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

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★ 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

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★ 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.thefirstteetacostacountry.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.concordays.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

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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.

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