

## San Joaquin County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST	HOURS
<b>Adult Sports Organizations</b>					
<b>Adult Softball Early Spring League I</b> 6 East Lindsay Street Stockton, CA 95202-1912 (209) 937-8264	Softball	San Joaquin County	Adults	Slow Pitch: \$210 per league, plus player fees Fast Pitch: \$240 per league, plus player fees	
<b>Adult Spring Soccer</b> 6 East Lindsay Street Stockton, CA 95202-1912 (209) 937-8264	Soccer	San Joaquin County	Adults	\$320 per team, plus player fees	
<b>Adult Winter Basketball</b> 6 East Lindsay Street Stockton, CA 95202-1912 (209) 937-8264	Basketball	San Joaquin County	Adults	\$228/team plus player fees	
<b>Adult Winter Volleyball</b> 6 East Lindsay Street Stockton, CA 95202-1912 (209) 937-8264	Volleyball	San Joaquin County	Adults	\$216/team plus player fees	
<b>Aerobics</b>					
<b>Latin Cardio Aerobics</b> Seifert Center (209) 937-7350	Learn fun Latin dance moves while getting a great aerobic workout! This class will help you strengthen, tone and gain cardiovascular endurance. Losing weight and having fun are added benefits. Bring a towel or mat, water and hand weights (3-5 lbs.).	San Joaquin County	For ages 12 and up, teen through adult.	\$45 for eight twice-weekly classes	Various times and locations. Call for class schedule.

Ballet					
<b>Beginning Ballet</b> Oak Park Ice Arena (209) 937-7777	Learn basic ballet with instructor Beverly Burke-Baker. Classes throughout Spring and Summer	San Joaquin County	Ages 6-12	\$35 for 4 weekly classes	10-11am on Saturdays.
Baseball					
<b>Baseball Camp</b> Hebert Baseball Field 3545 Alvarado Street Stockton, CA 95204-3504 (209) 937-8264	Weekly camps for youth ages 7-12 run Monday through Friday from 8 a.m. to 12 noon from June 12 through July 28 (no camp on Tuesday, July 4)	San Joaquin County	Ages 7-12	\$100 per camper/wk	Season runs from early June through late July.
<b>Mojica's Indoor Batting Cage</b> 125 East Elm Street Lodi, CA 95240-2200 (209) 368-1827	Batting Cages	San Joaquin County	All	\$1.50 for 20 balls or \$10 for 15 minutes of play	<b>Feb-July-</b> Mon-Fri 2:30-9pm; Sat 8am-8pm; Sun Noon-6pm <b>Aug-Jan-</b> Mon-Fri 2;30-9pm; Sat Noon-6pm; Closed Sunday
Bicycle Clubs					
<b>Stockton Bicycle Club</b> <a href="http://www.sbclub.org/sbc/">http://www.sbclub.org/sbc/</a>	The Stockton Bicycle Club consists of recreational bicycle riders living in or near Stockton, California. Most club rides start in San Joaquin County or in the neighboring counties, Amador, Calaveras, and Alameda.	San Joaquin County	All	\$15 for an individual membership	Tuesdays, Thursdays, Saturdays and Sundays

<b>Stockton Cycles</b> 1700 Pacific Avenue Stockton, CA 95204-5724 (209) 946-9047	Cycling	San Joaquin County	All	FREE: Gatorade and fruit, monthly raffle 10% Discount storewide, the day of the ride for all participants!	Every Sunday at 9am (weather permitting)
<b>Bicycling Trails</b>					
<b>Bike Trail Map</b>	<a href="http://www.stocktongov.com/parks/otherfacilities/bikeandjogging.cfm">http://www.stocktongov.com/parks/otherfacilities/bikeandjogging.cfm</a>	San Joaquin County	All	Free	None
<b>Calaveras River Bike Path</b>	From Buckley Cove to Cherokee Road: 7:43 miles	San Joaquin County	All	Free	None
<b>East Bay Municipal Utility District Right-of-Way (south side of March Lane)</b>	From Buckley Cove to El Dorado	San Joaquin County	All	Free	None
<b>Pacific Gas and Electric Greenbelt</b>	Distance: 1.75mi	San Joaquin County	All	Free	None
<b>San Joaquin River Trail/French Camp Slough Trail</b>	Distance: 3mi	San Joaquin County	All	Free	None
<b>Bowling</b>					
<b>Manteca Bowl &amp; Family Center</b> 1251 East Yosemite Avenue Manteca, CA 95336-5062 (209) 824-2889	Bowling	San Joaquin County	All	Adults \$3.50 Children 12 and under \$2.50 Shoes \$2.50 Lane rentals for 1 hour \$20	Sun-Th 9am-9pm; F and Sat 9am-2am.
<b>Pacific Avenue Bowling</b> 5939 Pacific Avenue Stockton, CA 95207-4703 (209) 477-0267	Bowling	San Joaquin County	All	Weekdays (9am-6pm): Adults \$2.50/game Youth: \$2.25 Seniors: \$2.00 Weekends: \$2.75/game. Mon-Sun (6pm-close) All players \$3.75/game	Winter hours: Sun-Th 9am-11pm, F-Sat 9am-1am. Summer hours: M-Th 9am-12am; F-Sat 9am-1am; Sun 10am-11pm.

