

## Placer County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POP	COST	HOURS
Adult Sports Organization					
Please refer to the Parks section and Recreation Guides section for information on adult sports activities and facilities.					
Aerobics					
Please refer to the Gyms / Fitness Centers section and Recreation Guides section for information on aerobics activities and facilities.					
Aquatics / Aquatics Guides					
<b>Aquabunnies Synchronize Swim Team</b> Roseville High School Pool 1 Tiger Way Roseville, CA 95678-1706 (916) 774-5990	Pool used for The Aquabunnies Synchronize Swim Team. No open recreation swim at this location.	Placer County	Open to boys and girls ages 5-18.	Contact for pricing.	Tryouts held in April.
<b>Auburn Area Aquatics</b> auburnrec.com/aquatics.htm	Includes wide range of aquatic activities for the residents of Auburn and surrounding areas.	Placer County	All	Costs vary according to activity.	Refer to online recreation guide for complete schedule.
<b>City of Lincoln Aquatics (refer to Summer 2007 Recreation Guide)</b> www.ci.lincoln.ca.us/index.cfm?page=1024336	Includes wide range of aquatic activities for the residents of Lincoln and surrounding areas.	Placer County	All	Costs vary according to activity.	Refer to online recreation guide for complete schedule.
<b>City of Rocklin Aquatics Guide (Summer 2007)</b> www.rocklin.ca.us/government/service_n_facility/recreation_guide.asp	Includes wide range of aquatic activities for the residents of Rocklin and surrounding areas.	Placer County	All	Costs vary according to activity.	Refer to online recreation guide for complete schedule.
<b>City of Roseville Aquatics Activity Guide (Summer 2007)</b> www.roseville.ca.us/parks/programs_n_classes/activity_guides/default.asp	Includes wide range of aquatic activities for the residents of Roseville and surrounding areas.	Placer County	All	Costs vary according to activity.	Refer to online recreation guide for complete schedule.

<b>Tahoe Area Aquatics</b> <b>(refer to Spring / Summer / Fall 2007 Recreation Guide)</b> <a href="http://www.tahoe-city-pud.com/parksrec.shtml">www.tahoe-city-pud.com/parksrec.shtml</a>	Includes wide range of aquatic activities for communities of Alpine Meadows, Carnelian Bay, Dollar Hill, Homewood, Lake Forest, Kings Beach, Squaw Valley, Tahoe City, Tahoe Vista, Tahoma, and more.	Placer County	All	Costs vary according to activity.	Refer to online recreation guide for complete schedule.
Baseball					
Please refer to the Parks section and Recreation Guides section for information on baseball activities and facilities.					
Batting Cages					
<b>Maidu Regional Park</b> 1550 Maidu Drive Roseville, CA 95661-4956 (916) 774-5988 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	6-station batting cage, slow and fast pitch softball, baseball in variety of speeds.	Placer County	All	\$2 / 30 pitches; \$15 / 30 minutes; \$25 / 60 minutes.	Open weekdays 3:30-7pm; open weekends 10am - 6pm.
<b>Mahany Regional Park</b> 1545 Pleasant Grove Blvd. Roseville, CA 95747-6919 (916) 774-5988 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	8-station batting cage, slow and fast pitch softball, baseball in variety of speeds.	Placer County	All	\$2 / 30 pitches; \$15 / 30 minutes; \$25 / 60 minutes.	Open T-F 5-8pm; open weekends 3-7pm. Closed Mondays.
Bicycling					
<b>American Discovery Trail</b> P.O. Box 20155 Washington D.C. 20041-2155 <a href="http://www.discoverytrail.org">www.discoverytrail.org</a>	6,800-mile cross-country trail; enters California on the Tahoe Rim Trail outside of Squaw Valley and continues to the Coast Trail at the Pacific Ocean. Open to bikers, hikers, and horseback riders.	Several	All	Free	Contact for hours.

<p><b>American Canyon Trail</b>  Pilgrim Way, east of Cool  Placerville, CA 95667-8993  members.psyber.com/asra/tgamer.pdf</p>	<p>2.4-mile trail (4.8 miles round trip) for bikers, hikers, and horseback riders considered moderate in difficulty. Trailhead is just below gated entrance to Auburn Lakes Trail development.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>American River Trail</b>  Off Foresthill Road, east of Foresthill  (Accessed by Beacraft, Mumford Bar, or Sailor Canyon trails)  (530) 367-2224  www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r  og.pdf</p>	<p>7.6-mile trail (15.2 miles round trip) for bikers, hikers, and horseback riders with an elevation change of 720'. Considered easy in difficulty.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Beacraft Trail</b>  Foresthill Road, 1 mile past Secret House Campground  (530) 367-2224  www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r  og.pdf</p>	<p>2.3-mile trail (4.6 miles round trip) for bikers, hikers, and horseback riders with an elevation change of 3,240'. Considered difficult.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Big Trees Interpretive Trail</b>  Off Mosquito Ridge Road, 27 miles east of Foresthill  (530) 367-2224  www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r  og.pdf</p>	<p>3/8-mile interpretive trail (3/4 mile round trip) for bikers, hikers, and horseback riders. Considered easy in difficulty.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Burton Creek State Park Trails</b>  Rocky Ridge Road, Tahoe City  (530) 525-7232  www.parks.ca.gov/default.asp?page_id=512</p>	<p>2,000 acre park with 6 miles of trails for biking, hiking, and walking.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	<p>Contact park for hours.</p>
<p><b>Culvert Trail</b>  Foresthill Road, near Foresthill Bridge  members.psyber.com/asra/tgcul.pdf</p>	<p>2-ended trail with 2 trailheads for bikers and hikers. Each path is 1 mile (2 miles round trip) and considered moderate in difficulty.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	

<p><b>Euchre Bar Trail</b>  Casa Loma Road, east of Alta  (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a></p>	<p>2-ended trail with 2 trailheads for bikers, hikers, and horseback riders. Each path is 7.5 miles (15 miles round trip) with an elevation change of 2,180'. Considered difficult.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Folsom Lake State Recreation Area Trails</b>  Folsom-Auburn Road  Folsom, CA 95630-2148  (916) 988-0205  <a href="http://www.parks.ca.gov/default.asp?page_id=500">www.parks.ca.gov/default.asp?page_id=500</a></p>	<p>100+ miles of trails for biking, hiking, and horseback riding within Folsom Lake State Recreation Area.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	<p>Summer season (start of Daylight Savings Time) open 6am-9pm; winter season (end of DST) open 7am-7pm.</p>
<p><b>Foresthill Divide Loop Trail</b>  Auburn State Recreation Area  (530) 885-4527  <a href="http://www.mountaintravelguide.com/California/Placer/Hiking/ForesthillDivideLoop.htm">www.mountaintravelguide.com/California/Placer/Hiking/ForesthillDivideLoop.htm</a></p>	<p>8.2-mile trail loop within Auburn State Recreation Area offers bikers, hikers, and horseback riders views of Lake Clementine and the North and Middle Forks of the American River. Trail ranges in elevation from 1600 to 1900 feet and is considered easy to moderate in difficulty.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	<p>Summer season (start of Daylight Savings Time) open 6am-9pm.</p>
<p><b>Forest View Trail</b>  Off Mosquito Ridge Road, 27 miles east of Foresthill  (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a></p>	<p>1.5-mile trail (3 miles round trip) for bikers, hikers, and horseback riders. Considered easy in difficulty.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Fuel Break Trail</b>  Foresthill Road, near Foresthill Bridge  <a href="http://members.psyber.com/asra/tgfuel.pdf">members.psyber.com/asra/tgfuel.pdf</a></p>	<p>1.5-mile trail (3 miles round trip) for bikers and hikers with an elevation change of 400'. Considered easy to moderate in difficulty.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	

<p><b>Green Valley Trail</b>          Elliot Ranch Road, 1 mile past Sugar Pine Dam          (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a></p>	<p>2.25-mile trail (4.5 miles round trip) for bikers, hikers, and horseback riders with an elevation change of 2,240'. Considered difficult.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Italian Bar Trail</b>          Humbug Ridge Rd. / Forest Highway 66, 13 miles East of Foresthill          (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a></p>	<p>2.3-mile trail (4.6 miles round trip) for bikers, hikers, and horseback riders with an elevation change of 3,000'. Considered difficult.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Lake Clementine Access Trail</b>          Lake Clementine Road off Foresthill Road, Foresthill  <a href="http://members.psyber.com/asra/tgclema.pdf">members.psyber.com/asra/tgclema.pdf</a></p>	<p>1.9-mile trail (3.8 miles round trip) for bikers, hikers, and horseback riders with an elevation change around 1000'. Considered easy on down path and moderate on up path.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Lake Clementine Trail</b>          Auburn State Recreation Area          (530) 885-4527  <a href="http://www.mountaintravelguide.com/California/Placer /Hiking/LakeClementineTrail. htm">www.mountaintravelguide.com/California/Placer /Hiking/LakeClementineTrail. htm</a></p>	<p>4-mile biking / hiking trail within the Auburn State Recreation Area and is considered easy in difficulty. Trailhead is at the Confluence Area, 1.75 miles south of Auburn SRA Park Headquarters.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	<p>Summer season (start of Daylight Savings Time) open 6am-9pm.</p>
<p><b>Lakeview Connector Trail</b>          Lake Clementine Road off Foresthill Road, Foresthill  <a href="http://members.psyber.com/asra/tglkvw.pdf">members.psyber.com/asra/tglkvw.pdf</a></p>	<p>3.6 mile trail (7.2 miles round trip) for bikers, hikers, and horseback riders is easy to moderate in difficulty. Connects to the Foresthill Divide Loop Trail.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	

<p><b>McGuire Trail</b>  At McGuire boatramp at French Meadows Reservoir, 43 miles East of Foresthill (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a></p>	<p>3.9-mile trail (7.8 miles round trip) for bikers, hikers, and horseback riders with a change in elevation of 310'. Considered easy in difficulty.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Michigan Bluff to Deadwood Trail</b>  Off Michigan Bluff Road, 1/4 mile east of Michigan Bluff (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a></p>	<p>6-mile trail (12 miles round trip) for bikers, hikers, and horseback riders with a change in elevation of 2000'. Considered difficult.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	<p>Season usually runs May-Nov.</p>
<p><b>Mosquito Ridge Trail</b>  Mosquito Ridge Road, 12.4 miles east of Foresthill (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a></p>	<p>1.25-mile trail (2.5 miles round trip) for bikers, hikers, and horseback riders with a change in elevation of 720'. Considered difficult.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Mumford Trail</b>  Off Foresthill Road, 12 miles east of Foresthill (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a></p>	<p>3.25-mile trail (6.5 miles round trip) for bikers, hikers, and horseback riders with a change in elevation of 2,720'. Considered difficult.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Quarry Road Trail</b>  Highway 49, 2 miles south of Auburn State Recreation Area Headquarters  <a href="http://www.auburnendurancecapital.com/maps/tgquar.pdf">www.auburnendurancecapital.com/maps/tgquar.pdf</a></p>	<p>5.6-mile trail (11.2 miles round trip) for bikers, hikers, and horseback riders with an elevation change of less than 400'. Considered easy in difficulty.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	

<p><b>Robie Point Trail</b>  Overlook Park on Pacific Avenue  Auburn, CA 95603  (North trailhead)  <a href="http://members.psyber.com/asra/tgrob.pdf">members.psyber.com/asra/tgrob.pdf</a></p>	<p>2-ended trail with 2 trailheads for bikers, hikers, and horseback riders. Each path is 3.6 miles (7.2 miles round trip) with an elevation change of around 400'. Considered easy to moderate to difficult.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Sailor Flat Trail</b>  Sailor Flat Road off Foresthill Road, 25 miles east of Foresthill  (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_rug.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_rug.pdf</a></p>	<p>3.3-mile trail (6.6 miles round trip) for bikers, hikers, and horseback riders with an elevation change of 3,040'. Considered difficult.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Squaw Valley Bike Trail</b>  Squaw Valley Road  Olympic Valley, CA 96146  (530) 886-4901  <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.aspx">www.placer.ca.gov/Facility/Parks/parkpolicies.aspx</a></p>	<p>Asphalt-paved trail, separated from roadway, runs through Squaw Valley and connects to bike trail to Lake Tahoe.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Stagecoach Trail</b>  Auburn State Recreation Area  (530) 885-4527  <a href="http://www.mountaintravelguide.com/California/Placer/Hiking/StagecoachTrail.htm">www.mountaintravelguide.com/California/Placer/Hiking/StagecoachTrail.htm</a></p>	<p>2-mile trail within the Auburn State Recreation Area offers bikers, hikers, and horseback riders views of the Confluence Area and American River canyon and is considered moderate in difficulty. Trailhead is at the Confluence Area, 1.75 miles south of Auburn SRA Park Headquarters.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	<p>Summer season (start of Daylight Savings Time) open 6am-9pm.</p>

<b>Stevens Trail</b> Auburn State Recreation Area (530) 885-4527 <a href="http://www.mountaintravelguide.com/California/Placer/Hiking/StevensTrail.htm">www.mountaintravelguide.com/California/Placer/Hiking/StevensTrail.htm</a>	3.2-mile biking / hiking / horseback riding trail within the Auburn State Recreation Area is considered moderate in difficulty. Trailhead is on North Canyon Way in Colfax.	Placer County	All	Free	Summer season (start of Daylight Savings Time) open 6am-9pm.
<b>Tahoe City to Dollar Point</b> <a href="http://www.aroundlaketahoe.com/biking-lake-tahoe.html">www.aroundlaketahoe.com/biking-lake-tahoe.html</a>	2.5-mile paved multi-use trail is mostly flat with easy 1/2 mile climb to Dollar Point.	Placer County	All	Free	Maintained from Memorial Day to Labor Day. Open longer, use at your own risk.
<b>Tahoe City to Squaw Valley</b> <a href="http://www.aroundlaketahoe.com/biking-lake-tahoe.html">www.aroundlaketahoe.com/biking-lake-tahoe.html</a>	4-mile paved multi-use trail is mostly flat and runs along Truckee River, ending at Midway Bridge.	Placer County	All	Free	Maintained from Memorial Day to Labor Day. Open longer, use at your own risk.
<b>Tahoe City to Sugar Pine Point State Park</b> <a href="http://www.aroundlaketahoe.com/biking-lake-tahoe.html">www.aroundlaketahoe.com/biking-lake-tahoe.html</a>	9-mile paved multi-use trail has moderate grades and runs along West Shore Blvd., ending at Midway Bridge. Note: several highway crossings and some highway shoulder riding.	Placer County / El Dorado County	All	Free	Maintained from Memorial Day to Labor Day. Open longer, use at your own risk.
<b>Tahoe Rim Trail</b> Tahoe Rim Trail Association 948 Incline Way Incline Village, NV 89451-9527 (775) 298-0012 <a href="http://www.tahoerimtrail.org">www.tahoerimtrail.org</a>	165-mile trail covers 6 counties, 3 national forests, and 2 states. Open to mountain biking, (in most areas), hiking, and horseback riding.	Placer County / El Dorado County / Washoe County / Carson City Co. / Douglas County / Alpine County	All	Free	Season usually runs May-Nov.

<b>Tahoe Vista</b> www.aroundlaketahoe.com/biking-lake-tahoe.html	1-mile path starts at North Tahoe Regional Park, goes through the woods, and ends at Highway 267.	Placer County	All	Free	Maintained from Memorial Day to Labor Day. Open longer, use at your own risk.
<b>Upper Stagecoach Trail</b> Russell Road off Lincoln Way Auburn, CA 95603 members.psyber.com/asra/tgupstg.pdf	1+ mile trail (2+ miles round trip) with a change in elevation of 500' for bikers and hikers. Considered easy to moderate in difficulty.	Placer County	All	Free	
<b>Western States Trail / Tevis Cup Trail</b> Western States Trail Foundation 1216-C High Street Auburn, CA 95603-5053 (530) 823-7282 www.foothill.net/tevis/	100-mile trail home to the annual Tevis Cup endurance race. Trail starts in Robie Equestrian Park east of Squaw Valley and ends in Auburn. Open to bikers, hikers, and horseback riders.	Placer County	All	Contact for race fees.	Contact for hours of event.
<b>Boating</b>					
<b>Please refer to the Camping section and Parks section for information on boating facilities.</b>					
<b>Bowling</b>					
<b>AMF Rocklin Bowl</b> 2325 Sierra Meadows Drive Rocklin, CA 95677-2129 (916) 624-8216 www.amf.com/rocklinlanes	Bowling alley with 40 lanes, arcade, and snack bar.	Placer County	All	Shoe rental is \$4; games start at \$2.75.	Open Sun-W 9am-11pm; open Th 11a-11pm; open F 11am-1am; open Sat 9am-1am.
<b>Foothills Bowling Center</b> 13489 Bowman Road Auburn, CA 95603-3149 (530) 885-7518 www.foothillsbowlingcenter.com	Bowling alley with snack bar.	Placer County	All	Shoe rental is \$3; games start at \$2.25 for youth and seniors; \$3 for adults.	Open Sun-M 12pm-10:30pm; open Tu-Th 9am-10:30pm; open F-Sat 9am-12am.

<b>Strikes Family Entertainment Center</b> 5681 Lonetree Blvd. Rocklin, CA 95765-3735 (916) 632-8200 www.strikesbowling.com	Bowling alley; also has Coach's Restaurant, arcade, laser tag, and rock wall onsite.	Placer County	All	Shoe rental is \$4; games start at \$2.50; check website for early bird specials.	Open Sun-Th 9am-12am; open F-Sat 9am-2am.
<b>Boxing / Kickboxing</b>					
<b>Andre Sims' Kenpo Karate School</b> 11558 F Avenue Auburn, CA 95603-2716 (530) 906-3686 www.kenposims.com	Located on 2nd floor of Courthouse Athletic Club, center offers boxing training as well as Kenpo Karate, Aikido, and Jui Jitsu classes.	Placer County	Ages 13 and up.	Contact for pricing.	Contact for class schedule.
<b>Fitness 180</b> 120 Church Street Roseville, CA 95678-2258 (916) 784-7667 www.fitness180.com	Center offers kickboxing training as well as Filipino Escrima, Jiu Jitsu, self defense, and other martial arts training.	Placer County	Ages 5 and up.	Contact for pricing.	Open M-Th 5am-10pm, F 5am-9pm, Sat 8am-5pm, Sun 9am-3pm.
<b>Gold's Gym</b> 8665 Auburn Folsom Road Granite Bay, CA 95746-6202 (916) 788-1500 www.goldsgym.com/granitebayca	Fitness center offers kickboxing classes with drop-in, nonmember priviledges.	Placer County	All	Drop-in rate / day guest pass: \$10. Allows full use of classes and facilities for day.	Open M-F 4:30am-10pm; Sat-Sun 6am-9pm. Refer to website for class schedule.
<b>Gold's Gym</b> 2800 Nicolaus Road #600 Lincoln, CA 95648-9661 (916) 253-3600 www.goldsgym.com/lincolnca	Fitness center offers kickboxing classes with drop-in, nonmember priviledges.	Placer County	All	Drop-in rate / day guest pass: \$10. Allows full use of classes and facilities for day.	Open M-Th 5am-11pm; F 5am-10pm; Sat-Sun 7am-8pm. Refer to website for class schedule
<b>Gold's Gym</b> 5110 Foothills Blvd. Roseville, CA 95747-6581 (916) 788-4241 www.goldsgym.com/rosevilleca	Fitness center offers kickboxing classes with drop-in, nonmember priviledges.	Placer County	All	Drop-in rate / day guest pass: \$10. Allows full use of classes and facilities for day.	Open M-Th 4:30am-11pm; F 4:30am-10pm; Sat-Sun 6am-9pm. Refer to website for class schedule.

<p><b>Iron Dragon Martial Arts Institute</b>  121 Church Street  Roseville, CA 95678-2210  (916) 786-7541  www.sacramentoselfdefense.com</p>	<p>Center offers boxing training as well as a wide-range of martial arts including Brazilian Jiu Jitsu, Chinese Kempo, Hard Style Karate, Hung Gar Kung Fu, Northern Praying Mantis Kung Fu, and Tai Chi.</p>	<p>Placer County</p>	<p>Ages 7 and up.</p>	<p>Contact for pricing.</p>	<p>Open M and W 6-9pm, Tu and Th 6:30-8:30pm, and Sat 6-11am. Closed Fridays and Sundays.</p>
<p><b>Kovar's (Granite Bay)</b>  6933 Douglas Blvd.  Granite Bay, CA 95746-6255  (916) 791-7650  www.kovars.com/Schools/Sac/GraniteBay/Home_1.htm</p>	<p>Center offers kickboxing training as well as a wide range of martial arts including Arnis, Brazilian Jiu Jitsu, Kempo Karate, Kobido, SatoriFit, Tae Kwon Do, Tai Chi, and Wing Chun.</p>	<p>Placer County</p>	<p>Contact for minimum age requirements.</p>	<p>Contact for pricing.</p>	<p>Contact for class schedules.</p>
<p><b>Kovar's (North Roseville)</b>  300 N. Sunrise Avenue, Suite 150  Roseville, CA 95661-2808  (916) 789-1133  www.kovars.com/schools/sac/n_roseville/home_1.htm</p>	<p>Center offers kickboxing training as well as a wide range of martial arts including Arnis, Brazilian Jiu Jitsu, Kempo Karate, Kobido, Krav Maga, Tae Kwon Do, Tai Chi, and Wing Chun.</p>	<p>Placer County</p>	<p>Contact for minimum age requirements.</p>	<p>Contact for pricing.</p>	<p>Contact for class schedules.</p>
<p><b>Kovar's (South Roseville)</b>  970 Sunrise Avenue  Roseville, CA 95661-4569  (916) 780-4545  www.kovars.com/schools/sac/S_Roseville/home_1.htm</p>	<p>Center offers kickboxing training as well as a wide range of martial arts including Arnis, Brazilian Jiu Jitsu, Kempo Karate, Kobido, Krav Maga, Tae Kwon Do, Tai Chi, and Wing Chun.</p>	<p>Placer County</p>	<p>Contact for minimum age requirements.</p>	<p>Contact for pricing.</p>	<p>Contact for class schedules.</p>
<p><b>Lisa Vierra Martial Arts Center</b>  931 Washington Blvd. #101  Roseville, CA 95678-1474  (916) 782-9093  www.lisavierra.com</p>	<p>Center offers kickboxing classes as well as Kinder Karate and Tae Kwon Do training for children and adults.</p>	<p>Placer County</p>	<p>Contact for minimum age requirements.</p>	<p>Contact for pricing.</p>	<p>Open M-Sat with varying times based on classes. Closed Sundays. Refer to website for complete schedule.</p>

<b>Lord's Gym</b> 702 Atlantic Street Roseville, CA 95678-1806 (916) 773-5673 www.lordsgym.citymax.com/page/page/4293990.htm	Christian sports outreach center offers boxing and kickboxing as well as cardio classes, hip hop breakdancing, indoor basketball court, game consoles, pool tables, and more.	Placer County	All	Fees for individual (<19 years) is \$5/ mo. plus \$15 start-up; individual (20+ years) is \$15/ mo. plus \$30 start-up; family is \$30/ mo. with \$40 start-up. No start-up costs for 6- and 12- month memberships.	Open M-F 5:30am-12am. Open Sat 8am-4pm. Closed Sundays.
<b>Marinoble's Kickboxing and Martial Arts Center</b> 600 Commerce Drive #D Roseville, CA 95678-6423 (916) 786-0333 www.marinobles.com	Center offers kickboxing training as well as Bok Fu Pi self defense, Jui Jitsu, and Mixed Martial Arts classes.	Placer County	Ages 5 and up.	Refer to website for pricing.	Refer to website for complete schedule.
<b>Marinoble's Martial Arts Center (East)</b> 1895 East Roseville Pkwy. #120 Roseville, CA 95661-7977 (916) 791-4200 www.marinobleseast.com	Center offers kickboxing training as well as Bok Fu Pi self defense, Jui Jitsu, and Mixed Martial Arts classes.	Placer County	Ages 5 and up.	Refer to website for pricing.	Refer to website for complete schedule.
<b>Newcastle Ringside Gym</b> 9385 Old State Highway (rear of building) Newcastle, CA 95658-9998 (916) 663-1022 www.ringsidegym.com	Center offers boxing and kickboxing training.	Placer County	Ages 9 and up.	Contact for pricing.	Open M-Sat. M-Th open gym 5-6pm, classes start at 6pm; F only open gym 5-7pm; Sat classes start at 10:30am. Refer to website for complete schedule.
<b>Niavaroni's Kickboxing and Boxing</b> 1725 Santa Clara Drive #190 Roseville, CA 95661-2940 (916) 782-4757 www.niavaronisboxing.com	Center offers youth and adult boxing classes as well as kickboxing, Mauy Thai kickboxing, and shotokan karate training.	Placer County	Contact for minimum age requirements.	Contact for pricing.	Open M-F 10am-9pm, Sat 9:15am-1pm. Refer to website for complete schedule.

<b>Pacific Fitness Center</b> 11800 Enterprise Drive Auburn, CA 95603-3735 (530) 823-7458 www.pacfit.com	Fitness center offers kickboxing classes with drop-in, nonmember privileges.	Placer County	All	Drop-in rate / day guest pass: \$5. Allows full use of classes and facilities for day.	Open M-Th 4am-9pm; F 4am-8pm; Sat 7am-6pm; Sun 9am-2pm. Refer to website for class schedule.
<b>Prime Time Boxing</b> 10600 Industrial Ave. #150 Roseville, CA 95678-6211 (916) 774-2696 www.primetimeboxing.com	Boxing gym offers youth and adult classes in 4-week sessions as well as personal training services. Bag gloves, hand wraps, and jump rope required.	Placer County	Ages 6 and up. For youth: "Mini Fist" group for 6-12 years; "Teenage Camp" for 13-17 years.	Contact for pricing.	Open M-F. Currently, first class is 5:30am. Last class is 7:30pm. Refer to website for complete schedule.
<b>Robinson's Tae Kwon Do</b> 7456 Foothills Blvd. #2 Roseville, CA 95747-6561 (916) 783-3191 www.robinsonskd.com	Center offers kickboxing classes as well as Tae Kwon Do training for children and adults.	Placer County	Contact for minimum age requirements.	Contact for pricing.	Open M-Sat with varying times based on classes. Closed Sundays. Refer to website for complete schedule.
<b>Roseville Police Athletic League (PAL) Boxing Club</b> 110 Corporation Yard Road Roseville, CA 95678-1465 (916) 772-7725 www.calpal.org/local/local_programs.cfm?palID=100	Center offers boxing training among other recreational and physical activities.	Placer County	Open to boys and girls ages 8-18.	Annual membership fee is \$10 for those who can afford to pay. No additional cost to participate in RPAL activities.	Boxing classes are held Tu and Th 6-8pm and most Saturdays 10am-12pm in RPAL gym.
<b>Super Kids Karate</b> 5098 Foothills Blvd. #3-388 Roseville, CA 95747-6526 (866) KID-KIXX www.superkidskarate.net	Center offers cardio kickboxing as well as Tae Kwon Do training, self-defense instruction, weapons and combative tactics seminars, tournament competition, and more.	Placer County	Contact for minimum age requirements.	Free 2-week trial available online. Contact for pricing.	Contact for hours of operation and class schedule.

