

Network for a Healthy California

Be Active Resource Directory

Riverside County



*The Network for a Healthy California—
Desert Sierra Region*



Be Active Resource Directory

9-2011

• Riverside County •

- A directory including **free & low cost** physical activity, nutrition & health assistance resources

It is our hope that this resource directory will prove to be a valuable tool for families in discovering activities that are free or reasonably priced; for professionals in promoting affordable referrals for their low-income clients; and the community at large who are dedicated to promoting health and wellness for all adults, children and youth. Most of the community resources are specific to physical activity and nutrition services; however, some provide other health services. The directory may be downloaded for free at <http://www.sbcounty.gov/eatwell>.

For more information, or to inquire how you can have your resource listed in the Be Active Resource Directory, please contact:

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This material was produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA SNAP, known in California as CalFresh (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.

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Physical Activity Resources



Riverside County: Physical Activity Resources

Program/ Organization	Description	Target Population	Cost
AMUSEMENT PARKS / INDOOR RECREATION			
Boomer's, Palm Springs 67-700 E. Palm Canyon Drive, Cathedral City, 92234-5455 (760) 770-7522 www.boomersparks.com	Miniature golf, climbing wall, go carts, bumper cars, video games and more	All	Prices vary; Family discounts and group rates available
Castle Park 2500 Polk Street, Riverside, 92505 (951) 785-3000 www.castlepark.com	Miniature golf, water attractions, video games, rides and more	All	Prices vary; Youth, Senior and Family discounts
Mulligan Family Fun Center 24950 Madison Avenue, Murrieta, 92562 (951) 696-9696 www.mulliganmurrieta.com	Laser tag, rock climbing wall, arcade games, go carts, miniature gold and more. Call for weekly discounts.	All	Prices vary; Senior / Military discounts
BASEBALL			
Inland Indoor Batting Cages 7393 Orangewood Drive, Riverside 92504 (951) 354-5133	Appointment only Monday through Friday	All	Prices vary
Norco Batting Cages 847 6th Street, Norco 92860 (951) 272-4466	Batting Cages	All	Prices vary
Riverside Batting Cages 6865 Murray Street, Riverside 92504 (951) 352-8320	Batting Cages	All	Prices vary
BICYCLING			
PossAbilities Handcycle & Bike Rides Meet in parking lot north of The Hall of Records 222 West Hospitality Lane San Bernardino, CA 92415-0022 teampossabilities@gmail.com (BEHIND Souplantation) Morning rides: 7:30am Second & Fourth Sundays of the month	Riders will leave at 8:00 a.m. on the Santa Ana River bike trail in San Bernardino, head toward Riverside, and return to San Bernardino. No cars to worry about and you choose the distance you want to ride. Ride two miles, 10 miles, or even 25+ miles, all at your own pace.	Riders with disabilities or able bodied riders with a passion for helping riders with disabilities.	Free

<p>Team CycleFit</p> <p>Meet in parking lot north of The Hall of Records 222 West Hospitality Lane San Bernardino, CA 92415-0022 (BEHIND Souplantation) We ride on the Santa Ana River Trail, Zone 21</p> <p>Morning & afternoon rides Second & Fourth Sundays of the month* <i>*Due to certain holidays that fall on a Sunday, this schedule may change.</i></p> <p>To confirm ride dates/times, or just interested in learning more, visit any of the social networks below.</p> <p>Facebook: Team CycleFit URL: www.TeamCycleFit.blogspot.com (information, videos, pictures of past rides) e-mail: TeamCycleFit@gmail.com e-mail group list: http://groups.google.com/group/teamcyclefit</p>	<p>Team CycleFit is a beginners, family and casual riders bicycle club. All types of bikes are welcome--beach cruisers, mountain bikes, hybrids, recumbents, as well as road bikes. The rides are supported by either a Cyclery USA mechanic or Team CycleFit member who will do minor repairs and bicycle checks before each ride as needed.</p>	<p>All</p>	<p>Free</p>
BOATING			
<p>Lake Skinner Park 37701 Warren Road, Winchester 92596 (951) 926-1541 www.rivcoparks.org</p>	<p>Boat launch, Camping, Fishing, Beach area, Waterskiing</p>	<p>All</p>	<p>Prices vary</p>
BOWLING			
<p>AMF Hemet Lanes 2850 W. Florida Avenue, Hemet, 92545 (951) 929-9923 www.amf.com/hemetlanes</p>	<p>Bowling</p>	<p>All</p>	<p>Prices vary; Family discounts</p>
<p>AMF Riverside Lanes 10781 Indiana Avenue, Riverside, 92503 (951) 353-2695 www.amf.com</p>	<p>Bowling</p>	<p>All</p>	<p>Prices vary; Family discounts, Senior citizen discounts</p>
<p>Arlington Lanes 7100 Arlington Avenue, Riverside, 92503 (951) 688-2695 www.goarlingtonlanes.com</p>	<p>Bowling</p>	<p>All</p>	<p>Prices vary; Family discounts available</p>
<p>Bowladium 73768 Gorgonio Drive, 29 Palms, 92277 (760)367-9502</p>	<p>Bowling</p>	<p>All</p>	<p>Prices vary; Senior citizen discount</p>
<p>Brunswick Classic Lanes & Recreation Center 1800 Hamner Avenue, Norco, 92860 (951) 734-8410 http://www.innorco.com/bowling.asp</p>	<p>Bowling, Billiards</p>	<p>All</p>	<p>Prices vary; Family discounts available</p>

Fantasy Lanes Family Bowling 84-245 Indio Springs Parkway, Indio, 92203 (760) 342-5700 http://www.fantasyspringsresort.com/prod/bowling/bowling.php	Colorful, exciting family bowling fun Open at 10am daily.	All	Prices vary, group rates available, price breaks for schools
Palm Springs Lanes 68-051 Ramon Road, Cathedral City, 92234 (760) 324-8204	Play as a family or join a league Discount rates from 12-5pm Monday through Friday.	All	Prices vary, group rates available
CAMPING			
Bradshaw Trail 690 W. Garnet Avenue, No. Palm Springs, 92258	Auto touring, camping, & off road vehicles	All,	Free activities available
Lake Cahuilla Park 58-075 Jefferson Street, La Quinta, 92253 Riverside County http://www.rivcoparks.org/ or http://www.rivcoparks.org/parks/lake-cahuilla/lake-cahuilla-recreation-area-home/	Campsites with electricity & water, shore fishing, hiking trails, picnic tables	All	Prices vary
Lake Perris State Recreation Area 17801 Lake Perris Drive, Perris, 92571 (951) 940-5600 or (800) 444-7275 http://www.parks.ca.gov/?page_id=651	430 Campgrounds, marina, waterskiing, boating, 5 miles of horse and bike trails	All	Prices vary
Rancho Jurupa Park 4800 Crestmore Road, Riverside, 92509 (951) 684-7032 or (800) 234-7275 http://www.rivcoparks.org/ or http://www.rivcoparks.org/parks/rancho-jurupa/rancho-jurupa-park-home/	350 acres for camping, fishing, picnic & recreation, horse trails, 58 camp sites for RV camping	All	Prices vary
Salton Sea State Recreation Area 100-225 State Park Road, North Shore, 92554 (760) 393-3052 www.saltonsea.com	Camping & picnic sites, boating, skiing, fishing, hiking	All	Prices vary; discounts available for seniors
COLLABORATIVE			
Desert Sierra Health Network (DSHN) 351 N. Mountain View, San Bernardino, 92408 909-387-6320 or 951-358-5880 http://www.dshn.us/	A collaborative of local organizations, schools, government agencies and businesses promoting health and fitness to residents of the Desert Sierra Region	Adults	Free
COMMUNITY CENTERS			
Bobby Bonds Park/Cesar Chavez Center 2060 University Ave., Riverside, 92507 (951) 826-5746	Variety of activities, events and classes. Call for details.	All	Prices vary
Bordwell Park/Stratton Center 2008 Martin Luther King Blvd., Riverside, 92507 (951) 826-5355	Variety of activities, events and classes. Call for details.	Youth / Seniors	Free / low cost

Bryant Park/ Arlanza Center 7950 Philbin Ave., Riverside, 92503 (951) 351-6135	Computer classes for youth and seniors. Various sports for youth. Variety of activities.	Youth / Seniors	Prices vary; grants for low-income families
Demuth Community Center 3601 Mesquite Avenue, Palm Springs, 92264 (760) 320-6430 www.palmspringsca.gov	After school activities, designed to develop social leadership and recreational skills; Sports programs available for all ages	All	Prices vary, financial assistance maybe available.
Desert Recreation District 45-305 Oasis St., Indio, 92201 (760) 347-3484 www.myrecreationdistrict.com	Wellness Month seminars and Health, Fitness and Fun Fair. After school programs. Winter/Spring/Summer camps. Basketball and Karate offered for youth and adults.	Youth / Adults	Free and Low Cost activities available. Waivers for those that qualify
Family YMCA of the Desert 43930 San Pablo Avenue, Palm Desert ,92260 (760) 341-9622 www.desertymca.org	Variety of activities, events and classes. Call for details.	All	Prices vary
Hunt Park/Renck Center 4015 Jackson Street, Riverside, 92503 (951) 351-6132	Variety of activities, events and classes. Call for details.	All	Prices vary, Scholarships available for low income
Indio Community Center & Gymnasium 45-871 Clinton Street, Indio, 92201 (760) 347-4263 www.myrecreationdistrict.com	Fitness center, weight room, gym, racket ball courts, gymnastics, basketball, karate, salsa-aerobic	All	Prices vary, Low membership rates for residents
Jurupa Family YMCA 9254 Galena Street, Riverside, 92509 (951) 685-5241 www.riversideymca.org	Variety of activities and events for children and families. After school programs, daily childcare and preschool.	All	Prices vary; Reduced cost for those that qualify
La Sierra Community Center 5215 La Sierra Ave, Riverside 92505 (951) 351-6131 http://www.riversideca.gov/park_rec/center-lasierra.asp	Variety of activities, events and classes. Schedule varies call for details.	All	Prices vary; many free of low cost activities
La Quinta Community Services 78-495 Calle Tampico, La Quinta, 92253 (760) 777-7090 www.la-quinta.org	Programs, sports, classes, events, and activities for people of all ages	All	Prices vary; Discounts for residents
La Quinta YMCA 49955 Park Avenue, La Quinta, 92253 (760) 564-2848 www.ymcaofthedesert.org	Basketball programs, sports & fitness. Various teen and children programs; Summer camps and aquatics programs.	All	Prices vary
Murrieta Community Services Department 41810 Juniper Street, Murrieta, 92562 (951) 304-7275	List of parks, sports, events and programs available	All	Free activities available

Nichols Park/Joyce Jackson Center 5505 Dewey Avenue, Riverside, 92504 (951) 351-6130 http://www.riversideca.gov/park_rec/facilities.asp	Community Center & Park.	All	Free / Low Cost activities available
Norco Recreation & Community Services 2690 Clark Avenue, Norco, 92860 (951) 270-5647 www.norco.ca.us	Young at heart senior garden, bouquets of kindness program, youth dance classes, yoga	All	Prices vary
Orange Terrace Community Center 4261 Park Avenue, Riverside, 92508 (951) 571-0285 http://www.riversideca.gov/park_rec/center-orange-terrace.asp	Youth sports, dance and exercise classes, acting and a variety of other activities offered.	All	Prices vary; many free or low cost activities available
Reid Park/Ruth Lewis Center 701 N. Orange Street, Riverside, 92501 (951) 826-5654 www.riversideca.gov/park_rec/	Community Center & Park Senior nutrition program, youth sports, day camps, summer programs available.	All	Free activities available Financial assistance for those who qualify
The Desert Recreation District 45-871 Clinton St., Indio, 92201 (760) 347-4263 www.myrecreationdistrict.com 43-900 San Pablo Ave., Palm Desert, 92260 (760) 568-9697 77-865 Avenida Montezuma, La Quinta, 92253 (760) 564-9921 31-189 Robert Road, Thousand Palms (760)-343-3595 65-250 Coahuilla Street, Mecca, CA (760) 396-0257	Variety of parks, fitness & community center information, basketball, softball, baseball leagues & clinics, Tennis, golf & swimming lessons, karate, gymnastics	All	Prices vary, Accepts GAIN for after school programs
Villegas Park/ Ysmael Villegas Center 3091 Esperanza Street, Riverside 92504 (951) 351-6142 http://www.riversideca.gov/park_rec/center-villegas.asp	Community Center & park, Karate, basketball, boxing, cheerleading, soccer and more	All	Prices vary
YMCA of Riverside 4020 Jefferson Street, Riverside, 92504 (951) 689-9622 www.riversideymca.org	Childcare, after school programs, family activities, recreation & athletic facilities	All	Prices vary, scholarships available
COMMUNITY COURSES/CLASSES			
Fit After 50 Department of Aging Classed offered county wide. (800) 510-2020 www.rcaging.org	Exercise to increase strength and mobility for seniors.	Seniors	Free

Riverside City College 4800 Magnolia Avenue, Riverside, 92506 (951) 328-3811 Email: YoungAtHeart@rcc.edu http://youngatheart.rcc.edu	Young @ Heart Program provides a variety of learning experiences. Classes are available at various locations throughout the district, including Tai Chi, Yoga, Pilates, Swiss ball fitness and more	District residents 55 and over	Free, must register in advance
DANCE			
BRE Dance Studio 3641 9th Street, Riverside, 92501 (951) 787-8707 www.bredancestudio.com	Jazz, hip hop, tap, ballet, modern and lyrical dance.	All	Prices vary, discounts available
Cultural Heritage Performers 10947 Oak Run Circle, Moreno Valley, 92557 (951) 924-6093	School of dance and performing arts	All	Prices vary
D&D Dance Center 1605 Spruce Street, Riverside, 92507 (951) 248-0599 www.dancelesson.com	Private lessons & weekly dance nights open to the public.	All	Prices vary, discounts available for children & seniors
Dance Sensations School of Performing Arts 7111 Arlington Avenue, Riverside 92503 (951) 351-3044	School of dance and performing arts	All	Prices vary
Dancing Images Dance Center & Pilates Studio 24594 Sunnymead Blvd., Ste. R, Moreno Valley, 92553 (951) 247-6858	School of dance and performing arts	All	Prices vary
Freddie Finn Dance Studio 2900 Adams, Ste. A-28, Riverside, 92504 (951) 687-4141 www.freddiefinn.com	Jazz, tap, lyrical	All	Prices vary
Kane Dance Academy 11993 Magnolia Ave., Ste. C, Riverside, 92503 (951) 689-3550 www.kanedanceacademy.com http://www.kanedanceacademy.net/	School of dance and performing arts	All	Prices vary, scholarships available
Steppin' Out Dance Studio 9506 Magnolia Avenue, Riverside, 92503 (951) 785-1674 www.steppinoutwithcindy.com	Ballroom, Swing, Dances every Saturday night; one free dance lesson included; Special promotions may apply	All	Prices vary
The Dance Company 17088 Van Buren Blvd., Riverside, 92504 (951) 780-5757		All	Prices vary

EQUESTRIAN			
Bogart Park 9600 Cherry Avenue, Cherry Valley, 92223 (951) 845-3818 www.rivcoparks.org	Camping, horse trails, hiking trails available for day use.	All	Prices vary; minimal annual fee, per day fee & camping fees apply.
Box Springs Mountain Park 9699 Box Springs Mountain Road, Riverside, 92507 (951) 955-4310 www.rivcoparks.org	Over a 1000 acres of horse & hiking trails	All	Prices vary; minimal charge per car, (FREE walk-in)
McCall Memorial Park 28500 McCall Park Road, Mountain Center, Riverside 92561 (951) 659-2311 www.rivcoparks.org/parks/mccall-equestrian-campground/	88 acres of open park trails for hiking biking and horseback riding. Camp site with coin operated showers, restrooms, BBQ's and picnic areas.	All	Prices vary
FITNESS/SPORTS CLUB			
Curves 3537 Main Street, Riverside, 92501 (951) 276-7100	Health & fitness center	Women only	Prices vary
Gymnastique International 3453 Chicago Ave, Riverside (951) 784-9496 www.iflip4gymnastics.com	Gymnastics, dance and cheerleading programs for youth. Fitness programs offered for parents.	Youth and Adults	Membership fees apply. Prices vary
Riley's Gymnasium 3900 Acacia Avenue, Norco, 92860 (951) 270-5606	As a member: Free orientation program for 6 & 12 month members with a PT, FREE child minding room. Wide variety group exercise classes and sports offered.	Adults	Membership fees apply
Riverside Zumba Studio 5695 Glen Haven, Riverside, 92506 (951) 789-0059	Variety of group dance & fitness classes available	All	Prices vary
Southern California Elite Gymnastics Academy 27532 Commerce Center Drive, Temecula, 92590 (951) 699-4499 http://www.scega.com/	Offering gymnastic training for preschool children, recreation youth and competitive youth.	Youth; 16 months to 18 years old.	Prices vary
GOLF/MINIATURE/DISC			
Paradise Knolls Golf Course 9330 Limonite Avenue, Riverside, 92509 (951) 685-7034 www.paradiseknolls.americangolf.com	Public 18-hole regulation length golf course	All	Prices vary
Van Buren Golf Course / Disc Golf Course 6720 Van Buren Blvd., Riverside, 92503 (951) 688-2563	13 daylight holes, 11 night-lit, 40 stall driving range, chipping and putting green areas, pro shop, leagues and lessons.	All	Prices vary, junior rates available