<b>West Lane Bowl</b> 3900 West Lane Stockton, CA 95204-2436 (209) 466-3317	Bowling	San Joaquin County	All	8am-6pm: Adults \$3/game, Juniors \$2.50, Seniors \$2.25. (\$2.50 for shoes) After 6pm-\$4/game	M-Th 8am-12am; F-Sat 8am-1am.
<b>Community Center</b>					
<b>Cechini ClubHouse</b> 303 Olympic Circle Stockton, CA 95205-5722 (209) 466-1264	Sports Leagues, Gymnasium, Basketball, Dance Game and Activity Tables, Summer Camp Programs, Swimming Pool	Gold Country	Age 5-12	Membership: \$25 per year (a picture ID, school or state-issued, or birth certificate is required in order to obtain a membership card) Sponsorships available.	M-Sat 11am-7pm.
<b>IMPACT Teen Center Center</b> 725 North El Dorado Street Stockton, CA 95202-1601 (209) 937-7170	Sports Leagues, Dance Classes, Meditation Workshops, Ping-Pong Tables	San Joaquin County	13 years old and up	Membership: \$35 per year (a picture ID, school or state-issued, or birth certificate is required in order to obtain a membership card) Sponsorships available	M-Sat 2:30-8pm.
<b>McKinley Community Center</b> 424 East Ninth Street Stockton, CA 95206-3224 (209) 937-7354	Gymnasium and fitness room; judo room; outdoor courts; table games and Ping-Pong	San Joaquin County	All Ages	Free	M-F 9am-4pm. Hours may vary on Fridays for special events.

<b>Oak Park Senior Citizens Center</b> 730 East Fulton Street Stockton, CA 95204-2236 (209) 937-7749	Dancing and exercise programs; Free social and support services are provided to interested seniors who are 50 years of age and over.	San Joaquin County	All Ages	\$20 for Resident \$31 for Non-resident (July-Dec registration) \$10 for Resident \$16 for Non-resident (Jan-June registration)	
<b>Seifert Community Center</b> 128 West Benjamin Holt Drive Stockton, CA 95207-2853 (209) 937-7350	Gymnasium; Kindergym classes. Part-time Senior Center with exercise classes	San Joaquin County	All Ages	Free. \$12/year for Senior Program (resident) \$19 for nonresident	M-F 1-8pm; Sat 10am-2pm; Closed Sundays and holidays.
<b>Stribley Community Center</b> 1760 East Sonora Street Stockton, CA 95205-6202 (209) 937-7351	Gymnasium; outside court area; weight room with free weights and machines	San Joaquin County	All Ages	Free	M-F 1-8pm; Sat 10am-2pm; Closed Sundays and holidays.
<b>Van Buskirk Community Center</b> 734 Houston Avenue Stockton, CA 95206-2967 (209) 937-7358	Weight Room: free weights and machines	San Joaquin County	All Ages	Free	M-F 1-8pm; Sat 10am-2pm; Closed Sundays and holidays.
<b>Dance</b>					
<b>Adult Hip Hop</b> Seifert Center (209) 937-7350	Curtis Campbell of Ordered Steps Dance Company teaches beginning level dance techniques, movement and interpretation for teens and adults.	San Joaquin County	Adult	\$40 for four weekly classes	
<b>Adult Tap: Beginner</b> Oak Park Senior Center (209) 937-7777	This class is designed for fun. Students will be tapping at the first lesson! Simple routines with a combination of traditional and Rad Tap techniques. Instructor Susan Sixkiller.	San Joaquin County	Adult	\$30 for four weekly classes	

<p><b>Adult Tap: Intermediate</b> Oak Park Senior Center (209) 937-7777</p>	<p>This class is designed for fun. Students will be tapping at the first lesson! Simple routines with a combination of traditional and Rad Tap techniques. Instructor Susan Sixkiller.</p>	<p>San Joaquin County</p>	<p>Adult</p>	<p>\$30 for four weekly classes</p>	
<p><b>Ballet Folkorico de Frank Zapata</b> (209) 937-7351</p>	<p>Learn the traditional folk dances of Mexico: the Mexican Hat Dance and more. Frank Zapata has been teaching this popular dance class for 27 years! Class meets at Webster Middle School</p>	<p>San Joaquin County</p>	<p>Youth</p>	<p>\$40 per month; \$20 for second family member.</p>	<p>Class meets on Tuesdays and Wednesdays.</p>
<p><b>Ballet Folkorico for Kids</b> (209) 937-7351</p>	<p>Instruction in the basic steps of Mexican folk dance for youth and teens. Instructor: Doria Del Rio. All classes located at IMPACT Teen Center</p>	<p>San Joaquin County</p>	<p>Youth</p>	<p>\$27 for 4 weekly classes</p>	
<p><b>Beginning Hip Hop for Kids</b> (209) 937-7351</p>	<p>Learn introductory hip hop dance basics from Ordered Steps Dance Company instructors. Students will perform in a recital at the end of February.</p>	<p>San Joaquin County</p>	<p>Youth ages 5 and up</p>	<p>\$40 for 4 weekly classes</p>	
<p><b>Broadway Dance Center</b> 2321 NorthTracy Blvd., Suite K Tracy, CA 95376-2400 (209) 833-1844 <a href="http://www.tracybdc.com/home.aspx">http://www.tracybdc.com/home.aspx</a></p>	<p>Tap, Jazz, Ballet, Lyrical, Hip-Hop and Pre-School Dance</p>	<p>San Joaquin County</p>	<p>All</p>	<p>Annual Registration Fee of \$25.00 per dancers plus tuition</p>	

