

Solano County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST	HOURS
Activity Guides					
Benicia http://www.ci.benicia.ca.us/leisureguide.php	The Leisure Activity Guide is published on a quarterly basis and mailed to every household in Benicia. Programs are available in the following areas: Adult Classes and Workshops, Aquatics, Pre-School Programs and Classes, Seniors Programs and Classes, Special Events, Sports/Health & Fitness, Teen Programs and Youth Programs and Classes.	Solano County	All	Free	
Fairfield http://www.ci.fairfield.ca.us/activityguide.htm	The City of Fairfield Community Services Department has lots of new classes and activities for you and your family. Each season we mail the Activity & Events Guide to local homes. In it you will find all that you need to know about recreation, fitness, sports, classes, active living, parks and special events that we have planned for you and your family.	Solano County	All	Free	
Vacaville http://www.ci.vacaville.ca.us/departments/community_services/programs/online_registration.php		Solano County	All	Free	

Vallejo http://www.gvrd.org/	GVRD is committed to increasing the amount of fun and recreation in your daily life. Our mission is to build community and enhance quality of life through people, parks, and programs. We are located in Vallejo, California and offer a wide range of classes and activities for adults, teens and kids. Operating four community centers and the Cunningham Pool, we can add pleasure and relaxation to your life	Solano County	All	Free	
Adult Sports Organization					
Adult Indoor Soccer Crystal Middle School Gym	Need a change in your routine? Come by and play a great stress relieving game of soccer with us. For adults over 18 years. Space is limited to the first 20 participants.	Solano County	Adults	\$5 per player	
Adult Softball (707) 421-7200	Softball leagues for men and co-ed teams beginning in April with Spring League	Solano County	Adults		
Adult Softball League Benicia Middle School Softball Field #1 and Benicia Community Park Field #4	Men, women, and Coed teams	Solano County	Adults	\$13 per player; \$348 per team.	
Adult Spring Flag Football Al Patch Park (707) 449-6071	Coed	Solano County	Adults	Cost is \$310 per team.	

Co-ed Softball Hogan High School (707) 648-4609	Basketball league	Solano County	16 years old and up	Cost is \$350 per team.	
Men's Basketball Hogan High School (707) 648-4609	Basketball league	Solano County	Adults	Cost is \$300 per team.	
Senior Sports Vacaville Recerational Department (707) 449-6073 / (707) 469-6694	A senior recreation program that offers opportunities for active seniors to participate in team sports.	Solano County	Seniors		
Ultimate Frisbee League Al Patch Park (707) 449-6071	Coed	Solano County	Adults	Cost is \$99 per team.	
Vacaville Adult Softball Al Patch Park (707) 449-6071	Low-pitch divisions include: men's, men's over-40, women's, women's over-30, and coed. There also is a coed modified pitch division.	Solano County	Adults	Cost is \$435 per team.	
Women's Basketball Hogan High School (707) 648-4609	Basketball league	Solano County	16 years old and up	Cost is \$230 per team.	
Ballet					
Vallejo Ballet Company 441 Tuolumne Street Vallejo, CA 94590-5744 (707) 557-5979	Ballet, tap, gymnastics	Solano County	Ages 2 and up	Cost	
Bicycle Clubs					
Benicia Cycling Club 976 Lincoln Street Benicia, CA 94510 (707) 747-3969	Cycling	Solano County	All	\$15/year for individuals, \$18/year for families.	1st Tuesday of every month at 7pm

Monticello Cycling Club Pure Grains Bakery 450-0379	Cycling	Solano County	All	Cost	Rides are held every Saturday at 9am
Solano Cycling Club Round Table Pizza 3336 North Texas Street Fairfield, CA 94533-9762 SFCClub@aol.com	Cycling	Solano County	All	Contact	Every 2nd Tuesday at 7pm
Bowling					
Fairfield Bowl 2030 North Texas Street Fairfield, CA 94533 (707) 425-6413	Bowling	Solano County	All	Cost	
Stars Recreation Center 155 Browns Valley Parkway Vacaville, CA 95688-3011 (707) 455-7827	Bowling	Solano County	All	Cost	
Travis Bowl Travis Air Force Base 214 Travis Avenue Fairfield, CA 94535-1402 (707) 437-4737	Bowling	Solano County	All	Cost	
Boxing					
Vacaville PAL Boxing 720 East Monte Vista Avenue Vacaville, CA 95688-2985 (707) 449-6285 (Sports Center) (707) 449-5654 (PAL office) http://www.vacavillepal.com/programs_boxing.html	Year-round boxing club facilitated by PAL (Police Activities League).	Solano County	Ages 7-18.	Contact for pricing information.	Refer to website for complete class schedule.
Community Centers					
Bridges After School Program D.H. White, Bridges Center 400 Elm Way Rio Vista, CA 94571	Organized trips and activities	Solano County	Youth	Daily drop-in rate: \$3	M-F 3-6pm.

