



Physical Activity Resource Directory—Sonoma County

PROGRAM / ORGANIZATION	DESCRIPTION	CITY	TARGET POPULATION	COST
Adult Sports Organization				
Santa Rosa Parks & Recreation Santa Rosa Parks & Recreation Web Site 707-543-3281	Adult softball and volleyball leagues (must form own teams)	Santa Rosa	Adults 18+	\$390-\$780 per team
Sonoma County Adult Coed Soccer League www.scacsl.net	Recreational soccer league that runs from March to end of June. Games scheduled for Saturdays in parks within Sonoma County.	Sonoma County	Women 18+ and men over 30	Free
Aerobics				
Sonoma County Family YMCA 1111 College Ave, Santa Rosa Map www.scfymca.org 707-545-9622	Group exercise classes, indoor pool, indoor basketball court, gym, summer camps, and afterschool programs	Santa Rosa	All ages	47+ per month, financial assistance is available
Finley Community Center 2060 W College Ave, Santa Rosa Map www.sonomazumba.com 707-236-4195	Zumba (Latin dance inspired aerobic class)	Santa Rosa	Age 15+	\$6.25/class or \$25 for 4 classes (\$35 for non-Santa Rosa residents)
Grupo SANA For information in English and Spanish: Victoria Rodriguez: 707-477-7390	Walking group and Zumba classes held in southwest Santa Rosa for Spanish speakers	Santa Rosa	Adults	Walking group is free: Zumba is \$3/class
Baseball				
A Place to Play 2375 West 3rd St, Santa Rosa Map	Public baseball field	Santa Rosa	All ages	Free
Arnold Field 280 W 1st St, Sonoma Map (Field is between West and East 1st Street)	Public baseball field	Sonoma	All ages	Free
Doyle Community Park 700 Doyle Park Drive, Santa Rosa Map	Public baseball field	Santa Rosa	All ages	Free
Field of Dreams 151 1st St. E , Sonoma Map	Public baseball field	Sonoma	All ages	Free

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Hughes and Teeter Fields 166 1st St, Sonoma Map	Public baseball field	Sonoma	All ages	Free
Paul's Field 100 Verano Ave, Sonoma Map (Maxwell Regional Park)	Public baseball field	Sonoma	All ages	Free
Redwood Empire Baseball League www.rebl.org 707-542-1836	Competitive baseball league; 5 divisions based on age; season runs from mid -April to early October. All games played in Sonoma, Marin and Napa Counties.	Sonoma County	Adult men	Free
Sonoma County Rebels Baseball Club www.sonomacountyrebels.org 707-524-8998	Lessons for boys ages 7-18 and teams for boys ages 10-18.	Sonoma County	Boys ages 7-18	Price varies, several full scholarships awarded every year.
Bicycle Clubs				
Santa Rosa Cycling Club PO Box 6008, Santa Rosa, 95406 http://srcc.com	The SRCC is a social/ recreational organization that includes cyclists with a wide range of abilities and interests.	Santa Rosa	Adults and teenagers	\$20 for annual individual membership, \$25 for annual family membership. Non-members welcome on most rides for free.
Collaborative				
Community Activity and Nutrition Coalition (CAN-C) www.sonoma-county.org/health/prev/canc.htm 707-565-6625	Activity and fitness guides for families (English and Spanish); data on childhood overweight in Sonoma County.	Santa Rosa (Sonoma County)	Health professionals, families	Free
Northcoast Nutrition and Fitness Collaborative www.northcoastnutrition.org 707-543-5810	Nutrition and physical activity information and resources for health professionals and the public.	North coast counties	Health professionals, general public	Free
Community Center				
Occidental Community Center 3920 Bohemian Hwy, Occidental Map 707-874-2242	Multi-purpose room, kitchen and activity room available to rent for events. Basketball and tennis courts; adult exercise classes, after school program, summer camp, and adult open gym nights.	Occidental	All ages	Program prices vary, call for more information. Adult open gym nights for basketball, volleyball and indoor soccer are \$3.
Hiking and Camping				
Annadel State Park 6201 Channel Dr, Santa Rosa Map California State Parks—Annadel State Park 707-539-3911	35 miles of hiking and biking paths, fishing access, and picnic areas.	Santa Rosa	All ages	Free