<b>Broadway Dance Center</b> 3602 Mars Court, Suite 125 Tracy, CA 95377-8914 <a href="http://www.tracybdc.com/home.aspx">http://www.tracybdc.com/home.aspx</a>	Tap, Jazz, Ballet, Lyrical, Hip-Hop and Pre-School Dance	San Joaquin County	All	Annual Registration Fee of \$25.00 per dancers plus tuition	
<b>Dance and Cheer Stars</b> 1240 Dupont Court Manteca, CA 95336-6003 (209) 456-7373 <a href="http://www.danceandcheerstars.com">www.danceandcheerstars.com</a>	Jazz, tap, ballet, hip-hop, creative movement, voice class, lyrical, tumbling	San Joaquin County	All		
<b>Dance Dynamics</b> 922 Industrial Way, Suite B Lodi, CA 95240-3135 (209) 367-1757	Various dance instruction	San Joaquin County	All	N/A	
<b>FootNotes Dance Company</b> 8807 Thornton Road, Suite C Stockton, CA 95209-1862 (209) 951-2848	Tap, Jazz, Ballet, HipHop, DancAerobics, CardioSalsa, Pre-School, Family and Couples classes	San Joaquin County	All	\$40/month for 1 class/week plus \$25 enrollment fee	
<b>Hula Ikaika Phana O Kaawai-E Hono Iti E</b> 4220 Commerical Drive, Suite 5 Tracy, CA 95304-1627 (209) 832-4858 <a href="http://www.tehonuiti.com">www.tehonuiti.com</a>	Hula and Tahitian dance instruction and Maori/Haka & Tahitian Drumming	San Joaquin County	All		
<b>Middle Eastern Belly Dancing (Beginner)</b> Oak Park Senior Center (209)937-7777	Learn the basics of this fun and interesting form of dance. Bring towel or mat. Instructor, Mozelle.	San Joaquin County	Adult	\$44 for six weekly classes; \$12-15 materials fee at class for finger cymbals	
<b>Middle Eastern Belly Dancing (Intermediate)</b> Oak Park Senior Center (209) 937-7777	Bring towel or mat. Instructor, Mozelle	San Joaquin County	Adult	\$44 for six weekly classes; \$12-15 materials fee at class for finger cymbals	

<p><b>Party Sampler Ballroom Dance</b> Oak Park Senior Center (209) 937-7777</p>	<p>Be a great dancer at any party after learning these ballroom basics! Two different rhythms taught in each series. All skill levels welcome. Instructor: Juan Parache.</p>	<p>San Joaquin County</p>	<p>Adult</p>	<p>\$30 for four weekly classes</p>	
<p><b>Praise Dance for Kids</b> (209) 937-7351</p>	<p>Learn movement to inspirational music from Ordered Steps Dance Company instructors. Students will perform in a recital at the end of February</p>	<p>San Joaquin County</p>	<p>Youth ages 5-12</p>	<p>\$40 for 4 weekly classes</p>	
<p><b>Praise Dance for Teens and Adults</b> Seifert Center (209) 937-7350</p>	<p>Adults and teens will learn dance movement to inspirational music in this class from Ordered Steps Dance Company instructors.</p>	<p>San Joaquin County</p>	<p>Teens and Adults</p>	<p>\$40 for four weekly classes</p>	
<p><b>Pre-school Dance</b> Oak Park Ice Arena (209) 937-7351</p>	<p>Learn beginning steps of dance, including ballet, tap and jazz, from Beverly Burke-Baker.</p>	<p>San Joaquin County</p>	<p>Youth</p>	<p>\$35 for four weekly classes</p>	

<b>Round Dance</b> Oak Park Senior Center (209) 937-7777	Round Dance is couple dancing to choreographed routines. It's similar in rhythm and dance figures to ballroom dance, but led by verbal prompts from instructor (like square dance). Students learn figures and terminology in the basic class. Each series focuses on rhythm development and proficiency in one dance (waltz, salsa, cha cha, swing, and others).	San Joaquin County	Teens and Adults	Six weekly classes: Beginners: \$50 per couple Intermediate/Advanced Couples: \$60 per couple	
<b>Salsa: Merengue</b> Oak Park Senior Center (209) 937-7777	Learn this lively dance from instructor Juan Parache!	San Joaquin County	Adult	\$30 per person for two-week workshop	
<b>Sick With It</b> (209) 937-7351	Hip hop and jazz for youth and teens instructed by Carolyn Gillard.	San Joaquin County	Youth	\$25/month	
<b>Swing Time</b> Oak Park Senior Center (209) 937-7777	Instructor Juan Parache teaches this fun, social dance - the East Coast Swing!	San Joaquin County	Adult	\$30 per person for two-week workshop	
<b>Fitness/Sports Clubs</b>					
<b>24 Hour Fitness</b> 3137 West Benjamin Holt Drive Stockton, CA 95219-3703 (209) 951-5999	Weight rooms, machines, group fitness classes, on-staff personal trainers	San Joaquin County	All	Varies	Open 24 hours

