

Amador County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST	HOURS/DATES
Adult Sports Organization					
Coed Softball (209) 267-1356	Softball	Amador County	16 and up		
Please see Recreation Guide for more information on Adult Sports Organizations.					
Aerobics					
Please see Recreation Guide for more information on Aerobics.					
Ballet					
Sierra Ballet School 11 Cole Street Sutter Creek (209) 295-4621	Ballet	Amador County	All		
Please see Recreation Guide for more information on Ballet.					
Baseball Fields					
Detert Park Highway 88 and Highway 49 Jackson (209) 223-1646	Baseball field	Amador County	All	Free	
Fuller-Marich Field 604 Broadway (St. Sava Mission), Jackson	Baseball field	Amador County	All	Free	
Ione Elementary 415 South Ione Ione (209) 257-7000	Baseball field	Amador County	All	Free	
Minnie Provis Cribbs Field Church Street Sutter Creek (209) 274-2412	Baseball field	Amador County	All	Free	
Mollie Joyce Woodfern Drive Pioneer (209) 274-2412	Baseball field	Amador County	All	Free	

Pioneer Park Buckhorn Ridge Road	Baseball field	Amador County	All	Free	
Bicycle Clubs					
Amador County Cycling Club lone City Hall www.ermasdiner.com	Organized bike rides	Amador County	All	Free and open to the public.	Rides on Saturday and Sunday at 8 a.m. Wednesday night "AARP" ride usually out of Sutter Creek at 8 am
Bicycling					
Bear River Lake	Located on Hwy. 88, 7 miles past ham's Station.	Amador County	All	Free	
Chaw'Se Indian Grinding Rock State Park (209) 296-7488	Acres of trails to bike	Amador County	All	Free	
Consumnes River - Cat Creek Road	Off Hwy. 88, just past Ham's Station.	Amador County	All	Free	
Consumnes River- Pipi Valley	Left off Hwy. 88, 1 mile below Cook's Station.	Amador County	All	Free	
Lake Amador	Located off Hwy. 88 in the lone area, follow signs to lake.	Amador County	All	Free	
Lake Camanche	Located off Hwy. 88 in the lone area, follow signs to lake.	Amador County	All	Free	
Lake Pardee	Located off Hwy. 88 in the lone area, follow signs to lake.	Amador County	All	Free	
Lake Tabeau	Mountain bike track around lake.	Amador County	All	Free	

Mokelumne River- Salt Springs Reservoir	Located off Hwy. 88, 4 miles past Ham's Station, down Ellis Road; 9 miles down to the Mokelumne River, follow the river until the road ends at the top of the dam.	Amador County	All	Free	
Silver Lake (209) 295-4251	Located on Hwy. 99, 8 miles east of Bear river and 52 miles east of Jackson	Amador County	All	Free	
Bowling					
Gold Country Lanes 81 W. Ridge Road Sutter Creek (209) 223-3334 or (209) 267-9141	Facility includes bowling, pro shop, billiards, video games, and darts	Amador County	All	Cost	Cosmic bowling from 8pm to midnight on Sat. Summer hours: 10-10pm M-F, 10-midnight Sa, 10-9pm Su.
Community Center					
Amador County Senior Center 229 New York Ranch Road Jackson (209) 223-0442	Education, exercise, and nutrition	Amador County	Seniors 50 +	Call for more information	
Dance					
Boston Alley Tap Dance Boston Alley Fitness Center 43 Boston Alley Sutter Creek (209) 267-1443.	Tap dance	Amador County	Ages 4-10	\$25	

Children's Creative Dance Varied locations. (209) 274-4789.	Dance	Amador County	0- to 5-year-olds	Free	Camanche Community Center: Mon 10 to 11 a.m. and Sun 1 to 2p.m. Upcountry Community Center, Thur 2 to 3 p.m. and Sun 11 a.m. to noon. Baby Boogie, Upcountry Community Center, Thur 1 to 2 p.m.
Dance Lessons Upcountry Community Center 19999 Highway 88 Pine Grove (209) 296-2785	Dance	Amador County	All	Free	
Dazzle Dance Academy 414 S. Church Street Lone (209) 274-4789	Voice, ballet, jazz, tap, latin, pom dance, Irish, creative, jazzercise	Amador County	Ages 2 and up	\$12 registration, \$15 drop-in fee.	
Jackson Claim Jumpers Amador Senior Center New York Ranch Road Jackson (209) 223-3390	Square dance club	Amador County	All	Contact for more information	Monday nights. Round dancing starts at 7 p.m. and square dancing at 7:30 p.m.
Senior Dance Jackson City Hall (209) 795-3838	Dance	Amador County	Seniors	Contact for more information	Meets every Wednesday
Fitness/Sports Club					
Jazzercise Sutter Creek Auditorium 18 Main Street (209) 296-8404.	A total body, conditioning program that combines the art of jazz dance with the beat of today's hottest music to make Jazzercise fun.	Amador County	All	Contact for information	Mon, Wed, Fri, and Sat at 9 a.m. Tue, Wed, and Thur at 6 p.m.