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Hiking and Camping (continued)				
Armstrong Woods 17000 Armstrong Woods Rd, Guerneville Map California State Parks—Armstrong Woods 707-869-2015	Redwood tree reserve includes visitor center, outdoor amphitheater, nature trails, picnic areas, and several hiking trails.	Guerneville	All ages	Free to park in the lot outside the park and walk in; \$7 to drive into the park.
Austin Creek 17000 Armstrong Woods Rd, Guerneville 707-869-2015 Map California State Parks—Austin Creek	20 miles of trails, back-country camping, Bullfrog Pond Campground, and panoramic views. Located next to Armstrong Woods.	Guerneville	All ages	\$7/vehicle; \$15/night to camp
Bodega Head Hwy 1 (just North of Bodega Bay) Map Sonoma Coast State Park—Bodega Head and Bodega Head Trail on About.com	Hiking trails with beautiful views, bird watching, whale watching (January - May), and wildflowers in the spring.	Bodega Bay	All ages	Free
Colgan Creek Trail Intersection of Stony Point Rd and Todd Rd on the east side of Stony Point Rd, Santa Rosa Map Sonoma County Regional Parks—Colgan Creek	1.2 mile trail is part of the connection of trails and bikeways of Santa Rosa. Eventually the trail will continue from Bellevue Ave to Victoria Dr	Santa Rosa	All ages	Free
Crane Creek Regional Park 5000 Pressley Road, near Rohnert Park, east of Sonoma State University, Rohnert Park Map 707-823-7262	128 acre park featuring rolling meadows, seasonal creek, trails for hiking, biking and hoses, and picnic tables	Rohnert Park	All ages	\$6 to park
Doran Beach 201 Doran Beach Rd, 1 mile south of Bodega Bay Map 707-875-3540	2 miles of beach for picnics, flying kites, surfing, fishing and walking; campground and boat launch	Bodega Bay	All ages	\$6 to park; \$22/night to camp (+\$8.50 reservation fee)
Foothill Regional Park 1351 Arata Ln, Windsor Map 707-565-2041	211 acres, 3 small lakes for fishing, 12 miles of trails for hiking and biking	Windsor	All ages	\$6 to park

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Hiking and Camping (continued)				
Gualala Point Regional Park 42401 S Hwy 1, Gualala Map 707-785-2377	195 acre park with meadows, forest, river and beach; hiking trails; camping; and picnicking	Sea Ranch	All ages	\$6 to park; \$22/night to camp (+\$8.50 reservation fee)
Helen Putnam Regional Park 411 Chileno Valley Rd, Petaluma Map 707-433-1625	216 acres including a playground, hiking trails, fishing pond	Petaluma	All ages	\$6 to park
Kruse Rhododendron State Natural Reserve Hwy 1, 20 miles north of Jenner and next to Salt Point State Park, Map 707-847-3221 California State Parks—Kruse Rhododendron State Natural Reserve	5 miles of hiking trails featuring redwood trees and rhododendrons; best time to visit is April-May	Cazadero	All ages	Free
Salt Point State Park Hwy 1, Cazadero, Map 707-847-3222 California State Parks—Salt Point State Park	20 miles of hiking and biking trails, fishing, underwater marine preserve, camping, bird watching, and views of the ocean.	Cazadero	All ages	Day use: \$6 to park Camping: \$3/night to backpack or bike in; \$15/night walk-in; \$25/night to park in campground
Sea Ranch Access Trails Hwy 1, south of the Sonoma-Mendocino County line, Map 707-785-2377 Sonoma County Parks—Sea Ranch Access Trails	Six Sea Ranch access trails provide trailhead parking areas, restrooms, and a short hike to the coast.	Gualala	All ages, but monitor young children closely near the cliffs	\$6/vehicle
Sonoma Coast State Beach Hwy 1, Map 707-875-3483	17 miles of beach, including Goat Rock, Shell Beach, Portuguese Beach, Schoolhouse Beach, and Salmon Creek Beach	Sonoma County	All ages	Day use and parking free, except at Wright's Beach campground and Bodega Dunes campground where parking is \$7
Sugarloaf Ridge State Park 2605 Adobe Canyon Rd, Kenwood Map 707-833-5712 California State Parks—Sugarloaf Ridge	25 miles of trails for hiking and horseback riding, 25-foot waterfall during the winter, and camping.	Kenwood	All ages	\$20/night to camp
Parks				
A Place to Play 2375 West 3rd St, Santa Rosa Map 707-543-3282	Soccer and baseball fields.	Santa Rosa	All ages	Free

