

PHYSICAL ACTIVITY RESOURCES | NUTRITION RESOURCES | INTERNET RESOURCES

**California 5 a Day**

# **Be Active Resource Directory**

Kern County



## Kern County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST
<b>Baseball</b>				
<b>City of Bakersfield's T-Ball League</b>  900 Truxtun Avenue, Suite 100 Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf">http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf</a>	Is your child ready to try their first non-competitive, fun, positive, team sport. Then the City of Bakersfield's T-Ball League is just for you.	Bakersfield	5-7 yrs old	\$45 - residents \$55 - non-residents
<b>Sam Lynn Ballpark and 22 Other Reserved Ball fields</b>  Bakersfield, CA (661) 868-7000 <a href="http://www.co.kern.ca.us/parks/lynn.htm">http://www.co.kern.ca.us/parks/lynn.htm</a>	Ballparks available upon request and reservation. Some offer lighting control.	Bakersfield	All	Varies
<b>Basketball</b>				
<b>Youth Basketball</b>  900 Truxtun Avenue, Suite 100 Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf">http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf</a>	Basketball fun and skills are covered in this recreational league for boys and girls. Dribbling, passing, blocking, shooting, and teamwork are all covered in practices.	Bakersfield	1st-8th grades	\$10 for 8 weeks
<b>Camping</b>				
<b>Greenhorn Mountain Park</b>  Highway 155 Bakersfield, CA (661) 868-7000 <a href="http://www.co.kern.ca.us/parks/greenhor.htm">http://www.co.kern.ca.us/parks/greenhor.htm</a>	Offers family campsites with restrooms, picnic tables, barbeque pit and more, and also offers group campsites which include cabins with bunk beds, kitchen, showers, and outdoor theatre seating.	Bakersfield	All	Varies
<b>Dance</b>				
<b>Bahiyya Almas</b>  2005 Eye St., Suite #6 Bakersfield, CA 93301 (661) 634-0322 <a href="http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf">http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf</a>	Belly Dancing	Bakersfield	All	Call for more info



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<b>Basic Ballroom Dancing</b> <b>Turning Point Academy</b>  9412 Shellabarger Rd Bakersfield, CA 93312 (661) 665-8033 <a href="http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf">http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf</a>	Easy class for learning Foxtrot and Waltz dancing.	Bakersfield	12 yrs and older	\$35 for 4 classes
<b>Latin Dance</b>  4101 Truxtun Ave Bakersfield, CA 93301 (661) 665-8033 <a href="http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf">http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf</a>	Learn Latin steps, such as, Salsa, Merengue, Tropical, and Cumbia.	Bakersfield	18 yrs and older	\$20 per person \$35 per couple
<b>Diving</b>				
<b>Kern River Divers</b>  Bakersfield, CA (661) 398-8393 (661) 549-6026 <a href="http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf">http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf</a>	Year-round programs for beginners to advanced competitors. Team and recreational diving. Private lessons are also available.	Bakersfield	All	Varies
<b>Fishing</b>				
<b>Brite Lake</b>  22902 Banducci Road Tehachapi, CA 93561 (661) 822-3228 <a href="http://www.tvrpd.org/parks_and_facilities/Brite_Lake.asp">http://www.tvrpd.org/parks_and_facilities/Brite_Lake.asp</a>	Brite Lake offers a campground with hook-ups and tent sites, restrooms, showers, picnic areas and fishing during several months.	Tehachapi	All	Varies
<b>Football</b>				
<b>Flag Football</b>  900 Truxtun Avenue, Suite 100 Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf">http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf</a>	Play flag football and learn the skills needed before playing tackle with the big boys. Offensive and defensive skills are all covered in practices.	Bakersfield	8-11 yrs old	\$40 - residents \$50 - non-residents



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Golf				
<b>Buena Vista Golf Course</b>  10256 Golf Course Road Taft, CA 93268 (661) 763-5124 <a href="http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11523">http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11523</a>	18-hole course open to the public all year.	Taft	All	\$7-29
<b>Camelot Golf Course</b>  3430 Camelot Boulevard Mojave, CA 93501 (661) 824-4107 <a href="http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11277">http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11277</a>	9-hole course open to the public all year.	Mojave	All	\$8-15
<b>Delano Golf Course</b>  104 South Lexington Street Delano, CA 93215 (661) 725-7527 <a href="http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11122">http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11122</a>	9-hole course open to the public all year.	Delano	All	\$5-10
<b>Horse Thief Country Club</b>  18100 Lucaya Way Tehachapi, CA (661) 823-8571 <a href="http://www.horsethiefcountryclub.com/">http://www.horsethiefcountryclub.com/</a>	Driving range, putting green, chipping green.	Tehachapi	All	\$9-38
<b>James C. Haggerty North Kern Golf Course</b>  17412 Quality Road Bakersfield, CA 93308 (661) 399-0347 <a href="http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11038">http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11038</a>	18-hole course open to the public all year.	Bakersfield	All	\$7-15



