

Tuolumne County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST	HOURS/DATES
Adult/ Youth Sports Organization					
49er Little League of Jamestown, Groveland, Big Oak Flat, and Coulterville (209) 984-5121	Football	Tuolumne County	Youth	Contact for information on pricing.	Contact for season/days/ hours of operation.
High Country Hockey 14934 Camage Avenue Sonora (209) 588-0776	Hockey leagues and pick-up games	Tuolumne County	All	Contact for information on pricing.	Contact for season/days/ hours of operation.
Little League Baseball (209) 743-0754	Baseball	Tuolumne County	Youth	Contact for information on pricing.	Contact for season/days/ hours of operation.
Tuolumne County Special Olympics 18037 Lime Rock Drive Sonora (209) 532-0981	Special Olympics	Tuolumne County	Youth	Contact for information on pricing.	Contact for season/days/ hours of operation.
Tuolumne County Youth Soccer www.tcys.net	Recreational, winter, and competitive soccer	Tuolumne County	Youth ages 4-18	\$55-\$140	Season runs Aug-Feb.
Aerobics					
Curves for Women 10365 9th Street Jamestown (209) 984-5170	Women's fitness center, personalized weight management plans (6 week solution)	Tuolumne County	Women	Membership required	Contact for days/hours of operation.
Curves for Women 19534 Hillsdale Drive Sonora (209) 588-0553	Women's fitness center, personalized weight management plans (6 week solution)	Tuolumne County	Women	Membership required	Contact for days/hours of operation.
Curves for Women 19000 Main #C Groveland (209) 962-4908	Women's fitness center, personalized weight management plans (6 week solution)	Tuolumne County	Women	Membership required	Contact for days/hours of operation.

Curves for Women 22620 Parrots Ferry Road Columbia (209) 532-8880	Women's fitness center, personalized weight management plans (6 week solution)	Tuolumne County	Women	Membership required	Contact for days/hours of operation.
Slim and Tone Express Fitness and Weightloss Studio 905 Mono Way Sonora (209) 533-5326	Cardio equipment, weights, group classes, personal training, metabolic testing	Tuolumne County	Women	Drop-in rate: \$15; monthly rate: \$59- \$89. Discount available for students and seniors.	M-Th 6am-9pm; F 6am-8pm; Sat 8am-5pm.
Sonora Sports and Fitness Center (209) 532-1202	Group fitness classes, cardio equipment, weights, racquetball courts, swimming pools, physical therapist, steam room.	Tuolumne County	All	Monthly rate: \$50-250.	M-Th 5am-10pm; F 5am-9pm; Sat 7am-7pm; Sun 8am-6pm.
Ballet					
Randy Murrays Dance Studio 21051 Crystal Falls Sonora dwrandi@goldrush.com (209) 532-5819	Ballet, tap, jazz	Tuolumne County	All	Contact for information on pricing.	Contact for days/hours of operation.
Baseball					
Little League Baseball (209) 743-0754	Baseball	Tuolumne County	Youth	Contact for information on pricing.	Contact for days/hours of operation.
Bowling					
Sonora Family Bowl 19 S Stewart Street Sonora (209) 532-5167	Bowling	Tuolumne County	All	Contact for information on pricing.	Contact for days/hours of operation.
Community Centers					
Groveland Youth Center 18933 Ferretti Road Groveland (209) 962-7310	Programs for youth	Tuolumne County	Youth ages 8-18	Contact for information on pricing.	Contact for days/hours of operation.

