

Yuba County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST	HOURS	CONTACT
Adult Sports Organization						
Coed Adult Softball- PLYSA P.O. Box 190 Olivehurst, CA 95961 (530) 797-4179 http://www.plysa.org/	Men's and Women's Adult softball league	Yuba County	Adults	\$45/season	Fall, Spring, Summer	softball@plysa.org
Adult Coed Soccer Location TBA Yuba City, CA 822-4650 http://www.yubacity.net/parks-recreation/2008-winter/pop-adult-coed-soccer.htm	Adult coed soccer, each team guaranteed to play at least 8 games (2 25-minute halves, 1 5 minute half-time). Register as a team or as an individual	Yuba County	Ages 16+	\$40/individual or \$275/team of 12 max.	Games on Wednesday from 6-10pm; league play starts January 9	
Aerobics						
Pilate-Aerobic Training by Pro-Fitness 424 D Street Marysville, CA 95901 (530) 742-7473	Aerobics and Pilates	Yuba County	Adults	Contact for pricing		
Baseball						
Beale AFB Little League 15160 Gavin Mandry Beale AFB, CA 95692 (530) 741-1547 http://www.bealeservices.com/youthsports/sports_programs.htm	Little league baseball and softball for youth; Coaching and umpire opportunities available for adults	Yuba County	Youth ages 5-18	Contact for registration fees	Spring	william.crawley@beale.af.mil

Bryant Field 14th and C Streets Marysville, CA 95901 (530) 749-3902	Home of the Yuba-Sutter Gold Sox with seating for 3000 people; available for rental from the Gold Sox during the season or from the city the rest	Yuba County	All	Contact for rental rates		
Marysville Little League 4 East 17th Street Marysville, CA 95901 (530) 743-9197	Little league baseball and softball for youth; Coaching and umpire opportunities available for adults	Yuba County	Youth ages 5-18	Contact for registration fees	Spring	barfam6@aol.com
North Yuba Little League 9481 Browns Valley School Road Browns Valley, California 95918 (530) 749-0636 http://eteamz.active.com/nyll/	Little league baseball and softball for youth; Coaching and umpire opportunities available for adults	Yuba County	Youth ages 5-18	Contact for registration fees	Spring	barber@ccxn.com
Olivehurst-Linda Little League 1208 Pasado Road Marysville, CA 95901 Baseball:(530) 216-7918; Softball: (530) 681-3177 http://playoll.org/	Little league baseball and softball for youth; Coaching and umpire opportunities available for adults	Yuba County	Youth ages 5-18	\$60 for the first child, \$40 for the second, \$30 for the third, \$20 for the fourth, \$150 maximum per family	Spring	Baseball: pabaseball12under@playoll.org ; Softball: president@playoll.org
Wheatland Little League C Street Wheatland, CA 95692 (916) 718-1773 http://eteamz.active.com/wheatlandll/	Little league baseball and softball for youth; Coaching and umpire opportunities available for adults	Yuba County	Youth ages 5-18	Contact for registration fees	Spring	hunterjimd@yahoo.com
Bicycle Clubs						
Yuba-Sutter Cycling Club P.O. Box 900 Yuba City, CA 95992 (530) 674-5698 http://www.yubasuttercycling.org/	Promotes safe cycling for all levels of cyclists	Yuba County	Cyclists of all ages	\$15 suggested donation	First Friday of every month; contact for ride schedules	dlaird@yubasuttercycling.org

