

Imperial County • Physical Activity Resources		
PROGRAM / ORGANIZATION	DESCRIPTION	REGION
Adult Sports Organization		
Adult Basketball League 824 Blair Ave 760-768-2176	Team basketball and open play for skills practice or scrimmages.	Calexico
Adult Soccer League D Gutierrez Soccer Field, Andrade Ave 760-768-2176	Team soccer	Calexico
Baseball		
Hotville Little League 1155 E. 7th 760-356-4480	Little League Baseball	Hotville
Calexico Little League 707 Dool Ave 760-562-7444	Little League Baseball	Calexico
El Centro Little League 375 S. 1st St. 760-554-2675	Little League Baseball	El Centro
Basketball		
Calexico Youth Basketball 707 Dool Ave 760-768-2176	Basketball	Calexico
Bicycling		
Imperial Valley College Bike Path North side of Aten Rd. http://www.efgh.com/bike/redroute.htm#imperial	The only designated bike path in Imperial County. 3.25 miles of paved designated "Bike Lane"	Imperial
Imperial Valley BMX Track 1750 Drew Road 760-370-0565	BMX track 1000 ft. long with jumps and turns of all sizes. Non-profit, volunteer based "Just here for the kids" http://www.officialivbmx.com/	El Centro
Bureau of Land Management El Centro Field Office 1661 S. 4th Street 760-337-4400	Trails: Yuha Desert, Lark Canyon, Painted Gorge, Table Mountain, Hyduke Mine Rd. Contact the Bureau of Land Management for details	Imperial Valley
Finish Line Pro Bike Shop 515 Main St 760-353-0571	Can provide references for Mt. biking trails throughout the desert.	El Centro
Bowling		
The Brunswick Zone 1059 Sandalwood Dr. 760-352-3367	Bowling	El Centro
Boxing		

La Gente Boxing 105 A St. 760-344-6025	Boxing	Brawley
Calexico Department of Recreation 2312 M.L. King Ave 760-768-2176	Boxing	Calexico
Camping		
Bashford's Hot Mineral Spa 10590 Hot Mineral Spa Rd 760-354-1315	Water Aerobics, Dancing, Hiking, Fishing and more.	Niland
Bureau of Land Management El Centro Field Office 1661 S. 4th Street 760-337-4400	Primitive camping is permitted throughout the county. Contact the Bureau of Land Management for camping details.	Imperial Valley
Collaborative		
Holtville Athletic Club PO Box 51 760-356-2781	Mission is to financially assist athletic activities and youth groups through non- profit fundraising efforts.	Holtville
Dance		
Dancin' Feet 701 Olive St. 760-353-1363	Ballet, jazz, tap and modern dance instruction for 4yrs to adult	El Centro
Ooh La La Dance & Studios 138 Main St. 760-351-8502	Ballet, jazz, tap and modern dance instruction	El Centro
Calexico Recreation Department 2312 M.L. King Ave 760-768-2176	Ballet, jazz, flamenco,	Calexico
Football		
Mid Valley Pop Warner 1258 Lenrey Avenue 760-352-7517	Youth football	El Centro
Calexico Pop Warner Association 1209 Primavera Dr. 760-427-9421	Youth football	Calexico
Golf		
Barbara Worth Golf Resort 2050 Country Club Dr, Holtville, 92250 (760) 356-5842	This golf course is 18 holes at par 4.	Hotville
Club Circle Golf Course Club Circle, Borrego Springs, 92004 (858) 454-2873	This nine hole par 3 course operates solely on the honor system. There is no pro shop on the premises.	Borrego Springs
Road Runner Club 1589 1010 Palm Canyon Dr 760-767-5373	This is a par 3 course.	Borrego Springs

