

Jacksonville Community Fitness Resources

For a continuous, up-to-date list of fitness resources for kids around Jacksonville, visit Jax4kids.com

- **Sports around Jacksonville:** Football, baseball, Tae Kwon Do, karate, cheerleading, dance, wrestling, surfing, skating, sailing, Lacrosse, fencing, basketball, golf, hockey, horseback riding, soccer, softball, tennis, water sports, track and field, volleyball, swimming.
- **Parks:** To search for parks near you, visit: www.jaxparks.com
- **Community Centers:** Free centers that offer a wide range of activities for various age groups, including fitness, open recreation, pools, teen warehouse, sports, etc.
 - For a complete list of the 24 community centers around Jacksonville, visit: www.coj.net/departments/parks,-recreation-and-community-services/recreation-and-community-programming/community-centers.aspx
- **Police Athletic League (PAL):** Offers a wide variety of activities including after-school programs, sports, mentoring, teen leadership and summer camp. For a list of locations and contact numbers, visit jaxpal.com/contactslocations/ or call 904.854.6555.
- **YMCA:** Offers a wide variety of programs including youth development, camp, education and leadership, food programs, swim, sports, and recreation.
 - www.FirstCoastYMCA.org
- **Marathon High:** After-school running program that encourages at-risk teens to train for a half-marathon. Locations: Various (check the website under schools to see if your child is eligible for this program).
 - marathonhighfl.org/about/
- **Girls on the Run North Florida:** An after-school running program for elementary-age girls that includes mentorship. Locations: various (log onto the website and enter zip code for locations).
 - www.gotrnefl.org/
- **Girls, Inc. of Jacksonville:** A school-based program that focuses on empowering girls and teaching them healthy habits.
 - www.girlsincjax.org/
- **HIT Center and SET Performance:** Group fitness classes for all ages that focuses on performance and function improvement.
 - www.thehitcenters.com/ and www.setperformance.com/

Summer Camps

After-School Programs

- **M3Zone (Motivating Maximum Movement):** starting Fall 2015, ages 5-17, \$25 per month (financial assistance available for those who qualify), 3 - 6 pm on days Duval County Public Schools are in session. Locations: Cuba Hunter, H.T. Jones, and Oceanway Community Centers
 - [www.coj.net/departments/parks,-recreation-and-community-services/recreation-and-community-programming/after-school-\(m3zone\).aspx](http://www.coj.net/departments/parks,-recreation-and-community-services/recreation-and-community-programming/after-school-(m3zone).aspx)
- **Aqua Camp:** Cecil Aquatic Center, 13611 Normandy Blvd. 904.573.3157
- **Day-Enrichment Camp:** Locations: Balis, Cecil Recreation, C.T. Brown, Emmett Reed, H.T. Jones, Julian Barrs, Legends, M.L. Gibbs, Oceanway, R.F. Kennedy and Windy Hill community centers
- **Kids Camp:** R.F. Kennedy, 1133 Ionia Street 904.255.7900
- **Ocean Camp:** Hanna Park 500 Wonderwood Drive 904.255.7927
- **Tennis Camp:** Locations: Boone Tennis Complex, C.T. Brown Tennis Courts, Southside Tennis Complex

Program provided by:

