



Santa Ana families are biking, jogging, and walking their way towards...

# El Salvador Park



**Have Fun... Get Fit... Be Respectful**

City of Santa Ana Parks, Recreation and Community Services Agency

## Consider Volunteering

The City of Santa Ana Parks, Recreation and Community Services Agency has an excellent Volunteer Program which offers a variety of family-friendly, active, volunteer projects that exercise both your mind and body. Whether you need volunteer hours for school, want some work experience, or are interested in enriching your community, with our Volunteer Program you will find a project you'll like and that fits your schedule.

Some assignments include:

- Special events
- Improvement projects
- Senior services
- Sports
- Tutoring
- Clerical assistance

...and many other areas.

For further information please call the Volunteer Program at: (714) 571-4237.

## Bicycle Rider's Rules

1. Keep your bicycle in good mechanical condition (tires, chain, brakes).
2. Obey all traffic rules and signs - always give proper hand signals.
3. Walk your bike across busy intersections.
4. Always ride with the traffic - as close as possible to the right side of the road.
5. Be sure the roadway is clear before entering.
6. Always ride single file and watch for opening car doors.
7. Most bicycles are built to carry one person - YOU! and you alone.
8. If you must ride your bike at night, be sure your headlight and reflectors are in good condition.
9. Select the safest route to your destination and use it. Avoid busy streets and intersections.
10. Yield right of way to pedestrians.
11. Always wear a bicycle helmet.

## Be Street Smart!

- Always plan your route and inform relatives of your whereabouts.
- Carry an ID card, but leave your wallet, purse, and other valuables at home.
- Walk with a partner or with a dog.
- Avoid dark/unlighted areas.

## Santa Ana residents are starting to eat healthy. Here are some tips:

**Prepare your own meals.** When you prepare your own meals, you know exactly what you are eating.  
**Eat right.** Eating right is important in order for us to stay healthy and physically fit. Eat the recommended proportion of food groups and count your calories.  
**Drink water.** Drink plenty of water before and after each meal.  
**Manage your food serving size.** Study the Nutrition Facts label on the packaging of your food.  
**Limit certain foods.** For a healthier meal eat less sweet, salty, fatty foods, which contain more calories, and eat more organic, lean foods which contain fewer calories.  
**Imagine.** Imagine the risks and costs associated with unhealthy eating habits.  
**Know these terms:** Low fat, Fat Free, Sugar Free, Low Salt, Low Carb, No sugar added, No Trans Fat, and Organic.

## Welcome to El Salvador Park

Named after one of Santa Ana's sister cities (Santa Ana, El Salvador) El Salvador Park is a fun, 11 acre park located on W. Civic Center Dr. near the Santa Ana College track and just a little over half a mile east of the Santa Ana River Trail. El Salvador Park is open 7 days a week for the enjoyment of the public.

**El Salvador Park:** 1825 W. Civic Center Dr. Santa Ana, CA 92703

**Park Hours:** 6:00 a.m. - 11:00 p.m.

### Park Features

- SALUD Walking Club
- Basketball court
- Football/soccer field
- Picnic areas
- Handball court
- Restrooms
- Parking
- Playground
- Near Santa Ana River Trail

### Park Rules

For your safety and enjoyment, the following are **not allowed** at El Salvador park:

1. Beer or alcoholic beverages
2. Unleashed animals and animal waste
3. Vending without a permit
4. Firearms and dangerous weapons
5. Motor vehicles (except on roadway)
6. Entering or remaining in a closed park (park closed 11:00 p.m. to 6:00 a.m.)

**PLEASE KEEP YOUR PARK CLEAN AND PUT LITTER IN ITS PLACE.**

## El Salvador Community Center

The El Salvador Community Center is located inside El Salvador Park and hosts several recreational activities for all ages.

**Some of El Salvador Community Center's features include:**

- SALUD
- Outdoor swimming pool
- Various recreational programs
- Art programs
- Summer day camp
- Leisure classes
- And more

**Hours:** M-F 10:00 a.m. to 5:30 p.m. (September - mid June)  
M-F 7:30 a.m. to 5:30 p.m. (mid June - end of August)

For a complete description of programs and leisure classes offered at the El Salvador Community Center, or for general information about the center, please call (714) 647-6558.