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<b>Kern River Golf Course</b>  Lake Ming Drive Bakersfield, CA 93386 (661) 872-5128 <a href="http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11037">http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11037</a>	18-hole course open to the public all year.	Bakersfield	All	\$7-15
<b>Kern Valley Golf Course</b>  9472 Burlando Rd Kernville, CA (760) 376-2828	Driving range, putting green, PGA rated course for men and women.	Kernville	All	Weekdays: \$27 Weekends: \$34
<b>North Kern Golf Course</b>  17412 Quality Rd Bakersfield, CA (661) 339-0347	Driving range, putting green	Bakersfield	All	Weekdays: \$21 Weekends: \$24.25
<b>Pepper Tree Golf Course</b>  1119 Watts Drive Bakersfield, CA 93307 (661) 832-2259 <a href="http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11041">http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11041</a>	18-hole course open to the public all year.	Bakersfield	All	\$19-25
<b>Sycamore Canyon Golf Course</b>  500 Kenmar Lane Arvin, CA (661) 854-3163 <a href="http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11028">http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11028</a>	18-hole course open to the public all year.	Arvin	All	\$7-15
<b>The Links at RiverLakes Ranch</b>  5201 RiverLakes Drive Bakersfield, CA 93312-4993 (661) 587-5465 <a href="http://www.riverlakesgc.com/page/217-7385.htm">http://www.riverlakesgc.com/page/217-7385.htm</a>	18-hole course open to the public all year. Features a lighted driving range.	Bakersfield	All	\$16-44



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<b>Tierra del Sol Golf Club</b>  10300 North Loop Drive California City, CA (760) 373-2384 <a href="http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11065">http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11065</a>	18-hole course open to the public all year.	California City	All	\$9-18
<b>Wasco Valley Rose Champions Golf Club</b>  301 North Leonard Avenue Wasco, CA 93280 (661) 758-8301 <a href="http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11577">http://www.golfcourse.com/search/coursedtl_ga.cfm?source=GA&amp;courseid=11577</a>	18-hole course open to the public all year.	Wasco	All	\$7-14
<b>Gymnastics</b>				
<b>Star Gymnastics</b>  4401 Ride Street Bakersfield, CA 93313 (661) 833-3986 <a href="http://www.starsgymca.com">http://www.starsgymca.com</a>	Recreational and competitive boys and girls gymnastics. Recreational and competitive tumbling and trampoline. Spring, summer and winter camps. Competitive and beginning cheer.	Bakersfield	Boys and girls 3-18 yrs old	See web pages
<b>Ice Skating</b>				
<b>Ice Sports Center</b>  1325 Q Street Suite 100 Bakersfield, CA 93301 (661) 852-7400 <a href="http://www.BakersfieldIceSports.com">http://www.BakersfieldIceSports.com</a>	Youth hockey, Fall/Winter skating school, Adult hockey and other on-the-ice activities.	Bakersfield	All	Youth Hockey \$190-240/season Ice skating varies
<b>Martial Arts</b>				
<b>Black Belt Academy</b>  3113 Niles St. Bakersfield, CA 93306 (661) 366-2358	Martial Arts Classes	Bakersfield	All	Call for more info
<b>Eric Nolan's Xtreme Martial Arts and Fitness</b>  4510 Stine Rd Bakersfield, CA 93313 (661) 833-3367	Martial Arts Classes	Bakersfield	All	Call for more info