<p><b>West Coast Martial Arts (Roseville)</b>  9087 Foothills Blvd. #720  Roseville, CA 95747-7193  (916) 791-9084  www.erniereyes.com/html_documents/school/school_home.asp</p>	<p>Center offers cardio kickboxing classes as well as martial arts and women's self-defense training.</p>	<p>Placer County</p>	<p>Contact for minimum age requirements.</p>	<p>Free introductory course available online. Contact for pricing.</p>	<p>Open M-Th 4-9pm; F 4-8pm; Sat 9-11am. Closed Sundays. Refer to website for class schedule.</p>
<p><b>Camping</b></p>					
<p><b>Ahart Campground</b>  French Meadows Reservoir  On Mosquito Ridge Road, 36 miles east of Foresthill  (530) 367-2224  www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml</p>	<p>12-site campground with creek water only onsite (boil before using). Camp fires allowed at this facility. Fishing, boating, swimming, hiking, and picnicking activities available.</p>	<p>Placer County</p>	<p>All</p>	<p>\$16 / night.</p>	<p>Contact for season operating dates and quiet hours.</p>
<p><b>Auburn Gold Country KOA</b>  3550 KOA Way  Auburn, CA 95602-2592  (530) 885-0990  www.auburngoldcountryrvpark.com</p>	<p>66-site campground with RV and tent camping, as well as cabins. Restrooms, showers, laundry room, and hook-ups onsite. Also offers rec room, fishing pond, playground, pool, spa, and store.</p>	<p>Placer County</p>	<p>All</p>	<p>\$27 / night for tents; \$50 / night for cabins. 10% discount for military. Refer to website for further pricing information. For reservations, call (866) 820-8362.</p>	<p>Quiet hours for campground are 10pm - 8am.</p>
<p><b>Beal's Point Campground</b>  Folsom State Recreation Area, just north of Folsom Dam  (916) 791-1531  www.parks.ca.gov/default.asp?page_id=1352</p>	<p>69-site campground offers lakeside camping, BBQs, snack bar, picnic area, and beach equipment rental. Restrooms with showers nearby. Located on Auburn-Folsom Rd. north of Dam Road.</p>	<p>Placer County</p>	<p>All</p>	<p>\$20 / night. For reservations, call (800) 444-7275. Accepted up to 7 months in advance.</p>	<p>Quiet hours for campground are 10pm-6am.</p>

<p><b>Bear River Campground</b>  2500 Campground Road  Colfax, CA 95713  (530) 886-4901  <a href="http://www.placer.ca.gov/Departments/Facility/Parks/parkpolicies/BearRiverCampPol.aspx">www.placer.ca.gov/Departments/Facility/Parks/parkpolicies/BearRiverCampPol.aspx</a></p>	<p>25-site campground available on a first-come, first-served basis; and group camp area which may be reserved in advance. Offers walking/hiking trails, fishing, gold panning, and picnic tables.</p>	<p>Placer County</p>	<p>All</p>	<p>\$1 / pet / night; \$200 security / cleaning deposit required for the group site. Contact for further pricing information.</p>	<p>Quiet hours for campground are 10pm - 7am.</p>
<p><b>Big Reservoir Campground</b>  Foresthill Road / Forest Hill Divide Road, 13 miles northeast of Foresthill  Foresthill Ranger District  22830 Foresthill Road  Foresthill, CA 95631-9705  (530) 367-2129  <a href="http://activities.wildernet.com/pages/activity.cfm?actid=051754IO*53721cg&amp;CU_ID=1">activities.wildernet.com/pages/activity.cfm?actid=051754IO*53721cg&amp;CU_ID=1</a></p>	<p>18-site campground with tables, fire rings, toilets, and potable water onsite. Also offers fishing, beach, and swimming.</p>	<p>Placer County</p>	<p>All</p>	<p>\$18-\$25 / night. For reservations, call (530) 367-2129. Accepted for group camping only.</p>	<p>Open Memorial Day weekend through Labor Day weekend. (May be open off-season without managed services.)</p>
<p><b>Camp Far West Campground</b>  9300 McCourtney Road  Lincoln, CA 95648  (530) 633-0803</p>	<p>60-site campground with RV and tent camping. Potable water and restrooms onsite. Offers lake access with boat launch, fishing, swimming, and more. No camp fires allowed at this facility.</p>	<p>Placer County</p>	<p>All</p>	<p>\$20 / night.</p>	<p>Quiet hours for campground are 10pm - 7am.</p>
<p><b>Cisco Grove Campground</b>  48415 Hampshire Rock Road  Soda Springs, CA 95728  (530) 426-1600  <a href="http://www.campingfriend.com/CiscoGroveCampgroundandRVPark">www.campingfriend.com/CiscoGroveCampgroundandRVPark</a></p>	<p>250-site campground with RV and tent camping, as well as motel rooms. Restrooms, showers, laundry room, store, clubhouse, and full hook-ups onsite. Also offers hiking, fishing, playground, BBQs, and covered picnic area.</p>	<p>Placer County</p>	<p>All</p>	<p>\$32 / night for standard tent site; \$35 / night for premium tent site; \$75 / night for standard room (2 double beds); \$85 / night for premium room (2 queen beds). \$2 / pet / night. Refer to website for further pricing information.</p>	<p>Quiet hours for campground are 10pm - 7am.</p>

<p><b>Coyote Group Campground</b>          French Meadows Reservoir          Mosquito Ridge Road, 36 miles east of Foresthill          (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml">www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml</a></p>	<p>Group campground has 3 25-person sites and 1 50-person site. Available by reservation only. Piped water onsite and camp fires allowed at this facility.</p>	<p>Placer County</p>	<p>All</p>	<p>25-person site: \$75 / night; 50-person site: \$110 / night. For reservations, call (800) 444-6777.</p>	<p>Contact for season operating dates and quiet hours.</p>
<p><b>Creek Campground</b>          Donner Memorial State Park          12593 Donner Pass Road          Truckee, CA 96161-0316          (530) 582-7892  <a href="http://www.parks.ca.gov/default.asp?page_id=503">www.parks.ca.gov/default.asp?page_id=503</a></p>	<p>1 of 3 campgrounds in Donner Memorial State Park. Campground has 58 sites. Each campsite has a firepit and table. Restrooms with showers nearby. No hookups.</p>	<p>Placer County / Nevada County</p>	<p>All</p>	<p>\$25 / night. For reservations, call (800) 444-7275. Accepted up to 7 months in advance.</p>	<p>Quiet hours for campground are 10pm-7am.</p>
<p><b>Dutch Flat Campground</b>          55 Canyon Creek Road          Dutch Flat, CA 95714          (530) 389-8924</p>	<p>RV campground with 10-tent sites. Potable water and restrooms onsite. No camp fires allowed at this facility.</p>	<p>Placer County</p>	<p>All</p>	<p>\$30 / night.</p>	<p>Open year round. Contact for quiet hours.</p>
<p><b>Forbes Creek Campground</b>          Sugar Pine / Big Reservoir          Sugar Pine Road, 18 miles northeast of Foresthill up the Foresthill Divide  <a href="http://www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml">www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml</a></p>	<p>Group campground has 2 50-person sites with piped water onsite allows RVs up to 45', and is handicapped accessible. Offers boating (with launch), swimming, hiking, and picnicking. Available by reservation only.</p>	<p>Placer County</p>	<p>All</p>	<p>\$120 / night. For reservations, call (877) 444-6777.</p>	<p>Season usually runs May through October.</p>
<p><b>French Meadows Campground</b>          French Meadows Reservoir          Mosquito Ridge Road, 36 miles east of Foresthill          (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml">www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml</a></p>	<p>75-site campground with piped water onsite. Camp fires allowed at this facility. Offers fishing, boating, swimming, hiking, and picnicking.</p>	<p>Placer County</p>	<p>All</p>	<p>\$18 / night. For reservations, call (800) 444-6777.</p>	<p>Contact for season operating dates and quiet hours.</p>

<b>Gates Group Campground</b> French Meadows Reservoir Mosquito Ridge Road, 36 miles east of Foresthill (530) 367-2224 <a href="http://www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml">www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml</a>	Group campground has 2 25-person sites and 1 75-person site. Available by reservation only. Piped water onsite and camp fires allowed at this facility.	Placer County	All	25-person site: \$75 / night; 75-person site: \$110 / night. For reservations, call (800) 444-6777.	Contact for season operating dates and quiet hours.
<b>Giant Gap Campground</b> Sugar Pine / Big Reservoir Sugar Pine Road, 18 miles northeast of Foresthill up the Foresthill Divide <a href="http://www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml">www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml</a>	30-site campground with piped water onsite. Camp fires allowed at this facility. Fishing, boating (with launch), swimming, hiking, and picnicking activities available.	Placer County	All	\$18 / night. For reservations, call (877) 444-6777.	Season usually runs May through October.
<b>Kaspian Campground</b> Hwy 89, 4 miles south of Tahoe City (530) 573-2674 <a href="http://activities.wildernet.com/pages/activity.cfm?actid=CALTBMUNRRS1663cg&amp;CU_ID=1">activities.wildernet.com/pages/activity.cfm?actid=CALTBMUNRRS1663cg&amp;CU_ID=1</a>	9-site campground. Camp fires allowed at this facility. Hiking and biking activities, as well as access to Lake Tahoe for boating, swimming, and fishing.	Placer County	All	\$7 / night. For reservations, call (877) 444-6777.	Open May through Oct. (May be open off-season without managed services.)
<b>Lake Clementine Boat-In Campground</b> Auburn State Recreation Area Lake Clementine Road off Foresthill Road, Foresthill (530) 885-4527 <a href="http://www.parks.ca.gov/default.asp?page_id=1348">www.parks.ca.gov/default.asp?page_id=1348</a>	15-site campground with pit toilets, tables, fire rings, and lake access for boating (with launch) and swimming. No potable water onsite and no dogs allowed at this facility.	Placer County	All	\$24 / night; \$5 / extra vehicle; \$5 for boat launch. For reservations, call (800) 444-7275.	Open 5/15-10/1. Contact for quiet hours.
<b>Lake Forest Camp and Ramp</b> 1.5 miles east of Tahoe City off Highway 28 2500 Lake Forest Road Tahoe City, CA 96145 (530) 581-4017 <a href="http://www.tahoe-city-pud.com/parksrec/fields.shtml#2">www.tahoe-city-pud.com/parksrec/fields.shtml#2</a>	21-site campground for RV and tent camping offers potable water and restrooms as well as access to Lake Tahoe for boating (with launch), swimming, and fishing. No campfires at this facility.	Placer County	All	\$15 / night. No reservations.	Quiet hours for campground are 10pm-8am.

<p><b>Lakeside Campground</b>  Tahoe State Recreation Area  0.25 miles east of Tahoe City on Highway 28  2255 North Lake Blvd  Tahoe City, CA 96145  (530) 583-3074  <a href="http://www.parks.ca.gov/default.asp?page_id=504">www.parks.ca.gov/default.asp?page_id=504</a></p>	<p>57-acre park with 25-site campground, swimming, fishing, and picnic tables.</p>	Placer County	All	<p>\$25 / night. For reservations, call (800) 444-7275.</p>	<p>Summer season (5/24-9/30) open 8am-9pm; winter season closed to all camping (10/1-5/23).</p>
<p><b>Lakeside Camping and RV Park</b>  7941 Emerald Bay Road  Tahoma, CA 90230  (530) 525-6946  (800) 769-2746  <a href="http://www.tahoestbest.com/Camping/campgrounds.htm#West">www.tahoestbest.com/Camping/campgrounds.htm#West</a></p>	<p>28-site campground for RV (up to 60') and tent camping with hookups, potable water, restrooms, showers, and store onsite. Offers boating (with launch), swimming, and fishing activities.</p>	Placer County	All	<p>Contact for pricing. No reservations.</p>	<p>Contact for season operating dates and quiet hours.</p>
<p><b>Lewis Campground</b>  French Meadows Reservoir  Mosquito Ridge Road, 36 miles east of Foresthill  (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml">www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml</a></p>	<p>40-site campground with piped water onsite. Camp fires allowed at this facility. Fishing, boating, swimming, hiking, and picnicking activities available.</p>	Placer County	All	<p>\$18 / night.</p>	<p>Contact for season operating dates and quiet hours.</p>
<p><b>Long Ravine Campground</b>  26909 Rollins Lake Road  Colfax, CA 95713  (530) 346-6166  <a href="http://www.longravinecampground.com">www.longravinecampground.com</a></p>	<p>102-site campground for both RV and tent camping. Restrooms and showers nearby. Hook-ups onsite as well as boating, fishing, swimming, BBQs, picnic areas, and more.</p>	Placer County	All	<p>\$27 / night; \$28 / night for lake sites; \$95 for large group sites; \$3 / pet / night. Refer to website for further pricing information.</p>	<p>Quiet hours for campground are 10pm-8am.</p>
<p><b>Mineral Bar Campground</b>  Auburn State Recreation Area  Iowa Hill Road off Canyon Way  Colfax, CA 95713  (530) 885-4527  <a href="http://www.parks.ca.gov/default.asp?page_id=1348">www.parks.ca.gov/default.asp?page_id=1348</a></p>	<p>17-site campground with dry toilets, tables, firepits, and river access. No potable water onsite, only river water (boil before using).</p>	Placer County / El Dorado County	All	<p>\$15 / night. No reservations.</p>	<p>Open year round. Contact for quiet hours.</p>

<p><b>Morning Star Campground</b>  Foresthill Road / Forest Hill Divide Road, 13 miles northeast of Foresthill  (530) 367-2129  <a href="http://www.activities.wildernet.com/pages/activity.cfm?actid=051754IO*53794cg&amp;CU_ID=1">www.activities.wildernet.com/pages/activity.cfm?actid=051754IO*53794cg&amp;CU_ID=1</a></p>	<p>100-site campground with tables, grills, fire rings, toilets, potable water, phones, and store. Trailers OK, but no hook-ups onsite. Offers boating (with launch), fishing, swimming, and picnicking.</p>	<p>Placer County</p>	<p>All</p>	<p>\$18-\$25 / night; \$2 for boat launch; \$5 for boat rental; \$6 for fishing permit for overnight campers. For reservations, call (530) 367-2129. Accepted for group camping only.</p>	<p>Quiet hours are 10pm-8am. Open May through Oct. (May be open off-season without managed services.)</p>
<p><b>North Fork Campground</b>  Texas Hill Road, 5 miles south of Emigrant Gap  <a href="http://www.activities.wildernet.com/pages/activity.cfm?actid=051755IO*54008cg&amp;CU_ID=1">www.activities.wildernet.com/pages/activity.cfm?actid=051755IO*54008cg&amp;CU_ID=1</a></p>	<p>17-site campground with toilets and potable water onsite. Also offers fishing.</p>	<p>Placer County</p>	<p>All</p>	<p>\$20 / night. No reservations.</p>	<p>Open Memorial Day weekend through Labor Day weekend. (May be open off-season without managed services.)</p>
<p><b>Parker Flat Campground</b>  Sugar Pine / Big Reservoir  Sugar Pine Road, 18 miles northeast of Foresthill  <a href="http://www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml">www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml</a></p>	<p>7-site rustic campground with vallut restrooms but no potable water onsite. Camp fires not allowed at this facility.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	<p>Season usually runs May through October.</p>
<p><b>Poppy Campground</b>  French Meadows Reservoir  Mosquito Ridge Road, 36 miles east of Foresthill  (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml">www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml</a></p>	<p>12-site campground with lake water only onsite (boil before using). Camp fires not allowed at this facility. Access by boat or hiking in only. Fishing, boating, swimming, hiking, and picnicking activities available.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	<p>Contact for season operating dates and quiet hours.</p>

<b>Ridge Campground</b> Donner Memorial State Park Donner Pass Road Truckee, CA 96161-0316 (530) 582-7892 <a href="http://www.parks.ca.gov/default.asp?page_id=503">www.parks.ca.gov/default.asp?page_id=503</a>	1 of 3 campgrounds in Donner Memorial State Park. Campground has 49 sites. Each campsite has a firepit and table. Restrooms with hot showers nearby. No hookups.	Placer County / Nevada County	All	\$25 / night. For reservations, call (800) 444-7275. Accepted up to 7 months in advance.	Quiet hours for campground are 10pm-7am.
<b>Robinsons Flat Campground</b> Off Foresthill Divide Road, 27 miles northeast of Foresthill <a href="http://www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml">www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml</a>	14-site campground (7 family sites, 7 equestrian sites) with well water only onsite. No camp fires allowed at this facility.	Placer County	All	Free	Season usually runs May through October.
<b>Ruck-A-Chucky Campground</b> Auburn State Recreation Area Drivers Flat Road off Foresthill Road, Foresthill (530) 885-4527 <a href="http://www.parks.ca.gov/default.asp?page_id=1348">www.parks.ca.gov/default.asp?page_id=1348</a>	5 primitive campsites (on Placer County side of American River) in Auburn State Recreation Area with toilets and trash cans, but no potable water onsite.	Placer County / El Dorado County	All	\$15 / night. No reservations.	Open year round. Contact for quiet hours.
<b>Sandy Beach Campground</b> 6873 North Lake Blvd. Tahoe Vista, CA 96148 (530) 546-7682	44-site campground for RV and tent camping (24 tent sites) with piped water, restrooms, fire pits, and picnic tables onsite. Offers lake access for swimming.	Placer County	All	\$20-\$25 / night. Call (530) 546-7682 for reservations.	Contact for season operating dates and quiet hours.
<b>Secret House Campground</b> On Foresthill Road / Forest Hill Divide Road, 19 miles east of Foresthill <a href="http://travel.yahoo.com/p-parks-218713-secret_house_campground_tahoe_national_forest_camping-i">travel.yahoo.com/p-parks-218713-secret_house_campground_tahoe_national_forest_camping-i</a>	2 primitive campsites within Tahoe National Forest. No water onsite.	Placer County	All	Free	Open Memorial Day weekend through Labor Day weekend.

<b>Shirrtail Creek Campground</b> Sugar Pine / Big Reservoir Sugar Pine Road, 18 miles northeast of Foresthill <a href="http://www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml">www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml</a>	30-site campground with piped water onsite. Camp fires allowed at this facility. Fishing, boating (with launch), swimming, hiking, and picnicking activities available.	Placer County	All	\$18 / night. For reservations, call (877) 444-6777.	Season usually runs May through October.
<b>Splitrock Campground</b> Donner Memorial State Park Donner Pass Road Truckee, CA 96161-0316 (530) 582-7892 <a href="http://www.parks.ca.gov/default.asp?page_id=503">www.parks.ca.gov/default.asp?page_id=503</a>	1 of 3 campgrounds in Donner Memorial State Park. Campground has 45 sites. Each campsite has a firepit and table. Restrooms with hot showers nearby. No hookups.	Placer County / Nevada County	All	\$25 / night. For reservations, call (800) 444-7275. Accepted up to 7 months in advance.	Quiet hours for campground are 10pm-7am.
<b>Sugar Pine Point Campground</b> Sugar Pine Point State Park 7360 West Lake Blvd. Tahoma, CA 90230 (530) 525-7982 <a href="http://www.parks.ca.gov/?page_id=510">www.parks.ca.gov/?page_id=510</a>	175-site campground with piped water onsite. Restrooms and showers nearby. Hiking/biking trails, beach, pier, swimming, and boating activities available as well as cross-country skiing in winter.	Placer County	All	Contact for pricing.	Open throughout the year. Contact park for quiet hours.
<b>Talbot Campground</b> French Meadows Reservoir Mosquito Ridge Road, 36 miles east of Foresthill (530) 367-2224 <a href="http://www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml">www.fs.fed.us/r5/tahoe/recreation/arrd/summer.shtml</a>	5-site campground with creek water only onsite (boil before using). Camp fires not allowed at this facility. Fishing, boating, swimming, hiking, and picnicking activities available.	Placer County	All	Free	Contact for season operating dates and quiet hours.
<b>William Kent Campground</b> Hwy 89, 2 miles south of Tahoe City (530) 583-3642 <a href="http://www.tahoestbest.com/Camping/campgrounds.htm#West">www.tahoestbest.com/Camping/campgrounds.htm#West</a>	95-site campground for RV (up to 57', trailers up to 30') and tent camping with potable water and restrooms onsite. Offers swimming and fishing activities.	Placer County	All	\$16 / night. No reservations.	Quiet hours are 10pm-6am. Open mid-May through mid-Oct.

Community Centers / Memorial Halls					
<b>Auburn Veterans Memorial Hall</b> 100 East Street Auburn, CA 95603-5119 (530) 823-2719 <a href="http://www.placer.ca.gov/Facility/halls/aub_mem_hall.aspx">www.placer.ca.gov/Facility/halls/aub_mem_hall.aspx</a>	Hall available for private rental accomodating up to 225 people. Kitchen onsite.	Placer County	All	Contact for rental fees and deposits.	Contact for hours.
<b>Canyon View Community Center</b> 471 Maidu Drive Auburn, CA 95603-5764 (530) 885-8461 <a href="http://auburnrec.com/canyonviewcommunitycenter.htm">auburnrec.com/canyonviewcommunitycenter.htm</a>	Several rooms available for private rental. Dining and seating capacity vary by room. Full kitchen onsite.	Placer County	All	Facility set-up (chairs and tables) free of charge. Refer to website for rental fees and deposits.	Contact for hours.
<b>Colfax Veterans Memorial Hall</b> 22 Sunset Circle Colfax, CA 95713 (530) 346-8748 <a href="http://www.placer.ca.gov/Facility/halls/colfac_mem_hall.aspx">www.placer.ca.gov/Facility/halls/colfac_mem_hall.aspx</a>	Host to community events and recreation classes. Hall available for private rental accomodating up to 150 people. Kitchen onsite.	Placer County	All	Refer to website for rental fees and deposits.	Contact for hours.
<b>Dutch Flat Community Center</b> 933 Stockton Street Dutch Flat, CA 95714 (530) 389-8310 <a href="http://www.dutchflatcc.org">www.dutchflatcc.org</a>	Host to community events and recreation classes. Center available for private rental accomodating up to 190 people. Kitchen onsite.	Placer County	All	Refer to website for rental fees and deposits.	Contact for hours.
<b>Fairway Community Center</b> 330 Fairway Drive Tahoe City, CA 96145 (530) 583-3796 x 29 <a href="http://www.tahoecitypud.com/parksrec/centers.shtml">www.tahoecitypud.com/parksrec/centers.shtml</a>	Host to community events and recreation classes. Several rooms, including large banquet/meeting rooms, available for private rental accomodating up to 223 people. Kitchen onsite.	Placer County	All	Contact for rental fees and deposits.	Contact for hours.

<p><b>Finnish Temperance Hall</b>  4090 Rocklin Road  Rocklin, CA 95677  (916) 625-5200  <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/facilities/finnish_temperance_hall.asp">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/facilities/finnish_temperance_hall.asp</a></p>	<p>California Point of Historic Interest is host to community events and recreation classes. Main hall available for private rental accomodating 144 people (seated) or 309 people (assembly). Kitchen onsite.</p>	<p>Placer County</p>	<p>All</p>	<p>Contact for rental fees and deposits.</p>	<p>Contact for hours.</p>
<p><b>Foresthill Veterans Memorial Hall</b>  2460 Harrison Street  Foresthill, CA 95631  (530) 367-3640  <a href="http://www.placer.ca.gov/Facility/halls/foresthill_mem_hall.aspx">www.placer.ca.gov/Facility/halls/foresthill_mem_hall.aspx</a></p>	<p>Host to community events and recreation classes. Hall available for private rental accomodating up to 175 people. Kitchen onsite.</p>	<p>Placer County</p>	<p>All</p>	<p>Refer to website for rental fees and deposits.</p>	<p>Contact for hours.</p>
<p><b>Highlands Community Center</b>  925 Country Club Drive  Tahoe City, CA 96145  (530) 583-3796 x 29  <a href="http://www.tahoecitypud.com/parksrec/centers.shtml">www.tahoecitypud.com/parksrec/centers.shtml</a></p>	<p>Center with rooms available for private rental accomodating up to 85 people.</p>	<p>Placer County</p>	<p>All</p>	<p>Contact for rental fees and deposits.</p>	<p>Contact for hours.</p>
<p><b>Lincoln Veterans Memorial Hall</b>  541 5th Street  Lincoln, CA 95648-1847  (916) 645-9571  <a href="http://www.placer.ca.gov/Facility/halls/lincoln_mem_hall.aspx">www.placer.ca.gov/Facility/halls/lincoln_mem_hall.aspx</a></p>	<p>Host to community events and recreation classes. Hall available for private rental accomodating up to 250 people. Kitchen onsite.</p>	<p>Placer County</p>	<p>All</p>	<p>Refer to website for rental fees and deposits.</p>	<p>Contact for hours.</p>
<p><b>Loomis Veterans Memorial Hall</b>  5945 Horseshoe Bar Road  Loomis, CA 95650-9701  (916) 652-5490  <a href="http://www.placer.ca.gov/Facility/halls/lommis_mem_hall.aspx">www.placer.ca.gov/Facility/halls/lommis_mem_hall.aspx</a></p>	<p>Host to community events and recreation classes. Hall available for private rental accomodating up to 225 people. Kitchen onsite.</p>	<p>Placer County</p>	<p>All</p>	<p>Refer to website for rental fees and deposits.</p>	<p>Contact for hours.</p>

<b>Maidu Community Center</b> 1550 Maidu Drive Roseville, CA 95661-4956 (916) 774-5950 www.rosevilleparks.com	Host to community events and recreation classes. Several rooms, as well as chapel and reception hall, available for private rental. Full kitchen onsite.	Placer County	All	Contact for rental fees and deposits.	Open Sun-Th 7am to 11pm; open F-Sat 7am - 1am.
<b>Meadow Vista Community Center</b> P. O. Box 598 Meadow Vista, CA 95722 (530) 885-8461 www.mvcommunitycenter.com	Community center within Meadow Vista Park is <b>currently under construction.</b>	Placer County	All	N /A	Refer to website for updates on opening date.
<b>Multipurpose Senior Center</b> 11577 E Avenue Auburn, CA 95603 (530) 823-8172 www.seniors.foothill.net	Host to community events and recreation classes. Several rooms available for private rental. Kitchen onsite.	Placer County	Seniors	Contact for rental fees and deposits.	Open M-F 8am-4pm.
<b>Polish American Community Hall</b> 327 Main Street Roseville, CA 95678-2201 (916) 782-7171 http://www.polish-club.org	Host to recreation classes and community events. Ballroom and banquet room available for private rental. Kitchen onsite.	Placer County	All	Contact for rental fees and deposits.	Contact for hours.
<b>Rocklin Community Center</b> 5480 5th Street Rocklin, CA 95677-2547 (916) 625-5200 www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/facilities/community_center.asp	Community center within Johnson-Springview Park is host to community events and recreation classes. Large reception hall and small meeting room available for private rental accomodating 203 people (seated) or 431 people (assembly). Kitchen onsite.	Placer County	All	Contact for rental fees and deposits.	Contact for hours.

<b>Rocklin Sunset Center</b> 2650 Sunset Blvd. Rocklin, CA 95677-4243 (916) 625-5200 <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/facilities/sunset_center.asp">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/facilities/sunset_center.asp</a>	Host to community events and recreation classes. Large main hall accomodating 320 people (seated) or 775 people (assembly) as well as 6 smaller meeting rooms available for private rental. Kitchen onsite.	Placer County	All	Contact for rental fees and deposits.	Contact for hours.
<b>Roseville Veterans Memorial Hall</b> 110 Park Drive Roseville, CA 95678-2749 (916) 783-4905 <a href="http://www.placer.ca.gov/Facility/halls/roseville_mem_hall.aspx">www.placer.ca.gov/Facility/halls/roseville_mem_hall.aspx</a>	Host to community events and recreation classes. Several rooms available for private rental accomodating up to 300 people. Kitchen onsite.	Placer County	All	Refer to website for rental fees and deposits.	Contact for hours.
<b>Sabre City Community Center</b> 100 Vandenberg Circle Roseville, CA 95747 (530) 886-4901 <a href="http://www.placer.ca.gov/Facility/halls/sabre_city_center.aspx">www.placer.ca.gov/Facility/halls/sabre_city_center.aspx</a>	Host to community events and recreation classes. Hall available for private rental accomodating up to 100 people. Kitchen onsite.	Placer County	All	Refer to website for rental fees and deposits.	Contact for hours.
<b>Sierra Vista Community Center</b> 55 School Street Colfax, CA 95713 (530) 346-8726	Contact for facility information.	Placer County	All	Contact for rental fees and deposits.	Contact for hours.
<b>Stewart Hall</b> 6005 Camp Far West Road Sheridan, CA 95681 (530) 886-4901 <a href="http://www.placer.ca.gov/Facility/halls/stewart_hall.aspx">www.placer.ca.gov/Facility/halls/stewart_hall.aspx</a>	Host to community events and recreation classes. Hall available for private rental accomodating up to 300 people. Kitchen onsite.	Placer County	All	Refer to website for rental fees and deposits.	Contact for hours.
<b>Tahoe Community Center / North Tahoe Arts</b> 380 North Lake Blvd. Tahoe City, CA 96145 (530) 581-2787 <a href="http://www.tahoeclipud.com/parksrec/centers.shtml">www.tahoeclipud.com/parksrec/centers.shtml</a>	Home to the North Tahoe Art Center. Many art-related classes and seminars are hosted here, as well as other recreational activities.	Placer County	All	Contact for rental fees and deposits.	Art Center open W-M 10am-5pm. Closed Tuesdays.