Foley Cultural Center 1461 North Camino Alto Vallejo, CA 94589 (707) 648-4630	<ul style="list-style-type: none"> • Belly Dancing • Salsa With David • Claudio's Martial Arts • Eagle Claw Martial Arts 	Solano County	All	Call for class fees.	Office hours are M-F 9am-5pm.
Joseph A. Nelson Community Center 611 Village Drive Suisun City, CA 94585-1740 (707) 421-7200	Free exercise classes	Solano County	All		
Norman C. King South Vallejo Community Center 545 Magazine Street Vallejo, CA 94590-7798 (707) 648-4620	<ul style="list-style-type: none"> • Rapacon's Martial Arts • South Vallejo Kid's Klub • Spirit of Polynesia • Tap Exercise for Adults 	Solano County	All	Call for class fees.	Office hours are M-Th 11am-5pm.
North Vallejo Community Center Vallejo (707) 648-4650	T'ai Chi • Seronio' Kajukenbo	Solano County	All	Call for class fees.	Office hours are M-Th 11am-5pm.
Rio Vista Senior Center 6 North Front Street Rio Vista, CA 94571-1837 (707) 374-5706	Fitness Days,	Solano County	Seniors		Tuesdays, 11-12pm
Rio Vista Youth Center 225 Sacramento Street Rio Vista, CA 94571 (707) 374-3598	Afterschool center	Solano County	Youth	Daily drop-in rate: \$5. Weekly rate: \$15.	M-F 3-6pm.
Senior Center 1201 East Second Street Benicia, CA 94510 (707) 745-1100	Senior activities	Solano County	Seniors 50+	Contact for information	
Suisun Senior Center 318 Merganser Drive Suisun City, CA 94585-3401 (707) 421-7203	Exercise, Health Nurse Visits, Health Education (topics vary), Trip/Tour Excursions, Dinner-Dance, Line Dance Class, Ti-Chi, Weight Management Support Group, and W.H.A.T.	Solano County	Seniors 50+	Varies. Low to no cost. No membership fee, do not have to be city resident	Office hours are M-Th 8am-5pm.

Vallejo Community Center 225 Amador Street Vallejo, CA 94590-6320 (707) 648-4640	<ul style="list-style-type: none"> • Clogging • Hawaiian & Tahitian Dance • Black Dragon Kenpo • Early Rise & Socialize • Yoga • Yoga In The Evening • Tai Chi • Stretch and Tone With Chi Gong • Authentic Hokushin Shito Ryu Japan Karate-Do • Tap & Ballet For Little Ones 	Solano County	All	Call for class fees.	Office hours are M-F 10am-4pm.
Youth Activity Center 150 East K Street Benicia, CA 94510-3236 (707) 746-4285	Youth activities	Solano County	Youth	Contact for information	
Community Classes					
Open Gym for Little Ones Vacaville Recreation Center	Vacaville Gymnastics has Open Gym for children and their parents to have someplaytime without the hassle of rain, wind, mud and wet sand.	Solano County	Youth ages 1-5 years old	Cost: \$5.00 per child, \$1.00 per adult (payable at Vacaville Gymnastics Center)	1-5 M-Th 12:00-2:00pm
Dance					
Single Adult Dance Vacaville Stake Center 480 Wrentham Drive Vacaville, CA 95688	Single Adult Dance	Solano County	Adults	Contact for information.	Second Friday of each month 9:30 - 12 pm.
Fitness/Sports Club					
Active Lifestyle Fitness Studio 560 Main Street Vacaville, CA 95688 (707) 455-0190		Solano County	All		

Benicia Health and Fitness Club 1150 West Seventh Street Benicia, CA 94510 (707) 751-0273	Fitness classes, yoga,tai chi, step, spin, pilates, weights, cardio machines, juice bar, spa, kids circuit, after school program	Solano County	All Ages	Drop-in rate: \$14. One week pass-\$35	Hours: M-F 5am- 10pm; Sat 7am- 7pm; Sun 7am- 5pm
City Gym 190 East L Street Benicia, CA 94510	Kindergym, Adult,Teen, and Youth drop-in gym, basketball, volleyball, league teams	Solano County	All	Youth under 17 FREE. Adults- \$2.50 for members; \$4 for non-members.	
Dixon Fitness and Rehabilitation 1285 Stratford Avenue Dixon, CA 95620 (707) 693-9171		Solano County	All		
Duke Sports Center 720 East Monte Vista Avenue Vacaville, CA 95688-2985	Basketball, badminton, league teams, jazzercise, boxing	Solano County	All	\$1-\$2	
Gold's Gym 848 B Alamo Plaza (707) 447-0909		Solano County	All		
Gold's Gym 2425 North Texas Street Fairfield, CA 94533-1603 (707) 421-0553		Solano County	All		
Lady Fitness 1947 Peabody Road Vacaville, CA 95687 (707) 447-4178		Solano County	All		

