

COMMUNITY EXERCISE RESOURCE GUIDE

City of Castro Valley Park and Recreation

(510) 881-6700

<http://www.mycastrovalley.com/sports/#kidsport>

Dublin Parks and Community Services

(925) 556-4500

http://www.ci.dublin.ca.us/pdf/guide_winter07-08/guide_winter07-08_ChildrensClasses.pdf

http://www.ci.dublin.ca.us/pdf/guide_winter07-08/guide_winter07-08_YouthSports.pdf

City of Fremont

510-494-4300

<http://www.fremont.gov/Recreation/ClassRegistrationAndInformation/default.htm>

Girls Inc. of Alameda County - for girls only - San Leandro

510-357-5515

www.girlsinc.org

Matt Jimenez Community Center - Hayward

510-887-0400

510-887-0400 x 111

<http://www.haywardrec.org/brochure.pdf>

Planet Fitness - Hayward

510-264-1800

www.planetfitness.com

Pleasanton Parks and Community Services

(925) 931-5340

<http://www.ci.pleasanton.ca.us/services/youth/>

San Leandro Recreation & Human Services

510-577-3462

<http://www.ci.san-leandro.ca.us/slrechumansvcs.html>

San Ramon Parks and Community Services

925-973-3200 or 925-973-3350

<http://www.ci.san-ramon.ca.us/parks/activitiespdf/Winter/youth.pdf>

Silliman Activity & Family Aquatic Center - Newark

510-742-4409

<http://www.ci.newark.ca.us/newsletters/activities.html>

Union City Sports Center

510-675-5808

<http://www.unioncity.org/leisure/activity%20guide.htm>

More community resources may be found through your Pediatrician's Home Page under "Healthy Weight, Happy Kids!" - "Play Hard!" section