

# San Francisco Pediatric Resource Guide



***Welcome to the Department of Pediatrics at Kaiser Permanente, San Francisco! We look forward to serving the needs of your family. Our department is located at 2200 O'Farrell Street, San Francisco, CA 94115.***

This list is meant to be a resource guide to programs and services offered in the community. Kaiser Permanente does not endorse any particular service in any way. Kaiser Permanente recommends finding the program that best suits your needs





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## **IMPORTANT PHONE NUMBERS**

- Pediatrics Appointments/ Advice (415) 833-2200
- Pediatrics Appointments/ Spanish (415) 833-2203
- Pediatrics Appointments/ Cantonese & Mandarin (415) 833-2239
- Teen Clinic Appointments (415) 833-3443
- Psychiatry Department (415) 833-2292
- Nutrition Advice Line (415) 833-3862

A Registered Dietician is available to answer your questions over the phone.

- Health Education (415) 833-3450  
2241 Geary Boulevard  
San Francisco, CA 94115

At the Health Education Department, you can register for classes or drop by to view and/or check out books and videotapes. You can also use InfoTrac, a health-related computer database, to look up health information topics.

**Healthphone 1-800-332-7563; TTY: 1-800-777-9059**

Free recorded Health Messages 24 hours a day in English & Spanish. Listen to over 200 health messages.

## **WEIGHT MANAGEMENT CLASSES & PROGRAMS**

- Healthy Kids, Healthy Families Class (an orientation to Healthy Lifestyles and Weight Management)

To register, contact Health Education (415) 833-3450

- Martial Play (a combination of both martial arts and social skills training)

To register, contact Health Education (415) 833-3450

- Pediatric Intensive Weight Management Program - Provider referral needed.

Contact Program Coordinator for more information (415) 833-4369

## TEEN CHOICES & CHALLENGES

An internet program for teens ages 13 to 18. This online program is private, safe, and focuses on the issues teens care about. From relationships to nutrition, "teen choices & challenges" has loads of information. To sign up, ask someone in your pediatrician's office for an access code, then log on to: [Teenchoicesandchallenges.com](http://Teenchoicesandchallenges.com) and click on "Sign Up."

## PROGRAMS FOR TEENS TO HELP QUIT SMOKING

- Individual Counseling with your Pediatric Clinical Health Educator
- (415) 833-4709

Call your Pediatric Clinical Health Educator to make an appointment. The Health Educator will work closely with your provider to offer individual smoking cessation counseling sessions. A **Quit Smoking Program Verification Form** will be given to members who participate in these sessions. This form must be presented to Pharmacy when filling a prescription for a smoking cessation aid.

- The California Smokers' Helpline 1-800-NO BUTTS

A FREE and confidential telephone-based counseling for teens to help you quit smoking. Funded by the Department of Health Services.

**English** 1-800-662-8887

**Spanish** 1-800-456-6386

**Vietnamese** 1-800-778-8440

**Korean** 1-800-556-5564

**Mandarin & Cantonese** 1-800-400-0866

**Deaf/ Hearing Impaired** 1-800-933-4833

Members wanting to use a cessation aid with this program must ask the Helpline to send a **Certificate of Enrollment** to them. This certificate must be presented to Pharmacy when filling a prescription for a smoking cessation aid.

### Websites to help you quit smoking

- [www.tenchoicesandchallenges.com](http://www.tenchoicesandchallenges.com)

**ENTER CODE: #SFQQ9Q67216**

- [www.thetruth.com](http://www.thetruth.com)
- [www.bigtoxicosucks.org](http://www.bigtoxicosucks.org)

**Teen Chemical Dependency Recovery Program (CDRP) (415) 292-5030**  
Primary Care Provider Referral or Psychiatry Department referral needed.