Bicycling							
Camp Far West 8173 Camp Far West Rd. Wheatland, CA 95652 (530) 633-0803 (north shore); (916) 408-5037 (south shore) http://www.campfarwestlake.net/	Hiking, cycling, equestrian trails	Yuba County	All	Free			
Spenceville Wildlife Area Hammonton-Smartville Road off Hwy 20, 19 miles east of Marysville, CA 95901 (530) 538-2236 http://www.spenceville.org/	Hiking, cycling, equestrian trails	Yuba County	All	Cost	Limited use between March 16 and June 30		
Boating							
Bullard's Bar Reservoir at Emerald Cove 12571 Marysville Road Dobbins, CA 95935 (530) 692-3200 www.bullardsbar.com/	Boat rentals: Houseboats, ski/sport boats, patio boats, fishing boats, and wakeboard boats	Yuba County	All	Varies by boat and season, see http://www.bullardsbar.com/index.htm			info@bullardsbar.com
Star Bend Boat Ramp Feather River Blvd. Marysville, CA 95901 (530) 749-5420 http://www.co.yuba.ca.us/Departments/Community%20Development/Public%20Works/PARKS/Star_Bend.aspx	Boat ramp leading right to hot spots for seasonal game fish migrations	Yuba County	All	Free	30 minutes before sunrise, 30 minutes after sunset		publicworks@co.yuba.ca.us
Skipper's Cove Marina 13104 Marina Smartville, CA 95977-9569 (530) 432-6302 http://www.engebrightlake.com/	Marina with 3 boat launch ramps, house boat, party boat, ski/fish boats, and canoe rentals	Yuba County	All	Contact for rental and camping fees			rentals@engebrightlake.com
Bowling							
Beale Lanes 23rd and B streets Beale AFB, CA (530) 634-2299 http://www.bealeservices.com/bealelanes/index.htm	Bowling lanes, Restaurant/Grill, theme nights	Yuba County	All	Rates vary by night, see http://www.bealeservices.com/bealelanes/index.htm	Mon-Fri.: 11am-9pm; Sat: 11am-11pm; Sun: 11am-5pm		

Yuba-Sutter USBC Association Nu Generation Lanes 876 W. Onstott Rd. Yuba City, CA 95991 (530) 755-2600 http://ysbowling.com/	Bowling leagues; not for profit	Yuba County	Youth-Senior	Contact for membership rates		webmaster@ysbowling.com
Boxing						
Hit Squad Boxing Gym 414 E Street Marysville, CA 95901 (530) 415-8129 http://www.unlimitedboxing.com/index.php?option=com_mtree&task=viewlink&link_id=276&Itemid=41	Amateur boxing training center	Yuba County		Contact for pricing		
Camping						
Bullard's Bar Reservoir at Emerald Cove 12571 Marysville Road Dobbins, CA 95935 (530) 692-3200 www.bullardsbar.com/	Hiking trails around rim of reservoir; also boat rentals and campgrounds	Yuba County	All	See http://www.bullardsbar.com/index.html		info@bullardsbar.com
Collins Lake Recreation Area 7530 Collins Lake Road Oregon House, CA 95962 (530) 692-1600 www.collinslake.com/	Campground, RV and Trailer Park, hookups, hot showers, swimming beach, boat launch and rental, water skiing, general store, gas,	Yuba County	All	Varies, see http://www.collinslake.com/rates/	Opens at dawn all year round, closing varies for winter and summer	info@collinslake.com
Lake Francis Resort 13985 Lake Francis Road Dobbins, CA 95935 (530) 692-2132 www.lakefrancisrv.com	Secluded full-service RV Park in the lower Sierras. Sleeping cabins, tent sites, fishing, swimming pool,	Yuba County	All	Varies, see http://www.lakefrancisrv.com/	Year round	
Plumas National Forest 159 Lawrence Street Quincy, CA 95971 (530) 283-2050 www.fs.fed.us/r5/plumas/	Camping, hiking, mountain biking, lakes, rafting, wildlife viewing	Yuba County	Target Population	Varies, see http://www.fs.fed.us/r5/plumas/recreation/camping/	Year round	