Millenium Sports Club 3446 Browns Valley Road Vacaville, CA 95688-9339 (707) 446-2350	Each location is a full-service multi-sport family-oriented athletic facility offering a variety of programs for members of all ages. All five locations offer Tennis, Swimming, Group Exercise Programming, Children's Programming, Massage Therapy, Physical Therapy, Water Rehabilitation and all locations except Rancho Solano offer Racquetball	Solano County	All	Drop-in-\$25	
Solano Athletic Club 3001 Dover Avenue Fairfield, CA 94533 (707) 422-2858	Tennis, volleyball, basketball, racquetball, aquatics, karate, cardio machines, weights.	Solano County	All		
Solano Athletic Club 1471 Holiday Lane Fairfield, CA 94534 (707) 429-4363	Tennis, volleyball, basketball, racquetball, aquatics, karate, cardio machines, weights.	Solano County	All		
Gymnastics					
Aerials Gymnastics Center 3777 Vaca Valley Parkway, Suite A Vacaville, CA 95688-9430 (707) 455-8303	Gymnastics, Cheer, Tumbling, workout gym.	Solano County	All	Contact for prices	
Hiking					
Bay Area Ridge Trail Blue Rock Springs Park Vallejo (707) 648-4600	Hiking. Dogs are NOT allowed in the park.	Solano County	All	Fee on weekends ONLY \$4.00 or \$3.00 for Vallejo residents	Open sunrise to sunset.

Grizzly Island Wildlife Area Grizzly Island Road, near Suisun City (707) 425-3828	Nature viewing, hiking, photography, dog training, fishing, and hunting of waterfowl, dove, pheasant, tule elk, and rabbit.	Solano County	All	\$2.50 for day use	Open M-F 8am-4:30pm.
Rockville Hills Park Rockville Road, Suisun Marsh (707) 421-1351		Solano County	All	Fee on weekends ONLY \$4.00 or \$3.00 for Vallejo residents	Open 8am-6pm. You may stay until dusk if you let someone at the on-site ranger residence know to leave the gate open so that you can exit after hours.
Rush Ranch Open Space Preserve Rush Ranch near Suisun City (707) 432-0150	This is an easy 2.2-mile loop that takes you from the old ranch site over gently rolling hills and through a corner of the Suisun Marsh. Dogs are not allowed on the Marsh Trail only. No bikes on any trails	Solano County	All	Fee on weekends ONLY \$4.00 or \$3.00 for Vallejo residents	Open 8am-6pm. You may stay until dusk if you let someone at the on-site ranger residence know to leave the gate open so that you can exit after hours.
Sandy Beach County Park Rio Vista (707) 374-2097	Swimming, nature walk, hiking.	Solano County	All		Open dawn to dusk.
Ice Skating					
Vacaville Skate Center 551 Davis Street Vacaville, CA 95688-4632 (707) 455-0225	Ice skating, hockey, freestyle skating, synchronized skating, curling	Solano County	All	Free figure skating or hockey lessons Saturdays 12:30-1:30	

Mall Walking					
Westfield Solano Mall 1350 Travis Blvd. Fairfield, CA 94533-4646 (707) 425-1164	Mall walking	Solano County	All	Free	
Martial Arts					
American Taekwon do Academy 1011 Mason Street Vacaville, CA 95688-4635 (707) 448-2600		Solano County			
Calvin Shine Karate 309 Marina Center Suisun City, CA 94585-2518 (707) 422-9509		Solano County			
Dixon Philmara Club (707) 678-3667		Solano County			
Fairfield Academy of Gymnastics and Martial Arts 2789 North Texas Street Fairfield, CA 94533-1204 (707) 421-2496		Solano County			
Kajukenbo National Federation 1363 Oliver Road Fairfield, CA 94534-3470 (707) 425-1154		Solano County			
Kuk Sool Won 1738 North Texas Street Fairfield, CA 94533-3816 (707) 429-3909		Solano County			
Judo Springstowne Junior Hlgh (707) 554-0846		Solano County	Ages 6-18	Tuesdays and Thursdays	
Tony Ramos Kajukenbo 1363 Oliver Road Fairfield, CA 94534-3470 (707) 425-1154		Solano County			

Tracy's Karate Studio 3032 Alamo Drive Vacaville, CA 95687 (707) 448-6622		Solano County			
Tracy's Karate Studio 737 West Texas Street Fairfield, CA 94533-5518 (707) 426-1192		Solano County			
Wahiawa Kajukenbo 611 Village Drive Suisun City, CA 94585-1740 (707) 421-7200	Kajukenbo Karate is the art of successful life. Kajukenbo stands for Ka (Karate), Ju (JuiJitsu/Judo), Ken (Kenpo), and Bo (Chinese American Boxing). Various levels are presented to youths and adults starting at age 5.	Solano County	Ages 5 and up	No registration fee. \$35/month/person	
Parks					
Alamo Creek Park 175 Alamo Drive Vacaville, CA 95688 (707) 449-5658 http://www.cityofvacaville.com/department_s/community_services/facility_rentals/parks.php	Playground, Tot Lot, 4 backstops, 2 tennis courts, 1/2 basketball court, 9 fitness stations	Solano County	All	Free	Open daily 30 minutes after sunrise and closed 30 minutes before sunset.
Allan Witt Park 1741 West Texas Street Fairfield, CA 94533 (707) 428-7428	Here you'll find the Fairfield Sports Center and City of Fairfield Rotary Skate Park. This large park has a varied selection of activities such as, tennis courts, recreation building, picnic area, ball fields, basketball courts, volleyball courts and horseshoe pits.	Solano County	All	Free	Contact park for hours.