**Community Classes**

**Please refer to the Recreation Guides section for information on community classes and facilities.**

**Community Health Service Classes**

**Please refer to the Recreation Guides section for information on community health service classes and facilities.**

**Dance/Ballet/Arts**

<p><b>Cast and Company Dance Alliance</b> 204 Lincoln Street Roseville, CA 95678-2601 (916) 532-7699 www.castandcompany.net</p>	<p>Both competitive and recreational dance. Classes offered include ballet, pointe, tap, jazz, hip hop, technique, and country line dancing.</p>	<p>Placer County</p>	<p>All. ("Little All Stars" competitive jazz group is for girls ages 4-9).</p>	<p>Fees are based on the length of the class and the number of class meetings.</p>	<p>Schedule varies according to classes. Refer to website for specific times.</p>
<p><b>Dance Elite All Stars</b> 2610 Sunset Blvd. Rocklin, CA 95677-4257 (916) 223-4933 (916) 632-9498 www.danceeliteallstars.com</p>	<p>Both competitive and recreational dance. Classes offered include ballet, pointe, tap, jazz, hip hop, lyrical, and pom.</p>	<p>Placer County</p>	<p>All</p>	<p>Fees are based on the length of the class and the number of class meetings.</p>	<p>Schedule varies according to classes. Refer to website for specific times.</p>
<p><b>Dance Gallery 2</b> 6680 Baseline Road Roseville, CA 95747-9731 (916) 771-0775 www.dancegallery2.com</p>	<p>Recreational dance only. Classes offered include ballet, tap, jazz, breakdance, and hip hop.</p>	<p>Placer County</p>	<p>All</p>	<p>Registration costs: 1 dancer: \$48; 2 dancers: \$68; family: \$78. Fees do not include tuition costs.</p>	<p>Dance season runs Sept. - June. Contact for specific class times.</p>
<p><b>Extreme Gymnastics</b> 3210 Swetzer Road Loomis, CA 95650-9577 (916) 652-6559 www.extremegymnastics.com</p>	<p>Ballet, tap, and hip-hop classes offered in addition to traditional gymnastics.</p>	<p>Placer County</p>	<p>Ages walking to teens.</p>	<p>\$30 annual membership fee plus class costs. Refer to website for pricing.</p>	<p>Schedule varies according to classes. Refer to website for specific times.</p>
<p><b>Fontaine Dance</b> hosted by O'Sullivan Dance Academy 1801 Cirby Way #7 Roseville, CA 95661-5534 (916) 773-0663 www.fontainedance.com</p>	<p>Individual and group sessions as well as private lessons provided. Classes offered include ballroom, country line dancing, salsa, and swing.</p>	<p>Placer County</p>	<p>All</p>	<p>Usually \$40 per person; costs can vary according to class.</p>	<p>Classes offered year round. Sessions conducted primarily in evening.</p>

<b>Granite Bay Dance Connection</b> 8649 Auburn Folsom Road Granite Bay, CA 95746-6202 (916) 797-7227	Classes offered include ballet, jazz, tap, ballroom, lyrical, hip hop, swing, as well as cheerleading and musical theatre.	Placer County	All	Fees are based on the length of the class and the number of class meetings.	Schedule varies according to classes. Contact for specific times.
<b>Green Tree Studio</b> 5007 Citrus Colony Road Loomis, CA 95650-8925 (916) 652-0830 <a href="http://www.weredancing.com/gts/GTS.html">www.weredancing.com/gts/GTS.html</a>	Classes offered include ballet, pointe, tap, jazz, lyrical, and hip hop.	Placer County	Ages 3 1/2 and up. (Age 3 OK for pre-ballet class).	Fees are based on the length of the class and the number of class meetings.	Schedule varies according to classes. Refer to website for specific times.
<b>Northern California Dance Conservatory</b> 920 Reserve Drive #110 Roseville, CA 95678-1340 (916) 791-2061 <a href="http://www.ncdc.com">www.ncdc.com</a>	Programs are Children, Performance, and Pre-Professional. Classes include ballet, hip hop, and pilates.	Placer County	Ages 7 and up.	Fees are based on the length of the class and the number of class meetings.	Schedule varies according to classes. Contact for specific times.
<b>On Your Toes</b> Maidu Community Center 1550 Maidu Drive Roseville, CA 95661-4956 (916) 774-5950 <a href="http://www.onyourtoesdancers.com">www.onyourtoesdancers.com</a>	Ballet classes ranging from beginner to advanced; jazz, tap, and other forms also available for instruction.	Placer County	Open to boys and girls ages 2-14.	Fees are based on the length of the class and the number of class meetings.	6-8 week sessions run Sept. - June. Summer classes and camps also available.
<b>On Your Toes</b> Roseville Sports Center 1545 Pleasant Grove Blvd. Roseville, CA 95747-6919 (916) 774-5990 <a href="http://www.onyourtoesdancers.com">www.onyourtoesdancers.com</a>	Ballet classes ranging from beginner to advanced; jazz, tap, and other forms also available for instruction.	Placer County	Open to boys and girls ages 2-14.	Fees are based on the length of the class and the number of class meetings.	6-8 week sessions run Sept. - June. Summer classes and camps also available.

<b>O'Sullivan Dance Academy</b> 1801 Cirby Way #7 Roseville, CA 95661-5534 (916) 780-5270 www.osdance.com	Classes offered include ballet, tap, jazz, Irish, hip hop, and technique. Ballroom dancing classes are also hosted through Fontaine Dance.	Placer County	All	Fees are based on the length of the class and the number of class meetings.	Schedule varies according to classes. Refer to website for specific times.
<b>Rocklin Dance Center</b> 6015 Pacific Street #7 Rocklin, CA 95677-3456 (916) 632-7198 www.rocklindancecenter.com	Classes offered include ballet, tap, jazz, and hip hop.	Placer County	Ages 2 1/2 and up for ballet; ages 4 and up for tap, jazz, and hip hop.	Fees are based on the length of the class and the number of class meetings.	Schedule varies according to classes. Contact for specific times.
<b>Tricks Dance Studio</b> 4070 Cavitt-Stallman Road Granite Bay, CA 95746-9460 (916) 791-4496 tricksgym.com	Classes offered include ballet, tap, jazz, and hip hop.	Placer County	Contact for age requirements.	\$40 membership fee plus class costs. Monthly tuition is \$50 / 45 min; \$54 / 60 min per class. Classes meet once a week.	Schedule varies according to classes. Refer to website for specific times.
<b>Dog Parks</b>					
<b>Bear Dog Park</b> 1575 Pleasant Grove Blvd. Roseville, CA 95747 (916) 774-5242 www.rosevilleparks.com	2-acre dog park located within Mahany Park with separate areas for large dogs and small dogs to exercise off-leash. Each area has an agility play area, walking trail and benches.	Placer County	All	Free	Open daily from dawn to dusk. Closed Tu 6am-10am for maintenance.
<b>Lincoln Dog Park</b> Third St. and Santa Clara Way Lincoln, CA 95648-2841 (916) 645-5298 www.ci.lincoln.ca.us/index.cfm?page=315496	2.5-acre dog park fenced area for off-leash play.	Placer County	All	Free	Open daily from dawn to dusk. Closed W until 12pm for maintenance.
<b>Marco Dog Park</b> 1800 Sierra Gardens Drive Roseville, CA 95661 (916) 774-5242 www.rosevilleparks.com	1.5-acre dog park with open turf areas, fire hydrants, trees, and water fountain.	Placer County	All	Free	Open daily from dawn to dusk. Closed W until 3:30pm for maintenance.

Equestrian / Horseback Riding					
<b>American Discovery Trail</b> P.O. Box 20155 Washington, DC 20041-2155 <a href="http://www.discoverytrail.org">www.discoverytrail.org</a>	6,800-mile cross-country trail; enters California on the Tahoe Rim Trail outside of Squaw Valley and continues to the Coast Trail at the Pacific Ocean. Open to horseback riders, hikers, and bikers.	Several	All	Free	
<b>American Canyon Trail</b> Pilgrim Way, east of Cool Placerville, CA 95667-8993 <a href="http://members.psyber.com/asra/tgamer.pdf">members.psyber.com/asra/tgamer.pdf</a>	2.4-mile trail (4.8 miles round trip) for horseback riders, hikers, and bikers considered moderate in difficulty. Trailhead is just below gated entrance to Auburn Lakes Trail	Placer County	All	Free	
<b>American River Trail</b> Off Foresthill Road, east of Foresthill (Accessed by Beacroft, Mumford Bar, or Sailor Canyon trails) <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a>	7.6-mile trail (15.2 miles round trip) for horseback riders, hikers, and bikers with an elevation change of 720'. Considered easy in difficulty.	Placer County	All	Free	
<b>Beacroft Trail</b> Foresthill Road, 1 mile past Secret House Campground <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a>	2.3-mile trail (4.6 miles round trip) for horseback riders, hikers, and bikers with an elevation change of 3,240'. Considered difficult.	Placer County	All	Free	
<b>Big Trees Interpretive Trail</b> Off Mosquito Ridge Road, 27 miles east of Foresthill <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a>	3/8-mile interpretive trail (3/4 mile round trip) for horseback riders, hikers, and bikers. Considered easy in difficulty.	Placer County	All	Free	

<b>Euchre Bar Trail</b> Casa Loma Road, east of Alta <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a>	2-ended trail with 2 trailheads for horseback riders, hikers, and bikers. Each path is 7.5 miles (15 miles round trip) with an elevation change of 2,180'. Considered difficult.	Placer County	All	Free	
<b>Folsom Lake State Recreation Area Trails</b> Folsom-Auburn Road Folsom, CA 95630-2148 (916) 988-0205 <a href="http://www.parks.ca.gov/default.asp?page_id=500">www.parks.ca.gov/default.asp?page_id=500</a>	100+ miles of trails for horseback riding, hiking, and biking within Folsom Lake State Recreation Area.	Placer County	All	Free	Summer season (start of Daylight Savings Time) open 6am-9pm; winter season (end of DST) open 7am-7pm.
<b>Foresthill Divide Loop Trail</b> Auburn State Recreation Area Foresthill Road, 3.5 miles east of Foresthill Bridge Foresthill, CA 95631-9728 (530) 885-4527 <a href="http://www.mountaintravelguide.com/California/Placer/Hiking/ForesthillDivideLoop.htm">www.mountaintravelguide.com/California/Placer/Hiking/ForesthillDivideLoop.htm</a>	8.2-mile trail loop within Auburn State Recreation Area open to horseback riders, hikers, and bikers views of Lake Clementine and the North and Middle Forks of the American River.	Placer County	All	Free	Summer season (start of Daylight Savings Time) open 6am-9pm.
<b>Forest View Trail</b> Off Mosquito Ridge Road, 27 miles east of Foresthill Foresthill, CA 95631-9330 <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a>	1.5-mile trail (3 miles round trip) for horseback riders, hikers, and bikers. Considered easy in difficulty.	Placer County	All	Free	
<b>Granite Chief Trail</b> Squaw Peak Road, near Squaw Valley Fire Station Alpine Meadows, CA 96146-9995 <a href="http://activities.wildernet.com/pages/activity.cfm?actid=051757IO*53974hw&amp;CU_ID=1">activities.wildernet.com/pages/activity.cfm?actid=051757IO*53974hw&amp;CU_ID=1</a>	3.5-mile trail (7 miles round trip) for horseback riders and hikers with an elevation change of 1,920'. Considered difficult.	Placer County	All	Free	Season usually runs June-Sept.
<b>Green Valley Trail</b> Elliot Ranch Road, 1 mile past Sugar Pine Dam <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a>	2.25-mile trail (4.5 miles round trip) for horseback riders, hikers, and bikers with an elevation change of 2,240'. Considered difficult.	Placer County	All	Free	

<p><b>Italian Bar Trail</b>  Humbug Ridge Rd. / Forest Highway 66, 13 miles east of Foresthill  Foresthill, CA 95631-9330  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a></p>	<p>2.3-mile trail (4.6 miles round trip) for horseback riders, hikers, and bikers with an elevation change of 3,000'. Considered difficult.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Lake Clementine Access Trail</b>  Lake Clementine Road off Foresthill Road  Foresthill, CA 95631-9330  <a href="http://members.psyber.com/asra/tgclema.pdf">members.psyber.com/asra/tgclema.pdf</a></p>	<p>1.9-mile trail (3.8 miles round trip) for horseback riders, hikers, and bikers with an elevation change around 1000'. Considered easy on down path and moderate on up path.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Lakeview Connector Trail</b>  Lake Clementine Road off Foresthill Road  Foresthill, CA 95631-9330  <a href="http://members.psyber.com/asra/tglkvw.pdf">members.psyber.com/asra/tglkvw.pdf</a></p>	<p>3.6 mile trail (7.2 miles round trip) for horseback riders, hikers, and bikers is easy to moderate in difficulty. Connects to the Foresthill Divide Loop Trail.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Loomis Basin Community Park (South Side)</b>  3550 Winters Road  Loomis, CA 95650  (530) 886-4901  <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.a spx">www.placer.ca.gov/Facility/Parks/parkpolicies.a spx</a></p>	<p>Equestrian arena</p>	<p>Placer County</p>	<p>All</p>		
<p><b>McGuire Trail</b>  At McGuire boatramp at French Meadows Reservoir, 43 miles east of Foresthill  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a></p>	<p>3.9-mile trail (7.8 miles round trip) for horseback riders, hikers, and bikers with a change in elevation of 310'. Considered easy in difficulty.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Meadow Vista Trail Staging Area and Equestrian Arenas</b>  2590 Combie Road  Meadow Vista, CA 95722  (530) 886-4901  <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.a spx">www.placer.ca.gov/Facility/Parks/parkpolicies.a spx</a></p>	<p>Equestrian arenas and trail staging area, picnic tables.</p>	<p>Placer County</p>	<p>All</p>		

<b>Michigan Bluff to Deadwood Trail</b> Off Michigan Bluff Road, 1/4 mile east of Michigan Bluff <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a>	6-mile trail (12 miles round trip) for horseback riders, hikers, and bikers with a change in elevation of 2000'. Considered difficult.	Placer County	All	Free	Season usually runs May-Nov.
<b>Mosquito Ridge Trail</b> Mosquito Ridge Road, 12.4 miles east of Foresthill <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a>	1.25-mile trail (2.5 miles round trip) for horseback riders, hikers, and bikers with a change in elevation of 720'. Considered difficult.	Placer County	All	Free	
<b>Mumford Trail</b> Off Foresthill Road, 12 miles east of Foresthill <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a>	3.25-mile trail (6.5 miles round trip) for horseback riders, hikers, and bikers with a change in elevation of 2,720'. Considered difficult.	Placer County	All	Free	
<b>Pacific Crest Trail</b> Pacific Crest Trail Association 5325 Elkhorn Blvd. Sacramento, CA 95842-2526 (800) PC-TRAIL (916) 349-2109 <a href="http://www.pcta.org">www.pcta.org</a>	2,650-mile national scenic trail that runs from Mexico to Canada through California, Oregon, and Washington. Open to horseback riding and hiking; no biking allowed.	Several	All	\$5 donation suggested for permit.	Season usually runs July-Sept.
<b>Pointed Rocks Trail</b> Hwy 49, 1.75 miles south of Auburn State Recreation Area Headquarters <a href="http://members.psyber.com/asra/tgptrk.pdf">members.psyber.com/asra/tgptrk.pdf</a>	1.6-mile trail (3.2 miles round trip) for horseback riders and hikers with an elevation change of over 1000'. Considered moderate to difficult.	Placer County	All	Free	
<b>Quarry Road Trail</b> Highway 49, 2 miles south of Auburn State Recreation Area Headquarters <a href="http://www.auburnendurancecapital.com/maps/tgquar.pdf">www.auburnendurancecapital.com/maps/tgquar.pdf</a>	5.6-mile trail (11.2 miles round trip) for horseback riders, hikers, and bikers with an elevation change of less than 400'. Considered easy in difficulty.	Placer County	All	Free	

<p><b>Robie Point Trail</b>  Overlook Park on Pacific Avenue (North trailhead)  Auburn, CA 95603-5556  members.psyber.com/asra/tgrob.pdf</p>	<p>2-ended trail with 2 trailheads for horseback riders, hikers, and bikers. Each path is 3.6 miles (7.2 miles round trip) with an elevation change of around 400'. Considered easy to moderate to difficult.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Sailor Flat Trail</b>  Sailor Flat Road off Foresthill Road, 25 miles east of Foresthill  www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</p>	<p>3.3-mile trail (6.6 miles round trip) for horseback riders, hikers, and bikers with an elevation change of 3,040'. Considered difficult.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Shanks Cove Trail</b>  Greyhorse Road off Road NF-48, east of French Meadows Reservoir  gorp.away.com/gorp/resource/us_national_forest/ca/tahoe_trails/shanksco.htm</p>	<p>1.75-mile trail (3.5 miles round trip) for horseback riders and hikers with an elevation change of 1,400'. Considered difficult.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Stagecoach Trail</b>  Auburn State Recreation Area  (530) 885-4527  www.mountaintravelguide.com/California/Placer/Hiking/StagecoachTrail.htm</p>	<p>2-mile trail within the Auburn State Recreation Area offers horseback riders, hikers, and bikers views of the Confluence Area and American River canyon and is considered moderate in difficulty. Trailhead is at the Confluence Area, 1.75 miles south of Auburn SRA Park Headquarters.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	<p>Summer season (start of Daylight Savings Time) open 6am-9pm.</p>
<p><b>Sterling Pointe Equestrian Staging Area</b>  9688 Sterling Pointe Court  Loomis, CA 95650  (530) 886-4901  www.placer.ca.gov/Facility/Parks/parkpolicies.aspx</p>	<p>Staging area parking lot for access to multiple-use trails, connecting to Folsom Lake trails.</p>	<p>Placer County</p>	<p>All</p>		

<b>Stevens Trail</b> Auburn State Recreation Area (530) 885-4527 <a href="http://www.mountaintravelguide.com/California/Placer/Hiking/StevensTrail.htm">www.mountaintravelguide.com/California/Placer/Hiking/StevensTrail.htm</a>	3.2-mile horseback riding/ biking / hiking trail within the Auburn State Recreation Area is considered moderate in difficulty. Trailhead is on North Canyon Way in Colfax.	Placer County	All	Free	Summer season (start of Daylight Savings Time) open 6am-9pm.
<b>Tahoe Rim Trail</b> Tahoe Rim Trail Association 948 Incline Way Incline Village, NV 89451-9527 (775) 298-0012 <a href="http://www.tahoerimtrail.org">www.tahoerimtrail.org</a>	165-mile trail covers 6 counties, 3 national forests, and 2 states. Open to horseback riding, hiking, and mountain biking (in most areas.)	Placer County / El Dorado County / Washoe County / Carson City Co. / Douglas County / Alpine County	All	Free	Season usually runs May-Nov.
<b>Western States Trail / Tevis Cup Trail</b> Western States Trail Foundation 1216 High Street #C Auburn, CA 95603-5053 (530) 823-7282 <a href="http://www.foothill.net/tevis/">www.foothill.net/tevis/</a>	100-mile trail home to the annual Tevis Cup endurance race. Trail starts in Robie Equestrian Park east of Squaw Valley and ends in Auburn. Open to horseback riders, hikers, and bikers.	Placer County	All	Contact for race fees.	Contact for hours of event.
Football					
Please refer to the Parks section and Recreation Guides section for information on football activities and facilities.					
Golf					
<b>Black Oak Golf Course</b> 2455 Black Oak Road Auburn, CA 95602-9399 (530) 878-1900	Public golf club with 36 par 9 hole course and 10-station driving range.	Placer County	All	Driving range is \$3 for 35 balls and \$5 for 70 balls. Call for pricing on golf.	Open daily from 6am-8pm.
<b>Dark Horse Golf Club</b> 13450 Combie Road Auburn, CA 95602-8917 (530) 269-7900 <a href="http://www.darkhorsegolf.com">www.darkhorsegolf.com</a>	Public golf club with 72 par 18-hole course and 40- station driving range.	Placer County	All	Driving range is \$5 for 35 balls and \$10 for 105 balls. Refer to website for pricing on golf.	Open daily 7am to sunset.

<b>Diamond Oaks Golf Course</b> 349 Diamond Oaks Road Roseville, CA 95678-1008 (916) 783-4947 <a href="http://www.roseville.ca.us/parks/golf_roseville/diamond_oaks_golf_course">www.roseville.ca.us/parks/golf_roseville/diamond_oaks_golf_course</a>	Public golf club with 72 par 18-hole course and 14-station driving range.	Placer County	All	Driving range is \$3 for 25 balls, \$5 for 50 balls, and \$7 for 75 balls. Refer to website for pricing on golf.	Open daily 7am to sunset. Refer to website for "Twilight" and "Super Twilight" hours.
<b>Indian Creek Golf Club</b> 4487 Barton Road Loomis, CA 95650-9070 (916) 652-5546 <a href="http://www.indiancreekgolfcourse.com">www.indiancreekgolfcourse.com</a>	Public golf course with 32 par 9-hole course and 28-station driving range.	Placer County	All	Driving range is \$3.75 for 28 balls, \$6 for 56 balls, and \$8 for 100 balls. Refer to website for pricing on golf.	Open daily sunrise to sunset. "Twilight" golf starts at 4pm.
<b>Lincoln Hills Golf Club</b> 1005 Sun City Lane Lincoln, CA 95648-8443 (916) 543-9200 <a href="http://www.lincolnhillsclubgolf.com">www.lincolnhillsclubgolf.com</a>	Public golf club with two 72 par 18-hole courses with 35-station driving range.	Placer County	All	Driving range is \$4 for 40 balls. Refer to website for pricing on golf.	Open daily 6am-7pm. "Twilight" golf starts at 3pm.
<b>Old Brockway Golf Course</b> 7900 North Lake Blvd. Kings Beach, CA 96143 (530) 546-9909 <a href="http://www.oldbrockway.com">www.oldbrockway.com</a>	Public golf course with 36 par 9-hole course and 25-station driving range.	Placer County	All	Driving range is \$6 for 45 balls, 5 buckets for \$25. Refer to website for pricing on golf.	Open daily (4/1-11/15). First tee time is 6am. Last tee time is 6:30pm. "Twilight" golf starts at 4pm.
<b>Raspberry Hill Public Golf</b> 14520 Musso Road Auburn, CA 95603-9301 (530) 878-7818 <a href="http://www.raspberryhill.com">www.raspberryhill.com</a>	Public golf course with 29 par 9-hole course and 8-station driving range.	Placer County	All	Driving range is \$2 for 20 balls, \$4 for 55 balls, and \$6 for 80 balls. Refer to website for pricing on golf.	Open daily from 6am-8pm. "Twilight" golf starts at 3pm.
<b>The Ridge Golf Course</b> 2020 Golf Course Road Auburn, CA 95602-9526 (530) 888-7888 <a href="http://www.ridgegc.com">www.ridgegc.com</a>	Public golf club with 71 par 18-hole course and 25-station driving range.	Placer County	All	Driving range is \$4 for 42 balls, \$7 for 84 balls, and \$10 for 126 balls. Refer to website for pricing on golf.	Open daily. First tee time is 6:30am. Last tee time is 7pm.
<b>Rolling Greens Golf Course</b> 5572 Eureka Road Granite Bay, CA 95746-8923 (916) 797-9986 <a href="http://www.rollinggreensgolfcourse.com">www.rollinggreensgolfcourse.com</a>	Public golf club with 27 par 9 hole course. No driving range onsite.	Placer County	All	Weekdays: \$11 for 9 holes, weekends: \$12 for 9 holes. For 18 holes, add \$7.	Open daily from sunrise to sunset.

<b>Tahoe City Golf Course</b> 251 North Lake Blvd. Tahoe City, CA 96145 (530) 583-1516	Public golf course with 33 par 9-hole course. No driving range onsite.	Placer County	All	Call for pricing on golf.	Open daily. First tee time is 7am. Last tee time is 6:30pm. "Twilight" golf starts at 4pm in summer, 3pm in winter.
<b>Timber Creek Golf Course</b> 7050 Del Webb Blvd. Roseville, CA 95747-8040 (Lakes/Oakes course) 7600 Whistle Stop Way Roseville, CA 95747-8040 (Sierra Pines course) (916) 774-3850 www.timbercreekgc.com	Public golf course with 72 par 18-hole course (Lakes/Oaks course), 36 par 9-hole course (Sierra Pines course), and 25-station driving range.	Placer County	All	Driving range is \$3.75 for 40 balls. Refer to website for pricing on golf.	Open daily. First tee time is 6am. Last tee time is 6:30pm. "Twilight" golf starts at 2pm.
<b>Turkey Creek Golf Club</b> 1525 Highway 193 Lincoln, CA 95648-9639 (916) 434-9100 www.turkeycreekgc.com	Public golf club with 72 par 18-hole course and 30-station driving range.	Placer County	All	Driving range is \$4 for 34 balls. Contact for pricing on golf.	Open daily 6am-7:30pm.
<b>Whitney Oaks Golf Club</b> 2305 Clubhouse Drive Rocklin, CA 95765-5615 (916) 632-8333 whitneyoaksgc.memfirstweb.net/Club/Scripts/Home/home.asp	Public golf club with 72 par 18-hole course and 15-station driving range.	Placer County	All	Driving range is \$10 / hr for unlimited balls. Refer to website for pricing on golf.	Open daily 6:30am-7pm.
<b>Woodcreek Golf Club</b> 5880 Woodcreek Oaks Blvd. Roseville, CA 95747-6787 (916) 771-4653 www.roseville.ca.us/parks/golf_roseville/woodcreek_golf_club	Public golf club with 72 par 18-hole course and 30-station driving range.	Placer County	All	Driving range is \$4 for 45 balls and \$8 for 90 balls; on Tuesdays driving range is \$2.50 for 25 balls and \$5 for 90 balls. Refer to website for pricing on golf.	Open daily 7am to sunset. Refer to website for "Twilight" and "Super Twilight" hours.

Gymnastics					
<b>American Powerhouse T &amp; T</b> 1091 Tinker Road Rocklin, CA 95765-1321 (916) 543-0040 <a href="http://www.americanpowerhousetnt.com">www.americanpowerhousetnt.com</a>	12- week sessions; solely trampoline and tumbling activities. Extreme sports class (trampoline aerial stunting) also offered.	Placer County	Ages 1 - 18 years.	Refer to website for pricing.	Schedule varies according to classes. Refer to website for specific times.
<b>Auburn Gymnastics</b> 11580 C Avenue Auburn, CA 95603 (530) 823-2031 <a href="http://www.auburngymnasticscenter.com">www.auburngymnasticscenter.com</a>	Recreational and team gymnastics. Activities such as bars, balance beam, floor exercise, tumbling, trampoline, and vault. Toned down activities for younger groups.	Placer County	Ages infant to teens.	Contact for pricing.	Open M-F 9am-7pm. Contact for class schedule.
<b>Byers Gymnastics</b> 2009 Opportunity Drive Roseville, CA 95678-3005 (916) 781-2939 <a href="http://www.byersgym.com/roseville.html">www.byersgym.com/roseville.html</a>	Recreational and team gymnastics. Activities such as bars, balance beam, floor exercise, tumbling, trampoline, and vault. Toned down activities for younger groups. Cheer and tumbling as well as ballet, tap, and hip-hop classes also offered.	Placer County	Ages walking to teens.	Contact for pricing.	Contact for hours of operation.
<b>Extreme Gymnastics</b> 3210 Swetzer Road Loomis, CA 95650-9577 (916) 652-6559 <a href="http://www.extremegymnastics.com">www.extremegymnastics.com</a>	8-week sessions; recreational and team gymnastics. Activities such as bars, balance beam, floor exercise, tumbling, trampoline, and vault. Toned down activities for younger groups. Cheer and tumbling as well as ballet, tap, and hip-hop classes also offered.	Placer County	Ages walking to teens.	\$30 annual membership fee plus class costs. Refer to website for pricing.	Schedule varies according to classes. Refer to website for specific times.

<b>Flip 2 It Sports Center</b> 9087 Foothills Blvd. #700 Roseville, CA 95747-7193 (916) 772-3547 www.flip2itsportscenter.com	Recreational and team gymnastics. Activities such as bars, balance beam, floor exercise, tumbling, trampoline, and vault. Toned down activities for younger groups. Cheer classes also offered.	Placer County	Ages 3 1/2 years and up. Mini cheer for 6-9 years.	Contact for pricing.	Schedule varies according to classes. Refer to website for specific times.
<b>Miyagi Gymnastics Academy</b> 3116 Olympic Way Auburn, CA 95603-9072 (530) 888-6569 www.miyagigym.com	4-week sessions.; recreational and team gymnastics. Activities such as bars, balance beam, floor exercise, tumbling, trampoline, and vault. Toned down activities for younger groups.	Placer County	Ages 18 months and up.	Refer to website for pricing.	Schedule varies according to classes. Refer to website for specific times.
<b>Tricks Gymnastics</b> 4070 Cavitt-Stallman Road Granite Bay, CA 95746-9460 (916) 791-4496 tricksgym.com	Recreational and team gymnastics. Activities such as bars, balance beam, floor exercise, tumbling, trampoline, and vault. Toned down activities for younger groups.	Placer County	Ages 10 weeks to 5 years in Tumblebunny group; ages 6-17 in School Age group.	\$40 membership fee plus class costs. Monthly tuition is \$42 / 30 min class; \$45 / 40 min; \$50 / 45 min; \$54 / 60 min; \$64 / 90 min; \$83 / 120 min class. Classes meet once a week.	Schedule varies according to classes. Refer to website for specific times.
<b>Gyms / Fitness Centers</b>					
<b>24 Hour Fitness</b> 336 N. Sunrise Avenue Roseville, CA 95661-3025 (916) 772-2400 www.24hourfitness.com	Fitness center offers basketball court, kids' club, pool, sauna, spa, steam room, and more.	Placer County	All	Free 7-day guest pass available; memberships start at \$25.99/mo. Refer to website for pricing.	Open 24 hours daily. Refer to website for class schedule.
<b>Auburn Racquet &amp; Fitness Club</b> 1255 Racquet Club Drive Auburn, CA 95603-3022 (530) 885-1602 www.ar-fc.com	Fitness center offers 12 tennis courts, racquetball court, cardio center, free weights, 6-lane 25-yard lap pool, rec pool, pilates, yoga, water aerobics, and more.	Placer County	All	Drop-in rate / day guest pass: \$15. Refer to website for pricing.	Open M-F 5am-10pm; Sat-Sun 7am-9pm. Refer to website for class schedule.