Jamestown Youth Center 10540 7th Avenue Jamestown (209) 984-4188	Programs for youth	Tuolumne County	Youth ages 8-18	Contact for information on pricing.	Contact for days/hours of operation.
Sonora Youth Center 732 Barretta Street Sonora (209) 532-9847	Programs for youth	Tuolumne County	Youth ages 8-18	Contact for information on pricing.	Contact for days/hours of operation.
Tuolumne County Senior Center 540 Greenley Road Sonora (209) 533-2622	Programs for seniors	Tuolumne County	Adults 60 and older	Contact for information on pricing.	Open weekdays for lunch.
Tuolumne Youth Center 18636 Main Street Tuolumne (209) 928-4527	Programs for youth	Tuolumne County	Youth ages 8-18	Contact for information on pricing.	Contact for days/hours of operation.
Dance					
Randy Murrays Dance Studio 21051 Crystal Falls Sonora dwrandi@goldrush.com (209) 532-5819	Ballet, tap, jazz	Tuolumne County	All	Contact for information on pricing.	Contact for days/hours of operation.
Fitness/Sports Club					
Curves for Women 10365 9th Street Jamestown (209) 984-5170	Women's fitness center, personalized weight management plans (6 week solution)	Tuolumne County	Women	Membership required	Contact for days/hours of operation.
Curves for Women 19534 Hillside Drive Sonora (209) 588-0553	Women's fitness center, personalized weight management plans (6 week solution)	Tuolumne County	Women	Membership required	Contact for days/hours of operation.
Curves for Women 19000 Main #C Groveland (209) 962-4908	Women's fitness center, personalized weight management plans (6 week solution)	Tuolumne County	Women	Membership required	Contact for days/hours of operation.

Curves for Women 22620 Parrots Ferry Road Columbia (209) 532-8880	Women's fitness center, personalized weight management plans (6 week solution)	Tuolumne County	Women	Membership required	Contact for days/hours of operation.
Slim and Tone Express Fitness and Weightloss Studio 905 Mono Way Sonora (209) 533-5326	Cardio equipment, weights, group classes, personal training, metabolic testing	Tuolumne County	Women	Drop-in rate: \$15; monthly rate: \$59- \$89. Discount available for students and seniors.	M-Th 6am-9pm; F 6am-8p; Sat 8am-5pm.
Sonora Sports and Fitness Center (209) 532-1202	Group fitness classes, cardio equipment, weights, racquetball courts, swimming pools, physical therapist, steam room.	Tuolumne County	All	Monthly rate: \$50-250.	M-Th 5am-10pm; F 5am-9pm; Sat 7am-7pm; Su 8am-6pm.
Hiking					
Carson-Iceberg Wilderness Area Between North Highway 108 and South Highway 4	Hiking (bicycling prohibited)	Tuolumne County	All	Free unless overnight camping	Contact for season/days/ hours of operation.
Emigrant Wilderness Area North on Highway 108	Hiking (bicycling prohibited)	Tuolumne County	All	Free unless overnight camping	Contact for season/days/ hours of operation.
Yosemite Valley Trails See website: http://www.nps.gov/yose/planyourvisit/upload/valleyhikes.pdf	Hiking	Tuolumne County	All	Free	Contact for season/days/ hours of operation.
Ice Skating					
Long Barn Lodge Ice Skating Rink 25957 Long Barn Road Long Barn (209) 586-3533	Ice skating, drop-in hockey, roller rink during the summer	Tuolumne County	All	Admission: \$6; skate rental: \$2.	Season runs Nov-Apr.

Jazz Style Dance					
Randy Murrays Dance Studio 21051 Crystal Falls Sonora dwrandi@goldrush.com (209) 532-5819	Ballet, tap, jazz	Tuolumne County	All	Contact for information on pricing.	Contact for days/hours of operation.
Martial Arts					
Sheng Chi Kung Fu of Sonora 14317 Mono Way Sonora (209) 532-6360	Kung Fu for adults and children, tai chi, yoga, and cardio kickboxing	Tuolumne County	All	Contact for information on pricing.	Contact for days/hours of operation.
Tripp's Taekwon-do 14317 Mono Way Sonora (209) 532-6360	Taekwon-do	Tuolumne County	All	Contact for information on pricing.	M-Th 9am-7:30pm; F 9am-12pm.
Nature Center/Hiking					
Don Pedro Recreation Area 31 Bonds Flat Road La Grange (209) 536-2396	Hiking, biking, swimming, rafting	Tuolumne County	All	Day use fee: \$6/day; walk-in: \$1/person.	Contact for season/days/ hours of operation.
New Melones Recreation Area Highway 49, approximately 8 mi north of Sonora and 6 mi south of Angels Camp (209) 536-9543	Hiking, biking, swimming, rafting	Tuolumne County	All	No fee for day use; fee for camping.	Contact for season/days/ hours of operation.
Stanislaus National Forest 19777 Greenley Road Sonora (209) 532-3671	Hiking, swimming, rafting, biking	Tuolumne County	All	Fee of \$5 may apply.	Contact for season/days/ hours of operation.
Yosemite National Park (209) 372-0200	Hiking, biking, swimming, rafting, skiing, snowboarding	Tuolumne County	All	\$20 / car; \$10 / person if arriving on foot.	Contact for season/days/ hours of operation.
Parks					
49er Rotary Park Greenley Road Sonora	Playground, skate park	Tuolumne County	All	Free	Contact for season/days/ hours of operation.

