



*Network for a Healthy California*

# Be Active Resource Directory

San Luis Obispo County



# Physical Activity Resources



Gold Coast •  
Physical Activity Resources  
San Luis Obispo County

PROGRAM / ORGANIZATION	DESCRIPTION	City	TARGET POPULATION	COST
<b>Bike/Hiking Trails</b>				
<b>Bob Jones Bike Trail</b> 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
<b>Railroad Recreation Trail</b> Jennifer Street San Luis Obispo, CA 93401 (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Baseball</b>				
<b>Arroyo Grande Little League</b> P.O. Box 355, Arroyo Grande (805) 489-9308 <a href="http://www.eteamz.com/AGVILL/index.cfm?">www.eteamz.com/AGVILL/index.cfm?</a>	Inform	Arroyo Grande	Target Population	Cost
<b>Bicycle Clubs</b>				
<b>San Luis Obispo Bicycle Club, Inc.</b> P.O. Box 1585 San Luis Obispo, CA 93406 805-543-5973 (Hotline Answering Machine) <a href="http://www.slobc.org/index.html">http://www.slobc.org/index.html</a>	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
<b>Climbing</b>				
<b>Crux Climbing Center</b> 1160 Laurel Lane, San Luis Obispo (805) 544-2789 <a href="http://www.cruxslo.com/index.html">http://www.cruxslo.com/index.html</a>	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.
<b>SLO-OP Climbing</b> 289 Prado Road San Luis Obispo, CA 93401 (805) 720-1245 To find out more send message to: <a href="mailto:info@slo-opclimbing.org">info@slo-opclimbing.org</a>	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.
<b>Dairy Creek Golf Course</b> 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.

<b>Morro Bay Golf Course</b> 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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<b>Fitness Hiking Club</b> City of San Luis Obispo (805) 781-7302 <a href="http://www.slocity.org/parksandrecreation/parkrangers.asp">www.slocity.org/parksandrecreation/parkrangers.asp</a>	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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<b>Adult Drop-In Horseshoes</b> 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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<b>Anholm Park</b> 870 Mission Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Emerson Park</b> 1316 Beach Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>French Park</b> 1040 Fuller Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Islay Hill Park</b> 1511 Tank Farm Road, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Jack House &amp; Gardens</b> 536 Marsh Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Johnson Park</b> 2875 Augusta Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Laguna Hills Park</b> 890 Miranda Drive, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Laguna Lake Park</b> 504 Madonna Road, Santa Barbara (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Meadow Park</b> 2333 Meadow Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Mission Plaza</b> 989 Chorro Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Mitchell Park</b> 1400 Osos Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Priolo-Martin Park</b> 890 Vista Del Collados, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Santa Rosa Park</b> 190 Santa Rosa Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost

<b>Sinsheimer Park</b> 900 Southwood Drive, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Throop Park</b> 510 Cerro Romauldo, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Triangle Park</b> 1701 Osos Street, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Vista Lago Park</b> 1269 Vista Del Lago, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Damon-Garcia Sports Fields</b> 680 Industrial Way, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Devaul Ranch Park</b> 1651 Spooner Drive, San Luis Obispo (805) 781-7300	Description of activity	San Luis Obispo	Target Population	Cost
<b>Public Pools</b>				
<b>C.W. Clarke Park Pool</b> 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)
<b>Hardie Park Pool</b> 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)
<b>San Miguel Park Pool</b> 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)
<b>Santa Margarita Lake Pool</b> 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.
<b>Shamel Park Pool</b> 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)
<b>Templeton Park Pool</b> 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**

<b>Beatie Skate Park</b> 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
<b>Los Osos Skate Park</b> 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. Monday-Fridays 3-7, Saturdays 1-7, closed some holidays & school breaks
<b>Morro Bay Skate Park</b> 231 Atascadero Rd, Morro Bay (805) 772-6212	14,400 square feet wood park. Helmets & pads required.	Morro Bay	All	Free all times. Monday-Fridays 3-7, Saturdays 1-7, closed some holidays & school breaks
<b>Paso Robles Skate Park</b> 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.
<b>San Luis Obispo Skate Park</b> 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.
<b>South County Skate Park</b> 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
<b>Templeton Skate Park</b> 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				
<b>Adult Drop-In Softball</b> 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				
<b>San Luis Obispo Table Tennis Club</b> Ludwick Community Center Gym (805) 544-8298	Description of activity	Region name	Target Population	Cost
Track				
<b>San Luis Distance Club</b> 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				
<b>Indoor Volleyball</b> 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				
<b>Mustang Water Park</b> 6840 Lopez Drive, Arroyo Grande (805) 489-8898 <a href="http://www.mustangwaterslides.com/">http://www.mustangwaterslides.com/</a>	Water park offers 2 giant 600-foot curving waterslides, pony pools, mini-slides, waterfall trees, picnic areas, snack bar, & more.	Arroyo Grande	All	Starting @ \$3; Call for rates



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](http://www.cachampionsforchange.net).