

2011 HEALTHY KIDS, HEALTHY JACKSONVILLE: PARENT RESOURCE GUIDE

Healthy Jacksonville
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Communications and Planning
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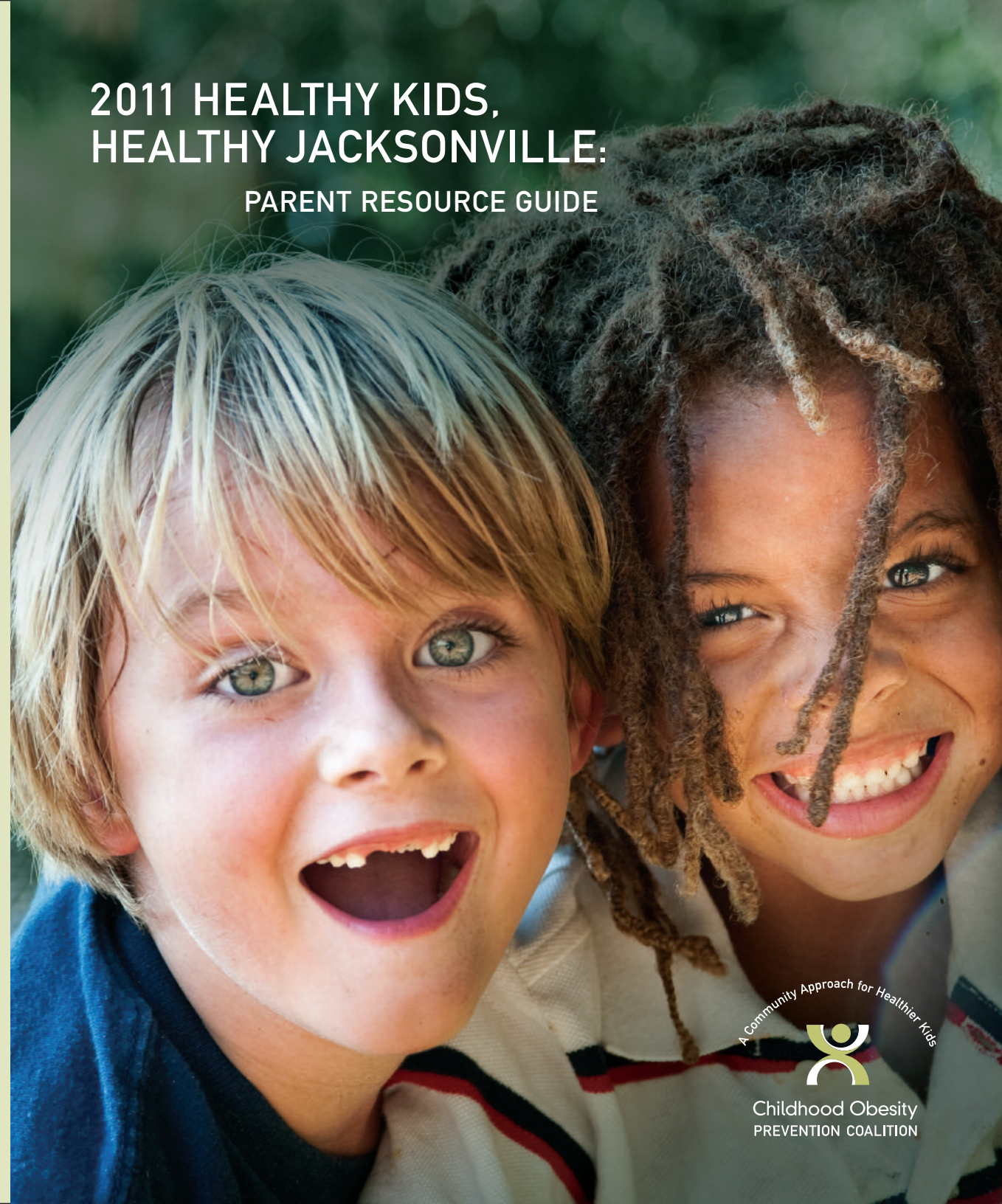
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A Community Approach for Healthier Kids



Childhood Obesity
PREVENTION COALITION



2011 HEALTHY KIDS, HEALTHY JACKSONVILLE: PARENT RESOURCE GUIDE

The Parent Resource Guide was created by the Healthy Jacksonville Childhood Obesity Prevention Coalition to address a community need for referral services, programs and community assets that promote healthy eating and physical activity for children. The guide serves as a partial listing of the many resources that Jacksonville has to offer to help children and families lead a healthier lifestyle.

As you look through the pages, you will find the following information:

- ORGANIZATION NAME / PROGRAM NAME
- DESCRIPTION OF SERVICES OFFERED
- LOCATION
- CONTACT INFORMATION
- COST (if applicable)

The information contained in this guide will help you find programs and services to support a healthy and active lifestyle for your family.

TABLE OF CONTENTS

Community Programs	2
After School	2
Healthy Eating	5
Adults & Families	6
Medical Assistance	7
School-Based Services	9
Community Organizations	10
Parks, Pools, Playgrounds & More	12
Downtown / Northside / Springfield	12
Westside	15
Arlington / Southside	18
Southside / Mandarin	21
Jacksonville Beaches	23
Various Locations	24
Sports	24
Community Recreation Centers	25

COMMUNITY PROGRAMS / ACTIVE KIDS

FIRST COAST YMCA

904.296.3220 / firstcoastymca.org

YMCA locations throughout the First Coast offer a wide range of activities for youth including: swimming lessons, karate, gymnastics, various sports leagues and a Kids Triathlon. The YMCA also provides youth fitness certification that allows youth ages 9 and up to work out on the wellness floor of all YMCA branches.

LOCATIONS: Various

COST: Fees vary, financial assistance available

FIRST TEE

904.924.0401 / thefirstteejacksonville.org

The youth-centered golf facility where youth in Jacksonville can learn the game and values of golf in a structured, supportive environment.

LOCATION: Northside

COST: Fees vary

GIRLS ON THE RUN

904.619.6763 / gotrneflorida.org

Girls on the Run (GOTR) encourages pre-teen girls to develop self-respect and healthy lifestyles through running. GOTR creates life-changing experiences for all girls ages 8 – 12 by combining training for a 5K along with important life lessons that encourage healthy habits, self-esteem, positive thinking and an active lifestyle.

LOCATION: Various

COST: Fees apply

LET US PLAY

904.270.8818 / letusplay.org

Let Us Play's goal is to motivate children to take advantage of the life-long benefits of sports and education. Let Us Play hosts a 4-day sports camp as well as a junior 2K run.

LOCATION: Various

COST: Fee or low-cost

TEMPLE BUILDERS FITNESS CENTER

904.394.0856

Temple Builders is a gym associated with the Potter's House Christian Fellowship. The gym offers a variety of classes and programs for all ages as well as an indoor heated pool.