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<b>Recreational Activities</b>				
<b>Blanco Little League Complex</b>  Cedar Street, near Taft Highway Taft, CA (661) 868-7000 <a href="http://www.activeca.org/parks/bycity.html?city=Taft">http://www.activeca.org/parks/bycity.html?city=Taft</a>	Have fun in the sun with the kids.	Taft	All	Call for more info
<b>Buena Vista Aquatic Recreational Area</b>  Bakersfield, CA (800) 500-KERN <a href="http://www.co.kern.ca.us/parks/bv.htm">http://www.co.kern.ca.us/parks/bv.htm</a>	Boating, jet skiing, fishing, camping, picnicking and bicycling.	Bakersfield	All	Varies
<b>Dr. Martin Luther King Jr. Community Center</b>  1000 S Owens St Bakersfield, CA 93307 (661) 322-9874 <a href="http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf">http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf</a>	The center offers a gymnasium, adult fitness center, dance troupe, free lunch program, aerobics, senior walking, camps, after school activities, beginning computer classes, and Friday movies	Bakersfield	All	Varies
<b>Kerr McGee Community Center</b>  100 West California Avenue Ridgecrest, CA 93555 (760) 499-5151 <a href="http://www.ci.ridgecrest.ca.us/parkrec.asp?id=41">http://www.ci.ridgecrest.ca.us/parkrec.asp?id=41</a>	Offers Racquetball courts available with reservation, a fitness room, locker rental, showers and sports such as martial arts for youth and adults, youth basketball, badminton camp, youth volleyball, and youth soccer. Also offers activities for adults and seniors.	Ridgecrest	All	Varies
<b>Kerr McGee Youth Sports Complex</b>  Downs Street Ridgecrest, CA 93555 (760) 499-5151 <a href="http://www.ci.ridgecrest.ca.us/parkrec.asp?id=48">http://www.ci.ridgecrest.ca.us/parkrec.asp?id=48</a>	Five baseball fields and one football field.	Ridgecrest	All	Free
<b>Lake Isabella</b>  Kernville, CA (800) 500-KERN <a href="http://www.co.kern.ca.us/parks/isabella.htm">http://www.co.kern.ca.us/parks/isabella.htm</a>	Camping, fishing, golf, hiking, motocross driving, photography, and snow skiing.	Kernville	All	Varies per season



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<b>Lake Ming</b>  Bakersfield, CA (800) 500-KERN <a href="http://www.co.kern.ca.us/parks/ming.htm">http://www.co.kern.ca.us/parks/ming.htm</a>	Boat launching ramps, two landscaped shorelines, picnic tables and barbeque grills, playground equipment.	Bakersfield	All	Varies
<b>Lake Woollomes</b>  Delano, CA (800) 500-KERN <a href="http://www.co.kern.ca.us/parks/woollome.htm">http://www.co.kern.ca.us/parks/woollome.htm</a>	41 picnic tables with benches, 30 barbeque grills, and playground equipment.	Delano	All	Varies
<b>Leroy Jackson Park Sports Complex</b>  French Street Ridgecrest, CA 93555 (760) 499-5151 <a href="http://www.ci.ridgecrest.ca.us/parkrec.asp?id=48">http://www.ci.ridgecrest.ca.us/parkrec.asp?id=48</a>	Offers two lighted softball fields, three lighted soccer fields, and six tennis courts, all available for reservation.	Ridgecrest	All	Free
<b>Recreation Department</b>  Delano, CA (661) 731-3335 <a href="http://www.delano-ca.org/departments/recreation.htm">http://www.delano-ca.org/departments/recreation.htm</a>	The Delano Recreation Department offers an array of activities and programs for youth and adults. These include but are not limited to year round classes, youth and adult sports, summer sports camps, and aquatics. It also offers a gym, fitness center, racquetball court, and swimming pool.	Delano	All	Little to no cost
<b>Silver Creek Community Center</b>  7011 Harris Rd. Bakersfield, CA 93313 (661) 665-8033 <a href="http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf">http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf</a>	After School activities, camps for kids, calligraphy workshops, Chess lessons, creative quilting, parenting with love classes, dog obedience, guitar lessons, upholstery classes, Pilates, kardio-kick, tai chi, yoga, karate and self defense, beginning belly dancing, Mexican folk dance, clogging, and the All Star Dance Academy	Bakersfield	Youth	Varies
<b>Silver Creek Park &amp; Community Center</b>  Harris Road & Reliance Drive Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/silvercreek.htm">http://www.bakersfieldcity.us/recreation/Parks/silvercreek.htm</a>	Lighted tennis courts, basketball courts, a volleyball area, large ADA approved swimming pool, wading pool, 2 playgrounds, Frisbee, golf course, and fitness course.	Bakersfield	All	Free





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<b>Recreational Parks</b>				
<b>A. W. Noon Park</b>  29322 Golf Course Road Dustin Acres, CA (661) 868-7000 <a href="http://www.co.kern.ca.us/parks/np.htm">http://www.co.kern.ca.us/parks/np.htm</a>	Enjoy a walk in the park in the town of Dustin Acres.	Dustin Acres	All	Free
<b>Beach Park</b>  21st Street & Oak Street Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/beach.htm">http://www.bakersfieldcity.us/recreation/Parks/beach.htm</a>	Park includes a lighted softball diamond, soccer field and horseshoe pits, group picnic area, individual tables and grills, children's playground equipment, open turf area. Also includes Skateboard Park.	Bakersfield	All	Free
<b>Beale Park</b>  Oleander Avenue and Dracena Street Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/beale.htm">http://www.bakersfieldcity.us/recreation/Parks/beale.htm</a>	Park features 2 group picnic areas, individual picnic nooks and grills, swimming pool for up to 130, wading pool, 3 lighted tennis courts, 4 lighted horseshoe pits, volleyball, playground equipment, softball, lighted basketball court, restroom, open turf area and security lighting.	Bakersfield	All	Free
<b>Bear Mountain Recreation &amp; Park</b>  685 S. Hill St. Arvin, CA 93203	Park and Pool	Arvin	All	Call for more info
<b>Belle Terrace Park</b>  East Belle Terrace Bakersfield, CA 93301 (661) 868-7000 <a href="http://www.co.kern.ca.us/parks/np.htm">http://www.co.kern.ca.us/parks/np.htm</a>	Take the family and have fun at your local park.	Bakersfield	All	Free
<b>Bill Park Greens</b>  San Esteban Ave & Guaymas Ave Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/billparkgreens.htm">http://www.bakersfieldcity.us/recreation/Parks/billparkgreens.htm</a>	Park has picnic tables and grills, a lighted basketball half-court, playground equipment, a covered shelter, and security lighting.	Bakersfield	All	Free