## **HEADACHE CLASSES & RESOURCES**

To register, please call the Pediatric Clinical Health Educator at (415) 833-4709

- Healthwise Handbook, Kaiser Permanente, Chapter 9, "Headaches"
- Freedom from Headaches, 1980, Joel R. Saper, MD and Kenneth R. Magee, MD

### **Headache Websites**

<http://members.kaiserpermanente.org/kpweb/healthency/entrypage.do>

(use search word "headaches")

- "American Council for Headache Education" (ACHE) [www.achenet.org](http://www.achenet.org)
- "National Headache Foundation" (NHF) [www.headaches.org](http://www.headaches.org)

## **PEDIATRIC ASTHMA RESOURCES**

- **Pediatric Clinic:** Asthma education is provided free of charge through our Asthma Case Manager and Asthma Resource Nurse.

Call Sharen Der at (415) 833-3563 to register for an appointment or for more information.

### **Books & Videos**

Free videos are available in the Health Education Department, and from the Asthma Nurse. They are also available for purchase at the Pediatric Pharmacy.

- **Control Your Child's Asthma** by Kaiser Physician, Harold Farber, MD.

- **YOUR CHILD AND ASTHMA**

This video will help you to understand & control asthma, and recognize flare-ups so your child can learn to live an active life. Available in English, Spanish, Cantonese, and Mandarin.

- **SO YOU HAVE ASTHMA video** (See your asthma case manager)
- **I'M A METER READER video** (See your asthma case manager)

### **Allergy Supplies**

- Allergy Control Products such as pillows and mattress encasements help reduce allergy exposure. They are available locally at various retail stores such as: Bed Bath & Beyond, and Mervyns.

For a more complete line of allergy control supplies ask for a catalogue in the Pediatric clinic.

### **Websites**

- Kaiser Permanente: [www.kp.org](http://www.kp.org) (click on Health Encyclopedia)
- American Lung Association: [www.lungusa.org](http://www.lungusa.org)
- Asthma & Allergy Foundation of America: [www.aafa.org](http://www.aafa.org)
- Global Initiative for Asthma: [www.ginasthma.com](http://www.ginasthma.com) (click patient guide- "what you and your family can do about asthma")
- Allergy & Asthma Network (Mothers of Asthmatics): [www.aanma.org](http://www.aanma.org)

Pollen Counts:

- [www.pollen.com](http://www.pollen.com)
- American Academy of Allergy, Asthma & Immunology: [www.aaaai.org](http://www.aaaai.org)

Interactive Websites for kids:

- <http://Asthma.nationaljewish.org/about/kids/wizard/index.php>

- <http://whatasthma.org/index.html>

### **OTHER ASTHMA RESOURCES**

- Asthma Education Packets are available from the Asthma Case Manager and Asthma resource Nurse in the Pediatric Department.

#### Pamphlets:

- Your child and Asthma
- How to manage your Asthma. A guide for Adults and Children
- How to use inhaled medications for Asthma and COPD

## YOGA



### **Stretch the Imagination**

(415)922-0104

2250 Union Street

San Francisco, CA 94123

[www.stretchtheimagination.org](http://www.stretchtheimagination.org)

Yoga and art classes are offered for children ages 2 and up.

### **Yogadoodles**

(415) 643-9007

461 Cortland Avenue

San Francisco, CA 94110

[www.yogadoodles.com](http://www.yogadoodles.com)

This creative movement program promises fun and fitness for toddlers and their parents by bringing laughter to the *serious* activity of yoga for ages 2-5. Besides teaching body awareness, stress relief, creativity and strength-building, these yoga classes are much more playful and engaging than the adult variety.

### **The Yoga Wellness Center**

(650) 401-6423

35 North San Mateo Drive

San Mateo, CA

A one-hour workshop for children and their parents; The class is intended to help 7- to 12-year olds improve self-awareness and mind-body fitness. Kids will learn a variety of yoga poses and games that imitate animals and objects in the environment, how to breathe healthfully, and how to relax through visualization.

**Junior Gym**

(650) 548-9901

101 South B. Street

San Mateo, CA 94401

Kids 5 and up can participate in yoga classes specifically designed for children with weight problems.

**Yoga Tree**

(415) 647-9707

1234 Valencia Street

San Francisco, CA 94110

[www.yogatreesf.com](http://www.yogatreesf.com)

The Yoga Tree offers classes for kids. Please call for more information.

**The Yoga Loft**

(415) 626-5638

321 Divisadero Street

San Francisco, CA 94117

Please call for schedules of children's yoga classes.