<b>Butterfly Life</b> 721 Sterling Parkway Lincoln, CA 95648-7303 (916) 543-9700 www.butterflylife.com	Fitness center with focus on 30-minute circuit program of aerobic workout and strength training. Also offers pilates, step aerobics, and yoga classes.	Placer County	Women	No guest pass privileges. Contact for pricing.	Open M-Th 6am-1pm and 3-9pm; F 6am-1pm and 3-7pm; Sat 8am-2pm. Closed Sundays.
<b>California Family Fitness</b> 2165 Sunset Blvd. Rocklin, CA 95765-4743 (916) 435-2141 www.californiafamilyfitness.com	50,000 sq. ft. fitness center offers climbing wall, pool, spa, steam room, 3 separate childrens' areas, fitness area, and much more.	Placer County	All	Free 30-day guest pass available. Refer to website for pricing.	Open M-Th 4:30am-12:00am; F 4:30am-10pm; Sat-Sun 7am-9pm. Refer to website for class schedule.
<b>California Family Fitness</b> 2511 Warren Drive Rocklin, CA 95677-2167 (916) 625-9100 www.californiafamilyfitness.com	78,000 sq. ft. fitness center offers climbing wall, 2 hardwood NCAA regulation basketball courts, 2 indoor astroplay grass soccer field, fitness area, child care, and much more.	Placer County	All	Free 30-day guest pass available. Refer to website for pricing.	Open M-F 5am-11pm; Sat 7am-9pm; Sun 8am-9pm. Refer to website for class schedule.
<b>California Family Fitness</b> 5001 Foothills Blvd. Roseville, CA 95747-6503 (916) 781-2323 www.californiafamilyfitness.com	Fitness center offers climbing wall, basketball court, 3 racquetball courts, pool, kids' club and much more.	Placer County	All	Free 30-day guest pass available. Refer to website for pricing.	Open M-Th 4:30am-12:00am; F 4:30am-10pm; Sat-Sun 7am-9pm. Refer to website for class schedule.
<b>Courthouse Athletic Club</b> 11558 F Avenue Auburn, CA 95603-2716 (530) 885-1964 www.fitnessclubsites.com/cac1/#	25,000 sq. ft. fitness center offers fitness area, outdoor pool, sauna, racquetball and wallyball courts, as well as aerobics, pilates, spinning, step classes, strength training, yoga, child care, and more.	Placer County	All	Free 7-day guest pass coupon available online. Drop-in rate / day guest pass: \$10. Refer to website for pricing.	Open M-F 4:30am-10pm; Sat-Sun 8am-7pm. Refer to website for class schedule.

<b>Curves</b> 10988 Combie Road #104 Auburn, CA 95602-8987 (530) 268-2078 www.curveslakeofthepines.com	Fitness center with focus on 30-minute circuit program of aerobic workout and strength training.	Placer County	Women	Free 7-day guest pass coupon available online. Contact for pricing.	Open M,W, F 7am-1pm and 3-7pm; T,Th 7:30am-1pm and 3-7pm; Sat 8-11am. Closed Sundays.
<b>Curves</b> 1472 Grass Valley Highway Auburn, CA 95603-3451 (530) 887-9300 www.curves.com	Fitness center with focus on 30-minute circuit program of aerobic workout and strength training.	Placer County	Women	Contact for pricing.	Open M-F 7am-7pm; Sat 9-12am. Closed Sundays.
<b>Curves</b> 555 South Auburn Street #G Colfax, CA 95713-8798 (530) 346-8520 www.curveslocal.com/725/	Fitness center with focus on 30-minute circuit program of aerobic workout and strength training.	Placer County	Women	Contact for pricing.	Open M-F 7:30-2pm and 3:30-6:30pm; Sat 9am-12pm. Closed Sundays.
<b>Curves</b> 8753 Auburn Folsom Road Granite Bay, CA 95746-6203 (916) 789-7822 www.curvesgranitebay.com	Fitness center with focus on 30-minute circuit program of aerobic workout and strength training.	Placer County	Women	Free 7-day guest pass coupon available online. Contact for pricing.	Open M,W 5:30am-2pm and 3:30-7:30pm; T,Th 6:30am-1pm and 3:30-7pm; F 5:30am-2pm and 3:30-6:30pm; Sat 8-11am. Closed Sundays.
<b>Curves</b> 168 South G Street #A & B Lincoln, CA 95648-1800 (916) 434-2630 www.ilovecurves.net/C-Lincoln/index.html	Fitness center with focus on 30-minute circuit program of aerobic workout and strength training.	Placer County	Women	Free 7-day guest pass coupon available online. Contact for pricing.	Open M-Th 6am-6:30pm; F 6am-6pm, Sat 7-11am. Closed Sundays.
<b>Curves</b> 3555 Taylor Road #A Loomis, CA 95650-9576 (916) 660-9735 www.curvesloomis.com	Fitness center with focus on 30-minute circuit program of aerobic workout and strength training.	Placer County	Women	Free 7-day guest pass coupon available online. Contact for pricing.	Open M-F 7am-7pm; Sat 8-11am. Closed Sundays.

<b>Curves</b> 16950 Placer Hills Road Meadow Vista, CA 95722 (530) 878-3698 www.curves.com	Fitness center with focus on 30-minute circuit program of aerobic workout and strength training.	Placer County	Women		Open M,W,F 7am-7pm; T,Th 8am-7pm; Sat 8am-12pm. Closed Sundays.
<b>Curves</b> 3231 Stanford Ranch Road #200 Rocklin, CA 95765-5557 (916) 435-0200 www.curves.com	Fitness center with focus on 30-minute circuit program of aerobic workout and strength training.	Placer County	Women	Contact for pricing.	Open M,W 6am-1pm and 3-7:30pm; T,Th 7am-1pm and 3-7:30pm; F 6am-1pm and 3-6:30pm; Sat 8-11am. Closed Sundays.
<b>Curves</b> 1265 Pleasant Grove Blvd. #140 Roseville, CA 95747-5881 (916) 771-9800 www.ilovecurves.net/C-Roseville%20NW/Index.html	Fitness center with focus on 30-minute circuit program of aerobic workout and strength training.	Placer County	Women	Free 7-day guest pass coupon available online. Contact for pricing.	Open M-Th 6am-7:30pm; F 6am-6:30pm, Sat 7-11am. Closed Sundays.
<b>Curves</b> 1801 Cirby Way #6 Roseville, CA 95661-5534 (916) 783-2601 www.curvesrosevillesw.com	Fitness center with focus on 30-minute circuit program of aerobic workout and strength training.	Placer County	Women	Free 7-day guest pass coupon available online. Contact for pricing.	Open M-F 6am-7:30pm.; Sat 7-11am. Closed Sundays.
<b>Curves</b> 699 Washington Square #A-4 Roseville, CA 95678-1567 (916) 783-5001 www.curves.com	Fitness center with focus on 30-minute circuit program of aerobic workout and strength training.	Placer County	Women	Contact for pricing.	Open M-F 6am-7:30pm.; Sat 7:30-11:30am. Closed Sundays.
<b>Curves</b> 3080 North Lake Blvd. #E & F Tahoe City, CA 96145 (530) 581-4895 www.crazy4curves.com	Fitness center with focus on 30-minute circuit program of aerobic workout and strength training.	Placer County	Women	Free 7-day guest pass coupon available online. Contact for pricing.	Open M-Th 6:30am-1pm and 3-6:30pm; F 6:30am-1pm; Sat 8-11am. Closed Sundays.

<b>Fitness 180</b> 120 Church Street Roseville, CA 95678-2258 (916) 784-7667 www.fitness180.com (website currently under construction)	Fitness center offers 5 forms of martial arts including Judo and Jiu-Jitsu as well as nutrition counseling, chiropratic care, massage therapy, and more.	Placer County	All	Contact for pricing.	Open M-F 5am-10pm; Sat-Sun 8am-5pm.
<b>Gold's Gym</b> 8665 Auburn Folsom Road Granite Bay, CA 95746-6202 (916) 788-1500 www.goldsgym.com/granitebayca	Fitness center offers cardio center, weights, child care, classes for belly dancing, cardio step, cycling, pilates, Hatha Yoga, Ivengar Yoga, Vinyasa Yoga, and more.	Placer County	All	Free 1-day guest pass available. Drop-in rate / day guest pass: \$10. Allows full use of classes and facilities for day. Contact for pricing.	Open M-F 4:30am-10pm; Sat-Sun 6am-9pm. Refer to website for class schedule.
<b>Gold's Gym</b> 2800 Nicolaus Road #600 Lincoln, CA 95648-9661 (916) 253-3600 www.goldsgym.com/lincolnca	Fitness center offers cardio center, weights, child care, classes for cardio kickboxing, pilates, spinning, step, TAG (thighs, abs, and glutes), yoga, and more.	Placer County	All	Free 7-day guest pass coupon available online. Drop-in rate / day guest pass: \$10. Allows full use of classes and facilities for day. Contact for pricing.	Open M-Th 5am-11pm; F 5am-10pm; Sat-Sun 7am-8pm. Refer to website for class schedule
<b>Gold's Gym</b> 5110 Foothills Blvd. Roseville, CA 95747-6581 (916) 788-4241 www.goldsgym.com/rosevilleca	Fitness center offers cardio center, weights, child care, classes for core training, cycling, kickboxing, pilates, piyoga, yoga, step and more.	Placer County	All	Free 1-day guest pass available. Drop-in rate / day guest pass: \$10. Allows full use of classes and facilities for day. Contact for pricing.	Open M-Th 4:30am-11pm; F 4:30am-10pm; Sat-Sun 6am-9pm. Refer to website for class schedule.
<b>Pacific Fitness Center</b> 11800 Enterprise Drive Auburn, CA 95603-3735 (530) 823-7458 www.pacfit.com	Fitness center offers cardio center, free weights, weight machines, kickboxing, pilates, spinning, step, yoga, child care, and more.	Placer County	All	Drop-in rate / day guest pass: \$5. Contact for pricing.	Open M-Th 4am-9pm; F 4am-8pm; Sat 7am-6pm; Sun 9am-2pm. Refer to website for class schedule.

<b>Roseville Health and Wellness Center</b> 1650 Lead Hill Blvd. Roseville, CA 95661-3061 (916) 677-1200 www.folsomhwc.com/Roseville/	Fitness center offers exercise equipment, fitness area, warm water full size pool, spa, circuit training, Fit Ball, Qi-Gong, pilates, spinning, yoga, and more.	Placer County	All	No guest pass privileges. Contact for pricing.	Open M-F 5am-10pm; Sat-Sun 7am-6pm. Refer to website for class schedule.
<b>Snap Fitness</b> 9711 Village Center Drive #140 Granite Bay, CA 95746-6493 (916) 782-8300 www.snapfitness.com/granitebay/	Projected opening date is October 29, 2007. Fitness center will offer cardio center, free weights, weight machines, and tanning unit.	Placer County	All	Discounts offered to active military and Chamber of Commerce members. Refer to website for pricing.	Open 24 hours daily. Staffed hours will be M-F 4-8pm; Sat-Sun 10am-2pm.
<b>Snap Fitness</b> 2610 Sunset Blvd. Rocklin, CA 95677-4257 (916) 580-3879 www.snapfitness.com/rocklin/	Fitness center offers cardio center, free weights, weight machines, and tanning unit.	Placer County	All	Enrollment specials available online. Refer to website for pricing.	Open 24 hours daily. Staffed hours are M-Th 3-8pm; F 3-7pm; Sat 10am-2pm. Unstaffed on Sundays.
<b>Total Fitness</b> 11768 Atwood Road #1 Auburn, CA 95603-9063 (530) 888-0835 www.totalfitgym.com	Fitness center offers cardio center, free weights, pilates, resistance training, spinning, yoga, and more.	Placer County	All	Free 5-day guest pass available. Drop-in rate / day guest pass: \$8. Refer to website for pricing.	Open M-F 4am-9pm; Sat-Sun 7am-7pm. Refer to website for class schedule.
<b>Hiking</b>					
<b>American Canyon Trail</b> Pilgrim Way, east of Cool Placerville, CA 95667-8993 members.psyber.com/asra/tgamer.pdf	2.4-mile trail (4.8 miles round trip) for hikers, bikers, and horseback riders considered moderate in difficulty. Trailhead is just below gated entrance to Auburn Lakes Trail development.	Placer County	All	Free	

<p><b>American Discovery Trail</b>  P.O. Box 20155  Washington D.C. 20041-2155  www.discoverytrail.org</p>	<p>6,800-mile cross-country trail; enters California on the Tahoe Rim Trail outside of Squaw Valley and continues to the Coast Trail at the Pacific Ocean. Open to bikers, hikers, and horseback riders.</p>	<p>Several</p>	<p>All</p>	<p>Free</p>	
<p><b>American Eagle Trail</b>  Pioneer Mine Road  Foresthill, CA 95631  www.trailsgalore.com/trails/1000456_American_Eagle_Trail_California.html</p>	<p>0.9-mile trail (1.8 miles round trip) with an elevation change of 190'. Considered moderate in difficulty.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>American River Trail</b>  Off Foresthill Road, east of Foresthill  (Accessed by Beacraft, Mumford Bar, or Sailor Canyon trails)  (530) 367-2224  www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</p>	<p>7.6-mile trail (15.2 miles round trip) for hikers, bikers, and horseback riders with an elevation change of 720'. Considered easy in difficulty.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>American River Trail</b>  Off Foresthill Road, west of Westville  (530) 367-2224  www.trailsgalore.com/trails/1000458_American_River_Trail_California.html</p>	<p>9.1-mile trail (18.2 miles round trip) with an elevation change of 3,290'. Round trip hike is most often a 2 1/2 day hike. Considered difficult.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Applegate Road Trail</b>  Boole Road, off Applegate Road  Applegate, CA 95703-9712  members.psyber.com/asra/tgapple.pdf</p>	<p>2.5-mile trail (5 miles round trip) with an elevation change around 900'. Considered easy on down path and moderate on up path.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Bake Oven Trail</b>  Turkey Hill Road off Michigan Bluff Road, east of Foresthill  www.trailsgalore.com/trails/1000478_Bake_Oven_Trail_California.html</p>	<p>4.5-mile trail (9 miles round trip) with an elevation change of 2,032'. Considered difficult.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	

<p><b>Beacroft Trail</b>  Foresthill Road, 1 mile past Secret House Campground  (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a></p>	<p>2.3-mile trail (4.6 miles round trip) for hikers, bikers, and horseback riders with an elevation change of 3,240'. Considered difficult.</p>	Placer County	All	Free	
<p><b>Big Granite Trail</b>  Off Donner Pass Road / Hampshire Rocks Road, south of Cisco Grove  <a href="http://www.trailsgalore.com/trails/1000525_Big_Granite_Trail_California.html">www.trailsgalore.com/trails/1000525_Big_Granite_Trail_California.html</a></p>	<p>9.2-mile trail (18.4 miles round trip) with an elevation change of 3,896'. Round trip hike is most often a 2 1/2 day hike. Considered difficult.</p>	Placer County	All	Free	
<p><b>Big Spring Trail</b>  Alpine Meadows Road, south of Olympic Valley  <a href="http://www.trailsgalore.com/trails/1000532_Big_Spring_Trail_California.html">www.trailsgalore.com/trails/1000532_Big_Spring_Trail_California.html</a></p>	<p>1.1-mile trail (2.2 miles round trip) with an elevation change of 289'. Considered easy to moderate in difficulty.</p>	Placer County	All	Free	
<p><b>Big Trees Interpretive Trail</b>  Off Mosquito Ridge Road, 27 miles east of Foresthill  (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a></p>	<p>3/8-mile interpretive trail (3/4 mile round trip) for hikers, bikers, and horseback riders. Considered easy in difficulty.</p>	Placer County	All	Free	
<p><b>Big Valley Trail</b>  Road NF-19 off Lake Valley Road, south of Lake Valley Reservoir  <a href="http://www.trailsgalore.com/trails/1000538_Big_Valley_Trail_California.html">www.trailsgalore.com/trails/1000538_Big_Valley_Trail_California.html</a></p>	<p>2-ended trail with 2 trailheads. Each path is 2.8 miles (5.6 miles round trip) with an elevation change of 1,052'. Considered moderate in difficulty.</p>	Placer County	All	Free	
<p><b>Burnett Canyon Trail</b>  Sawtooth Ridge Road, Emigrant Gap  <a href="http://www.trailsgalore.com/trails/1000595_Burnett_Canyon_Trail_California.html">www.trailsgalore.com/trails/1000595_Burnett_Canyon_Trail_California.html</a></p>	<p>2-ended trail with 2 trailheads. Each path is 1.1 miles (2.2 miles round trip) with an elevation change of 753'. Considered easy to moderate in difficulty.</p>	Placer County	All	Free	

<b>Burton Creek State Park Trails</b> Rocky Ridge Road, Tahoe City (530) 525-7232 <a href="http://www.parks.ca.gov/default.asp?page_id=512">www.parks.ca.gov/default.asp?page_id=512</a>	2,000 acre park with 6 miles of trails for walking, hiking and biking.	Placer County	All	Free	
<b>Cascade Creek Falls Trail</b> 8 miles north of South Lake Tahoe on Hwy 89 across from Inspiration Point <a href="http://www.fs.fed.us/r5/lbmu/recreation/trails/hiking/w/cascade-creek-falls.shtml">www.fs.fed.us/r5/lbmu/recreation/trails/hiking/w/cascade-creek-falls.shtml</a>	1-mile trail (2 miles round trip) with an elevation change of 110'. Considered easy in difficulty. See views of 200' falls and Cascade Lake.	Placer County	All	Free	
<b>Cherry Point Trail</b> Off Donner Pass Road / Hampshire Rocks Road, South of Huysink Lake <a href="http://www.trailsgalore.com/trails/1000644_Cherry_Point_Trail_California.html">www.trailsgalore.com/trails/1000644_Cherry_Point_Trail_California.html</a>	5.3-mile trail (10.6 miles round trip) with an elevation change of 1,079. Round trip hike is most often a 1 1/2 day hike. Considered moderate to difficult.	Placer County	All	Free	
<b>China Cove Trail</b> Donner Memorial State Park Donner Pass Road Truckee, CA 96161-2949 (530) 582-7892 <a href="http://www.parks.ca.gov/default.asp?page_id=503">www.parks.ca.gov/default.asp?page_id=503</a>	2.5-mile trail loop within Donner Memorial State Park.	Placer County	All	Free	
<b>Clark's Pool Trail</b> Auburn State Recreation Area (530) 885-4527 <a href="http://www.mountaintravelguide.com/California/Placer/Hiking/ClarksPoolTrail.htm">www.mountaintravelguide.com/California/Placer/Hiking/ClarksPoolTrail.htm</a>	0.6-mile trail within Auburn State Recreation Area. Trailhead is at the Confluence Area, 1.75 miles south of Auburn SRA Park Headquarters.	Placer County	All	Free	Summer season (start of Daylight Savings Time) open 6am-9pm.
<b>Codfish Creek Falls Trail</b> Auburn State Recreation Area Ponderosa Way Auburn, CA 95603-9317 (530) 885-4527 <a href="http://www.mountaintravelguide.com/California/Placer/Hiking/CodfishCreekFallsTrail.htm">www.mountaintravelguide.com/California/Placer/Hiking/CodfishCreekFallsTrail.htm</a>	1.7-mile trail within Auburn State Recreation Area leads to 40-foot high Codfish Creek Falls and is considered easy in difficulty. Trailhead is 6 miles south of Weimar on Ponderosa Way.	Placer County	All	Free	Summer season (start of Daylight Savings Time) open 6am-9pm.

<b>Culvert Trail</b> Foresthill Road, near Foresthill Bridge <a href="http://members.psyber.com/asra/tgcul.pdf">members.psyber.com/asra/tgcul.pdf</a>	2-ended trail with 2 trailheads for hikers and bikers. Each path is 1 mile (2 miles round trip) and considered moderate in difficulty.	Placer County	All	Free	
<b>Euchre Bar Trail</b> Casa Loma Road, east of Alta (530) 367-2224 <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_rug.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_rug.pdf</a>	2-ended trail with 2 trailheads for hikers, bikers, and horseback riders. Each path is 7.5 miles (15 miles round trip) with an elevation change of 2,180'. Considered difficult.	Placer County	All	Free	
<b>Five Lakes Creek Trail</b> Alpine Meadows Road, south of Olympic Valley <a href="http://www.trailsgalore.com/trails/1000819_Five_Lakes_Creek_Trail_California.html">www.trailsgalore.com/trails/1000819_Five_Lakes_Creek_Trail_California.html</a>	2-ended trail with 2 trailheads. Each path is 4.4 miles (8.8 miles round trip) with an elevation change of 1,394'. Ranges from easy to difficult based on path choice.	Placer County	All	Free	
<b>Folsom Lake State Recreation Area Trails</b> Folsom-Auburn Road Folsom, CA 95630-2148 (916) 988-0205 <a href="http://www.parks.ca.gov/default.asp?page_id=500">www.parks.ca.gov/default.asp?page_id=500</a>	100+ miles of trails for hiking, biking, and horseback riding within Folsom Lake State Recreation Area.	Placer County	All	Free	Summer season (start of Daylight Savings Time) open 6am-9pm; winter season (end of DST) open 7am-7pm.
<b>Foresthill Divide Loop Trail</b> Auburn State Recreation Area (530) 885-4527 <a href="http://www.mountaintravelguide.com/California/Placer/Hiking/ForesthillDivideLoop.htm">www.mountaintravelguide.com/California/Placer/Hiking/ForesthillDivideLoop.htm</a>	8.2-mile trail loop within Auburn State Recreation Area offers hikers, bikers, and horseback riders views of Lake Clementine and the North and Middle Forks of the American River. Considered easy to moderate in difficulty.	Placer County	All	Free	Summer season (start of Daylight Savings Time) open 6am-9pm.

<b>Forest View Trail</b> Off Mosquito Ridge Road, 27 miles east of Foresthill (530) 367-2224 <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a>	1.5-mile trail (3 miles round trip) for hikers, bikers, and horseback riders. Considered easy in difficulty.	Placer County	All	Free	
<b>Fuel Break Trail</b> Foresthill Road, near Foresthill Bridge <a href="http://members.psyber.com/asra/tgfuel.pdf">members.psyber.com/asra/tgfuel.pdf</a>	1.5-mile trail (3 miles round trip) for hikers and bikers with an elevation change of 400'. Considered easy to moderate in difficulty.	Placer County	All	Free	
<b>Granite Chief Trail</b> Squaw Peak Road, near Squaw Valley Fire Station <a href="http://activities.wildernet.com/pages/activity.cfm?actid=051757IO*53974hw&amp;CU_ID=1">activities.wildernet.com/pages/activity.cfm?actid=051757IO*53974hw&amp;CU_ID=1</a>	3.5-mile trail (7 miles round trip) for hikers and horseback riders with an elevation change of 1,920'. Considered difficult.	Placer County	All	Free	Season usually runs June-Sept.
<b>Green Valley Trail</b> Elliot Ranch Road, 1 mile past Sugar Pine Dam (530) 367-2224 <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a>	2.25-mile trail (4.5 miles round trip) for hikers, bikers, and horseback riders with an elevation change of 2,240'. Considered difficult.	Placer County	All	Free	
<b>Guided Full Moon Hike</b> Squaw Valley USA 1960 Squaw Valley Road Olympic Valley, CA 96146 (530) 583-6985 <a href="http://www.squaw.com/summer/html/fullmoon.html">www.squaw.com/summer/html/fullmoon.html</a>	Guided 2-3 hour casually paced hike. Considered easy to moderate in difficulty. All ages and abilities welcome. No reservations needed.	Placer County	All	Hike only (from High Camp): 4-12 years: free; 13+ years: \$5. Evening Cable Car ride/ hike package: 4-12 years: \$5; 13+ years: \$14.	Summer season only. Contact for dates of operation.
<b>Guided Sunset Hike</b> Squaw Valley USA 1960 Squaw Valley Road Olympic Valley, CA 96146 (530) 583-6985 <a href="http://www.squaw.com/summer/html/fullmoon.html">www.squaw.com/summer/html/fullmoon.html</a>	Guided 1-2 hour casually paced hike. Considered easy to moderate in difficulty. All ages and abilities welcome. No reservations needed.	Placer County	All	Hike only (from High Camp): 4-12 years: free; 13+ years: \$5. Evening Cable Car ride/ hike package: 4-12 years: \$5; 13+ years: \$14.	Summer season only. Contact for dates of operation.

<p><b>Heath Falls Overlook Trail</b> Soda Springs Road, south of Soda Springs and The Cedars <a href="http://www.trailsgalore.com/trails/1000918_Heath_Falls_Overlook_Trail_California.html">www.trailsgalore.com/trails/1000918_Heath_Falls_Overlook_Trail_California.html</a></p>	<p>2-ended trail with 2 trailheads. Each path is 5.2 miles (10.4 miles round trip) with an elevation change of 1,601'. Considered moderate to difficult.</p>	Placer County	All	Free	
<p><b>High Camp Loop</b> Squaw Valley USA 1960 Squaw Valley Road Olympic Valley, CA 96146 (530) 583-6985 <a href="http://www.squaw.com/summer/html/hiking.html">www.squaw.com/summer/html/hiking.html</a></p>	<p>1-mile trail loop (2 miles round trip) leads to Links Chairlift then loops back to High Camp. Considered easy to moderate in difficulty.</p>	Placer County	All	Cost of Cable Car ride to High Camp. Refer to website for pricing.	Summer season only. Contact for dates of operation.
<p><b>High Camp to Emigrant Chairlift</b> Squaw Valley USA 1960 Squaw Valley Road Olympic Valley, CA 96146 (530) 583-6985 <a href="http://www.squaw.com/summer/html/hiking.html">www.squaw.com/summer/html/hiking.html</a></p>	<p>1.5-mile trail (3 miles round trip) leads to Emigrant Chairlift with an elevation gain of 500', offering 360 views of Lake Tahoe. Considered moderate to difficult.</p>	Placer County	All	Cost of Cable Car ride to High Camp. Refer to website for pricing.	Summer season only. Contact for dates of operation.
<p><b>High Camp to Gold Coast Chairlift</b> Squaw Valley USA 1960 Squaw Valley Road Olympic Valley, CA 96146 (530) 583-6985 <a href="http://www.squaw.com/summer/html/hiking.html">www.squaw.com/summer/html/hiking.html</a></p>	<p>1-mile trail (2 miles round trip) leads past Links Chairlift to Gold Coast Chairlift, offering views of Lake Tahoe. Considered easy to moderate in difficulty.</p>	Placer County	All	Cost of Cable Car ride to High Camp. Refer to website for pricing.	Summer season only. Contact for dates of operation.
<p><b>High Camp to Squaw Peak</b> Squaw Valley USA 1960 Squaw Valley Road Olympic Valley, CA 96146 (530) 583-6985 <a href="http://www.squaw.com/summer/html/hiking.html">www.squaw.com/summer/html/hiking.html</a></p>	<p>2.2-mile trail (4.4 miles round trip) leads past Gold Coast Chairlift to the top of the Palisades with an elevation gain of 600'. Considered moderate to difficult.</p>	Placer County	All	Cost of Cable Car ride to High Camp. Refer to website for pricing.	Summer season only. Contact for dates of operation.