Beardsley Point Day Use Area 15 mi Northwest of Pinecrest	Hiking, biking, swimming, rafting	Tuolumne County	All	Free	Contact for season/days/ hours of operation.
Carkeet Community Park Columbia College Campus, Columbia 11600 Columbia College Drive Sonora (209) 588-5100	Baseball field, soccer, running track, tennis court, hiking trails, biking trails	Tuolumne County	All	Free	Contact for season/days/ hours of operation.
Columbia State Historic Park 11255 Jackson Street Columbia (209) 588-9128	Hiking, free museum tours	Tuolumne County	All	\$4	Contact for season/days/ hours of operation.
Don Pedro Recreation Area 31 Bonds Flat Road La Grange (209) 536-2396	Hiking, biking, swimming, rafting	Tuolumne County	All	Day use fee: \$6/day; walk-in: \$1/person.	Contact for season/days/ hours of operation.
Eproson Park Twain Harte Drive Twain Hart	Baseball field, soccer, running track, tennis court, hiking trails, biking trails	Tuolumne County	All	Free	Contact for season/days/ hours of operation.
Lyons Reservoir Day Use Area One mile from Summit Ranger District office	Hiking, biking, swimming, rafting	Tuolumne County	All	Free	Contact for season/days/ hours of operation.
Mary Laveroni Community Park Highway 120 Groveland	Playground, hiking, soccer	Tuolumne County	All	Free	Contact for season/days/ hours of operation.
New Melones Recreation Area Highway 49, approximately 8 mi north of Sonora and 6 mi south of Angels Camp (209) 536-9543	Hiking, biking, swimming, rafting	Tuolumne County	All	No fee for day use; fee for camping.	Contact for season/days/ hours of operation.
Pinecrest Day Use Area One mile from Summit Ranger District office	Hiking, biking, swimming, rafting	Tuolumne County	All	Free	Contact for season/days/ hours of operation.

Railtown 1897 State Historic Park 5th Avenue Jamestown (209) 984-3953	Hiking	Tuolumne County	All	\$4	Contact for season/days/ hours of operation.
Standard Park Sports Complex 18500 Standard Park Road Sonora	Playground, baseball, soccer	Tuolumne County	All	Free	Contact for season/days/ hours of operation.
Stanislaus National Forest 19777 Greenley Road Sonora (209) 532-3671	Hiking, swimming, rafting, biking	Tuolumne County	All	Fee of \$5 may apply.	Contact for season/days/ hours of operation.
Woods Creek Rotary Park West Stockton Road Sonora	Playground, biking, hiking	Tuolumne County	All	Free	Contact for season/days/ hours of operation.
Yosemite National Park (209) 372-0200	Hiking, biking, swimming, rafting, skiing, snowboarding	Tuolumne County	All	\$20 / car; \$10 / person if arriving on foot.	Contact for season/days/ hours of operation.
Pilates					
Slim and Tone Express Fitness and Weightloss Studio 905 Mono Way Sonora (209) 533-5326	Cardio equipment, weights, group classes, personal training, metabolic testing	Tuolumne County	Women	Drop-in rate: \$15; monthly rate: \$59- \$89. Discount available for students and seniors.	M-Th 6am-9pm; F 6am-8pm; Sat 8am-5pm.
Sonora Sports and Fitness Center (209) 532-1202	Group fitness classes, cardio equipment, weights, racquetball courts, swimming pools, physical therapist, steam room.	Tuolumne County	All	Monthly rate: \$50-250.	M-Th 5am-10pm; F 5am-9pm; Sat 7am-7pm; Sun 8am-6pm.