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<b>Boron Park</b>  Boron Boulevard & John Street Boron, CA (661) 868-7000 <a href="http://www.co.kern.ca.us/parks/np.htm">http://www.co.kern.ca.us/parks/np.htm</a>	Take the dog and have fun at your local park.	Boron	All	Free
<b>Buttonwillow Park</b>  Highway 58 & Meadow Street Buttonwillow, CA (661) 868-7000 <a href="http://www.co.kern.ca.us/parks/np.htm">http://www.co.kern.ca.us/parks/np.htm</a>	Have fun in the sun with the kids.	Buttonwillow	All	Free
<b>Campus Park North</b>  Hemingway Place & Park View Drive Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/campusparkno.htm">http://www.bakersfieldcity.us/recreation/Parks/campusparkno.htm</a>	Features an exercise track course, picnic tables and grills, playground equipment, open turf area, covered shelter and security lighting.	Bakersfield	All	Free
<b>Campus Park South</b>  District Boulevard & Pin Oak Boulevard Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/campusparkso.htm">http://www.bakersfieldcity.us/recreation/Parks/campusparkso.htm</a>	Park includes picnic tables and grills, playground equipment, covered shelter, lighted tennis courts, open turf area and security lighting.	Bakersfield	All	Free
<b>Casa Loma Park</b>  Casa Loma Drive, near Union Avenue Bakersfield, CA 93301 (661) 868-7000 <a href="http://www.co.kern.ca.us/parks/np.htm">http://www.co.kern.ca.us/parks/np.htm</a>	This is a beautiful place any time of the year. So take a load off and relax at the park.	Bakersfield	All	Free
<b>Castle Park</b>  Wilson Road & South of Edgemont Dr Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/castle.htm">http://www.bakersfieldcity.us/recreation/Parks/castle.htm</a>	Park features picnic tables, playground equipment, open turf, and security lighting.	Bakersfield	All	Free



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<b>Centennial Park</b>  Montclair Street & Marella Way Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/centennial.htm">http://www.bakersfieldcity.us/recreation/Parks/centennial.htm</a>	Park offers 2 group picnic areas, individual picnic tables and grills, softball, lighted volleyball, tennis and basketball courts, 2 multi-purpose courts, playground equipment.	Bakersfield	All	Free
<b>Central Park</b>  19th Street & R Street Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/central.htm">http://www.bakersfieldcity.us/recreation/Parks/central.htm</a>	Provides 2 group picnic areas, individual picnic tables and grills, playground equipment and lighted restrooms.	Bakersfield	All	Free
<b>Challenger Park</b>  Harris Road & Akers Parks Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/challenger.htm">http://www.bakersfieldcity.us/recreation/Parks/challenger.htm</a>	Park offers picnic tables and grills, security lights, playground equipment, open turf and basketball half court. No restrooms available.	Bakersfield	All	Free
<b>Circle Park</b>  Hermosa Drive Bakersfield, CA 93301 (661) 868-7000 <a href="http://www.co.kern.ca.us/parks/np.htm">http://www.co.kern.ca.us/parks/np.htm</a>	Take the family or your dog and have fun at your local park.	Bakersfield	All	Free
<b>City Park</b>  E Mojave and D Streets Tehachapi, CA (661) 822-3228 <a href="http://www.tvrpd.org/parks_and_facilities/City_Park.asp">http://www.tvrpd.org/parks_and_facilities/City_Park.asp</a>	A five acre lot located in downtown Tehachapi, offers picnic tables, a playground, restrooms, and a Gazebo available for rent.	Tehachapi	All	Free Fee for Gazebo renting
<b>College Park</b>  Church Avenue Bakersfield, CA 93301 (661) 868-7000 <a href="http://www.co.kern.ca.us/parks/np.htm">http://www.co.kern.ca.us/parks/np.htm</a>	Have fun in the sun with the kids or a significant other.	Bakersfield	All	Free