LOCATION: Westside

COST: Fees apply

COMMUNITY PROGRAMS / AFTER SCHOOL

THE BRIDGE OF NORTHEAST FLORIDA

904.354.7799 / bridgejax.com

The Bridge of Northeast Florida offers children and teens programs related to healthy life choices including a focus on health and nutrition education and the benefits of active and healthy lifestyles. The Bridge also offers many recreational sports and activities including flag football, basketball, tennis, step dancing, yoga and karate, and features a community garden maintained by children at The Bridge.

LOCATION: Springfield

COST: No or low-cost services



BOYS & GIRLS CLUBS OF NORTHEAST FLORIDA

904.396.4435 / bgcnf.org

The Boys & Girls Clubs serves youth ages 6 – 18 through programs that focus on five core areas, one of which is sports, fitness and recreation. The most implemented program in this core area is Triple Play. This national program takes a whole-child approach to educating boys and girls about good nutrition, making physical fitness a daily practice, and developing individual strengths and good character. In addition to components for the body and mind, Triple Play gets at the soul of the Club experience — the games room. Each Mind, Body and Soul program can stand alone; yet combining them allows Club members to obtain more powerful, lifelong benefits.

LOCATION: Various

COST: Low-cost

CHILDREN'S HOME SOCIETY

904.493.7744 / chsfl.org

Children's Home Society provides after-school care that includes nutrition and physical activity involvement and education for children in foster care.

LOCATION: Arlington / Southside

COST: Free

COMMUNITY CONNECTIONS FITNESS & ANTI-OBESITY PROGRAM

904.350.9949 / communityconnectionsjax.org

The Fitness & Anti-Obesity Program at Community Connections teaches school-aged children and adolescents about making the importance of making healthy eating choices and provides instruction on preparing healthy snacks. Students participate in regular exercise routines and earn incentives for program participation.

LOCATION: Various

COST: Free

GIRLS ON THE RUN

904.619.6763 / gotrneflorida.org

Girls on the Run (GOTR) encourages pre-teen girls to develop self-respect and healthy lifestyles through running. GOTR creates life-changing experiences for all girls ages 8 – 12 by combining training for a 5K along with important life lessons that encourage healthy habits, self-esteem, positive thinking and an active lifestyle.

LOCATION: Various

COST: Fees apply

GIRLS, INC. OF JACKSONVILLE

904.731.9933 / girlsincjax.org

Girls, Inc. of Jacksonville serves girls ages 5 - 18 every day in after-school programs and summer camps. After-school programs provide a supportive and safe environment; homework assistance; and activities such as dance, computer, art, storytelling, theatre and karate. In addition to after-school programs, Girls, Inc. also provides outreach programs that build self-confidence and self-esteem, and help girls make better life decisions.

LOCATION: Various

COST: Fees vary

COMMUNITY PROGRAMS / AFTER SCHOOL *(continued)*

FIRST COAST YMCA PRYME TIME

904.296.3220 /
firstcoastymca.org/community/outreach

First Coast YMCA PrYme Time offers a variety of outdoor playtime, arts and crafts, games and snacks, in addition to a fitness program and various enrichment programs. The before- and after-school programs for school-aged children are offered in a fun and safe environment that promotes the YMCA's four core values: caring, honesty, respect and responsibility.

LOCATION: Various
COST: Fees vary

FIRST COAST YMCA YOUTH FIT FOR LIFE

904.296.3220

First Coast YMCA's Youth Fit For Life program is designed to promote healthy eating habits and increase physical activity for children in grades K through 5. A nutrition and health education component is provided by YMCA dieticians and health educators.

LOCATION: Various
COST: Fees vary

MALIVAI WASHINGTON KIDS FOUNDATION

904.359.5437 / malwashington.com

The MaliVai Washington Kids Foundation promotes school success and positive life skills through the sport of tennis among school-aged children and adolescents. Tennis gets kids involved in an active and fun game and offers so much more. By connecting success on the court with success in life, MaliVai Washington Kids Foundation promotes leadership, self-esteem, sportsmanship, confidence, discipline, responsibility and the values of hard work, team work and individual effort.

LOCATION: Northside
COST: Free

POLICE ATHLETIC LEAGUE (PAL)

904.854.6555 / jaxpal.com

The Police Athletic League (PAL) offers year-round and seasonal sports programs, after-school education and summer camps for children and adolescents. PAL programs are provided through safe and structured activities and are available to all youth regardless of race, religion or financial status.

LOCATION: Various
COST: Free

THE SANCTUARY

904.356.3588 / sanctuaryon8th.org

The Sanctuary on 8th Street provides a safe environment for children living in Springfield. The Sanctuary offers after-school enrichment and activities that enhance and expand children's understanding of the world. The Sanctuary also offers summer camp programs.

LOCATION: Springfield
COST: Free

WAYMAN COMMUNITY DEVELOPMENT LIFECHANGE FAMILY SERVICES

904.693.1503

Wayman Community Development offers educational workshops dedicated to positive self-image, nutrition and healthy lifestyles for children ages 6 – 16.

LOCATION: Westside
COST: Free

COMMUNITY PROGRAMS / HEALTHY EATING

BAPTIST HEALTH, DEPARTMENT OF COMMUNITY HEALTH

904.202.2530

Baptist Health's Department of Community Health provides education on nutrition and fitness for children and their families. The sessions focus on the USDA food guidelines and provide ways in which children and families can become healthy through proper diet and exercise.

LOCATION: Downtown
COST: Fees vary

BOY SCOUTS/CUB SCOUTS

904.388.0591 / nfcscouting.org

The goal of Boy Scouts and Cub Scouts is to prepare boys ages 6 – 18 for life by promoting character development, community involvement and personal fitness.

LOCATION: Various
COST: Low-cost

DUVAL COUNTY HEALTH DEPARTMENT, COMMUNITY NUTRITION SERVICES

904.253.1000 /
dchd.net/community%20nutrition.htm

The Duval County Health Department Community Nutrition Services Division provides programs to improve the nutrition of underserved adults and children throughout Jacksonville. The Community Nutrition Services Division is responsible for breast-feeding education and support, WIC and nutrition education. Specific classes offered include food budgeting, nutrition counseling and menu planning as well as food demonstrations and supermarket tours.

LOCATION: Various
COST: Fees vary



EMPOWERMENT RESOURCES, INC.

904.268.8287 / empoweringfamilies.org

Empowerment Resources, Inc., as well as the "Journey into Womanhood" program helps teens by promoting leadership development, academic performance and increased self-esteem. Parenting workshops also include nutrition and health education sessions.