Tahoe National Forest Downieville Ranger District 15924 Highway 49 Camptonville, CA 95922 (530) 288-3231 www.fs.fed.us/r5/tahoe/	Camping, hiking, mountain biking, lakes, rafting, wildlife viewing	Yuba County	Target Population	Varies, see http://www.fs.fed.us/r5/tahoe/	Year round	hnewell@fs.fed.us
Community Center						
Beale AFB Community Center 2425 Robert Nicoletti Beale AFB, CA (530) 634-3140 www.bealeservices.com/community/index.htm	Computer room, game room with foos ball, pool, air hockey, ping-pong, and other entertainment	Yuba County	All ages	Free	M-F: 9am-8pm	
Friday Night Live 301 4th Street Marysville, CA 95901 742-LIVE www.fridaynightlive.com/	Youth center offering mentoring, teen pregnancy prevention, parenting classes, as well as offering a safe place for youth to have a good time	Yuba County	Youth of all ages	\$3-5 for Club live events	Contact for hours	live@fridaynightlive.com
Loma Rica Community Church- Youth Center 11234 Loma Rica Rd. Yuba City, CA 95911 (530) 743-9475 lrconline.org/doc.get/ministries/youth/spiritwestcoast	Safe and supervised setting for junior high and high school youth; faith oriented	Yuba County	Junior high and high school students	Free	Friday nights; 5-8pm during school year, 5-9pm summer months	
Yuba-Sutter Family YMCA 853 Plumas St. Yuba City, CA 95911 (530) 673-8230 http://www.norcalymca.org/yubasutter.htm	Sports, Fitness, Humanities, and Leadership opportunities	Yuba County	All ages	Varies; Financial assistance available	Contact for hours of operation	
Community Classes						
Yuba College 2088 North Beale Road Marysville, CA 95901 (530) 741-6700 www.yccd.edu/yuba/	Courses offered on a broad variety of topics such as culinary arts, music, etc.	Yuba County	Adults	Contact for fees	Varies by course schedule	

Community Health Service Classes						
American Red Cross- Three Rivers Chapter 2125 E. Onstott Rd. Yuba City, CA 95991 (530) 673-1460 threerivers.redcross.org/	Provides courses on CPR, First Aid, Babysitting training, Pet First Aid, Water Safety, and Disaster Preparedness	Yuba County	All	Varies by class	Contact for course scheduling	marthagries@sbcglobal.net
Dance						
Classic Ballroom 1830 B Street Marysville, CA 95901 (530) 751-7635 classicballroom.org/	Hosts a series of monthly dances (usually the 3rd Saturday of every month) beginning with an optional lesson following with 3 hours of general ballroom	Yuba County	All	Lesson (7-8pm): \$5; Dance (8-10:30pm): \$5	Fall, Winter, and Spring	classicballroom@yahoo.com
Dance/Arts						
Yuba Sutter Youth Symphony 1745 Green Valley Road Yuba City, CA 95993 (530) 755-3413 ysyouthsymphony.org/	Youth symphony rehearsals and performances	Yuba County	Youth to age 20	Contact for registration fees		
Farming						
4-H 142-A Garden Highway Yuba City, CA 95991-5512 (530) 822-7515 www.4husa.org/	Leadership enhancement in agriculture, science, technology, and engineering through events and activities in conjunction with the	Yuba County	Ages 5-19	Contact for pricing		cesutteryuba@ucdavis.edu
Fitness/Sports Club						
Baby Boot Camp Ellis Lake- 11th and D streets Marysville, CA 95901 (530) 816-0915 www.babybootcamp.com/	Stroller-based fitness classes including strength training and cardiovascular drills	Yuba County	New and expecting mothers	First class, free; variable pricing after. See http://www.babybootcamp.com/pages/class_loca	See website for calendar and hours	jill.wheaton@babybootcamp.com

