages	Tuesday night 9pm-close, \$8 cover, .25/game, shoe rentals & soda, .50/hot dogs. Thursday night at 9pm-close \$8/unlimited games, shoes included w/college I.D.
Ventura Bowling Center 1888 E. Thompson Blvd., Ventura (805) 485-4915 http://vcda.org/ven_bowl.html	Play individually, as a family or join a league.	Ventura	All ages	Prices vary. Call for \$1/nights.
Wagon Wheel Bowl 2801 Wagon Wheel, Oxnard (805) 485-4915	Play individually, as a family or join a league.	Oxnard	All ages	Prices vary. Call for \$1/nights.

Boxing

Kid Gloves Boxing Fitness-Studio 1663 E. Los Angeles Ave., Simi Valley (805) 526-3214	Learn the training basics in boxing, sparring, etc.	Simi Valley	All Ages	Prices vary. Call for free & low cost trial offers.
KnockOut Oxnard 560 "A" Street, Oxnard (805) 204-4787 www.knockoutoxnard.com	Boxing & Fitness Center: Cardio & weight training, knockout classes, sparring.	Oxnard	Youth & adult	Prices vary. Call for rates & specials.
KnockOut Westlake 749 Lakefield Road, St. "D", Westlake Village (805) 551-9042 www.knockoutwestlake.com	Boxing & Fitness Center: Fitness programs for men, women, youth, active adults 55+, & for those who want to lose 50lbs. or more.	Westlake Village	Youth & Adult	Prices vary. Call for rates & specials.
La Colonia Boxing Club 520 E. First Street, Oxnard (805) 385-7963 (Contact - Coach Robert Garcia or Assistant Coach Francisco Navarro)	Nationally recognized club; beginners to advanced training available. Olympic Style Boxing Program for fitness or tool for self-discipline.	Oxnard	Youth & adult	Free. Open Monday-Friday 4pm-8pm. 7yr old-15yr old 4pm-6pm, 15yrs+ 6pm-8pm

Mid City Boxing Gym 350 S. "K" St., Oxnard (805) 385-8230 (Contact - Coach Rocky Garza or Assistant Coach David Rodela)	Nationally recognized club; beginners to advanced training available. Olympic Style Boxing Program for fitness or tool for self-discipline.	Oxnard	Youth & Adult	Free. Open Monday-Friday 4pm-8pm. 8-19yrs old 4pm-6pm, 20yrs+ 6pm-8pm
Sylva's Boxing Gym 596 Poli St., Ventura (805) 652-2150	Outreach to local at-risk youth to build positive relationships between youth and the community.	Ventura	???	???
Camping				
Avenue Trailer Town 251 N. Ventura Ave., Ventura (805) 643-5592	Camping, hiking, picnic & barbeque sites.	Ventura	All	
Channel Islands National Park 1901 Spinnaker Dr., Ventura (805) 658-5730	Accessible for multi-day camping trips. Lies 14 miles off the coast.	Ventura	All	
Emma Wood State Beach Downtown area-Ventura 101 Freeway North of Ventura exit State Beaches-on left ½ mile. (805) 968-1033	Offers 90 family camping sites for self-contained vehicles ONLY. Access to beach & bike paths.	Ventura	All	Call for rates & details on discounts. Discounts available for persons 62+ years old, Aged, Blind, Disabled, income limitations, & any persons receiving CalWorks. Open from Dawn-Dusk
Far West Resorts 7400 Pine Grove Rd., Santa Paula (805) 933-3200 http://farwestresorts.com/index.php	Tent camping, RV site. RV park and campground	Santa Paula	All	Call for rates.
Faria County Campground 4350 W. Pacific Coast Highway, Ventura (805) 654-3951	42 camping sites, 15 with full hookups. Site has playground, horseshoe pits, restrooms, showers, fire pits, water & park store. Access to surf fishing, shoreline, surfing.	Ventura	All	Call for rates. Monday-Friday 7:45am-4:45pm
Hobson County Campground 5210 W. Pacific Coast Highway, Ventura 101 Freeway North of Ventura exit State Beaches-on left 5 miles (805) 654-3951	31 camping sites, 10 with full hookups. Site has restrooms, water, concession stand, showers, BBQ & firepits.	Ventura	All	Call for rates.
Kenny Grove Park Fillmore (805) 524-0750	Camping, picnic & barbeque sites, walking and hiking trails. RV and campgrounds. Group camp sites available; boating, water park nearby	Fillmore Ojai	All All	
Lake Casitas 11311 Santa Ana Rd., Ojai (805) 649-2233				

Lake Piru 4780 Piru Canyon Rd, Piru (805) 521-1500	Enjoy fishing, boating, skiing, & camping.	Piru	All
McGrath State Beach South of Ventura Harbor, Ventura (805) 968-1033	Camping, picnic & barbeque sites, walking and hiking trails.	Ventura	All
Rincon RV Parkway Waterfront area-Ventura (805) 654-3951	101 Freeway North of Ventura exit State Beaches-on left 4 miles.	Ventura	All
Ventura Beach RV Resort 800 W. Main Street, Ventura (805) 643-9137	Camping, picnic & barbeque sites, walking and hiking trails.	Ventura	All

Cheer

Ventura County Spirit Co. 5600 Everglades, Ventura (805) 654-9452 http://cheervcsc.com/index.php	Hip Hop, Cheer classes & Hip Hop, Cheer teams	Gold Coast	Youth - 3yrs - 18yr olds	Call for fees
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Climbing

Vertical Heaven Indoor Rock Climbing and School 1954 Goodyear Ave., Ventura (805)339-9022 http://www.verticalheavenclimbing.com	7500 sq. feet of indoor climbing, top-out bouldering with easy down climbs, 2 warm-up traverses, 30 foot high walls, classes kid programs & camps also available	Gold Coast	All ages.	Rates starting at \$5.
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Community/Recreation Center

Boys & Girls Club of Camarillo 1078 Calle El Valador, Camarillo http://www.bgccam.org/	Arts, Education, Character & Leadership Development, Health & Recreation	Camarillo	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Camarillo 1500 Temple Ave, Camarillo (805) 482-8113 http://www.bgccam.org/	Arts, Education, Character & Leadership Development, Health & Recreation	Camarillo	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Conejo & Las Virgenes Administration 5137 Clareton Drive, Thousand Oaks (805) 706-0905 http://www.bgcconejo.org/	Arts, Education, Character & Leadership Development, Health & Recreation	Thousand Oaks	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Lompoc 1025 West Ocean Avenue, Lompoc (805)736-4978 www.unitedbg.org	Arts, Education, Character & Leadership Development, Health & Recreation	Lompoc	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Fillmore Piru 565 1st Street, Fillmore (805) 524-0456	Arts, Education, Character & Leadership Development, Health & Recreation	Fillmore	Youth	Membership: \$20 per child annually. Scholarships available.