LOCATION: Southside
COST: Fees vary

FIRST COAST YMCA, INDIVIDUAL NUTRITION COUNSELING

904.296.3220 /
firstcoastymca.org/wellness/nutrition

First Coast YMCA offers one-hour, individual nutrition counseling sessions to people of all ages. Through these sessions, participants meet one-on-one with a registered dietician and receive a personalized diet plan to help them achieve a healthy weight. Nutrition counselors are also available to offer education on healthier eating habits and ways to implement those habits.

LOCATION: Various
COST: Fees vary

COMMUNITY PROGRAMS / HEALTHY EATING *(continued)*

GIRL SCOUTS

904.388.4653 / girlscouts-gateway.org

Girl Scouts encourages girls to partner with caring adults, and creates a wide range of fun and challenging leadership activities that empower them to discover, connect and take action to make a difference in today's world.

LOCATION: Various
COST: Low- and no-cost

THAT-A-WEIGH KIDS®

904.887.0393 / thataweighkids.com

That-A-Weigh Kids® teaches kids and teens how to manage their weight. Developed by a pediatrician, the program uses hands-on activities, web resources, on-site learning, and plenty of support and motivation. That-A-Weigh Kids® offers children, teens and their families an alternative to a life-long battle with obesity and overweight.

LOCATION: Mandarin
COST: Fees apply

ST. VINCENT'S HEALTHCARE, WAY TO GO KIDS

904.308.7577

Way to Go Kids is a 6- to 8-week course designed to teach kids about nutrition and physical activity. Each week, a new topic related to nutrition is presented and children also participate in physical fitness through choreographed hip-hop dance routines.

LOCATION: Riverside
COST: Free



UNIVERSITY OF FLORIDA/IFAS COOPERATIVE EXTENSION SERVICE, 4-H EXPANDED FOOD & NUTRITION EDUCATION PROGRAM (EFNEP)

904.387.8858

The 4-H Expanded Food & Nutrition Education Program offers youth and adolescents nutrition education in-school, after-school and at summer camps. Education is offered using cooking demonstrations and physical activity and emphasizes the importance of living a healthy lifestyle.

LOCATION: Various
COST: Free

COMMUNITY PROGRAMS / ADULTS & FAMILIES

EMPOWERMENT RESOURCES, INC.

904.268.8287 / empoweringfamilies.org

Empowerment Resources, Inc., as well as the "Journey into Womanhood" program helps teens by promoting leadership development, academic performance and increased self-esteem. Parenting workshops also include nutrition and health education sessions.

LOCATION: Southside
COST: Fees vary

FIRST COAST YMCA, A DIFFERENT WEIGH

904.355.1436 / firstcoastymca.org

A Different Weigh is a six-month behavioral modification program for adults focused on achieving total health through lifestyle changes, and includes a multi-disciplinary approach to weight loss. The program provides pre- and post-assessments, bi-weekly weigh-ins, plus individual sessions with behavioral therapists, registered dietitians, health educators and personal trainers. The curriculum places equal emphasis (50/50) on physical activity/exercise and nutrition.

LOCATION: Riverside and Southside
COST: Fees vary

NORTHEAST FLORIDA HEALTHY START COALITION

904.723.5422 / nefhealthystart.org

Healthy Start provides free services for pregnant women and their infants and toddlers, including: childbirth education classes, healthy pregnancy classes, infant care classes, breastfeeding education and support, home visits, counseling, parenting education and support, and more.

LOCATION: Various
COST: Free

NORTHEAST FLORIDA LACTATION COALITION

904.845.2660, ext. 5385 / neflbreastfeeding.org

The Northeast Florida Lactation Coalition provides education for expecting and nursing mothers on healthy lifestyles, processed/fried food intake, pre-natal health and breastfeeding.

LOCATION: Various
COST: Low- and no-cost

UNITED WAY OF NORTHEAST FLORIDA, BORN LEARNING

904.390.3225 /
unnefl.org/partnerships_bornlearning.asp

United Way of Northeast Florida's Born Learning parenting classes enable low-income parents, grandparents and caregivers of children under age 13 to explore ways to turn everyday moments into fun learning opportunities for children.

LOCATION: Various
COST: Free

COMMUNITY PROGRAMS / MEDICAL ASSISTANCE

DUVAL COUNTY HEALTH DEPARTMENT AND THE UNIVERSITY OF FLORIDA CENTER FOR WOMEN & CHILDREN, BREASTFEEDING PROMOTION AND SUPPORT SERVICES

904.253.1080 / dchd.net/cfwc.htm

The Center for Women & Children offers pregnant/nursing women and children with Medicaid, low-insurance or no insurance the following women's health care services: breast and cervical cancer care, family planning/birth control, pregnancy testing, pap smears, clinical breast exams, prenatal care. Healthy Start and WIC. The Center also provides children's well care, sick care and immunizations.

LOCATION: Downtown
COST: Fees vary

COMMUNITY PROGRAMS / MEDICAL ASSISTANCE *(continued)*

FULL SERVICE SCHOOLS

904.390.3247 / uwnefl.org/Partnerships_FSS.asp

Full Service Schools (FSS) is the only free mental health resource for children in Duval County that covers behavioral help for children and individual/family counseling. Other services provided by FSS include: mentoring, parenting help, medical/health/nursing services, eyeglasses, after-school activities and basic needs assistance.

LOCATION: Various
COST: Free

NEMOURS CHILDREN'S CLINIC, JACKSONVILLE

904.697.3600 / Nemours.org

Specialists in the Weight Management program at Nemours Children's Clinic, Jacksonville, provide evaluation and treatment of children who are either overweight or obese. The comprehensive program is focused on helping families adopt long-term, sustainable lifestyle changes that can lead to significant improvements in a child's overall health and well-being. Our team of pediatric specialists includes doctors, nurses, registered dietitians, exercise specialists, and behavior health experts, all of whom have special expertise in weight management issues. Some of the services offered include: consults, support groups, group exercise, cooking and nutrition courses, family parenting and coping skills, and behavior-based goal setting.

LOCATION: Downtown/Southbank
COST: Fees apply, depending on insurance carrier

ST. VINCENT'S MOBILE HEALTH OUTREACH MINISTRIES

904.308.7911

The St. Vincent's Mobile Health Outreach Ministries travels throughout the region to minister to underserved and uninsured adults and children, providing immunizations, health screenings, physicals, medical testing and many other services, at no charge. The Mobile Health Outreach team also provides referrals to nutritionists for follow-up, as needed, and physical activity education.

LOCATION: Various
COST: Free

WOLFSON CHILDREN'S HOSPITAL WEIGH TO HEALTH CAMPS

904.202.4959 / wolfsonchildrens.org/programs-services/support/Pages/parent-resources.aspx

Every summer, the Behavioral Health Department of Wolfson Children's Hospital holds intensive, experiential camps for children and adolescents struggling with weight and body image issues. The camps, which are offered in partnership with the Yates Family YMCA in Riverside, introduce children to the key components of a health lifestyle, including: balanced nutrition; mindful eating and becoming a wise consumer; reducing emotional eating and overeating; moderate, enjoyable physical activity; healthy coping skills; and improved body image and self-esteem.

