



RECREATION RESOURCE GUIDE

SILICON VALLEY CAMPUS

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This resource guide is a sample of locations and services that you can use to stay active and engaged in and around San Jose!

This guide is meant to be an ever evolving document - if you have any recommendations for this guide, please let us know at nuglobalrec.sv@northeastern.edu. Please check local resources for additional facilities.

This guide is not an endorsement of any venue, location, or business listed in the guide. It is provided for informational purposes only to inform the Northeastern community about recreational options available to them. Please use caution when participating in any activity and traveling to any venue.

Participants assume all risks of participation.

The information in this guide was last updated in August, 2024. Please check with the venues for the most up to date hours, locations, and pricing.

Be safe and have fun!

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FITNESS ON DEMAND APP



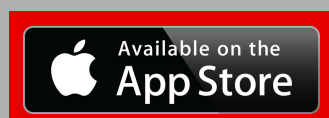
Northeastern students at global campus locations now have access to a free fitness app!

1. Scan the QR code to complete the quick registration form using your Northeastern email address.
2. Within 1-2 business days of completing the registration form, look for an email with the invitation link from Fitness On Demand to create your account.
3. Access the workouts by going to the website below or download the free Fitness on Demand app from the Apple Store or Google Play Store. Sign in with your full Northeastern email address.
4. Choose the right workout for you! Pick from hundreds of workouts designed for all abilities!

ACCESS YOUR WORKOUTS



Download the Fitness on Demand Mobile App



flex.fod247.fitness

SCAN ME



ON-CAMPUS FACILITIES

Fitness Room

Location: P1 underground floor of 75 E. Santa Clara Street building across bike lab

Hours: Monday - Friday from 8:30 am - 10 pm

Access: Swipe with your campus access card to enter

Amenities: The fitness center is fully equipped with showers, gender inclusive bathrooms, an array of equipment

Bike Storage

Location: P1 ground floor of both buildings

Hours: Monday - Friday from 8:30 am - 10 pm; Saturday from 8:30 am - 5:00 pm

Amenities: Wall racks: first come first served; Bike lab: swipe with your campus access card to enter

Game Room

Location: P1 underground floor of 75 E. Santa Clara Street building

Hours: Monday - Friday from 8:30 am - 10 pm

Access: Swipe with your campus access card to enter

Amenities: Arcade machines, pool table, TVs and basketball machines

Wellness Room

Location: 10th floor of 4N 2nd Street building next to gender inclusive bathrooms

Hours: Monday - Friday from 8:30 am - 10 pm; Saturday from 8:30 am - 5:00 pm

Access: First come first serve

Amenities: Spiritual texts and scriptures, essential oils, sofas, cushions and yoga mats

ON-CAMPUS FACILITIES

Outdoor Basketball Half-Court & Chipping Green

Location: Ground floor of 4N 2nd Street building next to Welcome Center

Hours: Monday - Saturday from 8:30 am - 10 pm

Access: Swipe with your campus access card to enter

Amenities: Basketball Hoop, Chipping Green

OPEN COURTS & FIELDS

NOTE: FIELDS/COURTS MAY BE BOOKED AT TIMES

Shoreline Athletic Fields

Address: 2450 Garcia Ave., Mountain View, CA 94043

Hours: Dawn to Dusk

Amenities: athletic fields, playground, restrooms

Cost: free

Parking: free parking available onsite

Mountain View High School

Address: 3535 Truman Ave., Mountain View, CA 94040

Hours: Dawn to Dusk

Amenities: athletic fields, tennis courts

Cost: free

Parking: free parking available onsite

Monta Vista High School

Address: 21840 McClellan Rd., Cupertino, CA 95014

Hours: Dawn to Dusk

Amenities: athletic fields, baseball diamond, outdoor basketball courts, tennis courts

Cost: free

Parking: free parking available onsite

OPEN COURTS & FIELDS

Fair Oaks Park

Address: 540 N Fair Oaks Ave., Sunnyvale, CA 94085

Hours: 6 am - 9 pm, daily

Amenities: playground, skate park, basketball courts, sand volleyball court, sports field, tennis courts

Cost: free

Parking: free parking available onsite

De Anza College

Address: 21250 Stevens Creek Blvd, Cupertino, CA 95014

Hours: 6 am - 9 pm, daily

Amenities: athletic fields, basketball courts, tennis courts

Cost: free

Parking: free parking available onsite

Badminton Courts: CAN-AM Elite Badminton & Sports

Address: 691 Race St, San Jose, CA 95126

Hours: Monday – Friday 11 am - 2 pm, 4-11 pm; Weekend & Holidays 9 am-9 pm

Cost: drop in and membership available

Parking: free parking available onsite

PARKS

Backesto Park

Address: 551 N 13th St, San Jose, CA 95112

Hours: 6:00 am – 10:00 pm

Amenities: basketball courts, tennis courts, playground, lighted softball field, soccer field only by permit

