**COMMUNITY RESOURCES for BIRMINGHAM**

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| **ORGANIZATION** | **CONTACT** | **ADDRESS** | **DESCRIPTION** |
| Railroad Park | <http://www.railroadpark.org>  (205) 521-9933 | 1600 1st Ave South  Birmingham, AL 35233 | Playgrounds for all ages, walking trails, outdoor gym equipment, and much more!  FREE workout classes (Yoga, Zumba, Jazzercise, & more) every week night at 6PM. Visit the parks Facebook page or website for a calendar of events & classes. |
| Red Mountain Park | <http://www.redmountainpark.org>  (205) 202-6043 | 281 Lyon Ln  Birmingham, AL 35211 | 14 miles of hiking & biking trails, kid adventure tower, dog park, & summer camps |
| Oak Mountain  State Park | <http://www.alapark.com/oak-mountain-state-park>  205-620-2520 | 200 Terrace Drive  Pelham, AL 35124 | Biking, hiking, water sports, basketball courts, & nature programs! |
| Ruffner Mountain | <http://ruffnermountain.org>  (205) 833-8264 | 1214 81st St S, Birmingham, AL 35206 | Trails, outdoor summer camps, & nature preserve |
| Avondale Park | (205) 254-2391 | 4101 5th Ave South  Birmingham, AL 35222 | 36.5-acre park features a mature rose garden & gazebo, duck pond, walking track, tennis courts and three youth baseball/softball fields. |
| Lakeside Park |  | 2801 Stemley Bridge Rd Pell City, AL 35128 | Kids Kastle is a community-built playground that was constructed in 2001. Park also includes picnic areas, several walking trails and more! |
| Moss Rock Preserve | <http://hooveralabama.gov/index.aspx?nid=214> | 617 Preserve Pkwy Hoover, AL 35226 | 250 acre nature preserve abundant with trees and plants, rock outcroppings, streams, waterfalls, wildlife and other unique natural features. |
| Birmingham Botanical Gardens | [www.bbgardens.org](http://www.bbgardens.org)  (205) 414-3900 | 2612 Ln Park Rd  Birmingham, AL 35223 | Family Yoga Series – 2nd Saturday of the month, 9-10AM  Family Boot Camp Series – 4th Saturday of the month, 9-10AM  Hikes for Tykes -- free program at 10AM every Saturday |
| Fresh Air Family | <http://www.freshairfamily.org> |  | “We take fun out into Nature's biggest playground: The Great Outdoors. Join us to walk in the woods, hike a trail, canoe in a stream, or slog through a bog. We will be looking for birds, flowers, salamanders, stars, cave formations, bugs, rocks, and all of the wonders in our beautiful world” Offering programs like Fresh Air Friends (new youth program), Gross Out Camp, and Prepared, Not Scared Camp. Visit for website for a list of summer camps and daily events for all ages! |
| Soccer Shots | <http://www.soccershots.org/centralalabama/> | See website for a list of locations. | Soccer Shots is a program offered to kids 2-8 that meets once a week at daycare centers, schools, and parks throughout the city to introduce your child to soccer! Soccer Shots instructors not only teach soccer skills, but also work on improving balance, coordination, & agility with the kids. |
| Birmingham Zoo | <http://www.birminghamzoo.com>  (205) 879-0409 | 2630 Cahaba Rd, Birmingham, AL 35223 |  |
| Air Walk Trampoline Arena | <http://www.airwalk.us/Home.aspx>  (205) 637-3347 | 7010 Champion Blvd, Birmingham, AL 35242 | Jump around! Defy gravity & lose yourself on over 7,000 square feet of connected, world-class trampolines. Trampoline field features over 30 trampolines, the famous angled wall trampolines & a series of launching decks of different heights. Time slots for open jump tend to book up quickly during the summer, on weekends, and holidays. Please purchase your ticket(s) online in advance to reserve your flight time |
| Pelham Civic Complex Ice Skating | <http://pelhamciviccomplex.com/public-skating/>  (205) 620-6448 | 500 Amphitheater Rd, Pelham, AL 35124 | The Pelham Ice Arena offers a great way to exercise and play at the same time, with our daily public skating. Admission is just $7 and skate rental is $2 per person.Visit website for calendar of events and times. |