Lakeview Golf Course 1589 Drew Rd, El Centro, 92243 (760) 352-6638	This golf course is 9 holes at par 3.	El Centro
Broken Spoke Country Club 225 Wake Ave, El Centro, 92243 (760) 353-4653	This golf course is 9 holes at par 3.	El Centro
Gymnastics		
Imperial Valley Gymnastics Club 260 E. Main Street 760-353-9558	Gymnastics instruction	El Centro
Horseback Riding		
Wendy's Riding Lessons 2825 Nance Rd 760-355-4522	Horseback riding lessons	Imperial
Ice Skating		
Imperial Valley Mall 3451 S. Dogwood Ave 760-352-0800	Ice Skating rink is located near the food court of the mall	El Centro
Mall Walking		
Imperial Valley Mall 3451 S. Dogwood Ave 760-352-0800	Several groups gather to walk the mall at various times.	El Centro
Martial Arts		
Calexico Aquatic Club 707 Dool Ave 760-768-2176	Water Tai-Chi and Regular Tai-Chi	Calexico
Nature Center/Hiking		
Salton Sea 906 W Sinclair Rd 760-348-5278	Boating, fishing, hiking, wildlife viewing	Imperial Valley
Picacho State Recreation Area P.O. Box 848, Winterhaven, 92283 (760) 393-3052		Winterhaven
Imperial Sand Dunes 1/2 mile South of SR 78 on Gecko Road 760-344-3919	40 miles of sand dunes	East perimeter of Imperial Valley
Mesquite Mine Overlook Trail 3 miles north of SR 78 760-352-6541	Open daily 8-4, A one-mile trail leads to an overview of the second largest gold mine in California	Imperial Valley
Fossil Canyon 4 miles North of Ocotillo at the end of Painted Gorge Road	Beautiful hike with multicolored walls through the canyon, and fossil sightings	Ocotillo
Imperial National Wildlife Refuge P.O. Box 72217 928-783-3371	Boating, fishing, hiking, wildlife viewing	Imperial Valley/Yuma
Crucifixion Thorn National Area 9 miles SE of Ocotillo On SR 98	This natural area is fenced with a walk in entry along SR 98	Ocotillo

Police Activity Leagues		
Brawley Pal 165 South Plaza 760-344-2040	Host a vareity of after-school recreational activities.	Brawley
Calexico PAL 601 Kloke Ave 760-768-2192	Provides activity services such as boxing, soccer, basketball, softball, jujitsu, cheerleading, and flag football.	Calexico
Westmorland PAL 760-344-6649	Hosts a variety of after-school recreational activities.	Westmorland
Imperial PAL 424 S. Imperial Ave 760-234-2248	Hosts after-school recreational activities such as boxing, baseball, basketball, football, golf, and wrestling.	Imperial
El Centro PAL 1100 North 4th St. 760-337-4577	Hosts after-school recreational activities such as boxing, martial arts, and soccer.	El Centro
Calipatria PAL 140 West Main St. 760-348-2212	Hosts after-school recreational activities such as boxing, footbal, judo, paintball, and wrestling.	Calipatria
Parks		
City of Brawley 400 Main Street 760-344-9111	3 community parks, 6 neighborhood parks, and 3 mini-parks	Brawley
City of Holtville 121 W. 5th St 760-356-2632	3 parks	Holtville
City of El Centro 750 Park Ave 760-336-8974	7 parks and recreation fields	El Centro
City of Calexico 707 Dool Ave 760-768-2176	17 parks and recreation fields	Calexico
City of Imperial 420 Imperial Ave 760-355-4371	6 parks and recreation fields	El Centro
Recreation Facilities		
Imperial Valley College 380 E. Aten Road 760-352-8320	Gym and pool facilities	Imperial
SDSU Imperial Campus 720 Heber Ave 760-768-5500	Gym facilities	Calexico

Senior Exercise		
Senior Citizen Center 575 J Street 760-344-3154	Various fitness classes and activities	Brawley
Calexico Senior Health Outreach Program 707 Dool Ave 760-768-2176	Nutrition classes, dance, exercise, arts & crafts, and senior mobile recreation	Calexico
Skating		
Brawley Community Skate Park 3rd St and Magnolia 760-344-5675	Skateboarding	Brawley
Softball		
Calexico All Valley Girls Babe Ruth 707 Dool Ave 760-3375868	Softball league	Calexico
Swimming		
Lions Center 225 A St. Phone Number	Description of activity	Brawley
Holtville Swimming Pool 225 A St. 760-356-4574	Swimming	Holtville
Calexico Aquatic Club 707 Dool Ave 760-768-2176	Swimming, water aerobics, scuba, snorkle, lifeguard class	Calexico
Plunge 750 Park Ave 760-336-8974	Swim lessons, summer camp, water sports, public swim	El Centro
Tennis		
Calexico Recreation Department 707 Dool Ave 760-768-2176	Tennis	Calexico
Central Union Highschool 351 Ross Ave 760-336-4500	Tennis courts available for use at the highschool	El Centro
Weights, Aerobics & Exercise		
Calexico Recreation Department 707 Dool Ave 760-768-2176	Aerobic, water aerobics and pilates classes working on step, weights, bands and floor exercises	Calexico
Jazzercise Classes Contact: Tama Rodriguez tama@jazzinwithtama.com	Jazzercise classes are offered at the Brawley Boys and Girls Club, and Imperial Valley Expo (Fairgrounds) in the Hulsienda Building	Brawley and Imperial
Body Fit 515 Main St. 760-960-0778	Aerobics, pilates, weights and other various exercises.	El Centro