HIKING			
Hurkey Creek Park 56375 Highway 74, Mountain Center, 92561 (951) 659-2050 www.rivcoparks.org	Camping, hiking, picnic areas and playground. Sponsors available for low-income families.	All	Prices vary, discount prices for children
Idyllwild Park 54000 Riverside Co. Playground Road, Idyllwild, 92549 (951) 659-2656 or (800) 234-PARK www.rivcoparks.org	Campground and playground	All	Prices vary, minimal camping and day use fees
MARTIAL ARTS			
Moreno Valley Taekwondo Academy 25970 Iris Ave., #B4, Moreno Valley, 92551 (951) 601-0021 www.itatiger.com	Counter aggression training, health and fitness programs, corporate wellness and traditional martial arts for youth.	All	Prices vary, low cost services available
NATURE CENTER/HIKING			
Big Morongo Canyon Preserve 11055 East Drive, Morongo Valley, 92256 (760) 363-7190 www.bigmorongo.org	Wildlife preserve & bird watching site, picnic sites, hiking, wheelchair accessible. Open 7:30am –sunset daily. No dogs allowed.	All	Free
Coachella Valley Wild Bird Center 46-500 Van Buren Street, Indio, 92201 (760) 347-2647 www.coachellavalleywildbirdcenter.org	Bird watching reserve with onsite bird rescue facility. Walk, jog, run the trail	All	Donations welcomed
Idyllwild Nature Center 25225 Highway 243, Idyllwild, 92549 (951) 659-3850 www.rivcoparks.org	Environmental education, guided tours, Indian life and mountain habitats, hiking trails, picnic area, restrooms, dog friendly.	All	Prices vary; minimal fee for all day use
Hidden Valley Nature Center/Wildlife Area 11401 Arlington Avenue, Riverside, 92505 (951) 785-7452 http://www.rivcoparks.org/education/hidden-valley/hidden-valley-nature-center/	Hiking & horse trails with rivers, ponds, and wetland views, Great site for duck watching. Special programs offered for school and scout groups.	All	Prices vary; minimal charge per car.
Louis Rubidoux Nature Center 5370 Riverview Drive, Rubidoux, 92509 (951) 683-4880 www.rivcoparks.org	Environmental education, guided tours, Indian life and mountain habitats, hiking trails	All,	Free
Santa Rosa Plateau Ecological Reserve 39400 Clinton Keith Road, Murrieta, 92562 (951) 677-6951 www.santarosaplateau.org	Hiking and Walking trails, over 8300 acres of reserve, Nature center, picnic areas, guided trail tours for groups with reservations. Trails open daily from sunrise to sunset.	All	Minimal fee for all day use
PARKS AND RECREATION CENTERS			
City of Banning Community Services 789 N. San Geronio Avenue, Banning, 92220 (951) 922-3243 http://www.ci.banning.ca.us/index.asp?NID=97	List of parks, sports, events & programs, Karate, baseball, basketball, kick boxing, swim lessons, public swim	All	Prices vary, free or low cost activities

Andulka Park 5201 Chicago Avenue, Riverside 92501 (951) 826-2000 http://www.riversideca.gov/park_rec/default.asp	36-acre park with tennis courts, basketball courts, playground and more.	All	Free
Beaumont Sports Park 1692 Beaumont Avenue, Beaumont, 92223 (951) 769-8524 www.ci.beaumont.ca.us	Community soccer fields, baseball fields, snack bar and playground.	All	Free
Bobby Bonds Park / Cesar Chavez Center 2060 University Avenue, Riverside (951) 826-5746 http://www.riversideca.gov/park_rec/center-bonds.asp		All	Free or cost
Bogart Park 9600 Cherry Avenue, Cherry Valley, 92223 (951) 845-3818 www.rivcoparks.org	Camping, horse trails, hiking trails available for day use.	All	Prices vary, minimal day pass and camping fees,
Box Springs Mountain Park 9699 Box Springs Mountain Road, Riverside, 92507 (951) 684-7032	Over a 1000 acres of horse & hiking trails	All	Prices vary; minimal charge per car, (FREE walk-in)
Bryant Park / Arlanza Center 7950 Philbin Avenue, Riverside, 92503 (951) 351-6135 www.rivcoparks.org		All	Prices vary, scholarships available
California Citrus State Park 9400 Dufferin Avenue, Riverside, 92503 (951) 780-6222 www.parks.ca.gov	Historic Museum of Citrus Industry, Walking Paths & Trails, Picnic Areas, Gift Shop, Open 7 days a week.	All	Free
Chino Hills State Park 1879 Jackson Street, Riverside 92504 (951) 780-6222 www.parks.ca.gov	Scenic vistas, hike, bike or ride a horse on over 65 miles of trails. Camping programs available.	All	Prices vary, State park pass available, minimal camping fee.
City of Corona Parks & Community Services 400 South Vincentia Ave. Corona, 92882 (951) 736-2241	List of parks, sports, events & programs, softball, baseball, & sports activities offered in the catalogs.	All	Program prices vary, scholarships available, Parks are free
City of Hemet Parks 510 East Florida Avenue, Hemet ,92543 (951) 780-6222 or (951) 765-3712 www.cityofhemet.org	List of parks, sports, events & programs available	All	Prices vary
City of Lake Elsinore Park & Recreation 130 South Main Street, Lake Elsinore, 92530 (951) 674-3124 www.lake-elsinore.org	List of parks, sports, events & programs available	All	Prices vary, scholarships available for low-income families

City of Moreno Valley Park & Recreation 114177 Frederick Street, Moreno Valley, 92553 (951) 413-3000 www.moreno-valley.ca.us	List of parks, sports, events and programs available in the City of Moreno Valley.	All	Prices vary
City of Palm Springs Park & Recreation 401 S. Pavilion Way, Palm Springs, 92262 (760) 323-8272 www.palmspringsca.gov	Community Center and Community Park resource.	All	Prices vary
City of Riverside, Park & Recreation 6927 Magnolia Ave., Riverside CA 92506 (Office located on the 2 nd floor) (951) 826-2000 www.riversideca.gov/park_rec/ or http://www.riversideca.gov/park_rec/activityguide/	List of parks, sports, events, recreational classes and programs available within the City.	All	Prices vary
City of Temecula Community Services 4100 Main Street, Temecula 92590 P.O. Box 9033, Temecula, 92592 (951) 694-6410 www.cityoftemecula.org	List of parks, sports, events, recreational classes and programs available within the City.	All,	Prices vary
Coachella Valley Recreation & Park District 45-305 Oasis Street, Indio, 92201 (760) 347-3484 E-mail: info@myrecreationdistrict.com www.cvrpd.org	A variety of youth aquatics, dance, gymnastics and sports program.	All	Prices vary, Scholarships available;
Fairmount Park 2601 Fairmount Blvd., Riverside 92503 (951) 826-2000 http://www.riversideca.gov/park_rec/activityguide/	209 acre park with two tennis courts, a bandshell, playground, picnic facilities, rose garden, three lakes, fishing, golfing, lawn bowling and more	All	Free: Prices vary for rental spaces.
Hunt Park/Renck Center 4015 Jackson Street, Riverside, 92503 (951) 351-6132 www.rivcoparks.org	Hiking trails, picnic areas, school programs and field trips, day camps, summer programs.	All	Prices vary; financial assistance available.
Jurupa Area Parks & Recreation District 4810 Pedley Road, Riverside, 92509 (951) 361-2090 http://www.jarpd.org/	Camping, fishing, picnic areas, barbecues, hiking, horse trails and recreation swimming programs.	All	Prices vary
Lake Cahuilla Park 58-075 Jefferson Street, La Quinta, 92253 (760) 564-4712 http://www.rivcoparks.org/parks/lake-cahuilla/lake-cahuilla-recreation-area-home/	Camping, fishing in the 135 acre lake, hiking and horseback trails, swimming pool, open grass areas with picnic tables and barbeques.	All	Free
Martha McLean-Anza Narrows Park 5759 Jurupa Avenue, Riverside, 92506 (951) 683-1653	Basketball & track	All	Free

Mayflower Park 6th Avenue, Blythe, 92225 (951) 922-4665	Batting cages, miniature golf, climbing wall	All	Prices vary
Mount San Jacinto State Park 25905 Highway 243, Idyllwild, 92549 (951) 659-2607 http://www.parks.ca.gov/?page_id=636		All	Prices vary
Parks: Desert Recreation District 45-305 Oasis St. Indio, 92201 (760) 347-3484 www.myrecreationdistrict.com	Visit site for complete list, locations and amenities of parks, fields and community centers	All	Free
Desert Recreation District Parks: open free to the public from dawn to dusk upon availability			
<u>East Valley:</u> Bagdouma Park , corner of Douma and Bagdad, Coachella, 92236 Canal Regional Park , Pierce Street & Avenue 54, Coachella, 92236 Coral Mountain Regional Park , Avenue 58 by Lake Cahuilla County Park, La Quinta, 92247 Dateland Park , Avenue 52 and Harrison Street, Indio, 92203 Desert Regional Park , Corner of Avenue 40 and Monroe Street, Indio, 92203 Huerta De Meza Park , Hwy 111 take a left Avenue 62 to Johnson Street, Thermal, 92274 Indio Hills Park , 80-400 Dillion Road, Indio, 92203 La Quinta Community Park , 77-865 Avenida Montezuma, La Quinta, 92247 Mecca Mini Park , Corner of Avenue 62 and Lincoln Street, Mecca, 92254 <u>West Valley:</u> Bermuda Dunes Park , Avenue 42 and Yucca Street, Bermuda Dunes, 92201 Civic Center Park , Corner of Fred Waring & San Pablo, Palm Desert, 92260 Homme Adams Park , Highway 74 across from Haystack Road, Palm Desert, 92260 Ironwood Park , Corner of Portola Avenue & Haystack, Palm Desert, 92260			
Riverside County Regional Parks & Open Space 4600 Crestmore Road, Riverside, 92509 (951) 955-4587 www.rivcoparks.org	Community park and open space.	All	Free
Riverside County Regional Parks & Open Space 5370 Riverview Drive, Riverside, 92509 (951) 683-4880 www.rivcoparks.org	Community park and open space.	All	Free
Santa Ana River Trail (SART) 11401 Arlington Ave, Riverside, 92505 (909) 387-3331 www.riversideca.gov/park_rec/tra... Or www.trailsafetypatrol.com Email: acole@parks.sbcounty.gov	The Santa Ana River Trail (SART) travels through the counties of San Bernardino, Riverside and Orange. The seven miles of open trail from Waterman Avenue (just north of Hospitality Lane) to the county line, will take you to the Riverside County Hidden Valley Preserve.	All	Free
Santana Park 598 Santana Way, Corona, 92879 (951) 736-2241 http://discovercorona.com/City-Departments/Parks---Community-Services/Parks---Facilities.aspx	Softball field, tennis court, soccer field, restrooms, drinking fountains	All	Prices vary