<b>High Camp to Newport Chairlift</b> Squaw Valley USA 1960 Squaw Valley Road Olympic Valley, CA 96146 (530) 583-6985 <a href="http://www.squaw.com/summer/html/hiking.html">www.squaw.com/summer/html/hiking.html</a>	1.5 mile trail (3 miles round trip) leads past Gold Coast Chairlift to Newport Chairlift with an elevation gain of 460'. Considered easy to moderate in difficulty.	Placer County	All	Cost of Cable Car ride to High Camp. Refer to website for pricing.	Summer season only. Contact for dates of operation.
<b>High Camp to Shirley Lake</b> Squaw Valley USA 1960 Squaw Valley Road Olympic Valley, CA 96146 (530) 583-6985 <a href="http://www.squaw.com/summer/html/hiking.html">www.squaw.com/summer/html/hiking.html</a>	4-mile trail (8 miles round trip) is half-day hike to Shirley Lake and down Shirley Canyon, offering views of waterfalls. Considered moderate to difficult. Hiking boots strongly recommended.	Placer County	All	Cost of Cable Car ride to High Camp. Refer to website for pricing.	Summer season only. Contact for dates of operation.
<b>Indian Creek Trail</b> Yankee Jim's Road off Canyon Road Colfax, CA 95713-9296 <a href="http://members.psyber.com/asra/tgindian.pdf">members.psyber.com/asra/tgindian.pdf</a>	2-mile trail (4 miles round trip) considered easy in difficulty, although trail is narrow with steep drop offs.	Placer County	All	Free	
<b>Italian Bar Trail</b> Humbug Ridge Rd. / Forest Highway 66, 13 miles east of Foresthill (530) 367-2224 <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_rug.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_rug.pdf</a>	2.3-mile trail (4.6 miles round trip) for hikers, bikers, and horseback riders with an elevation change of 3,000'. Considered difficult.	Placer County	All	Free	
<b>Lake Clementine Access Trail</b> Lake Clementine Road off Foresthill Road, Foresthill <a href="http://members.psyber.com/asra/tgclema.pdf">members.psyber.com/asra/tgclema.pdf</a>	1.9-mile trail (3.8 miles round trip) for hikers, bikers, and horseback riders with an elevation change of roughly 1000'. Considered easy on down path and moderate on up path.	Placer County	All	Free	

<p><b>Lake Clementine Trail</b>  Auburn State Recreation Area  (530) 885-4527  <a href="http://www.mountaintravelguide.com/California/Placer/Hiking/LakeClementineTrail.htm">www.mountaintravelguide.com/California/Placer/Hiking/LakeClementineTrail.htm</a></p>	<p>1.9-mile hiking / biking trail (3.8 miles round trip) within the Auburn State Recreation Area and is considered easy in difficulty. Trailhead is at the Confluence Area, 1.75 miles south of Auburn SRA Park Headquarters.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	<p>Summer season (start of Daylight Savings Time) open 6am-9pm.</p>
<p><b>Lakeview Connector Trail</b>  Lake Clementine Road off Foresthill Road, Foresthill  <a href="http://members.psyber.com/asra/tglkvw.pdf">members.psyber.com/asra/tglkvw.pdf</a></p>	<p>3.6 mile trail (7.2 miles round trip) for hikers, bikers, and horseback riders is easy to moderate in difficulty. Connects to the Foresthill Divide Loop Trail.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Loch Leven Trail</b>  Off Donner Pass Road / Hampshire Rocks Road, between Cisco and Rainbow  <a href="http://www.trailsgalore.com/trails/1001041_Loch_Leven_Trail_California.html">www.trailsgalore.com/trails/1001041_Loch_Leven_Trail_California.html</a></p>	<p>2.2-mile trail (4.4 miles round trip) with an elevation change of 1,191'. Considered moderate in difficulty.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Long Valley Trail</b>  Off Kidd Lakes Road, south of Troy near Cascade Lakes  <a href="http://www.trailsgalore.com/trails/1001046_Long_Valley_Trail_California.html">www.trailsgalore.com/trails/1001046_Long_Valley_Trail_California.html</a></p>	<p>2.8-mile trail (5.6 miles round trip) with an elevation change of 816'. Considered moderate in difficulty.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>McGuire Trail</b>  At McGuire boatramp at French Meadows Reservoir, 43 miles east of Foresthill  (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_log.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_log.pdf</a></p>	<p>3.9-mile trail (7.8 miles round trip) for hikers, bikers, and horseback riders with an elevation change of 310'. Considered easy in difficulty.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	

<p><b>McKinstry Trail</b>  Road NF-14N05 off Wentworth Springs Road, near Hell Hole Reservoir  <a href="http://www.trailsgalore.com/trails/1001097_McKinstry_Trail_California.html">www.trailsgalore.com/trails/1001097_McKinstry_Trail_California.html</a></p>	<p>8-mile trail (16 miles round trip) with an elevation change of 2,734'. Round trip hike is most often a 2 1/2 day hike. Considered difficult.</p>	Placer County	All	Free	
<p><b>Mears Lake Valley Trail</b>  Sky Mountain Private Road off 6 Mile Valley Road, near Lake Valley Reservoir  <a href="http://www.trailsgalore.com/trails/1001104_Mears_Lake_Valley_Trail_California.html">www.trailsgalore.com/trails/1001104_Mears_Lake_Valley_Trail_California.html</a></p>	<p>2-ended trail with 2 trailheads. Each path is 2.1 miles (4.2 miles round trip) with an elevation change of 863'. Considered easy to moderate in difficulty.</p>	Placer County	All	Free	
<p><b>Michigan Bluff to Deadwood Trail</b>  Off Michigan Bluff Road, 1/4 mile east of Michigan Bluff  (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a></p>	<p>6-mile trail (12 miles round trip) for hikers, bikers, and horseback riders with a change in elevation of 2000'. Considered difficult.</p>	Placer County	All	Free	Season usually runs May-Nov.
<p><b>Mosquito Ridge Trail</b>  Mosquito Ridge Road, 12.4 miles east of Foresthill  (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a></p>	<p>1.25-mile trail (2.5 miles round trip) for hikers, bikers, and horseback riders with a change in elevation of 720'. Considered difficult.</p>	Placer County	All	Free	
<p><b>Mount Judah Loop Trail</b>  Off Pacific Crest Trail, south of Old Highway 40  (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/mtjudahl oop.pdf">www.fs.fed.us/r5/tahoe/documents/rec/mtjudahl oop.pdf</a></p>	<p>4.5-mile hiking-only trail loop with an elevation change of 1,045'. Considered moderate in difficulty.</p>	Placer County	All	Free	
<p><b>Mumford Trail</b>  Off Foresthill Road, 12 miles east of Foresthill  (530) 367-2224  <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_r og.pdf</a></p>	<p>3.25-mile trail (6.5 miles round trip) for hikers, bikers, and horseback riders with a change in elevation of 2,720'. Considered difficult.</p>	Placer County	All	Free	

<p><b>Oaks Nature Trail</b>  Folsom Lake State Recreation Area  Rattlesnake Bar Road  (916) 988-0205  <a href="http://www.parks.ca.gov/pages/23997/files/folsom%20lake%20peninsula.pdf">www.parks.ca.gov/pages/23997/files/folsom%20lake%20peninsula.pdf</a></p>	<p>.75-mile nature trail (1.5 mile round trip hike) within Folsom Lake State Recreation Area at the Peninsula Campground. Trail has interpretive signs along path and is accessible for disabled.</p>	Placer County	All	Free	Summer season (start of Daylight Savings Time) open 6am-9pm; winter season (end of DST) open 7am-7pm.
<p><b>Pacific Crest Trail</b>  Pacific Crest Trail Association  5325 Elkhorn Blvd.  Sacramento, CA 95842-2526  (800) PC-TRAIL  (916) 349-2109  <a href="http://www.pcta.org">www.pcta.org</a></p>	<p>2,650-mile national scenic trail that runs from Mexico to Canada through California, Oregon, and Washington. Open to hiking and horseback riding; no biking allowed.</p>	Several	All	\$5 donation suggested for permit.	Season usually runs July-Sept.
<p><b>Pacific Crest Trail - Section 14</b>  Donner Pass Road, west of Donner Lake  Truckee, CA 96161-2949  <a href="http://www.trailsgalore.com/trails/1010299_Pacific_Crest_Trail_California.html">www.trailsgalore.com/trails/1010299_Pacific_Crest_Trail_California.html</a></p>	<p>2-ended trail with 2 trailheads. Each path is 54.3 miles (108.6 miles round trip) with an elevation change of 2,897'. Round trip hike ranges from 11 to 16 1/2 days based on pace and path choice. Considered difficult.</p>	Placer County / El Dorado County	All	\$5 donation suggested for permit.	
<p><b>Painted Rock Trail</b>  Soda Springs Road, southeast of The Cedars  <a href="http://www.trailsgalore.com/trails/1001232_Painted_Rock_Trail_California.html">www.trailsgalore.com/trails/1001232_Painted_Rock_Trail_California.html</a></p>	<p>3.7-mile trail (7.4 miles round trip) with an elevation change of 1,553'. Considered difficult.</p>	Placer County	All	Free	
<p><b>Pointed Rocks Trail</b>  Hwy 49, 1.75 miles south of Auburn State Recreation Area Headquarters  <a href="http://members.psyber.com/asra/tgptrk.pdf">members.psyber.com/asra/tgptrk.pdf</a></p>	<p>1.6-mile trail (3.2 miles round trip) for hikers and horseback riders with an elevation change of over 1000'. Considered moderate to difficult.</p>	Placer County	All	Free	

<b>Powderhorn Trail</b> Blackwood Canyon Road / Bear Pass Road near Barker Pass, west of Lake Tahoe <a href="http://gorp.away.com/gorp/resource/us_national_forest/ca/tahoe_trails/powderho.htm">gorp.away.com/gorp/resource/us_national_forest/ca/tahoe_trails/powderho.htm</a>	4-mile trail (8 miles round trip) with an elevation change of 1,780' and a creek crossing. Considered moderate in difficulty.	Placer County	All	Free	Season usually runs July-Oct.
<b>Quarry Road Trail</b> Highway 49, 2 miles south of Auburn State Recreation Area Headquarters <a href="http://www.auburnendurancecapital.com/maps/tgquar.pdf">www.auburnendurancecapital.com/maps/tgquar.pdf</a>	5.6-mile trail (11.2 miles round trip) for hikers, bikers, and horseback riders with an elevation change of less than 400'. Considered easy in difficulty.	Placer County	All	Free	
<b>Robie Point Trail</b> Overlook Park on Pacific Avenue, Auburn (North trailhead) <a href="http://members.psyber.com/asra/tgrob.pdf">members.psyber.com/asra/tgrob.pdf</a>	2-ended trail with 2 trailheads for hikers, bikers, and horseback riders. Each path is 3.6 miles (7.2 miles round trip) with an elevation change of roughly 400'. Considered easy to moderate to difficult.	Placer County	All	Free	
<b>Sailor Flat Trail</b> Sailor Flat Road off Foresthill Road, 25 miles east of Foresthill <a href="http://www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_rdg.pdf">www.fs.fed.us/r5/tahoe/documents/rec/fh_trail_rdg.pdf</a>	3.3-mile trail (6.6 miles round trip) for hikers, bikers, and horseback riders with an elevation change of 3,040'. Considered difficult.	Placer County	All	Free	
<b>Salmon Lake Trail</b> Off Donner Pass Road / Hampshire Rocks Road between Cisco and Rainbow <a href="http://www.trailsgalore.com/trails/1001365_Salmon_Lake_Trail_California.html">www.trailsgalore.com/trails/1001365_Salmon_Lake_Trail_California.html</a>	1.8-mile trail (3.6 miles round trip) with an elevation change of 330'. Considered moderate in difficulty.	Placer County	All	Free	
<b>Shanks Cove Trail</b> Greyhorse Road off Road NF-48, east of French Meadows Reservoir <a href="http://gorp.away.com/gorp/resource/us_national_forest/ca/tahoe_trails/shanksco.htm">gorp.away.com/gorp/resource/us_national_forest/ca/tahoe_trails/shanksco.htm</a>	1.75-mile trail (3.5 miles round trip) for hikers and horseback riders with an elevation change of 1,400'. Considered difficult.	Placer County	All	Free	

<b>Stagecoach Trail</b> Auburn State Recreation Area (530) 885-4527 <a href="http://www.mountaintravelguide.com/California/Placer/Hiking/StagecoachTrail.htm">www.mountaintravelguide.com/California/Placer/Hiking/StagecoachTrail.htm</a>	2-mile trail within the Auburn State Recreation Area offers hikers, bikers, and horseback riders views of the Confluence Area and American River canyon and is considered moderate in difficulty. Trailhead is at the Confluence Area, 1.75 miles south of Auburn SRA Park Headquarters.	Placer County	All	Free	Summer season (start of Daylight Savings Time) open 6am-9pm.
<b>Steamboat Trail</b> Road NF-48 off Hell Hole Road, east of French Meadows Reservoir <a href="http://www.trailsgalore.com/trails/1001457_Steamboat_Trail_California.html">www.trailsgalore.com/trails/1001457_Steamboat_Trail_California.html</a>	5.8-mile trail (11.6 miles round trip) with an elevation change of 2,686'. Considered difficult.	Placer County	All	Free	
<b>Stevens Trail</b> Auburn State Recreation Area (530) 885-4527 <a href="http://www.mountaintravelguide.com/California/Placer/Hiking/StevensTrail.htm">www.mountaintravelguide.com/California/Placer/Hiking/StevensTrail.htm</a>	3.2-mile hiking / biking / horseback riding trail within the Auburn State Recreation Area is considered moderate in difficulty. Trailhead is on North Canyon Way in Colfax.	Placer County	All	Free	Summer season (start of Daylight Savings Time) open 6am-9pm.
<b>Sugar Pine Point Trail</b> Off Donner Pass Road / Hampshire Rocks Road between Cisco and Rainbow <a href="http://www.trailsgalore.com/trails/1001466_Sugar_Pine_Point_Trail_California.html">www.trailsgalore.com/trails/1001466_Sugar_Pine_Point_Trail_California.html</a>	2.2-mile trail (4.4 miles round trip) with an elevation change of 392'. Considered moderate in difficulty.	Placer County	All	Free	
<b>Tahoe Rim Trail</b> Tahoe Rim Trail Association 948 Incline Way Incline Village, NV 89451-9527 (775) 298-0012 <a href="http://www.tahoerimtrail.org">www.tahoerimtrail.org</a>	165-mile trail covers 6 counties, 3 national forests, and 2 states. Open to hiking, horseback riding, and mountain biking (in most areas.)	Placer County / El Dorado County / Washoe County / Carson City Co. / Douglas County / Alpine County	All	Free	Season usually runs May-Nov.

<p><b>Tevis Cup Loop Trail</b>  Off Soda Springs Road, south of Soda Springs and The Cedars  <a href="http://www.trailsgalore.com/trails/1001505_Tevis_Cup_Trail_California.html">www.trailsgalore.com/trails/1001505_Tevis_Cup_Trail_California.html</a></p>	<p>2-ended trail with 2 trailheads. Each path is 11.1 miles (22.2 miles round trip) with an elevation change of 1,773'. Round trip hike ranges from 2 1/2 to 3 1/2 days based on pace and path choice. Considered difficult.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Tinker's Cut Off Trail</b>  Hwy 49, 1.75 miles south of Auburn State Recreation Area Headquarters  <a href="http://members.psyber.com/asra/tgtink.pdf">members.psyber.com/asra/tgtink.pdf</a></p>	<p>0.3-mile hiking-only trail (0.6 miles round trip) with an elevation change of more than 300'. Considered moderate to difficult.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Upper Stagecoach Trail</b>  Russell Road off Lincoln Way, Auburn  <a href="http://members.psyber.com/asra/tgupstg.pdf">members.psyber.com/asra/tgupstg.pdf</a></p>	<p>1+ mile trail (2+ miles round trip) with a change in elevation of 500' for hikers and bikers. Considered easy to moderate in difficulty.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	
<p><b>Vikingsholm Trail</b>  9 miles north of South Lake Tahoe on Highway 89  <a href="http://www.fs.fed.us/r5/lbmu/recreation/trails/hiking/w/vikingsholm-trail.shtml">www.fs.fed.us/r5/lbmu/recreation/trails/hiking/w/vikingsholm-trail.shtml</a></p>	<p>1-mile trail (2 miles round trip) with an elevation change of 400'. Considered easy in difficulty. See authentic replica of Viking castle onsite.</p>	<p>Placer County</p>	<p>All</p>	<p>Free to hike trail. Nominal charge for castle tour.</p>	<p>Tours of castle available mid-June through Labor Day.</p>
<p><b>Western States Trail / Tevis Cup Trail</b>  Western States Trail Foundation  1216-C High Street  Auburn, CA 95603-5053  (530) 823-7282  <a href="http://www.foothill.net/tevis/">www.foothill.net/tevis/</a></p>	<p>100-mile trail home to the annual Tevis Cup endurance race. Trail starts in Robie Equestrian Park east of Squaw Valley and ends in Auburn. Open to hikers, bikers, and horseback riders.</p>	<p>Placer County</p>	<p>All</p>	<p>Contact for race fees.</p>	<p>Contact for hours of event.</p>

<b>Windy Point Trail</b> Iowa Hill Road, east of Colfax Colfax, CA 95713-9302 <a href="http://members.psyber.com/asra/tgwind.pdf">members.psyber.com/asra/tgwind.pdf</a>	1.5-mile hiking-only trail (3 miles round trip) with an elevation change of roughly 600'. Considered moderate to difficult.	Placer County	All	Free	
<b>Ice Skating</b>					
<b>Olympic Ice Pavilion</b> 1960 Squaw Valley Road Olympic Valley, CA 96146 (530) 583-6985 <a href="http://www.squaw.com">www.squaw.com</a>	Olympic-sized (100'x200') rink offers public use for all ages; skating lessons for youth and adults; ice hockey clinics for youth; pick-up hockey for adults.	Placer County	All	\$10 for all ages (skating only); includes skate rental.	Open 11am - 9pm (between 6/22-9/2); Open 11am - 4pm (between 9/3-9/16); Closed 9/17 -11/16.
<b>Skatetown Ice Arena Ice Skating Rink</b> 1009 Orlando Avenue Roseville, CA 95661-5230 (916) 783-8550 <a href="http://www.skatetown-roseville.com">www.skatetown-roseville.com</a>	NHL-sized rink offers public use for all ages; skating lessons for youth and adults; ice hockey clinics for youth and adults; ice hockey for youth and adults; pick-up hockey for adults.	Placer County	All	\$2.50 skate rental plus \$7.50 for general admission, \$7 for youth (6-12 years), \$7 for seniors (55+ years), and \$7 for kids (<5 years - includes skate rental).	Public skate M-F 9-5pm, open Sat 10-12pm and 1-5pm, and Sun 1-5pm. Family Night Wednesdays, live DJ and light show Fridays, Young Adult Session Saturdays.
<b>Skating Rink at Northstar</b> 100 Northstar Drive Truckee, CA 96161-4203 (530) 562-3689 <a href="http://www.northstaratahoe.com/info/ski/family-adventures/village-skating.asp">www.northstaratahoe.com/info/ski/family-adventures/village-skating.asp</a>	9,000 sq. ft. rink for ice skating during winter season. Child, adult, and private lessons available.	Placer County	All. 18 years and under need parent signature on Skating Release of Liability form. Refer to website for form.	Free skating for people with their own ice skates. \$5 for ice skate rental (plus credit card deposit).	Operates during winter season (usually mid-Nov. to mid-Apr.) Contact for hours of operation.

Laser Tag					
<b>Golfland SunSplash</b> 1893 Taylor Road Roseville, CA 95661-3008 (916) 784-1273 <a href="http://roseville.golfland.com">roseville.golfland.com</a>	Laser tag; also has arcade, mini-golf, and water park onsite.	Placer County	All	\$5 / game M-Th; \$6.50 / game F-Su. Check online for Internet specials.	Open M-F 10am-12am; open Sat 8am-12am; open Sun 10am-9pm.
<b>Strikes Family Entertainment Center</b> 5681 Lonetree Blvd. Rocklin, CA 95765-3735 (916) 632-8200 <a href="http://www.strikesbowling.com">www.strikesbowling.com</a>	Laser tag; also has Coach's Restaurant, arcade, bowling, and rock wall onsite.	Placer County	All	\$5 /game.	Open Sun-Th 9am-12am; open F-Sat 9am-2am.
Little League					
<b>Lakeside Little League</b> Mailing address: P.O. Box 2454 Granite Bay, CA 95746-2454 (916) 773-5648 <a href="http://www.lakesidell.org">www.lakesidell.org</a>	Little League affiliated recreational baseball league. Serves Granite Bay (except for Ashley Woods) and nearby surrounding areas including Loomis.	Placer County	Boys and girls ages 5-16 years.	Contact for pricing information.	Season usually runs spring to summer. Contact for specific dates.
<b>Maidu Little League</b> Mailing address: P.O. Box 9260 Roseville, CA 95661 (916) 786-2036 <a href="http://www.maidull.org">www.maidull.org</a>	Little League affiliated recreational baseball league. Serves Roseville residents in the 95661 zip code.	Placer County	Boys and girls ages 5-16 years.	Contact for pricing information.	Season usually runs spring to summer. Contact for specific dates.
<b>Roseville East Little League</b> Mailing address: 970 Sunrise Avenue #125-107 Roseville, CA 95661-4569 <a href="http://www.rosevilleeastll.com">www.rosevilleeastll.com</a>	Little League affiliated recreational baseball league. Serves East portion of Roseville.	Placer County	Boys and girls ages 5-15 years.	Contact for pricing information.	Season usually runs mid-Mar. to early Jun. "Fall Ball" season as well (early Sept. to mid. Nov). Contact for specific dates.
<b>Roseville West Little League</b> Mailing address: P.O. Box 224 Roseville, CA 95661-0211 (916) 786-2255 x 1 <a href="http://eteamz.active.com/rwll/">eteamz.active.com/rwll/</a>	Little League affiliated recreational baseball league. Serves West portion of Roseville.	Placer County	Boys and girls ages 5-18 years.	Contact for pricing information.	Season usually runs spring to summer. "Fall Ball" season as well. Contact for specific dates.

<b>Woodcreek Little League</b> 5098 Foothills Blvd. #3-352 Roseville, CA 95747-6526 (916) 786-2255 x 2 www.woodcreekll.org	Little League affiliated recreational baseball league. Serves Roseville residents in the 95747 zip code south of Blue Oaks Blvd.	Placer County	Contact for minimum age requirements.	Contact for pricing information.	Season usually runs spring to summer. "Fall Ball" season as well. Contact for specific dates.
Mall Walking					
<b>Galleria at Roseville</b> 1151 Galleria Blvd. Roseville, CA 95678-1937 (916) 789-7467	Mall opens its doors 2 hours before stores open to provide safe walking area. A lap of the upper and lower levels equals 1 mile.	Placer County	All	Free	Mall doors open M-Sat at 8am and Sun at 9am.
Martial Arts / Self Defense					
<b>Andre Sims' Kenpo Karate School</b> 11558 F Avenue Auburn, CA 95603-2716 (530) 906-3686 www.kenposims.com	Located on 2nd floor of Courthouse Athletic Club, center offers Kenpo Karate classes as well as Aikido, Jui Jitsu, and boxing training.	Placer County	Ages 13 and up.	Contact for pricing.	T-Th class at 7pm; Sat class at 11am.
<b>Fitness 180</b> 120 Church Street Roseville, CA 95678-2258 (916) 784-7667 www.fitness180.com	Center offers Filipino Escrima and Jiu Jitsu as well as self defense, kickboxing, and other martial arts training.	Placer County	Contact for minimum age requirements.	Contact for pricing.	Open M-Th 5am-10pm, F 5am-9pm, Sat 8am-5pm, Sun 9am-3pm.
<b>Granite Bay Kenpo Karate Studio</b> 8715 Auburn-Folsom Road Granite Bay, CA 95746-6203 (916) 791-4948 www.granitebaykarate.com	Center offers Kenpo Karate training for youth and adults. Women's self-defense classes available for scheduling.	Placer County	Ages 18 months and up. For youth: "Tiny Tigers" group for 18-36 months; "Little Tigers" group for 3-6 years.	Contact for pricing.	M and W classes start at 7pm; Tu and Th classes start at 3:50pm, Sat class starts at 11am. Closed Fridays and Sundays. Refer to website for complete schedule.

<p><b>Iron Dragon Martial Arts Institute</b>  121 Church Street  Roseville, CA 95678-2210  (916) 786-7541  www.sacramentoselfdefense.com</p>	<p>Center offers a wide range of martial arts including Brazilian Jiu Jitsu, Chinese Kempo, Hard Style Karate, Hung Gar Kung Fu, Northern Praying Mantis Kung Fu, and Tai Chi as well as boxing and self defense training.</p>	<p>Placer County</p>	<p>Ages 7 and up.  For youth:  "Junior Tigers" group for 7-12 years; "Iron Tigers" for 13-17 years, as well as adults.</p>	<p>Contact for pricing.</p>	<p>Open M and W 6-9pm, Tu and Th 6:30-8:30pm, and Sat 6-11am. Closed Fridays and Sundays.</p>
<p><b>Jaime's ATA Black Belt Academy</b>  721 Sterling Parkway #200  Lincoln, CA 95648-7304  (916) 543-7994  www.jaimeata.com</p>	<p>Center offers Songham Tae Kwon Do training as well as extreme martial arts (XMA), protech weapons, and self-defense classes.</p>	<p>Placer County</p>	<p>Ages 3 and up.  For youth:  "Tiny Tigers" group for 3-6 years; "Karate for Kids" group for 7-12 years.</p>	<p>Free 30-day introductory trial period available online. Contact for class pricing.</p>	<p>Contact for hours of operation and class schedule.</p>
<p><b>Jaime's ATA Black Belt Academy</b>  6835 Lone Tree Blvd. #101  Rocklin, CA 95765-5879  (916) 771-5500  www.jaimeata.com</p>	<p>Center offers Songham Tae Kwon Do training as well as extreme martial arts (XMA), protech weapons, and self-defense classes.</p>	<p>Placer County</p>	<p>Ages 3 and up.  For youth:  "Tiny Tigers" group for 3-6 years; "Karate for Kids" group for 7-12 years.</p>	<p>Free 30-day introductory trial period available online. Contact for class pricing.</p>	<p>Contact for hours of operation and class schedule.</p>
<p><b>Jaime's ATA Black Belt Academy</b>  4021 Woodcreek Oaks Blvd. #132  Roseville, CA 95747-6817  (916) 771-3424  www.jaimeata.com</p>	<p>Center offers Songham Tae Kwon Do training as well as extreme martial arts (XMA), protech weapons, and self-defense classes.</p>	<p>Placer County</p>	<p>Ages 3 and up.  For youth:  "Tiny Tigers" group for 3-6 years; "Karate for Kids" group for 7-12 years.</p>	<p>Free 30-day introductory trial period available online. Contact for class pricing.</p>	<p>Contact for hours of operation and class schedule.</p>

<p><b>Joslin's East West Karate</b>  4065 Grass Valley Highway #201  Auburn, CA 95602-9157  (530) 888-7227  www.greatkarate.com</p>	<p>Center offers Karate classes (kata and sparring) for youth and adults.</p>	<p>Placer County</p>	<p>Ages 4 and up.  For youth:  "Tiny Tigers" group for 4-5 years; "Little Dragons" for 6-7 years; "Junior" group for 8-12 years; "Teen" group for 13-19 years.</p>	<p>Contact for pricing.</p>	<p>Open M-Sat with varying times based on classes. Closed Sundays. Refer to website for complete schedule.</p>
<p><b>Joslin's East West Karate</b>  8303 Sierra College Blvd. #140  Roseville, CA 95661-9485  (916) 773-0909  www.greatkarate.com</p>	<p>Center offers Karate classes (kata and sparring) for youth and adults.</p>	<p>Placer County</p>	<p>Ages 4 and up.  For youth:  "Tiny Tigers" group for 4-5 years; "Little Dragons" for 6-7 years; "Junior" group for 8-12 years; "Teen" group for 13-19 years.</p>	<p>Contact for pricing.</p>	<p>Open M-Sat with varying times based on classes. Closed Sundays. Refer to website for complete schedule.</p>
<p><b>Kovar's (Granite Bay)</b>  6933 Douglas Blvd.  Granite Bay, CA 95746-6255  (916) 791-7650  www.kovars.com/Schools/Sac/GraniteBay/Home_1.htm</p>	<p>Center offers a wide range of martial arts including Arnis, Brazilian Jiu Jitsu, Kempo Karate, Kobido, Tae Kwon Do, Tai Chi, and Wing Chun as well as kickboxing and SatoriFit. No Krav Maga or Mini Samurai group at this location.</p>	<p>Placer County</p>	<p>Ages 5 and up.  For youth:  "Little Samurai" group 5-6 years; "Junior" group for 7-12 years.</p>	<p>Contact for pricing.</p>	<p>Contact for hours of operation and class schedule.</p>

<p><b>Kovar's (North Roseville)</b>  300 N. Sunrise Avenue  Roseville, CA 95661-2806  (916) 789-1133  www.kovars.com/schools/sac/n_roseville/home_1.htm</p>	<p>Center offers a wide range of martial arts including Arnis, Brazilian Jiu Jitsu, Kempo Karate, Kobido, Tae Kwon Do, Tai Chi, and Wing Chun as well as kickboxing and Krav Maga. No SatoriFit at this location.</p>	<p>Placer County</p>	<p>Ages 3 and up.  For youth: "Mini Samurai" group for 3-4 years; "Little Samurai" group 5-6 years; "Junior" group for 7-12 years.</p>	<p>Contact for pricing.</p>	<p>Contact for hours of operation and class schedule.</p>
<p><b>Kovar's (South Roseville)</b>  970 Sunrise Avenue  Roseville, CA 95661-4569  (916) 780-4545  www.kovars.com/schools/sac/S_Roseville/home_1.htm</p>	<p>Center offers a wide range of martial arts including Arnis, Brazilian Jiu Jitsu, Kempo Karate, Kobido, Tae Kwon Do, Tai Chi, and Wing Chun as well as kickboxing and Krav Maga. No Mini Samurai or SatoriFit at this location.</p>	<p>Placer County</p>	<p>Ages 5 and up.  For youth: "Little Samurai" group 5-6 years; "Junior" group for 7-12 years.</p>	<p>Contact for pricing.</p>	<p>Contact for hours of operation and class schedule.</p>
<p><b>Lee's Institute of Tae Kwon Do</b>  414 Vernon Street #190  Roseville, CA 95678-2641  (916) 782-3027  www.rosevillemartialarts.com</p>	<p>Center offers Tae Kwon Do training and self-defense instruction.</p>	<p>Placer County</p>	<p>Ages 5 and up.</p>	<p>Contact for pricing.</p>	<p>Open M-F 4-8pm. Classes: 5-6pm (youth ages 5-12); 6-7pm (juniors and adults 13+); 7-8pm (advanced students; Sat open 9-11am. Classes: 10-11am (all ages. Closed Sundays.</p>

<b>Lisa Vierra Martial Arts Center</b> 931 Washington Blvd. #101 Roseville, CA 95678-1474 (916) 782-9093 www.lisavierra.com	Center offers Tae Kwon Do training for children and adults, Kinder Karate, and kickboxing classes.	Placer County	Ages 3 and up. Kinder Karate class for children 3-5 years.	Contact for pricing.	Open M-Sat with varying times based on classes. Closed Sundays. Refer to website for complete schedule.
<b>McCurry's Kung Fu Karate</b> 2217 Sunset Blvd. #701 Rocklin, CA 95765-4782 (916) 435-0388 www.mccurryskarate.com	Center offers Bok Fu Pi Karate classes for youth and adults.	Placer County	Ages 5 and up.	Free 30-minute introductory class and 1-week unlimited class trial period for \$19.95. Contact for class pricing.	Open M-Sat with varying times based on classes. Closed Sundays. Refer to website for complete schedule.
<b>Marinoble's Kickboxing and Martial Arts Center</b> 600 Commerce Drive #D Roseville, CA 95678-6423 (916) 786-0333 www.marinobles.com	Center offers Bok Fu Pi self defense training, Jui Jitsu, Mixed Martial Arts, and kickboxing classes.	Placer County	Ages 5 and up.	Refer to website for pricing.	Refer to website for complete schedule.
<b>Marinoble's Martial Arts Center (East)</b> 1895 East Roseville Parkway #120 Roseville, CA 95661-7977 (916) 791-4200 www.marinobleseast.com	Center offers kickboxing training as well as Bok Fu Pi self defense, Jui Jitsu, and Mixed Martial Arts classes.	Placer County	Ages 5 and up.	Refer to website for pricing.	Refer to website for complete schedule.
<b>Niavaroni's Kickboxing and Boxing</b> 1725 Santa Clara Drive #190 Roseville, CA 95661-2940 (916) 782-4757 www.niavaronisboxing.com	Center offers Shotokan Karate training as well as youth and adult boxing classes, kickboxing, and Mauy Thai kickboxing training.	Placer County	Contact for minimum age requirements.	Contact for pricing.	Open M-F 10am-9pm, Sat 9:15am-1pm. Refer to website for complete schedule.

