

# DESTINATION: HEALTH

11 <sup>FREE!</sup> spots for healthy family fun in North Sarasota

UNIVERSITY PWY

DeSoto Rd

North Water Tower Park



42nd St

Old Bradenton Rd



Myrtle St



Tuttle Ave

Firehouse Park & Bayou Oaks Community Garden

Robert L. Taylor Community Complex  
at Cohen Park

North Sarasota Library

Newtown Blvd

Newtown Estates Park

Dr Martin Luther King Jr Way

TAMAMI TRL / US-41

Central Ave

Orange Ave

17th St

Orange Ave Park & Orange Blossom Community Garden

WASHINGTON BLVD / US-301

Lime Lake Park



Pioneer Park

10th St

Gillespie Park

\*See back of map for details

\*KIDS: Check off the spots you've visited. Check them all off and get a special prize from your school nurse! (For kids age 5-10.)



# How many have you visited?

**KIDS:** Check off the spots you've visited. Check off all 11 and get a special prize from your school nurse! (For kids age 5-10.)

## PARKS

### Firehouse Park

Bradenton Rd & 35<sup>th</sup> St

A small park with playground tucked behind a fire station.

### Gillespie Park

Between Gillespie Ave & Osprey Ave below 10<sup>th</sup> St

A historic park with playground, basketball & tennis courts, a jogging trail, and picnicking areas.

### Lime Lake Park

2020 N Lime Ave • 861-5000

A beautiful 3-acre neighborhood park located at the end of Lime Ave (near Emma E. Booker Elementary), this park is a source of community pride. Exercise by walking the wide concrete trail that circles the lake, fish at the pier, or enjoy time with family and friends at one of the two gazebos.

### North Water Tower Park

4700 Rilma Ave • 316-1172

A 20-acre park with picnic and playground facilities, a walking path, and an 18-hole disc golf course. All free!

### Orange Avenue Park

N Orange Ave & 18<sup>th</sup> St • 954-4105

Playground, basketball courts, picnic tables, and grills.

### Pioneer Park

1121 Coconut Ave • 954-4105

This 6-acre park has a playground and tennis court.



## COMMUNITY GARDENS

### Orange Blossom Community Garden

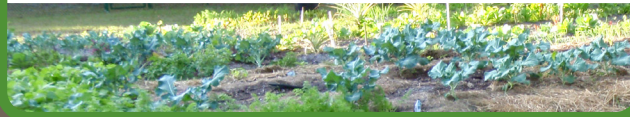
1822 N Orange Ave

### Bayou Oaks Community Garden

3530 Old Bradenton Rd

For both: 861-9900 • [sarasota.ifas.ufl.edu](http://sarasota.ifas.ufl.edu)

Community Gardens offer garden plots to local residents for a small annual fee – contact us if interested. Free gardening classes are available to all from University of Florida/IFAS - Sarasota County Extension. Growing fruits and vegetables is a great family activity that can reduce food costs and improve nutrition.



## LIBRARY

### North Sarasota Library

2801 Newtown Blvd

This library has 24 computer terminals and high-speed internet access. The library runs community programming for children, families, and people of all ages throughout the year.



## REC CENTERS

### Newtown Estates Park

2800 Newtown Blvd • 316-1161

Near the North County Library and across the Street from Emma E. Booker Elementary, this recreation center will feature a playground, lighted basketball and tennis courts, fitness equipment/weights\*. And the price is right: it's free!

In addition to the fitness activities, Newtown Estates offers a number of programs at no-cost, including a Circus Arts after school activity program, crocheting and knitting classes, and homework help and tutoring.

### Robert L. Taylor Community Complex

At Cohen Park • 1845 34<sup>th</sup> St • 954-4182

[www.rltaylor.com](http://www.rltaylor.com)

This new, state-of-the-art recreation center offers something for everyone. An outdoor playground, adult fitness equipment, basketball courts, volleyball and horseshoe pits, picnic shelters, and a ¼-mile track are all free. Inside, the Complex offers the free "Educate Today" hands-on program for kids. With a monthly membership you can access additional amenities, including indoor fitness equipment and an outdoor water park. (Monthly membership costs are \$16 for adults, \$13 for those under 18, and \$25 for a 2-person household, and \$34 for a family). Scholarships may be available to families.



Get tips & learn more about making your family healthier at

[www.healthysarasota.com](http://www.healthysarasota.com)