

Yolo County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST	HOURS & DATES
Adult Sports Organization					
Adult 5 on 5 Basketball Golden State Middle School (916) 617-4620	Basketball	Yolo County	For men and women, ages 14 and up. Any participants under 18 must have a waiver signed by a parent/guardian.	Early bird registration is \$350 per team before August 17th. After August 17th regular registration is \$375 per team. Each non-resident player is an additional \$5.	Tuesday-Thursday from 11:45am-1:15pm
Adult 6 on 6 Flag Football (916) 617-4620	Football	Yolo County	Adults	Call for more information	Call for more information
Adult Co-Ed Soccer (916) 617-4620	Soccer	Yolo County	Men and Women 18 years of age and up.	Early bird registration is \$425 per team and regular registration is \$450	All games are played at Bryte Park between 9:00am and 3:00pm.
Lunch Basketball League Russian Baptist Church 1000 Sacramento Avenue Broderick, CA 95605-1932 (916) 617-4620	Basketball	Yolo County	For men and women, ages 14 and up. Any participants under 18 must have a waiver signed by a parent/ guardian.	\$20.00 per session or a 10 time punch pass for \$20 (plus \$5.00 if a non-resident)	Tuesday-Thursday from 11:45am-1:15pm
Men's & Coed Softball (916) 617-4620	Softball	Yolo County	Adults	Early Bird registration is \$375.00 per team before June 23rd and regular registration after June 23rd is \$400.00 per team. (plus \$5.00 per player if non-resident). Registration deadline is July 6th.	

Aerobics					
Jazzercise Tues/Thurs @ Southport Elementary School; Saturday @ West Sacramento Senior Center (916) 698-8466	The original dance exercise phenomenon! 60 minutes of jazz dance and exercise set to your favorite music – top 40, jazz, country, funk and classics. Includes a gentle warm-up, 30-minute aerobic workout, muscle toning and strengthening and a stretch finale.	Yolo County	Adults	A variety of plans available to fit your schedule	Tuesday, Thursday and Saturday Time: Tues./Thurs. 6:00 pm [summer time and location]; Saturday 9:00 a.m.
West Sacramento Senior Center West Sacramento Senior Center 664 Cummins Way West Sacramento, CA 95605 (916) 373-5819	Low impact aerobics: Classes designed to promote health and wellness including Yoga, Stretchercise, Chair Exercise with Rose, Fun Fitness with Janice	Yolo County	Seniors	Class fees vary	
Baseball					
Junior Giants Baseball West Sacramento (916) 617-4620	Baseball	Yolo County	boys and girls ages 5-14	Free. Each participant will receive a Junior Giants T-shirt & cap	
Men's & Coed Softball (916) 617-4620	Softball	Yolo County	Adults	Early Bird registration is \$375.00 per team before June 23rd and regular registration after June 23rd is \$400.00 per team. (plus \$5.00 per player if non-resident). Registration deadline is July 6th.	
Bicycle Clubs					
Davis Bike Club 610 Third Street Davis, CA 95616-4509 (530) 756-0186	Scheduled events and rides	Yolo County	All	Free; racing members pay small fee	

Bicycling					
River Walk Park	The River Walk Park is a paved trail that goes along the west bank of the Sacramento River. Between the trail and the river are many picnic areas. Along the trail itself are many educational signs that talk about the settlement of Sacramento, as well as the natural habitat of the river. There is boat access at Raley's landing as well as a fishing access dock nearby. Raley's Landing also serves as a River Otter Water Taxi	Yolo County	All	Free	
Bowling					
AMF/Woodhaven Lanes 154 West Main Street Woodland, CA 95695-2915 (530) 662-1014	Bowling	Yolo County	All	Call for more information	M-Th 12pm-11pm; F 12pm-1am; Sat 11am-1am; Sun 10am-10pm.
Capitol Bowl 900 West Capitol Avenue West Sacramento, CA 95691-2713 (916) 371-4200	Bowling	Yolo County	All	\$3.75 per game per person Shoes \$3.00 a pair	M-Th 11:30am-10:00pm; F 11:30am-1:00am; Sat 11am-1am; Sun 11am-10pm.
Boxing					
Woodland Boxing Club 1285 Lemen Avenue, Suite B Woodland, CA 95776-3311 (530) 661-5880	Boxing	Yolo County	10 and older	Contact for pricing.	Monday-Friday, 6-9:30 p.m.

Community Center					
City of Winters Community Center 318 First Street Winters, CA 95694-1923 (530) 795-4910	Community Center	Yolo County		Class fees vary	
West Sacramento Senior Center West Sacramento Senior Center 664 Cummins Way West Sacramento, CA 95605 (916) 373-5819	The center is a well-known, comfortable and accessible place, which is trusted by community residents to provide information, referral and services to older persons and their families. Daily opportunities include exercise classes, billiards, cards, board games, a soda fountain, lunch, volunteer opportunities, social service information and assistance, and social interaction	Yolo County	Seniors	Class fees vary	
Woodland Community and Senior Center 630 Lincoln Avenue Woodland, CA 95695-4067 (530) 661-5890	The Woodland Senior Multi-Purpose Center provides social and recreational programs, as well as supportive services to meet the needs of Woodland's senior (50+) population. It has been designated as a Focal Point Agency by the Area 4 Agency on Aging. Wellness: Aerobics, Low Impact Aerobics, S.H.I.P. Shape, Walking, T'ai Chi, Line Dance, Square Dance	Yolo County	Seniors	Program and class fees vary. Membership is \$4.00/calendar year, but is not a requirement in order to use the Senior Center.	OPEN: Monday—Friday 8:00 a.m.—5:00 p.m.

