



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/

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/

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

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

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

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

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/

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/

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

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



Rev. 03/2009



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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/

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

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/



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/

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

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