<p>Al Patch Park 1750 California Drive Vacaville, CA 95687</p>	<p>Vacaville's newest 34-acre sports facility will open its first phase including three softball fields, a football/soccer field and an all-weather track, all of which can be lit entirely for night activities.</p>	<p>Solano County</p>	<p>All</p>	<p>Free</p>	<p>Open daily 30 minutes after sunrise and closed 30 minutes before sunset.</p>
<p>Andrews Park 718 East Monte Vista Avenue Vacaville, CA 95688-2985 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php</p>	<p>Playground and trail. Home of historical Creek Walk.</p>	<p>Solano County</p>	<p>All</p>	<p>Free</p>	<p>Open daily 30 minutes after sunrise and closed 30 minutes before sunset.</p>
<p>Arlington Park 628 Youngsdale Drive Vacaville, CA 95687 (707) 449-5658</p>	<p>Playground, 4 backstops, 4 ball fields, 2 football fields.</p>	<p>Solano County</p>	<p>All</p>	<p>Free</p>	<p>Open daily 30 minutes after sunrise and closed 30 minutes before sunset.</p>
<p>Blue Rock Springs Park 650 Columbus Parkway Vallejo, CA 94591 (707) 421-7200</p>	<p>Play areas, children's play equipment, a small lake and island with ducks and peacocks, off street parking and restrooms. A hiking trail provides access to the ridge of the Sulfur Springs Mountain for spectacular views of Vallejo and the Napa River.</p>	<p>Solano County</p>	<p>All</p>	<p>Free</p>	<p>Contact park for hours.</p>

Borges Park 498 Borges Lane Vallejo, CA 94589 (707) 648-4600	Children's play equipment, multi-use field, water fountain, individual picnic tables, perimeter walking trail.	Solano County	All	Free	Contact park for hours.
Cannon Station Park Nut Tree Road and Opal Drive Vacaville, CA 95687 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php	Playground, Tot Lot, tennis courts, four 1/2 basketball courts/roller blade hockey surface.	Solano County	All	Free	Open daily 30 minutes after sunrise and closed 30 minutes before sunset.
Carl E. Hall Park 609 Pintail Drive Suisun City, CA 94585 (707) 421-7200	Soccer field, jogging path.	Solano County	All	Free	Contact park for hours.
Castlewood Park 900 Castlewood Drive Vallejo, CA 94591 (707) 648-4600	Children's play area, lighted tennis courts, open turf area, community buildings, Aquatics Center.	Solano County	All	Free	Contact park for hours.
Centennial Park Browns Valley Road Vacaville, CA 95688 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php	1 Pony League/Babe Ruth Field, 3 Little League Fields, 4 VYSL soccer fields, 1 large and 1 small artificial turf soccer fields, wiffle ball fields, outdoor roller hockey court, 4 tennis courts, hiking trail.	Solano County	All	Free	Open daily 30 minutes after sunrise and closed 30 minutes before sunset.
City Hall Park City Hall on Walnut Avenue Vacaville, CA 95688 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php	Bocce Ball Court	Solano County	All	Free	Open daily 30 minutes after sunrise and closed 30 minutes before sunset.

Cooper School Park 830 Christine Drive Vacaville, CA 95687 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php	Playground, full basketball court, multi-purpose field.	Solano County	All	Free	Open daily 30 minutes after sunrise and closed 30 minutes before sunset.
Crest Ranch Park Gateway Drive and Nicole Way Vallejo, CA 94589 (707) 648-4600	Children's play equipment, picnic tables, softball fields, bantam soccer field, basketball courts.	Solano County	All	Free	Contact park for hours.
Dan Foley Park 1498 North Camino Alto Vallejo, CA 94589	Foley Cultural Center, lighted baseball field, several large, reservable picnic areas with BBQ's, open turf play areas, Children's Play equipment, soccer fields, basketball court, fishing dock, nature trail around Lake Chabot.	Solano County	All	Free	Contact park for hours.
Delta Meadows Park Jack London Drive and Candy Drive Vallejo, CA 94589 (707) 648-4600	Children's play area, half basketball courts, walkway, with views of the Napa River.	Solano County	All	Free	Contact park for hours.
Fairmont/Beelard Park 600 Beelard Drive Vacaville, CA 95687 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php	Playground, Tot Lot, 3 backstops, basketball court, multipurpose field, jogging/bike trail.	Solano County	All	Free	Contact park for hours.
Glen Cove School Park 501 Glen Cove Parkway Vallejo, CA 94591-7537	Children's Play Area, unlighted tennis courts, restroom, multi-use field, picnic tables, drinking fountain, and soccer field (at school).	Solano County	All	Free	Contact park for hours.

