

Grow 2B Fit Community Resource List

Physical Activity

Fitness Groups

[FitKidz](#): Free 1 mile races for kids in elementary school

[El Grupoo Cycling](#): After school programs for kids to get involved in cycling

[Beyond Tucson](#) Weekly group run/walks downtown, monthly beginner hikes

Gyms/Exercise Space

[City of Tucson Recreation Centers](#)

[Rec Center Discount Program](#)

[Pima County Recreation Centers](#)

[YMCAs of Southern Arizona](#)

Resources

[Free bike helmets from Tucson Medical Center](#)

[BICAS](#): Classes for kids and adults on bike maintenance and repair. Build-a-bike programs available on a sliding scale payment.

[Swimfest at YMCA](#): Free water-safety classes for children age 6 months- 14 years. Sessions available in May, June, July and August.

[Youth Swim Lessons](#): Offered at Pima County pools during the summer. Some free classes are available, check each pool's link for information.

Outdoor Activities

[Tucson Botanical Gardens](#)

[Tohono Chul Gardens](#)

[Ready, Set, Rec!](#): Mobile vans go around to various parks in Tucson and set up games and activities. Follow them on Instagram, [@readyssetrec](#), for information on where the vans will be each day.

Walking/hiking

[Tucson Trailheads Interactive Map](#): Map of Tucson trailheads

[Tucson Parks Interactive Map](#): Map of Tucson parks

[Tucson Trails & Trailheads](#): List of Tucson trails and trailheads

[AllTrails](#): Website and phone app where you can search for and find information about nearby trails

[Saguaro National Park](#)

[Honey Bee Canyon Park](#)

[Tumamoc Hill](#)

[Catalina State Park](#)

[Sabino Canyon Recreation Area](#)

[Kino Environmental Restoration Project](#): 2.2 mile trail around a rainwater collection site/aquatic environment

[Chuck Huckleberry Loop](#): multi-use path through the city

[Park Rx](#): Click on "Park Rx Map" on the websites listed below for a map of a walking path through each park

- [El Pueblo Park](#)
- [Gene C. Reid Park](#)
- [Menlo Park](#)
- [Randolph Park](#)
- [Rudy Garcia Park](#)

Food

Free/low-cost Food:

[Tucson Food Share](#): Free food for all, distributed Monday & Thursday 6-8p and Saturday 8-10a, located at 2500 N Stone Ave. No income documentation or proof required.

[South Tucson Community Outreach](#): Provides free food to residents in South Tucson

[Community Food Bank of Southern Arizona](#): Find a free meal or food near you

[Caridad community kitchen](#): Free meals for all, available M-F from 2-4p, No income documentation or proof required.

[Free summer meals for kids](#): Available at various libraries through the summer. Check the library “Events” page and click on “Snacks and meals” under “Event Type”

Farmers Markets

[AZ Farmers Market Nutrition Program](#): Families participating in WIC can pick up a coupon book that provides assistance paying for fruits and vegetables from farmers markets

Heirloom Farmers Markets

[Santa Cruz River Farmers Market](#): Wednesdays from 4-7pm, open year round, accepts AZFMNP & SNAP

[Tucson Community Supported Agriculture \(CSA\) Program](#): Sign up for a 6- or 12- week subscription for a weekly box of seasonal veggies from Arizona farms. Financial assistance is provided to families who qualify through [CSAid & SNAP](#).

Gardens

[UA Garden Kitchen](#): Gardening hour every Thursday morning from 7-8:30am, no experience required

[Tucson Village Farm](#): Pop up farm stand on Tuesdays, many events available for families and children

[Las Milpitas Community Farm](#): Community garden plots, educational workshops, and a learning garden. Garden workshops offered in the spring and fall.

[Community Gardens of Tucson](#): Community garden plots available to rent

Healthcare

[Mental Health Resources](#): List of free and low-cost mental health resources and providers in Tucson

[Healthcare Resources](#): List of healthcare resources available in Pima County

[El Rio Outreach Walk-In Clinic](#): Free walk-in clinic at the Joel D. Valdez Main Library. Scroll down for upcoming dates.

[Health Insurance Assistance](#): Joyner-Green Valley Library has navigators available Tuesdays from 9am-11am to help assist with signing up or navigating changes with health insurance

Wellness

[Job Help](#): Assistance with each step of the application and interview process is available at the Flowing Wells Library on Wednesdays from 2pm-4pm.

[Community Resource Navigator](#): Speak with a navigator about services you need, such as resume help, childcare, or job applications. Available Monday through Thursday from 10am-4pm at Flowing Wells and Caviglia-Arivaca Libraries.

Childcare/Kids programming

[AZ On Track Summer Camp](#): Summer camp at various Tucson YMCAs. Financial assistance is available.

[YKids and School Breaks](#): Programming available during school breaks and days off

[Pima County Community Centers Summer and After-School Programs](#): After-school and summer programs available for children age 5-12 years (K-5th grade), as well as teens and pre-school age kids. Most programming is free but registration is required and spots are limited.

Community Assistance

[Arizona Youth Partnership](#)

[AZ Health Zone](#)

Transportation

[Tugo Bike Share](#) (18+)

[Sun Tran](#) (fares are FREE through at least December 2022)