LOCATION: Downtown/Riverside
COST: Fees vary, financial assistance available

WOLFSON CHILDREN'S HOSPITAL / NEMOURS CHILDREN'S CLINIC, JACKSONVILLE, NORTHEAST FLORIDA PEDIATRIC DIABETES CENTER

904.202.8547

The Northeast Florida Pediatric Diabetes Center, a partnership between Wolfson Children's Hospital and Nemours Children's Clinic, is the only center of its kind in the area. The multi-disciplinary team includes certified diabetes educators, registered nurses, registered dietitians and pediatric endocrinologists—specially trained in the management of diabetes and diabetes-related conditions in children. A full range of diagnostic, treatment and consulting services are offered for children and adolescents, including: type 1 diabetes, type 2 diabetes, pre-diabetes, weight management and other factors contributing to the metabolic syndrome.

LOCATION: Downtown/Southbank
COST: Fees apply, depending on insurance carrier

COMMUNITY PROGRAMS / SCHOOL-BASED SERVICES

Contact your child's school or child care center to find out if these programs are available.

STRETCH-N-GROW

904.273.9598 / stretchngrowflorida.com

Stretch-N-Grow Florida is part of an international network dedicated to establishing healthy habits in young children. Through Stretch-N-Grow, well-trained, certified instructors conduct fun fitness classes at preschools, child care centers, elementary

schools and recreation centers. By making fitness fun, the program teaches children to love exercise and instills a strong foundation for a lifetime of healthy habits that result in good health, strength, confidence and positive attitudes. Stretch-N-Grow also offers workshops to keep staff motivated and educated, as well as help bring new and fun ideas for incorporating fitness into the classroom.

LOCATION: Various
COST: Fees vary

COMMUNITIES IN SCHOOLS

904.354.5918 / cisjax.org

Communities in Schools of Jacksonville (CISJ) is the largest local provider of in-school safety net and dropout prevention services for at-risk children. Each year, CISJ programs reach 6,600 students through a wide range of in-school and after-school initiatives.

LOCATION: Various
COST: Free

DUVAL COUNTY PUBLIC SCHOOLS, SAFE AND HEALTHY SCHOOLS

904.390.2131 / duvalschools.org

The Safe and Healthy Schools Department is committed to providing curricular, instructional and behavioral support in health, physical education and school climate to empower students to become healthy, productive and successful learners within a safe and supportive learning environment. The Department oversees school-based health education and physical activity for all Duval County Public School children.

LOCATION: Various
COST: Free, included in school curricula

COMMUNITY PROGRAMS / SCHOOL-BASED SERVICES *(continued)*

JACKSONVILLE CHILDREN'S COMMISSION NUTRITIONAL SERVICES & DEVELOPMENTAL HEALTH PROGRAMS

904.630.6430 / jaxkids.org

The Jacksonville Children's Commission (JCC) provides nutrition education in 28 team-up sites throughout Duval County. JCC creates menus and manages the Childcare Food program to provide after-school snacks and dinners to underserved children. In addition, the group is a sponsor of the Summer Lunch Program, which provides snacks and lunches to underserved children when school is out for the summer.

LOCATION: Various
COST: Free

NORTHEAST FLORIDA AREA HEALTH EDUCATION CENTER, HEALTHY CHOICE ALTERNATIVES FOR TWEENS (HCAT)

904.482.0189 / northfloridaahec.org

The Healthy Choice Alternatives for Tweens (HCAT) is a 14-week nutrition education and physical activity program designed to educate and encourage third-grade elementary students and their families to adopt behaviors that are consistent with the USDA's Dietary Guidelines for Americans, including MyPlate (previously the Food Pyramid). The program is led by university students who teach six lessons in the fall and six lessons in the spring, with an additional week each semester for introduction and celebration.

LOCATION: Various
COST: Free (Contact AHEC about bringing this program to your child's school)

NORTHEAST FLORIDA AHEC OSTEOPOROSIS PREVENTION PROGRAM (OPP)

904.482.0189 / northfloridaahec.org

The Osteoporosis Prevention Program offers nutrition education, physical activity instruction, eating disorder prevention and healthy lifestyle tips taught to school-age children at different grade levels in area schools. The program follows Sunshine State Standards and uses the USDA's MyPlate as a guide.

LOCATION: Various
COST: Free (Contact AHEC about bringing this program to your child's school)

COMMUNITY ORGANIZATIONS

Agencies listed below do not provide direct services, but do offer community development assistance and health education resources. Contact these organizations if you are interested in their involvement with the Healthy Jacksonville Childhood Obesity Prevention Coalition.

DEPARTMENT OF CHILDREN AND FAMILIES ACCESS FLORIDA

866.762.2237 / dcf.state.fl.us/ess/

Find out about and apply for benefits and find other organizations that offer help.

HEALTH PLANNING COUNCIL OF NORTHEAST FLORIDA

904.723.2162 / hpcnef.org

Community planning and research on behavior change.

HEALTHY JACKSONVILLE CHILDHOOD OBESITY PREVENTION COALITION

904.253.2520

The mission of the Healthy Jacksonville Childhood Obesity Prevention Coalition (HJCOPC) is to prevent and reduce obesity in children and adolescents by promoting healthy and active lifestyles for children in Duval County. The HJCOPC represents more than 50 area nonprofits along with other interested individuals committed to the sole purpose of working on behalf of children.

NORTHEAST FLORIDA REGIONAL COUNCIL

904.279.0885, ext. 130 / nefrpc.org

The Northeast Florida Regional Council influences policy related to land use and school settings.

URBAN DYNAMICS CORPORATION

904.246.7075

The Urban Dynamics Corporation works to create opportunities to build school and community gardens in order to improve access to healthy foods.



WAR ON POVERTY FLORIDA

904.766.7275 / waronpoverty.org

War on Poverty's work is focused on community gardens; community asset analysis; community organization and engagement; and youth development.