Boys & Girls Club of Moorpark 200 Casey Road, Moorpark (805) 529-1140	Arts, Education, Character & Leadership Development, Health & Recreation	Moorpark	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Oxnard-Martin V. Smith Branch 1900 West Fifth Street, Oxnard (805) 815-4999 http://www.positiveplace4kids.org/	Arts, Education, Character & Leadership Development, Health & Recreation	Oxnard	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Oxnard 1140 Kenny St., Oxnard (805) 485-3117 http://www.positiveplace4kids.org/	Arts, Education, Character & Leadership Development, Health & Recreation	Oxnard	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Oxnard 2714 Vineyard Ave., Oxnard	Arts, Education, Character & Leadership Development, Health & Recreation	Oxnard	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Greater Oxnard and Port Hueneme – After School Site 2131 Snow Ave., Oxnard (805) 485-3113 www.positiveplace4kids.org/default.asp	Arts, Education, Character & Leadership Development, Health & Recreation	Oxnard	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Greater Oxnard and Port Hueneme– After School Site 600 Simon Way, Oxnard (805) 485-3121 www.positiveplace4kids.org/default.asp	Arts, Education, Character & Leadership Development, Health & Recreation	Oxnard	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Oxnard 405 E. Dollie Street, Oxnard	Arts, Education, Character & Leadership Development, Health & Recreation	Oxnard	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Oxnard 5400 Perkins Road, Oxnard	Arts, Education, Character & Leadership Development, Health & Recreation	Oxnard	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Oxnard 550 E. Thomas Ave., Oxnard	Arts, Education, Character & Leadership Development, Health & Recreation	Oxnard	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Oxnard 1900 W. 5th Street, Oxnard	Arts, Education, Character & Leadership Development, Health & Recreation	Oxnard	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Greater Oxnard and Port Hueneme – After School Site 2500 Lobelia Dr., Oxnard (805) 604-1412 www.positiveplace4kids.org/default.asp	Arts, Education, Character & Leadership Development, Health & Recreation	Oxnard	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Greater Oxnard and Port Hueneme – After School Site 3100 Rose Ave., Oxnard (805) 485-3119 www.positiveplace4kids.org/default.asp	Arts, Education, Character & Leadership Development, Health & Recreation	Oxnard	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Oxnard-Rio Rosales Branch 2001 Jacinto Drive, Oxnard (805) 983-4021 www.unitedbg.org	Arts, Education, Character & Leadership Development, Health & Recreation	Oxnard	Youth	Membership: \$20 per child annually. Scholarships available.

Boys & Girls Club of Oxnard-Squires Housing Unit 5123 Squires Drive, Oxnard (805) 385-7985 http://www.positiveplace4kids.org/	Arts, Education, Character & Leadership Development, Health & Recreation	Oxnard	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Piru 802 N. Orchard, Piru	Arts, Education, Character & Leadership Development, Health & Recreation	Oxnard	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Point Mugu 311 Main Road, Suite 1	Arts, Education, Character & Leadership Development, Health & Recreation	Point Mugu	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Greater Oxnard and Port Hueneme 590 E. Pleasant Valley Road, Port Hueneme (805) 271-9773 http://www.positiveplace4kids.org/	Arts, Education, Character & Leadership Development, Health & Recreation	Port Hueneme	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Port Hueneme Bldg. 1439 32nd Avenue, Port Hueneme	Arts, Education, Character & Leadership Development, Health & Recreation			
Boys & Girls Club of Port Hueneme 1171 29th Avenue, Port Hueneme	Arts, Education, Character & Leadership Development, Health & Recreation			
Boys & Girls Club of Santa Paula 431 N. 13th St., Santa Paula	Arts, Education, Character & Leadership Development, Health & Recreation	Santa Paula	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Santa Paula 1400 E. Harvard Blvd., Santa Paula (805) 921-0506	Arts, Education, Character & Leadership Development, Health & Recreation	Santa Paula	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Simi Valley 2850 Lemon Drive, Simi Valley (805) 527-4437	Arts, Education, Character & Leadership Development, Health & Recreation	Simi Valley	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Thousand Oaks 2100 Avenida De Las Flores, Thousand Oaks	Arts, Education, Character & Leadership Development, Health & Recreation	Thousand Oaks	Youth	Membership: \$20 per child annually. Scholarships available.
Boys & Girls Club of Ventura 1440 N. Olive St., Ventura (805) 641-5588 http://www.bgclubventura.org/	Arts, Education, Character & Leadership Development, Health & Recreation			
Boys & Girls Club of Ventura 11321 Violeta St., Ventura (805) 659-3340 http://www.bgclubventura.org/	Arts, Education, Character & Leadership Development, Health & Recreation			
Boys & Girls Club of Ventura 1929 Johnson Drive, Ventura (805) 641-5599 http://www.bgclubventura.org/	Arts, Education, Character & Leadership Development, Health & Recreation			
Boys & Girls Club of Ventura 555 E. Mahoney Avenue, Oak View (805) 649-9000 http://www.bgclubventura.org/	Arts, Education, Character & Leadership Development, Health & Recreation			

Boys & Girls Club of Ventura 234 W. Vince Street, Ventura (805) 641-0523 http://www.bgclubventura.org/	Arts, Education, Character & Leadership Development, Health & Recreation			
Boys & Girls Club of Ventura 2021 Sperry Avenue, Ventura (805) 641-5585 www.unitedbg.org	Arts, Education, Character & Leadership Development, Health & Recreation	Ventura, Oak View	Youth	Membership: \$20 per child annually. Scholarships available.
Camarillo Family YMCA 3111 Village at the Park, Camarillo (805) 484-0423	Health and Fitness, Camping, Family, Childcare, World, Sports	Camarillo	All	
City of Fillmore, Parks & Recreation Dept. 250 Central Ave., Fillmore (805) 524-1500	A variety of recreation activities & programs.	Fillmore	All	
City of Moorpark, Community Services Dept. 799 Moorpark Ave, Moorpark (805) 517-6200 http://www.ci.moorpark.ca.us/depts.htm	Classes, special events, youth & adult sports, youth day camps, teen programs.	Moorpark	All	
City of Oxnard Recreation and Community Services 545 South "A" Street Ste. 265, Oxnard (805) 385-7995 www.oxnardrec.org	Education, Enrichment, & Human Development	Oxnard	Youth-Adult	
City of Santa Paula Community Services Dept. 530 W. Main St., Santa Paula (805) 933-4226 www.ci.santa-paula.ca.us/CommunityServices.htm	Summer activities and sports for youth & adults	Santa Paula	Youth-Adult	
City of Simi Valley, Community Services Dept. 3855-A Alamo St., Simi Valley (805) 583-6861 http://www.ci.simi-valley.ca.us/	Address needs of community & promote spirit & cooperation between city & citizens	Simi Valley	Youth-Adult	
City of Ventura Community Services Dept. 501 Poli St. Room 226, Ventura (805) 658-4726 www.ci.ventura.ca.us/depts/comm_serv/index.asp	Summer activities and sports for youth & adults;	Ventura	Youth-Adult	
Conejo Recreation & Park District 403 Hillcrest Drive, Thousand Oaks (805) 495-6471 http://www.crpdpd.org/	Variety of classes, activities, and sports for youth & adults; summer programs.	Thousand Oaks	Youth-Adult	
Conejo Valley YMCA 4031 N. Moorpark Rd, Thousand Oaks (805) 523-7613	Health and Fitness, Aquatics, Camping, Family, Childcare, Community Development, Sports, Teens	Thousand Oaks	All	
Simi Valley Family YMCA 3200 Cochran St., Simi Valley (805) 583-5338	Health and Fitness, Aquatics, Camping, Family, Childcare, Community Development, Arts, Sports, Teens	Simi Valley	All	
Southeast Ventura County YMCA 100 E. Thousand Oaks Boulevard, Thousand Oaks (805) 497-3081	Health and Fitness, Aquatics, Camping, Family, Childcare, Community Development, Arts, Sports, Teens	Thousand Oaks	All	