<p><b>Curves</b>  400 East Kettleman Lane  Lodi, CA 95240-5962  (209) 333-1700</p>	<p>Quickfit System, a 30-minute workout program that targets all major muscle groups. The circuit involves a series of eight (hydraulic-resistance) strength-training machines, followed by runs, bounces and twists on (aerobic-intensive) springy platforms. Members switch machines every 35 seconds, pausing only to monitor their heart rate.</p>	<p>San Joaquin County</p>	<p>Adult Women</p>	<p>Varies</p>	
<p><b>In Shape City: Downtown</b>  1 North Sutter Street  Stockton, CA 95202-2906  (209) 472-2190</p>	<p>Cardio Theater, Free Weights, Tanning, Steam Room / Dry Sauna Elliptical Machines, Resistance Machines Treadmills, Group Exercise Personal Training. Child-care avail.</p>	<p>San Joaquin County</p>	<p>All</p>	<p>Varies</p>	<p>M-Th 5am-9pm; F 5am-7pm; Sat 9am-4pm. Closed Sundays.</p>
<p><b>In Shape City: Hammer</b>  7920 Kelley Drive  Stockton, CA 95209-2111  (209) 472-2105</p>	<p>Cardio Theater, Group Exercise, Spas, Indoor Pool, Childcare/Kids Club, Tanning, Women's Fitness Area, Rock Climbing Wall.</p>	<p>San Joaquin County</p>	<p>All</p>	<p>Varies</p>	<p>M 4am-12am; T-Th open 24 hours; F 12am-11pm; Sat and Sun 6am-10pm.</p>

<p><b>In Shape Sports Club: Manteca</b>  1805 East Yosemite Avenue  Manteca, CA 95336-5008  (209) 823-0174</p>	<p>Cardio Theater, Women's Fitness Area, Raquetball Indoor, Pool Group Exercise, Childcare, Tanning Spas/Steams/Saunas, Pilates Studio.</p>	<p>San Joaquin County</p>	<p>All</p>	<p>Varies</p>	<p>M 4am-12am; T-Th open 24 hours; F 12am-11pm; Sat and Sun 6am-8pm.</p>
<p><b>In Shape Sports Club: Marina</b>  6545 Embarcadero Drive  Stockton, CA 95219-3327  (209) 472-2110</p>	<p>Cardio Theater, Sauna, Outdoor Pool, Massage, Tennis. Child-care avail.</p>	<p>San Joaquin County</p>	<p>All</p>	<p>Varies</p>	<p>M-F 5:30am- 9pm; Sat and Sun 8am-8pm.</p>
<p><b>In Shape Sports Club: Quail Lakes</b>  2303 West March Lane  Stockton, CA 95207-5239  (209) 472-2230</p>	<p>Cardio Theater, Basketball, Group Exercise, Spas, Indoor Pool, Racquetball, Child Care, Tanning.</p>	<p>San Joaquin County</p>	<p>All</p>	<p>Varies</p>	<p>M-F 4am-11pm; Sat and Sun 6am-8pm.</p>
<p><b>In Shape City: Tracy</b>  239 West Eleventh Street  Tracy, CA 95376-3909  (209) 833-3370</p>	<p>Cardio Theater, Group Exercise, Dry Sauna, Child Care, Women's Fitness Area, Tanning</p>	<p>San Joaquin County</p>	<p>All</p>	<p>Varies</p>	<p>M 4am-12am; T-Th open 24 hours; F 12am-11pm; Sat and Sun 6am-8pm.</p>
<p><b>In Shape Sports Club: Tracy</b>  101 South Tracy Blvd.  Tracy, CA 95376-4620  (209) 836-2504</p>	<p>Basketball Group Exercise Spas/Steam/Saunas Indoor/Outdoor Pools Racquetball Adult Volleyball League Tennis Massage Club Rental Child Care Tanning Juice Bar</p>	<p>San Joaquin County</p>	<p>All</p>	<p>Varies</p>	<p>M 4am-12am; T-Th open 24 hours; F 12am-11pm; Sat and Sun 6am-8pm.</p>

