



Network for a Healthy California

Be Active Resource Directory

Ventura County



Physical Activity Resources



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/nights.
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	All	
Lake Casitas 11311 Santa Ana Rd., Ojai (805) 649-2233		Ojai	All	

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

Ventura

Youth girls 5-12 yrs of age

Low Cost

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



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.