## Santa Ana River Trail

The Santa Ana River Trail is a multi-use (equestrian, pedestrian, bicyclist) facility. The trail is open to the public from: 7:00 a.m.-6:00 p.m. (November 1-March 31) and 7:00 a.m.-9:00 p.m. (April 1-October 31)

### Rules

- No Motor Scooters / Motorcycles
- Authorized vehicles only
- Consumption of intoxicating liquor prohibited
- Dogs, cats, and other domestic animals must be restrained by a leash not to exceed 6 feet in length.
- No skateboards allowed

**Please exercise safety toward users.**

## Receive An Award For Being Active

### SANTA ANA FITNESS AWARDS

The City of Santa Ana has developed two award programs: the City Council Award and the Mayor's Award. The purpose of the City Council Award is to promote and champion Santa Ana residents who are regularly keeping fit. The Mayor's Award is to promote and recognize those individuals that are "Elite Athletes" who merit recognition by the community.

For more information on the SANTA ANA FITNESS AWARDS, please call: (714) 571-4200.

**Or visit our website at:**

[www.santa-ana.org/parks/FitnessTaskForce.asp](http://www.santa-ana.org/parks/FitnessTaskForce.asp)

## Report Graffiti at El Salvador Park

The City of Santa Ana believes in keeping our neighborhood parks clean, safe, and graffiti free. Please report graffiti to the proper authority. Call the Graffiti Hot Line Number 1(877) STOBTAG 1(877) 786-7824

## Neighborhood Association Along El Salvador Park

The City of Santa Ana supports and facilitates Neighborhood Associations. Recommendations regarding neighborhood issues are recognized by the City Council. The Neighborhood Association near El Salvador Park is consistently working on ways to make the neighborhood safer places and improve the quality of life.

- Artesia Pilar Neighborhood Association  
Seventeenth Street on the north; Bristol Street on the east; First Street on the south; Fairview Street on the west.

For more information on Neighborhood Associations within the city, please contact the Community Development Agency at (714) 647-5360.



## Join El Salvador SALUD Club

We invite all El Salvador Park neighbors to join the Safe and Active Living United Districts (**SALUD**) club. **SALUD** is a health and wellness program implemented by the City of Santa Ana Parks, Recreation and Community Services Agency. Members receive nutritional tips and participate in various fitness activities such as the **SALUD** Walking Club. Take the opportunity to meet neighbors and make new friends.

The **SALUD** program is FREE for you and your family!

Join the El Salvador **SALUD** club today!

For more information on El Salvador **SALUD**, please call (714) 647-6558.

## Benefits of the SALUD Program

You will:

- Feel and look better
- Learn a healthier lifestyle that benefits you and your family
- Make new friends
- Learn nutritional tips
- Enjoy fun and educational activities

## El Salvador SALUD Walking Club

Walking is a very popular exercise that can help you increase your level of physical fitness. Walking can help you lose weight, reduce stress, strengthen your legs, improve your health, and can add years to your life!

Call (714) 647-6558 For the El Salvador **SALUD** Walking Club schedule.

## Outdoor Tips

The following tips are recommended to everyone who visits the El Salvador Park:

- **Bring someone with you.** An exercise partner, such as a friend, family member, or dog, can be a great source of motivation when walking, jogging, running, skating, or biking. Bringing someone with you when exercising is an excellent boredom buster!
- **Bring what you need.** Staying hydrated is very important especially when outdoors. Bring plenty of water or your favorite sports drink to the park.
- **Bring comfortable clothes.** Bike, run, jog, skate, or walk in comfortable clothing. Don't forget to tie your shoelaces!
- **Stretch!** Do some warm-up stretches before you exercise and some cool-down stretches when you have finished exercising. Your body will thank you for this!
- **Invite your family and friends to El Salvador Park...** and...  
START a walking group.  
START a bicycle group.  
START a jogging/running group.  
...at any of the El Salvador Park distance markers on the back.

**Are you ready?** Now that you have prepared yourself for a day at one of Santa Ana's hidden gems, there are 3 things that we must always remember when visiting:

**Have Fun... Get Fit... Be Respectful**



### Mayor

Miguel A. Pulido  
**Mayor Pro Tem**  
 Claudia D. Alvarez

### Council Members

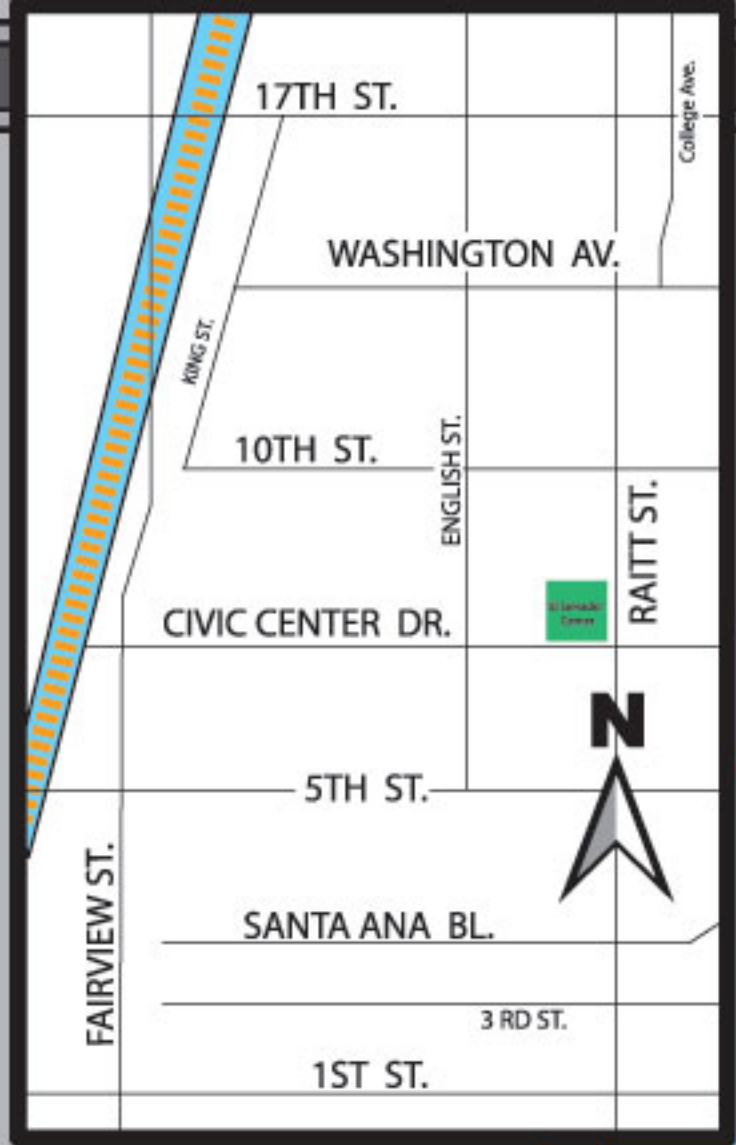
David Benavides  
 Carlos Bustamante  
 Michele Martinez  
 Vincent F. Sarmiento  
 Sal Tinajero

## Important Websites

City of Santa Ana Parks, Recreation and Community Services Agency  
[www.santa-ana.org/parks](http://www.santa-ana.org/parks)  
 Santa Ana Health and Fitness Task Force  
[www.santa-ana.org/parks/FitnessTaskForce.asp](http://www.santa-ana.org/parks/FitnessTaskForce.asp)

For further information please contact Recreation Supervisor Jeannie G. Jurado, at (714) 571-4251 or via e-mail at [jjurado@santa-ana.org](mailto:jjurado@santa-ana.org)