PARKS, POOLS, PLAYGROUNDS & MORE (Listed by Neighborhood)



DOWNTOWN / NORTHSIDE / SPRINGFIELD RECREATION

BANK OF AMERICA FAMILY YMCA

50 N. Laura Street
Jacksonville, FL 32202
904.356.9622

FIRST TEE JACKSONVILLE

1157 Golfair Boulevard
Jacksonville, FL 32209
904.924.0401
firstteejacksonville.org

FORESTVIEW ATHLETIC ASSOCIATION

9027 Wilton Avenue
Jacksonville, FL 32208
904.768.0077

GATE CITY GOLF ASSOCIATION

6727 Hema Road
Jacksonville, FL 32209
904.765.8517

GRAND PARK ATHLETIC ASSOCIATION

2500 Division Street
Jacksonville, FL 32209
904.476.3587
leaguelineup/gpafootball

JAMES WELDON JOHNSON FAMILY YMCA

5700 Cleveland Road
Jacksonville, FL 32209
904.765.3589

JACKSONVILLE BMX

1946 Ray Greene Drive
Jacksonville, FL 32218
904.252.9923
jacksonvillebmx.com

JERRY WILLIAMSON MARTIAL ARTS SCHOOL

2839 Dunn Avenue
Jacksonville, FL 32218
904.765.2441

JESSIE BALL DUPONT YMCA

7373 Old Kings Road S.
Jacksonville, FL 32217
904.731.2006

KOOKER PARK

1420 E. 20th Street
Jacksonville, FL 32202

POLICE ATHLETIC LEAGUE (PAL) – EASTSIDE

1050 Franklin Street
Jacksonville, FL 32206
904.358.6767
jaxpal.com

Did You Know? There are more than 60 parks with playgrounds available for public use throughout Jacksonville. Visit JaxParks.com for a complete list.

POLICE ATHLETIC LEAGUE (PAL) – NORTHSIDE

2165 W. 33rd Street
Jacksonville, FL 32209
904.355.3308
jaxpal.com

POLICE ATHLETIC LEAGUE (PAL) – TEAM UP

696 Palm Avenue
Jacksonville, FL 32254
904.695.1795
jaxpal.com

POLICE ATHLETIC LEAGUE (PAL) – WESTSIDE, MALLISON PARK

441 Day Avenue
Jacksonville, FL 32254
904.381.1101
jaxpal.com

SCOTT PARK ATHLETIC ASSOCIATION

2745 Hamilton Circle
Jacksonville, FL 32209
904.387.6631

SHANDS JACKSONVILLE YMCA

580 W. 8th Street
Jacksonville, FL 32209
904.244.9350

TIGER ACADEMY YMCA

6079 Bagley Road
Jacksonville, FL 32209
904.309.6840

DOWNTOWN/NORTHSIDE/ SPRINGFIELD POOLS

ANDREW JACKSON HIGH SCHOOL POOL

128 W. 30th Street
Jacksonville, FL 32206
904.630.0281

CHARLES CLARK POOL

8793 Sibbald Road
Jacksonville, FL 32208
904.768.6422

CLANZEL T. BROWN POOL

4415 Moncrief Road
Jacksonville, FL 32209
904.768.1330

EMMETT REED POOL

1093 6th Street
Jacksonville, FL 32209
904.630.0829

EUGENE BUTLER MIDDLE SCHOOL POOL

900 Acorn Street
Jacksonville, FL 32209
904.630.0322

GRAND PARK POOL

2740 Division Street
Jacksonville, FL 32209
904.630.0282

JULIUS GUINYARD POOL

1358 Jefferson Street
Jacksonville, FL 32209
904.630.0994

MALLISON POOL

3133 Lenox Avenue
Jacksonville, FL 32254
904.388.2639

RAINES HIGH SCHOOL POOL

3663 Raines Avenue
Jacksonville, FL 32209
904.765.0920

RIBAUTL HIGH SCHOOL POOL

5820 Van Gundy Street
Jacksonville, FL 32208
904.766.5319

ROBERT F. KENNEDY POOL

1139 Ionia Street
Jacksonville, FL 32206
904.630.0939

DOWNTOWN / NORTHSIDE / SPRINGFIELD

PARKS & PLAYGROUNDS

A. PHILIP RANDOLPH HERITAGE PARK

A. Philip Randolph Boulevard
Jacksonville, FL 32206

Walking, Running, Playground

BARNEY BROWNING PARK

6014 Norwood Avenue
Jacksonville, FL 32208

CONFEDERATE PLAYGROUNDS

949 Hubbard Street
Jacksonville, FL 32206

EMMETT REED PARK

1093 W. 6th Street
Jacksonville, FL 32209

Basketball, Pool, Tennis, Gymnasium

EUGENE M. GLOVER PLAYGROUND

1701 Myrtle Avenue
Jacksonville, FL 32209

FLORIDA C. DWIGHT MEMORIAL PLAYGROUND

1199 W. Church Street
Jacksonville, FL 32204

FLOSSIE BRUNSON EASTSIDE PARK

1050 Franklin Street
Jacksonville, FL 32202

Baseball, Basketball, Tennis, Fields,
Playgrounds

FT. GEORGE ISLAND CULTURAL STATE PARK

State Road A1A South
Jacksonville, FL 32226
904.251.2320

Walking, Running, Biking

GRUNTHAL PARK

1660 W. 13th Street
Jacksonville, FL 32209

Basketball, Tennis, Playground

HUGUENOT MEMORIAL PARK

10980 Hecksher Drive
Jacksonville, FL 32226
904.251.3335

Playground, Swimming, Fishing, Wind surfing,
Boating, Bird watching, Boat ramp

JACKSONVILLE'S RIVER WALK

201 E. Coastline Drive
Jacksonville, FL 32202

Walking, Running

LITTLE TALBOT ISLAND STATE PARK

12157 Hecksher Drive
Jacksonville, FL 32226
904.251.2320

Walking, Running, Biking,
Swimming, Kayaking

METROPOLITAN PARK

1410 Gator Bowl Boulevard
Jacksonville, FL 32202
904.696.5980

Playgrounds, Kids Kampus, Boat dock, Grills

MITCHELL CENTER AND PARK

1010 Murray Drive
Jacksonville, FL 32209

MURRAY HILL PLAYGROUNDS

4208 Kingsbury Street
Jacksonville, FL 32202

Walking, Baseball, Basketball, Playground

NORTH SHORE PARK

7901 Pearl Street
Jacksonville, FL 32208
904.630.2489

Walking, Playground, Fishing pier

PUMPKIN HILL CREEK STATE PRESERVE

13802 Pumpkin Hill Road
Jacksonville, FL 32226
904.696.5980

Walking, Running, Biking, Equestrian



WESTSIDE RECREATION

ARGYLE FOREST YOUTH SPORTS ASSOCIATION

8578 Beresford Lane
Jacksonville, FL 32244
904.317.8739
argylespartans.com

Football, Cheerleading

CARTERS MARTIAL ARTS INSTITUTE

8029 W. Ramona Boulevard
Jacksonville, FL 32210
904.742.7007
cmaikarate.com

CEDAR HILLS ATHLETIC ASSOCIATION

6709 Watoma Street
Jacksonville, FL 32219
904.771.9277

CLAUDE J. YATES YMCA

221 Riverside Avenue
Jacksonville, FL 32202
904.355.1436

FIRST COAST TAEKWONDO

8970 103rd Street, Suite 4
Jacksonville, FL 32210
904.778.2348
firstcoasttaekwondo.com

