**Adapted Fitness Resources**

San Antonio Parks and Recreation  
<https://www.sanantonio.gov/ParksAndRec/Home>   
The Parks and Recreation Department offers a variety of programs and classes for children and families. Classes include but not limited to: art, fitness, sports, and dance. Visit their website for more detail and information on how to apply/register.

YMCA of Greater San Antonio  
<https://ymcasatx.org/>   
The YMCA of Greater San Antonio has 12 locations around San Antonio and offers programming for children and families that include: sports camps, day care, nutrition classes, and group sports. Click on the link and choose a specific branch nearest you for schedules and details.

San Antonio Sports  
<https://sanantoniosports.org/>

San Antonio Sports offers a variety of virtual fitness classes for all fitness levels. These free virtual classes called *iplay* are easy to watch and participate in. Visit their website for specific fitness levels and classes along additional programming for kids and families.

STRAPS  
<https://morganswonderlandsports.com/straps/>   
STRAPS mission is to organize, promote, administer and conduct a variety of adaptive and Paralympic-style sports for wounded service members and veterans as well as other adults and youth. STRAPS athletes strive to become role models and mentors to others with disabilities as they promote character development through sports.

**Nutrition Education Resources**

San Antonio Food Bank  
<https://safoodbank.org/our-programs/nutrition-health-wellness/classes/>   
The San Antonio Food Bank offers a variety of nutrition education classes geared to both children and parents. Topics covered vary from healthy eating, children’s cooking class, and more. Visit their website for more information on their classes and their schedules.

YMCA of Greater San Antonio  
<https://ymcasatx.org/programs/community/nutrition>   
The YMCA of Greater San Antonio offers a variety of nutrition education classes for both children and parents. They also offer classes more specific to Diabetes Prevention. Click on the link for more details on class dates and times.

City of San Antonio – Viva Health  
<https://www.sanantonio.gov/Health/HealthyEating/VivaHealth>   
¡Viva Health! is a nutrition education campaign for San Antonio that motivates and inspires healthy eating patterns for individuals and families. When you eat well – you feel great!

**Stress Management Resources**

Guardian House  
<https://guardianhouse.org/>   
Guardian House offers a variety of counseling services and parent education classes to the community. Their mission is to embrace the best interest of every child by teaching families how to build strong, positive relationships.

**Event Calendar Websites**  
The following websites offer various local activities, programs, and classes in your community

Fun 4 Alamo Kids Website: <https://fun4alamokids.com/Sports-Programs/Special-Needs-Sports/>

Network of Care: <https://bexar.tx.networkofcare.org/aging/services/subcategory.aspx?tax=LH-2700.6000>

City of San Antonio: <https://www.sanantonio.gov/Health/News/Events>

Fit City SA: <https://www.fitcitysa.com/event-calendar/>