Rafting					
Don Pedro Recreation Area 31 Bonds Flat Road La Grange (209) 536-2396	Hiking, biking, swimming, rafting	Tuolumne County	All	Day use fee: \$6/day; walk-in: \$1/person.	Contact for season/days/ hours of operation.
New Melones Recreation Area Highway 49, approximately 8 mi north of Sonora and 6 mi south of Angels Camp (209) 536-9543	Hiking, biking, swimming, rafting	Tuolumne County	All	No fee for day use; fee for camping.	Contact for season/days/ hours of operation.
Stanislaus National Forest 19777 Greenley Road Sonora (209) 532-3671	Hiking, swimming, rafting, biking	Tuolumne County	All	Fee of \$5 may apply.	Contact for season/days/ hours of operation.
Yosemite National Park (209) 372-0200	Hiking, biking, swimming, rafting, skiing, snowboarding	Tuolumne County	All	\$20 / car; \$10 / person if arriving on foot.	Contact for season/days/ hours of operation.
Zephyr Whitewater Expeditions Inc. 22517 Parrots Ferry Road Columbia, CA 95310 (209) 532-6249 (800) 431-3636	Whitewater rafting	Tuolumne County	All	Contact for information on pricing.	Contact for season/days/ hours of operation.
Recreational Activities					
Moaning Cavern Call or look online for directions www.cavernstours.com (209) 736-2708	Nature trail, spelunking, rappeling, walk tour	Tuolumne County	All	Free for kids under 3 years; \$6.50 for youth (3-12 years); \$12.95 for adults (13 years and older)	Open year round
Skating					
High Country Arena 14934 Camage Road Sonora (209) 588-0776	Skating and hockey	Tuolumne County	All	\$5	Contact for days/hours of operation.

Long Barn Lodge Ice Skating Rink 25957 Long Barn Road Long Barn (209) 586-3533	Ice skating, drop-in hockey, roller rink during the summer	Tuolumne County	All	Admission: \$6; skate rental: \$2.	Season runs Nov-Apr.
Swimming					
Columbia Pool 22540 Parrots Ferry Road Columbia (209) 532-3656	Swimming	Tuolumne County	All	Contact for information on pricing.	Contact for season/days/ hours of operation.
Sonora Pool Sonora High School Campus Sonora (209) 532-0441	Swimming	Tuolumne County	All	Contact for information on pricing.	Contact for season/days/ hours of operation.
Tuolumne Pool 18640 Main Street Tuolumne (209) 928-3932	Swimming	Tuolumne County	All	Contact for information on pricing.	Contact for season/days/ hours of operation.
Twain Harte Public Swimming Pool 23075 Fuller Road Twain Harte (209) 586-1842	Swimming	Tuolumne County	All	\$1.50 for children (5-13 years); \$1.75 for teens (14-17 years); \$2.25 for adults (18-54 years); \$1.50 for seniors (55+ years).	Contact for season/days/ hours of operation.
Tai Chi					
Sheng Chi Kung Fu of Sonora 14317 Mono Way Sonora (209) 532-6360	Kung Fu for adults and children, tai chi, yoga, and cardio kickboxing	Tuolumne County	All	Contact for information on pricing.	Contact for more information
Walking					
49er Rotary Park Greenley Road Sonora	Playground, skate park	Tuolumne County	All	Free	Contact for season/days/ hours of operation.