Curves 201 D Street Centre D Marysville, CA 95901 (530) 743-5808 www.curves.com/	30 minute workout sessions in a fun, comfortable and motivating environment; includes warm-up, cardiovascular training, strength training, cool down, and stretching	Yuba County	Adult Women	Contact for pricing and current promotions	Mon.- Thur.:5:30am-7:30 pm; Fri.:5:30am-6:30pm Sat.:8am-12pm Sun.-closed	
Harris Fitness Center 2418 B Street Beale AFB, CA (530) 634-2259 www.bealeservices.com/harrisfitness/index.htm	Training equipment, multi-purpose courts, men's and women's sauna, personal training, aerobics and other group fitness classes, massage	Yuba County	Adults	Contact for rates	M-F: 5am-11pm; Weekends, holidays, down days: 8am-10pm	9svsfitness@beale.af.mil
Professional Fitness Health Club 424 D Street Marysville, CA 95901 (530) 742-7473 www.usfitnessclubs.com/professional-fitness-health-club/9248/	Fitness and health club	Yuba County	Adults	Contact for pricing and current promotions		
Football						
Marysville Jr. Chiefs Marysville High School 12 E. 8th St. Marysville, CA 95901 www.visityubasutter.com/Sports.aspx	Southern Conference, Division 1 Football	Yuba County	Ages 9-14	Contact for fees; P.O. Box 5402, Marysville, CA 95901	Fall	
Twin Cities Jr. Blazers 4446 Olive Avenue Olivehurst, CA 95901 (530) 673-2128 www.visityubasutter.com/Sports.aspx	All American Youth Football/Freedom Division	Yuba County	Ages 6-14	Contact for fees	Fall	tcblazers@aol.com

Wheatland Jr. Pirates Practice held between Wheatland Elementary School (111 Hooper St.) and Bear River School (100 Wheatland Park Drive) Mailing address: P.O Box 192 Wheatland, CA 95692 www.visityubasutter.com/Sports.aspx	Youth football, Division 2	Yuba County	Ages 6-14	\$50 non-refundable sign up fee; \$200 registration before July 4th, \$250 after July 4th	Fall	
Golf						
Coyote Run Golf Course 17440 Warren Shingle Road Beale Airforce Base Marysville, CA 95991 (530) 788-0192 www.coyoterungolf.com/	18-hole championship golf course, facility and driving range	Yuba County	Adults	Fees vary, contact the Golf Shop at (530) 788-0192	Weekdays: 6:30--Dusk; Weekends: 6:00-Dusk; Closed Christmas	
Miniature Golf Family Fun Center 1468 Simpson Lane Marysville, CA 95901 (530) 743-8713	Miniature golf	Yuba County	All	Contact for pricing		
Plumas Lake Golf Course and Country Club 1551 Country Club Road Marysville, CA 95901 (530) 742-3201 http://www.plumaslake.com/course.asp?HID=455	Semi-private, reservations required. Tough 18-hole rolling course. Pro-shop, carts, restaurant, lounge and snack bar	Yuba County	Adults	Varies; see http://www.plumaslake.com/course.asp?HID=455&ACT=1		
Splat Hill Disc Golf 6841 Marysville Rd. Browns Valley, CA 95982 (916) 971-2772 www.splathill.com	40-acre grounds including an 18-hole disc golf course, paintball, and 3 fishing ponds	Yuba County	All	Contact for pricing		info2@splathill.com
The Gold Mine Mallard Lake Golf Center 4238 Highway 99 Yuba City, CA 95991 (530) 674-0475	18-hole miniature golf course with 49'er theme	Yuba County	All	Contact for current fees		

Gymnastics						
Youngsters, Inc 950 Tharp Rd. Ste 903 Yuba City, CA 95993 (530) 791-7800 www.youngstersinc.com/	Preschool, boys and girls, birthday parties, tumbling, fitness classes	Yuba County	Youth 18 months to 18 years	Varies by age and program; see http://youngstersinc.com/tuition.html	Year round	info@youngstersinc.com
Hiking						
Bullard's Bar Reservoir at Emerald Cove 12571 Marysville Road Dobbins, CA 95935 (530) 692-3200 www.bullardsbar.com/	Hiking trails around rim of reservoir; also boat rentals and campgrounds	Yuba County	All	See http://www.bullardsbar.com/index.html		info@bullardsbar.com
Camp Far West 8173 Camp Far West Rd. Wheatland, CA 95652 (530) 633-0803 (north shore); (916) 408-5037 (south shore) www.campfarwestlake.net/	Hiking, cycling, equestrian trails	Yuba County	All	Free		
Spenceville Wildlife Area Hammonton-Smartville Road off Hwy 20 19 miles east of Marysville, CA 95901 (530) 538-2236 www.spenceville.org/	Hiking, cycling, equestrian trails	Yuba County	All	Cost	Limited use between March 16 and June 30	
Horseback Riding						
Camp Far West 8173 Camp Far West Rd. Wheatland, CA 95652 (530) 633-0803 (north shore); (916) 408-5037 (south shore) www.campfarwestlake.net/	Hiking, cycling, equestrian trails	Yuba County	All	Free		
Spenceville Wildlife Area Hammonton-Smartville Road off Hwy 20 19 miles east of Marysville, CA 95901 (530) 538-2236 www.spenceville.org/	Hiking, cycling, equestrian trails	Yuba County	All	Free	Limited use between March 16 and June 30	