Brawley Recreation Department 225 A St. 760-344-5675	Aerobic and pilates classes working on step, weights, bands and floor exercises	Brawley
The Circuit 1040 Mountainview Ave 760-906-2636	Weights, aerobics, exercise	El Centro
Curves 524 Holt Ave 760-356-4095	Weights, aerobics, exercise	Hotville
Curves 105 N Imperial Ave 760-356-4095	Weights, aerobics, exercise	Imperial
Ladies Fitness Express 1635 W. Main 760-352-0166	Weights, aerobics, exercise	El Centro
Lifted Up Fitness Studio 190 N Plaza 760-344-2612	Weights, aerobics, exercise	Brawley
US Fitness 147 Main Street 760-351-8707	Weights, aerobics, exercise	Brawley
Calexico Fitness 2381 Rockwood Ave 760-357-2233	Weights, aerobics, exercise	Calexico
Vitality Women 620 E. St. 760-344-3110	Weights, aerobics, exercise	Brawley
El Centro Community Center 375 South 1st St. 760-337-4555	Exercise machines, youth programs, dance lessons	El Centro
Youth Centers		
Brawley Boys and Girls Club 165 S. Plaza 760-344-8040	Various sports and activities for youth and teen center.	Brawley
Conrad Harrison Youth Center 750 Park Ave 760-337- 4570	Summer day camp, sports leagues (basketball & soccer), open gym	El Centro
Naval Air Facility El Centro Youth Center Building #305 760-339-2644	Various sports, outdoor activites and field trips for youth 6-12	El Centro
The Family Treehouse 200 N. Imperial Ave 760-355-0175	Activities for pre-school age youth, and exercise machines for parents	Imperial

TARGET POPULATION COST	
Adult	Varies
Adult	Varies
Youth	Varies
Youth	Varies
Youth	Varies
Youth	Varies
All	Free
All	Practice \$2.00 Bike rental \$5.00
All	Free
All	Varies
All	Varies

Adult	Varies
Youth 8 yrs & older	\$10.00 per month
Adult	\$15.00
All	Varies
Youth	Free
All	Varies
All	Varies
All	\$45 per semester
Youth	Varies
Youth	Varies
All	\$20 or less
All	\$20 or less
All	\$20 or less

All	\$20 or less
All	\$20 or less
Youth	Varies
All	Varies
All	\$6.00 to skate
All	Free
All	1.50 per swim
All	Free/Varies depending on activity
All	Free
All	Free
All	Free
All	Free
All	Free

Youth	Free
Youth	Free
Youth	Free
Youth	Free
Youth	Free
Youth	Free
All	Free
All	Free
All	Free
All	Free
All	Free
All	Varies depending if student or not
All	Varies depending if student or not

Senior	Varies
Senior	Free
All	Free
Youth	Varies
All	Varies
All	\$0.50 per child
All	Varies
All	\$1.00 Youth \$1.50 Adults
Ages 8-17	\$35 per season
All	Free
Adult 16 & up	\$18.00 per month or \$1.50 per class
Adult	\$7.00 one time class \$35 unlimited monthly
Adult	Varies

All	Varies
All	Varies
Adult	Varies
Adult	Varies
Adult	Varies
Adult	Varies
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Adult	Varies
Adult	Varies
All	Varies
Youth	Free
Youth	Free
Youth	Varies
Youth	Free





































































