<b>Robinson's Tae Kwon Do</b> 7456 Foothills Blvd. #2 Roseville, CA 95747-6561 (916) 783-3191	Center offers Tae Kwon Do training for children and adults as well as kickboxing classes.	Placer County	Contact for minimum age requirements.	Starter program for \$19.95 includes 2 semi-private classes and uniform. Contact for class pricing.	Open M-Sat with varying times based on classes. Closed Sundays. Refer to website for complete
<b>Roseville Police Athletic League (PAL) Martial Arts Program</b> 110 Corporation Yard Road Roseville, CA 95678 (916) 772-7725 www.calpal.org/local/local_programs.cfm?palID=100	Center offers martial arts among other recreational and physical activities.	Placer County	Open to boys and girls ages 8-18.	Annual membership fee is \$10 for those who can afford to pay. Nominal fee for uniform. No cost for class.	Martial arts classes are held M and F 6-8pm.
<b>Shotokan Karate of America</b> 123 Recreation Drive Auburn, CA 95603-5427 (530) 885-4592 www.foothillska.org	Located at Auburn Recreation District, center offers general practice and class instruction .	Placer County	Ages 13 and up.	Contact for pricing.	Class/practice on M and W 5:30-7pm.
<b>Super Kids Karate</b> 5098 Foothills Blvd. #3-388 Roseville, CA 95747-6526 (866) KID-KIXX www.superkidskarate.net	Center offers Tae Kwon Do training, self-defense instruction, cardio kickboxing, weapons and combative tactics seminars, tournament competition, and more.	Placer County	Ages Pre-K and up.	Free 2-week trial available online. Contact for class pricing.	Contact for hours of operation and class schedule.
<b>Tran's Tae Kwon Do Today</b> 1328 Blue Oaks Blvd. #150 Roseville, CA 95678-7037 (916) 780-5972 www.trantaekwondo.com	Center offers Tae Kwon Do training in both traditional and Olympic styles.	Placer County	Contact for minimum age requirements.	Contact for pricing.	Open M-Sat with varying times based on classes. Closed Sundays. Refer to website for complete schedule.

<b>West Coast Martial Arts (Roseville)</b> 9087 Foothills Blvd. #720 Roseville, CA 95747-7193 (916) 791-9084 www.erniereyes.com/html_documents/school/school_home.asp	Center offers martial arts and women's self-defense training as well as cardio kickboxing.	Placer County	Ages 4 and up. For youth: "Lil' Dragons / Advanced Dragons" group for 4-8 years; "Youth" group for 8-12 years; "Adult" group for 13+ years.	Free introductory course available online. Contact for pricing.	Open M-Th 4-9pm; F 4-8pm; Sat 9-11am. Closed Sundays. Refer to website for class schedule.
<b>Woodall Self Defense and Fitness Center</b> 4361 Pacific Street Rocklin, CA 95677-2117 (916) 660-9311 www.fit4defense.com	Center offers Won Yuen Fa self defense training as well as Pilates, Pi Yo, and Turbo Kick classes.	Placer County	Ages 5 and up. For youth: "Lil' Dragons group for 5-7 years; "Children's Program" for 8-12 years.	Free self-defense introductory class. Contact for pricing.	Typically open M-Sat 3:30-8pm. Refer to website for complete schedule.
<b>Miniature Golf</b>					
<b>Golfland SunSplash</b> 1893 Taylor Road Roseville, CA 95661-3008 (916) 784-1273 roseville.golfland.com	Mini-golf; also has arcade, laser tag, and water park onsite.	Placer County	All	\$6.75 for youth (4-11) and seniors (55+); \$7.75 for public (12+); Family night Mondays - games \$4. Check online for Internet specials.	Open M-F 10am-12am; open Sat 8am-12am; open Sun 10am-9pm.
<b>Kings Beach Mini Golf</b> 8693 North Lake Blvd. Kings Beach, CA 96143 (530) 546-3196	Mini-golf	Placer County	All	\$6 / person for 19 hole game; \$8 /person for 38 hole game (if paid at start of game)	Open daily from 10am-10pm.
<b>Magic Carpet Golf</b> 5167 North Lake Blvd. Carnelian Bay, CA 96140 (530) 546-4279	Mini-golf	Placer County	All	\$7 / person for 19 hole game; \$10 / person for 28 hole game.	Open daily from 10am-10pm.

Parks					
<b>64-Acre Park</b> Hwy 89, south of the "Y" Tahoe City, CA 96145 (530) 583-3796 x 7 <a href="http://www.tahoe-city-pud.com/download/parksrec/brochureSum07.pdf">www.tahoe-city-pud.com/download/parksrec/brochureSum07.pdf</a>	Park with river and trail access, children's playground, open play area, and picnic tables.	Placer County	All	Free	Contact park for hours.
<b>Adam V. Baquera Park</b> 100 Painted Desert Court Roseville, CA 95747 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	2.7 acre park with half basketball court, multiuse field, play equipment, BBQs, and picnic tables.	Placer County	All	Free	Contact park for hours.
<b>Applegate Park</b> 290 Applegate School Road Applegate, CA 95703 (530) 886-4901 <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.aspx">www.placer.ca.gov/Facility/Parks/parkpolicies.aspx</a>	Park with walking/hiking trails, baseball diamond, basketball court, BBQ area, picnic tables, horseshoe pits, and tot lot.	Placer County	All	Field use fee is \$2 / HR for non-profit leagues, \$5 / HR for general public, \$15 / HR for school use, \$45 / HR for commercial use per field.	Contact park for hours.
<b>Ashford Park</b> 1601 Auburn-Ravine Road Auburn, CA 95603 (530) 885-8461 <a href="http://auburnrec.com/ashfordpark.htm">auburnrec.com/ashfordpark.htm</a>	Park with sports field, play area, playground, BBQs, sheltered picnic area, year-round creek, and small pond.	Placer County	All		Open daily from dawn to dusk.
<b>Auburn Library Garden Theater</b> 350 Nevada Street Auburn, CA 95603-3720 (530) 886-4901 <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.aspx">www.placer.ca.gov/Facility/Parks/parkpolicies.aspx</a>	Large sloped lawn with concrete stage for concerts, weddings, plays, and more.	Placer County	All		Contact park for hours.
<b>Auburn State Recreation Area</b> 501 El Dorado Street Auburn, CA 95603-4949 (530) 885-4527 <a href="http://www.parks.ca.gov/default.asp?page_id=502">www.parks.ca.gov/default.asp?page_id=502</a>	38,000+ acre park with bike trails, walking/hiking trails, horse trails, OHV (off-highway vehicle) use, whitewater rafting, swimming, boating, fishing, goldpanning, BBQ area, and picnic tables.	Placer County / El Dorado County	All	\$5 boat launch fee. \$15 per site per night for camping. Refer to website for other costs and fees.	Summer season (4/15-9/14) most areas open 6am-9pm; winter season (9/15-4/14) open 7am-7pm.

<p><b>Blue Oaks Park</b>  8001 Woodcreek Oaks Blvd.  Roseville, CA 95747  (916) 774-5242  www.rosevilleparks.com</p>	<p>43-acre park with extensive bike trails, open space and a small 2-acre neighborhood park. 2-acre park includes children's rock climbing area with separate swing area, half court for basketball, large open turf area, and covered picnic area.</p>	Placer County	All	Free	Contact park for hours.
<p><b>Boulder Ridge Park</b>  Park Drive near Black Oak Place  Rocklin, CA 95765-5295  (916) 625-5200  www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</p>	<p>11.6-acre park with basketball court, open turf area, horseshoe pits, school-aged and preschool-aged playgrounds, numerous walking paths, BBQs, and small covered picnic area.</p>	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.
<p><b>Breen Park</b>  2842 Shelton Street  Rocklin, CA 95765  (916) 625-5200  www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</p>	<p>5.9-acre park with 2 open turf areas, school-aged and preschool-aged playgrounds, BBQs, and picnic area.</p>	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.
<p><b>Buljan Park</b>  150 Hallissy Drive  Roseville, CA 95678  (916) 774-5242  www.rosevilleparks.com</p>	<p>8-acre park with 2 baseball fields, play equipment, BBQs, and picnic tables.</p>	Placer County	All	Free	Contact park for hours.
<p><b>Burton Creek State Park</b>  Rocky Ridge Road  Northeast side of Tahoe City, CA 96145  (530) 525-7232  www.parks.ca.gov/default.asp?page_id=512</p>	<p>2,000 acre park with bike trails, walking/hiking trails, and cross-country skiing in the winter.</p>	Placer County	All		Contact park for hours.

<b>Cambria Park</b> 1781 Poppy Field Drive Roseville, CA 95661 (916) 774-5242 www.rosevilleparks.com	2.5-acre park with 2 half basketball courts, sand volleyball court, open turf areas, 2 separate children's play areas, and a perimeter walkway.	Placer County	All	Free	Contact park for hours.
<b>Christian Valley Park</b> Christian Valley Road and Dry Creek Road Auburn, CA 95602-9668 (530) 885-8461 auburnrec.com/christianvalleypark.htm	Park with multi-use sports field, play area, and picnic tables.	Placer County	All	Free	Open daily from dawn to dusk.
<b>Cisco Grove Gould Park</b> Between I-80 and Hampshire Rocks Road, at Cisco Grove freeway offramp	Park with walking/hiking trails, South Yuba river access, picnic tables, and historic ruins.	Placer County	All		Contact park for hours.
<b>Clark Dominguez Park</b> 3098 Crest Drive Rocklin, CA 95765 (916) 625-5200 www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/	8-acre park with basketball court, open turf area, horseshoe pits, preschool-aged playground, pathways, BBQs, and picnic tables.	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.
<b>Clover Valley Park</b> 4298 Clover Valley Road Rocklin, CA 95677 (916) 625-5200 www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/	3.7-acre park with large children's play area, pathways, BBQs, picnic tables, and historic granite bridge.	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.
<b>Commons Park</b> Commons Road off Hwy 28 Tahoe City, CA 96145 (530) 583-3796 x 7 www.tahoecitypud.com/parksrec/facilities.shtml	4-acre park with beach area for swimming, children's playground, grass play area, BBQs, and picnic area.	Placer County	All	Free	Contact park for hours.
<b>Cresthaven Park</b> 401 Community Drive Roseville, CA 95678 (916) 774-5242 www.rosevilleparks.com	4-acre park with baseball field, full basketball court, 2 tennis courts, 2 horseshoe pits, playground equipment, BBQs, and covered picnic area.	Placer County	All	Free	Contact park for hours.

<b>Crestmont Park</b> 1500 Champion Oaks Drive Roseville, CA 95661 (916) 774-5242 www.rosevilleparks.com	5-acre park with 2 baseball fields, playground equipment, BBQs, and covered picnic area.	Placer County	All	Free	Contact park for hours.
<b>David Uribe Park</b> 3051 Empingham Way Roseville, CA 95661 (916) 774-5242 www.rosevilleparks.com	4-acre park with half basketball court, a children's play area, swings, turf volleyball court, open turf area, and covered picnic area.	Placer County	All	Free	Contact park for hours.
<b>Del Stephenson Park</b> 6665 Maple Creek Drive Roseville, CA 95678 (916) 774-5242 www.rosevilleparks.com	3.5-acre park with children's play area, open turf area, paved paths/walkways, and covered picnic area.	Placer County	All	Free	Contact park for hours.
<b>Diamond Oaks Park</b> 400 Diamond Oaks Road Roseville, CA 95678 (916) 774-5242 www.rosevilleparks.com	6.6-acre park with baseball field, multi-purpose hard court, children's play area, and 2 picnic areas.	Placer County	All	Free	Contact park for hours.
<b>Donner Memorial State Park</b> 12593 Donner Pass Road Truckee, CA 96161-3858 (530) 582-7892 www.parks.ca.gov/default.asp?page_id=503	Park with walking/hiking trails, nature trail, 154-site campground, day use area, swimming, boating, windsurfing, fishing, picnic tables, cross-country skiing and snowshoeing in the winter. Also home to the Emigrant Trail Museum and Pioneer Monument.	Placer County / Nevada County	All		Museum open year-round 9am-4pm. Contact park for hours.
<b>Douglas Ranch Park</b> 5250 Sterling Street Granite Bay, CA 95746 (530) 886-4901 www.placer.ca.gov/Facility/Parks/parkpolicies.aspx	Park with baseball diamond, picnic tables, and tot lot.	Placer County	All	Field use fee is \$2 / HR for non-profit leagues, \$5 / HR for general public , \$15 / HR for school use, \$45 / HR for commercial use per field.	Contact park for hours.

<b>Doyle Ranch Park</b> 4814 Orranna Court Roseville, CA 95747 (530) 886-4901 <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.aspx">www.placer.ca.gov/Facility/Parks/parkpolicies.aspx</a>	Park with bike trails, walking/hiking trails, horse trails, basketball court, horseshoe pits, picnic tables, lawn area, and tot lot.	Placer County	All		Contact park for hours.
<b>Dr. Paul J. Dugan Park</b> 1432 Diamond Woods Circle Roseville, CA 95747 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	3-acre neighborhood park with baseball field with soccer overlay, half basketball court, play and swing areas, bike path, and picnic area.	Placer County	All	Free	Contact park for hours.
<b>Eastwood Park</b> 1100 Madden Lane Roseville, CA 95661 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	4-acre park with multi-use field, full basketball court, small children's play area, and picnic tables.	Placer County	All	Free	Contact park for hours.
<b>Elizabeth Williams Park</b> Highway 89, near Kaspian Campground Tahoe City, CA 96145 (530) 583-3796 x 7 <a href="http://www.tahoecitypub.com/download/parksrec/brochureSum07.pdf">www.tahoecitypub.com/download/parksrec/brochureSum07.pdf</a>	Park with beach area for fishing, open play area, BBQs, and picnic tables.	Placer County	All	Free	Contact park for hours.
<b>Fair Park</b> Auburn-Folsom Road and Fairgate Road Auburn, CA 95603-5024 (530) 885-8461	Park with lighted baseball field and soccer field.	Placer County	All	Free	Open daily from dusk to dawn.
<b>Folsom Lake State Recreation Area</b> 7806 Folsom-Auburn Road Folsom, CA 95630-1717 (916) 988-0205 <a href="http://www.parks.ca.gov/default.asp?page_id=500">www.parks.ca.gov/default.asp?page_id=500</a>	32-mile paved bike path, walking/hiking trails, nature trail, horse trails, swimming, boating, canoeing, kayaking, sailing, windsurfing, fishing, and camping. Also home to the Folsom Powerhouse.	Placer County / El Dorado County / Sacramento County	All	Free	Summer season (start of Daylight Savings Time) open 6am-9pm; winter season (end of DST) open 7am-7pm.

<b>Foresthill Leroy Botts Memorial Park</b> 24601 Harrison Street Foresthill, CA 95631 (530) 886-4901 <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.aspx">www.placer.ca.gov/Facility/Parks/parkpolicies.aspx</a>	2 baseball fields, basketball court, tennis courts, horseshoe pits, gazebo and concrete dance pad, BBQ pavilion, picnic areas, snack bar, and tot lot.	Placer County	All	Field use fee is \$50 / team for non-profit league use, \$5 / HR for the public, \$15 /HR for school use, \$45 /HR for commercial use per field.	Contact park for hours.
<b>Garbolino Park</b> 1015 Camelia Avenue Roseville, CA 95678 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	Park with 2 baseball fields, half basketball court, a children's play area, paved walkways, and picnic area.	Placer County	All	Free	Contact park for hours.
<b>Granite Bay Community Park</b> 6010 Douglas Blvd. Granite Bay, CA 95746 (530) 886-4901 <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.aspx">www.placer.ca.gov/Facility/Parks/parkpolicies.aspx</a>	Park with bike trails, walking/hiking trails, 2 baseball fields, 2 soccer fields, BBQ area, picnic tables, and tot lot.	Placer County	All	Field use fee is \$2 / HR for non-profit leagues, \$5 / HR for general public , \$15 / HR for school use, \$45 / HR for commercial use per field.	Contact park for hours.
<b>Granite Chief Wilderness Area</b> Tahoe National Forest West of Lake Tahoe, south of Squaw Valley Resort Nevada City, CA 95959 (530) 587-3558 <a href="http://www.fs.fed.us/r5/tahoe/recreation/gcw/index.shtml">www.fs.fed.us/r5/tahoe/recreation/gcw/index.shtml</a>	25,000-acre wilderness area with hiking and horseback riding trails, camping, and more.	Placer County	All	Free	
<b>Griffith Quarry Park</b> 7405 Rock Springs Road Penryn, CA 95663 (530) 886-4901 <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.aspx">www.placer.ca.gov/Facility/Parks/parkpolicies.aspx</a>	Passive park, with walking/hiking trails and picnic tables. A county museum is also on the park grounds.	Placer County	All		Contact park for hours.
<b>H. C. Elliott Park</b> 1421 Cushendall Drive Roseville, CA 95747 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	8.6-acre park with baseball field with dugouts, full basketball court, regulation size soccer field, children's play areas with swings, and covered picnic area.	Placer County	All	Free	Contact park for hours.

<b>Hidden Falls Regional Park</b> 7587 Mears Road Auburn, CA 95602 (530) 886-4901	221-acre park with 7 miles of biking/ walking/ hiking/ horse trails, fishing, and picnic tables.	Placer County	All		Open daily 30 minutes before sunrise, closes 30 minutes after sunset.
<b>Hillsborough Park</b> 1001 Hillsborough Drive Roseville, CA 95746 (916) 774-5242 www.rosevilleparks.com	10.8-acre park with 2 baseball fields, full basketball court, sand volleyball court, play equipment, and 2 covered picnic areas.	Placer County	All	Free	Contact park for hours.
<b>James A. Hall Park</b> 1411 Raeburn Way Roseville, CA 95747 (916) 774-5242 www.rosevilleparks.com	4.3-acre park contains a 2-acre Oak woodland preserve. Developed portion of park features large open turf area, play equipment, and covered picnic area.	Placer County	All	Free	Contact park for hours.
<b>James W. Wanish Park</b> 1351 Junction Blvd. Roseville, CA 95747 (916) 774-5242 www.rosevilleparks.com	7.3-acre park with three baseball fields, children's play areas, and picnic tables.	Placer County	All	Free	Contact park for hours.
<b>Joe Hernandez Park</b> 6901 Ballantrae Way Rocklin, CA 95765 (916) 625-5200 <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/neighborhood_parks/joe_hernandez_park.asp">http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/neighborhood_parks/joe_hernandez_park.asp</a>	4-acre park with basketball court, open turf area, school-aged and preschool-aged playgrounds, pathways, BBQs, and small covered picnic area.	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.
<b>John G. Piches Park</b> 1471 Stone Point Drive Roseville, CA 95661 (916) 774-5242 www.rosevilleparks.com	3-acre park with bike trail connection, full basketball court, half basketball court, small open turf area, and picnic area.	Placer County	All	Free	Contact park for hours.

<p><b>Johnson-Springview Park</b>  5480 5th Street  Rocklin, CA 95677-2547  (916) 625-5200  <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</a></p>	<p>132-acre park with lighted baseball and softball fields, lighted tennis courts, soccer field, 18-hole disc golf course, skate park, roller hockey rink, sand volleyball court, horseshoe pits, children's playground, BBQs, and covered picnic area.</p>	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset; fields open until 10pm during league play.
<p><b>Joiner Park</b>  Joiner Parkway and Nicolaus Road  Lincoln, CA 95648-9306  (916) 645-5298  <a href="http://www.ci.lincoln.ca.us/index.cfm?page=315496">www.ci.lincoln.ca.us/index.cfm?page=315496</a></p>	<p>13-acre park with softball/baseball diamond, 2 football/soccer fields, 2 children's play areas, and 4+ acre vernal pool/intermittent wetland preserve.</p>	Placer County	All	Free	Open daily from dawn to dusk.
<p><b>Kaseberg Park</b>  1151 Rand Way  Roseville, CA 95678  (916) 774-5242  <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a></p>	<p>7.8-acre park with 2 baseball fields, sand volleyball area with poles, 2 horseshoe pits, play equipment, and 2 sheltered picnic areas with sinks.</p>	Placer County	All	Free	Contact park for hours.
<p><b>Kenwood Oaks Park</b>  1022 Tanzania Drive  Roseville, CA 95661  (916) 774-5242  <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a></p>	<p>0.9-acre park with play equipment, picnic tables, and a small Oak tree preserve.</p>	Placer County	All	Free	Contact park for hours.
<p><b>Kilner Park</b>  Ward Avenue and Hwy 89  Tahoe City, CA 96145  (530) 583-3796  <a href="http://www.tahoe-city-pud.com/parksrec/parks.shtml">www.tahoe-city-pud.com/parksrec/parks.shtml</a></p>	<p>7-acre park with walking/biking trails, lighted tennis courts, tennis practice court, sand volleyball court, children's playground, BBQs, and picnic area.</p>	Placer County	All	Free	Contact park for hours.

<b>Kings Beach State Recreation Area</b> 138 Coon Street Kings Beach, CA 96143 (530) 546-7248 <a href="http://www.parks.ca.gov/default.asp?page_id=511">www.parks.ca.gov/default.asp?page_id=511</a>	Day-use only park offers swimming, watersports, volleyball, and more.	Placer County	All	Free	Contact park for hours.
<b>Lake Forest Beach Park</b> Bristlecone Avenue Lake Forest, CA 92630 (530) 583-3796 x 7 <a href="http://www.tahoecitypud.com/parksrec/parks.shtml#5">www.tahoecitypud.com/parksrec/parks.shtml#5</a>	Park with beach area for swimming and windsurfing, horseshoe pits, BBQs, and picnic tables.	Placer County	All	Free	Contact park for hours.
<b>Leonard "Duke" David Park</b> 1460 Northpark Drive Roseville, CA 95747 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	4-acre neighborhood park with half basketball court, large open turf area, children's play area, separate swing area, water feature, a small accent creek element, BBQs, and picnic area.	Placer County	All	Free	Contact park for hours.
<b>Lincoln Estates Park</b> 331 James Drive Roseville, CA 95678 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	5.4-acre park with baseball field, full lighted basketball court, children's play area, and picnic area.	Placer County	All	Free	Contact park for hours.
<b>Lions Children's Park</b> 101 Park Hill Drive Colfax, CA 95713 (530) 346-2313	Park with half basketball court, children's playground with swings, BBQs, and picnic tables. Lighted baseball/softball field located at same address outside of Children's Park premises.	Placer County	All	Free	Contact park for hours.

<p><b>Lonetree Park</b>  West Oaks Blvd. and Lone Tree Blvd  Rocklin, CA 95765-3719  (916) 625-5200  <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</a></p>	<p>30-acre park with 3 youth softball fields (2 lighted), lighted soccer fields, open turf area, playground for youth ages 5-12, water play area, concession building, and picnic tables.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	<p>Open daily from sunrise to 1 hour after sunset; fields open until 10pm during league play.</p>
<p><b>Loomis Basin Community Park (North)</b>  6909 King Road  Loomis, CA 95650  (530) 886-4901  <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.aspx">www.placer.ca.gov/Facility/Parks/parkpolicies.aspx</a></p>	<p>Park with 3 baseball fields, soccer field, BBQ area, horseshoe pits, picnic tables, and tot lot.</p>	<p>Placer County</p>	<p>All</p>	<p>Field use fee is \$2 / HR for non-profit leagues, \$5 / HR for general public , \$15 / HR for school use, \$45 / HR for commercial use per field.</p>	
<p><b>Loomis Basin Community Park (South)</b>  3550 Winters Road  Loomis, CA 95650  (530) 886-4901  <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.aspx">www.placer.ca.gov/Facility/Parks/parkpolicies.aspx</a></p>	<p>Park with bike trails, walking/hiking trails, horse trails, 3 baseball fields, 2 soccer fields, basketball court, horseshoe pits, covered pavilion, BBQ area, picnic tables, equestrian arena, and tot lot.</p>	<p>Placer County</p>	<p>All</p>	<p>Field use fee is \$2 / HR for non-profit leagues, \$5 / HR for general public , \$15 / HR for school use, \$45 / HR for commercial use per field.</p>	
<p><b>McBean Community Park</b>  On McBean Parkway between Hwy 65 and East Avenue  Lincoln, CA 95648  (916) 645-5298  <a href="http://www.ci.lincoln.ca.us/index.cfm?page=315496">www.ci.lincoln.ca.us/index.cfm?page=315496</a></p>	<p>25-acre park with Major League diamond, football/baseball stadium, basketball courts, skateboard park, open turf areas, horseshoe pits, playground, pavilion, bandstand, BBQs, and picnic area. Also home to the McBean Memorial Swimming Pool.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	<p>Open daily from dawn to dusk.</p>

<p><b>Mahany Regional Park</b>  1545 Pleasant Grove Blvd.  Roseville, CA 95747-6919  (916) 774-5242  www.rosevilleparks.com</p>	<p>225-acre park with bike paths, batting cages, all-weather field, lighted youth/adult 90' baseball diamond, 2 lighted softball fields, 3 lighted youth baseball fields, tennis courts, BBQs, and picnic area. Also home to the Roseville Aquatics Complex and Roseville Sports Center.</p>	<p>Placer County</p>	<p>All</p>	<p>Costs vary according to activity. General public areas and playgrounds are free.</p>	<p>Contact park for hours.</p>
<p><b>Maidu Regional Park</b>  1550 Maidu Drive  Roseville, CA 95661-4956  (916) 774-5242  www.rosevilleparks.com</p>	<p>152-acre park with 54 developed acres) includes walking/biking path, 4 diamond lighted softball complex, regulation-size lighted covered soccer arena, 5 field lighted soccer complex, full basketball court, skate park, batting cages, children's play equipment, and picnic areas. Also home to the Maidu Branch Library, Maidu Community Center, Maidu Indian Museum, and Veteran's Memorial Rose Garden.</p>	<p>Placer County</p>	<p>All</p>	<p>Costs vary according to activity. General public areas and playgrounds are free.</p>	<p>Contact park for hours.</p>
<p><b>Mansion Oaks Park</b>  2406 St. Andrews Drive  Rocklin, CA 95765  (916) 625-5200  www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</p>	<p>5.8-acre park with open-turf field, school-aged and preschool-aged playgrounds, pathways, picnic tables, and historic granite bridge.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	<p>Open daily from sunrise to 1 hour after sunset.</p>

<p><b>Margaret Azevedo Park</b>  Wildcat Blvd. and West Stanford Ranch Road  Rocklin, CA 95765-5554  (916) 625-5200  <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</a></p>	<p>24.1-acre park with regulation-size baseball/softball field, lighted soccer fields, open turf area, youth playground, and picnic tables.</p>	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset; fields open until 10pm during league play.
<p><b>Marie Sluchak Community Park</b>  Pine Street  Tahoma, CA 96142  <a href="http://www.tahoecitypod.com/parksrec/parks.shtml#6">www.tahoecitypod.com/parksrec/parks.shtml#6</a></p>	<p>Park with children's playground, picnic tables, as well as stage and seating area. Home to "Movies in the Park."</p>	Placer County	All	Free	Contact park for hours.
<p><b>Markham Ravine Park</b>  Toyon Circle and Cobblestone Drive  Lincoln, CA 95648-2409  (916) 645-5298  <a href="http://www.ci.lincoln.ca.us/index.cfm?page=315496">www.ci.lincoln.ca.us/index.cfm?page=315496</a></p>	<p>4.7 acre park with trail system, nature interpretive facility, playground, and picnic area.</p>	Placer County	All	Free	Open daily from dawn to dusk.
<p><b>Mark White Park</b>  504 Sixth Street  Roseville, CA 95678  (916) 774-5242  <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a></p>	<p>0.8-acre memorial park with 2 half basketball courts, open turf area, children's play areas with water feature, picnic areas, and memorial stone at park entrance.</p>	Placer County	All	Free	Contact park for hours.
<p><b>Meadow Vista Park</b>  1101 Meadow Vista Road  Auburn, CA 95603-5427  (530) 885-8461  <a href="http://auburnrec.com/meadowvistapark.htm">auburnrec.com/meadowvistapark.htm</a></p>	<p>Park with walking path, multi-use sports field, basketball court, tennis court, play area, playground, BBQs, sheltered picnic areas, and small pond. Pool onsite is currently closed for remodeling.</p>	Placer County	All	Free	Open daily from dawn to dusk.