Hall Park Hall Park Drive and East Mayes Street Dixon, CA 95620 (707) 678-7000	4 lighted baseball fields, multi-purpose field, skate park, covered sports arena, playground, lighted basketball court.	Solano County	All	Free	Contact park for hours.
Hawkins Park Summerfield Drive and Newport Circle Vacaville, CA 95687 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php	Playground, Tot Lot, backstop, 2 tennis courts, multipurpose field, 2 basketball courts, 10 station fitness area	Solano County	All	Free	Open daily 30 minutes after sunrise and closed 30 minutes before sunset.
Henry Ranch Park 600 Auburn Drive Vallejo, CA 94589 (707) 648-4600	Children's play area, turfed play fields, perimeter walking trail	Solano County	All	Free	Contact park for hours.
Heritage Park 721 Village Drive Suisun City, CA 94585 (707) 421-7200	Offers a lighted ball diamond, picnic tables, tot lot, basketball and volleyball courts, jogging trail, and the Joseph Nelson Community Center.	Solano County	All	Free	Contact park for hours.
Keating Park 1500 California Drive Vacaville, CA 95687 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php	7 backstops, 7 baseball diamonds, multipurpose fields.	Solano County	All	Free	Open daily 30 minutes after sunrise and closed 30 minutes before sunset.
Lagoon Valley Park 3799 Lagoon Valley Road Vacaville, CA 95688 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php	Multipurpose field, bike trail, hiking, fenced-in dog park.	Solano County	All	Free	Open daily 30 minutes after sunrise and closed 30 minutes before sunset.

Lake Dalwigk Park 450 Fifth Street Vallejo, CA 94590 (707) 648-4600	Children's Play area, picnic tables, basketball courts, restrooms, turfed play area and a perimeter walking trail that provides access over Curtola Parkway to Wilson Park.	Solano County	All	Free	Contact park for hours.
Laurel Creek Park 1050 Cement Hill Road Fairfield, CA 94533 (707) 428-7428	Playground, baseball field. (Soon to come)Four lighted tennis courts, a basketball and volleyball court, separate dog play area.	Solano County	All	Free	Contact park for hours.
Lee Bell Park 521 East Travis Blvd. Fairfield, CA 94533 (707) 428-7428	Softball field, volleyball court, playground.	Solano County	All	Free	Contact park for hours.
Meadowlands Park 6181 Vanden Road Vacaville, CA 95687 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php	Playground, Tot Lot, 3 Backstops, basketball court.	Solano County	All	Free	Open daily 30 minutes after sunrise and closed 30 minutes before sunset.
Montebello Vista Park 648 Bella Vista Drive Suisun City, CA 94585 (707) 421-7200	Youth ball field, children's play area and large grass area.	Solano County	All	Free	Contact park for hours.
Nelson Park 1800 Marshall Road Vacaville, CA 95687 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php	Playground, 2 lighted softball fields	Solano County	All	Free	Open daily 30 minutes after sunrise and closed 30 minutes before sunset.

<p>North Orchard Park 675 North Orchard Avenue Vacaville, CA 95688 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php</p>	<p>Playground, backstop, 4 tennis courts, 1/2 basketball court, multi-purpose field, jog/bike trail.</p>	<p>Solano County</p>	<p>All</p>	<p>Free</p>	<p>Open daily 30 minutes after sunrise and closed 30 minutes before sunset.</p>
<p>North Vallejo Community Park 1121 Whitney Avenue Vallejo, CA 94589-2178 (707) 648-4600</p>	<p>Community Center, Children's play equipment, basketball court, lighted baseball field, multi-use field.</p>	<p>Solano County</p>	<p>All</p>	<p>Free</p>	<p>Contact park for hours.</p>
<p>Padan Park 251 Padan School Road Vacaville, CA 95687 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php</p>	<p>Playground, Tot Lot, 2 backstops, 2 soccer goals, basketball court, multi-purpose field, jogging/fitness stations.</p>	<p>Solano County</p>	<p>All</p>	<p>Free</p>	<p>Open daily 30 minutes after sunrise and closed 30 minutes before sunset.</p>
<p>Patwin Park 824 Arbor Oaks Drive Vacaville, CA 95687 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php</p>	<p>Playground, backstop, basketball court, volleyball court, multipurpose field.</p>	<p>Solano County</p>	<p>All</p>	<p>Free</p>	<p>Open daily 30 minutes after sunrise and closed 30 minutes before sunset.</p>
<p>Pheasant Country Park Caldwell Drive and Madison Avenue Vacaville, CA 95687 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php</p>	<p>Playground, backstop, Tot Lot, basketball court, 10 station exercise course, multipurpose field.</p>	<p>Solano County</p>	<p>All</p>	<p>Free</p>	<p>Open daily 30 minutes after sunrise and closed 30 minutes before sunset.</p>
<p>Phoenix Community Dogpark Located adjacent to Benicia Community Park</p>	<p>Dog park is fully fenced.</p>	<p>Solano County</p>	<p>All</p>	<p>Free</p>	<p>Contact park for hours.</p>