<b>In Shape Sports Club: West Lane</b> 1074 East Bianchi Road Stockton, CA 95210 (209) 472-2100	Group Exercise, Spas/Steam Room/Sauna, Outdoor Pool Racquetball, Tennis, Childcare, Tanning Club Rental, Massage	San Joaquin County	All	Varies	M-F 4am-11pm; Sat and Sun 6am- 8pm.
<b>Jazzercise Fitness Center of Lodi</b> 111 North Stockton Street Lodi, CA 95240-2215 (209) 367-1457	Child Care Changing Rooms Resist-A-Balls Steps Wood Floors Weights Xertubes Mats. First class ALWAYS free. Childcare available for a small fee	San Joaquin County	Adults	N/A	
<b>World Gym</b> 2340 East Street Tracy, CA 95376-2710 (209) 836-3488		San Joaquin County	All	Varies	
<b>Gymnastics</b>					
<b>Gym Stars Gymnastics Inc</b> 1740 West Hammer Lane Stockton, CA 95209-2922 (209) 957-1919	Gymnastics, cheering, tumbling, dance, and karate classes	San Joaquin County	9 months-17 years old	Call for details. Free trail classes available	
<b>Golf</b>					
<b>Golf For Beginners Classes</b> Call Tony at (209) 601-3388 or email ttroncale@pga.com	Five-week program, learn the fundamentals of golf, including grip and stance, basic swing, chipping and putting, rules and etiquette. Coached by Tony Troncale	San Joaquin County	13-Adult	\$60/student for 5 weekly classes	

<b>Van Buskirk Park Golf Course</b> 1740 Houston Avenue Stockton, CA 95206-2849 (209) 937-7357	18-hole championship course. Café, driving range, partially paved cart path and 2 practice greens	San Joaquin County	All Ages	M-F Daytime- \$21.40; Sunset- \$11.00 Sat Daytime- \$27.00; Sunset-\$14. Golf Cart rental extra	
<b>Hiking</b>					
<b>Caswell Memorial State Park</b> 28000 South Austin Road Ripon, CA 95366-9527 (209) 599-3810	Hiking, fishing and swimming.	San Joaquin County	All Ages	\$6.00 entrance fee	
<b>Handball</b>					
<b>Oak Park</b> 4520 West Eight Mile Road Stockton, CA 95209-8701 (209) 953-8814	Handball	San Joaquin County	All	\$1.00/hr	
<b>Ice Skating</b>					
<b>Oak Park Ice Arena</b> 3545 Alvarado Street (in Oak Park) (209) 937-7432 (recording) or (209) 937-7433	Public ice skating and hockey; pick-up hockey for adults 18 years and older.	San Joaquin County	All ages	Adult-\$6 Junior (5-12) \$5 Seniors \$3 Skate Rental: \$3. Lunch Bunch: \$4 (M-F, during session, noon-2 p.m.) Family Sunday \$6.50 (minimum of 4 people, includes skates) Discount Wednesday Nights: \$6.50 (includes skates). Pick-up games: \$11.	

Jazz Style Dance					
<b>Contemporary Jazz</b> (209) 937-7351 <a href="http://www.stocktongov.com/parks/classes/danceshoesoff.cfm">http://www.stocktongov.com/parks/classes/danceshoesoff.cfm</a>	Learn modern jazz techniques from Ordered Steps Dance Company instructors. Students will perform in a recital at the end of February.	San Joaquin County	Youth ages 5-12	\$40/four weekly classes	
<b>Introduction to Tap &amp; Jazz</b> (209) 937-7351 <a href="http://www.stocktongov.com/parks/classes/danceshoesoff.cfm">http://www.stocktongov.com/parks/classes/danceshoesoff.cfm</a>	Learn beginning steps of dance, including ballet, tap and jazz from Ordered Steps Dance Company instructors. Students will perform in a recital at the end of February.	San Joaquin County	Youth 5-12 years old	\$40/four weekly classes	
Martial Arts					
<b>Aikido New School</b> 8909 Thornton Road, Suite 6 Stockton, CA 95209-1860 (209) 951-8085	Martial Arts	San Joaquin County	Call for more information	Call for more information	
<b>American Dragon Tae Kwon Do</b> 105 West Wetmore Street Manteca, CA 95337-5600 (209) 823-7587	Martial Arts	San Joaquin County	Call for more information	Call for more information	
<b>American Martial Arts Academy</b> 6295 Pacific Avenue Stockton, CA 95207-3711 (209) 952-4000	Martial Arts	San Joaquin County	Call for more information	Call for more information	
<b>Charley's Wind Chuan Kung Fu</b> 1604 East Harding Way Stockton, CA 95205-3705 (209) 467-7921	Martial Arts	San Joaquin County	Call for more information	Call for more information	
<b>Creative Fighting Arts</b> 2324 Grand Canal Blvd. Stockton, CA 95207 (209) 956-5519	Martial Arts	San Joaquin County	Call for more information	Call for more information	