Triunfo YMCA 31225 La Baya Drive Ste.106, Westlake Village (818) 706-9622	Health and Fitness, Aquatics, Camping, Family, Childcare, Community Development, Arts, Sports, Teens	Westlake Village	All
UCCE Ventura County 4-H Office 669 County Square Drive, Ventura (805) 645-1451 www.ceventura.ucdavis.edu/4-H_Program/	Engage kids in learning by doing projects, citizenship & leadership skills, science & technology, & life skills.	Ventura	5-19 yrs
Ventura Family YMCA 3760 Telegraph Rd., Ventura (805) 642-2131	Health and Fitness, Aquatics, Camping, Family, Childcare, Sports, Teens	Ventura	All
Ventura College Community Education 71 Day Road, Ventura (805) 654-6459 www.venturacollege.edu/communityed/index.html	Classes offered to community members, students, faculty in Salsa, belly dancing, yoga, swing, Pilates, etc.	Ventura	All
Westpark Community Center 450 W. Harrison Ave., Ventura (805) 648-1895	Year round classes, activities, & sports for youth & adults; summer camps, Kids Café, Leadership Dev.	Ventura	All

Community Health Service Classes

Camarillo Health Care District 3639 E. Las Posas Road, Suite. 117, Camarillo (805) 388-1952 www.camhealth.com/index.htm	To enhance individual & community health; promote health lifestyles, physical health & fitness, and emotional balance	Camarillo	All
Chronic Disease Prevention Prog. (VCPHD) 2323 Knoll Drive, Ventura (805) 677-5252	Offer variety of classes: nutrition, physical activity, health screenings, diabetes case management, etc.	Ventura	All Free
St. John's Regional Medical Center 1600 N. Rose Ave., Oxnard (805) 988-2500 www.stjohnshealth.org/	Offer community classes: childbirth & parenting classes, diabetes support groups, low-cost health screenings, CPR classes	Oxnard	All

Dance

All American Ballet 1932 Eastman Avenue, Ventura (805) 650- 6316	Ballet Education, training, & performance	Ventura	All
Arthura Murray Dance Studios 5725 Ralston Steet, Ste#210 (805) 650- 5999 3065 E. Thousand Oaks Blvd. #4, Thousand Oaks (805) 495- 1445	Latin, hip-hop, smooth, rhythm, & ballroom	Thousand Oaks	All

Ballet Academy Ventura 2750 E. Main Street, Ventura (805) 653- 2800	Pre-ballet professional; flamenco, ballet, hip-hop	Ventura	All
Billy Clower Dance Studio 75 MacMillan, Ventura (805) 643- 5036	Tap, jazz, hip-hop, ballet	Ventura	All
Buenaventura Ballet & Dance Academy 3521 Arundell Circle #B, Ventura (805) 630- 5076	Ballet Hip-hop, jazz, tap	Ventura	All Levels & ages 3 thru Adult
Camarillo Academy of Performing Arts 2520 Las Posas Rd., Camarillo (805) 383-6446	Dance, drama, voice	Camarillo	All
Cecile Rogers Dance Studio 2687 Saviers Rd., Oxnard (805) 483-2523	Dance lessons, etc	Oxnard	All
Nielson & Nielson Ballroom Dancing 4227 E. Main St.Ste.112, Ventura (805) 642-2023	Salsa, foxtrot, waltz, cha- cha, swing, rumba, mambo, samba, tango	Ventura	All
Ojai Performing Arts Theatre Academy 1401 Maricopa Hwy, Ojai (805) 640-6445	Jazz, ballet, belly-dance, modern, creative movement; voice, drama, much more	Ojai	All
Poinsettia Swing Dance Club 275 S. Laurel, Ventura (805) 644-4223	Learn to swing dance, etc		All

Football				
Pacific Youth League Ventura camcas22@adelphia.net	To practice ideals of health, fair play, citizenship, sportsmanship, fellowship, character, team player	Ventura	Youth	Varies; Call for rates & discount programs
Ventura Packers PO Box 6847, Ventura (805) 655-7890 http://venturapackers.net		Ventura		Scholarships available

Parks				
Arroyo Verde Park Foothill & Day Roads, Ventura			Moorpark	
Arroyo Vista Community Park 4550 Tierra Rejada Road, Moorpark			Moorpark	
Bolker Park Bolker Drive, Port Hueneme			Port Hueneme	
Camino Real Park Dean Drive & Varsity Street, Ventura			Ventura	

Channel Islands National Park 1901 Spinnaker Drive, Ventura	Ventura
College View Park 15400 Campus Park Drive	Moorpark
Community Center Park 799 Moorpark Avenue, Moorpark	Moorpark
Dennison Park 7250 Santa Paula-Ojai Road, Ojai	Ojai All
Dewer Park Market Street, Port Hueneme	Port Hueneme All
Emma Wood State Beach 800 West Main Street, Ventura	Ventura
Faria Beach 4350 W. Pacific Coast Highway, Ventura	Ventura
Foster Park 438 Casitas Vista Road, Ventura	Ventura
Glenwood Park 11800 Harvester Street, Moorpark	Moorpark
Grant Memorial Park 100 Ferro Drive, Ventura	Ventura
Harry A. Lyon Park De Anza Drive at Cameron Street	Ventura
Hobson Beach 5210 W. Pacific Coast Highway, Ventura	Ventura
Hueneme Beach Park Surfside Drive, Port Hueneme	Port Hueneme
Kenny Grove Park 823 North Oak Avenue, Fillmore	Fillmore
Lake Casitas Recreation Area 11311 Santa Ana Road, Ojai	Ojai
Mandalay State Beach 1000 Harbor Boulevard, Oxnard	Oxnard
Mcgrath State Beach 2211 Harbor Blvd., Oxnard	Oxnard
Miller Park 4530 Miller Parkway, Moorpark	Moorpark
Moranda Park Moranda Parkway, Port Hueneme	Port Hueneme
Mountain Meadows Park 4350 Mountain Meadow Drive, Moorpark	Moorpark
Oak Park 901 Quimisa Drive, Simi Valley	Simi Valley
Olivos Adobe Historical Park 4200 Olivas Park Drive, Ventura	Ventura
Peach Hill Park 13200 Peach Hill Road, Moorpark	Moorpark
Poindexter Park 500 Poindexter Avenue, Moorpark	Moorpark
Richard Bard Park Bard Road, Port Hueneme	Port Hueneme
Rincon Parkway 5000 W. Pacific Coast Highway, Ventura	Ventura

