

Community programs available for children

Please check websites regularly because fees/prices may change

Program Name	Contact Person	Contact Phone Number/email	Location	Program Dates/Times	Cost
H.O.S.T Hillsborough County Public Schools Out of School Time	Debbie Zenk LaShawn Johnson	(813) 744-8941 www.sdhc.k12.fl.us	Various Sites with Hillsborough County Public Schools	Elementary & Middle Before/After School Summer Programs 6:30/7:00a – 6:00p	(weekly) \$10 before school \$48+ after school \$72+ summer Discounts available for families with 3 or more children
TOPS – Take Off Pounds Sensibly Dedicated to helping each other Take Off and Keep Off Pounds Sensibly	Elizabeth White	813-924-1512 Or visit www.tops.org	1219 Millennium Parkway Brandon, FL 33511 Is an international organization.	Every Tuesday Weigh in 6pm- 7pm Meeting 7pm- 8pm	\$28 a year for corporate fee and \$6 a month for chapter membership
TOPS for Kids For Kids over age 7 to teens	www.tops.org		See website and ask group leader if the program is also available for kids or teens		\$13 to join initially and \$5/month thereafter
University of Florida/Hillsboro ugh County- 4-H Expanded Food and Nutrition Education Program	Jackie Hunter	(813) 744-5519 x54121 http://hillsborough.ifas.ufl.edu	Various sites within Hillsborough County Schools During and After school, Summer programs	Dates and times vary as requested by sites	Free
Dept of Health Healthy Tree, Healthy Fruit – Healthy lifestyle class for family reunions	Barbara Roberts	813-307-3071 x7103	Multiple/based on client needs	Dates as requested by clients	Free

Healthy & Fit for Life Focusing on the importance of making nutritious food choices and getting regular physical activity.	Felecia Brantley	(813) 287-5032 or fbrantley@morehealthinc.org	University Area Development Corp. 14013 N. 22 nd Street Tampa, FL 33613	Twice a year (January and May) 5 week program 6:30pm - 8pm	Free
Nutrition Classes <i>Provided by St. Joseph's Children's Advocacy Center</i>	Brandon Community Family Resource Centers	(813) 740-4634	1271 Kingsway Rd Brandon, FL 33510	Dates and times vary	Free
Nutrition Classes <i>Provided by St. Joseph's Children's Advocacy Center</i>	Central Tampa Family Resource Center	(813)204-1741	1002 E. Palm Ave Tampa, FL 33605	Dates and times vary	Free
Nutrition Classes <i>Provided by St. Joseph's Children's Advocacy Center</i>	East County Family Resource Center	(813) 752-8700	639 E. Alexander St Plant City, FL 33563	Dates and times vary	Free
Nutrition Classes <i>Provided by St. Joseph's Children's Advocacy Center</i>	North Tampa Family Resource Center	(813) 558-1877	1401-A E. Fowler Ave Tampa, FL 33612	Dates and times vary	Free
St. Joseph's Hospital – Why Weight Program		www.sjbhealth.org		Dates and times vary – check website calendar	4 week = \$120 6 weeks = \$200
Fit 4 All Kids	Kellie Gilmore	(727) 767-6923 Kellie.gilmore@allkids.org	Various YMCA locations Visit website www.fit4allkids.org for more information	Dates and times vary. Call for information	8 week program = \$75 (includes 8 week temporary YMCA pass)
Fit Kid Playground	Marisa Langford	(813) 785-8484 Marisa@FitKidsPlayground.com On Twitter: @FitKidsTampa		Dates and times vary. 6 events a year	Free
KidShape2.0 – 6-week program for children 6-12 years of age	Megan Erwin	Megan Erwin (813) 929-5368 https://www.floridahospital.com/wesley-chapel/health-wellness-center/kidshape	Children must be in 85 th percentile or higher for their BMI to participate	Dates and times vary – call for information	varies