Mall Walking							
Yuba-Sutter Mall 1215 Colussa Avenue Yuba City, CA 95991 (530) 755-2500 www.yubasuttermall.com/	Single level, enclosed mall; includes Sears, Gottschalks, JCPenney, Ross along with many specialty shops	Yuba County	All			M-F 10am-9pm Saturday 10am-8pm Sunday 11am-6pm	lweiher@yubasuttermall.com
Martial Arts							
Han Mi Tae Kwon Do Karate Studio 414 E Street Marysville, CA 95901 (530) 743-9029	Traditional and sport karate, self defense trainging	Yuba County	All	Contact for pricing		Mon., Tue., Thur. 4:30-9:30pm; Wed. 5-9:30pm; Fri. 5-7pm	
Korean Karate Academy, Clingan's Tang Soo Do 229 6th Street Marysville, CA 95901 (530) 671-2871	Classes in Tang Soo Do (Korean Karate)	Yuba County	All	Contact for pricing		Monday, Wednesday, Friday: 6pm-8pm	
Kuk Sool Won 420 Front Street Wheatland, CA 95692 (530) 713-2379 www.kuksoolwon.com/	Martial arts and body conditioning	Yuba County	All	Contact for pricing			rdcairnes@syix.com
Parks							
Ellis Lake 906 B Street Marysville, CA 95901 (530) 749-3902 en.wikipedia.org/wiki/Ellis_Lake	Park with picnic facilities, paddle boats, ducks and geese. 1 mile of sidewalk around the lake for walking or jogging. Hosts seasonal events such as a children's fishing	Yuba County	All	Free			
Gavin Park Johson Avenue and Val Drive Marysville, CA 95901 (530) 749-3902 www.marysville.ca.us/city_services.asp?did=37	Neighborhood park with picnic tables, benches, play equipment and a large open play area	Yuba County	All	Free		All	

Miner Park Between Swezy and Sampson Streets and E. 14th and E. 15th Marysville, CA 95901 (530) 749-3902 www.marysville.ca.us/city_services.asp?id=37	One of the largest neighborhood parks with play equipment, tot equipment, benches, a picnic area, basketball hoops, and an open play area	Yuba County	All	Free	All	
Motor Park 14th and G Streets Marysville, CA 95901 (530) 749-3902 www.marysville.ca.us/city_services.asp?id=37	Neighborhood park with play equipment, tot equipment, benches, picnic tables, full court basketball pad, and an open play area	Yuba County	All	Free	All	
Riverfront Park Complex Bizz Johnson Drive adjacent to the Feather River Marysville, CA 95901 (530) 749-3902	Large complex including: a golfing range, an OHV MotoCross course, soccer fields, a nature area, a picnicking area, boat ramp, softball	Yuba County	All	Free/Contact for facility rental rates		
Stephen J. Field (Circle) Park Rideout Way between Greeley Drive and Boulton Way Marysville, CA 95901 (530) 749-3902	Neighborhood circular shaped park with play equipment, tot equipment, benches, picnic tables, and an open play area	Yuba County	All	Free	All	
Triplett Park Rideout Way and Covillaud Street Marysville, CA 95901 (530) 749-3902 www.city-data.com/city/Marysville- California.html	Neighborhood circular shaped park with play equipment, tot equipment, benches, picnic tables, and an open play area	Yuba County	All	Free	All	
Veteran's Park 5th Street between G and H Streets Marysville, CA 95901 (530) 749-3902	Formerly known as Napoleon Square; includes play equipment, benches and picnic tables	Yuba County	All	Free	All	