New York Fitness 615 New York Ranch Road, Suite 1 Jackson (209) 223-3236	Senior programs, women's express workout circuit, fit kids childcare, fitness evaluation, massage therapy, nutrition counseling, weight-loss support, physical therapy, and full-service salon.	Amador County	All	Contact for information	
Gymnastics					
Boston Alley Gymnastics Boston Alley Fitness Center 43 Boston Alley Sutter Creek (209) 267-1443	Gymnastics	Amador County	Ages 18 mos. to 14 yrs.	\$20-\$25	
Handspring Gymnastics 13200 Jackson Gate Road Jackson (209) 223-0689	Gymnastics	Amador County		Call for information	
Hiking					
Bear River Reservoir Highway 88, 42 miles east of Jackson (209) 295-4868	Hiking	Amador County	All	Free	
Mokelumne River Ellis Road	Hiking	Amador County	All	Free	
Silver Lake Highway 88, 8 miles east of Bear River (209) 296-4251	Hiking	Amador County	All	Free	
Salt Springs Reservoir El Dorado National Forest (209) 295-4251	Hiking	Amador County	All	Free	
Please see Parks section for more information on Hiking.					

Martial Arts					
Kenpo Karate 9252 Bush Street Plymouth (209) 245-6711	Karate	Amador County	Ages 8 to 18	Low-cost classes Monday and Wednesday at 6 p.m	
Ross Aikido 571 S. State Highway 49 Jackson (209) 245-6711 www.rosscroft/aikido	Karate	Amador County	Ages 5 and up	Children \$50/ month. Adults \$70/ month.	
Nature Center/Hiking					
Please see Parks section for more information on Nature Centers / Hiking.					
Parks					
Amador City Park Amador City	Playground	Amador County	All	\$5/car	Open Daily
Chaw'se Indian Grinding Rock State Historical Park (209) 296-7488	Hiking trails, including some with wheelchair access, nature trails, picnic sites and campground.	Amador County	All	\$5/car	Open Daily
Detert Park Highway 88 and Highway 49 Jackson (209) 223-1646	5 acres of ball fields, tennis courts, children's play structures, swing sets, picnic tables, barbecues, horseshoe pit and swimming pool. Site of annual Jackson Fourth of July celebrations, and other events.	Amador County	All	Free	Open Daily
Fiddletown Park Jibboom Street Fiddletown	21/2 acres of tennis court, 1/2 -court basketball, slide, swings, barbecue, picnic tables and Museum	Amador County	All	Free	Open Daily

Fuller-Marich Field/ St. Sava Field 210 Broadway Jackson (209) 267-1356	Ball fields, soccer, year-round tournaments.	Amador County	All	Free	Open Daily
Gold Quartz/ Bryson Park Bryson Drive Sutter Creek (209) 267-5647	play structure, basketball, volleyball	Amador County	All	Free	Open Daily
Howard Park Church Street/Hwy. 124 lone (209) 274-2412	Ball fields, fairground facilities, outdoor stage, rodeo grounds, horseshoe pits, children's play structures and fitness workout area.	Amador County	All	Free	Open Daily
Main Street Park Main Street Plymouth (209) 274-2412	1/4 acre of Playground facilities	Amador County	All	Free	Open Daily
Mini Provis Park Church Street, Sutter Creek (209) 274-2412	2 1/2 acres of ball field, playground,	Amador County	All	Free	Open Daily
Molly Joyce Park Woodfern Drive Pioneer (209) 274-2412	7 acres of ball field	Amador County	All	Free	Open Daily
Pioneer Park Buckhorn Ridge Road lone	28 acres of ball field, snack bar, restrooms, horseshoe pits, picnic tables, community hall, par course, swings and other playground equipment.	Amador County	All	Free	Open Daily

Pilates
Please see Recreation Guide for more information on Pilates.

