

Imperial County: Physical Activity Directory

The directory is updated yearly. By the time you access the directory, some information may be out of date. For more information on specific programs, please contact the organization or program directly. If your organization or program would like to be listed in the resource directory, please contact Veronica De Lira at veronicadelira@co.imperial.ca.us. Please visit iccopa.org/community-events.html for additional activities and special events.

Program/ Organization	Description	Address	Phone Number	Target Population	Cost	Website
Bicycling						
Imperial Valley BMX Track	Non-profit organization devoted to promoting the sport of bicycle motocross in Imperial County	1750 Drew Rd. El Centro, CA	760-562-4022	All	Varies	http://usabmx.com/tracks/1368/contact
StrikeZone IV	Full-service bowling and family recreation	950 N. Imperial Ave. El Centro, CA	760-592-2178	All	Varies	www.strikezone-iv.com
Cheerleading						
Brawley Pop Warner Cheer	Cheerleading	P.O. Box 564 Brawley, CA	760-960-0951	Youth	Varies	www.brawleypopwarnerfootball.com
Calexico Pop Warner Cheer	Cheerleading	N/A	760-427-6544	Youth	Varies	www.facebook.com/bulldogspopwarner
Holtville Pop Warner Cheer	Cheerleading	N/A	760-996-5859	Youth	Varies	Facebook: Holtville Pop Warner
I.V. Flipz	All-star cheerleading	258 E. Main St.	760-353-5499	4 - 18 years	Varies	www.flipzallstars.org
Dance						
Dancin' Feet	Ballet, jazz, tap and modern dance instruction	701 W. Olive Ave. El Centro, CA	760-353-7760	All	Varies	Facebook: Dancin' Feet
Ooh La La Dance and Studios	Ballet, jazz, tap and modern dance instruction	138 Main St. Brawley, CA	760-351-8502	All	Varies	www.facebook.com/oohlaladanceandstudios
Football						
Brawley Pop Warner	Youth football	P.O. Box 564 Brawley, CA	760-455-1622	Youth	Varies	www.brawleypopwarnerfootball.com
Calexico Pop Warner	Youth football	N/A	760-427-6544	Youth	Varies	www.facebook.com/bulldogspopwarner
Holtville Pop Warner	Youth football	N/A	760-996-5859	Youth	Varies	Facebook: Holtville Pop Warner

Golf

Imperial Palms Resort	18 hole, public course	2050 Country Club Dr. Holtville, CA	760-356-5800	All	Varies	imperialpalmsresort.com
Del Rio Golf Course	18 hole, public course	102 E. Del Rio Rd. Brawley, CA	760-344-0085	All	Varies	www.delriocc.com
Desert Trails Golf Course	9 hole, public course	225 Wake Ave. El Centro, CA	760-352-7275	All	Varies	www.deserttrailssrv.com
Lakeview Golf Course	9 hole, public course	1589 Drew Rd. El Centro, CA	760-352-6638	All	Varies	www.lakeviewgolfcourse.net

Gymnastics

Firestorm Gymnastics	Gymnastic classes and instruction	260 E. Main St. El Centro, CA	760-353-9558	All	Varies	www.firestormgymnastics.com
Venom Elite Allstars	All star gym that provides tumbling, cheerleading, cardio and stretching classes for all levels	450 W. Aten Rd. Imperial, Ca	442-258-6240	4 years and older	\$50 Registratioin fee plus cost of classes	www.venomeliteallstars.com

Little League

Baseball and Softball	Contact your local parks and recreation department for more information	Brawley, Calexico, El Centro, Imperial	N/A	All	Varies	www.eteamz.com/CA22
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Martial Arts