## DANCE

### **Charity Kahn's JAM Music and Movement**

(415) 661-1061

Great Highway/Pacheco

San Francisco, CA 94116

[www.jamjamjam.com](http://www.jamjamjam.com)

A 45 minute JAM class takes you and your child on a sound and motion journey incorporating singing, movement, percussion, scarf dancing, and improvisation. Classes are for infants up to age 5.

### **Rhythm and Motion Dance Center**

(415) 621-0643

1119 Mission Street

San Francisco, CA 94103

A dance-based workout program featuring neighborhood dance, hula, hip-hop, West African, and Brazilian. Call for more information.

### **Star Dance Studio**

(415) 564-1200

300 Moraga Avenue

San Francisco, CA 94122

[www.stardancestudio.net](http://www.stardancestudio.net)

Classes include tap, jazz, ballet, lyrical, salsa, and acrobatics for ages 3-17 years old.

### **Creative Movement for Boys**

(415) 621-0643

1113 Mission Street

San Francisco, CA 94103

Call for more information.

**Dance Mission**

(415) 826-4441

San Francisco, CA 94110

[www.dancemission.com](http://www.dancemission.com)

*Dance Mission* offers a variety of dance classes for children ages 2-14 years including Modern, Jazz, Ballet, and Hip-Hop.

**Swing Dance for Teens**

(415) 525-0900

1830 17<sup>th</sup> Street

San Francisco, CA 94103

Week-long day camps for teens (11-18 years old) to learn the basics of swing dancing, East Coast Swing, Charleston, Foxtrot, Collegiate Shag, and more. Call for more information.

**Academy of Ballet**

(415) 552-1166

2121 Market Street

San Francisco, CA 94114

Pre-ballet is offered to children ages 5-7 and Children's ballet begins at age 8. The academy is a professional ballet school and provides serious training to aspiring dancers.

**La Peña Cultural Center**

(510) 849-2568

3105 Shattuck Ave.

Berkeley, CA 94705

[www.lapena.org](http://www.lapena.org)

La Pena offers free and fee-based classes in music and dance, principally from Latin America. Call for more information.

**San Francisco Parks and Rec Department**

(415) 831-2700

501 Stanyan

San Francisco, CA 94117

<http://www.parks.sfgov.org/>

Please call or visit website for listing of classes offered throughout San Francisco.

**Tenderloin After-School Program**

(415) 865-4756

570 Ellis Street

San Francisco, CA 94109

Free dances classes for children at the Tenderloin Children's Playground.

The classes run on a drop-in basis. Please call for more information.



## **MARTIAL ARTS**

### **The San Francisco Goju Ryu Karate Center**

(415) 831-6558

2051 Balboa St.

San Francisco, CA 94121

Offers a martial arts program that emphasizes on safety and self-defense for children ages 4 and up.

### **One Martial Arts**

(415)731-9988

850 Taraval St.

San Francisco, CA 94116

[www.onemartialarts.com](http://www.onemartialarts.com)

A unique, state-of-the art facility dedicated to the mental and physical enhancement of the human spirit. Programs include Kids' karate, Cardio kickboxing, Aikido, and Tai chi. Programs are for children ages 5-12.

### **The Hapkido Institute**

(415) 956-0566

2125 Powell Street

San Francisco, CA 94133

[www.thehapkidoinstitute.com](http://www.thehapkidoinstitute.com)

The "Little Dragon" program offers non-competitive martial arts classes for children ages 5-8 years old.

### **United Studios Self Defense Dojo**

(415) 771-5186

2424 Lombard Street

San Francisco CA 94115

Private and Group classes available for ages 3 and up.

**World Oyama Karate**

(415) 682-8799

550 Taraval Street

San Francisco, CA 94116

A Japanese full contact style of karate that focuses on strengthening the mind, body, and spirit through intense training.

**Pacific Wushu**

(415) 841-8848

797 San Jose Avenue

San Francisco, CA 94110

A martial arts program that offers full body conditioning that develops every muscle. Students are also taught self-discipline, self-confidence and respect.