| Kids Ultimate Fitness Challenge @ UAB | <http://www.allstaractive.com/birmingham.html> | UAB Campus Green  1720 2nd Avenue South  Birmingham, AL 35233 | June 13, 2015 from 10AM – 6PM; Free to the Public  Kids Ultimate Fitness Challenge is the nations largest mobile fitness event travelling from coast-to-coast dedicated to helping keep kids active and healthy. At the Kids Ultimate Fitness Challenge, kids of all ages get the opportunity to flex their physical fitness by participating in a time-based obstacle course that includes sprinting, jump roping, wall crawls, hurdles, jumping jacks, sit ups, and tunnel crawls, before finishing off the course with a 20 ft. confidence climb and 60 meter dash to the finish. The event features loads of activities for the whole family to enjoy including Xtreme gaming fun for all ages and on-site programming designed to inspire kids and families to live a more active & healthy lifestyle. |
| Boys & Girls Birmingham Club | <http://www.aggbgc.org/our-sites> | See website for locations. | BE Healthy Program – “BGCMA encourages our youth to BE HEALTHY for a GREAT future. We offer fitness and preventative health and wellness programs that promote healthy habits and combat the rising epidemic of childhood obesity.” Their programs address problems such as drug and alcohol use and premature sexual activity, while gender-specific programs reinforce positive behavior and allow youth to learn from their peers in a safe environment. BGCMA also offers team-based sports programs for all genders and all ages. |
| Girls Incorporated of Central Alabama | <http://www.girlsinccentral-al.org/> |  | Girls Inc. helps girls gain new skills, develop self-confidence, and learn to compete in an ever-expanding world. Girls are exposed to their programming through center-based participation and outreach community-based forums provided to schools, clubs, & churches.  Eureka! Teen Achievement Program -- <http://www.girlsinccentral-al.org/eureka.php> |
| Birmingham YMCA | <http://www.ymcabham.org/> |  | YMCA offers Diabetes Prevention Program, exercise classes, summer day camps, after school programs, Active Weight Loss Programs & Health Coaching. (Financial assistance is available) |
| Birmingham Public Libraries | <http://www.bplonline.org/> | Various locations in Birmingham & surrounding areas | Free educational and recreational events often featuring health topics. |
| Grants Mill Station Adventure Park | <http://www.grantsmillstation.com/park.html>  (205) 745-1487 | 5405 Beacon Dr, Irondale, AL 35210 | Mobil Climbing Wall, mini golf, water rollers, rope adventure courses, bungey dome, and more! Visit website for more information and pricing. |
| Mommy & Me Fitness Classes | <http://www.activitytree.com/public/upload/provider/forms/Class_Schedule___.pdf>  (205) 356-0374 | Various locations in Homewood, Vestavia, & Hoover (see link) |  |
| Pepper Place Market | <http://www.pepperplacemarket.com/> | 2829 2nd Ave South between 28th & 29th st, in downtown Birmingham | Open 7 a.m.-12 noon on Saturdays–rain or shine–from mid April through early December each year |
| Alabama Farmers Market | <http://www.alabamafarmersmarket.org/>  (205) 251-8737 | 344 Finley Avenue W  Birmingham, Al 35204 | Open-air, indoor facility that is open year round, seven days a week, 24 hours a day, with the majority of vendors open from 6AM – 5PM. |
| The Summit Farmers Market | <http://www.thesummitonline.com/birmingham/farmers-market/> | The Summit (in front of Urban Cookhouse) | Open on Thursday afternoons from 2-6 p.m., beginning in mid May and operating through the end of July. The Summit Market will feature local farmers, plus a variety of fun kid’s activities and crafts. |
| Homewood Farmers Market | <http://urbancookhouse.com/farmers-markets> | Located in Soho parking lot at 2850 19th street S., in downtown Homewood | 8 a.m.–12 noon, every Saturday mid May through mid August |
| Crestline Market |  | 29 Vine Street  Mountain Brook, AL | Open for business on Wednesdays from 4-8 p.m., beginning June 4th through August 6th. |
| UAB Farm Stand | <https://www.uab.edu/humanresources/home/wellness/farmstand> |  | Farm Stand operates from March-mid fall, and is open on Tuesdays, 8:30 a.m.- 2 p.m. on the 2nd floor atrium of The Kirklin Clinic, and on Wednesdays, 8:30 a.m.-2 p.m. in the Hospital West Pavilion atrium (on ground floor next to the coffee kiosk). |
| East Lake Market | <http://www.eastlakemarket.org/category/farmers/> | Located at corner of 2nd Avenue South & 78th St in Eastlake neighborhood (near Ruffner Mountain) | Open Saturdays from 8 a.m.-12 noon, beginning in early May  through the beginning of October. |