GYMNASTICS UNLIMITED

5525 Lenox Avenue
Jacksonville, FL 32205
904.783.8043
gymunlimitedfl.com

JACKSONVILLE BMX

1946 Ray Greene Drive
Jacksonville, FL 32218
904.252.9923
jacksonvillebmx.com

LAKESHORE ATHLETIC ASSOCIATION

5300 Park Street
Jacksonville, FL 32210
904.384.1427
lssa.net

Football, Cheerleading, Baseball, Softball

LAVILLA SPORTSMAN CLUB

7977 New Kings Road
Jacksonville, FL 32219
904.993.6035

Football, Cheerleading

MARIETTA ATHLETIC ASSOCIATION

361 Bulls Bay Highway
Jacksonville, FL 32220
904.786.5682

NORMANDY ATHLETIC ASSOCIATION

10727 Normandy Boulevard
Jacksonville, FL 32221
904.693.3322

NORTH JAX SPORTS ASSOCIATION

12135 Harts Road
Jacksonville, FL 32218
Eteamz.com/njsafootball

Football, Cheerleading



RIVER CITY ALL STARS

14476 Duval Place W., 201
Jacksonville, FL 32218
904.382.3633
homeoftherockets.com

Cheerleading

SWEETWATER ATHLETIC ASSOCIATION

6974 Wilson Boulevard
Jacksonville, FL 32210
904.573.0912

Football, Cheerleading

TAIJI KUNG FU ACADEMY

6920 103rd Street
Jacksonville, FL 32210
taijikungfuacademy.com

VICTORY POINTE BOYS & GIRLS CLUB

6750 Ramona Boulevard
Jacksonville, FL 32205
904.693.1810

Basketball

WESTSIDE FOOTBALL LEAGUE

6045 105th Street
Jacksonville, FL 32244
904.777.3800

Football, Cheerleading, Dance

WESTSIDE SOCCER LEAGUE

5845 Ortega Boulevard #4
Jacksonville, FL 32210
904.317.4501
westsidesoccer.com

WHITE HOUSE ATHLETIC ASSOCIATION

11160 General Avenue
Jacksonville, FL 32220
904.693.2458
gowhca.com

Baseball, T-Ball, Softball

WESTSIDE POOLS

BALDWIN HIGH SCHOOL POOL

345 Chestnut Street
Jacksonville, FL 32234
904.266.2478

CECIL AQUATICS CENTER

13611-A Normandy Boulevard
Jacksonville, FL 32221
904.573.8994

ED WHITE HIGH SCHOOL POOL

1700 Old Middleburg Road
Jacksonville, FL 32210
904.783.4958

FORREST HIGH SCHOOL POOL

5530 Firestone Road
Jacksonville, FL 32244
904.573.2485

LAKESHORE MIDDLE SCHOOL POOL

2519 Bayview Road
Jacksonville, FL 32210
904.387.1772

ROBERT E. LEE HIGH SCHOOL POOL

1200 S. McDuff Avenue
Jacksonville, FL 32205
904.387.6959

WESTSIDE PARKS & PLAYGROUNDS

BOONE PARK

3730 Park Street
Jacksonville, FL 32205

Walking, Running, Tennis, Playground

DINSMORE BOAT RAMP AND PLAYGROUND

6800 Dunn Avenue
Jacksonville, FL 32219

DINSMORE PLAYGROUND

10632 Old Kings Road
Jacksonville, FL 32219

MURRAY DRIVE PLAYGROUND

1187 Murray Drive
Jacksonville, FL 32205

ORTEGA HILLS PLAYGROUND

5000 Greenway Drive
Jacksonville, FL 32244

STINSON PARK

4050 San Juan Avenue
Jacksonville, FL 32210

Playground, Walking

STOCKTON PARK

4201 Ortega Boulevard
Jacksonville, FL 32210

Walking, Fishing

SWEETWATER PLAYGROUND

7220 Esther Street
Jacksonville, FL 32210

WESTRIDGE PARK

2301 Maple Grove Road
Jacksonville, FL 32244

WESTWOOD PARK

5900 W. Tampico Road
Jacksonville, FL 32244

WILEY ROAD PLAYGROUND

2150 Lane Avenue
Jacksonville, FL 32210

WILLOWBRANCH PARK

2870 Sydney Street
Jacksonville, FL 32205

Playground, Basketball, Softball

ARLINGTON/SOUTHSIDE RECREATION

ARLINGTON FAMILY YMCA

9119 Merrill Road
Jacksonville, FL 32255
904.744.2233

ARLINGTON FOOTBALL ASSOCIATION

6400 Macy Avenue
Jacksonville, FL 32211
904.708.9051

Football, Cheerleading, Dance

ARLINGTON LITTLE LEAGUE

6350 Fort Caroline Road
Jacksonville, FL 32277
904.744.3055
alljax.org

Baseball, Softball, Special Needs

BARBARA THOMPSON SCHOOL OF DANCE

8595 Beach Boulevard, Suite 310
Jacksonville, FL 32216
904.997.0002

Dance, Gymnastics

CLAM CHEER AND DANCE

445 Tresca Road, #104
Jacksonville, FL 32225
904.382.8048

DYNAMITE ALL STARS

12777-6 Atlantic Boulevard
Jacksonville, FL 32225
904.221.5544
dynamiteallstars.com