<b>Hemenes Martial Arts</b> 1120 Waterloo Road Stockton, CA 95205 (209) 467-3878	Martial Arts	San Joaquin County	Call for more information	Call for more information	
<b>International Self Defense Institute</b> 1140 North Main Street Manteca, CA 95336-3208 (209) 333-8077	Martial Arts	San Joaquin County	Call for more information	Call for more information	
<b>Moore's Karate &amp; Shou Shu</b> 41 South Sacramento Street Lodi, CA 95240-2133 (209) 369-8395 <a href="http://www.mooresofsacramento.com/">www.mooresofsacramento.com/</a>	Martial Arts	San Joaquin County	Children and Adults	Beginner-4 half hour lessons for \$20	Kids Lessons: T & Th 5-6pm. Adult Lessons: M-F 1-2pm and 7-8pm.
<b>Robinson's Taekwondo</b> 412 West Lodi Avenue Lodi, CA 95240-3423 (209) 333-2001 <a href="http://www.robinsonstktd.com/">http://www.robinsonstktd.com/</a>	The classes combine the fun and excitement of Taekwondo training with weekly mental and philosophical lessons designed to strengthen our children mentally and physically.	San Joaquin County	Adult and Youth Programs	Starter program for only \$19.95. This program will include 2 semi-private classes. "FREE" uniform.	
<b>Nature Center/Hiking</b>					
<b>Miwok Trail</b> 4520 West Eight Mile Road Stockton, CA 95209-8701 (209) 953-8814	The Yokuts Trail is a nature preserve. Trail is 1.8 miles long.	San Joaquin County	All	Free	
<b>Oak Grove Nature Center</b> 4520 West Eight Mile Road Stockton, CA 95209-8701 (209) 953-8814	Trail Hike and Nature Center Tour Nature Center Visit Outreach Programs to the Classroom: Skunks and Snakes, Bats and Bugs - The Animals of Oak Grove	San Joaquin County	All	\$3 for park entry, Nature Center is FREE	

<b>Yokuts Trail</b> 4520 West Eight Mile Road Stockton, CA 95209-8701 (209) 953-8814	The Yokuts Trail is a nature preserve. Trail is .4 miles long.	San Joaquin County	All	Free	
<b>Other</b>					
<b>Stockton Parks and Recreation Website</b> <a href="http://www.stocktongov.com/parks/index.cfm">http://www.stocktongov.com/parks/index.cfm</a>	Various sports, recreation, and other activities to support a physically active lifestyle	San Joaquin County	All	Varies	
<b>Parks</b>					
<b>Armory Park (Chapman field)</b> 333 North Washington Street Lodi, CA 95240-0607	Softball field	San Joaquin County	All Ages		Open 6am-11pm.
<b>Dos Reis Regional Park</b> 890 West Dos Reis Road Lathrop, CA 95330-8803 (209) 953-8800	Childrens play area, camping, horseshoe pits	San Joaquin County	All Ages	\$3 weekdays, \$5 weekends	Open 8am-sunset.
<b>Gianone Park and Center</b> 2885 East Harding Way Stockton, CA 95205-3572 (209) 953-8800	Community center, ball fields, play area, day-use picnicking and restrooms.	San Joaquin County	All Ages	Contact park office	Contact park for hours.
<b>Grape Bowl</b> 221 Lawrence Avenue Lodi, CA 95240-0602	Football field, soccer field, 2 softball diamonds, field house.	San Joaquin County	All Ages		Open 6am-11pm.
<b>Hale Park</b> 209 East Locust Street Lodi, CA 95240	Basketball courts, horseshoe pits, meeting room, restrooms, play equipment, group picnic facilities, par course.	San Joaquin County	All Ages		Open from dawn to dusk.
<b>Henry Glaves Jr. Park</b> 2206 Oxford Way Lodi, CA 95242	Soccer field, playground, restrooms, par course, picnic tables	San Joaquin County	All Ages		Open 6am-10pm.

<b>Hutchins Street Square</b> 600 West Oak Street Lodi, CA 95240	Fine-arts building, two unlighted tennis courts, community building, gymnasium, soccer field, picnic areas, playground and other recreational facilities.	San Joaquin County	All Ages		Contact park for hours.
<b>John Blakely Park</b> 1050 South Stockton Street Lodi, CA 95240-5337	Swimming pool, wading pool, two unlighted baseball diamonds, two unlighted basketball courts, horseshoe pit, a playground, barbecue/picnic areas and group area.	San Joaquin County	All Ages		Open from dawn to dusk.
<b>Katzakian Park</b> 2735 West Turner Road Lodi, CA 95242	Basketball court, tee ball field, restrooms, picnic shelter, play equipment.	San Joaquin County	All Ages		Open from dawn to dusk.
<b>Kennedy Park and Center</b> 2800 South D Street Stockton, CA 95206-3617 (209) 953-8800	Community Center, ball fields, basketball court, day-use picnicking, swimming pool and restrooms.	San Joaquin County	All Ages	Contact park office	Contact park for hours.
<b>Larch Clover Park and Center</b> 11757 West Larch Road Tracy, CA 95304	Community Center, basketball court, play area, day-use picnicking and restrooms.	San Joaquin County	All Ages	Contact park office	Contact park for hours.
<b>Lawrence Park</b> 350 North Washington Street Lodi, CA 95240	Group picnic area, play equipment, restrooms, dog exercise area.	San Joaquin County	All Ages		Open from dawn to dusk.
<b>Legion Park</b> 835 South Hutchins Street Lodi, CA 95240	6-acre park has two lighted tennis courts, playground, picnic area and a small community meeting building.	San Joaquin County	All Ages		Open 6am-11pm.