Community Classes					
Adult Aquatic Exercise Program Hiddelson Pool, Woodland (530) 661-5880	Water aerobics	Yolo County	Adults	\$3.50/visit; punch cards avail.	
Adult Tai Chi West Sacramento Civic Center 1110 West Capitol Avenue West Sacramento, CA 95691-2717 (916) 617-4500	In addition to its body & mind benefits, Tai Chi can provide over 30-minutes of low impact physical activity.	Yolo County	Adults	\$10 per session	Wednesdays Time: 5:30 - 6:30 pm
Ballroom Dancing West Sacramento Senior Center 664 Cummins Way West Sacramento, CA 95605 (916) 373-5819	Ballroom Dancing (through Sacramento City College): Learn the amazing skills and moves as seen on "Dancing with the Stars." Perhaps you can learn to be a star on the dance floor.	Yolo County	Seniors	Class fees vary	
Deep Water Exercise Hiddelson Pool, Woodland (530) 661-5880	Uses deep water to increase overall body strength and conditioning while toning muscles. Floatation belts or other buoyancy devices are worn to provide assistance in the deep water.	Yolo County	Adults	Cost	Tuesday & Thursday 8-9 a.m.
Jazzercise Tues/Thurs- Southport Elementary School; Saturday- West Sacramento Senior Center (916) 698-8466	The original dance exercise phenomenon! 60 minutes of jazz dance and exercise set to your favorite music – top 40, jazz, country, funk and classics. Includes a gentle warm-up, 30-minute aerobic workout, muscle toning and strengthening and a stretch finale.	Yolo County	Adults	A variety of plans available to fit your schedule	Tuesday, Thursday and Saturday Time: Tues./Thurs. 6:00 pm [summer time and location]; Saturday 9:00 a.m.

Low-Impact Aerobics West Sacramento Senior Center 664 Cummins Way West Sacramento, CA 95605 (916) 373-5819	Low impact aerobics: Classes designed to promote health and wellness including Yoga, Stretchercise, Chair Exercise with Rose, Fun	Yolo County	Seniors	Class fees vary	
Low-Impact Exercise West Sacramento Senior Center 664 Cummins Way West Sacramento, CA 95605 (916) 373-5819	Tai Chi, Line Dancing: Relatively low-impact exercise designed to promote balance and mental wellness through memorized routines and activities.	Yolo County	Seniors	Class fees vary	
Trim and Tone West Sacramento Senior Center 664 Cummins Way West Sacramento, CA 95605 (916) 373-5819	Trim and Tone (through Sacramento City College): A more strenuous activity program designed to tone your muscles and get you in shape.	Yolo County	Seniors	Class fees vary	
Water Exercise Community Swim Center and Hiddelson Pool, Woodland (530) 661-5880	low-impact aerobic workout perfect for rehabilitating bodies, aging bodies, or those just beginning an exercise program.	Yolo County	Adults		Monday, Wednesday, and Friday, 8-9 a.m.
Water Polo Charles Brooks Community Swim Center 155 North West Street Woodland, CA 95695 (530) 661-5880	Swimming	Yolo County	8 and up	\$40-\$48	Monday & Wednesday 8- 11 years, 7-8 p.m. Monday & Wednesday 12 and up, 8-9:15

<p>Yoga for Adults Bridgeway Lakes Boathouse 3650 Southport Parkway West Sacramento, CA 95691 (916) 373-5819</p>	<p>Bryte Yoga and Wellness seeks to stretch and relax the body through intentional movement, breathing exercises, and quiet meditation in a stress-free environment. Listening to your body and aligning your movement with your breath, and the intention of each pose, is yoga. Yoga means creating unity of mind, body and spirit.</p>	<p>Yolo County</p>	<p>Adults</p>	<p>\$30/card (includes 5 classes)</p>	<p>Tuesdays Time: 7-8 PM</p>
<p>Dance</p>					
<p>Folklorico Latino de Woodland 1285 Lemen Avenue, Suite B Woodland, CA 95776-3311 (530) 661-5880</p>	<p>Folklorico Latino, featuring a group of enchanting dancers ages six to adult, has grown into one of the largest and most active Folklorico troupes in Northern California.</p>	<p>Yolo County</p>	<p>youth</p>	<p>\$20/month for first child, \$10/month for second child, \$5/month for third child (after third child there is no charge).</p>	<p>Sunday-Friday 7-9pm</p>
<p>River City Dance Academy 1510 Merkley Avenue, Suite 1 West Sacramento, CA 95691-3203 (916) 371-2016</p>	<p>Ballet, tap, jazz, hip-hop, theater, lyrical</p>	<p>Yolo County</p>	<p>youth</p>	<p>Registration Fee: \$25.00 one time fee One (1 hr.) Class Per Week: \$48.00/Month</p>	<p>Sunday-Friday 7-9pm</p>
<p>West Sacramento Senior Center West Sacramento Senior Center 664 Cummins Way West Sacramento, CA 95605 (916) 373-5819</p>	<p>Ballroom Dancing (through Sacramento City College): Learn the amazing skills and moves as seen on "Dancing with the Stars." Perhaps you can learn to be a star on the dance floor.</p>	<p>Yolo County</p>	<p>Seniors</p>	<p>Class fees vary</p>	

Fitness/Sports Club					
15th Street Fitness 109 15th Street West Sacramento, CA 95691-3721 (916) 374-9100	This state-of-the-art facility offers 10,000 square feet of latest in cardio, weight training, personal fitness instructors, group fitness and much more! With onsite child care to our members, 15th Street makes working out convenient for anyone.	Yolo County	Costs varies depending on membership type. Guest Pass: Non-Member: \$10 With Member: \$7. Short Term Memberships: 1 Month: \$60 3 Months: \$170	Membership required	Hours Club Hours: Monday - Thursday: 5:00 a.m. - 10:00 p.m. Friday: 5:00 a.m. - 8:00 p.m. Saturday & Sunday: 7:30 a.m. - 8:00 p.m.
Curves 2050 Town Center Drive, Suite #B160 West Sacramento, CA 95691-4979 (916) 371-5000	Dedicated to providing affordable, one-stop exercise and nutritional information for women	Yolo County	Women	Membership required	