Imperial Valley Shotokan	Japanese Shotokan lessons	400 N. Imperial Ave. Imperial, CA	760-355-8636	All ages	Varies	Facebook: Imperial Valley Shotokan Karate Association
K.W. Karate Tae Kwon Do Center	Karate and Tae Kwon Do classes	501 Broadway St. El Centro, CA	760-352-1379	3 yrs and older	Varies	N/A
K.W. Karate Tae Kwon Do Center	Karate and Tae Kwon Do classes	221 Campillo St. Calexico, CA	760-352-1379	3 yrs and older	Varies	N/A
K.W. Karate Tae Kwon Do Center	Karate and Tae Kwon Do classes	154 Main St. Brawley, CA	760-352-1379	3 yrs and older	Varies	N/A
U.S. Olympic Tae Kwon Do Center	Tae Kwon Do classes	515 Main St. El Centro, CA	760 791-4022	3 yrs and older	Varies	N/A
Okinawa Shorin-Ryu Karate Dojo	Karate, Kojudo, and Jujitsu	429 S. 4 th St. El Centro, CA	760-352-3642	All ages	Varies	N/A

Skating

Blake Davis Skatepark	Skate park	3 rd and Magnolia St. Brawley, CA	760-344-5675	Youth	No Cost	http://www.socalskateparks.com/listing/brawley-skatepark.html
Sidewinder Skatepark	Skate park	650 Park Ave. El Centro, CA	760-337-4555	Youth	No Cost	http://californiaskateparks.com/2015/09/el-centro-skatepark-photos/

Softball

Imperial Valley Girls Softball League	Amateur Softball Association (ASA) girls fast-pitch softball	Corner of La Brucherie and Orange Ave. El Centro, CA	760-455-0213	5 - 18 years old	Varies	ivgsl.com Facebook: Imperial Valley Girls Softball League (IVGSL)
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Swimming

El Centro Splash Pad	Water activities	375 S. 1st St. El Centro, CA	760-337-4555	ALL	No Cost	http://www.cityofelcentro.org/parkandrec/
Central Union High School Pool	Swimming Summer months	1001 W. Brighton Ave. El Centro, CA	760-336-4507	All	Varies	www.cityofelcentro.org/parkandrec
Holtville Swimming Pool	Swimming	101 E. 6 th St. Holtville, CA	760-356-2912	All	Varies	http://holtville.ca.gov/section.php?id=61
Imperial Splash Pad	Water activities	Eager Park 10th and G St. Imperial, CA	760-355-3316	All	No Cost	www.cityofimperial.org
Imperial Swimming Pool	Recreational swimming, swimming lessons, and water aerobics June-August	618 Barioni Blvd. Imperial, CA	760-355-3316	All	Varies	www.cityofimperial.org
Imperial Valley Desert Aquatics	Training and practice groups for swimmers of all ages and ability levels	Holtville Swimming Pool & Brawley Lions Center	760-604-5375	All	Varies	https://www.teamunify.com/Home.jsp?_ta_bid_=0&team=siivda
Lions Center	Adult Lap Swim Mon-Fri 5:00pm-7:00pm	225 A St. Brawley, CA	760-344-5725	All	Varies	http://www.brawley-ca.gov/community/parks-&-recreation/lions-center-pool/

Tennis

Calexico High School	Tennis courts are available for use with requested approval	707 Dool Ave. Calexico, CA	760-768-3980	All	No cost	N/A
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Central Union High School	Tennis courts are available during summer months only	1001 W. Brighton Ave. El Centro, CA	N/A	All	No cost	N/A
Meserve Park	Tennis courts are available for use	2 nd and K St. Brawley, CA	N/A	All	No Cost	http://www.brawley-ca.gov/community/parks-and-recreation/parks-&-facilities/
Southwest High School	Tennis courts are available during summer months only	2001 Ocotillo Dr.El Centro, CA	N/A	All	No Cost	http://www.eaglesnet.net/