**Buchanan YMCA**

(415) 931-9622

1530 Buchanan Street

San Francisco, CA 94115

Offers Akido and Wushu for children ages 8 and up.

**Empty Hands**

(415) 824-6063

1021 Sanchez Street

San Francisco, CA 94114

The martial arts studio provides a supportive environment for kids and teaches a Japanese and Chinese form of Karate.

**San Francisco Police Activities League (PAL)**

(415) 215-7437

745 Treat Street

Judo lessons are taught at the Mission Recreation Center Auditorium between 20<sup>th</sup> and 21<sup>st</sup> Streets. Please call for more information.



### **Acrosports Capoeira Classes**

(415) 665-2276

639 Frederick Street

San Francisco, CA 94117

[www.acrosports.org](http://www.acrosports.org)

Capoeira is a Brazilian martial art combining martial arts, dance and acrobatics. Capoeira students learn basic tumbling and martial skills as well as body awareness. Classes also focus on rhythmic skills by playing percussive instruments and singing capoeira songs in Portuguese. Classes are for children ages 5 and up.

### **Abada Capoeira**

(415) 206-0650

3221 22<sup>nd</sup> Street

San Francisco, CA 94110

ABADÁ's teaching methodology is challenging, yet supportive, and provides students with leadership skills, and tools to develop into competent professionals. It is rooted in the belief that encouragement and positive role modeling enable Capoeira to enrich the lives of all students— regardless of level or background. Classes are for children ages 5 and up.

### **Capoeira Classes @ Harvey Milk Recreational Arts Building**

(415) 554-9523

50 Scott Street

San Francisco, CA 94117

Call for more information.

## SPORTS



### ***Baseball:***

#### **San Francisco Youth Baseball League**

(415) 831-6318

Plays April through June. Ages 5-14 years old.

#### **Boys & Girls Summer Baseball at Junipero Serra Playground**

(415) 337-4713

Ages 4-7 years old. Call for more information.

#### **Junior Giants Baseball**

(415) 831-6318

Sign-ups start in early June, league plays July-August. Players will play league games hitting off of a pitching machine except for ages 14-17.

Uniforms and Equipment provided. Call for additional information.

#### **Jewish Community Center of San Francisco**

(415) 292-1242

The JCC offers baseball programs for children ages 4-13 years. Contact Youth Athletic Director for more information.

#### **St. Ignatius Baseball Camps**

(415) 731-7500 ext. 288

Baseball camps available for boys 4<sup>th</sup> to 9<sup>th</sup> grade in the Summer. Please call for more information.

#### **Presidio YMCA**

Bldg. 63, Corner of Lincoln & Funston (415) 447-9674;  
447-9622

Registration begins in early March. Contact Sports Director for more information.

#### **San Francisco Police Activities League (PAL)**

(415) 401-4666

www.sfpal.org

PAL offers a number of affordable recreational and educational programs for children ages 5-17.

### **Healthy Bodies**

(415) 642-4407

A new bilingual sports, nutrition, and physical activity after-school program for Latino youth, ages 11-16.



### ***Basketball:***

#### **Boys & Girls Basketball League**

(415) 831-6318

Plays in Fall/Winter, check with your local playground for, teams, and divisions by grade. Ages 8-17 years old.

#### **Youth Hoop Shots Free Throw Contest**

(415) 831-6318

Local competitions (October-December), city finals are usually the beginning of January. Can be held at any recreation site or school. Ages 8-13 years. Call for more information.

#### **San Francisco Police Activities League (PAL)**

(415) 401-4666

PAL offers a number of affordable recreational and educational programs for children ages 5-17.

#### **Stonestown YMCA**

(415) 242-7101

333 Eucalyptus Drive

Various sports for children ages 3-11.



***Soccer:***

**Soccer Kids**

765 Portola Street, Suite G

San Francisco, CA 94129

(415) 608-2608

Soccer Kids is a youth soccer school for children between the ages 3 and 8 years of age. It's instructionally based rather than competitively based.

**Jewish Community Center of San Francisco**

(415) 292-1242

The JCC offers baseball programs for children ages 4-13 years. Contact Youth Athletic Director for more information.