Davis Athletic Club 1809 Picasso Avenue Davis, CA 95618-0515 (530) 753-5282	Aerobic exercise classes (by certified instructors): floor, water and cycle, Year round heated 25 yard lap pool, Free weight workout room, Nautilus workout room, Cardio and treadmill rooms, Functional training pool (warmer water pool), Individual fitness consultations by certified personal trainers, Racquetball - 2 courts, Basketbal; Walleyball, Yoga, Complete men's and women's locker room facilities, Swimming pool (year round), Whirlpool, Sauna, Swimming programs, SwimAmerica swim lessons, Indoor soccer, Aquatics	Yolo County	Initiation Fee - \$39 Monthly Dues - \$49 Per month per person Seniors (65 and up) Single \$43 Couple \$81	Membership required	Monday - Friday 5:00 a.m. - 11:00 p.m. Saturday and Sunday 7:00 a.m. - 9:00 p.m.
Peak Performance 2795 Second Street Davis, CA 95618-6505 (530) 759-SPIN (7746)	Group classes- boot camp, pilates, body basics, yoga, body fit, progressive cycling, spinning, shadow boxing, jazzercise, zumba. Cardio equipment, private women's center.	Yolo County	Call for more information; free online day pass; free 4 week personalized training program	Membership required	Monday-Thursday: 5am to 11 pm Friday: 5 am to 9:30 pm Saturday and Sunday: 7 am to 9:30 pm
Football					
Adult 6 on 6 Flag Football (916) 617-4620	Football	Yolo County	Adults	Call for more information	Call for more information

NFL Flag Football West Sacramento (916) 617-4620	Flag football. Sponsored by the National Football League, Oakland Raiders and NIKE. Teams are coed and there is no tackling in NFL FLAG football, but lots of action.	Yolo County	Boys and girls ages 5 - 14	Early Bird registration is \$45 per player before August 24th, after August 24th regular registration is \$55 per player (additional \$5 if a non-resident). Each new participant will receive an NFL FLAG jersey, mouth piece and, at the end of the season a certificate of participation.	League games begin Saturday, September 15th
Gymnastics					
Youth Gymnastics International Gymnastics Centre 1260 Triangle Court West Sacramento, CA 95605-2300 (916) 372-4496	The City is very excited to be co-sponsoring gymnastics program with the newly formed International Gymnastics Centre in West Sacramento. This Centre has Olympic class instructors and top of the line equipment for the gymnastic in your family. All levels of programming will be offered.	Yolo County	Youth	Call for more information	
Youth Gymnastics See recreational guide Davis	Coaches will instruct the parents on how to help their children use gymnastics equipment safely and effectively. Fine and gross motor skills are introduced as well as irresistible group activities such as songs and parachute games.	Yolo County	Youth	\$19	

Hiking					
Collin's Eddy Wilderness Area North east Yolo County. On the border of Sutter County. Eleven miles north of Knights Landing	Wildlife area with boat access only. Many different types of animal and plant species. Good place for bird watching and animal observation.	Yolo County	All	Free	
Elkhorn Regional Park and Boat Launch Located between the levee and the Sacramento River on Old River Road, approximately two miles south of Interstate 5.	Easily accessible park with many recreational possibilities, including fishing, picnicking, boating etc. Has a boat ramp for river access	Yolo County	All	\$6.00 day use fee.	Open from 7:00 am till dusk, except when river conditions require closure.
Fremont Weir Wildlife Area Three miles southeast of Knights Landing	Wildlife area that permits hunting and fishing. There are also good opportunities for wildlife observation	Yolo County	All	Free	
River Walk Park 651 2nd Street, West Sacramento.	The River Walk Park is a paved trail that goes along the west bank of the Sacramento River. Between the trail and the river are many picnic areas. Along the trail itself are many educational signs that talk about the settlement of Sacramento, as well as the natural habitat of the river. There is boat access at Raley's landing as well as a fishing access dock nearby. Raley's Landing also serves as a River Otter Water Taxi	Yolo County	All	Free	

<p>Yolo Bypass Wildlife Area Approximately three miles east of Davis (four miles west of West Sacramento) off Interstate 80. From eastbound I-80, take East Chiles Road exit and travel east one-quarter mile to the west levee access. From westbound I-80, take Frontage Road exit immediately west of the west end of the Yolo Causeway, turn right at stop sign and head south under freeway to west levee access.</p>	<p>The Yolo Bypass Wildlife Area is a very large public/private restoration project. The area is managed by the Department of Fish and Game (DFG) as well as the Yolo Basin Foundation. Since the area provides many views of nature one of the most popular activities is hiking. It is also a popular place to hunt waterfowl during their</p>	<p>Yolo County</p>	<p>All</p>	<p>Free</p>	<p>Parts of the area are open to the public seven days a week from sunrise to sunset</p>
<p>Martial Arts</p>					
<p>Youth Karate West Sacramento Civic Center (916) 617-4500</p>	<p>Self Esteem – Discipline – Confidence: Develop all these skills as you learn the ancient art of Karate. 2nd degree black belt instructor who is excellent with children. Contests for the children. No long term contracts or required equipment!</p>	<p>Yolo County</p>	<p>Youth</p>	<p>\$30 early bird - \$40 regular fee</p>	<p>Tuesdays Time: 6-7:30 p.m</p>
<p>Nature Center/Hiking</p>					
<p>Collin's Eddy Wilderness Area North east Yolo County. On the border of Sutter County. Eleven miles north of Knights Landing</p>	<p>Wildlife area with boat access only. Many different types of animal and plant species. Good place for bird watching and animal observation.</p>	<p>Yolo County</p>	<p>All</p>	<p>Free</p>	