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<b>Coral Keys Park</b>  Harris Road & Caracas Avenue Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/coralkeys.htm">http://www.bakersfieldcity.us/recreation/Parks/coralkeys.htm</a>	Includes picnic tables and grills, security lights, playground with covered shelter and a small open game area. No restrooms.	Bakersfield	All	Free
<b>Cormack Park</b>  6th Street & Oak Avenue Wasco, CA 93280 (661) 758-3081 <a href="http://wasco.virtualltownhall.net/">http://wasco.virtualltownhall.net/</a>	Breathe in the fresh air at a local park. It is nice and relaxing, and the kids will love it.	Wasco	All	Free
<b>Corvallis Park</b>  Corvallis Lane & Chewacan Drive Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/corvallis.htm">http://www.bakersfieldcity.us/recreation/Parks/corvallis.htm</a>	Park comes with picnic tables and grills, security lights, playground equipment and open turf. No restrooms.	Bakersfield	All	Free
<b>Deer Peak Park</b>  Deer Peak Drive & Beckenham Park Drive Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/deerpeak.htm">http://www.bakersfieldcity.us/recreation/Parks/deerpeak.htm</a>	Park includes picnic tables and grills, basketball courts, serving shelter, playground equipment, security lights and open turf. There are lighted, handicap accessible restrooms.	Bakersfield	All	Free
<b>Dr. Martin Luther King Jr. Park</b>  East California Ave & King Street Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/martinlking.htm">http://www.bakersfieldcity.us/recreation/Parks/martinlking.htm</a>	Park offers 2 group picnic areas, individual tables and grills, 4 lighted basketball courts, 2 lighted tennis courts, 1 lighted softball diamond, and a large swimming pool accommodating up to 200 people, a gymnasium, 2 meeting rooms and kitchen facilities.	Bakersfield	All	Free



## Kern County • Physical Activity Resources

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<b>Garden Park</b>  1/2 block west of Gosford Road on South Laurelglen Dr Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/garden.htm">http://www.bakersfieldcity.us/recreation/Parks/garden.htm</a>	Features picnic tables and grills, playground equipment and security lights. No restrooms.	Bakersfield	All	Free
<b>Grissom Park</b>  White Lane & Grissom Street Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/grissom.htm">http://www.bakersfieldcity.us/recreation/Parks/grissom.htm</a>	Play softball at the backstop, basketball or volleyball on lighted courts, or select your game on the multi-purpose game court. Playground equipment, lighted restrooms and security lighting are also included.	Bakersfield	All	Free
<b>Haggin Oaks Park</b>  Limoges Way & Chinon Street Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/Hagginoaks.htm">http://www.bakersfieldcity.us/recreation/Parks/Hagginoaks.htm</a>	Features picnic tables and grills, playground equipment, exercise track course, security lighting, open turf area, and lighted tennis courts. There are no restrooms.	Bakersfield	All	Free
<b>Hart Memorial Park</b>  Northeast of Bakersfield on the Alfred Harrell Highway Bakersfield, CA (800) 500-KERN <a href="http://www.co.kern.ca.us/parks/hart.htm">http://www.co.kern.ca.us/parks/hart.htm</a>	Two lakes, hiking and equestrian trails. Children's playgrounds are also available.	Bakersfield	All	Free
<b>James M. Pearson Memorial Park</b>  Vicki and Downs Street Ridgecrest, CA (760) 499-5151 <a href="http://www.ci.ridgecrest.ca.us/parkrec.asp?id=48">http://www.ci.ridgecrest.ca.us/parkrec.asp?id=48</a>	Large playground area and small playground for small children, a basketball court.	Ridgecrest	All	Free



## Kern County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST
<b>Jastro Park</b>  Truxtun Avenue & Myrtle Street Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/jastro.htm">http://www.bakersfieldcity.us/recreation/Parks/jastro.htm</a>	Lighted basketball, tennis courts, horseshoe pits, swimming pool for up to 130 people, volleyball and badminton areas, playground equipment and lighted restrooms.	Bakersfield	All	Free
<b>Jefferson Park</b>  Beale Avenue & Bernard Street Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/jefferson.htm">http://www.bakersfieldcity.us/recreation/Parks/jefferson.htm</a>	Lighted basketball, tennis and volleyball courts, 2 horseshoe pits, a large swimming pool accommodating up to 200 people, playground equipment, and security lighting.	Bakersfield	All	Free
<b>Kern River County Park</b>  1110 Golden State Ave Bakersfield, CA (661) 868-7000	Includes Hart Memorial Park, Kern River Soccer Fields, Lake Ming and campgrounds.	Bakersfield	All	Free
<b>Kern River Parkway</b>  Truxtun Avenue & Office Park Drive Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/kernriverparkwy.htm">http://www.bakersfieldcity.us/recreation/Parks/kernriverparkwy.htm</a>	There is an exercise course, three sand volleyball courts, and walking path. No restrooms.	Bakersfield	All	Free
<b>Kroll Park</b>  Kroll Way & Montalvo Drive Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/kroll.htm">http://www.bakersfieldcity.us/recreation/Parks/kroll.htm</a>	Playground equipment, a leash free zone for dogs, and security lights. Restrooms are not available.	Bakersfield	All	Free
<b>Lost Hills</b>  Highway 46 Lost Hills, CA (661) 868-7000 <a href="http://www.co.kern.ca.us/parks/np.htm">http://www.co.kern.ca.us/parks/np.htm</a>	Have fun in the sun with the kids.	Lost Hills	All	Free