More Health Inc. - Healthy and Fit Parent and Kid Program	Janice Lackey	(813) 287-5032			Free
Academic Adventures in Yoga Private, Classroom, Before/After School Programs	Patricia Calderoni www.academyoga.com	(813) 598-0795 academyoga@gmail.com patricia.calderoni@sdhc.k12.fl.us	Various sites within Hillsborough County Public Schools	Dates and times vary	Varies
YMCA					
YMCA – Bob Gilbertson Central City Family YMCA		(813) 229-9622 www.tampaymca.org	110 East Palm Ave Tampa, FL 33602	Ongoing programs	Varies
YMCA - Bob Sierra Family YMCA		(813) 962-3220 www.tampaymca.org	4029 Northdale Blvd. Tampa, FL 33624	Ongoing programs	Varies
YMCA - North Brandon		(813) 685-5402 www.tampaymca.org	3097 S. Kingsway Rd. Seffner, FL 33584	Ongoing programs	Varies
YMCA – Campo Family YMCA		(813) 684-1371 www.tampaymca.org	3414 Culbreath Rd. Valrico, FL 33596	Ongoing	Varies
YMCA – East Pasco		(813) 780-9622 www.tampaymca.org	37301 Chapel Hill Lp. Zephyrhills, FL 33541	Ongoing	Varies
YMCA – Fish Hawk Ranch YMCA Express		(813) 651-4200 www.tampaymca.org	16144 Churchview Dr. Suite 201 Lithia, FL 33547	Ongoing	Varies
YMCA – New Tampa		(813) 866-9622 www.tampaymca.org	16221 Compton Dr. Tampa, FL 33647	Ongoing	Varies
YMCA – Northwest Hillsborough YMCA		(813) 249-8510 www.tampaymca.org	8950 W. Waters Ave. Tampa, FL 33615	Ongoing	Varies
YMCA – Plant City		(813) 757-6677 www.tampaymca.org	1507 YMCA Pl. Plant City, FL 33563	Ongoing	Varies

YMCA – South Tampa		(813)839-0210 www.tampaymca.org	4411 S. Himes Ave. Tampa, FL 33611	Ongoing	Varies
YMCA – West Park Village YMCA Express		(813) 792-7838 www.tampaymca.org	9878 W. Linebaugh Ave. Tampa, FL 33626	Ongoing	Varies
YMCA – Camp Cristina		(813) 667-8400 www.ymcacampcristina.org	9840 Balm Riverview Rd. Riverview, FL 33569	Ongoing	Varies
The First Tee of Tampa Bay – YMCA Golf		(813) 238-7320 www.thefirstteetampabay.org	Rogers Park Golf Course 7910 Willie Black Dr. Tampa, FL 33610	Ongoing	Varies
YMCA – Sulphur Springs		(813) 924-4207 www.tampaymca.org	412 13 th St. Tampa, FL 33604	Ongoing	Varies
YMCA – Dade City		(352) 521-0484 www.tampaymca.org	38035 Meridian Ave. Dade City, FL 33525	Ongoing	Varies
YMCA - Diabetes Prevention Program		(813) 229-1305 (Fort Brooke) (813) 222-1334 (100 North)	104 S. Franklin St. Tampa, FL 33602 100 N. Tampa St. Tampa, FL 33602	Ongoing	Varies
County Parks & Recreation					
Baseball Various ages	Visit website for contact information	www.hillsboroughcounty.org	Varies	Varies	Varies
Basketball (Ages 7-15 years)	Visit website for contact information	www.hillsboroughcounty.org	Varies	Varies	\$50
Baton Different experience levels offered	Visit website for contact information	www.hillsboroughcounty.org	Brandon	Varies	\$5 - \$6
Cheerleading	Visit website for contact information	www.hillsboroughcounty.org	Various locations	Varies	\$6
Dance	Visit website for contact information	www.hillsboroughcounty.org	Winston	Wednesday 6:00pm	\$6

Football Youth and Flag	Visit website for contact information	www.hillsboroughcounty.org	Varies	Varies	\$25
Soccer	Visit website for contact information	www.hillsboroughcounty.org	Varies	Varies	Varies depending on league
Softball (Ages 5-18)	Visit website for contact information	www.hillsboroughcounty.org	Varies	Varies	Varies depending on league
City of Tampa Parks & Rec					
Basketball (age 9-15)	Visit website	(813)231-5270 http://www.tampagov.net/dept_parks_and_recreation	Varies	Varies	Varies
Dance	Visit website	(813) 231-5273 (Wayne C. Papy) (813) 975-2794 (New Tampa) http://www.tampagov.net/dept_parks_and_recreation	Wayne C. Papy Athletic Center and New Tampa Community Rec Center	Varies	Varies
Soccer (age 5-13)	Visit website	(813)231-5270 http://www.tampagov.net/dept_parks_and_recreation	Varies	Varies	Varies
Softball (age 17 and younger)	Visit website	(813)231-5270 http://www.tampagov.net/dept_parks_and_recreation	Varies	Varies	Varies
Swimming (lessons and training)	Visit website	(813)231-5270 http://www.tampagov.net/dept_parks_and_recreation	Varies	Varies	\$70 for annual swim pass \$23 for seasonal pass