San Buenaventura State Beach

901 San Pedro Street, Ventura

Ventura

Soule Park

1301 Soule Park Drive, Ojai

Ojai

Steckel Park

8080 Mistletoe Road, Santa Paula

Tierra Rejada Park

11900 Mountain Trail Street, Moorpark

Girls softball & T-Ball

Gold Coast

Youth girls 5-12 yrs of age

Low Cost

Villa Campesina Park

4704 Leta Yancy Road, Moorpark

Virginia Colony Park

14507 Condor Drive, Moorpark

Gold Coast

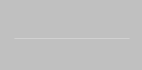


Softball

Mermaids Girl Softball League

Oxnard
(805) 483-1930

G



Youth girls 5-12 yrs of age

Low Cost

Ventura



Tennis

Ventura County Junior Tennis Association

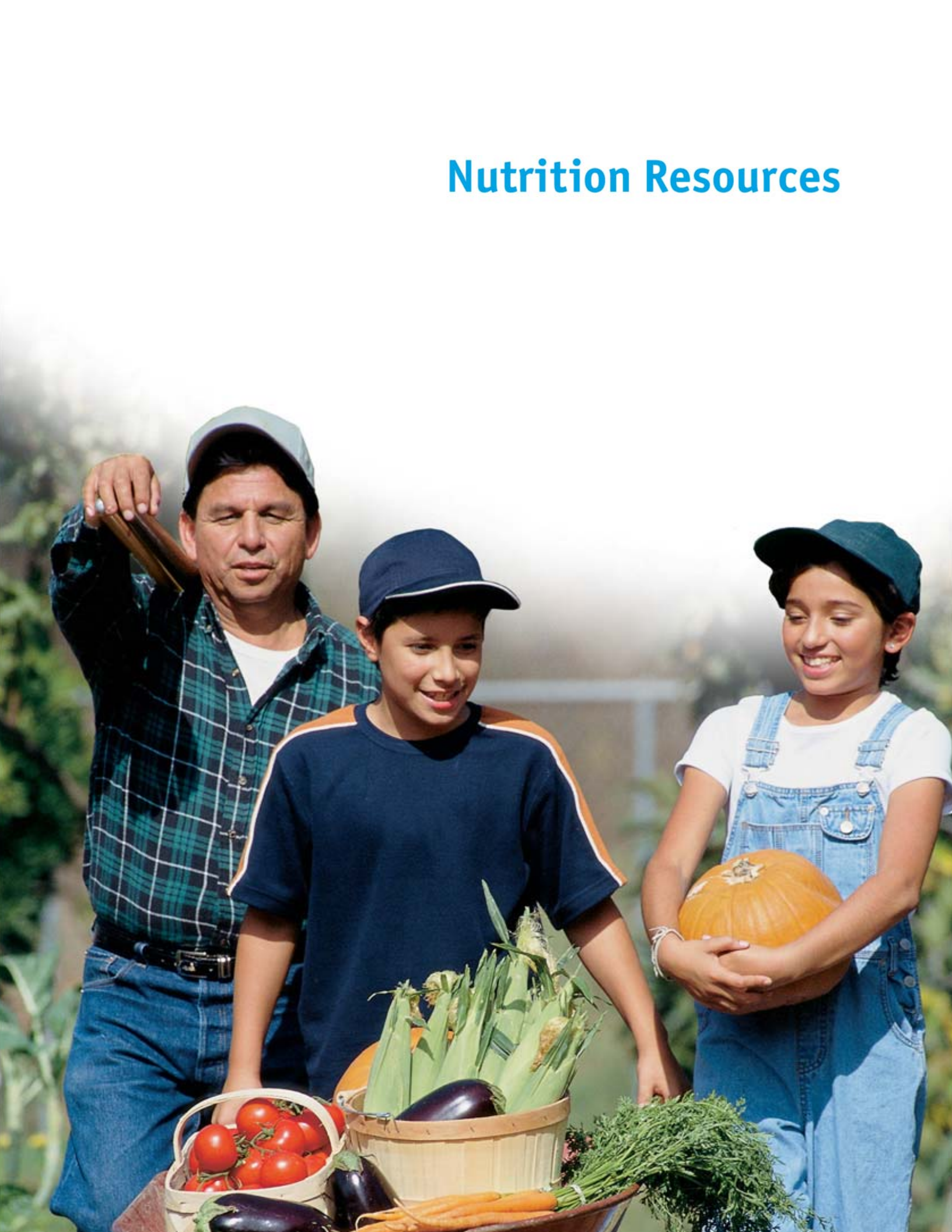
500 Sanjon Road, Ventura
(805) 648-3876
www.vcjta.com/

Target Population

Annual Membership:
\$14 per child, \$20 per family



Nutrition Resources



Golden Coast Region •
Nutrition Resources

PROGRAM / ORGANIZATION	DESCRIPTION	CITY	TARGET POPULATION	COST
Community Classes				
Diabetes				
Diabetes Resource Center of Santa Barbara County 1704 State Street, Santa Barbara (805) 687-5586 www.sbdrc.org	Provides diabetes prevention and management services & classes for those individuals with diabetes.	Carpinteria & Santa Barbara	All	Free
Sansum Diabetes Research Institute 2219 Bath Street, Santa Barbara (805) 682-7638/ (805) 687-8915 www.sansum.org	Provides free literature on diabetes in English and Spanish. Offers classes and seminars on diabetes control, individual peer counseling, adult support groups, youth/parent support groups, and listings of physicians, dieticians and diabetes educators. Summer camps for insulin dependent youth are available. Trained speakers on diabetes and its complications are available to interested groups.	Santa Barbara	Individuals with Type 1 or Type 2 diabetes &/or their family members.	Free, Support groups 12-2pm 1st Friday of the month
Farmers' Markets				
Arroyo Grande Certified Farmers' Market P.O. Box 16058, San Luis Obispo (805) 434-3400 http://www.slocountyfarmers.org/	Wednesdays , 8:30am-11am K-Mart parking lot, Oak Park & Hwy 101 Saturdays , 12-12:30pm 214 E.Branch (City Hall), Arroyo Grande	San Luis Obispo, Arroyo Grande	All	Free
Atascadero Certified Farmers' Market (805)434-3400 www.visitatascadero.com/html/farmermarket.html	Wednesdays , 3pm-6pm Morro Road & El Camino Real, Atascadero	Atascadero	All	Free
Avila Beach Certified Farmers Market www.avilabeachpier.com/avila/businesses/farmers.html	Fridays , 4pm-8pm (April-Sept) Front Street Promenade, Avila Beach	Avila Beach	All	Free
Baywood/Los Osos Certified Farmers Market (805) 748-1109 www.northcountyfarmersmarkets.com	Mondays , 2pm-4:30pm 2nd & Santa Maria Streets (by the bay), Los Osos	Los Osos	All	Free

Camarillo Certified Farmers Market (805) 386-3584	Saturdays , 8am-12pm 2220 Ventura Blvd. (VC Senior Nutrition Center), Camarillo	Camarillo	All	Free
Cambria Certified Farmers Market (805) 927-4715	Fridays , 2:30pm-5:30pm Main & Cambria Street (Veterans Memorial Hall), Cambria WIC accepted	Cambria	ALL	Free
Carpinteria Certified Farmers Market (805) 962-5354 http://www.carpinteria.com/activities/farmers_market/	Thursdays , 4pm-7pm / 3pm-6pm during Winter 800 block Linden Ave., Carpinteria	Carpinteria	All	Free
Cayucos Certified Farmers Market (805) 995-1200	Fridays , 9:30am-12pm (April-November) Veterans Hall parking lot, Cayucos	Cayucos	All	Free
Goleta Certified Farmers' Markets (805) 962-5354 www.sbfarmersmarket.org	Thursdays , 3pm-6pm 5700 Block of Calle Real (Calle Real Center), Goleta Sundays , 10am-2pm Corner of Storke & Hollister (Camino Real Marketplace), Goleta	Goleta	All	Free
Lompoc Certified Farmers Market (805) 305-9829	Fridays , 2pm-6pm Ocean & "I" Street, Lompoc	Lompoc	All	Free
Moorpark Certified Farmers' Market www.vccfarmersmarkets.com/Homepage.html	Saturdays , 8am-12pm Moorpark College (Parking Lot G1), Moorpark	Moorpark	All	Free
Morro Bay Certified Farmers' Market P.O. Box 16058, San Luis Obispo (805) 434-3400 http://www.slcountyfarmers.org/	Thursdays , 2:30pm-5pm 2650 Main Street (Spencers Market), Morro Bay Saturdays , 3pm-6pm 800 block Main Street, Morro Bay	Morro Bay	All	Free