<p>Elkhorn Regional Park and Boat Launch Located between the levee and the Sacramento River on Old River Road, approximately two miles south of Interstate 5.</p>	<p>Easily accessible park with many recreational possibilities, including fishing, picnicking, boating etc. Has a boat ramp for river access</p>	<p>Yolo County</p>	<p>All</p>	<p>\$6.00 day use fee.</p>	<p>Open from 7:00 am till dusk, except when river conditions require closure.</p>
<p>River Walk Park 651 Second Street West Sacramento, CA 95605</p>	<p>The River Walk Park is a paved trail that goes along the west bank of the Sacramento River. Between the trail and the river are many picnic areas. Along the trail itself are many educational signs that talk about the settlement of Sacramento, as well as the natural habitat of the river. There is boat access at Raley's landing as well as a fishing access dock nearby. Raley's Landing also serves as a River Otter Water Taxi stop.</p>	<p>Yolo County</p>	<p>All</p>	<p>Free</p>	

<p>Yolo Bypass Wildlife Area Approximately three miles east of Davis (four miles west of West Sacramento) off Interstate 80. From eastbound I-80, take East Chiles Road exit and travel east one-quarter mile to the west levee access. From westbound I-80, take Frontage Road exit immediately west of the west end of the Yolo Causeway, turn right at stop sign and head south under freeway to west levee access.</p>	<p>The Yolo Bypass Wildlife Area is a very large public/private restoration project. The area is managed by the Department of Fish and Game (DFG) as well as the Yolo Basin Foundation. Since the area provides many views of nature one of the most popular activities is hiking. It is also a popular place to hunt waterfowl during their</p>	<p>Yolo County</p>	<p>All</p>	<p>Free</p>	<p>Parts of the area are open to the public seven days a week from sunrise to sunset</p>
<p>Parks</p>					
<p>Alyce Norman-Bryte Playfields 725 Todhunter Avenue West Sacramento, CA 95605</p>	<p>3 Little League diamonds; 4 softball fields; vegetable garden; tot lot; restrooms; play structure; picnic area; snack bar; basketball court; football facilities.</p>	<p>Yolo County</p>	<p>All</p>	<p>Free</p>	
<p>Arroyo Park 2000 Shasta Drive Davis, CA 95616</p>	<p>Tot lot, play equipment, pool, walk/bike path</p>	<p>Yolo County</p>	<p>All</p>	<p>Free</p>	
<p>Beamer Park 809 Hollister Road Woodland, CA 95695</p>	<p>Play area, tennis courts, ballfields.</p>	<p>Yolo County</p>	<p>All</p>	<p>Free</p>	
<p>Bridgeway Island Park 3345 Golden Gate Drive West Sacramento, CA 95691</p>	<p>Playground, sheltered picnic area; turf area for athletic fields; basketball court; BBQs. Adjacent to Bridgeway Island Elementary School.</p>	<p>Yolo County</p>	<p>All</p>	<p>Free</p>	

Bridgeway Lakes Community Park 3650 Southport Parkway West Sacramento, CA 95691 (916) 617-4620	Turf area; water play area (sprayground); baseball diamond; amphitheater; community building; patio area; restrooms; snackbar; walking paths; BBQs	Yolo County	All	Free	
Bryte Park 1276 Carrie Street West Sacramento, CA 95605 (916) 617-4620	4 softball diamonds, 2 lighted; one hardball diamond; 8 soccer fields; full court basketball; picnic area; BBQs; tot lot; fitness course; restrooms; Club West Teen Center; football facilities; walking paths; track.	Yolo County	All	Free	
Buchignani Field 1300 East Gum Avenue Woodland, CA 95776	Lighted ball fields.	Yolo County	All	Free	
Camarena Field 1 & 2 202 Beamer Street Woodland, CA 95695	Play area, 2 lighted ball fields, Little League size field.	Yolo County	All	Free	
Campbell Park 701 Thomas Street Woodland, CA 95776	Quarter mile walk/jog trail, par course, volleyball court, basketball court, play area.	Yolo County	All	Free	
Charles Brooks Community Swim Center 155 North West Street Woodland, CA 95695	Volleyball, swimming, 50m pool.	Yolo County	All	\$2.25/swimmer	
Chestnut Park 1020 Chestnut Lane Davis, CA 95616	Tot lot, play equipment, lighted tennis courts, basketball court	Yolo County	All	Free	
Christiansen Park 202 Beamer Street Woodland, CA 95695	Playground, basketball, volleyball.	Yolo County	All	Free	

Civic Center Complex Sixth Street and B Street Davis, CA 95616	Backstop, pool, sand volleyball court, baseball diamond	Yolo County	All	Free	
Community Park 1405 F Street Davis, CA 95616	Tot lot, Play equipment, lighted tennis courts, backstop, pool, dog park, sand volleyball court, baseball field, walk/bike path	Yolo County	All	Free	
Covell Park 300 Del Oro Avenue Davis, CA 95616	Play equipment, walk/bike path	Yolo County	All	Free	
Crawford Park 1733 College Street Woodland, CA 95695	Tennis Courts, volleyball courts, 1/3 mi walk/jog trail, par course, basketball court, skatepark, playground.	Yolo County	All	Free	
Dave Douglass Park (Pond Park) 827 Saratoga Drive Woodland, CA 95695	3 soccer fields, baseball field	Yolo County	All	Free	
Delta Gardens Park 1310 Cold Springs Road West Sacramento, CA 95691	3 soccer fields, baseball field	Yolo County	All	Free	
Dick Klenhard Ballfield Complex 1771 East Gum Avenue Woodland, CA	2 lighted fields, soccer field	Yolo County	All	Free	
Dubach Park 755 North East Street Woodland, CA 95776	3 baseball fields, lighted fields.	Yolo County	All	Free	
Eagle Point Park 3620 Lewiston Road West Sacramento, CA 95691	3 baseball fields, lighted fields.	Yolo County	All	Free	