Cheerleading

FIRST CLASS ATHLETICS

6026 Bowendale Avenue
Jacksonville, FL 32216
904.828.3505
fcathletics.com

Cheerleading, Dance, Gymnastics, Tumbling

FIRST COAST ARTS & SPORTS CLUB

10539 Craig Industrial Drive, #4
Jacksonville, FL 32225
904.508.3946
firstcoast-artandsports.com

Cheerleading, Tumbling, Acrobatics, Wrestling

FIRST COAST SOCCER ASSOCIATION

2850 Hodges Boulevard
Jacksonville, FL 32224
904.223.3603
firstcoastsoccer.com

FIRST COAST YMCA

8301 Fort Caroline Road
Jacksonville, FL 32225
firstcoastymca.org

Swimming, Karate, Gymnastics, Basketball

FLYING FISH SWIM TEAM

4131 Ferber Road
Jacksonville, FL 32225
904.477.4629
ffst.us

FORT CAROLINE ARCHERY CLUB

11678 Fort Caroline Road
Jacksonville, FL 32225
904.994.0011
fortcarolinearchers.com

FORT CAROLINE ATHLETIC ASSOCIATION

11851 McCormick Road
Jacksonville, FL 32225
904.564.2080
eteamz.com/fcaabaseball

Baseball

GREATER ARLINGTON SOCCER CLUB

11751 McCormick Road
Jacksonville, FL 32225
904.744.5490
gascsoccer.com

HENDRICKS AVENUE COMMUNITY ATHLETICS

4001 Hendricks Avenue
Jacksonville, FL 32207
904.348.6328

JACKSONVILLE JUNIORS VOLLEYBALL ASSOCIATION

11661 Philips Highway
Jacksonville, FL 32256
904.854.2323
jjva.com

JAX KARATE

11120 McCormick Road
Jacksonville, FL 32225
904.994.4943
jaxkarate.com

JUNIOR TEAM DEVELOPMENT PROGRAM

10239 Golf Club Drive
Jacksonville, FL 32256
904.997.2004
deerwoodclub.com

Tennis



KARATE ARTS ACADEMY OF SELF DEFENSE

7801 Lonestar Road
Jacksonville, FL 32211
904.722.0110
karateartsflorida.com

KINGDOM PANTHERS SPORTS

12335 Atlantic Boulevard
Jacksonville, FL 32225
904.470.4617

Football, Cheerleading

MCCUMBER GOLF ACADEMY

1 UNF Drive, Building 48
Jacksonville, FL 32224
904.620.2050
thegolfplex.com

MINDFUL MOTION YOGA

3546 St. Johns Bluff Road, #119
Jacksonville, FL 32246
904.996.2500
mindfulmotion-yoga.com

NORTH FLORIDA GYMNASTICS AND CHEER

12777-10 Atlantic Boulevard
Jacksonville, FL 32246
904.221.5544
nfgymcheer.com

**POLICE ATHLETIC LEAGUE (PAL) –
SOUTHSIDE/MONUMENT**

3440 Monument Road
Jacksonville, FL 32225
904.854.6555

Basketball, Boxing, Cheerleading, Football,
Karate, Lacrosse, Soccer, Track & Field,
Special Needs

PINE FOREST ATHLETIC ASSOCIATION

3939 Grant Avenue
Jacksonville, FL 32207
904.708.9051

Football, Cheerleading, Dance

**SOUTHSIDE ATHLETIC
ASSOCIATION POP WARNER**

2115 Dean Road
Jacksonville, FL 32216
904.855.1307

TNT GYMNASTICS AND FITNESS

2683 St. Johns Bluff Road S.
Jacksonville, FL 32246
904.998.8681
tntgymfit.com

Cheerleading, Gymnastics, Tumbling,
Fitness, Dance

UNITED MARTIAL ARTS

6180-9 Fort Caroline Road
Jacksonville, FL 32225
904.762.9687
unitedmartialartsjax.net

**ARLINGTON / SOUTHSIDE
POOLS**

ENGLEWOOD HIGH SCHOOL POOL

4412 Barnes Road
Jacksonville, FL 32207
904.448.6895

FORT CAROLINE POOL

4131 Ferber Road
Jacksonville, FL 32277
904.744.5612

PINE FOREST POOL

2335 Gattis Lane
Jacksonville, FL 32207
904.398.0591

**SAN SOUCI POOL
(ADOLPH WURN PARK)**

2115 Dean Road
Jacksonville, FL 32216
904.724.8218

SANDALWOOD HIGH SCHOOL POOL

2750 John Prom Boulevard
Jacksonville, FL 32246
904.642.5900

TERRY PARKER HIGH SCHOOL POOL

7301 Parker School Road
Jacksonville, FL 32211
904.723.6144

WOODLAND ACRES POOL

8200 Kona Avenue
Jacksonville, FL 32211
904.724.6169

**ARLINGTON / SOUTHSIDE
PARKS & PLAYGROUNDS**

ARLINGTON LIONS CLUB PARK

4322-1 Richard Denby Gatlin Road
Jacksonville, FL 32277

Walking, Playground, Fishing

BLUE CYPRESS PARK

4012 University Boulevard N.
Jacksonville, FL 32277

Walking, Swimming, Soccer, Playground, Golf

CASTAWAY ISLAND PRESERVE

2885 San Pablo Road S.
Jacksonville, FL 32224
904.630.4100

Walking, Biking, Running, Canoeing, Outdoor
theatre for wildlife education

GERRIES PARK

6629 Fort Caroline Road
Jacksonville, FL 32277

**JACKSONVILLE ARBORETUM
AND GARDENS**

1445 Millcoie Road
Jacksonville, FL 32225

Walking, Biking, Running

**PARKWOOD HEIGHTS
ELEMENTARY PARK**

1709 Lansdowne Road
Jacksonville, FL 32246

**SAN PABLO ELEMENTARY
PLAYGROUND**

801 18th Avenue N.
Jacksonville, FL 32246

ST. NICHOLAS PLAYGROUND

2260 Spring Park Road
Jacksonville, FL 32207

UNF CAMPUS TRAILS

1 UNF Drive
Jacksonville, FL 32224

Walking, Running, Biking

VICTORY PARK

3781 University Club Boulevard
Jacksonville, FL 32277

Walking, Field, Playground

**SOUTHSIDE / MANDARIN
RECREATION**

**BAYMEADOWS ATHLETIC
ASSOCIATION**

8000 Baymeadows Road E.
Jacksonville, FL 32256
904.392.6831

Football, Cheerleading

BAYMEADOWS GYMNASTICS

9410 Historic Kings Road S.
Jacksonville, FL 32257
904.731.1717

**BLUE CROSS AND BLUE SHIELD
OF FLORIDA YMCA**

4800 Deerwood Parkway, Bldg. 300
Jacksonville, FL 32246
904.905.0010

BROOKS FAMILY YMCA

10423 Centurion Parkway N.
Jacksonville, FL 32256
904.854.2000

BULLDOG BOXING

11491 Columbia Park Drive W.
Suites 9, 10
Jacksonville, FL 32258
904.982.0063

Boxing, Kickboxing,
Mixed Martial Arts, Self-Defense

FLAGLER CENTER FAMILY YMCA

12735 Gran Bay Parkway W.
Jacksonville, FL 32258
904.370.9622

FLORIDA'S FIRST COAST YMCA – METROPOLITAN

12735 Gran Bay Parkway W.
Jacksonville, FL 32258
904.296.3220

JACKSONVILLE ACADEMY OF GYMNASTICS

11339 Distribution Avenue E.
Jacksonville, FL 32256
904.683.1767
jaxacademygym.com

KOREAN TAEKWONDO INSTRUCTION

13529 Beach Boulevard
Jacksonville, FL 32256
904.821.1144
ktaflorida.com

MANDARIN ATHLETIC ASSOCIATION

11808 Fayal Drive
Jacksonville, FL 32258
904.268.8303
letsgomaa.org

Football, Cheerleading, Baseball, Softball

MANDARIN SPORTS ASSOCIATION

12073 Brady Road
Jacksonville, FL 32217
904.737.1177

Baseball



PABLO CREEK

2515 Dean Road
Jacksonville, FL 32217
904.316.8956

Football, Cheerleading, Dance

SAN JOSE ATHLETIC ASSOCIATION

7641 Powers Avenue
Jacksonville, FL 32217
904.727.1177

Baseball

SUN BELT MARTIAL ARTS – MANDARIN

10501-1 San Jose Boulevard
Jacksonville, FL 32257
904.260.0678
sunbeltmartialarts.com