**San Francisco Police Activities League (PAL)**

(415) 401-4666

PAL offers a number of affordable recreational and educational programs for children ages 5-17.

**San Francisco Viking Soccer League**

3208 Irving Street

(415) 753-3111

The Vikings League organizes soccer teams and tournaments for kids in town.

**YMCA of San Francisco**

[www.ymcasf.org](http://www.ymcasf.org)

1530 Buchanan Street (415) 931-9622

220 Golden Gate Avenue (415) 885-0460

855 Sacramento Street (415) 579-9622

169 Stuart Street (415) 957-9622

360 18<sup>th</sup> Avenue (415) 666-9622

333 Eucalyptus Drive (Stonestown) (415) 242-7101

Bldg. 63, Corner of Lincoln & Funston (Presidio YMCA )(415) 447-9674;  
447-9622

The YMCA has dozens of programs and services to lead you in healthier active lives. From exercise classes to dance and sports, YMCA offers it. Please call the location near you to find out more information.

**Koret Health & Recreation Center**

Turk Street @ Parker  
(415) 422-6820

**Healthy Bodies**

(415) 642-4407

A new bilingual sports, nutrition, and physical activity after-school program for Latino youth, ages 11-16.



***Climbing:***

**Mission Cliffs Rock Climbing Center**

2295 Harrison Street  
(415) 550-0515

Mission Cliffs Center is an indoor rock climbing gym. Classes are available for children ages 4-17.



***Ice Skating:***

**Yerba Buena Ice-Skating Center**

750 Folsom Street  
(415) 777-3726

Classes are taught by professionals for children 3 years old and up.



***Tennis:***

**Golden Gate Park Tennis Program**

(415) 753-7100

School is managed by volunteers run through the SF Park & Recreation Department.

**TennisForKids.org**

445 42<sup>nd</sup> Avenue

(415) 409-1214

An experienced tennis established to introduce tennis to low-income families.

**California Tennis Club**

(415) 346-3611

A well-run club that sports a roster of pros who are expert in teaching tennis to the young and very young - lessons can start at age four.

**Golden Gateway Tennis & Swim Club**

(415) 616-8802

Private and group lessons taught by the Club's tennis pros are open to the public year-round.

**The San Francisco Bay Club**

(415) 285-8104 ext. 2

Tennis and squash classes for children ages 4 and up.

**Presidio YMCA**

Bldg. 63, Corner of Lincoln & Funston (415) 447-9674; 447-9622



***Running:***

**Girls on the Run San Francisco**

(415) 863-8942

360 Langton Street Suite 207

An after-school running program for girls in 3<sup>rd</sup> through 8<sup>th</sup> grade to help builds self-esteem.



***Volleyball:***

**SF Juniors Volleyball Club**

(415) 674-4399

Non-profit high performance volleyball program for girls aged 18 and under.

**San Francisco Dolphin Volleyball Camp**

(415) 931-2422

**Hamlin Volleyball Camp**

(415) 674-5457

## COMMUNITY FITNESS CLASSES AND PROGRAMS



### **My Gym**

(415) 643-5500

901 Minnesota Street  
San Francisco, CA 94107

[www.my-gym.com](http://www.my-gym.com)

My Gym is an innovative, noncompetitive, age-appropriate program that is filled with games, gymnastics, music, dance, and fun. Classes are available for ages 3 months to 13 years.

### **A Place 2 Play**

(650) 875-1001

476 San Mateo Ave.  
San Bruno, CA 94066

[www.aplace2play.com](http://www.aplace2play.com)

Classes combine physical education, movement, music, and art. The gym provides a great indoor space and plenty of colorful sports, game, and art supplies for classes. Ages 1-9.

### **AcroSports**

(415) 665-2276

639 Fredrick Street  
San Francisco, CA

[www.acrosports.org](http://www.acrosports.org)

A one hour class for boys and girls that works on physical fitness and coordination in a fun and supportive environment. A variety of classes are offered such as gymnastics, dance, trampoline and tumbling, and circus acts. Ages 18 months and up.