RECREATIONAL ACTIVITIES			
Saltion Sea State Recreation Area 100-255 State Park Road, North Shore, 92254 (760) 393-3052 www.saltsea.com	Hike, boat, swim, fish, camp, and bird watch	All	Prices vary
Valley-wide Recreation & Park District 901 W. Esplanade Avenue, San Jacinto, 92583 (951) 654-1505 www.vwvwpd.org	Lighted tennis courts, horseshoe pits, basketball & volleyball courts, soccer fields, baseball diamonds, batting cages, picnic facilities.	All	Prices vary
SENIOR CENTERS: Riverside COUNTY - All Senior Centers offer a variety of free and low cost classes for seniors			
Anza: Anza Fellowship Hall 39200 Foothill Road, Anza, 92539 (800) 732-8805 (ext. 1433)	Variety of classes	Seniors / Native Americans	Free, low cost
Banning: Morongo Senior Center 11555 ½ Potrero Road, Banning, 92220 (951) 849-4761 (ext. 1433)	Variety of classes	Seniors / Native Americans	Free, low cost
Banning: Banning Senior Center 84 W. Wilson Street, Banning, 92220 (951) 849-1920 (ext. 1433)	Variety of classes	Seniors / Native Americans	Free, low cost
Blythe: Blythe Community Center 445 N. Broadway, Blythe, 92225 (760) 922-8801	Variety of classes	Seniors	Free, low cost
Cabazon: James A. Venable Center 50390 Carman Avenue, Cabazon, 92230	Variety of classes	Seniors	Free, low cost
Calimesa: Norton Younglove Multipurpose Senior Ctr. 908 Park Avenue, Calimesa, 92320 (951) 795-2287	Variety of classes	Seniors	Free, low cost
Coachella: Eleanor Shadowen Senior Center 1540 7th street, Coachella, 92236 (760) 398-0104 www.coachella.org	Variety of classes	Seniors	Free, low cost
Corona: Casa Grande Senior Apts. 803 Magnolia Avenue, Corona, 92879 (951) 279-8406	Variety of classes	Seniors	Free, low cost
Desert Hot Springs: Desert Hot Springs Senior Center 11-777 West Drive, Desert Hot Springs, 92240 www.cityofdhs.org/Senior_Center	Variety of classes	Seniors	Free, low cost
Hemet : James Simpson Memorial Center 305 E. Devonshire, Hemet, 92543 (951) 652-3212	Variety of classes	Seniors	Free, low cost
Lake Elsinore: Lake Elsinore Senior Activity Center 420 E. Lakeshore Drive, Lake Elsinore, 92530 (951) 674-2526	Variety of classes	Seniors	Free, low cost

Mead Valley 21091 Rider Street, Mead Valley, 92570 (951) 657-0686	Variety of classes	Seniors	Free, low cost
Moreno Valley: Moreno Valley Senior Center 25075 Fir Street, Moreno Valley, 92553 (951) 413-3430 www.moval.org	Senior physical activities, nutrition, trips & transportation, food safety tips and educational classes.	Seniors	Free, low cost
Murrieta 41765 Elm Street Suite 201, Murrieta, 92564 (951) 849-4761 (ext. 1433)	Variety of classes	Seniors	Free, low cost
Norco: Norco Senior Center 2690 Clark Avenue, Norco, 92860 (951) 270-5638	Variety of classes	Seniors	Free, low cost
Temecula: Mary Phillips Senior Center 41845 6th Street, Temecula, 92590 (951) 694-6464 www.cityoftemecula.org	Variety of classes	Seniors	Free, low cost
Palm Desert: Joslyn Senior Center 73750 Catalina Way, Palm Desert, 92260 (760) 340-3220 www.joslyncenter.org	Variety of classes	Seniors	Free, low cost
Palm Springs: Mizell Senior Center 480 S. Sunrise Way, Palm Springs, 92262 (760) 323-5689 www.mizell.org	Variety of classes	Seniors	Free, low cost
Perris: Perris Senior Center 100 N. D Street, Perris, 92570 (951) 943-4190	Variety of classes	Seniors	Free, low cost
Riverside: Dales Senior Center/White Park 3936 Chestnut Street, Riverside, 92501 (951) 826-5303 http://www.riversideca.gov/park_rec/seniors.asp	Special events, such as seasonal parties, dances, potlucks, and guest speakers held form 12-2pm; bi-monthly newsletter, "Facts 'N' Fun," which includes all programs and activities	Seniors	Small donation suggested, low cost
Riverside: Eddie Dee Smith Senior Center (Rubidoux) 5888 Mission Blvd., Riverside, 92509 (951) 275-9975	Variety of classes; lunch program offered daily.	Seniors	Free, low cost
Riverside: Janet Goeske Senior Center 5257 Sierra Street, Riverside, 92504 (951) 351-8801 www.janetgoeskecenter.com	Provides seniors/disabled seniors the opportunity to continue an active, rich and productive life Non-members welcome	Seniors	Free, low cost Membership annual fee for Riverside seniors
Riverside: Reid Park / Ruth Lewis Community Center 701 N. Orange Street, Riverside, 92501 (951) 826-5654	Variety of classes	Seniors	Free, low cost