Montecito Certified Farmers Market (805) 962-5354 www.sbfarmersmarket.org	Fridays , 8am-11:15am 1100 & 1200 Blocks of Coast Village Road, Montecito	Montecito	All	Free
Nipomo Certified Farmers Market (805) 748-1109 www.northcountyfarmersmarkets.com	Sundays , 11:30am-2:30pm 671 W. Teft St., Nipomo	Nipomo	All	Free
Paso Robles Farmers Market (805) 748-1109 www.northcountyfarmersmarkets.com	Tuesdays , 3pm-6pm 11th & Spring Streets (In the City Park under the trees), Paso Robles Fridays , 9am-12:30pm 180 Niblick Rd (shopping center parking lot), Paso Robles	Paso Robles	All	Free
Pismo Beach Farmers Market (805) 305-7017	Wednesday , 5pm-8pm Dolliver & Main St., Pismo Beach	Pismo Beach		
Ojai Certified Farmers Market (805) 698-5555 http://ojaicertifiedfarmersmarket.com/	Sundays , 9am-1pm 300 E. Matilija St., Ojai	Ojai	All	Free
Orcutt Farmers Market (805) 709-6740	Tuesdays , 10am-1pm Bradley Road & Clark Avenue, Orcutt	Orcutt	All	Free
Oxnard Certified Farmers Market (805) 985-4852	Thursdays , 9am-1pm Fifth St. & "C" street (Plaza Park Downtown), Oxnard Sundays , 10am-2pm Channel Islands Blvd. & Harbor on the water (adjacent to Marine Emporium Landing Shopping Center), Oxnard	Oxnard	All	Free
Shell Beach Farmers Market	Saturday , 9am-1pm (April- November) Cliff Street & Shell Beach Road (Dinosaur Cave Park), Pismo Beach	Pismo Beach	All	Free

<p>San Luis Obispo Certified Farmers Market P.O. Box 16058, San Luis Obispo (805) 434-3400 http://www.slocountyfarmers.org/</p>	<p>Thursdays, 6:10pm-9pm 700-900 Higuera St, San Luis Obispo Saturdays, 8am-10:30am Cost Plus Madonna & Dalidio (Gottschalk), San Luis Obispo</p>	San Luis Obispo	All	Free
<p>Santa Barbara Certified Farmers Market</p>	<p>Tuesdays, 4pm-7:30pm (Summer Hours), 3pm-6:30pm (Winter Hours) 500 & 600 Blocks of State Street, Old Town Santa Barbara Wednesdays, 2pm-6pm (Summer Hours), 1pm-5pm (Winter Hours) Inside La Cumbre Plaza Shopping Center (La Cumbre Plaza), Santa Barbara Wednesdays, 3pm-6:30pm 1625 Robbins Street (Harding Elementary School), Santa Barbara Saturdays, 8:30am-12:30pm Corner of Santa Barbara & Cota Streets (Downtown Santa Barbara)</p>	Santa Barbara	All	Free
<p>Santa Clarita Farmers Market www.vccfarmersmarkets.com/Homepage.html</p>	<p>Sundays, 8:30am-12pm College of the Canyons (Parking Lot 8), Santa Clarita</p>	Santa Clarita	All	Free
<p>Santa Margarita Farmers Market</p>	<p>Tuesdays, 3pm-6pm Estrada Ave. & "H" St. (Santa Margarita Park), Santa Margarita</p>	Santa Margarita	All	Free
<p>Santa Maria Certified Farmers Market (805) 459-6050</p>	<p>Wednesdays, 12:30pm-4:30pm, 100 S. Broadway at Main, Santa Maria</p>	Santa Maria	All	Free
<p>Growing Grounds Farmer's Market (805) 928-4509</p>	<p>Thursdays, 1-5pm 812 W. Foster Rd., Santa Maria</p>	Santa Maria	All	Free
<p>Santa Paula Certified Farmers Market (805) 933-4216</p>	<p>Wednesdays, 4pm-8pm (May-October) 969 E. Santa Barbara Street, Santa Paula Saturday, 10am-3pm 969 E. Santa Barbara Street,</p>	Santa Paula	All	Free

Santa Paula

Simi Valley Certified Farmers Market
(805) 643-6458
Fridays, 3pm-8pm
1555 Simi Town Center Way,
Simi Valley
Simi Valley All Free

Solvang Certified Farmers Market
(805) 962-5354
www.sbfarmersmarket.org
Wednesdays, 2:30pm-6:30pm
(Summer Hours),
2:30pm-6pm (Winter Hours)
Copenhagen Drive & 1st
Street, Solvang
Solvang All Free

Templeton Farmer's Market
(805) 748-1109
www.northcountyfarmersmarkets.com
Saturdays, 9am-12:30pm
6th & Crocker Street (In the
town park), Templeton
Templeton All Free

Thousand Oaks Certified Farmers' Market
www.vccfarmersmarkets.com/Homepage.html
Thursdays, 1:30pm-6:30pm
Oaks Shopping Center, Wilbur
Road & Thousand Oaks Blvd.
(East end parking lot),
Thousand Oaks
Thousand Oaks All Free

Ventura Certified Farmers' Market
www.vccfarmersmarkets.com/Homepage.html
Wednesdays, 9am-1pm
Pacific View Mall (West
parking lot, North of Sears),
Ventura
Saturdays, 8:30am-12pm
Corner of Palm & Santa
Clarita Street, Downtown
Ventura
Ventura All Free

Food Banks/Pantries

AIDS Support Network
1320 Nipomo Street, San Luis Obispo
(805) 781-3660/(800) 491-9141
http://asn.org/
Supplies HIV infected, low
income clients with canned
goods, dry goods & toiletries.
San Luis Obispo Low
income,
HIV
infected
clients Free

Food Bank Coalition of San Luis Obispo
(multiple distribution sites - listed
below) Main
office address: 2212 Golden Hill Rd.,
Paso Robles
(805) 238-4664