<b>Lodi Lake Park</b> 1101 West Turner Road Lodi, CA 95242 (209) 333-6742	25-acre lake, beach, Discovery Center, group picnic area, amphitheater, accommodations for recreational vehicles and trailers, playgrounds, concession stand, restrooms; Nature Area with trails, dog exercise area	San Joaquin County	All Ages		Open from dawn to dusk.
<b>Micke Grove Park</b> 11793 North Micke Grove Road Lodi, CA 95240-9426 (209) 953-8800	Zoo, museum, japanese garden, Fun Town	San Joaquin County	All Ages	\$3 weekdays, \$5 weekends; Japanese garden:Free	
<b>Mossdale Landing Park</b> 19091 South Manthey Road Lathrop, CA 95330 (209) 953-8800	Playground, swimming	San Joaquin County	All Ages	\$3 weekdays, \$5 weekends	Open daily (except Christmas) 10am to 5pm, summer weekends (May through Sept.) 10am-6pm.
<b>Oak Grove Park</b> 4520 West Eight Mile Road Stockton, CA 95209-8701 (209) 953-8800	Nature Center, fishing, paddleboats, 1/4 mi walking/jogging trail, 18-hole disc-golf course	San Joaquin County	All Ages	\$3 weekdays;\$5 weekends, Nature Center-Free. Paddleboats \$5 for 30min	8am-posted closing. Nature Center Open weekends 12-4pm
<b>Peterson Park</b> 199 Evergreen Drive Lodi, CA 95242 (209) 333-6742	Tennis courts, basketball court, in-line hockey court, two playground areas, practice diamonds, soccer fields, restrooms	San Joaquin County	All Ages		Open 6am-10pm.

<b>Regional Sports Complex</b> 7171 South Highway 99 Stockton, CA 95215 (209) 953-8800	4-field soccer and 4-field softball complex	San Joaquin County	All Ages	For pricing contact the Park Office	Contact park for hours.
<b>Stillman Magee Regional Park</b> 23801 North Mackville Road Clements, CA 95227 (209) 953-8800	Swimming, rafting	San Joaquin County	All Ages	\$3 weekdays, \$5 weekends	Open 8am-sunset.
<b>Taft Park and Center</b> 3202 Mourfield Avenue Stockton, CA 95206 (209) 953-8800	Community Center, ball fields, basketball courts, play area, day-use picnicking and restrooms.	San Joaquin County	All Ages	Contact park office	Open 12-6pm.
<b>Van Buskirk Park</b> 600 North Pleasant Avenue Lodi, CA 95240 (209) 333-6742	Tennis, handball, softball, multiuse	San Joaquin County	All Ages		Contact park for hours.
<b>Woodbridge Wilderness Area</b> 301 East River Meadow Drive Woodbridge, CA 95258 (209) 953-8800	Hiking, fishing	San Joaquin County	All Ages	Free	Contact park for hours.
<b>Zupo Hardball Park</b> 350 North Washington Street Lodi, CA 95240	Baseball diamond, batting cage, concession stand, restrooms, press box.	San Joaquin County	All Ages		Open 6am-11pm.
<b>Pilates</b>					
<b>In Shape Sports Club: Manteca</b> 1805 East Yosemite Avenue Manteca, CA 95336-5008 (209) 823-0174	Pilates studio	San Joaquin County	All	Varies	

<p><b>Pilates Studio Stockton</b>  2218 Pacific Avenue  Stockton, CA 95204-5334  (209) 467-7551  <a href="http://pilatesstudiostockton.com/">http://pilatesstudiostockton.com/</a></p>	<p>Pilates Studio Stockton uses specialized equipment (called apparatus) and mats. A Pilates session is 45-55 minutes in length and is composed of a combination of apparatus and matwork at a level appropriate for each client. A client works with an instructor on a one-on-one basis and in small groups.</p>	<p>San Joaquin County</p>	<p>All Ages</p>	<p>Beginner/Intermediate mat class \$15  Advanced mat class \$20</p>	
<p>Qi-Gong</p>					
<p><b>Qigong Health Center</b>  714 West Swain Road  Stockton, CA 95207  (209) 477-1978</p>	<p>Qi-Gong</p>	<p>San Joaquin County</p>			<p>Th 4:30-5:30pm.</p>
<p><b>Pacific Complimentary Medicine Center</b>  645 West Harding Way  Stockton, CA 95204  (209) 464-4800</p>	<p>Qi-Gong</p>	<p>San Joaquin County</p>	<p>All Ages</p>	<p>\$32.00/month or \$8.00/session</p>	
<p>Skating</p>					
<p><b>Stockton Skate Park (Anderson Park)</b>  El Dorado Street and Benjamin Holt Drive  Stockton, CA 95207  (209) 937-8285</p>	<p>The facility features a moon, small bowl, offset steps, half-pipe, rail, EMB, fun box, block, piano, and a star. Helmets and pads are required.</p>	<p>San Joaquin County</p>	<p>All ages</p>	<p>Free</p>	