Emile "Whitey" Boisclair Park 1728 Lake Washington Blvd. West Sacramento, CA 95691	Youth and tot play structures; picnic area; BBQs; full basketball court; turf play area; walking path and through-block connections.	Yolo County	All	Free	
Freeman Park 1001 Main Street Woodland, CA 95695	1/8 mi walk/jog trail, playground, basketball.	Yolo County	All	Free	
Hacienda Park 809 Hacienda Avenue Davis, CA 95616	Play equipment, basketball court.	Yolo County	All	Free	
Harris Park 100 Imperial Street Woodland, CA 95695	Volleyball and basketball courts.	Yolo County	All	Free	
John Barovetto Park 4400 Alhambra Drive Davis, CA 95618	Tot lot, play equipment, dog park, walk/bike path.	Yolo County	All	Free	
John Ferns Park 750 West Southwood Drive Woodland, CA 95695	Frisbee golf, volleyball court, playground.	Yolo County	All	Free	
La Playa Park 3350 La Playa Drive Davis, CA 95618	Tot lot, playground, backstop, basketball court, walk/bike path.	Yolo County	All	Free	
Mace Ranch Park 3022 Loyola Drive Davis, CA 95618	Tot lot, play ground, backstop, basketball court, baseball field, walk/bike path.	Yolo County	All	Free	
Memorial Park 400 Euclid Street West Sacramento, CA 95691	4 Little League baseball diamonds; picnic area; tot lot; horseshoe pits; half-court basketball; restrooms.	Yolo County	All	Free	
Patwin Park 3080 Catalina Island Road West Sacramento, CA 95691	Picnic area; BBQs; jogging path; turf play area.	Yolo County	All	Free	

Pioneer Park 1925 Branigan Avenue Woodland, CA 95776	1/3 mi walk/jog trail, par course, basketball, playground.	Yolo County	All	Free	
Playfields Park 2500 Research Park Drive Davis, CA 95618	Backstop, basketball court, baseball field, walking/bike path	Yolo County	All	Free	
Rick Gonzales Park 1285 Lemen Avenue Woodland, CA 95776	2 soccer fields, basketball court	Yolo County	All	Free	
Sandy Motley Park 1919 Moore Blvd. Davis, CA 95618	Tot lot, play equipment, backstop, basketball court, walk/bike path	Yolo County	All	Free	
Slide Hill Park 1526 Tulip Lane Davis, CA 95618	Tot lot, park equipment, lighted tennis courts, backstop, basketball courts, pool, dog park, sand volleyball court.	Yolo County	All	Free	
Southland Park 1310 College Street Woodland, CA 95695	soccer field and baseball field	Yolo County	All	Free	
Southport Gateway Park 1650 Gateway Drive West Sacramento, CA 95691	Playground, sheltered picnic area, turf area for athletic fields; walking paths.	Yolo County	All	Free	
Summerfield Park 2950 Linden Road West Sacramento, CA 95691	2 soccer fields; 2 backstops; tot lot; dog run; full court basketball; restrooms; cricket field.	Yolo County	All	Free	
Sunset Vista Park 3501 Oakland Bay Drive West Sacramento, CA 95691	Playground jogging path; turf area for athletic fields; picnic area.	Yolo County	All	Free	
Sycamore Park 1313 Sycamore Lane Davis, CA 95616	Playground jogging path; turf area for athletic fields; picnic area.	Yolo County	All	Free	

Walnut Park 1755 Evergreen Avenue West Sacramento, CA 95691	Tot lot, play equipment, lighted tennis court, dog park, frisbee golf course, walk/bike path	Yolo County	All	Free	
Westacre Park 2700 Lillard Drive Davis, CA 95618	2 backstops; 1 soccer/football field; volleyball court; full court basketball; 1 small full court; tot lot; picnic area; 8 skateboarding elements with shaded rest area.	Yolo County	All	Free	
Westfield School Playsite 504 Poplar Avenue West Sacramento, CA 95691	2 softball diamonds; 2 soccer fields; tot lot; basketball court.	Yolo County	All	Free	
Woodside Park 1615 Cottonwood Street Woodland, CA 95695	1/3 mi walk.jog trail, par course, tennis court, volleyball court	Yolo County	All	Free	
Pilates					
Balance Point Pilates Studio 209 A Street Davis, CA 95616 (530) 756-5320	Pilates	Yolo County	Call for more information; free online day pass; free 4 week personalized training program	Call for more information	Call for more information
Davis Adult School 315 West 14th Street Davis, CA 95616-1914 (530) 757-5380	Dance and fitness classes	Yolo County	Youth	Call for more information	Call for scheduling. Closed during summer/