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Parks (continued)				
Bayer Neighborhood Park and Gardens 1550 West Ave., Santa Rosa Map 707-524-9318 www.landpaths.org	6 acre park and urban farm where visitors can help plant, tend and harvest the crops.	Santa Rosa	All ages	Free Open to the public every Friday, from 2 to 6 pm and Saturdays from 10am-noon for story time through the spring and summer months.
Doyle Community Park 700 Doyle Park Drive, Santa Rosa Map	22 acre park with dog park, large and small picnic areas available to reserve, children's' play area, horseshoe pits, open lawn area, and a baseball field.	Santa Rosa	All ages	Free
Finley Park 2060 W College Ave, Santa Rosa Map For picnic area reservations: 707-543-3737	Large picnic area, play equipment area, tennis courts, basketball courts, sand volleyball courts, horseshoe area, and restrooms. A community center and aquatic complex are located adjacent to the park.	Santa Rosa	All ages	Day use and parking are free
Howarth Park 630 Summerfield Rd, Santa Rosa Map	152 acre park includes a seasonal train, carousel, pony rides, and snack bar. Playground, climbing wall, 6 lighted tennis courts and softball field open all year. Lake Raphine offers seasonal boat rentals and classes, as well as fishing. Large and small group picnic facilities with BBQs. Hiking, jogging, and biking trails	Santa Rosa	All ages	Free
Julliard Park 227 Santa Rosa Ave, Santa Rosa Map	Walking paths, open lawns, ponds, free summer concerts, and bocce ball.	Santa Rosa	All ages	Free
Maxwell Farms Regional Park 100 Verano Ave., Sonoma Map 707-938-2794 Sonoma County Parks—Maxwell Farms Regional Park	85 acre park with picnicking, athletic fields, playground, trails, skate park and Boys & Girls Club	Sonoma	All ages	\$6 per vehicle
Nagasawa Community Park at Fountain Grove 1313 Fountain Grove Parkway, Santa Rosa Map	Walking paths, picnic area, scenic views, parking and lake access for small, non-motorized boats for fishing	Santa Rosa	All ages	Free
Rincon Valley Community Park 5108 Badger Rd., Santa Rosa Map For picnic area reservations: 707-543-3737	25 acre park with open lawn, soccer and softball fields, playground, picnic areas, dog park and summer programs for youth.	Santa Rosa	All ages	Free

PROGRAM / ORGANIZATION	DESCRIPTION	CITY	TARGET POPULATION	COST
Youth Community Park 1725 Fulton Rd., Santa Rosa Map	72 acre park with group picnic sites, playground, athletic fields, open fields, and skate park	Santa Rosa	All ages	Free
Pilates				
Occidental Community Center 3920 Bohemian Hwy, Occidental Map 707-874-2242 (See entry under "Community Centers")	Pilates mat class Tuesday & Thursday 9-10am	Occidental	Adults	\$12/class (sliding scale)
Qi-Gong				
Occidental Community Center 3920 Bohemian Hwy, Occidental Map 707-874-2242 (See entry under "Community Centers")	Learn various exercises that have been used for thousands of years to create greater range of motion, postural balance & core stability in gentle flowing movements. Suitable for most abilities. Class is performed seated or standing.	Occidental	Adults	Drop-in fee (call Jane Golden for more information and times 707-874-2042)
Skating & Rollerblading				
Healdsburg Skatepark 15252 Grove St., Healdsburg Map www.carsonwarnerskate.com	Skateboarding and rollerblading Helmets and pads required Open sunrise to sunset	Healdsburg	All	Free
MacDougal Skateboard Park 100 Verano Ave., Sonoma Map (inside Maxwell Farms Regional Park) 707-996-3602	Helmets and pads required Open sunrise to sunset	Sonoma	All	\$6 to park inside Maxwell Farms Park
Norcal Ramp Rats 1004 Lakeville St., Petaluma Map www.norcalramprats.com	Indoor skate and bike park Lessons, birthday parties, overnights, summer camps available	Petaluma	All (under 18 must have parents sign waiver)	\$5-15 for general use
Swimming				
Benicia Pool 7469 Bernice Dr, Rohnert Park Map www.rpcity.org 707-795-7582	Public swim and swim lessons	Rohnert Park	All	Public swim: \$3-4, kids under 5 free Program prices vary, call for more information
Cavanagh Pool 426 G St, Petaluma Map www.cityofpetaluma.net 707-778-4536	Public swim, water exercise, and swim lessons	Petaluma	All	Public swim: \$2-5

