



# Physical Activity Opportunities for Kids in Escondido



## Baseball

### Escondido Youth Baseball

Location: Locations vary  
Activity: Baseball League  
Ages: 4-18 years old  
Price: \$135-180  
Scholarships available  
Time: Feb-May/Sept-Nov  
(760) 743-3344  
[www.eteamz.com/eccl/](http://www.eteamz.com/eccl/)

## Basketball

### Open Gym Basketball

Location: East Valley Community Center  
2245 East Valley Parkway  
Activity: Pick-up Basketball  
Ages: All  
Price: \$1  
Time: Monday-Saturday at various times  
(760) 839-4382  
[www.ci.escondido.ca.us/recreation/sports/](http://www.ci.escondido.ca.us/recreation/sports/)

## Dance

### Lisette's Dance Studio

Location: 1633 Guy Street  
Activity: Ballet, Pointe, Hip-Hop, Jazz  
Ages: 2 years and up  
Price: \$30 registration fee plus \$65 per month  
Time: Class times vary  
(760) 839-1001  
[www.lisettesdancestudio.com](http://www.lisettesdancestudio.com)

## Football

### Escondido Pop Warner

Location: Kit Carson Park  
Activity: Youth Football League  
Ages: 5-15 years old  
Price: \$195-310 per season  
Scholarships available  
Time: August-December  
(760) 781-3145  
[www.escondidopopwarner.net](http://www.escondidopopwarner.net)

## Ice Skating

### Iceoplex

Location: 555 N. Tulip St.  
Activity: Public skating  
Ages: All  
Price: \$9-10  
Time: Times vary  
(760) 489-5550  
[www.iceoplex.com](http://www.iceoplex.com)

## Martial Arts

### Escondido Kung Fu

Location: 2435 E Valley Parkway  
Activity: Kung Fu, Tai Chi, Yoga  
Ages: 4 years and up  
Price: \$24 Registration fee plus \$5-14 per class  
Time: Classes vary  
(760) 745-4060  
[www.escondidokungfu.com](http://www.escondidokungfu.com)

## Roller Hockey

### Youth Hockey

Location: Escondido Sports Center  
Activity: Youth Roller Hockey League  
Ages: 5-17 year olds  
Price: \$75 per season  
Discounts and Scholarships available  
Time: Fall, Spring, and Summer Leagues  
(760) 839-5425  
[www.ci.escondido.ca.us/sportscenter/](http://www.ci.escondido.ca.us/sportscenter/)

## Skateboarding

### Skate Park

Location: Kit Carson Park  
Activity: Skateboarding  
Ages: 6 years old and up  
Price: \$10 per session or  
\$5 per session with purchase of \$20 ID card  
Time: Hours vary  
(760) 839-5425  
[www.ci.escondido.ca.us/sportscenter/](http://www.ci.escondido.ca.us/sportscenter/)

## Softball

### Escondido Girls Softball

Location: Kit Carson Park  
Activity: Softball League  
Ages: 5-18 year old girls  
Price: \$75-100 per season  
Time: Jan-May  
(760) 747-8106  
[www.egsl.org](http://www.egsl.org)

\*These programs are not endorsed by Share the Care. Physical activity opportunities in Escondido are not limited to this list.



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## Soccer

Escondido Youth Soccer  
 Location: 3315 Bear Valley Parkway  
 Activity: Youth soccer league  
 Ages: 3-13 years  
 Price: \$69-75 per season  
 Discounts and scholarships available  
 Time: Fall, Spring, and Summer Leagues  
 (760) 839-5425  
[www.escondido.org/sportscenter/](http://www.escondido.org/sportscenter/)

Escondido Soccer Club  
 Location: 100 Hidden Trails Rd.  
 Activity: Recreational Soccer  
 Ages: 5-18 years  
 Price: \$50 per season  
 Time: Fall and Spring Seasons  
 (760) 489-0169  
[www.escondidosoccerclub.org](http://www.escondidosoccerclub.org)

## Swimming

Washington Park Pool  
 Location: 501 North Rose Street  
 Activity: Public Swim  
 Ages: All  
 Price: \$2 admission  
 Time: April-September  
 (760) 839-4660

## Tennis

Escondido Youth Tennis  
 Location: Kit Carson or Mountain View Park  
 Activity: Group Tennis Lessons  
 Ages: 7-14 years  
 Price: \$37 per 5 weeks  
 Scholarships available  
 Time: Seasons and times vary  
 (760) 839-4691  
[www.ci.escondido.ca.us/recreation/](http://www.ci.escondido.ca.us/recreation/)



**SOME OTHER IDEAS FOR CHILDREN**

Throw a Frisbee, Play Tag, Hula Hoop, Jump Rope, Shoot Hoops, Play Badminton, Play Tennis, Run through the Sprinkler, Play Mini Golf, Do Chores, Walk to School, Hike, Hopscotch, Organize a Neighborhood Kickball Game, Go Rollerblading, Try Ice Skating, Swing, run and jump at a Playground, Go to the Beach, Play Catch, Put on Music and Dance, Walk the Dog, Play Simon Says, Walk around the Mall ...

**THERE'S SOMETHING FOR EVERYONE.  
 THE OPTIONS ARE ENDLESS!!!**

## Trails

Daly Ranch  
 Location: 3024 La Honda Drive  
 Activity: Hiking and biking  
 Ages: All  
 Price: No cost  
 Time: Open daily dawn to dusk  
 (760) 839-4680  
[www.ci.escondido.ca.us/glance/](http://www.ci.escondido.ca.us/glance/)

## Volleyball

Location: Palomar Family YMCA  
 Activity: Youth Volleyball  
 Ages: 7-17 years old  
 Price: \$60-100 per season  
 Scholarships available  
 Time: Seasons year round  
 (760) 745-7490  
[www.palomar.ymca.org](http://www.palomar.ymca.org)

## YMCA

Palomar Family YMCA  
 Location: 1050 N Broadway  
 Activity: Aquatics, Baton, Dance, Gymnastics, Martial Arts, Basketball, Football, Soccer, Volleyball, and more  
 Ages: All  
 Price: \$68 per year if under 12 years  
 \$15 per month if 13-18 years  
 Financial assistance available  
 Time: Dates and times of different activities vary  
 (760) 745-7490  
[www.palomar.ymca.org](http://www.palomar.ymca.org)