Swimming					
<b>McKinley Pool</b> 2200 South El Dorado Street Stockton, CA 95206	Swimming	San Joaquin County	All Ages	Ages: 3 and under: Free; 4-17- \$2.50; 18 to 61- \$2.50; Seniors - \$1.	M-F 8am-8pm; Sat and Sun 8am-5pm.
<b>Oak Park Pool</b> 3537 Alvarado Avenue Stockton, CA 95204	Swimming	San Joaquin County	All Ages	Ages: 3 and under: \$1; 4-17 \$2.30; 18-61 \$2.90; Seniors \$1 .	
<b>Victory Park Pool</b> 1001 North Pershing Avenue Stockton, CA 95203	Swimming (open during the week only for swim lessons)	San Joaquin County	All Ages	Ages: 17 and under: \$1.30; 18-61 \$2.30; Seniors \$1.30.	
Tai Chi					
<b>Pacific Complimentary Medicine Center</b> 645 West Harding Way Stockton, CA 95204 (209) 464-4800	Tai Chi	San Joaquin County	All Ages	2 months for \$64	
<b>Tai Chi Chuan Institute</b> 5050 Gadwall Circle Stockton (209) 952-8582	Tai Chi. Class meets at Confucius Church Hall, 212 E. Lafayette Street, Stockton. Visitors are always welcome to observe the classes.	San Joaquin County	All Ages	N/A	
Tennis					
<b>Anderson Park</b> El Dorado Street and Benjamin Holt Drive Stockton, CA 95207 (209) 937-8285	2 tennis courts	San Joaquin County	All		
<b>Louis Park</b> Occidental Avenue and Shimizo Drive Stockton, CA 95203	4 tennis courts	San Joaquin County	All		

<b>Oak Park</b> 3514 North Sutter Street Stockton, CA 95204-3336 (209) 547-1522	Tennis. Offers club membership, free play and tournaments. Tennis professional Peter Juarez offers a variety of group and private lessons.	San Joaquin County	All	\$4 per 90 minutes \$3 for seniors (62 and over) 10/20 Discount Play cards are available \$2.75 per court for night lights	
Walking					
<b>Hammertown Plaza Shopping Center</b> 1108 East Hammer Lane Stockton, CA 95210-3029 (209) 473-7272	Mall-walking	San Joaquin County	All	Free	
<b>Seifert Center</b> 128 West Benjamin Holt Drive Stockton, CA 95207-2853 (209) 937-7350		San Joaquin County	All	Cost	M, W, F 9:30-10am.
<b>Weberstown Shopping Center</b> 4950 Pacific Avenue Stockton, CA 95207 (209) 477-6492	Mall-walking	San Joaquin County	All	Free	
Walking Clubs					
<b>Delta Tule Trekkers</b> 5626 Doncaster Way Stockton, CA 95207-5117 (209) 957-1010 deltatuletrekkers@inreach.com	Walking club	San Joaquin County		Free	
<b>Luna Moms</b> Tracy	Hosted by Stroller Strides, the country's largest fitness program for new moms	San Joaquin County	New moms	Free	

Yoga					
<b>Antioch Yoga</b> 213 G Street Antioch, CA 94509-1252 (925) 683-6258	Yoga	San Joaquin County	All		
<b>Dhyanyoga Centers Inc</b> 4140 Spaulding Street Antioch, CA 94531-8219 (925) 757-9361	Yoga	San Joaquin County	All		
<b>Montclair Mountain Yoga</b> 1410 Yellowstone Drive Antioch, CA 94509-2133 (925) 683-6258	Yoga	San Joaquin County	All		F 12-1pm.
<b>Pacific Complimentary Medicine Center</b> 645 West Harding Way Stockton, CA 95204 (209) 464-4800	Yoga	San Joaquin County	All Ages	2 months for \$64	
<b>The Yoga Center</b> 235 Dorris Place Stockton, CA 95204-5252 (209) 463-3330 <a href="http://stocktonyoga.com/index.htm">http://stocktonyoga.com/index.htm</a>	The Yoga Center provides a safe, non-judgmental and non-threatening environment in which to practice yoga at any level of fitness. Class size is limited to allow for personal attention and supervision.	San Joaquin County	All	\$15 non-refundable deposit	
Youth Sports					
<b>Ports City Girls Softball</b>	Recreational Fast-Pitch Softball	San Joaquin County	Girls 5-18	\$36/player	
<b>Special Needs Leagues</b> (209) 957-1613	Various sports	San Joaquin County	Youth	Cost	
<b>Spring Youth Baseball</b>	Baseball	San Joaquin County	Youth ages 4-13	\$36/player	
<b>Spring Youth Soccer</b>	Soccer	San Joaquin County	Youth 4 and up, K-8th grade	\$36/player	

Zoo					
<b>Micke Grove Zoo</b> 11793 North Micke Grove Road Lodi, CA 95240-9426 (209) 953-8800	Zoo	San Joaquin County	All Ages	2 adults; \$1 youth 17 - 3 years; children 2 years and under are free.	