Cost: free

Parking: free parking available onsite

PARKS

Hester Park

Address: 1578 Naglee Ave, San Jose, CA 95126

Hours: 24 hours

Amenities: tennis courts, playground, soccer field by permit only

Cost: free

Parking: free parking available onsite

Serra Park

Address: The Dalles Ave, Sunnyvale, CA 94087

Hours: 6:00 am – 11:00 pm

Amenities: basketball courts, tennis courts, playground, athletic fields, picnic area

Cost: free

Parking: free parking available onsite

Thamien Park

Address: 4321 Lick Mill Blvd, Santa Clara, CA 95054

Hours: 6:00 am – 8:30 pm

Amenities: basketball courts, tennis courts, playground, athletic fields, picnic area

Cost: free

Parking: free parking available onsite

Riverview Park

Address: Riverview Pkwy, San Jose, CA 95134

Hours: 5:00 am – 10:00 pm

Amenities: basketball courts, tennis courts, playground, athletic fields, picnic area

Cost: free

Parking: free parking available onsite

PARKS

Lakewood Park

Address: 834 Lakechime Dr, Sunnyvale, CA 94089

Hours: 6:00 am – 9:00 pm

Amenities: basketball courts, tennis courts, playground, athletic fields, picnic area, skateboard ramps, handball/racquetball courts, horseshoe pits

Cost: free

Parking: free parking available onsite

TRAILS

Almaden Quicksilver County Park Trail

Address: 21785 Almaden Rd San Jose, CA 95120

Hours: 8:00 am - Sunset

Activities: Hiking, Biking, and Picnicking

Parking: free parking onsite

Cost: free

Difficulty Level: ★ ★ ★ ★

Alum Rock Trail

Address: 15350 Penitencia Creek Rd, San Jose, CA 95127

Hours: 8:00 am - 6:30 pm

Activities: Hiking, Biking, and Picnicking

Parking: free parking onsite

Cost: free

Difficulty Level: ★ ★ ★

TRAILS

Los Alamitos Creek Trail

Address: Los Alamitos Park and Lake Almaden south to McKean Road, San Jose, CA 95120

Hours: 8:00 am - 6:30 pm

Amenities: Hiking, Biking

Parking: street parking

Cost: free

Difficulty Level: ★ ★

Guadalupe River Park Trail

Address: Alviso to Downtown San José, San Jose, CA 95110

Hours: 8:00 am - Sunset

Activities: Hiking, Biking

Parking: street parking

Cost: free

Difficulty Level: ★

Penitencia Creek Trail

Address: Coyote Creek to Alum Rock Park, San Jose, CA 95133 to 95127

Hours: 8:00 am - Sunset

Activities: Hiking, Biking

Parking: free parking onsite

Cost: free

Difficulty Level: ★ ★ ★ ★

TRAILS

Coyote Creek Trail

Address: Highway 237 Bikeway to Montague Expressway, San Jose, CA 95122

Hours: 8:00 am - Sunset

Activities: Hiking, Biking

Parking: free parking onsite

Cost: free

Difficulty Level: ★

SWIMMING POOLS

LAP SWIM HOURS SUBJECT TO CHANGE, CHECK WEBSITE FOR MOST UPDATED INFO

Central YMCA

Address: 1717 The Alameda, San Jose, CA 95126

Hours: Monday - Thursday 6:00 am - 9:00 pm; Friday 6:00 am - 8:00 pm; Saturday - Sunday 8:00 am - 4:00 pm

Cost: membership based

SJSU Spartan Recreation and Aquatic Center

Address: 324 Paseo de San Carlos, San Jose, CA 95192

Hours: Monday - Friday 7:00 am - 8:00 pm; Saturday - Sunday 9:00 am - 6:00 pm

Cost: membership based

Camden Pool

Address: 3369 Union Avenue, San Jose, CA 95124

Hours: Monday - Friday 2:30 - 4:30 pm; Saturday 1:30 - 4 pm

Cost: purchase pass at front desk

SWIMMING POOLS

Mayfair Pool

Address: 2039 Kammerer Avenue, San Jose, CA 95116

Hours: Monday - Friday 2:30 - 4:30 pm; Saturday 1:30 - 4 pm

Cost: purchase pass at front desk

Rotary Ryland Pool

Address: 421 North First Street, San Jose, CA 95112

Hours: Monday - Friday 2:30 - 4:30 pm; Saturday 1:30 - 4 pm

Cost: purchase pass at front desk

Fair Swim Center

Address: 1350 Bacchus Drive, San Jose, CA 95122

Hours: Monday - Friday 2:30 - 4:30 pm; Saturday 1:30 - 4 pm

Cost: purchase pass at front desk

BOWLING ALLEYS

SJSU Student Union Bowling Center

Address: 211 S 9th St, San Jose, CA 95192

Hours: Thursday - Saturday 4:00 pm - 11:00 pm; Sunday 12:00 pm - 7:00 pm

Cost: \$5.00 per game, per person. Friday and Saturday after 5pm, \$5.50 per game.
\$3.00 shoe rental