<p>Davis Athletic Club 1809 Picasso Avenue Davis, CA 95618-0515 (530) 753-5282</p>	<p>Aerobic exercise classes (by certified instructors): floor, water and cycle. Year round heated 25 yard lap pool, Free weight workout room, Nautilus workout room, Cardio and treadmill rooms, Functional training pool (warmer water pool), Individual fitness consultations by certified personal trainers, Racquetball - 2 courts, Basketball - Monday and Wednesday nights from 8:15 - 10 PM, Walleyball, Yoga, Complete men's and women's locker room facilities, Swimming pool (year round), Whirlpool, Sauna, Swimming programs, SwimAmerica swim lessons, Indoor soccer, Aquatics</p>	<p>Yolo County</p>	<p>Initiation Fee - \$39 Monthly Dues - \$49 Per month per person</p> <p>Seniors (65 and up) Single \$43 Couple \$81</p>	<p>Membership required</p>	<p>Monday - Friday 5:00 a.m. - 11:00 p.m. Saturday and Sunday 7:00 a.m. - 9:00 p.m.</p>
<p>Peak Performance 2795 Second Street Davis, CA 95618-6505 (530) 759.SPIN (7746)</p>	<p>Group classes- boot camp, pilates, body basics, yoga, body fit, progressive cycling, spinning, shadow boxing, jazzercise, zumba. Cardio equipment, private women's center.</p>	<p>Yolo County</p>	<p>Call for more information; free online day pass; free 4 week personalized training program</p>	<p>Membership required</p>	<p>Monday- Thursday: 5am to 11 pm Friday: 5 am to 9:30 pm Saturday and Sunday: 7 am to 9:30 pm</p>

Recreational Activities					
Afterschool Recreation Program Maxwell Elementary School	Arts & crafts, cooperative games, reading and homework areas, outdoor play, sports activities, special trips & much more! Registration is limited to 40.	Yolo County	Ages 5-14	\$120.00 child/month, \$15.00/day (\$86.40 for June) Woodland Residents- \$100.00 child/month, \$12.00/day (\$72.00 for June)	March 2006 – June 2006, Mondays 1:30–6:00 p.m Tuesday–Friday 2:35–6:00 p.m.
Club West Teen Center 1125 Riverbank Road West Sacramento, CA 95605-2063 (916) 373-5877	CLUB WEST is an after school teen program for students in the 7th and 8th grade. Throughout the year CLUB WEST sponsors monthly dances, weekend and overnight trips	Yolo County	Youth 7th-8th grade	FREE; trips require a fee.	Days and hours are Monday through Friday 2:30 p.m. - 6:00 p.m.
Collings West Sacramento Teen Center 1541 Merkley Avenue West Sacramento, CA 95691-3210 (916) 375-0681	This 12000 sq.ft. center houses a community day school in collaboration with Washington Unified School District, as well as after school activities for high school age teens and late night activities for all age teens.	Yolo County	Youth	FREE	Days and hours are Monday through Friday 2:30 p.m. - 6:00 p.m.
Davis Adult School 315 West 14th Street Davis, CA 95616-1914 (530) 757-5380	Dance and fitness classes	Yolo County	Youth	Call for more information	Call for scheduling. Closed during summer/

<p>The Kid Zone- After School Program Alyce Norman Elementary- Room #20 Elkhorn Village Elementary- Multipurpose Room Evergreen Elementary- Multipurpose Room Westfield Elementary- Multipurpose Room Westmore Oaks Elementary- Multipurpose Room</p>	<p>The Kid Zone is an after school academic-recreation-enrichment program for elementary aged children located on the school campus. Participants will enjoy a variety of structured games, activities, and arts & crafts, a daily snack, and an academic hour; featuring small group instruction, homework assistance, and exciting supplemental</p>	<p>Yolo County</p>	<p>Kindergarten (afternoon only) - 6th grade</p>	<p>FREE, by teacher referral only</p>	<p>Monday - Friday Follows school year calendar. Last school dismissal to 5:30 pm</p>
<p>Night Hoops Woodland High School Gym (530) 661-5880</p>	<p>Offer pick-up basketball games, table games and much more! We may relocate to Douglass Middle School if WHS is not available.</p>	<p>Yolo County</p>	<p>Ages 5-14</p>	<p>free</p>	<p>Monday-Friday 9:00am-4:00pm</p>
<p>Spray Grounds 3650 Southport Parkway West Sacramento, CA 95691</p>	<p>Water sprinklers and guns, water play equipment.</p>	<p>Yolo County</p>	<p>All</p>	<p>FREE</p>	<p>Open daily May through October, 10 am to 8 pm</p>
<p>Yolo County Recreation Center Afterschool Program 1285 Lemen Avenue Woodland, CA 95776 (530) 661-5880</p>	<p>Afterschool program. Participants are treated to a variety of indoor and outdoor activities. Field trips to the local library and the movie theaters are taken during the year. This is a year- round program that runs on the traditional school year calendar.</p>	<p>Yolo County</p>	<p>Ages 5-14</p>	<p>free</p>	<p>Mondays, Wednesdays & Fridays, 3:00-5:00 p.m.</p>

Yolo County Recreation Center Summer Program 1285 Lemen Avenue Woodland, CA 95776 (530) 661-5880	This summer program is an extended version of the Afterschool Program. Field trips to the city swimming pools and to local movie theaters as well as indoor and outdoor activities will be offered through out the 9-week program.	Yolo County	Ages 5-14	free	Monday-Friday 9:00am-4:00pm
Recreational Guides					
Davis http://www.city.davis.ca.us	Activity Guides	Yolo County	All	Free	
Woodland http://www.ci.woodland.ca.us/prcs/docs/fallguide/fallguide.pdf	Activity Guides	Yolo County	All	Free	
Skating					
Crawford Park 600 El Dorado Drive Woodland, CA 95695	Skate park; half pipe, high rail, small spine.	Yolo County	All	Free	
Learn to Skate Camp West Sacramento Skate Park, Corner of West Acre and Evergreen	Join skateboard pro Ron Allen with a fun filled week of skateboarding. Learn all the latest tricks, stunts, and techniques as well as safety and pre-skate training. It's all about learning, laughing, and skating!	Yolo County	Boys and Girls ages 7-14	\$50 per participant	July 30-August 3, 9:00am-12:00pm