Beardsley Point Day Use Area 15 mi Northwest of Pinecrest	Hiking, biking, swimming, rafting	Tuolumne County	All	Free	Contact for season/days/ hours of operation.
Carkeet Community Park Columbia College Campus, Columbia 11600 Columbia College Drive Sonora (209) 588-5100	Baseball field, soccer, running track, tennis court, hiking trails, biking trails	Tuolumne County	All	Free	Contact for season/days/ hours of operation.
Carson-Iceberg Wilderness Area Between North Highway 108 and South Highway 4	Hiking (bicycling prohibited)	Tuolumne County	All	No fee for day use; fee for camping.	Contact for season/days/ hours of operation.
Columbia State Historic Park 11255 Jackson Street Columbia (209) 588-9128	Hiking, free museum tours	Tuolumne County	All	\$4	Contact for season/days/ hours of operation.
Don Pedro Recreation Area 31 Bonds Flat Road La Grange (209) 536-2396	Hiking, biking, swimming, rafting	Tuolumne County	All	Day use fee: \$6/day; walk-in: \$1/person.	Contact for season/days/ hours of operation.
Emigrant Wilderness Area North on Highway 108	Hiking (bicycling prohibited)	Tuolumne County	All	No fee for day use; fee for camping.	Contact for season/days/ hours of operation.
Eproson Park Twain Harte Drive Twain Hart	Baseball field, soccer, running track, tennis court, hiking trails, biking trails	Tuolumne County	All	Free	Contact for season/days/ hours of operation.
Lyons Reservoir Day Use Area One mile from Summit Ranger District office	Hiking, biking, swimming, rafting	Tuolumne County	All	Free	Contact for season/days/ hours of operation.
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Pinecrest Day Use Area One mile from Summit Ranger District office	Hiking, biking, swimming, rafting	Tuolumne County	All	Free	Contact for season/days/ hours of operation.
Railtown 1897 State Historic Park 5th Avenue Jamestown (209) 984-3953	Hiking	Tuolumne County	All	\$4	Open daily except Thanksgiving, Christmas, and New Year's Day. Apr-Oct open 9:30am-4:30pm; Nov-Mar open 10am-3pm.
Standard Park Sports Complex 18500 Standard Park Road Sonora	Playground, baseball, soccer	Tuolumne County	All	Free	Contact for season/days/ hours of operation.
Stanislaus National Forest 19777 Greenley Road Sonora (209) 532-3671	Hiking, swimming, rafting, biking	Tuolumne County	All	Fee of \$5 may apply.	Contact for season/days/ hours of operation.
Woods Creek Rotary Park West Stockton Road Sonora	Playground, biking, hiking	Tuolumne County	All	Free	Contact for season/days/ hours of operation.
Yosemite National Park (209) 372-0200	Hiking, biking, swimming, rafting, skiing, snowboarding	Tuolumne County	All	\$20 / car; \$10 / person if arriving on foot.	Contact for season/days/ hours of operation.
Yosemite Valley Trails See website: http://www.nps.gov/yose/planyourvisit/upload/valleyhikes.pdf	Hiking	Tuolumne County	All	Free.	Contact for season/days/ hours of operation.

Yoga					
Sheng Chi Kung Fu of Sonora 14317 Mono Way Sonora (209) 532-6360	Yoga	Tuolumne County	All	Contact for information on pricing.	Contact for days/hours of operation.
Slim and Tone Express Fitness and Weightloss Studio 905 Mono Way Sonora (209) 533-5326	Yoga	Tuolumne County	Women	Drop-in rate: \$15; monthly rate: \$59- \$89. Discount available for students and seniors.	M-Th 6am-9pm; F 6am-8pm; Sat 8am-5pm.
Walela Healing Arts and Yoga Center 20556 Flora Lane Sonora (209) 536-0299	Yoga	Tuolumne County	All	Contact for information on pricing.	Contact for days/hours of operation.
Yoga Loft 72 South Stewart Street Sonora (209) 536-0503	Beginning yoga, yoga tots, belly dancing, vinyasa, yoga for kids	Tuolumne County	All	\$9 for single class; \$8 for students and seniors. Discounts for 6- and 12-class purchases.	Contact for days/hours of operation.
Youth Centers					
Groveland Youth Center 18933 Ferretti Road Groveland (209) 962-7310	Programs for youth	Tuolumne County	Youth ages 8-18	Contact for information on pricing.	Contact for days/hours of operation.
Jamestown Youth Center 10540 7th Avenue Jamestown (209) 984-4188	Programs for youth	Tuolumne County	Youth ages 8-18	Contact for information on pricing.	Contact for days/hours of operation.

Sonora Youth Center 732 Barretta Street Sonora (209) 532-9847	Programs for youth	Tuolumne County	Youth ages 8-18	Contact for information on pricing.	Contact for days/hours of operation.
Tuolumne Youth Center 18636 Main Street Tuolumne (209) 928-4527	Programs for youth	Tuolumne County	Youth ages 8-18	Contact for information on pricing.	Contact for days/hours of operation.