

Health in the NLCNPA Resource Sheet - SUMMER 2008

(Last Updated – 7/29/08)

NUTRITION RESOURCES – Free and Low Cost

Sustainable Food Center

1106 Clayton Lane Suite 480W
512-236-0074
info@sustainablefoodcenter.org
www.sustainablefoodcenter.org

Program: The Happy Kitchen/ La Cocina Alegre™ Cooking and Nutrition Education Classes - **FREE**

Contact: Joy Casnovsky
The Happy Kitchen/ La Cocina Alegre™ Program Coordinator
512-236-0074 x104
joy@sustainablefoodcenter.org

Where: Recreation centers and schools throughout Austin
(There is likely to be a class at Gus Garcia Rec Center in Spring 2009)

When: Schedule can be found online at their website under Events
www.sustainablefoodcenter.org/events.asp

Description: The Happy Kitchen/ La Cocina Alegre™ Cooking and Nutrition Education Classes impart vital knowledge that enables individuals to choose and prepare healthy meals and snacks for their families. A free, interactive 6-week series, these classes emphasize the selection and preparation of fresh, seasonal foods that are safe, nutritious, economical, and delicious. Taught by trained peer facilitators at various community sites around Austin, classes are offered in both English and in Spanish. Classes meet once a week for 1 1/2 hours to cook, discuss, and learn together. Everyone leaves each meeting with recipes and groceries to practice new cooking skills.

Program: The Austin Farmers' Market – Wednesday Market

Where: 46th St and Triangle Ave

When: Wed 4pm-8pm, Year-Round

Program: Austin Farmers' Market Neighborhood Farm Stands - St. John Neighborhood Market

Where: 7500 Blessing Ave at the St. John Neighborhood Center

When: Wed 12pm-2pm, May-July

PHYSICAL ACTIVITY RESOURCES – Free and Low Cost

(Note: Only programs related specifically to physical activity are listed below. Many of these facilities offer other programs relating to computers, arts and crafts, daycare, etc.)

Walk Texas - **FREE**

Contact: Sabrina McCarty
512-972-5463
sabrina.mccarty@ci.austin.tx.us

Description: Walk Texas – Active Austin Chapter is a free program for anyone who lives or works in Austin or Travis County, who wants to become more physically active. It includes a quarterly 10-Week Challenge, Group Leader Orientation, & incentives.

Gus Garcia Recreation Center

1201 E. Rundberg Lane
512-339-0016

Hours: Mon-Thu 9am-9pm, Fri 9am-6pm, Sat 9am-4pm, Sun closed

Programs: <http://www.ci.austin.tx.us/parks/downloads/gusgarcia brochure.pdf>

Youth Sports: Summer Teen Scene, Afternoon Specials, Rockin' at The Rock Wall, Indoor Soccer, Bicycle Club

Youth Camps: Summer Camp, Tiny Tots Playtime

Adult Sports: Mat Pilates, First Aid, Fitness Center

Seniors: Senior Adult Programs, Senior-Cize

(Please call or visit for the most current pricing and schedules, as programs change frequently and are not always updated online.)

Virginia L. Brown Recreation Center

7500 Blessing Avenue
512-974-7865
www.ci.austin.tx.us/parks/stjohns.htm

Hours: Mon-Thu 9am-9pm, Fri 9am-6pm, Sat 10am-4pm, Sun closed

Programs: <http://www.ci.austin.tx.us/parks/downloads/vlbrcbrochure.doc>

Youth Sports: Basketball League, Track & Field, Karate

Youth Camps: Summer Camp, Go Girl Go

Adult Sports: Men's Basketball, Open Basketball Play, Karate, Weight Room

Seniors: Senior Program, Senior Chair Exercise Class

(Please call or visit for the most current pricing and schedules, as programs change frequently and are not always updated online.)

Kennemer Neighborhood Pool - FREE

1032 Peyton Gin Road at Lanier High School
512-821-2454

Hours: Recreational Swim: 1 pm-7pm June 9 – July 13, 12pm-7pm July 14-August 17

Programs: Swim Team

St. John's Neighborhood Pool - FREE

889 Wilkes Avenue
512-407-9702

Hours: Recreational Swim: 12-2 & 2:30-4:30 June 16-August 10

Walnut Creek Municipal Pool

12138 N. Lamar Boulevard
512-834-0824

Hours: Schedule varies, check online: http://www.ci.austin.tx.us/parks/pools_schedule.htm#Walnut

Programs: Lap Swim, Swim Lessons

Fees: Senior \$1.00, Adult \$3.00, Junior (12-17) \$2.00, Child (11 under) \$1.00

PHYSICAL ACTIVITY RESOURCES – Higher Cost Facilities

North Park Family YMCA

9616 N. Lamar Boulevard, Suite 130
512-973-9622
www.austinyymca.org

Facilities: Pool, Gym, Fitness Center, Free Weight Room, Aerobics/Dance Studio, Youth Gym, Outdoor Running Track

Programs: Health and Fitness, Aquatics, Sports

Hoop Zone

826 Rutland Drive
512-837-5553
<http://hpsaustin.com>

Programs: Basketball Camps, Leagues, Tournaments, and Strength & Conditioning

Austin Rock Gym

8300 N. Lamar Boulevard, Suite B102
512-416-9299
www.austinrockgym.com

Programs: Indoor and Outdoor Rock Climbing Lessons and Classes

TOBACCO RESOURCES

Quitline

1-877-YES-QUIT (937-7848)

Description: Get help quitting smoking by calling the free, confidential Quitline. Talk to a trained cessation counselor and enroll in a free quit smoking program designed just for you. Receive free materials that will help you prepare for your quit attempt...and stay quit for good. Learn about programs in your community that can help you quit. Find out which medications can help you quit.