<b>Melba and William "Al" Erven Park</b> 6201 Grand Canyon Drive Roseville, CA 95678 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	2.2-acre park with half basketball court, small multi-use turf areas, walking path, children's play area, "Irvin" the concrete sculpted sea dinosaur, BBQs, and picnic area.	Placer County	All	Free	Contact park for hours.
<b>Memorial Park (formerly Quarry Park)</b> 3980 Rocklin Road Rocklin, CA 95677-2720 (916) 625-5200 <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</a>	1-acre park with state-of-the-art water play area, horsehoe pits, preschool-aged playground, BBQs, and picnic tables.	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.
<b>Miner's Ravine Nature Reserve</b> 7530 Auburn Folsom Road Granite Bay, CA 95746 (530) 886-4901 <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.aspx">www.placer.ca.gov/Facility/Parks/parkpolicies.aspx</a>	Passive park with 2 self-guided trails with interpretive signs.	Placer County	All	Free	Contact park for hours.
<b>Misty Wood Park</b> 1501 Misty Wood Drive Roseville, CA 95747 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	2-acre park with half basketball court, children's play area, and picnic area.	Placer County	All	Free	Contact park for hours.
<b>Monte Vista Park</b> El Don Drive Rocklin, CA 95765 (916) 625-5200 <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</a>	2-acre park with open turf area, preschool-aged playground, BBQs, and picnic tables.	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.
<b>Monument Park</b> 4401 Hood Road Rocklin, CA 95765 (916) 625-5200 <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</a>	7.2-acre park with open turf area, school-aged and preschool-aged playgrounds, pathways, BBQs, and covered picnic area.	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.

<p><b>Night Ridge Park</b>  6299 Night Ridge Way  Rocklin, CA 95765  (916) 625-5200  <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</a></p>	<p>4-acre park with basketball court, turf field, school-aged and preschool-aged playgrounds, pathways, BBQs, and picnic tables.</p>	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.
<p><b>North Park</b>  12345 Parkway Place  Auburn, CA 95603  (530) 886-4901  <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.aspx">www.placer.ca.gov/Facility/Parks/parkpolicies.aspx</a></p>	<p>Park with basketball court, picnic tables, and tot lot.</p>	Placer County	All	Free	Contact park for hours.
<p><b>North Tahoe Regional Park</b>  6600 Donner Road  Tahoe Vista, CA 96148  (530) 546-4212  <a href="http://www.northlaketahoe.net/parks.html">www.northlaketahoe.net/parks.html</a></p>	<p>Park with hiking/biking trails, baseball, basketball, volleyball, soccer, tennis, horseshoe pits, playground area, designated swimming areas, beaches, boat launch, BBQs, covered picnic area, as well as cross-country skiing, snowshoeing, and sledding in the winter.</p>	Placer County	All	Free	Park open daily 6am-10pm.
<p><b>Olympus Park</b>  2551 La Croix Drive  Roseville, CA 95661  (916) 774-5242  <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a></p>	<p>8-acre park with 2 baseball fields, playground, and covered picnic area.</p>	Placer County	All	Free	Contact park for hours.
<p><b>Overlook Park</b>  855 Pacific Avenue  Auburn, CA 95603  (530) 885-8461  <a href="http://auburnrec.com/overlookpark.htm">auburnrec.com/overlookpark.htm</a></p>	<p>Park with walking trails with canyon access, play area, picnic tables, and skate park.</p>	Placer County	All	Free	Open daily from dawn to dusk.
<p><b>Pebblecreek Park</b>  5839 Pebble Creek Drive  Rocklin, CA 95765  (916) 625-5200  <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</a></p>	<p>5-acre park with open turf area, school-aged playground, pathways, BBQs, and picnic tables.</p>	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.

<b>Placer Hills Park</b> 1101 Meadow Lane Meadow Vista, CA 95722 (530) 885-2461	Park with pool (currently closed for maintenance) and soccer field.	Placer County	All	Free	Open daily from dawn to dusk.
<b>Pleasant Valley Creek Park</b> Whitney Oaks Drive Rocklin, CA 95765-4633 (916) 625-5200 <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</a>	9.3-acre park with basketball court, small open turf area, school-aged and preschool-aged playgrounds, pathways, BBQs, and picnic tables.	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.
<b>Pomin Park</b> Off Lake Forest Drive Lake Forest, CA 92630-8708 (530) 583-3796 x 7 <a href="http://www.tahoe-city-pud.com/parksrec/download/park">www.tahoe-city-pud.com/parksrec/download/park</a>	Park with baseball field, soccer field, children's playground, open play area, BBQs, and picnic tables	Placer County	All	Free	Contact park for hours.
<b>R. F. Nelson Park</b> 1213 South Bluff Drive Roseville, CA 95678 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	6.6-acre park has 1.1 developed acres with bike trail connection with small rest area, half basketball court, children's play area, water feature, and picnic area.	Placer County	All	Free	Contact park for hours.
<b>Railhead Park / Pacific Park</b> Pacific Avenue and Pinecrest Avenue Auburn, CA 95603-5508 (530) 885-8461 <a href="http://auburnrec.com/railheadpark.htm">auburnrec.com/railheadpark.htm</a>	Park with 2 large soccer fields, play area, picnic tables, and small pond.	Placer County	All	Free	Open daily from dawn to dusk.
<b>Ray E. Lockridge Park</b> 2601 Eureka Road Roseville, CA 95661 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	15-acre park has 8.25 developed acres with lighted baseball field, youth soccer field, children's play areas, and picnic areas, children's play areas.	Placer County	All	Free	Contact park for hours.

<p><b>Recreation Park</b>  123 Recreation Drive  Auburn, CA 95603-5427  (530) 885-8461  auburnrec.com/recreationpark.htm</p>	<p>Park with 3 baseball fields, basketball court, tennis court, play area, 2 playgrounds, BBQs, and sheltered picnic areas. Also home to the Marsha Skinner Memorial Pool.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	<p>Open daily from dawn to dusk.</p>
<p><b>Regional Park</b>  3770 Richardson Drive  Auburn, CA 95602  (530) 885-8461  auburnrec.com/regionalpark.htm</p>	<p>18-hole Frisbee disc golf course, multi-use fields, indoor basketball courts, tennis courts, play area, playground, BBQs, picnic areas, year-round creek, and large pond.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	<p>Open daily from dawn to dusk.</p>
<p><b>Robert L. Doyle Park</b>  1701 Calle Campana  Roseville, CA 95747  (916) 774-5242  www.rosevilleparks.com</p>	<p>5-acre park with ball field with soccer field overlay, children's play areas, picnic areas, and an outdoor amphitheater.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	<p>Contact park for hours.</p>
<p><b>Ronald L. Fiest Park</b>  9180 Twin Schools Road  Granite Bay, CA 95746  (530) 886-4901  www.placer.ca.gov/Facility/Parks/parkpolicies.aspx</p>	<p>Park with 3 baseball fields, 3 soccer fields, 2 multi-use fields, 6 tennis courts, BBQ pavilion, picnic tables, and 2 tot lots.</p>	<p>Placer County</p>	<p>All</p>	<p>Field use fee is \$2 / HR for non-profit leagues, \$5 / HR for general public , \$15 / HR for school use, \$45 / HR for commercial use per field.</p>	<p>Contact park for hours.</p>
<p><b>Royer Park</b>  190 Park Drive  Roseville, CA 95678  (916) 774-5242  www.rosevilleparks.com</p>	<p>14.8-acre park with bike trail connection, lighted baseball field with soccer field overlay, full lighted basketball court, 2 lighted tennis courts, 2 horseshoe pits, several children's play areas, cook shack, and large picnic areas. Also home to the Children's Arts Center.</p>	<p>Placer County</p>	<p>All</p>	<p>Free</p>	<p>Contact park for hours.</p>

<p><b>Ruhkala Park</b>  2160 Arnold Drive  Rocklin, CA 95765  (916) 625-5200  <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</a></p>	<p>5-acre park with basketball court, sand volleyball court, large turf field, school-aged and preschool-aged playgrounds, pathways, BBQs, and picnic tables.</p>	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.
<p><b>Sabre City Park</b>  100 Vandenburg Circle  Roseville, CA 95747  (530) 886-4901  <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.aspx">www.placer.ca.gov/Facility/Parks/parkpolicies.aspx</a></p>	<p>Park with basketball court, picnic tables, and tot lot. Also home to Sabre City Community Center.</p>	Placer County	All		Contact park for hours.
<p><b>Sasaki Park</b>  5014 Southside Ranch Road  Rocklin, CA 95677  (916) 625-5200  <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</a></p>	<p>2-acre park with half basketball court, small open turf field, preschool-aged playground, BBQs, and covered picnic area.</p>	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.
<p><b>Saugstad Park</b>  100 Buljan Drive  Roseville, CA 95678  (916) 774-5242  <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a></p>	<p>16.6-acre park has 13 developed acres with bike trail connection, 2 lighted baseball fields, children's play areas, and covered picnic areas.</p>	Placer County	All	Free	Contact park for hours.
<p><b>Schieber Park</b>  Third Street and Santa Clara Way  Lincoln, CA 95648-1819  (916) 645-5298  <a href="http://www.ci.lincoln.ca.us/index.cfm?page=315496">www.ci.lincoln.ca.us/index.cfm?page=315496</a></p>	<p>4.5-acre park with children's play area, 2 play structures, and picnic area.</p>	Placer County	All	Free	Open daily from dawn to dusk.
<p><b>Sheridan Park</b>  6005 Camp Far West Road  Sheridan, CA 95681  (530) 886-4901  <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.aspx">www.placer.ca.gov/Facility/Parks/parkpolicies.aspx</a></p>	<p>Park with baseball diamond, basketball court, picnic tables, and tot lot. Also home to Stewart Hall.</p>	Placer County	All	Free	Contact park for hours.

<b>Shirley Ferretti Park</b> 601 Circuit Drive Roseville, CA 95678 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	0.2-acre park with full lighted basketball court, children's play area, and picnic tables.	Placer County	All	Free	Contact park for hours.
<b>Sierra Meadows Park</b> 2530 Sierra Meadows Drive Rocklin, CA 95677 (916) 625-5200 <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</a>	4.8-acre park with full basketball court, open turf field, school-aged and preschool-aged playgrounds, pathways, BBQs, and picnic tables.	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.
<b>Silverado Oaks Park</b> 1430 Badovinac Drive Roseville, CA 95747 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	6.4-acre park with baseball field, full basketball court, par course, play equipment, and sheltered picnic area.	Placer County	All	Free	Contact park for hours.
<b>Skylandia Park</b> Lake Forest Road Tahoe City, CA 96145 (530) 583-3796 x 7 <a href="http://www.tahoe-city-pud.com/parksrec/parks.shtml">www.tahoe-city-pud.com/parksrec/parks.shtml</a>	24-acre park with hiking/biking trails, beach, pier, swimming, BBQs, and picnic area.	Placer County	All	Free	Contact park for hours.
<b>Sonora Park</b> 2101 Great Divide Way Rocklin, CA 95765 (916) 625-5200 <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</a>	4-acre park with half basketball court, large turf field, preschool-aged and school-aged playgrounds, pathways, BBQs, and small covered picnic area.	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.
<b>Squaw Valley Park</b> 101 Squaw Valley Road Olympic Valley, CA 96146 (530) 886-4901 <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.aspx">www.placer.ca.gov/Facility/Parks/parkpolicies.aspx</a>	Park with bike trails, walking/hiking trails, horse trails, large turf soccer field, BBQ area, picnic tables, and tot lot.	Placer County	All		Contact park for hours.

<b>Sterling Pointe Park</b> 4570 Lake Forest Drive Loomis, CA 95650 (530) 886-4901 <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.aspx">www.placer.ca.gov/Facility/Parks/parkpolicies.aspx</a>	Park with bike trails, walking/hiking trails, horse trails, small baseball field, picnic areas, and tot lot.	Placer County	All	Field use fee is \$2 / HR for non-profit leagues, \$5 / HR for general public , \$15 / HR for school use, \$45 / HR for commercial use per field.	Contact park for hours.
<b>Sugarpine Ridge Park (formerly Winchester Park)</b> Bancroft Road near Conifer Lane Auburn, CA 95602-9324 (530) 885-8461 <a href="http://auburnrec.com/sugarpinepark.htm">auburnrec.com/sugarpinepark.htm</a>	Park with large multi-use field, tennis court, and play area.	Placer County	All	Free	Open daily from dusk to dawn.
<b>Sugar Pine Point State Park</b> 7360 West Lake Blvd. Tahoma, CA 96142 (530) 525-7982 <a href="http://www.parks.ca.gov/?page_id=510">www.parks.ca.gov/?page_id=510</a>	2,000-acre park with hiking/biking trails, beach, pier, swimming, boating, camping, cross-country skiing in the winter, and more. Also home to the historic Ehrman Mansion.	Placer County	All	Free	Contact park for hours.
<b>Summerhill Park</b> 648 Grenada Pass Drive Roseville, CA 95678 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	2.9-acre park with bike trail connection, half basketball court, open turf area, children's play area, and picnic area.	Placer County	All	Free	Contact park for hours.
<b>Sunset East Park</b> 5953 Willowynd Drive Rocklin, CA 95677 (916) 625-5200 <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</a>	2-acre park with half basketball court, school-aged playground, pathways, BBQs, and picnic tables.	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.
<b>Sylvia Besana Park</b> 1061 Trehowell Drive Roseville, CA 95678 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	4.5-acre park with bike trail connection, informal baseball field, practice soccer field, children's play area, swing area, BBQs, and sheltered picnic area.	Placer County	All	Free	Contact park for hours.

<b>Tahoe State Recreation Area</b> 2255 North Lake Blvd. Tahoe City, CA 96145 (530) 583-3074 <a href="http://www.parks.ca.gov/default.asp?page_id=504">www.parks.ca.gov/default.asp?page_id=504</a>	57-acre park with 25-site campground, swimming, fishing, and picnic tables.	Placer County	All		Summer season (5/24-9/30) open 8am-9pm; winter season closed to all camping (10/1- 5/23).
<b>Todd Valley Pond Park</b> South of Foresthill Road and east of Happy Pines Drive Foresthill, CA 95631-9726 (530) 886-4901 <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.a">www.placer.ca.gov/Facility/Parks/parkpolicies.a</a>	Park with bike trail, walking trail, fishing pond, and picnic tables.	Placer County	All	Free	Contact park for hours.
<b>Traylor Ranch Nature Reserve</b> 5050 English Colony Road Penryn, CA 95663-9559 (530) 886-4901 <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.a">www.placer.ca.gov/Facility/Parks/parkpolicies.a</a> spx	90-acre passive park with bike trails, walking/hiking trails, horse trails, and picnic tables. **No pets allowed.**	Placer County	All	Free	Contact park for hours.
<b>Treelake Park</b> 5255 Parkford Circle Granite Bay, CA 95746 (530) 886-4901 <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.a">www.placer.ca.gov/Facility/Parks/parkpolicies.a</a> spx	Park with baseball field, soccer field, sports court for basketball and tennis, BBQ area, picnic tables, and tot lot.	Placer County	All	Free	Contact park for hours.
<b>Treelake Terrace Park</b> 9720 Swan Lake Road Granite Bay, CA 95746 (530) 886-4901 <a href="http://www.placer.ca.gov/Facility/Parks/parkpolicies.a">www.placer.ca.gov/Facility/Parks/parkpolicies.a</a> spx	Park with bike trails, walking/hiking trails, 2-acre turf area, and benches.	Placer County	All	Free	Open daily from dawn to dusk.
<b>Twelve Bridges Park</b> On Eastridge Drive Lincoln, CA 95648-8282 (916) 645-5298 <a href="http://www.ci.lincoln.ca.us/index.cfm?page=315496">www.ci.lincoln.ca.us/index.cfm?page=315496</a>	Park with baseball/ softball fields, soccer field, and children's play structure.	Placer County	All	Free	Open daily from dawn to dusk.

<b>Twin Oaks Park</b> 5500 Park Drive Rocklin, CA 95765 (916) 625-5200 <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</a>	30-acre park with lighted youth baseball, softball, and soccer fields, playground for youth ages 5-12, 1-mile paved walking/running path, and picnic tables.	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset; fields open until 10pm during league play.
<b>Twinwood Park</b> 575 Twinwood Loop Roseville, CA 95678 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	1.1-acre park with small turf areas, children's play area, and picnic tables.	Placer County	All	Free	Contact park for hours.
<b>Vencil Brown Park</b> 260 Trestle Road Roseville, CA 95678 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	9.9-acre park has 6.6 developed acres with 2 baseball fields with soccer field overlays and picnic tables.	Placer County	All	Free	Contact park for hours.
<b>Veteran's Memorial Park (North)</b> 10021 Crocker Ranch Road Roseville, CA 95747 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	12.6-acre park with softball field with soccer field overlay, children's play area, and sheltered group picnic area.	Placer County	All	Free	Contact park for hours.
<b>Veteran's Memorial Park</b> 1750 Blue Oaks Blvd. Roseville, CA 95747 (916) 774-5242 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	7.9-acre park (located within the Del Webb Community) with bike trail connection, softball field, full basketball court, 2 horseshoe pits, play area, picnic tables, and vernal pool preserve.	Placer County	All	Free	Contact park for hours.
<b>Vista Grande Park</b> 5639 Onyx Drive Rocklin, CA 95677-4742 (916) 625-5200 <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</a>	4.5-acre park with half basketball court, open turf area, multi-level school-aged playground, pathways, BBQs, and picnic tables.	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.

<b>Weber Park</b> 320 Circuit Drive Roseville, CA 95678 (916) 774-5242 www.rosevilleparks.com	1.9-acre park with full basketball court, children's play areas., and picnic tables.	Placer County	All	Free	Contact park for hours.
<b>Wesley Park</b> 5376 Wesley Road Rocklin, CA 95765 (916) 625-5200 www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/	7.8-acre park with 2 half basketball courts, open turf area, school-aged and preschool-aged playgrounds, pathways, BBQs, and covered picnic area.	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.
<b>Willard Dietrich Park</b> 1201 Stoney Point Drive Roseville, CA 95661 (916) 774-5242 www.rosevilleparks.com	4.6-acre park with multi-use turf areas, play equipment with swings, and covered picnic area.	Placer County	All	Free	Contact park for hours.
<b>William B. Layton Park</b> 130 West Lake Blvd. Tahoe City, CA 96145 (530) 583-1762 www.northtaohemuseums.org	3-acre State Park operated by the North Lake Tahoe Historical Society offers lawn play area. Home to Gatekeeper's Museum and Marion Steinbach Indian Basket Museum.	Placer County	All	Museum admission: 5 years and under: free; 6-12 years: \$1; 13+ years: \$3; seniors 55+ years: \$2.	Refer to website for hours of operation.
<b>William L. Taylor Park</b> 700 Parry Street Roseville, CA 95678 (916) 774-5242 www.rosevilleparks.com	1.7-acre park with half basketball court, open turf area, play area, and picnic tables.	Placer County	All	Free	Contact park for hours.
<b>Wilson Park</b> E. Lincoln Parkway and Westview Lincoln, CA 95648-8615 (916) 645-5298 www.ci.lincoln.ca.us/index.cfm?page=315496	Park with baseball/ softball fields and children's play structure.	Placer County	All	Free	Open daily from dawn to dusk.
<b>Woodbridge Park</b> 415 Sierra Blvd. Roseville, CA 95678 (916) 774-5242 www.rosevilleparks.com	3-acre park with half basketball court, 2 lighted tennis courts, bocci ball courts, children's play areas, and covered picnic area.	Placer County	All	Free	Contact park for hours.

<b>Woodside Park</b> 3300 Westwood Drive Rocklin, CA 95677 (916) 625-5200 <a href="http://www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/">www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/</a>	5-acre park with basketball court, school-aged and preschool-aged playgrounds, pathways, BBQs, and picnic tables.	Placer County	All	Free	Open daily from sunrise to 1 hour after sunset.
<b>Pilates</b>					
<b>Auburn Pilates and Wellness Center</b> 138 Magnolia Avenue Auburn, CA (530) 823-7800 <a href="http://www.auburnpilates.com">www.auburnpilates.com</a>	Center offers pilates classes, semi-private and private sessions, as well consultations in Clinical Ayurveda and Iridiology. Herbal facility onsite.	Placer County	All	Pilates mat class is \$15/class or 8 classes for \$100. Refer to website for pricing.	Open M-Th 8am-6pm. Classes scheduled by appointment.
<b>Auburn Racquet &amp; Fitness Club</b> 1255 Racquet Club Drive Auburn, CA (530) 885-1602 <a href="http://www.ar-fc.com">www.ar-fc.com</a>	Fitness center offers pilates classes with drop-in, nonmember priviledges.	Placer County	All	Drop-in rate / day guest pass: \$15. Refer to website for pricing.	Open M-F 5am-10pm; Sat-Sun 7am-9pm. Refer to website for class schedule.
<b>Courthouse Athletic Club</b> 11558 F Avenue Auburn, CA (530) 885-1964 <a href="http://www.fitnessclubsites.com/cac1/#">www.fitnessclubsites.com/cac1/#</a>	Fitness center offers pilates classes with drop-in, nonmember priviledges.	Placer County	All	Drop-in rate / day guest pass: \$10. Allows full use of classes and facilities for day.	Open M-F 4:30am-10pm; Sat-Sun 8am-7pm. Refer to website for class schedule.
<b>Gold's Gym</b> 8665 Auburn Folsom Road Granite Bay, CA (916) 788-1500 <a href="http://www.goldsgym.com/granitebayca">www.goldsgym.com/granitebayca</a>	Fitness center offers pilates classes with drop-in, nonmember priviledges.	Placer County	All	Drop-in rate / day guest pass: \$10. Allows full use of classes and facilities for day.	Open M-F 4:30am-10pm; Sat-Sun 6am-9pm. Refer to website for class schedule.
<b>Gold's Gym</b> 2800 Nicolaus Road #600 Lincoln, CA (916) 253-3600 <a href="http://www.goldsgym.com/lincolnca">www.goldsgym.com/lincolnca</a>	Fitness center offers pilates classes with drop-in, nonmember priviledges.	Placer County	All	Drop-in rate / day guest pass: \$10. Allows full use of classes and facilities for day.	Open M-Th 5am-11pm; F 5am-10pm; Sat-Sun 7am-8pm. Refer to website for class schedule

<b>Gold's Gym</b> 5110 Foothills Blvd. Roseville, CA (916) 788-4241 www.goldsgym.com/rosevilleca	Fitness center offers pilates classes with drop-in, nonmember privileges.	Placer County	All	Drop-in rate / day guest pass: \$10. Allows full use of classes and facilities for day.	Open M-Th 4:30am-11pm; F 4:30am-10pm; Sat-Sun 6am-9pm. Refer to website for class schedule.
<b>Granite Bay Pilates and Yoga</b> 8775 Sierra College Blvd. #450 Granite Bay, CA (916) 774-9642 www.granitebaypilatesandyoga.com	Center offers pilates and yoga studio classes, as well as semi-private and private sessions.	Placer County	All	Refer to website for pricing.	Open M-Sat. Closed Sundays. Refer to website for class schedule.
<b>Pacific Fitness Center</b> 11800 Enterprise Drive Auburn, CA (530) 823-7458 www.pacfit.com	Fitness center offers pilates classes with drop-in, nonmember privileges.	Placer County	All	Drop-in rate / day guest pass: \$5. Allows full use of classes and facilities for day.	Open M-Th 4am-9pm; F 4am-8pm; Sat 7am-6pm; Sun 9am-2pm. Refer to website for class schedule.
<b>Pilates Bodies</b> 205 Stateline Road Brockway, CA (530) 546-7282 www.pilatesbodiestahoe.com	Center offers pilates classes in both small group and private training sessions.	Placer County	All	Free introductory class available by appointment. Refer to website for pricing.	Contact for class schedule.
<b>Pilates on Persimmon</b> 12055 Persimmon Terrace #110 Auburn, CA (530) 823-5247 www.mojoepilates.com	Center primarily offers various pilates classes with one pilates/yoga combo class as well as semi-private and private sessions.	Placer County	All	Drop-in rate for pilates/yoga combo class: \$14. 8 classes (good for 10 weeks): \$104. 10 classes (good for 12 weeks): \$120. Refer to website for further pricing.	Contact for class schedule.
<b>Sattva Yoga and Pilates</b> 2610 Sunset Blvd. #5 Rocklin, CA (916) 624-9642 www.sattvayogaandpilates.com	Center offers pilates and various yoga classes as well as deep tissue massage, Thai massage, Ayurveda massage, and consultations in Clinical Ayurveda.	Placer County	All	Refer to website for pricing.	Open M-Sat. Closed Sundays. Refer to website for class schedule.

<b>Total Fitness</b> 11768 Atwood Road #1 Auburn, CA (530) 888-0835 www.totalfitgym.com	Fitness center offers pilates classes with drop-in, nonmember privileges.	Placer County	All	Free 5-day guest pass available. Drop-in rate / day guest pass: \$8. Refer to website for pricing.	Open M-F 4am-9pm; Sat-Sun 7am-7pm. Refer to website for class schedule.
<b>Woodall Self Defense and Fitness Center</b> 4361 Pacific Street Rocklin, CA (916) 660-9311 www.fit4defense.com	Center offers pilates classes as well as Pi Yo, Turbo Kick, and Won Yuen Fa self defense training.	Placer County	Ages 5 and up.	Contact for class pricing.	Typically open M-Sat 3:30-8pm. Refer to website for complete schedule.
<b>Recreation Guides</b>					
<b>Auburn Area Activity Guide (Summer 2007)</b> auburnrec.com	Includes wide range of activities for the city of Auburn.	Placer County	All	Costs vary according to activity.	Refer to online recreation guide for complete schedule.
<b>City of Lincoln Recreation Guide (Summer 2007)</b> www.ci.lincoln.ca.us/index.cfm?page=1024336	Includes wide range of activities for the city of Lincoln.	Placer County	All	Costs vary according to activity.	Refer to online recreation guide for complete schedule.
<b>City of Rocklin Recreation Guide (Fall 2007 / Winter 2008)</b> www.rocklin.ca.us/government/service_n_facility/recreation_guide.asp	Includes wide range of activities for the city of Rocklin.	Placer County	All	Costs vary according to activity.	Refer to online recreation guide for complete schedule.
<b>City of Roseville Recreation Guide (Summer 2007)</b> www.roseville.ca.us/parks/programs_n_classes/activity_guides/default.asp	Includes wide range of activities for the city of Roseville.	Placer County	All	Costs vary according to activity.	Refer to online recreation guide for complete schedule.
<b>Tahoe Area Recreation Guide (Spring / Summer / Fall 2007)</b> www.tahoecityud.com/parksrec.shtml	Includes wide range of activities for communities of Alpine Meadows, Carnelian Bay, Dollar Hill, Homewood, Lake Forest, Kings Beach, Squaw Valley, Tahoe City, Tahoe Vista, Tahoma, and more.	Placer County	All	Costs vary according to activity.	Refer to online recreation guide for complete schedule.

