



W. Chula Vista Physical Activities for Youth



AEROBICS

Jazzercise

Location: 510 E. Naples St.
Activity: Dance Aerobics
Ages: 12 years +
Price: \$10/class or \$34/month
Time: M-Th @ 4:30
(619) 585-3315
www.jazzercise.com

JW Tumbles

Location: 734 Otay Lakes Rd.
Activity: Children Fitness Classes
Ages: 4 months-9 years
Price: \$110/ 8 weeks (4-18 mo.)
\$125/ 8 weeks (19 mo. and up)
Time: Classes Vary
(619) 397-0029
www.jwtumbles.com

AQUATICS

Loma Verde Family Aquatic Center

Location: 1420 Loma Lane
Activity: Swim Lessons
Ages: 6 months +
Price: \$30/session
Time: Classes Vary
(619)691-5081
www.chulavistaca.gov

Park Way Pool

Location: 385 Park Way
Activity: Recreational Swim
Ages: All
Price: 1 Day (\$2 kid/\$3 adult)
Quarter Pass (\$35 kid/\$75 adult)
Time: T/Th 3PM-5PM
Sat 9AM-12PM
(619)691-5088
www.chulavistaca.gov

BIKING

Bayshore Bikeway

Location: Bay Blvd.
Activity: Bike Trail
Ages: All
Price: No Charge
www.efgh.com/bike/rsdbay.htm

BOWLING

Brunswick Premier Lanes

Location: 845 Lazo Ct.
Activity: Bowling
Ages: All
Price: \$3.99-4.89 to bowl
\$4.19 shoe rental
Time: Sun-Th 8:30AM-12 AM
F/Sat 8:30AM-2AM
(619)421-4801
www.bowlbrunswick.com

DANCE CLASSES

Dazaye Dance Studio

Location: 420 3rd Ave.
Activity: Jazz, Salsa, Pilates, Hip-Hop,
Afro-Cuban, Break Dance,
Belly Dance, Ballroom,
Flamenco, Cabaret, Yoga,
Ballet, Urban Stomp
Ages: 1 1/2 years and up
Time: Classes Vary M-Sat
(619)425-5900
www.danzayedance.com

MARTIAL ARTS

South Bay Tae Kwon Do Academy

Location: 3802 Main St.
Activity: Tae Kwon Do
Ages: 5 years +
Price: \$99 for two months/ 5 times per
Week (uniform included)
Time: Classes Vary
(619)425-5166
www.southbaytaekwondo.com

MULTIPLE ACTIVITIES

Chula Vista Community Youth Center

Location: 465 L St.
Activities: Ballet, Tap, Hip-Hop, Belly
Dancing, Karate, Sports,
Judo, Tae Kwon Do,
Basketball, Football
Ages: 3-17 years
Price: \$30-45
Time: Classes Vary
(619)691-5276
www.chulavista.gov/rec

South Bay Family YMCA

Location: 1201 Paseo Magda
Activities: Swim Lessons, Kayaking,
Swim Team, Wet Ball, Ballet,
Jazz, Hip-Hop, Break
Dancing, Aerobics, Yoga,
Gymnastics, Judo, Tae Kwon
Do, Basketball, Volleyball,
Golf, Tennis, Soccer, T-Ball
Ages: 3 years +
Price: Prices Vary with Activity
*Financial Assistance Available
Time: Classes Vary
(619)421-8805
www.southbay.ymca.org

SKATING

Chula Vista Skate Park

Location: 1301 Oleander St.
Activity: Skateboarding
Ages: 6 years +
Price: Member \$4/Nonmember \$10
Annual Membership \$25
Time: M-F 2:45PM-7:45 PM
Sat/Sun 11:30 AM-8:45 PM
(619)296-9018
www.cvskatepark.com

Rollerskateland

Location: 626 L St.
Activity: Rollerskating
Ages: All
Price: \$6-8 Skating/\$4 Skate Rental
Time: Friday 7PM-11PM
Saturday 2PM-8 PM
(619)420-4761
www.rollerskateland.net

SPORTS

American Youth Soccer

Location: 185 E. Emerson St.
Activity: Soccer League
Ages: 4-19 years
Price: \$75/season (cost decreases with
additional child enrolled)
Time: August-November (Playoffs until
March)
(619)422-2444
www.ayso290.org

Parkview Little League

Location: 1200 Block Oleander Ave.
Activity: Baseball League
Ages: 5-14 years (Male and Female)
Price: \$170 per season
Time: March-June
(619)818-3002
http://www.parkviewlittleleague.com/

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, Go for a Hike, Play Hopscotch, Organize a Neighborhood Kickball Game, Go Rollerblading, Go Ice Skating, Play at a Playground, Go to the Beach, Play Catch, Put on Music and Dance, Walk the Dog, Play Simon Says, Walk around the Mall, Jump on a Trampoline...

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