PROGRAM / ORGANIZATION	DESCRIPTION	CITY	TARGET POPULATION	COST
Swimming (continued)				
Finley Aquatic Center 2060 W College Ave, Santa Rosa Map Finley Aquatic Center 707-543-3760	Lap swim, family swim, swim lessons, water aerobics, diving and masters swimming.	Santa Rosa	All ages	Public swim: \$3-4 Program prices vary, call for more information
Healdsburg Swim Center 360 Monte Vista Ave, Healdsburg Map www.healdsburgswimcenter.com 707-433-1109	Public swim, lap swim, swim lessons, triathlon training, and swim team	Healdsburg	All ages	Public swim: \$4-5
Honeybee Pool 1170 Golf Course Dr, Rohnert Park Map www.rpcity.org 707-795-7583	Public swim, lap swim, swim team, swim lessons	Rohnert Park	All ages	Public swim: \$3-4, kids under 5 free Program prices vary, call for more information
Ives Pool 7400 Willow St, Sebastopol Map www.ivespool.org 707-823-8693	Lap swim, public swim, water aerobics, masters swim, swim team, under water hockey, aqua therapy, and swim lessons	Sebastopol	All ages	\$3+
Magnolia Pool 1501 Middlebrook Way, Rohnert Park Map www.rpcity.org 707-795-7584	Public swim, lap swim, swim team, swim lessons	Rohnert Park	All ages	Public swim: \$3-4, kids under 5 free Program prices vary, call for more information
Petaluma Swim Center 900 East Washington St, Petaluma Map www.cityofpetaluma.net 707-778-4410	Lap swim, public swim, swim lessons	Petaluma	All ages	Public swim: \$2-6
Ridgway Swim Center 455 Ridgway Ave (next to Santa Rosa High) Map 707-543-3421 City of Santa Rosa—Ridgeway Swim Center Website	Lap swim, public swim, swim lessons, kayak practice, and masters swimming	Santa Rosa	All ages	Public swim: \$3-4 Program prices vary, call for more information
Sonoma County Family YMCA 1111 College Ave, Santa Rosa Map www.scfymca.org 707-545-9622	Lap swimming, public swim, swim lessons, and water aerobics	Santa Rosa	All	Programs and classes only open to members; family swim pass available for \$10 during scheduled Family Swim times only.
Spring Lake 391 Violetti Dr, Santa Rosa Map 707-539-8092	Open Memorial Day to Labor Day, 7 days/week, sunrise to sunset; 3-acre swimming lagoon, sandy beach, picnic areas, lifeguard	Santa Rosa	All	\$6 per vehicle

PROGRAM / ORGANIZATION	DESCRIPTION	CITY	TARGET POPULATION	COST
Tennis				
Santa Rosa Recreation and Parks City of Santa Rosa Parks and Recreation— Tennis 707-543-3281	Tennis lessons for ages 3-adult and youth tennis camps.	Santa Rosa	Target Population	Varies
Sonoma Valley Tennis Association Maxwell Regional Park 100 Verano Ave., Sonoma Map www.sonomavalleytennis.org	Adult tennis league and free junior summer program (June-August)	Sonoma	Adults and youth ages 6-15	Youth summer program is free (refundable deposit required), adult membership prices vary.
Walking/Clubs				
Grupo SANA For information in English or Spanish: Victoria Rodriguez: 707-477-7390	Walking group and Zumba classes held in southwest Santa Rosa for Spanish speakers	Santa Rosa	Adults (ok to bring children to classes)	Walking group is free: Zumba is \$3/class
Yoga				
Occidental Community Center 3920 Bohemian Hwy, Occidental Map 707-874-2242 (See entry under "Community Centers")	Yoga class every Friday 9:15-10:15am	Occidental	Adults	\$44/month or \$12 drop-in
Youth/Adult Sports Organization				
Sonoma Indoor Soccer 21481 8th St. East, Suite 4, Sonoma Map www.sonomaindoorsoccer.com 707-996-4143	Competitive and non-competitive indoor soccer leagues for youth under age 19	Sonoma	Youth	Competitive: \$600/team Non-competitive: \$90/player
Sports City Indoor Soccer Leagues 921 Piner Rd, Santa Rosa Map and 6700 Stony Point Rd, Cotati Map www.nbsportscity.com 707-5812044	42 divisions offered for men, women, coed and youth teams. Lessons and drop-in practice available.	Santa Rosa and Cotati	All ages	Membership: \$35-60/year Leagues and classes: varies
Santa Rosa Bocce League Julliard Park 227 Santa Rosa Ave, Santa Rosa Map www.santarosabocce.com	Outdoor Bocce ball games at Julliard Park in Santa Rosa. Mon. & Wed. nights for league play. Wed. & Fri. at 10am and Sun. at 11am for casual play. Balls available for check-out.	Santa Rosa	Adults and youth ages 10-16	\$15-25 to play in league; free for casual play
West County United Soccer League 130 S. Main St, #213, Sebastopol Map 707-823-2443 www.wescosoccer.org	Youth soccer leagues	Sebastopol	Youth	Fees vary by age of player, financial assistance is available