Recreational Activities					
Black Chasm Cavern National Natural Landmark 15701 Pioneer-Volcano Road Volcano (209) 736-2708	Above-ground gemstone mining, hiking trails, picnic tables.	Amador County	All	\$6.50 child, \$12.95 adult	Open every day. Fifty-minute cavern tours run every 45 minutes from 9 a.m. - 5 p.m., May through Sept. Winter tours run 10 a.m. to 4 p.m.
Bocci Ball Italian Picnic Grounds Highway 49 Sutter Hill (209) 267-0206	Bocci ball court	Amador County	All	Free	
Kennedy Gold Mine Highway 49 Jackson (209) 223-9542	Mine tours, which are guided by volunteers, take visitors up and down the hills on the property. Self-guided tours are available.	Amador County	All	\$5 for adults, \$3 for children	Tour season runs mid-March through October on weekends only.
Ropes Course Amador High School Sutter Creek (209) 267-5244	Ropes obstacle course	Amador County	All	Free	
Sutter Gold Mine 13660 Highway 49 Sutter Creek	1 hour Underground Guided Walk Tour	Amador County	All	\$10.50 child, \$15.95 adult Coupons and discounts available	
Recreational Guides					
Amador County Recreation Guide (209) 257-1764	Seasonal recreational activities	Amador County	All	Free	
Rock Climbing					
Bear River Reservoir Highway 88, 42 miles east of Jackson (209) 295-4868	Rock Climbing	Amador County	All	Free	

Mokelumne River Ellis Road	Rock Climbing	Amador County	All	Free	
Salt Springs Reservoir El Dorado National Forest (209) 295-4251	Rock Climbing	Amador County	All	Free	
Silver Lake Highway 88, 8 miles east of Bear River (209) 296-4251	Rock Climbing	Amador County	All	Free	
Skating					
Please see Recreation Guide for more information on Skating.					
Swimming					
Amador High School Pool 330 Spanish Street Sutter (209) 296-8096	Swimming, lap swim, swim lessons.	Amador County	All		
Amador Outdoor Fitness Water Exercise Volcano (209) 296-8096	Offering fun & unique scenic fitness hike outings May-October, scenic fitness snowshoe outings January-March (already have scheduled outings or inquire about arranging private group outings). Also offering private or semi-private 1/2-day outdoor fitness retreats & hourly water exercise training May-October.	Amador County	All		
lone High School Pool 450 South Mill Street lone (209) 296-8096	Swimming, lap swim, swim lessons.	Amador County	All		

Jackson Pool Highway 49 and Highway 88 Jackson (209) 223-1646	Recreational swim, Swimming Lessons: Nine skill levels in 6 different sessions available.	Amador County	All	Various prices and passes avail.	Open M-f from 1-5, Sa +Su 1-6 with lap swim from 12:30- 1:30 (7-8 starting 6/24)
Plymouth Pool Sherwood Street Plymouth (209) 245-4231	Swimming	Amador County	All		
Tai Chi					
Please see Recreation Guide for more information on Tai Chi.					
Tennis					
Amador Tennis Club Argonaut High School 501 Argonaut Lane Jackson (209) 257-1208	Beginning youth programs as well as tournaments and other tennis events.	Amador County	All	Free drop-in tennis Wed and Fri evenings at Argonaut High School starting at 5:30pm	
Walking					
Walking/Running Course Sutter Amador Hospital Jackson	Walking/Running	Amador County	All	Free	
Walking Clubs					
Amador County Running Club melnbob@volcano.net	Organized Running	Amador County	All	Free	Tuesday at 12:15 pm at various locations Friday at 12:15 pm at Electra Road, and on Sundays at various locations.
Yoga					
Amador City 14531 "B" East School Street Amador City (209) 267-1607	Yoga. Beginning to intermediate level instruction.	Amador County	All	Drop-in \$15	Tues and Thurs from 8 to 9:30 p.m. Wed from 5 to 6:30 p.m

Upcountry Community Center Highway 88 Grove 2785	19999 Pine (209) 296-	Yoga. Beginning to intermediate level instruction.	Amador County	All	\$5	M + Th at 10:30 a.m. and 5:30 p.m
Please see Recreation Guide for more information on Yoga.						
Youth Sports Organizations						
3 on 3 Basketball Sutter Creek Auditorium (209) 257-0693		Basketball	Amador County	Youth ages 12- 14 and 15-17	Cost: \$50.00 includes a t-shirt and a water bottle.	June 18th through August 1st from 10:30am to 12:30pm
Amador Girl's Softball League (209) 267-1356		Softball	Amador County	Girls ages 5-13	Contact for more information	April thru June
Amador Little League East		Residing in Jackson, Pine Grove, Pioneer, Martell and Volcano. Sign-ups late January; games March through June.	Amador County	Youth ages 5- 15	Fee for season	
Amador Little League West			Amador County	Youth ages 5- 15	Fee for season	
Junior Giants Baseball		Baseball. Sponsored by Jackson Police Activities League	Amador County	Youth ages 8- 13	Free	
Mother Lode Youth Soccer League (209) 223-2040		Soccer league	Amador County	Ages 4 to 16	Contact for more information	Games every Saturday in Howard Park
Please see Recreation Guide for more information on Youth Sports Organizations.						

