

CITY OF SAN DIEGO PARKS & RECREATION DEPARTMENT

PARKS FIT SAN DIEGO – ACTIVITY SIGN-UP

FACILITY/SITE	SUMMER CHALLENGE ACTIVITY
Adams Recreation Center	4 adult fitness classes, youth baseball
Allied Gardens Pool	Fitness, swim team, water polo, lap swims
Allied Gardens Recreation Center	Fitness Jenga
Azalea Recreation Center	Fitness class
Balboa Park Activity Center	Badminton/volleyball pickle ball/table tennis
Balboa Park Golf Course/Torrey Pines GC /Mission Bay GC	Foot Golf – Small fee.
Black Mountain Open Space Park	Walks
Bud Kearns Memorial Pool	Mile swim, water fit class, water polo
Cabrillo Recreation Center	Fitness Stations
Cadman Recreation Center	Running bases during baseball practices and games
Canyonside Recreation Center	Basketball, gymnastics
Carmel Mountain Ranch / Sabre Springs Rec Center	Outdoor/open basketball and volleyball
Carmel Valley Pool	Water fitness
Carmel Valley Recreation Center	Ping pong/ pickle ball
César Chávez Community Center	Open basketball/ volleyball

Chollas Lake Park	Walking
City Heights Recreation Swim & Tennis Center	Teen Center Basketball, Tennis, Field Activities, Aerobic Step (Mon), Cardio Fit (Wed), Free Style Workout (Fri)
Clairemont Pool	Mile swim, swim team, water polo clinic
Colina Del Sol Pool	Water fitness
Colina Del Sol Recreation Center	Volleyball
Developed Regional Parks/ Rangers	Walks
Doyle Recreation Center	Open play basketball
Encanto Recreation Center	Basketball, Soccer, Volleyball
Golden Hill Recreation Center	Baseball, Open play basketball
Hilltop Recreation Center	Walking, basketball, dog walking
Horton Plaza Park	Plaza play, dance, walking tours
Hourglass Park and Fieldhouse/ Gil Johnson Mira Mesa Recreation Center	Basketball league
Kearny Mesa Pool	Water fitness
Kearny Mesa Recreation Center	Youth basketball league
La Jolla Recreation Center	Weight room circuit
Linda Vista Recreation Center	Youth basketball, cheer camp, walking club
Los Penaquitos Canyon Preserve	Walks
Lopez Ridge Recreation Center	Fitness, kickball, flag football
Martin Luther King, Jr. Pool	Water fitness
Martin Luther King, Jr. Recreation Center	1 mile walk, youth basketball
Memorial Pool	Swim team, water polo, water fitness, lap/recreational swim
Dolores Magdaleno Memorial Recreation Center	Weight lifting, basketball
Mid-City Gymnasium	Futsal, basketball
Mission Trails Regional Center	Guided nature walks (W, Sa & S), 5-peak challenge,

Mountain View Community Center	Walking, running
Municipal Gymnasium	Basketball
Ned Baumer Aquatic Center	Water fitness
Nobel Athletic Fields and Recreation Center	Volleyball, gymnastics
North Clairemont Recreation Center	Pickleball (1030-1230pm T & TH)
North Park Recreation Center	Dodgeball, basketball, tennis
Ocean Air Recreation Center	Open play, walking path, playground, hiking trails
Ocean Beach Recreation Center	Pickleball (12-2pm M, W & F)
Otay Valley Regional Park	Walks
Pacific Beach Recreation Center	Basketball (M-Sa), pickleball(T & TH), 1-mile walk, weight room
Paradise Hills Recreation Center	1-mile walk, open basketball
Penn Athletic Field	Basketball, soccer, running, dog walking
Rancho Bernardo Glassman Recreation Center	Basketballs, trails
Robb Athletic Field	Disc golf
San Carlos Recreation Center	Basketball
Colonel Irving Salomon San Ysidro Comm. Activity Center	4 laps on track, table tennis (players vs. staff)
Santa Clara Recreation Center	Bay walk
Scripps Ranch Community Recreation Center	Pickleball
Serra Mesa Recreation Center	Basketball
Silver Wing Recreation Center	1-mile walking club
Skyline Hills Recreation Center	Basketball
Robert Egger, Sr South Bay Recreation Center	Walking club, basketball play
Senior Services	Balboa Park walk
South Clairemont Recreation Center	Skateboarding, peewee sports
Southcrest Recreation Center	Futsal

Standley Recreation Center	Open play, park walk, basketball, volleyball, playground
Stockton Recreation Center	Lap walking, open soccer
Swanson Pool	Water fitness
Tecolote Recreation Center	Running bases, "My first hike"(June 23)
Therapeutic Recreation Services	Complete 10 total minutes on the Krankcycle Machine (Handcycling trainer)-Located at the War Memorial Building (3325 Zoo Drive, 92101)
Tierrasanta Pool	Water fitness, youth water polo, lap/recreational swim, youth swim team
Tierrasanta Recreation Center	Basketball clinics (1600-1700 T & TH)
Vista Terrace Pool	Water fitness
Willie Henderson Sports Complex	Bike to Park, "Safety Rodeo"