Riverside: UCR Extension Cafeteria/Senior Nutrition Center 1200 University Avenue, Riverside, 92507 (951) 827-3613	Variety of classes	Seniors	Free, low cost
Riverside: Ysmael Villegas Community Center 7240 Marguerita Street, Riverside, 92504 (951) 351-6142	Variety of classes	Seniors	Free, low cost
San Jacinto: San Jacinto Community Center 625 S. Pico Street, San Jacinto, 92583 (951) 654-2054	Variety of classes	Seniors	Free, low cost
Sun City: Kay Cenicerros Community Center 29995 Evans Road, Sun City, 92586 (951) 679-0119	Variety of classes	Seniors	Free, low cost
Temecula: Mary Phillips Senior Center 41845 Sixth Street, Temecula, 92590 (951) 694-6465	Variety of classes	Seniors	Free, low cost
Thermal: Jerry Rummonds Senior Center 87-229 Church Street, Thermal, 92274 (760) 399-0081	Variety of classes	Seniors	Free, low cost
SKATING			
Corona Skate Park 930 East 6th Street, Corona, 92879 (951) 736-2241	Skating rink, Skate lessons available	All	Prices vary
Palm Springs Skate Park 401 S Pavilion Way, Palm Springs, 92262 (760) 323-8272 http://www.palmspringsca.gov/index.aspx?page=80		All	Prices vary
Roller City 2001 10765 Magnolia Avenue, Riverside, 92503 (951) 688-4121 or (951) 688-4145 www.rollercity2001.org	Inline Skating Rink	All	Prices vary
South Jackson Skate Park (Thomas Jefferson Middle School) 83089 Highway 111, Indio, 92201	Roller blade and skateboard park, pads, and helmet required	All	Prices vary
Wheelhouse Skate Center 2860 W. Florida Ave., Hemet, 92545 (909) 652-9968 www.wheelhousesk8.com	Indoor/Outdoor Skating	All	Membership fee
SWIMMING			
Bagdouma Pool 84-626 Bagdad, Coachella, 92236 (760) 391-9448 http://www.coachella.org/index.aspx?NID=203	Open swimming lessons, call for schedule	All	\$1-2 per person

Temecula Swim Club PO Box # 891612, Temecula CA 92589 (951) 699-5526 www.temeculaswimclub.com	Training in competitive swimming.	Youth	Fees apply
Mecca Community Pool 65-250 Cahuilla, Mecca, 92254 (760) 396-2426 www.myrecreationdistrict.com	Free daily open swimming and lessons for children between the ages of 18 months and 14 years. Call for details.	All	Minimal charge per person
Pawley Pool & Fitness Center 46-350 South Jackson, Indio, 92201 (760) 342-5665 www.myrecreationdistrict.com	Family oriented water playground, waterslides, wave pools, surfing, and beach areas	All	Prices vary
Riverside Aquatics Association Locations: <ul style="list-style-type: none"> • Sippy Woodhead Pool 2060 University Avenue Riverside, CA 92502 • Martin Luther King High School 9301 Wood Road Riverside, CA 92508-9459 • The Cove – Jurupa Aquatic Center 4310 Camino Real Riverside, CA 92509 (951) 784-5607 (951) 218-1790 www.raa-swim.org	The club is a USS year round competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities.	All	Prices vary

WALKING/CLUBS

100 Mile Club® 815 West Sixth Street, Suite 105 Corona, CA 92882 (951) 340-2290 http://100mileclub.com/	The 100 Mile Club® is a physical fitness and life skills project for all individuals based on the goal of running (or walking) 100 miles during a single year.	All	Free or low cost
Low Desert Roadrunners 4410 Crestview Drive, Norco, 92860 (951) 735-0457 or Email osuejoe2@aol.com www.lowdesertroadrunners.org	Year round walking group for all fitness levels. Group meets at various locations throughout Riverside County. Call or email for details.	All	Club Membership fee
Mount Rubidoux Fitness Walks 4079 Mission Inn Avenue, Riverside, 92501-3204 Contact Judy Smith at (951) 369-5117 or (951) 684-6203 www.mt-rubidoux.org	Monday Evening Walks The Sierra Club Mt. Rubidoux Walk is held each Monday at 6 p.m. beginning at the Ninth Street Park Entrance	All	Club Membership fee
Riverside Walkers for Health and Fun-City Dale Senior Center 3936 Chestnut Street, Riverside 92504 (951) 826-5303	Walk/run club, chair dancing and Tai Chi classes, boxing endurance & self defense skills	All	Club Membership fee
Walk Riverside Routes & Trails www.riversideca.gov/mayor/pdf/walkbook2005.pdf	Guide to Riverside's best walking routes & trails	Adults	Free

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YOUTH/ADULT SPORTS ORGANIZATION