## Kern County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST
<b>Lowell Park</b>  4th Street & R Street Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/lowell.htm">http://www.bakersfieldcity.us/recreation/Parks/lowell.htm</a>	Basketball court, a backstop for softball, volleyball and badminton area and playground equipment. There are lighted restrooms and security lighting in the park.	Bakersfield	All	Free
<b>Meadobrook Park</b>  21750 Westwood Boulevard Tehachapi, CA (661) 822-3228 <a href="http://www.tvrpd.org/parks_and_facilities/Meadowbrook_Park.asp">http://www.tvrpd.org/parks_and_facilities/Meadowbrook_Park.asp</a>	Offers three baseball fields, two are lighted, a playground, restrooms, snack bar, and a picnic pavilion available for rent.	Tehachapi	All	Free Fee for Picnic Pavilion rental
<b>Morris Park</b>  1201 South Dennison Tehachapi, CA 93561 (661) 822-3228 <a href="http://www.tvrpd.org/parks_and_facilities/Morris_Park.asp">http://www.tvrpd.org/parks_and_facilities/Morris_Park.asp</a>	A twenty acre lot, under development. Planned to accommodate general recreational use, a bike trail, amphitheatre, and other such things.	Tehachapi	All	Free
<b>Park at River Walk</b>  Kern River and Stockdale Highway at Buena Vista Road Bakersfield, CA (661) 326-3870 <a href="http://www.bakersfieldcity.us/recreation/Park_At_River_Walk/index.htm">http://www.bakersfieldcity.us/recreation/Park_At_River_Walk/index.htm</a>	Walking paths, playground, observation tower, wide open turf area.	Bakersfield	All	Free
<b>Patriots Park</b>  New Stine Avenue & Ming Avenue Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/patriots.htm">http://www.bakersfieldcity.us/recreation/Parks/patriots.htm</a>	Lighted volleyball, 2 lighted basketball courts, 2 lighted softball diamonds, playground equipment, a concession stand, lighted restrooms and security lighting.	Bakersfield	All	Free
<b>Pin Oak Park</b>  Park View Drive & Mill Oak Run Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/pinoak.htm">http://www.bakersfieldcity.us/recreation/Parks/pinoak.htm</a>	2 sand volleyball courts, 2 lighted basketball courts, playground equipment and a lighted, and handicap accessible restrooms.	Bakersfield	All	Free



## Kern County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST
<b>Planz Park</b>  Planz Road & South H Street Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/planz.htm">http://www.bakersfieldcity.us/recreation/Parks/planz.htm</a>	There is a lighted softball diamond, 2 horseshoe pits, volleyball and basketball courts, swimming pool for up to 130 people, playground equipment, lighted restrooms and security lighting.	Bakersfield	All	Free
<b>Quailwood Park</b>  Quailwood Drive & Quail Park Drive Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/quailwood.htm">http://www.bakersfieldcity.us/recreation/Parks/quailwood.htm</a>	Includes picnic tables and grills, playground equipment, shelter (lighted) and security lighting. No restrooms.	Bakersfield	All	Free
<b>Railroad Park</b>  125 East Tehachapi Boulevard Tehachapi, CA 93561 (661) 822-3228 <a href="http://www.tvrpd.org/parks_and_facilities/Railroad_Park.asp">http://www.tvrpd.org/parks_and_facilities/Railroad_Park.asp</a>	A one and one-half acre park, it is home to Tehachapi's water tower. Situated along the railroad tracks, it offers picnic tables.	Tehachapi	All	Free
<b>Saunders Park</b>  Palm Street (between Oak Street & Real Road) Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/saunders.htm">http://www.bakersfieldcity.us/recreation/Parks/saunders.htm</a>	2 lighted basketball courts, 4 lighted tennis courts, softball (backstop), lighted volleyball, a swimming pool for up to 130 people, playground equipment, lighted restrooms and security lighting.	Bakersfield	All	Free
<b>Seasons Park</b>  Harris Road & Winter Grove Drive Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/seasons.htm">http://www.bakersfieldcity.us/recreation/Parks/seasons.htm</a>	Playground equipment, and open turf.	Bakersfield	All	Free