**Junior Gym**

(650) 548-9901

101 South B Street

San Mateo, CA 94401

[www.juniorgym.com](http://www.juniorgym.com)

Gymnastics, sports, music, and craft classes offered to children 6 months and up. A selection of classes specifically designed for children with weight problems.

**Gymboree Play and Music Center**

(415) 776-2111 and 242-5637

2675 Geary Blvd. and 1525 Sloat Blvd.

San Francisco, CA

Learn pre-sport skills like catching and throwing in fun and non-competitive classes that emphasize in cooperative play. Ages 2-4 years old.

**Back to Sports**

(415) 345-1669

1217 Polk Street

San Francisco, CA 94109

Physical therapy and personal training for primarily middle-school aged children. Discount if you mention "Kaiser Pediatric Resource Guide".

**24 Hour Fitness**

1645 Bryant Street

San Francisco, CA 94103

Exercise equipment, tennis courts, pool; call (800) 204-2400 to find the location nearest you. Discounted programs available.

**Active Wellness Zone**

(415) 252-9940

2614 market Street

San Francisco, CA 94114

Weight lifting and different fitness levels for people of all ages and sizes.

### **Boys & Girls Clubs of San Francisco**

(415) 445-5437

[www.bgsf.org](http://www.bgsf.org)

The Boys and Girls Clubs offers a variety of programs including, sports, fitness, and recreation, health and life skills, leadership development, etc. There are many clubhouse locations throughout San Francisco. Please call for more information.

### **FLEX**

360 18<sup>TH</sup> Avenue @ Geary (YMCA)

(415) 666-9602

FLEX is an after-school program where high school teens can get fit, have fun, and meet new people. Teens learn the fundamentals of health and fitness while participating in activities such as: weight training, yoga, cardio-kickboxing, hip-hop dance, and nutrition. Open enrollment is the first week of every month. All high school students are welcome and the program is free for those who qualify.

### **YMCA of San Francisco**

[www.ymcasf.org](http://www.ymcasf.org)

1530 Buchanan Street (415) 931-9622

220 Golden Gate Avenue (415) 885-0460

855 Sacramento Street (415) 579-9622

169 Stuart Street (415) 957-9622

360 18<sup>th</sup> Avenue (415) 666-9622

333 Eucalyptus Drive (Stonestown) (415) 242-7101

Bldg. 63, Corner of Lincoln & Funston (Presidio YMCA )(415) 447-9674; 447-9622

The YMCA has dozens of programs and services to lead you in healthier active lives. From exercise classes to dance and sports, YMCA offers it. Please call the location near you to find out more information.

### **Excelsior Youth Center**

(415) 452-7574

163 London Street

The *Excelsior Youth Center* provides free Saturday programs, including sports, cooking, open gym, arts, puppetry, drama, and family story time.

### **San Francisco Beacon Initiative**

[www.sfbeacon.org](http://www.sfbeacon.org)

The San Francisco Beacon Initiative is a public-private partnership that promotes youth and family centers in schools. The centers offer young people an array of programs including: education, career development, arts and recreation, leadership, and health.

Bayview/ Hunters Point (415) 695-5416

Chinatown (415) 983-9510

OMI/ Excelsior (415) 406-1290

Mission/ Community Bridges (415) 626-5222

Richmond (415) 750-8554

Sunset (415) 759-3690

Visitacion Valley (415) 42-4907

Western Addition (415) 759-2714

### **Jewish Community Center**

(415) 292-1200

3200 California Street

The JCC is a community center that does everything it can to lodge itself in the hearts of city parents, Jewish and non-Jewish. It hosts a preschool, several sports activities, a roster of classes in art, dance, music, and languages, an after-school program, as well as a series of popular day camps.

