



Network for a Healthy California

Be Active Resource Directory

Santa Barbara County



Physical Activity Resources



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

<p>Jewish Federation of Greater Santa Barbara/ Bronfman Family Jewish Community Center 524 Chapala St., Santa Barbara (805) 957-1115 www.jewishsantabarbara.org</p> <p>Lompoc Family YMCA www.ciyymca.org/Lompoc/index.html</p> <p>Lompoc Parks and Recreation 125 West Walnut Avenue, Lompoc (805) 875-8100 www.cityoflompoc.com/parks_rec</p>	<p>Cardio dance for seniors, Sit & Stretch, and T'ai Chi Chih classes.</p> <p>Variety of adult, youth and teen specific opportunities to engage in physical activity within the community.</p> <p>Variety of adult, youth, and teen specific opportunities to engage in physical activity within the community.</p>	<p>Santa Barbara</p> <p>Santa Barbara</p> <p>Santa Barbara</p>	<p>All ages</p>	<p>Free</p>
<p>Montecito Family YMCA 591 Santa Rosa Lane, Santa Barbara (805) 969-3288</p>		<p>Santa Barbara</p>		
<p>Santa Barbara Family YMCA 36 Hitchcock Way, Santa Barbara (805) 687-7727</p>		<p>Santa Barbara</p>		
<p>Santa Barbara Parks and Recreation Department 620 Laguna St. Santa Barbara (805) 564-5481</p>				
<p>Santa Maria Recreation and Parks Department (805)925-0951 x260</p>		<p>Santa Maria</p>		
Community Health Service Classes				
<p>American Heart Association - Santa Barbara 212 W. Figueroa St., Santa Barbara (805) 963-8862 www.americanheart.org</p>	<p>Provides professional education, public health information, community projects and funds necessary for heart and stroke research programs and patient education.</p>	<p>Santa Barbara County</p>	<p>All</p>	
<p>American Indian Health & Services - Santa Barbara 4141 State Street, Suite A-1, Santa Barbara (805) 681-7356/(805) 681-7144</p>	<p>Provides medical and dental services, social services and referrals to American Indians living in Santa Barbara. Provides substance abuse counseling (in group settings or individually), outreach, transportation and health promotion /disease prevention education. Elders program and Youth program stresses self esteem through academic success and cultural awareness.</p>	<p>Lompoc, Santa Barbara, Santa Maria, Santa Ynez</p>	<p>All ages</p>	<p>Healthy families, MediCal/Medicare & private insurance accepted. Hours: Monday - Thursday 9am - 7pm; Friday 8:30am - 1pm</p>
<p>Diabetes Resource Center of Santa Barbara County 1704 State Street, Santa Barbara (805) 687-5586 www.sbdrc.org</p>	<p>Provides diabetes prevention and management services & classes for those individuals with diabetes.</p>	<p>Carpinteria & Santa Barbara</p>	<p>All</p>	<p>Free</p>

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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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.