## Kern County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST
<b>Siemon Park</b>  Redlands Drive & Pasadena Street Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/siemon.htm">http://www.bakersfieldcity.us/recreation/Parks/siemon.htm</a>	Enjoy the basketball court, swimming pool for up to 150 people, tennis courts, volleyball court, playground equipment, lighted restroom, and security lighting.	Bakersfield	All	Free
<b>Stiern Park</b>  Monitor Street & Kyner Avenue Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/stiern.htm">http://www.bakersfieldcity.us/recreation/Parks/stiern.htm</a>	Playground equipment and a basketball half court (lighted). No restrooms.	Bakersfield	All	Free
<b>Stone Creek Park</b>  Akers Road and White Gate Drive Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/stonecreek.htm">http://www.bakersfieldcity.us/recreation/Parks/stonecreek.htm</a>	Offers picnic tables and grills, playground equipment and security lighting. No restrooms.	Bakersfield	All	Free
<b>Taft Heights Park</b>  A Street & Hillard Street Taft, CA (661) 868-7000 <a href="http://www.activeca.org/parks/bycity.html?city=Taft">http://www.activeca.org/parks/bycity.html?city=Taft</a>	Why not enjoy the fresh air at a local park? It is nice and relaxing, and the kids will love it.	Taft	All	Free
<b>Tehachapi Mountain Park</b>  Highway 58 Tehachapi, CA 93561 (661) 868-7000 (661) 861-6110 <a href="http://www.co.kern.ca.us/parks/tehachap.htm">http://www.co.kern.ca.us/parks/tehachap.htm</a>	Offers hiking trails, 61 family campsites, two group campsites, equestrian trail riding, and many other outdoor beauties.	Tehachapi	All	Varies
<b>Tevis Park</b>  Saddle Drive and Ranch Verde Drive Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/tevis.htm">http://www.bakersfieldcity.us/recreation/Parks/tevis.htm</a>	Basketball courts (lighted) and playground equipment. No restrooms.	Bakersfield	All	Free



## Kern County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST
<b>University Park</b>  University Avenue and Camden Street Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/university.htm">http://www.bakersfieldcity.us/recreation/Parks/university.htm</a>	Leash free zone for dogs, and playground equipment. Open turf.	Bakersfield	All	Free
<b>Upjohn Park</b>  Upjohn and Sunland Street Ridgecrest, CA (760) 499-5151 <a href="http://www.ci.ridgecrest.ca.us/parkrec.asp?id=48">http://www.ci.ridgecrest.ca.us/parkrec.asp?id=48</a>	Offers two playgrounds, lights, a basketball court, and restrooms.	Ridgecrest	All	Free
<b>Wayside Park</b>  El Torro Drive and Ming Avenue Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/wayside.htm">http://www.bakersfieldcity.us/recreation/Parks/wayside.htm</a>	Play basketball, tennis or volleyball on lighted courts. There is a softball diamond, swimming pool for up to 130 people, playground equipment, and restrooms.	Bakersfield	All	Free
<b>West Park</b>  490 West D Street Tehachapi, CA 93561 (661) 822-3228 <a href="http://www.tvrpd.org/parks_and_facilities/West_Park.asp">http://www.tvrpd.org/parks_and_facilities/West_Park.asp</a>	A thirteen acre lot, offers two lighted adult softball fields, two girl's softball fields, and a picnic pavilion all available for rent. It also offers a playground, restrooms, a snack bar, and the Activity Center which includes a gym, meeting rooms, and kitchen.	Tehachapi	All	Free
<b>Westwold Park</b>  Westwold Drive and Gosford Road Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/westwold.htm">http://www.bakersfieldcity.us/recreation/Parks/westwold.htm</a>	Playground equipment and covered shelter. Open turf.	Bakersfield	All	Free
<b>Wilderness Park</b>  Wilderness Drive and Harris Road Bakersfield, CA (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/Parks/wilderness.htm">http://www.bakersfieldcity.us/recreation/Parks/wilderness.htm</a>	Lighted basketball courts, playground equipment and a covered shelter. No restrooms.	Bakersfield	All	Free