4th Street Bowl

Address: 1441 N 4th St, San Jose, CA 95112

Hours: Daily 9:00 am - Midnight

Cost: refer to website

BOWLING ALLEYS

San Pedro Social

Address: 163 West Santa Clara Street, San Jose, CA 95113

Hours: Check website

Cost: \$15 per person, per game (includes shoe rental)

ICE SKATING RINK

Shark Ice at San Jose

Address: 1500 S 10th St, San Jose, CA 95112

Hours: open skate schedule available on website

Cost: General admission \$16; Skate rental: \$8

Downtown Ice

Address: Circle of Palms Plaza, 120 S Market Street, San Jose, CA, 95113

Hours: Check website for dates and times

Cost: Admission is \$21 and includes skate rental

BIKESHARE

Lyft Baywheels

Address: Throughout the Bay Area at Docking Stations. Find map on website.

Cost: Check website for prices. Single ride, Day pass, Month pass, and Annual Membership available.

Lime Scooters

Address: Throughout the Bay Area. Use app to find scooters.

Cost: Check app to find cost, which is based on unlocking fee plus a per minute fee.

GYMS & FITNESS FACILITIES

Gym on campus

Location: P1 underground floor of 75 E. Santa Clara Street building across bike lab

Hours: Monday - Friday from 8:30 am - 10:00 pm

Access: Swipe with your campus access card to enter

Amenities: The fitness center is fully equipped with showers, gender inclusive bathrooms, an array of equipment

Central YMCA

Location: 1717 The Alameda, San Jose, CA 95126

Hours: Monday - Thursday 6:00 am - 9:00 pm, Friday 6:00 am - 8:00 pm;

Saturday - Sunday 8:00 am - 4:00 pm

Cost: membership based

SJSU Spartan Recreation and Aquatic Center

Location: 324 Paseo de San Carlos, San Jose, CA 95192

Hours: Monday - Friday 7:00 am - 9:00 pm; Saturday - Sunday 9:00 am - 7:00 pm

Cost: membership based

WESTCA

Location: 30 North 3rd Street, San Jose, CA 95112

Hours: Monday - Thursday 5:00 am - 10:00 pm; Friday 5:00 am - 8:00 pm;

Saturday - Sunday 7:00 am - 5:00 pm

Cost: membership based

Orangetheory Fitness

Location: 111 W St John St #110, San Jose, CA 95113

Hours: Monday - Thursday 5:00 am - 8:30 pm; Friday 5:00 am - 6:00 pm;

Saturday 6:00 am - 1:00 pm; Sunday 7:00 am - 12:30 pm

Cost: membership based

GOLF COURSES

San Jose Municipal Golf Course

Address: 1560 Oakland Rd, San Jose, CA 95131

Hours: 6:30 am - 9:00 pm

Amenities: putting green, chipping green, 18-hole course, driving range

Cost: one time fee

Rancho del Pueblo Golf Course

Location: 1649 Hermocilla Way, San Jose, CA 95116

Hours: Daily 7:00 am - 8:00 pm (Tuesdays 7:00 am - 6:30 pm)

Amenities: putting green, chipping green, 9-hole course, driving range

Cost: one time fee

Sunken Gardens Golf Course

Location: 1010 S Wolfe Rd, Sunnyvale, CA 94086

Hours: Daily, Sunrise to sunset

Amenities: 9-hole course, driving range

Cost: one time fee

Pruneridge Golf Club

Location: 400 Saratoga Ave, Santa Clara, CA 95050

Hours: 6:00 am - 10:00 pm

Amenities: putting green, chipping green, 9-hole course, driving range

Cost: one time fee

Cinnabar Hills Golf Club

Location: 23600 McKean Rd, San Jose, CA 95141

Hours: 6:00 am - 6:00 pm

Amenities: putting green, chipping green, 18-hole course, driving range

Cost: one time fee

GOLF COURSES

Coyote Creek Golf Club

Address: 1 Coyote Creek Golf Dr, Morgan Hill, CA 95037

Hours: 6:30 am - 7:45 pm

Amenities: putting green, chipping green, 18-hole course, driving range

Cost: one time fee

Santa Teresa Golf Club

Location: 260 Bernal Rd, San Jose, CA 95119

Hours: 6:00 am - 9:00 pm

Amenities: putting green, chipping green, 18-hole course, driving range

Cost: one time fee

Los Lagos Golf Course

Location: 2995 Tuers Rd, San Jose, CA 95121

Hours: 6:00 am - 7:15 pm

Amenities: putting green, chipping green, 18-hole course, driving range

Cost: one time fee

Spring Valley Golf Course

Location: 3441 Calaveras Rd, Milpitas, CA 95035

Hours: 5:30 am - 8:00 pm

Amenities: putting green, chipping green, 18-hole course, driving range

Cost: one time fee

PLACES TO EAT & COFFEE

- IKE's sandwich
- Egghead Sando Cafe
- Hula Bar and Kitchen
- The City Fish
- San Pedro Square Market
- Mommy's Banh Mi
- Home's Eats

COFFEE

- Voyager Craft Coffee
- Dr. Ink