## POOLS



### **Balboa Pool**

(415) 337-4071

San Jose Avenue & Havelock Street

### **Coffman Pool**

(415) 337-4702

Visitacion & Hahn Streets

### **Garfield Pool**

(415) 695-5001

26<sup>th</sup> Street & Harrison

### **Hamilton Pool**

(415) 822-2807

3<sup>rd</sup> Street & Carroll

### **Martin Luther King Pool**

(415) 822-2807

3<sup>rd</sup> Street & Carroll

### **Rossi Pool**

(415) 666-7014

Arguello Blvd. & Anza

### **Sava Pool**

(415) 753-7000

19<sup>th</sup> Avenue & Wawona

### **North Beach Pool**

(415) 274-0200

Lombard & Mason Streets

**Mission Pool**

(415) 695-5002

19<sup>th</sup> Street & Linda Street

**Golden Gateway Tennis & Swim Club**

(415) 616-8802

370 Drumm

**Herbst Pool/ RCH Inc.**

(415) 665-4100 ext. 5601

207 Skyline Blvd.,

San Francisco, CA

**Millberry Fitness & Recreation Center**

(415) 476-1115

500 Parnassus Avenue,

**Presidio YMCA**

Bldg. 63, Corner of Lincoln & Funston (415) 447-9674; 447-9622

**Stonestown YMCA**

(415) 242-7101

333 Eucalyptus Drive

## SAN FRANCISCO PARKS

(415) 831-2700

<http://www.parks.sfgov.org/>



### **Adam Rogers Park**

Ingalls & Oakdale Streets

### **Allyne Park**

Gough & Green Streets

### **Alta Plaza Park**

Jackson & Steiner Streets

### **Angelo Rossi Park**

Arguello & Anza Avenues

### **Boeddeker Park**

240 Eddy Street

### **Brooks Park**

373 Ramsell Avenue

### **Buena Vista Park**

Buena Vista & Haight Streets

### **Dolores Park**

19<sup>th</sup> & Dolores Streets

### **Esprit Park**

Minnesota & 20<sup>th</sup> Streets

### **Golden Gate Heights Park**

15<sup>th</sup> Avenue & Noriega Blvd.

**Golden Gate Park**

Stanyan & Great Highway Avenues

**Hilltop Park**

La Salle & Whitney Young Circle

**Hunter's Point Youth Park**

200 Middle Point Road

**Huntington Park**

California & Taylor Streets

**Ina Donna Coolbrith Park**

Vallejo & Taylor Streets

**India Basin Shoreline Park**

Evans & Army Streets

**Justin Herman Plaza Ferry Park**

Clay & Embarcadero Streets

**Kelloch & Velasco Park**

Kelloch & Velasco Avenues

**Koshland Park**

Page & Buchanan Streets

**Lafayette Park**

Washington & Laguna Streets

**Larsen Park**

19<sup>th</sup> Avenue & Vicente Blvd.

**Lincoln Park**

34<sup>th</sup> Avenue & Clement Street

**Little Hollywood Park**  
Lathrop & Tocoloma Streets

**McLaren Park**  
Mansell & Visitacion Streets

**Mount Davidson Park**  
Myra Way

**Mountain Lake Park**  
12<sup>th</sup> Avenue & Lake Avenue

**Potrero del Sol Park**  
Potrero & Army Streets

**Precita Park**  
300 Folsom Street

**Ralph-Nichol Park**  
Eucalyptus Drive & 25<sup>th</sup> Avenue

**South Park**  
64 South Park Avenue

**South of Market**  
Folsom & Sherman Streets

**St. Mary's Park**  
Murray Avenue & Justin Drive



### **The Roleplay Workshop**

(415) 422-2595

2130 Fulton Street

San Francisco, CA 94117

The summer Roleplay program is offered during the traditional summer break (mid June through August). It features sessions where students work together to meet their goals. The students spend their lunch break outside in low impact team sports. Ages 10-18.

### **Camp Freestyle**

[www.campfreestyle.com](http://www.campfreestyle.com)

Every summer day is spent outside and active. Kids learn the art of group decision making to choose the week's activities.

### **Camp Kochav**

(415) 292-1200

3200 California Street

San Francisco, CA 94118

Each camp session includes an introduction to traditional camp activities including arts and crafts, music, games, and sports. The children have a chance to explore Judaism through games. Ages 5-7.

### **Kids Camp San Francisco**

(415) 422-6821

Campers will enjoy a variety of sports and physical education games such as basketball, swimming, tennis, soccer, softball, etc. They will also use their creativity at arts and crafts, movies and parties.