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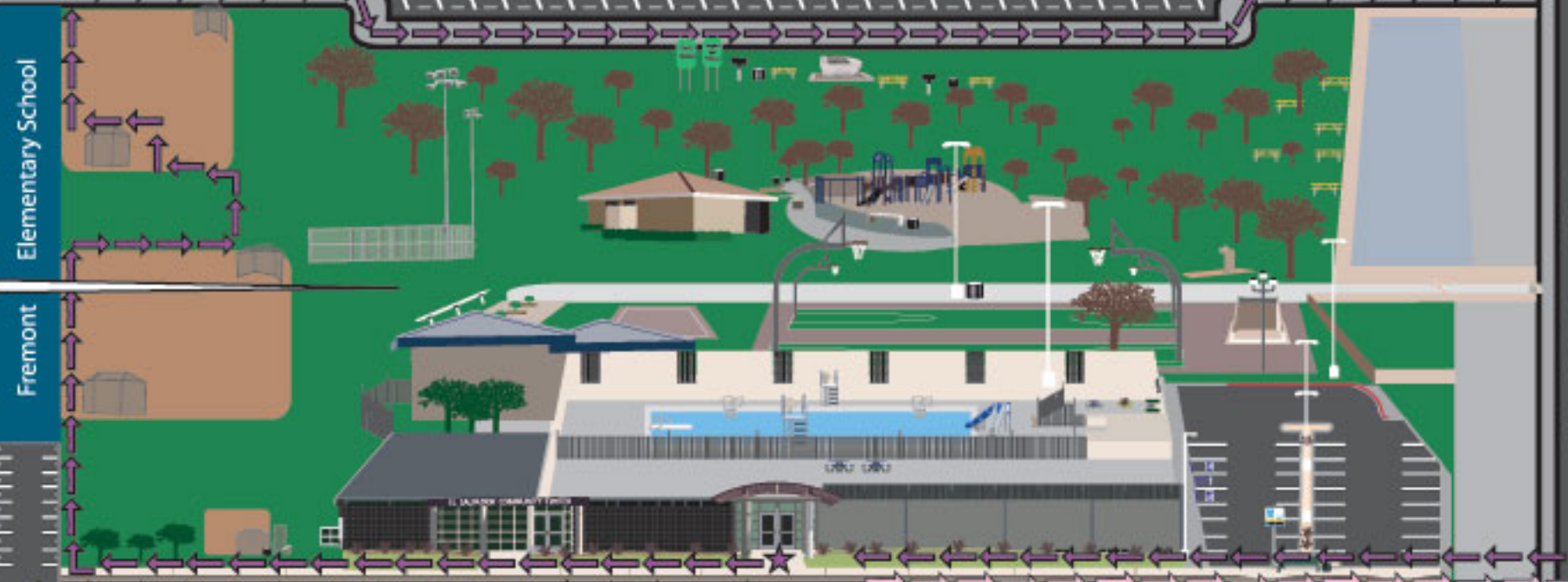


Key			
	El Salvador Center		BBQ Grill
	Restrooms and Vending machine		Bench
	Park Foles		Water Fountain
	Trash cans		Baseball Field
	Handball Court		Basketball Court
	Batting cage		Playground ages 2 to 5
	Playground ages 5 to 12		Pool
	Water Slide		

### Distance Markers

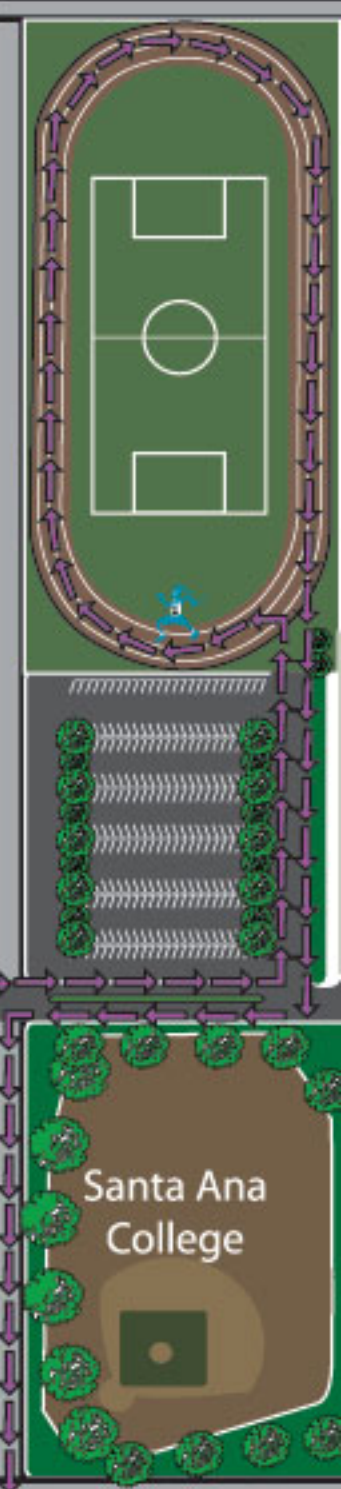
- Distance #1 →: El Salvador Park to Santa Ana River Trail entry on W. 5th St. = **1 mile**
- Distance #2 →: El Salvador Park to Santa Ana River Trail entry on Fairview St. = **1.5 miles**
- Distance #3 →: El Salvador Park to W. Civic Center Dr. = **2 miles**
- Distance #4 →: El Salvador Park (Roundtrip) = **2.5 miles**
- Distance #5 →: El Salvador Park to Santa Ana College track (Roundtrip) = **2 miles**

**iWelcome To El Salvador Park!**  
 1825 W. Civic Center Dr. Santa Ana, CA 92703  
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 City of Santa Ana Parks, Recreation and Community Services Agency



**Santa Ana River**

Spurgeon Intermediate School



Santa Ana College