**Websites to visit:**

Birmingham Park List – <http://www.bhamwiki.com/w/List_of_Birmingham_parks>

Best Trails Near Birmingham -- <http://alltrails.com/us/alabama/birmingham/all?ref=header>

What to do -- <http://www.letsmove.gov/what-do>

Where to go -- <http://www.letsmove.gov/where-go>

Birmingham’s My Diabetes Connect -- [www.mydiabetesconnect.com](http://www.mydiabetesconnect.com) (tips on shopping smarter, family-friendly activities, and more!)

**Farmer’s Market Voucher/Coupon Program:**

The Farmer’s Market Nutrition Program is associated with the Special Supplemental Nutrition Program for Women, Infants and Children, generally known as WIC. The WIC Program provides supplemental foods, health care referrals and nutrition education at no cost to low-income pregnant, breastfeeding and non-breastfeeding postpartum women, and to infants and children up to 5 years of age, who are found to be at nutritional risk. One must meet income requirements and have a nutritional risk that proper nutrition could help to improve.

To apply to be a WIC participant, you will need to contact http://www.adph.org/wic/ or call 1-888-942-4673 to set up an appointment. WIC FMNP is only available in the following AL counties: Blount, Dallas, Hale, Lawrence, Madison, Morgan, and Shelby.

**COMMUNITY RESOURCES for JASPER**

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| **ORGANIZATION** | **CONTACT** | **ADDRESS** | **DESCRIPTION** |
| APEX Playground at Memorial Park |  | 1020 Kiker Lane, Jasper, AL 35501 | A.P.E.X (Accessible Playground Extreme Experience) offers modern playground equipment, a wooded walking trail, and a splash pad with more than 25 water sprayers and sunshades. Located next to the Jasper Natatorium, A.P.E.X. is situated in Memorial Park and open to kids of all ages and their parents. |
| A.P. Howell Park |  | (Situated on the grounds of the old Walker County Training School) | Park includes baseball/softball field, basketball courts, tennis court, one large and two small picnic pavilions, walking trail, splash pad and playground area. |
| Gamble Ave Park |  | (Located near the Walker College Campus of Bevill State Community College on Gamble Avenue) | This park consists of a walking track, beautiful birdhouses, a playground and a creek, which runs down the middle of the park. Picnic benches and tables are scattered throughout the park. |
| North Jasper Park | (205) 384-6014 | 3601 Coral Boulevard, Jasper, AL | This park features a disc golf course, half-a-mile paved walking trail, picnic pavilion, accessible parking and playground. |
| Town Creek Park |  | Located between Town Creek & 1st Ave | Park features a rock walking bridge, playground area, picnic area, flower garden, and a small student golf course. |
| Jasper Natatorium Activities | <http://www.jaspercity.com/site/images/PDF/NatatoriumActivities.pdf> | *Located @ Memorial Park*  1020 Kiker Lane, Jasper, AL 35501 | “Dollar-a-day” lessions – group swimming lessons every Friday during summer for ages 5 and up for only a dollar per class  Water Aerobics -- classes provided in morning, afternoon & evening for $6/visit  Visit website for more events and classes including yoga, Pilates, and more |
| Jasper Public (Carl A. Elliot) Library | <http://www2.youseemore.com/cerl/> | 98 18th Street East  Jasper, AL 35501 | Free educational and recreational events often featuring health topics. |
| Walker Co. Farmers Market | (205) 544-4573 | Airport Road  Jasper, AL 35501 | Open Tuesday, Thursdays & Saturdays during seasons. Check out their facebook page for schedule. |