Richardson Park 325 Richardson Drive Vallejo, CA 94589 (707) 648-4600	Children's play area, open turf play areas, picnic tables with BBQs (may be reserved), lighted ballfield (Madren Field).	Solano County	All	Free	Contact park for hours.
Ridgeview Park 824 Tipperary Drive Vacaville, CA 95688 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php	Playground, basketball court, multipurpose field, exercise station.	Solano County	All	Free	Open daily 30 minutes after sunrise and closed 30 minutes before sunset.
Sam Goepp Park Pintail Drive and Harrier Drive Suisun City, CA 94585 (707) 421-7200	This five acre park consists of a pathway, grass area, children's play area, and a basketball court.	Solano County	All	Free	Contact park for hours.
Setterquist Park Stanford Drive and Mini Drive Vallejo, CA 94589 (707) 648-4600	Children's play area, turfed play areas, little league fields, and six tennis courts.	Solano County	All	Free	Contact park for hours.
Sierra Vista School Park 251 Bel Air Drive Vacaville, CA 95687 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php	Jogging trail, multipurpose field.	Solano County	All	Free	Open daily 30 minutes after sunrise and closed 30 minutes before sunset.
Southwood Park 1801 Southwood Drive Vacaville, CA 95687 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php	Playground, Tot Lot, basketball court, fitness/exercise station, access to Alamo Creek bike trail.	Solano County	All	Free	Open daily 30 minutes after sunrise and closed 30 minutes before sunset.

Stonegate Park 383 Stonewood Drive Vacaville, CA 95687 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php	Playground, Tot Lot, fitness course, multipurpose field, portable backstop, basketball court.	Solano County	All	Free	Open daily 30 minutes after sunrise and closed 30 minutes before sunset.
Terrace Park Daniels Avenue and Rodgers Street Vallejo, CA 94590	Children's play equipment, turfed play areas, picnic tables with BBQ's, ball field.	Solano County	All	Free	Contact park for hours.
Travis Credit Union Park 50 Nut Tree Road Vacaville, CA 95688 (707) 455-4444	Travis Credit Union Park is home to the Solano Thunderbirds, a summer collegiate wood-bat baseball team. In the off season, the Park plays host to a variety of concerts, private rentals, and events like the Home & Garden Show.	Solano County	All	Call for event pricing	Open daily 30 minutes after sunrise and closed 30 minutes before sunset.
Trower Park 531 Markham Avenue Vacaville, CA 95688 (707) 449-5658 http://www.cityofvacaville.com/departments/community_services/facility_rentals/parks.php	Playground, Tot Lot, multipurpose field, basketball court and Boys & Girls Club.	Solano County	All	Free	Open daily 30 minutes after sunrise and closed 30 minutes before sunset.
Wardlaw Park 1805 Ascot Parkway Vallejo, CA 94590 (707) 648-4600	Turfed play areas, soccer field, play equipment and basket ball courts (at adjoining Wardlaw school), multi-use field. Skate Park, Dog park, bantam soccer field.	Solano County	All	Free	Contact park for hours.

Wilson Park 199 Stewart Street Vallejo, CA 94590 (707) 648-4600	Children's play equipment, open turf areas, shaded picnic areas with BBQ's, lighted and unlighted ball fields, multi-use field, restrooms and off street parking. A perimeter walking trails provides pedestrian access over Curtola Parkway to Lake Dalwigk Park.	Solano County	All	Free	Contact park for hours.
Pilates					
Mindful Body By Design 920 First Street, Suite 203 Benicia, CA 94510-5505 (707) 750-1038	Pilates	Solano County	All Ages	\$30/class	M-Th 8am-8pm; Fri & Sat 8am-12pm. Closed Sundays.
Pilates Mat Workout McBride Senior Center, Vacaville (707) 449-6071	Pilates	Solano County	Ages 15 and older	Cost is \$46 per month for both days, \$26 for one day.	Tuesdays and Thursdays, 6-7 p.m
Yoga Junction 710 Kellogg Street, Suite B Suisun City, CA 94585-2880 (707) 428-YOGI (9644)	Pilates	Solano County	Adults	Drop-in-\$14 5-class card-\$65. Online free trail coupon avail.	
Recreational Activities					
Midway Paintball Xtreme 4901 Midway Road Vacaville, CA 95688 (707) 399-9400	Midway Paintball Xtreme is the Bay Area's premier paintball playing field.	Solano County	All	Self-equipped girls play free every Sunday; All Day Rental \$45 including 500 paintballs	Open Fridays from 7-10:30 p.m. and two sessions on Saturdays & Sundays: 9 a.m. - noon and 1 p.m. - 4p.m

