



La Clínica

Physical Activity Opportunities For Concord, CA and Central Contra Costa County

★ COMMUNITY CENTERS

Concord Community Pool

Activities: Swimming lessons, sports camps, certification courses, swim teams

Address: 3501 Cowell Rd, Concord, CA 94518

Phone: (925) 671-3480

Website: concordreg.org

Ages: All ages

Cost: Depends on programs and classes, in the \$40-\$50 range

Community Youth Center

Activities: Rhythmic gymnastics, gymnastics, dance, boxing, wrestling, Tae KwonDo, cheer leading, and weight training.

Address: 2241/2251 Galaxy Court, Concord, CA

Phone: (925) 671-7070

Website: www.communityyouthcenter.com Ages: 4-18

Cost: \$20/month participation in a variety of classes and programs

Monument First 5

Activities: Variety of classes for kids and parenting classes

Address: 1736 Clayton Rd. Concord, CA

Telephone: (925) 808-7359

Website: www.monumentcommunity.org



★ DANCE

Ballet Folklorico Netzahualcoyotl

Address: 1875 Adobe St, Concord, CA 94520

Cost: \$50/month

Phone: (415) 613-4822

Ages: Adults and Children

D'Anns Academy of Dance

Activities: Jazz, Hip Hop, Zumba, Advanced Jazz, Tap, Ballet, etc.

Cost: \$27-55/month

Phone: (925) 827-0733

Address: 1875 Adobe St Concord, CA 94520

Funkmode

Activities: Hip Hop, Breakdance and Preschool Dance classes

Cost: \$90 1 class/week (8 weeks)

Phone: 1-888-FUNKMODE

Website: www.funkmode.com

Ages: Preschool - Adults

Address: DLOC Firehouse Building, 1948 Oak Park Blvd., Pleasant Hill, CA 94523

★ BASEBALL/SOFTBALL

Bears Softball Organization

Activities: Girls softball teams

Contact: Jerry Hugel 707-745-3276 or Mike Briggs 707-430-7516

Website: www.bears-softball.com

Concord American Baseball

Activities: Spring Ball, Fall Ball (Registration Open until August 15th) runs from September 11th - October 30th

Contact: Kathy Sheehan (925) 586-9073, callauxiliary@yahoo.com, www.callbaseball.com

Cost: \$60

Concord Hawks

Activities: Boys and Girls Baseball/Softball Select Teams for Spring and Fall

Contact: Greg Aguirre, (925) 837-3394

Website: www.leaguelineup.com/concordladyhawks

Junior Optimist Baseball and Softball League

Contact: Steve tryphoto@aol.com, www.eteamz.com/JOBL/

Ages: 5-18 years old

Activities: Spring and Fall ball programs for boys and girls

Cost: Around \$60, no scholarships available



Softball for Adults

Activities: Men's, Women's, and Co-ed softball teams, make your own team

Phone: (925) 671-3279

Where: Willow Pass Park

When: Monday through Friday evenings and Sunday afternoon/evenings

★ BOXING

Old School Boxing Gym

Cost: \$50 enrollment fee/\$50 a month unlimited classes (12 month membership), day passes, and month to month membership also available.

Contact: Karl Sharrock (925) 812-0654, Angel Cordon (925) 550-3889

Address: 2565 Cloverdale Ave, Unit B, Concord, CA 94518

★ FOOTBALL

Concord Cobras Youth Football and Cheer

Contact: Bob Iwata (925) 858-3023

Website: www.concordcobras.org

Cost: \$400 for Football and \$510 for cheer, scholarships available

Ages: 5-14 years old

★ GOLF

The First Tee of Contra Costa County

Activities: golf summer camps (4 days/4 hour sessions, ongoing classes), regular golf lessons during the summer and school year.

Contact: Angela Paradise (925) 686-6262 x0

Website: www.thefirstteecontracosta.org Ages: 5 year olds and up

Cost: \$75 for regular sessions, \$109 for summer camps, scholarships available for residents of Contra Costa County

★ HIKING

Briones Regional Park

Activities: Hiking, Running, Horseback Riding, picknicking, bird watching, etc.

Cost: Free

Where: Off the Alhambra Ave ext off of Highway 4

★ MUSIC

Concord Blue Devils

Activities: 3 drum and bugle corps, 2 color guards

Address: 4065 Nelson Avenue, Concord, CA 94520

Phone: (925) 689-2918

Cost: \$400



★ SOCCER

Concord AYSO-Soccer Region 305

Address: P.O. Box 1061, Concord, CA 94522

Phone: (925) 685-2976

Website: www.concordayso.org Ages: 5-19 years old

Activities: Soccer, soccer camps, soccer clinics, and tournaments.

Cost: \$95 for U8 and up, \$75 for U6

Diablo Futbol Club

Phone: (925) 798-GOAL

Website: www.diablofc.org Ages: 5-19 years old

Activities: Soccer, Soccer Academies, Tournaments, Camps.

Cost: Scholarships available

Heritage Soccer Club

Phone: (925) 942-0909, press 2 to leave a voicemail

When: Spring and Fall leagues

Cost: Scholarships available

Website: www.heritagesc.com

Liga Latina

Phone: Rolando Bonilla (925) 408-3937, Antonio Garcia (925) 768-2537,
Benjamin Contreras (925) 368-6835

When: Spring and Fall leagues

Cost: \$40-75 U6 and up, prices vary per age group

Mt. Diablo Soccer Association AYSO Region 223

Phone: (925) 672-3373

Website: www.mdsoccer.org

Ages: 5-19 years old

Activities: Soccer, soccer camps, clinics, and tournaments.

Cost: \$110

Skyhawks Sports Camps

Activities: Summer sports camps for youth ages 3-12 including Tennis, Basketball, Flag Football, Lacrosse, Mini-Hawk, Beginning Golf, Soccer, Combination Camps, etc.

Phone: (925)671-3404 10am-12pm and 1:00pm-3:00pm Monday-Friday

Email: concordreg@ci.concord.ca.us

Website: www.skyhawks.com or concordreg.com

Cost: \$139.00



★ OTHER RESOURCES

Computer Classes

Activities: Basic, Intermediate, Advanced, Publisher, Video Editing

Where: Michael Chavez Center, 2699 Monument Blvd., Concord, CA 94520

Phone: 925-682-8248 ext. 2150

Cost: \$25.00

Concord Library

Activities: Story time for babies and children, music time and performances, etc.

Address: 2900 Salvio St, Concord, CA

Phone: 925-646-5455 Contact library for more information.

Queen of All Saints School Summer Program

Activities: Music, Dance, Technology Club, Sport Skills, Science, Art, Field Trips

When: Summer (Deadline in May)

Address: 2391 Grant St., Concord, CA

Website: www.qasconcord.org

Ages: Kindergarten through 8th

Phone: (925) 685-8700

Youth-Senior Mentoring Project

Address: 391 Taylor Blvd., Suite 120

Contact: Siobhan Wallace (925) 687-8844 x248 siobhan@chd-prevention.org

Activities: interact with youth and seniors, learn new skills, gain volunteer hours, stipends available, fun!

Cost: Free

Ages: 14-18 year olds and Seniors 55 and up

Please call Lalo Durán at (925)431-7104 or email gduran@laclinica.org
with any updated information or resources not listed here.