Other

Boys and Girls Club of Imperial Valley	Sports, fitness, and recreation activities for youth and teens	Main Office: 165 S. Plaza Brawley, CA	Main Office: 760-344-2040 Brawley: 760-344-3354 El Centro: 760-550-4606 Holtville: 760-554-8066	Youth	No cost	bgciv.org
Brawley Parks and Recreation	Offers a variety of seasonal low or no cost physical activities	225 A St. Brawley, CA	760-344-5675	All	Varies	http://www.brawley-ca.gov/community/parks-&-recreation/
Brawley U.S Fitness	Exercise facility open 24 hrs	147 Main St. Brawley, CA	760-351-8707	16 yrs and older	Varies	www.theusfitness.com
Calexico Parks and Recreation	Offers a variety of seasonal low or no cost physical activities	707 Dool Ave. Calexico, CA	760-768-2176	All	Varies	http://www.calexico recreation.org/
Crossfit Imperial Valley	Exercise facility	505 Industry Way Imperial, CA	760-355-1900	All	Varies	www.crossfitimperialvalley.com
Martin L. King Sports Pavillion	Offers a variety of seasonal low or no cost physical activities	770 Park Ave. El Centro, CA	760-337-4555	All	Varies	http://www.cityofelcentro.org/parkandrec/index.asp
El Centro Parks and Recreation	Offers a variety of seasonal low or no cost physical activities	375 S.1 st St. El Centro, CA	760-337-4555	All	Varies	http://www.cityofelcentro.org/parkandrec/index.asp
El Centro Police Athletic League	Host a variety of after-school recreational activities	1100 N. 4 th St. El Centro, CA	760-337-4577	Youth	Varies	www.elcentropal.org
Fitness Oasis Health Club and Spa	Exercise facility	504 W. Aten Rd. El Centro, CA	760-355-8888	Women 13 years and older	Varies	www.yourfitnessoasis.com
FLX Fitness	Exercise facility	2451 Rockwood Ave. Suite 108 Calexico, CA	760-768-8509	15 years and older	Varies	www.flxfitness.net

Fun 4 All	Offers: batting cages, games, inflatable jump zone and miniature golf	411 East Aurora Dr. El Centro, CA	760-353-4111	All	Varies	www.ecfun4all.com
Heavy Hitters Crossfit	Exercise Facility	1102 S. Dogwood Rd. Suite B El Centro, CA	760-540-4954	18 years and older	Varies	heavyhitterscrossfit.com
Imperial County Sheriffs Activities League	Hosts a variety of after-school recreational activities	1078 Dogwood Rd. Suite 102 Heber, CA	760-482-2430	Youth	Varies	http://www.icso.org/section/ORGANIZATION/Operations/Volunteer-Services
Imperial Parks and Recreation	Offers a variety of seasonal low or no cost physical activities	420 S. Imperial Ave. Imperial, CA	760-355-3316	All	Varies	www.cityofimperial.org/parks-rec
Joe's Powerhouse	Exercise facility	220 Wake Ave. El Centro, CA	760-352-6030	18 years and older	Varies	www.joespowerhouse.com
Planet Fitness	Exercise facility	1950 N. Imperial Ave El Centro, CA	760-370-9433	13 years and older	Varies	http://www.planetfitness.com/gyms/el-centro-ca-1492
Prestige Dance and Fitness	Ballet, fitness, hip hop, bachata, salsa and jazz	430 W. State St. El Centro, CA	760-592-4562	3 yrs and older	Varies	www.facebook.com/PRESTIGEDANCECALIFORNIA
Ricochet Trampoline Park	Over 20,000 sq ft of trampolines, an indoor basketball court, and two dodge ball courts	450 W. Aten Rd. Imperial, CA	760-919-9800	All	Varies	www.ricochetimperial.com
Solo Fitness	Exercise facility	201 S. 4th St. El Centro, CA	760-592-4640	All	Varies	www.solofitness1.com
Snap Fitness	Exercise facility	1692 S. 4 th St. El Centro, CA	760-259-1212	16 yrs and older	Varies	www.snapfitness.com
Snap Fitness	Exercise facility	435 A W. Main St. Brawley, CA	760-412-5550	16 yrs and older	Varies	www.snapfitness.com
4:13 Fitness Center	Exercise facility	463 W. Aten Rd. Imperial CA	760-337-1400	16 yrs and older	Varies	www.413gym.com