<p>2nd Baptist Church 1937 Riverside Ave., Paso Robles (805) 238-4664</p>	<p>Supplies food once a month to low income people in need.</p>	<p>Paso Robles</p>	<p>Low income</p>	<p>Free every 1st Thursday of the month from 8:30am-10am. Recipients must show proof of county residency & 'self certify' low income status.</p>
<p>Atascadero Grange Hall 5035 Palma Ave., Atascadero (805) 238-4664</p>	<p>Supplies food once a month to low income people in need.</p>	<p>Atascadero</p>	<p>Low income</p>	<p>Free once a month. Recipients must show proof of county residency & 'self certify' low income status. Call for specific dates & times.</p>
<p>Atascadero Grange Hall - Senior Brown Bag Program 5035 Palma Ave., Atascadero (805) 238-4664</p>	<p>Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.</p>	<p>Atascadero</p>	<p>Older adults 60+</p>	<p>Free every 2nd & 4th Wednesdays of the month at 9am. Recipients must live independently & show proof of low income. Apply at site.</p>
<p>California Valley Community Center 13080 Soda Lake Rd., California Valley (805) 238-4664</p>	<p>Supplies food once a month to low income people in need.</p>	<p>California Valley</p>	<p>Low income</p>	<p>Free every 1st Friday of the month from 11am-12pm. Recipients must show proof of county residency & 'self certify' low income status.</p>
<p>California Valley Community Center - Senior Brown Bag Program 13080 Soda Lake Rd., California Valley (805) 238-4664</p>	<p>Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.</p>	<p>California Valley</p>	<p>Older adults 60+</p>	<p>Free every 1st Friday of the month from 9am-10am. Recipients must show proof of county residency & 'self certify' low income status.</p>
<p>Cayucos Community Church 60 "3"rd St., Cayucos (805) 238-4664</p>	<p>Supplies food once a month to low income people in need.</p>	<p>Cayucos</p>	<p>Low income</p>	<p>Free every 3rd Wednesday of the month from 10am-11am. Recipients must show proof of county residency & 'self certify' low income status.</p>
<p>Heritage Ranch Recreation Barn Equestrian Rd., Paso Robles (805) 238-4664</p>	<p>Supplies food once a month to low income people in need.</p>	<p>Paso Robles</p>	<p>Low income</p>	<p>Free every 1st Thursday of the month 10am-11pm. Recipients must show proof of county residency & 'self certify' low income status.</p>

status.

Home Delivery Atascadero, Paso Robles, Santa Margarita (805) 238-6786 - Mariane DeMarco (805) 674-7787 - Robert White	Supplies food to low income people in need.	Santa Margarita	Low income	Free; home delivery available Wednesdays from 9:30am-10:30am. Call Mariane DeMarco or Robert White to setup delivery.
Loaves & Fishes of Atascadero 5411 El Camino Real, Atascadero (805) 461-1504 www.atascaderoloaves.com	Supplies food to low income people in need.	Atascadero	Low income	Free Monday-Friday 1pm-3pm Walk-in basis. Serves clients twice per month.
Loaves & Fishes 2650 Spring St., Paso Robles (805) 238-4664	Supplies food once a month to low income people in need.	Paso Robles	Low income	Free every 3rd Thursday of the month 5:30pm-7pm. Recipients must show proof of county residency & 'self certify' low income status.
Morro Bay Senior Center 1001 Kennedy Way, Morro Bay (805) 238-4664	Supplies food to low income people in need.	Morro Bay	Low income seniors	Free every Monday-Saturday 8am-8:30am. Recipients must show proof of county residency & 'self certify' low income status.
Nipomo Senior Center 200 E. Dana St., Nipomo (805) 238-4664	Supplies food once a month to low income people in need.	Nipomo	Low income	Free every Wednesday from 8am-8:30am. Recipients must show proof of county residency & 'self certify' low income status.
Nipomo Senior Center - Senior Brown Bag Program 200 E. Dana St., Nipomo (805) 238-4664	Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.	Nipomo	Older adults 60+	Free every 2nd & 4th Thursdays of the month at 9am. Recipients must live independently & show proof of low income. Apply at site.
Oceano Senior Center 1820 Railroad St., Oceano (805) 238-4664	Supplies food once a month to low income people in need.	Oceano	Low income	Free every 1st Thursday of the month 9am-10:30pm. Recipients must show proof of county residency & 'self certify' low income status.

Oceano Senior Center - Senior Brown Bag Program 1820 Railroad St., Oceano (805) 238-4664	Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.	Oceano	Older adults 60+	Free every 2nd & 4th Thursdays of the month at 9am. Recipients must live independently & show proof of low income. Apply at site.
Paso Robles Grace Baptist Church - Senior Brown Bag Program 535 Creston Rd., Paso Robles (805) 238-4664	Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.	Paso Robles	Older adults 60+	Free every 2nd & 4th Thursdays of the month at 9am. Recipients must live independently & show proof of low income. Apply at site.
Paso Robles Oak Park Recreation Center - Senior Brown Bag Program 3050 Park St., Paso Robles (805) 238-4664	Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.	Paso Robles	Older adults 60+	Free every 2nd & 3rd Wednesdays of the month at 9am. Recipients must live independently & show proof of low income. Apply at site.
Salvation Army 815 Islay St., San Luis Obispo (805) 238-4664	Supplies food once a month to low income people in need.	San Luis Obispo	Low income	Free every 1st Monday of the month from 9am-10am. Recipients must show proof of county residency & 'self certify' low income status.
San Luis Obispo Learning Center - Senior Brown Bag Problem 421 Dana St., San Luis Obispo (805) 238-4664	Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.	San Luis Obispo	Older adults 60+	Free every 4th Tuesday of the month at 9:30am. Recipients must live independently & show proof of low income. Apply at site.
San Luis Obispo Senior Center 1445 Santa Rosa St., San Luis Obispo (805) 238-4664	Supplies food once a month to low income people in need.	San Luis Obispo	Low income	Free every 1st Tuesday of the month from 8:30am-9:30am. Recipients must show proof of county residency & 'self certify' low income status.
San Luis Obispo Senior Center - Senior Brown Bag Program (805) 238-4664	Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.	San Luis Obispo	Older adults 60+	Free every 2nd & 4th Wednesdays of the month at 9am. Recipients must live independently & show proof of low income. Apply at site.

<p>Santa Margarita Senior Citizens' Center 2201 "H" St., Santa Margarita (805) 238-4664</p>	<p>Supplies food once a month to low income people in need.</p>	<p>Santa Margarita</p>	<p>Low income</p>	<p>Free every 1st Thursday of the month 9am-10:30pm. Recipients must show proof of county residency & 'self certify' low income status.</p>
<p>Santa Margarita Senior Citizens' Center - Senior Brown Bag Program 2201 "H" St., Santa Margarita (805) 238-4664</p>	<p>Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.</p>	<p>Santa Margarita</p>	<p>Older adults 60+</p>	<p>Free every 3rd Wednesday of the month at 10am. Recipients must live independently & show proof of low income. Apply at site.</p>
<p>Santa Rosa Church 1174 Main St., Cambria (805) 238-4664</p>	<p>Supplies food twice a month to low income people in need.</p>	<p>Cambria</p>	<p>Low income</p>	<p>Free every 1st & 3rd Thursdays of the month 7am-7:30pm. Recipients must show proof of county residency & 'self certify' low income status.</p>
<p>Seniors San Miguel Club 601 "12th" St., San Miguel (805) 238-4664</p>	<p>Supplies food once a month to low income people in need.</p>	<p>San Miguel</p>	<p>Low income</p>	<p>Free every 1st Thursday of the month 10am-11am. Recipients must show proof of county residency & 'self certify' low income status.</p>
<p>Seniors San Miguel Club - Senior Brown Bag Program 601 "12th" St., San Miguel (805) 238-4664</p>	<p>Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.</p>	<p>San Miguel</p>	<p>Older adults 60+</p>	<p>Free every 3rd Thursday of the month at 9am. Recipients must live independently & show proof of low income. Apply at site.</p>
<p>Shandon United Methodist Church 105 "2nd" St., Shandon (805) 238-4664</p>	<p>Supplies food once a month to low income people in need.</p>	<p>Shandon</p>	<p>Low income</p>	<p>Free every 1st Thursday of the month 10:30am-11:30am. Recipients must show proof of county residency & 'self certify' low income status.</p>
<p>Shandon United Methodist Church - Senior Bag Program 105 "2nd" St., Shandon (805) 238-4664</p>	<p>Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.</p>	<p>Shandon</p>	<p>Older adults 60+</p>	<p>Free every 3rd Friday of the month at 10:30am. Recipients must live independently & show proof of low income. Apply at site.</p>