Stars Recreation Center 155 Browns Valley Parkway Vacaville, CA 95688-3011 (707) 455-7827	This state-of-the-art recreation center features 40 lanes of bowling, Q-ZAR laser tag and a family arcade which are open 24 hours a day, 7 days a week.	Solano County	All	Laser tag- \$7/game/person- hours limited	
Skating					
Vacaville Skating Center 551 Davis Street Vacaville, CA 95688-4632 (707) 455-0225	Ice skating and hockey classes, public skating.	Solano County	All	Public Skating 13 and over \$10.50 Public Skating 12 and under \$9.00 Pick Up and Stick Times \$15.00	
Swimming					
James Lemos City Pool 181 East J Street Benecia, CA 94510	Standard pool for recreational swimming, an Olympic-size pool for laps and racing, a wading pool for toddlers and water slide.	Solano County	All	Cost	Open to the public on weekends usually through late September.
Rio Vista Municipal Pool Third Street and California Street Rio Vista, CA 94571		Solano County	All		
Walter V. Graham Aquatic Center 1100 Alamo Drive Vacaville, CA 95687-5606 (707) 449-6127	Vacaville's aquatic center has 100-foot waterslides, swimming pools, diving boards and a children's interactive play pool. The center is home to the Vacaville Swim Club which competes here year-round.	Solano County	All	Cost	Open to the public on weekends usually through late September.

Tai Chi					
Jane Golden's Tai Chi and Qigong www.goldenjane.com	Tai Chi and other activities.	Solano County	All	All Ages	
McBride Senior Center 91 Town Square Vacaville, CA 95688-3928 (707) 469-6666	Tai Chi and other activities.	Solano County	Seniors	Ages 50+	M-F 8:30am-5pm.
Tennis					
Adult Tennis Benicia Middle School 1100 Southampton Road Benicia, CA 94510-1725	Tennis	Solano County	5 years old and up	\$48/registered \$58/non- registered	
Allan Witt Park 1741 West Texas Street Fairfield, CA 94533 (707) 428-7465 x 100	Tennis	Solano County			
Hall Park Hall Park Drive and East Mayes Street Dixon, CA 95620 (707) 678-7000	Tennis	Solano County			
Junior Tennis Benicia High School 1101 Military West Street Benicia, CA 94510-2428	Tennis	Solano County	5 years old and up	\$48/registered \$58/non- registered	
Millenium Sports Club 3446 Browns Valley Parkway Vacaville, CA 95688-9339 (707) 446-2350	Tennis	Solano County	Ages 4+	Drop-in- \$25. Member-only tennis lessons	
Solano Athletic Club 3001 Dover Avenue Fairfield, CA 94533-9700 (707) 422-2858	Tennis	Solano County	Ages 4+	\$60	
Solano Athletic Club 1471 Holiday Lane Fairfield, CA 94534-3461 (707) 429-4363	Tennis	Solano County	Ages 4+	\$60	

Three Oaks Community Center 1100 Alamo Drive Vacaville, CA 95687-5606 (707) 449-6122	Tennis	Solano County			
Walking Clubs					
Fairfield/Suisun MOMS Club Vaca Valley Hospital 1000 Nut Tree Road Vacaville, CA 95687-4100 (510) 758-0532	If you enjoy hiking and walking - get the kids, walking shoes and/or stroller ready. We meet regularly at local parks to discover nature and enjoy a nice afternoon or morning.	Solano County	All	\$20 a year	
Vacaville Valley Volks Vaca Valley Hospital 1000 Nut Tree Road Vacaville, CA 95687-4100 (510) 758-0532	Organized walks.	Solano County	All	Dues are \$7.00 per year for single, or \$14.00 per year for a family membership.	
Weights, Aerobics & Exercise					
Georgie Duke Sports Center 720 East Monte Vista Avenue Vacaville, CA 95688-2985 (707) 469-6664	The Center offers a gymnasium and a multi-purpose room for sporting events. This 12,600 square foot facility is an ideal location for basketball or volleyball games. Open gym and badminton avail.	Solano County	All	\$2.00 - Adults; \$1.00 - Youth	
Gretchen Higgins Gym Gretchen Higgins Elementary School		Solano County		Cost	

Sports Center of Excellence 3777 Vaca Valley Parkway Vacaville, CA 95688-9430 (707) 450-7SCE	The largest indoor soccer field in California is located right here in Vacaville! The 200-foot long soccer field and mini practice field offers every skill level the best soccer anywhere in the region. Fix your soccer kick with a drop in pick-up game.	Solano County	All	Call for drop-in prices	M-F 8am-10pm; Sat and Sun 8am-9pm.
Suisun City Irving H. Lambrecht Sports Complex	Contains four Little League baseball fields, a golf driving range and pro shop, batting cages, and four lighted softball fields.	Solano County	All		
Vacaville Recreation Center 551 Davis Street Vacaville, CA 95688-4632 (707) 449-6101	This facility houses Vacaville's gymnastics and youth sports programs. The facility is available for rental on Saturdays and Sundays. Restrooms are available as well as a water station.	Solano County	All		
Yoga					
Adara Yoga 532 Georgia Street Vallejo, CA 94590 (707) 642-3272	Yoga	Solano County	All Ages	Drop-in- \$12-\$15 One week pass-\$40. \$3 student discount and group discounts avail.	

