

# Guía de Actividades Saludables

Pittsburg, Antioch, Bay Point, Concord



## Fútbol

Delta Youth Soccer League (925) 439-4396, [www.deltasoccer.org](http://www.deltasoccer.org)

San Pedro Martir Youth Soccer League (925) 432-4771, [cardona@spmysl.org](mailto:cardona@spmysl.org)

STS Academy Tiny Tots Sports Program - de 3-6 años de edad (925) 252-9199  
[www.stsacademy.org](http://www.stsacademy.org)



## Béisbol

Pittsburg Little League (925) 291-0107, [www.pllca4.org](http://www.pllca4.org)

Pony Baseball League [www.pittsburgbaseball.com](http://www.pittsburgbaseball.com)



## Atletismo

Girls on the Run - niñas - Marina Vista Elementary School, Foothill Elementary School  
Pittsburg (415) 863-8942, [www.gotrbyarea.org](http://www.gotrbyarea.org)



## Natación

Prewett Water Park - Antioch, (925) 775-3070

Contra Loma Regional Swim Park and Lagoon - Antioch, (888) 327-2757 #3, X4518

Sullenberger Swim Center - Pittsburg, (925) 439-4841



## Baloncesto

East County Junior Warriors Basketball, (925) 267-3023, <http://ecjwb.org>



## Boxing, Cheerleading, Gymnastics, Dance, Taekwondo, Wrestling

CYC - Community Youth Center - Concord, (925) 671-7070



## Actividades para Disfrutar la Naturaleza

Parques - East Bay Parks District [www.ebparks.org](http://www.ebparks.org)



## Programas de Tutoría de Apoyo

STS Academy - transportación gratis para TODAS las escuelas de Pittsburg, (925) 252-9199,  
[www.stsacademy.org](http://www.stsacademy.org)

East County Boys and Girls Club - Stoneman Elementary School, Rancho Medanos Junior High School, Hillview Junior High School

(925) 439-5933, [www.ecbgcpittsburg.com](http://www.ecbgcpittsburg.com)