Rock Climbing / Rock Walls					
<b>California Family Fitness</b> 2511 Warren Drive Rocklin, CA (916) 625-9100 <a href="http://www.californiafamilyfitness.com/locations.php?id=15">www.californiafamilyfitness.com/locations.php?id=15</a>	26' indoor circular rock climbing wall and separate indoor 28' rappel tower. Membership not required for use.	Placer County	All	\$8 for unlimited use on day of purchase.	Rock wall and rappel tower is open daily from 5-9pm.
<b>Black Rock</b> Donner Pass Road less than 2 miles west of Donner Lake <a href="http://motherlode.sierraclub.org/SierraNevada/recreation/climbing.html">motherlode.sierraclub.org/SierraNevada/recreation/climbing.html</a>	Largest wall in Donner Summit area offers 3-4 pitch trad routes for intermediate and advanced climbers.	Placer County	All	Free	Climb season is dependent on weather, usually spring to fall.
<b>Indian Springs</b> Eagles Lake frontage road, 1 mile east of Cisco Grove <a href="http://www.indianspringsclimbing.com/climblast.htm">www.indianspringsclimbing.com/climblast.htm</a>	3-tiered south-facing crag with 45 recorded routes ranging from 5.2-5.11 ratings.	Placer County	All	Free	Climb season is usually Mar-Nov.
<b>Roseville Sports Center</b> 1545 Pleasant Grove Blvd. Roseville, CA (916) 774-5990 <a href="http://www.rosevilleparks.com">www.rosevilleparks.com</a>	32' indoor wall. Must be over 5 years old and at least 40 lbs. and 42" tall. Maximum weight 300 lbs.	Placer County	All	\$5 / 1 hr; \$40 for 10-visit punch card.	Open M-F 4:30-7:30pm; Sat and Sun
<b>School Rock</b> Donner Pass Road past Donner Summit Bridge <a href="http://motherlode.sierraclub.org/SierraNevada/recreation/climbing.html">motherlode.sierraclub.org/SierraNevada/recreation/climbing.html</a>	Granite dome-like formation with multi-pitch routes for beginner and intermediate climbers as well as a training slab for first-timers and children.	Placer County	All	Free	Climb season is dependent on weather, usually spring to fall.
<b>Strikes Family Entertainment Center</b> 5681 Lonetree Blvd. Rocklin, CA (916) 632-8200 <a href="http://www.strikesbowling.com">www.strikesbowling.com</a>	Indoor rock wall; also has Coach's Restaurant, arcade, bowling, and laser tag.	Placer County	All	\$3 per person per ascent/descent.	Open Sun-Th 9am-12am; open F-Sat 9am-2am.
<b>Squaw Valley USA</b> 1960 Squaw Valley Road Olympic Valley, CA (530) 583-7673 <a href="http://www.squaw.com/summer/html/climbwall.htm">www.squaw.com/summer/html/climbwall.htm</a>	30' indoor wall and 45' outdoor wall (open only during summer) with 25 different routes for beginner to expert.	Placer County	All	Contact for cost.	Open summer 10am-8pm; open winter 12-8pm.

Running Clubs					
<b>The Rocklin/Roseville Running Meetup Group</b> running.meetup.com/213/?gj=sj5	Online-organized club for running .	Placer County	All. Open to any age and ability.	Free	Schedule of events available to members.
<b>Sierra Foothill Track Club</b> geocities.com/sierrafoothilltrackclub/	Online-organized club for running, track and field, and walking.	Placer County	All. Open to any age and ability.	Free	Schedule of events available to members.
Skating					
<b>Auburn Skate Park</b> 855 Pacific Avenue Auburn, CA (530) 885-8461 auburnrec.com/skatepark.htm	Outdoor skate park within Overlook Park. Helmets, knee and elbows pads required. No rental facilities onsite.	Placer County	All	Free	Open daily from dawn to dusk.
<b>Boreal Ski Area</b> 19659 Boreal Ridge Road Truckee, CA (530) 426-3666 x 184 www.rideboreal.com	Indoor skate bowl. Helmets required. Helmets, pads, and boards available for rental.	Placer County	All	\$5 / 1 hr; \$50 for season pass. Contact for rental prices.	Open W-F from 4-9pm; Sat-Sun 1-9pm. Closed Mondays and Tuesdays.
<b>Johnson-Springview Park</b> 5480 5th Street Rocklin, CA (916) 625-5200 www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/	Roller hockey rink located within Johnson-Springview Park.	Placer County	All	Contact for fees and rules.	Open daily from sunrise to 1 hour after sunset.
<b>Johnson-Springview Park</b> 5480 5th Street Rocklin, CA (916) 625-5200 www.rocklin.ca.us/government/service_n_facility/parks_n_facilities/parks/	Skate park located within Johnson-Springview Park.	Placer County	All	Contact for fees and rules.	Open daily from sunrise to 1 hour after sunset.
<b>McBean Community Park</b> On McBean Parkway between Hwy 65 and East Avenue Lincoln, CA (916) 645-5298 www.ci.lincoln.ca.us/index.cfm?page=315496	Skate park located within McBean Community Park.	Placer County	All	Contact for fees and rules.	Open daily from dawn to dusk.

<p><b>Maidu Regional Park</b> 1550 Maidu Drive Roseville, CA (916) 774-5988</p>	<p>Skate park with half-pipe for in-line skating and skateboarding. (No BMX or scooters allowed). Helmet and pads required.</p>	<p>Placer County</p>	<p>All</p>	<p>Admission is free. Equipment rental (if needed) is \$3.</p>	<p>Open daily. Closes 1 hour after sunset.</p>
<p><b>Roller King Skating and Blading Roller Skating Rink</b> 889 Riverside Avenue Roseville, CA (916) 782-7781 www.rollerkingroseville.com</p>	<p>Roller / inline / artistic / figure skating for all ages; skating lessons for youth and adults; roller hockey clinics for youth.</p>	<p>Placer County</p>	<p>All</p>	<p>Costs vary by day and time. However, every day between 1-4pm admission is \$5, regular skate rental is \$3, and inline skate rental is \$4.</p>	<p>Open daily; public skating 1-4pm daily; Discount Night Tuesdays, Family Night Fridays.</p>
<p><b>Skating Rink at Northstar</b> 100 Northstar Drive Truckee, CA (530) 562-3689 www.northstaratahое.com/info/summer/village-activities.asp</p>	<p>9,000 sq. ft. rink for inline and roller skating during summer season. Child, adult, and private lessons available.</p>	<p>Placer County</p>	<p>All. 18 years and under need parent signature on Skating Release of Liability form. Refer to</p>	<p>Free skating for people with their own inline or roller skates. \$5 for roller skate rental (plus credit card deposit).</p>	<p>Operates during summer season (mid-Apr. to mid-Nov.) Open M, Th 1-3:30pm; Tu 1-9pm; W, F, Sat, Sun 1-8pm.</p>
<p><b>Snowskiing / Snowboarding</b></p>					
<p><b>Alpine Meadows</b> 2600 Alpine Meadows Road Tahoe City, CA (530) 583-4232 www.skialpine.com</p>	<p>13 ski lifts with over 2,400 acres of rideable terrain. Base elevation 6,835', summit elevation 8,637'. No lodging accommodations onsite.</p>	<p>Placer County</p>	<p>All</p>	<p>Contact for pricing.</p>	<p>Lodge open 8am-4pm, lifts operate 9am-4pm daily. Season runs mid-Nov. to late May. Contact for dates of operation.</p>

<b>Boreal Ski Area</b> 19659 Boreal Ridge Road Truckee, CA (530) 426-3666 www.rideboreal.com	8 ski lifts with 380 acres of rideable terrain and 10 miles of cross-country skiing. Base elevation 7,200', summit elevation 7,700'. Lodging accommodations onsite.	Placer County	All	Kids 4 and under ride for free; college students ride Fridays for \$10. Night rates available. Refer to website for further pricing.	Open daily 9am-9pm. Note: resort closes at 4pm when no night skiing/boarding. Contact for dates of operation.
<b>Clair Tappaan Lodge</b> 19940 Donner Pass Road Shingle Springs, CA (530) 426-3632 www.ctl.sierraclub.org	Lodge offers 12 kilometers (roughly 7 1/2 miles) of cross-country skiing and snowshoeing. No snowboarding or downhill skiing at this facility.	Placer County	All	Refer to website for pricing.	All season recreation; contact for hours of operation.
<b>Donner Ski Ranch</b> 19320 Donner Pass Road Norden, CA (530) 426-3635 www.donnerskiranch.com	6 lifts with 460 acres of rideable terrain and 52 runs. Base elevation 7,031', summit elevation 7,781'.	Placer County	All	Kids 5 and under ride for free. Midweek rates are 6-12 years: \$8; adults (13-61 years): \$30; seniors (62-69 years): \$20; super seniors (70+ years): \$5. Half day rates available. Refer to website for further pricing.	Lifts operate 9am-4pm. Contact for dates of operation.
<b>Northstar at Tahoe</b> 100 Northstar Drive Truckee, CA (800) GO-NORTH (530) 562-1010 www.northstarattahoe.com	15 ski lifts with 2,480 acres of rideable terrain and 40 miles of cross-country skiing. Base elevation 6,330', summit elevation 8,610'. Lodging accommodations onsite.	Placer County	All	5-12 years: \$27; 13-22 years: \$61, 23-64 years: \$71; 65-69 years: \$61; 70+ years: \$27. Discounts for multiple day tickets. Refer to website for further pricing.	Open daily 8:30am-4pm, usually from mid-Nov. to mid-Apr., conditions permitting.
<b>Resort at Squaw Creek</b> 400 Squaw Creek Road Olympic Valley, CA (800) 327-3353 (530) 583-6300 www.squawcreek.com	33 ski lifts with over 4,300 acres of rideable terrain and over 400 miles of cross-country skiing. Lodging accommodations onsite.	Placer County	All	Contact for pricing.	All season recreation; contact for hours of operation.

<b>Royal Gorge Cross Country Ski Area</b> 9411 Hillside Drive Soda Springs, CA (800) 666-3871 www.royalgorge.com	North America's largest cross-country ski resort with 4 ski lifts and over 9,000 acres of rideable terrain. Base elevation 7,000'. No snowboarding or downhill skiing at this facility.	Placer County	All	Contact for pricing.	Open weekdays 9am-5pm; weekends 8:30am-5pm. Contact for dates of operation.
<b>Ski Homewood</b> 5145 Westlake Blvd. Homewood, CA (530) 525-2992 www.skihomewood.com	8 ski lifts with over 1,260 acres of rideable terrain and outdoor hillside amphitheatre. Base elevation 6,230', summit elevation 7,880'. No lodging accommodations onsite.	Placer County	All	Value Days lift tickets are \$27 and kids 10 and under ride free. Contact for further pricing.	Contact for hours and dates of operation.
<b>Soda Springs</b> 10244 Soda Springs Road Soda Springs, CA (530) 426-3091 www.skisodasprings.com	2 ski lifts and 2 snow tubing tows. Mini snowmobiles available for youth 6-12 years. No lodging accommodations onsite.	Placer County	All	7 years and under: \$10; 8-17 years: \$16; adults: \$25; seniors (70+ years): \$5. Snow tubing \$15 all ages. Mini snowmobiles \$7 / 10 laps (6-12 years only).	Lifts operate 9am-4pm. Contact for dates of operation.
<b>Squaw Valley USA</b> 1960 Squaw Valley Road Olympic Valley, CA (530) 583-6985 www.squaw.com	30 ski lifts with 11 miles of cross-country skiing. Base elevation 6,200', summit elevation 8,200'. Lodging accommodations onsite.	Placer County	All	Kids 12 and under ride every day for \$5; college students ride M-Th for \$45. Refer to website for further pricing. Night rates available.	Contact for hours and dates of operation.
<b>Sugar Bowl</b> 629 Sugar Bowl Road Norden, CA (530) 426-9000 www.sugarbowl.com	13 ski lifts. Base elevation 6,883', summit elevation 8,383'. Lodging accommodations onsite.	Placer County	All	Contact for pricing.	Contact for hours and dates of operation.

Swimming Pools					
<b>Colfax Community Pool</b> 101 Park Hill Drive Colfax, CA (530) 346-2313	Community pool with diving boards.	Placer County	All	<6 years: \$1.50; 7+ years: \$2; seniors: \$1.50. Discount passes available.	Open daily (Jun-Aug.) 1-5pm. Adult swim hours Tu/Th 5:30-7:30pm. Family Night Swims W 5:30-7:30pm.
<b>Johnson Pool</b> 100 D Street Roseville, CA (916) 774-5990	Recreational pool with small tube water slide. Facilities also include spectator area, playground, small picnic area, and dressing rooms.	Placer County	All	<2 years: Free w/ adult admission; 2+ years: \$2	Open weekdays (through 8/3) 1-3:30pm. Open Saturdays (through 8/4) 1-3:30pm. Closed Sundays.
<b>McBean Memorial Pool</b> On McBean Parkway between Hwy 65 and East Avenue Lincoln, CA (916) 645-3671	Recreational pool located within McBean Community park.	Placer County	All	<3 years: Free w/ adult admission; 4-7 years: \$2; 8-12 years: \$3; 13-17 years: \$4; adults: \$5.	Open daily 2-5pm; Family Night Swims Sat and M 5:30-7:30pm.
<b>Marsha Skinner Memorial Pool</b> 123 Recreation Drive Auburn, CA (530) 885-8461 <a href="http://auburnrec.com/poolrental.htm">auburnrec.com/poolrental.htm</a>	Community pool located within Recreation Park. 8-lane lap pool and splash pool for children with water play structure and slides.	Placer County	All	<6 years: \$2; 7+ years: \$3.	Open M-Th (6/11-8/10) 12:15-4:15pm, F (6/11-8/10) 12:15-7pm, Sat and Sun (5/26-9/3) 1-5pm. Check web for specific date closures.
<b>Oakmont High School Pool</b> 1710 Cirby Way Roseville, CA (916) 774-5990	25-yard, 8-lane competition pool, training pool (2-3 feet deep), kiddie pool, slide, and 2 diving boards.	Placer County	All	<2 years: Free w/ adult admission; 2+ years: \$2	Open M, W, F (through 8/3) 1-3pm; Closed weekends.

<b>Rocklin High School Aquatics Complex</b> 5301 Victory Lane Rocklin, CA (916) 625-5223 <a href="http://www.rocklin.ca.us/government/service_n_facility/sports_n_fitness/aquatics.asp">www.rocklin.ca.us/government/service_n_facility/sports_n_fitness/aquatics.asp</a>	8-lane pool with diving boards, wading pool with beach entry, concession stand, and shaded picnic area.	Placer County	All	\$2 for youth (0-17 years); \$3 for adults (18-54 years); \$2 for seniors (55+). Discounts available with 10-swim card. Refer to website for info.	Open (6/13-8/19) Sat-Th 1-4pm.
<b>Roseville Aquatics Complex</b> 3051 Woodcreek Oaks Blvd. Roseville, CA (916) 774-5262	50-meter Olympic size competition pool, 5-lane 25-yard lap pool, recreation pool with beach entry, 150-foot water slide, children's interactive water play area, Wave Café.	Placer County	All	<2 years: Free w/ adult admission; 2-4 years: \$2; 5+ years: \$5; spectator: \$2.	Open weekdays (through 8/10) 1-4:30pm. Open weekends (through 9/3) 1-6pm.
<b>Whitney High School Aquatics Complex</b> 701 Wildcat Blvd Rocklin, CA (916) 625-5223 <a href="http://www.rocklin.ca.us/government/service_n_facility/sports_n_fitness/aquatics.asp">www.rocklin.ca.us/government/service_n_facility/sports_n_fitness/aquatics.asp</a>	12-lane competition pool with 2 one-meter diving boards.	Placer County	All	\$2 for youth (0-17 years); \$3 for adults (18-54 years); \$2 for seniors (55+). Discounts available with 10-swim card. Refer to website for info.	Open (6/14-8/11) F and Sat 1:30-4:30pm.
Tennis					
<b>Please refer to the Parks section and Recreation Guides section for information on tennis activities and facilities.</b>					
Triathlon Clubs					
<b>Team in Faith</b> <a href="http://www.teaminfaith.org">www.teaminfaith.org</a>	Online-organized non-denominational Christian-based team for triathlon training individuals.	Placer County / Sacramento Co. / Yuba County / El Dorado County	Individuals training for triathlons.	Free. Donations accepted.	Refer to website for event schedule.

<b>Tri-Sierra Triathlon Club</b> www.trisierra.com	Online-organized club for triathlon training individuals. Offers group work outs for biking, running, swimming, and more; coach referrals; and seminars.	Placer County	Individuals training for triathlons.	Free	Events held daily. Refer to website for event schedule.
Walking Clubs / Volksmarching					
<b>Placer Pacers Walking Club / Placer Pacers Volkssport Club of Auburn</b> P.O. Box 142 Auburn, CA 95604 (530) 823-2403 www.placerpacers.org	Fitness walking club with year-round meetings and events. Volksmarching is typically 10k (6.2 mi.) or 5k (3.1 mi.) noncompetitive outdoor walking events.	Placer County	All	Contact for membership dues.	Refer to website for event schedule.
<b>Tahoe Trail Trekkers</b> P.O. Box 517 Carnelian Bay, CA 96140 (530) 546-2325 www.tahoetrailtrekkers.org	Fitness walking club with year-round meetings and events. Club also offers meetings and events for hiking (May-Oct) as well as cross-country skiing and snowshoeing (Jan-Apr.)	Placer County	All	\$20 individual annual membership; \$25 family annual membership.	Refer to website for event schedule.
Weights, Aerobics & Exercise					
<b>Please refer to the Gyms / Fitness Centers section for information on weights, aerobics, and exercise activities and facilities.</b>					
Yoga					
<b>Auburn Racquet &amp; Fitness Club</b> 1255 Racquet Club Drive Auburn, CA 95603-3022 (530) 885-1602 www.ar-fc.com	Fitness center offers yoga classes with drop-in, nonmember priviledges.	Placer County	All	Drop-in rate / day guest pass: \$15. Refer to website for pricing.	Open M-F 5am-10pm; Sat-Sun 7am-9pm. Refer to website for class schedule.

<p><b>Bhatki Holistic Medical Center</b>  251 Auburn Ravine Road #209  Auburn, CA 95603-3719  (530) 887-0888  www.drkauffman.com</p>	<p>Comprehensive medical clinic offers a variety of yoga classes in addition to traditional and holistic medicine practices.</p>	<p>Placer County</p>	<p>All</p>	<p>Drop-in rate: \$15.  10 classes: \$125.</p>	<p>W 9-10:15am:  Gentle yoga for seniors and special needs;  Th 9-10:15am:  Adult yoga; Th 4-4:45pm:  Children's yoga.</p>
<p><b>Bikram Yoga of Granite Bay</b>  4067 Cavitt-Stallman Road #267  Granite Bay, CA 95746-9038  (916) 797-9829  www.bikramyogagranitebay.com</p>	<p>Center for Bikram yoga, a style made up of 26 poses and practiced in a room heated between 100 and 105 degrees. Class sessions are usually 90 minutes.</p>	<p>Placer County</p>	<p>All</p>	<p>Free introductory class and introductory offer of 30 days for \$30. Drop-in rate: \$15. Student drop-in rate: \$10. 10 classes: \$120. Refer to website for further pricing.</p>	<p>Open daily.  Refer to website for class schedule.</p>
<p><b>Bikram Yoga Tahoe</b>  760 North Lake Blvd.  Tahoe City, CA 96145  (530) 581-1841  www.bikramyogatahoe.com</p>	<p>Center for Bikram yoga, a style made up of 26 poses and practiced in a room heated between 100 and 105 degrees. Class sessions are usually 90 minutes. Private sessions as well as deep tissue and hot stone massage also available.</p>	<p>Placer County</p>	<p>All</p>	<p>Drop-in rate: \$17. 5 classes (good for 1 month): \$70. 10 classes (good for 6 months): \$135. Refer to website for further pricing.</p>	<p>Open daily.  Refer to website for class schedule.</p>
<p><b>Canyon Spirit Yoga Center</b>  538 Auburn Ravine Road  Auburn, CA 95603-3954  (530) 885-6407  www.canyonspiritryoga.com</p>	<p>Traditional yoga center primarily offers Vinyasa yoga classes and various weekend workshops.</p>	<p>Placer County</p>	<p>All</p>	<p>Drop-in rate: \$12. Drop-in rate for 21 and under: \$8. 5 classes (good for 2 months): \$50. 10 classes (good for 3 months): \$85. Refer to website for further pricing.</p>	<p>Open daily.  Refer to website for class schedule.</p>
<p><b>Courthouse Athletic Club</b>  11558 F Avenue  Auburn, CA 95603-2716  (530) 885-1964  www.fitnessclubsites.com/cac1/#</p>	<p>Fitness center offers yoga classes with drop-in, nonmember privileges.</p>	<p>Placer County</p>	<p>All</p>	<p>Drop-in rate / day guest pass: \$10. Allows full use of classes and facilities for day.</p>	<p>Open M-F 4:30am-10pm;  Sat-Sun 8am-7pm. Refer to website for class schedule.</p>

<b>East Wind Yoga</b> 210 Riveside Avenue Roseville, CA 95678 (916) 799-9314 www.eastwindyoga.com	Center offers a variety of yoga styles and classes including Bikram, Forrest Flow, and Vinyasa Yoga.	Placer County	All	Introductory offer of 10 days for \$10. Drop-in rate: \$15. 5 classes (no time limit): \$55. 10 classes (no time limit): \$100. Refer to website for further pricing.	Open daily. Classes start at 7am, 9am, 5pm, and 7pm. Refer to website for class schedule.
<b>Gold's Gym</b> 8665 Auburn Folsom Road Granite Bay, CA 95746-6202 (916) 788-1500 www.goldsgym.com/granitebayca	Fitness center offers Hatha Yoga, Ivengar Yoga, and Vinyasa Yoga classes with drop-in, nonmember priviledges.	Placer County	All	Drop-in rate / day guest pass: \$10. Allows full use of classes and facilities for day.	Open M-F 4:30am-10pm; Sat-Sun 6am-9pm. Refer to website for class schedule.
<b>Gold's Gym</b> 2800 Nicolaus Road #600 Lincoln, CA 95648-9661 (916) 253-3600 www.goldsgym.com/lincolnca	Fitness center offers yoga classes with drop-in, nonmember priviledges.	Placer County	All	Drop-in rate / day guest pass: \$10. Allows full use of classes and facilities for day.	Open M-Th 5am-11pm; F 5am-10pm; Sat-Sun 7am-8pm. Refer to website for class schedule
<b>Gold's Gym</b> 5110 Foothills Blvd. Roseville, CA 95747-6581 (916) 788-4241 www.goldsgym.com/rosevilleca	Fitness center offers yoga classes with drop-in, nonmember priviledges.	Placer County	All	Drop-in rate / day guest pass: \$10. Allows full use of classes and facilities for day.	Open M-Th 4:30am-11pm; F 4:30am-10pm; Sat-Sun 6am-9pm. Refer to website for class schedule.
<b>Granite Bay Pilates and Yoga</b> 8775 Sierra College Blvd. #450 Granite Bay, CA 95661 (916) 774-9642 www.granitebaypilatesandyoga.com	Center offers yoga and pilates studio classes, as well as semi-private and private sessions.	Placer County	All	Refer to website for pricing.	Open M-Sat. Closed Sundays. Refer to website for class schedule.
<b>Pacific Fitness Center</b> 11800 Enterprise Drive Auburn, CA 95603-3735 (530) 823-7458 www.pacfit.com	Fitness center offers yoga classes with drop-in, nonmember priviledges.	Placer County	All	Drop-in rate / day guest pass: \$5. Allows full use of classes and facilities for day.	Open M-Th 4am-9pm; F 4am-8pm; Sat 7am-6pm; Sun 9am-2pm. Refer to website for class schedule.

<p><b>Pilates on Persimmon</b>  12055 Persimmon Terrace #110  Auburn, CA 95603-3808  (530) 823-5247  www.mojoepilates.com</p>	<p>Center primarily offers various pilates classes with one pilates/yoga combo class as well as semi-private and private sessions.</p>	Placer County	All	<p>Drop-in rate for pilates/yoga combo class: \$14. 8 classes (good for 10 weeks): \$104. 10 classes (good for 12 weeks): \$120. Refer to website for further pricing.</p>	Contact for class schedule.
<p><b>Sattva Yoga and Pilates</b>  2610 Sunset Blvd. #5  Rocklin, CA 95677-4256  (916) 624-9642  www.sattvayogaandpilates.com</p>	<p>Center offers Yoga Basics, Yoga Fusion, Iyengar Yoga, Prenatal Yoga, "Mommy and Me" Yoga, and Vinyasa Yoga as well as pilates classes, deep tissue massage, Thai massage, Ayurveda massage, and consultations in Clinical Ayurveda.</p>	Placer County	All	<p>Refer to website for pricing.</p>	<p>Open M-Sat. Closed Sundays. Refer to website for class schedule.</p>
<p><b>Total Fitness</b>  11768 Atwood Road #1  Auburn, CA 95603-9063  (530) 888-0835  www.totalfitgym.com</p>	<p>Fitness center offers yoga classes with drop-in, nonmember privileges.</p>	Placer County	All	<p>Free 5-day guest pass available. Drop-in rate / day guest pass: \$8. Refer to website for pricing.</p>	<p>Open M-F 4am-9pm; Sat-Sun 7am-7pm. Refer to website for class schedule.</p>
<p><b>Yoga for Fitness Studio</b>  3853 Taylor Road #D  Loomis, CA 95650-9260  (916) 660-9642  (916) 771-9642  www.yogaforfitness.com</p>	<p>Center offers Core Yoga, Gentle Yoga, Yoga Flow, Yoga Stretch, Prenatal and Postpartum (with or without baby) classes as well as private sessions.</p>	Placer County	All	<p>Refer to website for pricing.</p>	<p>Open M-Sat. Closed Sundays. Refer to website for class schedule.</p>
<p><b>The Yoga Space</b>  475 North Lake Blvd. #255  Tahoe City, CA 96145  (530) 581-1933  www.yogaspacetahoe.com</p>	<p>Center offers a variety of yoga styles and classes including Iyengar, Kripali, Vinyasa, and Yoga Basics.</p>	Placer County	All	<p>Drop-in rate: \$14. Student drop-in rate: \$12. 5 classes (good for 2 months): \$60. 10 classes (good for 3 months): \$110. Refer to website for</p>	<p>Open daily. Refer to website for class schedule.</p>

Youth Sports Organization					
Please refer to the Recreation Guides, Youth Camps, and Youth Centers sections for information on youth sports activities and facilities.					
Youth Camps					
<b>Auburn Area Youth Programs</b> auburnrec.com/youthprograms.htm	Includes wide range of activities for youth in the city of Auburn and surrounding areas.	Placer County	Open to boys and girls 20 months - 17 years.	Costs vary according to activity.	Refer to online recreation guide for complete schedule.
<b>City of Lincoln (refer to Summer 2007 Recreation Guide)</b> www.ci.lincoln.ca.us/index.cfm?page=1024336	Includes wide range of activities for youth in the city of Lincoln and surrounding areas.	Placer County	Open to boys and girls ages 3-18.	Costs vary according to activity.	Refer to online recreation guide for complete schedule.
<b>City of Rocklin Youth Services Guide (2007)</b> (also refer to City of Rocklin Summer 2007 Recreation Guide) www.rocklin.ca.us/government/service_n_facility/recreation_guide.asp	Includes wide range of activities for youth in the city of Rocklin and surrounding areas.	Placer County	Open to boys and girls ages 0-17.	Costs vary according to activity.	Refer to online recreation guide for complete schedule.
<b>City of Roseville Camps Activity Guide (2007)</b> www.roseville.ca.us/parks/programs_n_classes/activity_guides/default.asp	Includes wide range of activities for youth in the city of Roseville and surrounding areas.	Placer County	Open to boys and girls ages 0-17.	Costs vary according to activity.	Refer to online recreation guide for complete schedule.
<b>Tahoe Area Recreation Guide (Spring / Summer / Fall 2007)</b> www.tahoecityud.com/parksrec.shtml	Includes wide range of activities for youth in the communities of Alpine Meadows, Carnelian Bay, Dollar Hill, Homewood, Lake Forest, Kings Beach, Squaw Valley, Tahoe City, Tahoe Vista, Tahoma, and surrounding areas.	Placer County	Open to boys and girls 6 months - 17 years.	Costs vary according to activity.	Refer to online recreation guide for complete schedule.

Youth Centers					
<b>Colfax Youth Center</b> 55 School Street Colfax, CA 95713 (530) 346-8522 <a href="http://www.ci.colfax.ca.us/youthctr.shtml">www.ci.colfax.ca.us/youthctr.shtml</a>	Youth center with pool tables, 2 air hockey tables, ping pong table, skee-ball, outdoor basketball hoop, and multi-purpose field.	Placer County	Open to boys and girls ages 8-18.	Free.	Open through school year M-F 3-6pm. Closed summer of '07.
<b>Lord's Gym</b> 702 Atlantic Street Roseville, CA 95678-1806 (916) 773-5673 <a href="http://www.lordsgym.citymax.com/page/page/4293990.htm">www.lordsgym.citymax.com/page/page/4293990.htm</a>	Christian sports outreach center offers boxing and kickboxing as well as cardio classes, hip hop breakdancing, indoor basketball court, game consoles, pool tables, and more.	Placer County	Open to all ages but targeted towards youth.	Fees for individual (<19 years) is \$5/ mo. plus \$15 start-up; individual (20+ years) is \$15/ mo. plus \$30 start-up; family is \$30/ mo. with \$40 start-up. No start-up costs for 6- and 12- month memberships.	Open M-F 5:30am-12am. Open Sat 8am-4pm. Closed Sundays.