Bellyfire Yoga and Fitness 532 Georgia Street Vallejo, CA 94590 (707) 648-9285 and ImagineTalent Studio in the Tannery Building, First St, Benicia	Yoga	Solano County	All Ages	Vallejo: Drop-in class: \$14 New student special: 6 classes for \$54 (\$9 each) Benicia: 3 monthly payments of \$48 or one payment of \$129. Includes free mat (save \$25!)	Vallejo: T, Th 5:45- 7pm; Sun 10:45am- 12pm. Benicia: Th 10- 11:30am.
Benicia Health and Fitness Club 1150 West Seventh Street Benicia, CA 94510-2581 (707) 751-0273	Women's only, men's only, and co-ed yoga	Solano County	All Ages	Drop-in- \$14 One week pass- \$35	M-F 5am-10pm; Sat 7am-7pm; Sun 7am-5pm.
Marleen's Yoga Classes Youth Center 150 East K Street Benicia, CA 94510-3236 (707) 642-3272	Yoga	Solano County	All Ages	Drop in fee: \$9; 10 weeks, 1 class a week: \$65	Monday nights 8- 9pm Thursday nights 7:45-9pm. Sat & Sun mornings 9:30- 10:30am
Yoga McBride Senior Center, Vacaville (707) 449-6071	Yoga	Solano County	Ages 16 and older	Cost is \$60 per month, or \$10 per day drop-in.	T, Th 7-8:15pm.
Yoga in Fairfield with Lind Schrupp (707) 429-1213	Yoga	Solano County	Adults	Drop-in-\$20 5 classes- \$56	
Yoga Junction 710 Kellogg Street, Suite B Suisun City, CA 94585-2880 (707) 428-YOGI (9644)	Yoga	Solano County	Adults	Drop-in-\$14 5-class card- \$65. Online free trail coupon avail.	

Youth/Adult Sports Organization					
American Little League Vacaville (707) 421-5225	Baseball	Solano County	Youth	Call for enrollment fee	
Atlantic Little League Fairfield (707) 435-0845	Baseball	Solano County	Youth	Call for enrollment fee	
Babe Ruth Fairfield (707) 446-3489	Baseball	Solano County	Youth	Call for enrollment fee	
Central Little League Vacaville (707) 429-6399	Baseball	Solano County	Youth	Call for enrollment fee	
Expos Fairfield (707) 451-2640	Baseball	Solano County	Youth	Call for enrollment fee	
Fairfield Aquatic Club (707) 427-0107	Swimming	Solano County	Youth	Call for enrollment fee	
Fairfield-Suisun Youth Soccer (707) 434-1512	Soccer	Solano County	Youth	Call for enrollment fee	
Fox Gymnastics Center Vacaville (707) 452-1118 / (707) 449-9024	Gymnastics, tumbling	Solano County	Youth	Call for enrollment fee	
Pacific Little League Fairfield (707) 427-5914	Baseball	Solano County	Youth	Call for enrollment fee	
PALS Gals Softball Vallejo (707) 648-4609	Softball league	Solano County	Ages 8-18	Call for enrollment fee	
Pony Colt Vacaville (707) 449-1314	Baseball	Solano County	Youth	Call for enrollment fee	
Semipro Baseball Fairfield (707) 446-2131	Baseball	Solano County	Youth	Call for enrollment fee	

Senior Babe Ruth Vacaville (707) 446-3489	Baseball	Solano County	Youth	Call for enrollment fee	
T-Ball Vallejo (707) 648-4609	T-ball league	Solano County	Ages 5-7	Call for enrollment fee	
Track Vallejo (707) 745-1579	Track	Solano County	Ages 6-18	Call for enrollment fee	
Tri Valley Little League Fairfield (707) 864-0731	Baseball	Solano County	Youth	Call for enrollment fee	
Vaca National Junior Basketball Vacaville (707) 452-0226	Basketball	Solano County	Youth	Call for enrollment fee	
Vacaville Swim Club Vacaville (707) 447-1676	Swimming	Solano County	Youth	Call for enrollment fee	
Vacaville Wrestling Club Vacaville (707) 447-6772	Wrestling	Solano County	Youth	Call for enrollment fee	
Vacaville Youth Soccer League P.O. Box 73 Vacaville, CA 95696-0073 (707) 447-8975	Soccer	Solano County	Youth. Children must be 4 years old before July 31 to be able to play in the upcoming season.	\$95.00 per player	
Westwind Flyers Track Club Fairfield (707) 421-4101 / (707) 425-7438	Track	Solano County	Youth	Call for enrollment fee	
Yankees Fairfield (707) 425-4444	Baseball	Solano County	Youth	Call for enrollment fee	

Youth Football Bengals Vacaville (707) 447-0305	Football	Solano County	Youth	Call for enrollment fee	
Youth Football Bulldogs Vacaville (707) 448-6603	Football	Solano County	Youth	Call for enrollment fee	
Youth Football Falcons Fairfield (707) 422-4470	Football	Solano County	Youth	Call for enrollment fee	
Youth Volleyball League Vallejo (707) 449-6091	Volleyball	Solano County	Ages 3-12	\$88 plus mandatory \$18 jersey fee	