STARLIGHT GYMNASTICS

3000 Plummer Cove Road
Jacksonville, FL 32223
904.260.4866
starlightjax.com

WILLIAMS FAMILY YMCA

10415 San Jose Boulevard
Jacksonville, FL 32257
904.292.1660

WORLD CLASS GYMNASTICS AND CHEERLEADING

9545-1 San Jose Boulevard
Jacksonville, FL 32257
904.262.2002
wcgymnastics.com

Cheerleading, Gymnastics, Tumbling

WORLD RHYTHMICS

6005 Powers Avenue
Jacksonville, FL 32217
904.537.1888

Gymnastics

SOUTHSIDE / MANDARIN POOLS

MANDARIN HIGH SCHOOL POOL

4831 Greenland Road
Jacksonville, FL 32258
904.292.1541

WOLFSON HIGH SCHOOL POOL

7000 Powers Avenue
Jacksonville, FL 32217

SOUTHSIDE / MANDARIN PARKS & PLAYGROUNDS

9A/BAYMEADOWS REGIONAL PARK

8000 Baymeadows Road E.
Jacksonville, FL 32256

Walking, Playground, Soccer

JACKSONVILLE BEACHES RECREATION

ACROJAX GYM

1250 Shetter Avenue, Unit 4
Jacksonville Beach, FL 32250
904.273.8876
acrojaxgym.com

ASIAN DRAGON MARTIAL ARTS

725 Atlantic Boulevard
Neptune Beach, FL 32233
904.891.6891
admakarate.com

BAILEY'S POWERHOUSE GYM

753 Atlantic Boulevard
Atlantic Beach, FL
904.242.4967
baileysgym.com

BAILEY'S POWERHOUSE GYM

1352 Beach Boulevard
Jacksonville Beach, FL 32250
904.241.5227
baileysgym.com

BEACHES BASKETBALL

428 2nd Avenue N.
Jacksonville Beach, FL 32250
904.349.2611
beachesbasketball.com

COASTAL KICKS

501 15th Avenue S.
Jacksonville Beach, FL 32250
904.372.9960
coastalkicks.com

Soccer

DOWN SYNDROME ASSOCIATION OF JACKSONVILLE

1050 N. Davis Street
Jacksonville, FL 32209
904.353.6300
dsaj.org

Special Needs Soccer, Basketball

FIVE STAR MARTIAL ARTS ACADEMY

1433 S. Third Street
Jacksonville Beach, FL 32250
5starmixedmartialarts.com

HUGUENOT TENNIS FACILITY

218 16th Avenue S.
Jacksonville Beach, FL 32250
904.247.6221

INFINITY ALL STARS

510-A Mayport Road
Atlantic Beach, FL 32233
904.247.1031
infinityallstars.com

Cheerleading, Dance, Gymnastics

JACKSONVILLE BRAZILIAN JIU-JITSU

1745 Atlantic Boulevard
Neptune Beach, FL 32266
904.242.9343
jaxbjj.com

JAX BEACH ATHLETIC ASSOCIATION

300 S. Penman Road
Jacksonville Beach, FL 32250
904.247.3468
jaxbeachjaguars.com

Football, Cheerleading

JAX BEACH BASEBALL ASSOCIATION

1400 Seabreeze Avenue
Jacksonville Beach, FL 32250
904.955.5433
jaxbeachbaseball.com

Baseball, T-Ball

JACKSONVILLE BEACHES POOLS

BEACHES AQUATIC CENTER

297 Aquatic Drive
Jacksonville Beach, FL 32250
904.246.3822
bacpool.com

FLETCHER HIGH SCHOOL POOL

700 Seagate Avenue
Neptune Beach, FL 32266
904.247.6327

JACKSONVILLE BEACHES PARKS & PLAYGROUNDS

SOUTHGATE BEACH AND SUNSHINE PLAYGROUND

2508 South Beach Parkway
Jacksonville Beach, FL 32250

Walking, Running, Basketball,
Sand Volleyball, Tennis, Playground

WINGATE PARK

501 Penman Road S.
Jacksonville Beach, FL 32250

Baseball, Football, Batting cages,
Driving range

VARIOUS LOCATIONS SPORTS

BEACHES SOCCER LEAGUE

820 N. 20th Avenue
904.635.8969

GODSPEED SPORTS PERFORMANCE

13245 Atlantic Boulevard
Suite 4311
Jacksonville, FL 32225
904.803.9991

MAYPORT SPORTS

Mayport Naval Air Station
904.270.5018

Soccer

SOCCER SHOTS

904.707.2121
soccershots.org

SWIMMING SAFARI

11702 Beach Boulevard
Suite 101
Jacksonville, FL 32246
904.260.1836
swimmingsafari.com

UPWARD BASKETBALL

904.356.3362

VARIOUS LOCATIONS COMMUNITY RECREATION CENTERS

BALIS COMMUNITY CENTER

1513 LaSalle Street
Jacksonville, FL 32207
904.306.2149

BETHESDA CENTER AND PARK

10790 Key Haven Boulevard
Jacksonville, FL 32218
904.764.5531

BLUE CYPRESS COMMUNITY CENTER

4012 University Boulevard N.
Jacksonville, FL 32277
904.745.5466

CECIL FIELD

13531 Lake Newman Drive
Jacksonville, FL 32211
904.778.5498
jaxevents.com/equestriancenter_crc.php

CUBA HUNTER GYMNASIUM AND COMMUNITY CENTER

3620 Bedford Road
Jacksonville, FL 32207
904.858.1366

EDITH BROWN FORD CENTER

2839 W. Beaver Street
Jacksonville, FL 32254
904.388.2640

EMMETT REED GYMNASIUM AND RECREATION COMPLEX

1093 W. 6th Street
Jacksonville, FL 32209
904.630.0958

JACKSONVILLE ICE AND SPORTS COMPLEX

3605 Philips Highway
Jacksonville, FL 32207
904.399.3223
jaxiceandsportscomplex.com

JULIAN W. BARRS COMMUNITY CENTER

10151 Crystal Springs Road
Jacksonville, FL 32221
904.693.4909

KENNEDY COMMUNITY CENTER

1133 Ionia Street
Jacksonville, FL 32206
904.630.0933

LEGENDS CENTER

5130 Soutel Drive
Jacksonville, FL 32208
904.255.4050

MARY LENA GIBBS GYMNASIUM AND CENTER

6974 Wilson Boulevard
Jacksonville, FL 32210
904.573.3153

OCEANWAY CENTER AND PLAYGROUND

12215 Sago Avenue
Jacksonville, FL 32218
904.751.3386

WINDY HILL COMMUNITY BUILDING

10540 Anders Boulevard
Jacksonville, FL 32246
904.565.2669