West Sac Skate Park On West Acre Road and Evergreen Ave West Sacramento	Skate park; Featuring Manual Box Wedge, Grind Rails, Launch Ramps, Halfpipe, Funbox, Quarter Pipe, and Rad Wedges!The West Sac Skate Park is a drug free park for novice to expert skaters. Helmets and pads are highly recommended. A sun shade structure is provided on the park during those hot	Yolo County	All	Free	9:00 am until dusk Monday - Sunday Family Skate: Saturday - Sunday 9:00 am - Noon
Swimming					
Golden State Pool 1125 Riverbank Road West Sacramento, CA 95605-2063	Swimming	Yolo County	All	Rec Swim, 3:00 to 5:00 pm (cost is \$.50) Family Swim (T,W,TH) 7:45 to 9:00 pm (cost is \$.50) Saturday Rec Swim 10:00 am to 4:00 pm (cost is \$1.50)	Swim lessons are offered in the evenings from 5:15 to 7:30 pm
River City Pool 1100 Clarendon Street West Sacramento, CA 95691-3605	Swimming	Yolo County	All	Rec Swim is 1:00 to 4:00 pm (cost is \$1) Lap Swim weekdays 1:00 to 2:00 pm (cost is \$.50) Adult Lap Swim Monday thru Friday, 1:00 - 2:00 pm Cost: .50 each day.	Swim lessons are offered in the mornings from 9:30 am to 12:50 pm
Tai Chi					
Adult Tai Chi West Sacramento Civic Center 1110 West Capitol Avenue West Sacramento, CA 95691-2717 (916) 617-4500	In addition to its body & mind benefits, Tai Chi can provide over 30-minutes of low impact physical activity.	Yolo County	Adults	\$10 per session	Wednesdays Time: 5:30 - 6:30 pm

West Sacramento Senior Center West Sacramento Senior Center 664 Cummins Way West Sacramento, CA 95605 (916) 373-5819	Tai Chi, Line Dancing: Relatively low-impact exercise designed to promote balance and mental wellness through memorized routines and activities.	Yolo County	Seniors	Class fees vary	
Tennis					
Youth Tennis River City High School Tennis Courts 1100 Clarendon Street West Sacramento, CA 95691-3605	Tennis	Yolo County	Ages 7-17	Early Bird—Before 1st day of class \$35 1st day of class or later \$45 Non-resident fee \$5	Wednesday, Thursday and Friday Session 1: June 20 thru Friday June 29 Session 2: July 4 thru Friday July 13 Session 3: July 18 thru Friday July 27
Walking					
Collin's Eddy Wilderness Area North east Yolo County. On the border of Sutter County. Eleven miles north of Knights Landing	Wildlife area with boat access only. Many different types of animal and plant species. Good place for bird watching and animal observation.	Yolo County	All	Free	
Elkhorn Regional Park and Boat Launch Located between the levee and the Sacramento River on Old River Road, approximately two miles south of Interstate 5.	Easily accessible park with many recreational possibilities, including fishing, picnicking, boating etc. Has a boat ramp for river access	Yolo County	All	\$6.00 day use fee.	Open from 7:00 am till dusk, except when river conditions require closure.

<p>Fremont Weir Wildlife Area Three miles southeast of Knights Landing</p>	<p>Wildlife area that permits hunting and fishing. There are also good opportunities for wildlife observation</p>	<p>Yolo County</p>	<p>All</p>	<p>Free</p>	
<p>River Walk Park 651 Second Street West Sacramento, CA 95605</p>	<p>The River Walk Park is a paved trail that goes along the west bank of the Sacramento River. Between the trail and the river are many picnic areas. Along the trail itself are many educational signs that talk about the settlement of Sacramento, as well as the natural habitat of the river. There is boat access at Raley's landing as well as a fishing access dock nearby. Raley's Landing also serves as a River Otter Water Taxi stop.</p>	<p>Yolo County</p>	<p>All</p>	<p>Free</p>	
<p>Yolo Bypass Wildlife Area Approximately three miles east of Davis (four miles west of West Sacramento) off Interstate 80. From eastbound I-80, take East Chiles Road exit and travel east one-quarter mile to the west levee access. From westbound I-80, take Frontage Road exit immediately west of the west end of the Yolo Causeway, turn right at stop sign and head south under freeway to west levee access.</p>	<p>The Yolo Bypass Wildlife Area is a very large public/private restoration project. The area is managed by the Department of Fish and Game (DFG) as well as the Yolo Basin Foundation. Since the area provides many views of nature one of the most popular activities is hiking. It is also a popular place to hunt waterfowl during their</p>	<p>Yolo County</p>	<p>All</p>	<p>Free</p>	<p>Parts of the area are open to the public seven days a week from sunrise to sunset</p>

Walking Clubs					
Davis Dynamos 646 A Street Davis, CA 95616-3602 (530) 747-6112	Walking Club	Yolo County	All	Contact for more information	
Weights, Aerobics & Exercise					
West Sacramento Senior Center West Sacramento Senior Center 664 Cummins Way West Sacramento, CA 95605 (916) 373-5819	Trim and Tone(through Sacramento City College): A more strenuous activity program designed to tone your muscles and get you in shape.	Yolo County	Seniors	Class fees vary	
Yoga					
Yoga for Adults Bridgeway Lakes Boathouse 3650 Southport Parkway West Sacramento, CA 95691 (916) 373-5819	Bryte Yoga and Wellness seeks to stretch and relax the body through intentional movement, breathing exercises, and quiet meditation in a stress-free environment. Yoga is for everyone. Listening to your body and aligning your movement with your breath, and the intention of each pose, is yoga. Yoga means creating unity of mind, body and spirit. Practice of yoga helps release and relax allowing you to reclaim your health and well-being.	Yolo County	Adults	\$30/card (includes 5 classes)	Tuesdays Time: 7-8 PM