Soto Park 1275 Ash St., Arroyo Grande (805) 238-4664	Supplies food once a month to low income people in need.	Arroyo Grande	Low income	Free every Wednesday from 8am. Recipients must show proof of county residency & 'self certify' low income status.
South Bay Community Center 2180 Palisades Ave., Los Osos (805) 238-4664	Supplies food once a month to low income people in need.	Los Osos	Low income	Free every Wednesday from 8:45am-10:30am. Recipients must show proof of county residency & 'self certify' low income status.
St. Joseph's Church 298 Thompson Ave., Nipomo (805) 238-4664	Supplies food once a month to low income people in need.	Nipomo	Low income	Free every 2nd Tuesday of the month from 9am-10am. Recipients must show proof of county residency & 'self certify' low income status.
VFW Hall 209 Surf St., Morro Bay (805) 238-4664	Supplies food once a month to low income people in need.	Morro Bay	Low income	Free every 3rd Friday of the month from 10am-11am. Recipients must show proof of county residency & 'self certify' low income status.
VFW Hall - Seniro Brown Bag Program 209 Surf St., Morro Bay (805) 238-4664	Provides seniors on low, fixed incomes 2 grocery bags of dry goods, canned goods, tuna, soup, produce, bread & dairy.	Morro Bay	Older adults 60+	Free every 1st Friday of the month at 10am. Recipients must live independently & show proof of low income. Apply at site.
Zion Lutheran Church 1010 E. Foothill Blvd., San Luis Obispo (805) 543-8327	Supplies food to low income people in need.	San Luis Obispo	Low income	Free; Call the church by 4pm on Tuesdays to order bag for pick up on Wednesdays by 11:30am.
St. Patrick's Church 501 Fair Oaks, Arroyo Grande (805) 489-2680 x16 www.stpatsag.org	Offers food pantry, shelter, assistance with gas utilities, clothing, bus fare and gas.	Arroyo Grande	Low income	Free; Food Pantry open Tuesdays, Wednesdays & Thursdays from 4pm-5pm Call for appointment for all other services.

South County People's Kitchen Assembly of God 946 Rockaway, Grover Beach (805) 543-1741	Serves hot nutritious meals to all who need it, 365 days per year. Sack lunches available on Sundays.	Grover Beach	All	Free; Monday-Saturday 11:30am-1pm, Sunday 12:30pm-1:30pm
South County People's Kitchen Shouts of Grace Church 675 Grand ave., Grover Beach (805) 489-0982	Serves daily hot meals to all who need it.	Grover Beach	Homeless	Free; Monday-Saturday 12pm-1pm, Sunday 12:30pm-1:30pm

Women, Children & Infant Nutrition

Women Infant and Children Clinic 2125 S. Centerpointe Pkwy, Suite 302 Santa Maria, CA (805) 346-8450	Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.	Santa Maria	Low income pregnant women, new mothers and children under 5.	Free to those who qualify. Monday - Friday 7:45 a.m. - 5 p.m.
Women, Infants and Children Clinic 3615 E. Las Posas Rd., Rooms 160-161, Camarillo (805) 981-5251	Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.	Camarillo	Low income pregnant women, new mothers and children under 5.	
Women, Infants and Children Clinic 931 Walnut St., Carpinteria (805) 684-4583	Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health	Carpinteria	Low income pregnant women, new mothers and children under 5.	Free to those who qualify. First 4 Tuesdays per month. 1st and 3rd Tuesday 1 - 7p.m. 2nd and 4th Tuesday 1 - 7:30 p.m.

clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Women Infant and Children Clinic
4711 Hwy.165 Cuyama, 93254
(805) 346-8450

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Cuyama

Low income pregnant women, new mothers and children under 5.

Free to those who qualify. Every 2 months 9:30 a.m. - 3 p. m. Call for specific dates.

Women, Infants and Children Clinic
828 Ventura St., Suite 110, Fillmore
1(800) 781-4449 x3

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Fillmore

Low income pregnant women, new mothers and children under 5.

Women, Infants and Children Clinic
4681 11th St., Gaudalupe
(805) 346-8450

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or

Guadalupe

Low income pregnant women, new mothers and children under 5.

Free to those who qualify. 2 Wednesdays permonth 8:30 a.m. - 4:30 p.m. Call for specific dates.

may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Women, Infants and Children Clinic
301 N. R St., Lompoc
(805) 737-6470

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Lompoc

Low income pregnant women, new mothers and children under 5.

Free to those who qualify. Monday - Friday 7:30 a.m. - 6 p.m.

Women, Infants and Children Clinic
2500 South "C" Street, Suite A,
Oxnard (805) 981-5251

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Oxnard

Low income pregnant women, new mothers and children under 5.

Women, Infants and Children Clinic
2240 E. Gonzales Road, Suite 170,
Oxnard

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or

Oxnard

Low income pregnant women, new mothers and children under 5.

may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Women, Infants and Children Clinic
 2191 Johnson Ave., San Luis Obispo
 (805) 781-5570
 Call for locations in Atascadero, Cambria, Grover Beach, Morro Bay, Nipomo and Paso Robles,

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Atascadero, Cambria, Grover Beach, Morro Bay, Nipomo, Paso Robles & San Luis Obispo

Low income pregnant women, new mothers and children under 5.

Women, Infants and Children Clinic
 315 Camino Del Remedio
 Santa Barbara, CA
 (805) 681-5275

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Santa Barbara

Low income pregnant women, new mothers and children under 5.

Free to those who qualify. Monday - Friday 7:30 a.m. - 6 p.m.

Women, Infants and Children Clinic
 400 N. McClelland, Santa Maria
 (805) 614-9626

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or

Santa Maria

Low income pregnant women, new mothers and children under 5.

Free to those who qualify. Mondays 7:30 a.m. - 5 p.m. Tuesdays 7:30 a.m. - 6:30 p.m. Wednesdays 7:30 a.m. - 6 p.m. Thursdays 7:30 a.m. - 6:30 p.m. Fridays 8:30 a.m. - 5 p.m.

may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Women, Infants and Children Clinic
620 W. Harvard Blvd., Santa Paula
1(800)781-4449 x3

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Santa Paula

Low income pregnant women, new mothers and children under 5.

Women, Infants and Children Clinic
660 E. Los Angeles Avenue, Suite B2
Simi Valley, CA
1(800) 781-4449 x3

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Simi Valley

Low income pregnant women, new mothers and children under 5.

Women, Infants and Children Clinic
545 Alisal Road, Solvang
(805) 737-6470

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or

Solvang

Low income pregnant women, new mothers and children under 5.

