



NYC Parks
Recreation

Recreation Program Highlights

May Events

CITYWIDE

Learn to Ride

Bring your children, a bike and a helmet for these series of free fun events! Show your child aged 5 years or older how to ride a two-wheeler using the balance first method. Pre-registration is required through the Bike NY website. For more information, please visit bikenewyork.org.

Saturday, May 5

Juniper Valley Park
80th Street & Juniper
Blvd South, Queens
10:00 a.m. – 1:00 p.m.

Pelham Bay Park

Parking area adjacent to
running track, Bronx
10:00 a.m. – 1:00 p.m.

Tompkins Square Park

10th Street & Ave A,
Manhattan
11:00 a.m. – 2:00 p.m.

Saturday, May 12

Admiral Park
Little Neck Pkwy & 42nd
Avenue, Queens
10:00 a.m. – 1:00 p.m.

Carroll Park

Court & Smith Streets,
Brooklyn
10:00 a.m. – 1:00 p.m.

Wolfes Pond Park

Hylan Blvd and Cornelia
Ave, Staten Island
12:00 p.m. – 2:00 p.m.

Saturday, May 19

Owl's Head Park
Colonial Road & 68th
Street, Brooklyn
10:00 a.m. – 1:00 p.m.

Rockaway Beach

Beach 108th Street &
Boardwalk, Queens
10:00 a.m. – 1:00 p.m.

John Jay Park

77th Street & Cherokee
Place, Manhattan
11:00 a.m. – 2:00 p.m.

Monday, May 28

Roy Wilkins Park
177th Street at Baisley
Blvd, Queens
10:00 a.m. – 1:00 p.m.

BRONX

Shape Up NYC: Qigong

Qigong is a component of traditional Chinese medicine that combines movement, meditative awareness and regulation of breathing. Remember to bring a lock and leave your stress at home.

Tuesdays, ongoing

St. James Recreation Center
2530 Jerome Avenue
10:00 a.m. – 11:00 a.m.

Skate & Family Night

Come join us as we turn the

gym into a roller skating rink. And while you rest your wheels you will be able play the latest board games with your family and friends.

Friday, May 11

St. James Recreation Center
2530 Jerome Avenue
6:30 p.m. – 8:30 p.m.

Spring Team Digital Scavenger Hunt

How familiar are you with St. Mary's Park? Think you can find something in the park a bear would eat? Or something spotted? These are just two of the many daunt-

BeFitNYC Free Mondays

Our Recreation Centers will open their doors and welcome you with a day of free fitness programs and activities. You can swim, bike, step, jog, lift, volley, and more! Remember to bring a photo ID and a lock if you want to exercise. Some classes are available for a small fee. Recreation Center hours vary by location; call the center before you go for specific hours and program information. The FMCP Aquatics Center is not included in this promotion.

Monday, May 7

5:00 p.m. – 9:00 p.m.
Recreation Centers Citywide



ing tasks that teams will be asked to complete within St. Mary's Park. Teams should be able to take pictures with an electronic device such as a digital camera or cell phone. This is a free event for participants of all ages.

Saturday, May 19

St. Mary's Recreation Center
450 St. Ann's Avenue
11:00 a.m. – 4:00 p.m.

MANHATTAN

Teen Slam Dunk Contest

Can you fly? Come prove it at our dunk contest for teens. The basket will be lowered and a teen coordinator will be judging the dunks. A winner will be crowned so bring your skills to Thomas Jefferson Recreation Center.

Friday, May 4

Thomas Jefferson
Recreation Center
2180 First Avenue at East
112th Street
5:00 p.m. – 7:00 p.m.

BROOKLYN

Shape Up NYC: Zumba

Zumba is a fusion of Latin, International and popular music dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic, fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.

Tuesdays and Thursdays, ongoing

Red Hook Recreation Center
155 Bay Street
11:00 a.m. – 12:00 p.m.

Aquafina Major League Baseball Pitch, Hit & Run

Aquafina Major League Baseball Pitch, Hit & Run is an exciting skills competition that provides boys and girls ages 7-14 the chance to advance through four levels of competition (pitching, hitting and running), including Team Championship events at all 30 Major League ballparks and the National Finals at the MLB All-Star Game.

Saturday, May 5

Chelsea Park
10th Avenue and West 28th
Street, Manhattan
10:00 a.m. – 2:00 p.m.

Tandem Biking

Double your fun! Two-seater bikes will be available for adults from 10:00 a.m. to 12:00 p.m. and youths from 1:00 p.m. to 3:00 p.m. Don't have a partner? Not to worry. We'll pair you up with someone or teach you how to handle the bike on your own. Please remember to bring your own helmet.

Saturday, May 5

J. Hood Wright
Recreation Center
351 Fort Washington Avenue
at 174th Street
10:00 a.m.–12:00 p.m.
(Adults)
1:00 p.m.–3:00 p.m. (Youth)

Indoor Triathlon

A challenging fitness competition consisting of swimming as many lengths possible in the indoor pool in 10 minutes, cycling as many miles as possible on an upright bike in 10 minutes, and running as many miles as possible on a treadmill in 10 minutes.

Monday, May 7

Asser Levy Recreation Center
23rd Street and FDR Drive
7:00 a.m.–8:00 a.m.
1:00 p.m.–2:00 p.m.
7:00 p.m.–8:00 p.m.

Cinco de Mayo Night

We will celebrate Cinco de Mayo in style with music and refreshments including quesadillas. Everyone is invited to come take part

in the festivities. There will be registration available for membership on site and there will be a presentation about the numerous benefits of becoming a member.

Monday, May 7

Hamilton Fish
Recreation Center
128 Pitt Street
6:30 p.m.–8:30 p.m.

Pre-Mother's Day Volleyball Challenge

It's mothers vs. daughters in this winner-take-all showdown. Bragging rights will be on the line when the daughters from our fall/winter volleyball league step on the court to try and show their moms what they learned. Will the daughters take it easy on them right before Mother's Day? Stop by and find out!

Saturday, May 12

Tony Dapolito
Recreation Center
1 Clarkson Street at
7th Avenue South
2:00 p.m.–4:00 p.m.

QUEENS

Cinco de Mayo

Come celebrate Cinco de Mayo and enjoy an afternoon of crafts, inflatables, face painting, popcorn, performances & more! All ages are welcome!

Saturday, May 5

A.R.R.O.W. Field House
35-30 35th Street
12:00 p.m.–4:00 p.m.

3rd Annual "Commit To Be Fit" Event

Staying active plays a key role in leading a healthy lifestyle. Come join us for a fun afternoon of music, family games, potato sack races, rock climbing, tug-of-war, and more!

Saturday, May 12

Baisley Park South
150th Street b/w 130th
and 133rd Ave
12:00 p.m.–4:00 p.m.

STATEN ISLAND

Shape Up NYC: Adult Fitness

Stretch your muscles, improve your flexibility, and promote wellness through these whole body exercises.

Mondays, ongoing

Faber Field House
Faber Street &
Richmond Terrace
10:00 a.m.–11:00 a.m.