## BOOKS

- The Healthy Body Cookbook: Over 50 Fun Activities and Delicious Recipes for Kids  
By Joan D'Amico, Karen Drummond
- Helping Your Child Lose Weight the Healthy Way  
By Judith Levine, R.D. M.S. and Linda Bine
- Tai Chi for Kids: Move with the Animals  
By Stuart Alve Olson
- Step by Step: A Complete Movement Education Curriculum Second Edition  
By Sheila Kogan
- Children's Book of Yoga: Games & Exercise Mimic Plants & Animals & Objects  
By Thia Luby
- Trim Kids  
By Melinda Sothern, T. Kristian von Almen, Heidi Schumacher
- Eating the Alphabet  
By Louis Ehlert



### Video Tapes & DVDs

The Health Education Center has a variety of excellent books and videos that can be checked out for home use or viewed in the center. Additionally, Kaiser Permanente members are invited to use Info-Trac, a comprehensive computer database of health information.

Location: 2241 Geary Blvd., first floor next to the Nutrition Clinic

Hours: Monday-Friday, 9:00 am- 5:00 pm

Phone: (415) 833-3450

#### **Happy Healthy Monsters by Sony Video and Sesame Street**

45 minutes

Kids can join Elmo and Zoe as they participate in an exercise show.

#### **Fit Kids Classroom Workout**

50 minutes

5 and 10 minute workout sessions for children up to age 12.

#### **Gaiam Yoga Kids**

35 minutes

20 basic yoga poses recreated for 3-6 year olds. Adult supervision recommended.

#### **YogaKids ABC's for ages 3-6**

30 minutes

Guides children through yoga poses, movements, and yoga games inspired by animals, flowers, and other familiar icons kids love.

#### **Fitness Fun: Pilates for Kids (2002)**

32 minutes

5 segments of a modified Pilates routine for children.

### **Kick to Get Fit Jr.**

35 minutes

This program involves some of the same effective movements found in Martial Arts and fitness classes, but uses a non-violent approach. For children 3 and up.

### **Chicken Fat-Youth Fitness Video**

25 minutes

Geared towards children 2 to 10 years of age. The fitness action is demonstrated by children doing push-ups, sit-ups, torso twists, jumping jacks, marching, arm circles, and more.

## **GAMES**

### **Dance, Dance Revolution (DDR)**

**[www.ddrgame.com](http://www.ddrgame.com)**

The product was not originally developed as an exercise tool but it is physically interactive. It breaks the mold from other games where you are in a passive mode, holding a controller in your hand. The video game allows individuals to get up and get a good dance workout. It can be used in XBOX or Playstation 2.



## **FARMER'S MARKETS**

### **San Francisco Alemany Certified Farmers' Market**

Location: Corner of Bayshore and Putnam

Phone: (415) 647-9423

Hours: Saturdays, 5am-5pm

### **San Francisco Ferry Plaza Certified Farmers' Market**

Location: Corner of Embarcadero and Green Street

Phone: (415) 353-5650

Hours: Saturdays, 8am-1:30 pm

Website: [www.ferryplazafarmersmarket.com](http://www.ferryplazafarmersmarket.com)

### **San Francisco Ferry Plaza Certified Farmers' Market**

Location: Justin Herman Plaza, Foot of Market

Phone: (415) 353-5650

Hours: Tuesdays, 10:30am- 2:30pm, April-November

### **San Francisco Heart of the City**

Location: Corner of Market Street and 7<sup>th</sup>

Phone: (415) 558-9455

Hours: Sundays, 7am-5pm; Wednesdays, 7am- 5:30pm

### **Bayview Hunters Point**

Galvez Street @ 3<sup>rd</sup> Street, next to Bayview Plaza

Phone: (415) 355-3723

Hours: Saturdays, 9:30am-1:30pm May 21- December 10

## COOKING CLASSES



### **Apron Strings**

(415) 550-7976

First Universalist Unitarian Church

PO Box 460824

San Francisco, CA 94146

Cost: Five class series \$275 + \$50 materials; Saturday class \$65; Private class \$75/hour

Children ages 10 years old and up have their choice in one of the many cooking classes including a healthy vegetarian class. Private, Saturday, and after school classes available.