

Activities

La Mesa Community Services

619.667.1300

La Mesa Municipal Pool

619.466.4178

La Mesa Library

619.469.2151

www.lmteens.wordpress.com

Aquatic Facilities

La Mesa Municipal Pool

619.466.4178

East County YMCA

619.464.1323

Fletcher Hills – City of El Cajon

619.441.1672

Ray & Joan Kroc Center

619.287.5762

Golf Course

Sun Valley Golf Course

619.466.6102

La Mesa's Local Schools

La Mesa Middle School

619.668.5730

Parkway Middle School

619.668.5810

Grossmont High School

619.668.6000

Helix Charter High School

619.644.1940

La Mesa Spring Valley School District

619.668-5700

www.lmsvsd.k12.ca.us

Grossmont Union High School District

619.644.8000

www.guhds.net

San Diego Colleges & University's

Art Institute of San Diego

858.598.1200 www.artinstitutes.edu

Cuyamaca Community College

619.660.4000 www.cuyamaca.edu

Grossmont Community College

619.644.7000 www.grossmont.edu

Fashion Careers College

619.275.4700 www.fashioncareerscollege.com

National University

1.800.628.8648

Point Loma Nazarene

619.849.2200

San Diego State University

619.594.6336 www.sdsu.edu

University of California San Diego

858.534.2230 www.ucsd.edu

University of Phoenix

1.800.697.8223

University of San Diego

619.260.4506 www.sandiego.edu

University of Redlands

619.584.0975

Outdoor Basketball Courts

MacArthur Park, upper pool parking lot – Memorial Dr
Grossmont High School – back of school
Helix High School – Lowell Street near student parking

Recreation Facilities

La Mesa Community Services

619.667.1300

Boys & Girls Club East County

619.440.1600

LM Boys & Girls Club Teen Center

619.303.0268

East County Family YMCA

619.464.1323

La Mesa Sports Center

619.462.8600

El Cajon Recreation Dept.

619.441.1754

Lemon Grove Recreation Dept.

619.825.3828

Spring Valley Community Center

619.479.1832

Spring Valley Teen Center

619.667.6835

Ray & Joan Kroc Community Center

619.287.5762

Skateboard Parks

Skate Mesa – Located in La Mesita Park on Dallas St
(Unsupervised – Please abide by the posted rules)

Ray & Joan Kroc Community Center

619.287.5762

Sports Leagues

AYSO Region 89 Soccer

619.466.2976

Fletcher Hills Little League

619.698.8669

GLM Youth Football & Cheer

619.957.4593

Lake Murray Little League

619.465.8279

La Mesa National Little League

619.823.3954

National Youth Sports (Soccer)

619.660.7388

Pop Warner Football

619.461.1179

Rolando Little League

619.895.3924

Valley Mesa Softball

619.697.3148

Tennis Courts

La Mesita Park – Dallas Street

Collier Park – Palm Street

Helix High School – University Avenue

Grossmont High School – Murray Drive

Other sports such as Fencing, Tang Soo Do are taught at La Mesa Community Services Department or look in your local phone directory for a facility near you