Washington Square The four corners at 10th and E Street Marysville, CA 95901 (530) 749-3902	Picnic tables and large open area for recreation and outdoor dining; Farmer's Markets are held here during the summer	Yuba County	All	Free	All/Summer only for Farmer's Market	
Yuba Park Yuba Street and East 10th Marysville, CA 95901 (530) 749-3902	Neighborhood park with play equipment, picnic facilities, and a large play area	Yuba County	All	Free	All	
Swimming						
Feather River Aquatic Club 2201 Ramirez Street Marysville, CA 95901 (530) 742-SWIM www.fracattack.org/	Youth competition swimming; also a Masters program for adults featuring self-paced lap swim	Yuba County	Ages 5-18 for competition swimming; adults for Masters swim	\$55/application	Year round	contact@fracattack.org
Lakehouse Pool In the housing area behind VOQ lodging quarters 24112 A Street Beale AFB, CA (530) 634-5797 www.bealeservices.com/pools/index.htm	10' slide, baby pool, bathroom and shower facilities, picnic area, swimming lessons, lap and open swim	Yuba County	All ages	Daily admission: \$2/person; \$40/punchcard; Family season pass: \$95, individual season pass: \$55;	June 9th-August 19th	Eric.Sawyer@beale.af.mil
Main Pool- Beale AFB Near Harris Fitness Center and adjacent to Community Center 2418 B Street Beale AFB, CA (530) 634-2262 www.bealeservices.com/pools/index.htm	Fitness-style swim activities such as lap swim, swim team practices, 10' slide, smaller slide, baby pool, snack bar, retail area, and a picnic area	Yuba County	All ages	Daily admission: \$2/person; \$40/punchcard; Family season pass: \$95, individual season pass: \$55;	June 9th-August 19th	Eric.Sawyer@beale.af.mil

Therapy						
Scott Center Physical Therapy: Rehabilitation and Sports Injury Treatment 619 4th St. Marysville, CA 95901 (530) 742-6925	Heat and diathermy, ultra-sound treatment, electric stimulation, hydrotherapy, orthotics, paraffin bath, massage therapy, back-to-work rehabilitation and pre-employment	Yuba County	Injured adults	Contact for pricing/variables with treatment	Monday through Friday: 8am-5pm	scottctr@scottcenterpt.com
Yoga						
Ananda Dhiira Yoga and Meditation 19393 Sanctuary Rd. Penn Valley, CA 95946 (530) 432-3618	Yoga and meditation center	Yuba County	Adults	Free for meditation classes, contact for other	Contact for hours	anandalalita@yahoo.com
Youth/Adult Sports Organization						
Plumas Lake Youth Sports Association P.O Box 190 Olivehurst, CA 95961 (530) 797-4179 http://www.plysa.org/	Offers sports programs such as All Star Cheer, Flag Football, Football Cheer, Soccer and Tiny T-Ballers. Soon to offer youth center activities as well	Yuba County	Youth	Registration: \$45-55	All year	info@plysa.org
Youth Center- Beale AFB 15160 Gavin Mandery, Building 3340 Beale AFB, CA (530) 634-4953 http://www.bealeservices.com/youthcenter/index.htm	Basketball, Cheerleading, Gymnastics, Soccer, Swim, Track and Field, Team sports	Yuba County	Youth, pre-school through 12th grade	Contact for fees	Year round; Office hours: 9am-5:30pm	
Yuba-Sutter Youth Soccer League PO Box 878 Yuba City, CA 95992 (530) 742-7277 www.yubasuttersoccer.com/	Youth soccer league; tournaments	Yuba County	Ages 4-19	Contact for fees	Sign-ups in June, Practice in August, Season from September	

Zoo						
Bishop's Pumpkin Farm 1415 Pumpkin Lane Wheatland, CA (530) 633-2568 www.bishopspumpkinfarm.com/	Petting zoo, hay rides, bake shop, train rides, pony rides, gift shop; picnic grounds available to rent	Yuba County	All	Free activities, contact for picnic area rental fees		