Youth Sports Organizations					
Billy Bounce Basketball River City High School Gym 1100 Clarendon Street West Sacramento, CA 95691-3605	Boys & Girls would you a FUN introduction to basketball and a chance to develop ball skills? If so, please come be a part of the Billy Bounce Basketball program. 8 weekly sessions of 45 minutes, Billy Bounce Basketball, Billy Bounce T-Shirt, awesome coaching, and a cool certificate!	Yolo County	boys and girls ages 5-14	\$75 per participant (additional \$5 if non-resident)	
British Soccer Camp Bryte Park in West Sacramento (916) 617-4620	Soccer	Yolo County	Boys and girls ages 3-16	Fee: \$67-\$110; includes Free Ball & Shirt	
Club Hoop Teen Basketball West Sacramento (916) 617-4620	Basketball	Yolo County	Boys ages 13-17	Early Bird registration is \$52 per player before March 7th, and regular registration after March 7th is \$62 per player (plus \$5 if non-city resident).	Opening day is scheduled for Saturday, March 22nd.
Hershey's Track and Field Bryte Park Track 425 Todhunter Avenue West Sacramento, CA 95605 (916) 617-4620	Track and Field. Participants can compete in a variety of running events, including the 50 meter, 100 meter, 200 meter, and 400 meter. Field events include the standing long jump and the softball throw. Participants can compete in as many as three (3) events, or as few as one (1).	Yolo County	Ages 9-14	Free	

Junior Giants Baseball Alyce Norman/Bryte & Memorial Parks West Sacramento (916) 617-4620	Baseball	Yolo County	boys and girls ages 5-14	Free. Each participant will receive a Junior Giants T- shirt & cap	
Junior NBA/WNBA Basketball West Sacramento (916) 617-4620	Basketball	Yolo County	Boys and girls ages 5 - 14	Early Bird registration is \$52 before November 16th and regular registration is \$62.00 after November 16th. Each participant will receive a team t-shirt and an award at the end of the season.	Opening Game Day is scheduled for Saturday, January 5, 2008. Games are played on Saturdays.
Junior Olympic Skills Competition West Sacramento (916) 617-4620	provides youth an opportunity to participate in an multi-skills competition. The multi-skills are Basketball, Soccer, Tennis, & Track & Field.	Yolo County	Boys and girls ages 8-14	Free	
Learn to Skate Camp West Sacramento Skate Park, Corner of West Acre and Evergreen	Join skateboard pro Ron Allen with a fun filled week of skateboarding. Learn all the latest tricks, stunts, and techniques as well as safety and pre-skate training. It's all about learning, laughing, and skating!	Yolo County	Boys and Girls ages 7-14	\$50 per participant	July 30-August 3, 9:00am- 12:00pm

<p>NFL Flag Football West Sacramento (916) 617-4620</p>	<p>Flag football. Sponsored by the National Football League, Oakland Raiders and NIKE. Teams are coed and there is no tackling in NFL FLAG football, but lots of action.</p>	<p>Yolo County</p>	<p>Boys and girls ages 5 - 14</p>	<p>Early Bird registration is \$45 per player before August 24th, after August 24th regular registration is \$55 per player (additional \$5 if a non-resident). Each new participant will receive an NFL FLAG jersey, mouth piece and, at the end of the season a certificate of participation.</p>	<p>League games begin Saturday, September 15th</p>
<p>Play Ball Baseball Skills West Sacramento (916) 617-4620</p>	<p>Challenges their skills in batting, catching, throwing and running. Points are earned in each event and then totaled for the participant's final score. Event will take place in August at Memorial Park. Awards will be give to 1st, 2nd and 3rd place finishers.</p>	<p>Yolo County</p>	<p>Boys and girls ages 8-14</p>	<p>Free</p>	
<p>Sharks and Parks West Sacramento (916) 617-4620</p>	<p>Sponsored by the San Jose Sharks, the NHL and NIKE. Now playing during The Kids Zone. Participants play in tennis shoes and will receive instruction on the rules, proper fundamentals and game strategy. All equipment needed for the program will be available on site. No extra equipment required!</p>	<p>Yolo County</p>	<p>Boys and girls, ages 7 to 13</p>	<p>Free</p>	<p>February - April</p>

Teen Basketball Clinic League for Girls West Sacramento (916) 617-4620	Basketball	Yolo County	Ages 12-17	Call for more information	
Youth Gymnastics International Gymnastics Centre 1260 Triangle Court West Sacramento, CA 95605 (916) 372-4496	The City is very excited to be co-sponsoring gymnastics program with the newly formed International Gymnastics Centre in West Sacramento. This Centre has Olympic class instructors and top of the line equipment for the gymnastic in your family. All levels of programming will be offered.	Yolo County	Youth	Call for more information	
Youth Karate West Sacramento Civic Center	Self Esteem – Discipline – Confidence: Develop all these skills as you learn the ancient art of Karate. 2nd degree black belt instructor who is excellent with children. Contests for the children. No long term contracts or required equipment!	Yolo County	Youth	\$30 early bird - \$40 regular fee	Tuesdays Time: 6-7:30 p.m

<p>Youth Tennis River City High School Tennis Courts 1100 Clarendon Street West Sacramento, CA 95691-3605</p>	<p>Tennis</p>	<p>Yolo County</p>	<p>Ages 7-17</p>	<p>Early Bird—Before 1st day of class \$35; 1st day of class or later \$45; Non-resident fee \$5</p>	<p>Wednesday, Thursday and Friday Session 1: June 20 thru Friday June 29 Session 2: July 4 thru Friday July 13 Session 3: July 18 thru Friday July 27</p>