Nutrition Resources



Riverside County: Nutrition & Assistance Resources

Program/ Organization	Description	Target Population	Cost
CERTIFIED FARMERS' MARKET Open to the public FREE of charge			
Canyon Lake CFM 31516 Railroad Canyon Rd. Canyon Lake, 92587 (760) 728-7343	Open air/Year round/Sunday, 9AM-1PM	Open to the public	Free of charge
CFM at the Promenade Mall 40820 Winchester Rd., Temecula, 92591 (760) 728-7343	Open air/Year round/Wednesday, 9AM-1PM	Open to the public	Free of charge
CFM of Palm Springs Palm Springs Mall 2365 E. Taquits Canyon Way, Palm Springs, 92262 (760) 898-5250	Open air/Oct-June/Saturday, 8AM-12:30PM	Open to the public	Free of charge
City of Riverside's Downtown CFM Corner of 5 th and Main between 5 th and 6 th streets, Riverside, 92501 (714) 345-3087	Open air/Year round/Saturday, 8AM - 1PM	Open to the public	Free of charge
La Quinta Old Town CFM 78100 Main Street (760) 898-5250	Open air/Oct-June/Sunday, 8am- 12:30pm	Open to the public	Free of charge
Palm Desert CFM Palm Desert Visitors Center, 72-567 Highway 111, Palm Desert, 92260	Open air/Oct-June/Wednesday, 9AM-1:30PM	Open to the public	Free of charge
Palm Springs CFM Palm Springs Cultural Center – 2300 E. Baristo Road (adjacent to Camelot Theatre), Palm Springs (760) 898-5250	Open air/Sept-June/Saturday, 8am-12:30pm	Open to the public	Free of charge
Riverside CFM 5261 Arlington Ave. (at Sears), Riverside, 92504 Contact Kathi at (760) 244-2772 www.riversidecfm.com	Open air/Year round/Friday, 8:30AM-Noon	Open to the public	Free of charge
Riverside Downtown CFM Corner of 5 th and Main between 5 th and 6 th street, (714) 345-3087	Open air/Year round/Saturday, 8am-1pm	Open to the public	Free of charge
Temecula Old Town CFM 6th St. & Front Street, Temecula, 92590 Contact Gale at (760) 728-7343 www.myfarmersmarkets.com	Open air/Year round/Saturday, 8AM-12:30PM	Open to the public	Free of charge
Temecula CFM at the Promenade Mall 40820 Winchester Rd., Temecula (760) 728-7343	Open air/Year round/Wednesday, 9am-1pm	Open to the public	Free of charge

FOOD ASSISTANCE			
FAN-Food Assistance Network 4065 County Circle Dr., Rm. #207, Riverside, 92503 1-800-455-4942	Information about food programs and emergency food in Riverside County	Low-Income Families	Free
Riverside County CalFresh (Formerly Food Stamp Program) 11060 Magnolia Avenue, Riverside, 92503 (951) 358-3400	Supplemental food coupons for low-income residents of Riverside County	Low Income Families	Free
Riverside County Department of Aging Nutrition Meal Sites 1-800-510-2020 http://www.rcaging.org/opencms/Programs_Services/Nutrition_Meals_Sites.html	Congregate and home-delivered meals for persons sixty (60) years of age or older. Congregate service is available at over 20 sites .	Seniors	Free / Low Cost
ASSISTANCE HOTLINES			
Volunteer Center of Riverside County 2-1-1, Riverside County http://www.vcrivco.org/help_line.html Just dial 2-1-1 (or 800-464-1123) to obtain free and confidential information 24 hours a day/seven days a week about health and social services in Riverside County. 2060 University Ave, Riverside, 92507	Health & social services assistance: 2-1-1 is a toll free number that provides information and referrals for non-emergency resources such as health care, food counseling, support groups, clothing, housing, community groups, elder services & employment.	All Riverside County residents	Free
HEALTH ASSISTANCE			
Inland Agency-Desert Sierra Regional Contractors Covering San Bernardino, Riverside & Inyo Counties 1-800-511-2300 http://www.inlandagency.org	Referral program for women in need of free or low cost mammograms and/or pap screenings.	Low income women	Free
NUTRITION AND PHYSICAL ACTIVITY EDUCATION			
Network for a Healthy California—African American Campaign 351 N. Mountain View, San Bernardino, 92408 (909) 387-6320 or (951) 358-5880 http://www.sbcounty.gov/eatwell	Nutrition and physical activity education for programs serving low income adult African Americans residents of San Bernardino, Riverside and Inyo Counties	Low-income adult African Americans residents	Free
Network for a Healthy California—Latino Campaign 351 N. Mountain View, San Bernardino, 92408 (909) 387-6320 or (951) 358-5880 http://www.sbcounty.gov/eatwell	Nutrition and physical activity education for programs serving low-income Spanish speaking residents of San Bernardino, Riverside and Inyo Counties	Low -income adult Latino residents	Free
Network for a Healthy California— Children’s Power Play Campaign 351 N. Mountain View, San Bernardino, 92408 (909) 387-6320 or (951) 358-5880 http://www.sbcounty.gov/eatwell	Nutrition and physical activity education for elementary schools, after-school programs and community youth organizations serving low-income 9-11 year olds of San Bernardino, Riverside and Inyo Counties	Low-income 9-10-11 year olds	Free

Riverside County Network LIA 4065 County Circle Dr, Riverside, 92503 (951) 358-5311	Nutrition and physical activity education	Low income residents of Riverside County	Free
University of California Cooperative Extension 21150 Box Springs Road, Suite 202 Moreno Valley, 92557-8718 (951) 683-6491 http://ceriverside.ucdavis.edu	Eating Smart, Being Active program for low-income parents with young children, and nutrition program for food stamp families	Low-income families	Free
WIC OFFICES			
Riverside-San Bernardino Indian Health WIC 1555 Potrero Road, Banning, 92220 1 (888) 942-9675	Supplemental Nutrition Program that provides nutritious foods, nutrition counseling, and referrals to health care and social services. Call; an appointment will be made at the clinic nearest you	Riv. & SB County low-income <i>Native American</i> pregnant, postpartum and breastfeeding women, infants and children up to age 5 who are at nutritional risk.	Free
Riverside County WIC Program 4065 County Circle Dr, Room #207, Riverside, 92503 1(800) 455-4942	Supplemental Nutrition Program that provides nutritious foods, nutrition counseling, and referrals to health care and social services. Call; an appointment will be made at the clinic nearest you.	Riv. County low-income pregnant, postpartum and breastfeeding women, infants and children up to age 5 who are at nutritional risk.	Free