Free to those who qualify. 1st and 3rd Thursdays of each month. 1st Thursday 9 a.m. - 4 p.m. 3rd Thursday 9:30 a.m. - 4:30 p.m.

may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Women, Infants and Children Clinic

80 E. Hillcrest Room 205C
Thousand Oaks, CA
1(800)781-4449 x3

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Thousand Oaks

Low income pregnant women, new mothers and children under 5.

Women, Infants and Children Clinic

VAFB 723 Nebraska Ave., Bldg
10525, Vandenberg (805) 737-6470

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer. Clients receive individual nutrition counseling and group nutrition education classes.

Vandenberg

Low income pregnant women, new mothers and children under 5.

Freet to those who qualify. 4th Thursday of each month 9 a.m. - 4:30 p.m.

Women, Infants and Children Clinic

3147 Loma Vista Road, Ventura
1(800) 781-4449 x3

Nutrition program that provides nutrition education, breastfeeding promotion and support, nutritious supplemental food vouchers and referrals to health and social services. Low income pregnant women, new mothers, and children under the age of five are screened for financial and nutritional risk eligibility. Clients may be referred from county health clinics, private providers, or may self-refer.

Ventura

Low income pregnant women, new mothers and children under 5.

Clients receive individual nutrition counseling and group nutrition education classes.

Nutrition					
Community Classes					
Childhood Health Awareness Mentoring Program (CHAMP) Sansum - Santa Brabara Medical Foundation Clinic (805) 737-7620	An 8 week family program to reverse the cycle of childhood obesity. Focusd on children in 4th through 7th grades.			Families	
Community Action Commission of Santa Barbara - County 120 West Chestnut, Lompoc (805) 740-4555/(800) 655-0617 www.cacsb.com	Administers programs to improve living conditions for low-income persons and to help them become self sufficient. Programs include home weatherproofing and utility assistance, early care and education for families with children ages 0-5, teen pregnancy prevention and other issues for at-risk youth, mentoring emancipating foster care youth, foster care placement services, mental health services and nutrition education services, including home delivered mobile meals and congregate meals for seniors.	Santa Barbara, Santa Maira, Santa Ynes, sections of Santa Barbara County		All	
Community Action Commission - Santa Barbara 5638 Hollister Avenue, Suite 110, Goleta (805) 740-4555 - Mid County Office (805) 922-2243 - North County Office (805) 964-8857 (800) 655-0617 - 24 Hour Hotline www.cacsb.com	Administers programs in North, Central and South county to improve living conditions for low-income persons and to help them become self-sufficient. Programs include: Environmental Services Program, Head Start/Child Development, Senior Nutrition Services, Summer Food, Homeless Education/Liaison Project, Family/Youth Services. Summer meals provided @ 11 local sites for low-income children to age 18.	Parts of Santa Barbara County		All	Free for most families, based on income; sliding scale
Sansum - Santa Barbara Medical Foundation Sansum Clinic (805) 681-7635 or (805) 898-3100	A 4 week session for families. Class includes nutrition education, parenting skills, self-esteem, stress management, and physical activities.			Families	\$40 per family: \$40 is refunded when family attends all 4 classes.

Internet Resources



Golden Coast • Internet Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST
School Health Programs				
Coordinated Approach to Child Health (CATCH) www.catchinfo.org	CATCH (Coordinated Approach To Child Health) is an evidence-based, coordinated school health program designed to promote physical activity and healthy food choices, and prevent tobacco use in children from preschool through grade 8.			
Source for Health and Physical Education (S.H.A.P.E.) www.shape.net	S.H.A.P.E. (the Source for Health and Physical Education), a non-profit organization, was founded in 2004 to help charter schools deliver a complete education, fight obesity in children, teach life-long health and wellness, promote physical activity, and help students develop integrity and ethics.			
SPARK www.sparkpe.org	SPARK is a research-based organization that disseminates evidence-based physical education, after school, early childhood, and coordinated school health programs to teachers and recreation leaders serving pre-K through 12th grade students.			
Diabetes				
American Diabetes Association www.diabetes.org	The American Diabetes Association is a United States-based organization working to fight the deadly consequences of diabetes and to help those affected by diabetes.			
Fitness & Training Groups				
Moms in Motion http://momsinmotion.com/	A social network connecting moms through fitness & training. Running teams are in the Fall, Winter & Spring. Triathlon team meets in the summer.	Gold Coast	Moms	Free
Gymnastics				
USA Gymnastics www.usa-gymnastics.org	Information on gymnastics, Junior Olympics, gymnastics camps & scholarships		All ages	Free
Handball				

Southern California Handball Association

www.handball.org

Information on handball rules, regulations, instructions, clubs, leagues & tournaments.

All ages

Free

Health

American Heart Association

www.americanheart.org

The **American Heart Association (AHA)** is a non-profit organization in the United States that fosters appropriate cardiac care in an effort to reduce disability and deaths caused by cardiovascular disease and stroke.

Centers for Disease Control and Prevention

www.cdc.gov

The Centers for Disease Control and Prevention (or CDC) is a United States federal agency under the Department of Health and Human Services. The CDC focuses national attention on developing and applying disease prevention and control (especially infectious diseases), environmental health, occupational safety and health, health promotion, prevention and education activities designed to improve the health of the people of the United States.

Department of Human & Health Services

www.hhs.gov

The Department of Human & Health Services(HHS) is the cabinet-level department of the Executive Branch of the federal government most involved with the health, safety and welfare of the U.S. population.

Healthy Choice for Kids Online

www.healthychoices.org

Provides nutritional facts, kid-friendly recipes, activities & worksheets

My Pyramid

www.mypyramid.gov

My Pyramid offers personalized eating plans and interactive tools to help you plan/assess your food choices based on the Dietary Guidelines for Americans.

Network for a Healthy California

www.cdph.ca.gov/programs/CPNS/Pages/default.aspx

The *Network* represents a statewide movement of local, state and national partners collectively working toward improving the health status of low-income Californians through increased fruit and vegetable consumption and daily physical activity

Free

United States Department of Agriculture (USDA)
www.usda.gov

The United States Department of Agriculture is the United States federal executive department responsible for developing and executing U.S. federal government policy on farming, agriculture and food.

Hiking/Bike Trails

www.slotrails.com

www.trails.com

Region name	Target Population	Cost
Region name	Target Population	Cost

Jazz Style Dance

Jazzercise

www.jazzercise.com

Information on jazzercise, class locator, free jazzercise podcasts, fitness & nutrition articles

All ages

None

Lompoc

Lompoc Valley Community Health Improvement Coalition

PO Box 368, Lompoc
(805) 736 -5985
www.healthylompoc.lvcho.org

Lompoc

All ages

Cost

Nutrition

Dietary Guidelines for Americans

www.health.gov/DietaryGuidelines/default.htm

The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. They serve as the basis for Federal food and nutrition education programs.

Harvest of the Month

www.harvestofthemonth.com

Harvest of the Month is designed to motivate and empower students to increase consumption and enjoyment of a variety of colorful fruits and vegetables and to engage in physical activity every day.

Physical Activity

California Center for Physical Activity

www.caphysicalactivity.org

The California Center for Physical Activity develops creative solutions to increasing everyday activity in California and serves as an expert resource for California physical activity partners. The Center also helps communities create more walkable and bikeable neighborhoods.

Additional Resources

Active Living

Research:www.activelivingresearch.org

Nurturing a New
Transdisciplinary Field

Sports Scholarships

<http://www.sportsscholarshippro.com/>



This material was produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.