## Kern County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST
<b>Wilson Park</b>  Wilson Road and Benton Street Bakersfield, CA (661) 326-3867 <a href="http://www.bakersfieldcity.us/recreation/Parks/wilson.htm">http://www.bakersfieldcity.us/recreation/Parks/wilson.htm</a>	Volleyball, basketball, tennis courts and a softball field are available. There is playground equipment for the children, a leash free zone for dogs, lighted restrooms and security lighting.	Bakersfield	All	Free
<b>Windor Park</b>  Howell Drive and Windor Park Drive Bakersfield, CA (661) 326-3868 <a href="http://www.bakersfieldcity.us/recreation/Parks/windsor.htm">http://www.bakersfieldcity.us/recreation/Parks/windsor.htm</a>	Playground equipment, covered shelter, lighted volleyball and basketball courts, a soccer field and handicap accessible restrooms.	Bakersfield	All	Free
<b>Yokuts Park</b>  Empire Road and Bahamas Court Bakersfield, CA (661) 326-3869 <a href="http://www.bakersfieldcity.us/recreation/Parks/yokuts.htm">http://www.bakersfieldcity.us/recreation/Parks/yokuts.htm</a>	There is a lighted soccer/rugby field, open turf area, playground equipment, sheltered areas, and lighted restrooms.	Bakersfield	All	Free
<b>Senior Activities</b>				
<b>Ridgecrest Senior Center</b>  125 S. Warner Ridgecrest, CA 93555 (760) 499-5151 <a href="http://www.ci.ridgecrest.ca.us/parkrec.asp?id=48">http://www.ci.ridgecrest.ca.us/parkrec.asp?id=48</a>	Offers activities and services for Seniors.	Ridgecrest	Senior Citizens	Free
<b>Skating</b>				
<b>Skateland</b>  415 Ming Ave Bakersfield, CA 93307 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf">http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf</a>	This is a great way to get fit! Learn forward and backward skating, stopping, and turning all in an indoor rink.	Bakersfield	4 yrs and older	\$24 for 4 lessons



## Kern County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST
<b>Skateboarding</b>				
<b>Ridgecrest Skate Park</b>  French Street Ridgecrest, CA 93555 (760) 499-5151 <a href="http://www.ci.ridgecrest.ca.us/parkrec.asp?id=48">http://www.ci.ridgecrest.ca.us/parkrec.asp?id=48</a>	Open to the public. Skaters are required to wear protective gear when using the facilities.	Ridgecrest	All	Free
<b>Swimming</b>				
<b>Dye Natorium</b>  400 B Snyder Tehachapi, CA 93561 (661) 822-3228 <a href="http://www.tvrpd.org/parks_and_facilities/Dye_Natorium.asp">http://www.tvrpd.org/parks_and_facilities/Dye_Natorium.asp</a>	This swimming facility offers a heated, indoor six lane pool, showers, changing rooms, restrooms, private yard for event placement, and also offers aquatic programs.	Tehachapi	All	\$3/person Lessons: 2 weeks \$40 for 1 hr./day
<b>Sgt. John Pinney Pool</b>  100 West California Avenue Ridgecrest, CA 93555 (760) 375-5250 <a href="http://www.ci.ridgecrest.ca.us/parkrec.asp?id=47">http://www.ci.ridgecrest.ca.us/parkrec.asp?id=47</a>	Offers public swimming sessions, swimming lessons, and pool parties.	Ridgecrest	All	Low to no cost
<b>Tennis</b>				
<b>Tennis Lessons</b>  900 Truxtun Avenue, Suite 100 Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf">http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf</a>	This class is a great way to help you learn the basics or perfect your game. Participants must bring one unopened can of tennis balls.	Bakersfield	5 yrs and older	\$28: 5 to 15yrs \$35: 16yrs+
<b>Track</b>				
<b>Youth Track</b>  900 Truxtun Avenue, Suite 100 Bakersfield, CA 93301 (661) 326-3866 <a href="http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf">http://www.bakersfieldcity.us/recreation/pdfs/2005%20Summer-Fall%20Brochure.pdf</a>	Introduces children to physical fitness through basic track and field events, encouraging them to be the best they can be. Program is perfect for all abilities.	Bakersfield	1st-8th grades	\$10 for 7 weeks



## Kern County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST
Walking				
<b>Nuooah Nature Trail</b>  Highway 58 Tehachapi, CA 93561 (661) 868-7000 (661) 861-6110 <a href="http://www.co.kern.ca.us/parks/nuooah.htm">http://www.co.kern.ca.us/parks/nuooah.htm</a>	The trail loops one quarter mile within the Tehachapi Mountain Park. It is at 5,920 feet above sea level and offers many beautiful sights.	Tehachapi	All	Free
<b>Lily Phanthachack</b>  1720 S. Maple Ave Fresno, CA (559) 456-7285 <a href="http://cefresno.ucdavis.edu">http://cefresno.ucdavis.edu</a>	Provides technical assistance and resources on nutrition education and physical activity to Central Valley Partners.	Central Valley	All	Free

Funding is provided by the California Nutrition Network through the Food Stamp Program of the U.S. Department of Agriculture. This institution is an equal opportunity provider and employer.

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