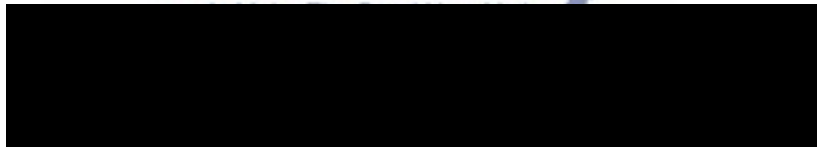


# QUEENS ON THE MOVE

A comprehensive guide to more than 480 ways to get **FIT** and get **ACTIVE** in Queens

Key: 

- Playground
- Basketball / Handball
- Soccer / Football
- Baseball
- Tennis
- Swimming
- Fitness Equipment
- Fitness Classes
- Walking / Jogging
- \$ Fee



## Queens on the Move:

A comprehensive guide to more than 450 ways to get FIT and get ACTIVE in Queens.

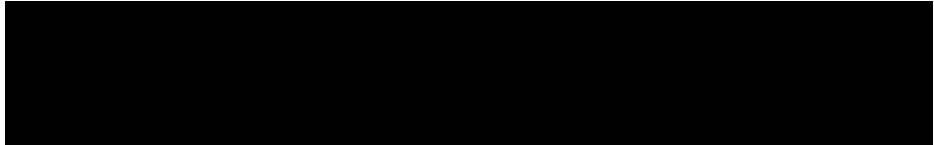
Key:   
 ■ Playground   
 ■ Basketball / Handball   
 ■ Soccer / Football   
 ■ Baseball   
 ■ Tennis   
 ■ Swimming   
 ■ Fitness Equipment   
 ■ Fitness Classes   
 ■ Walking / Jogging   
 \$ Fee

April 2015

Prepared By:  
Stephanie Brooks, Dietetic Intern,  
Queens College (CUNY)

Key: ■ Playground ■ Tennis ■ Walking / Jogging  
■ Basketball / Handball ■ Swimming \$ Fee  
■ Soccer / Football ■ Fitness Equipment  
■ Baseball ■ Fitness Classes

# Table of Contents



## About this Guide

### Flushing Meadows Corona Park

Community District 1

Community District 2

Community District 3

Community District 4

Community District 5

Community District 6

Community District 7

Community District 8

Community District 9

Community District 10

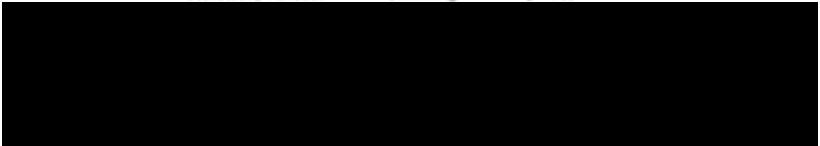
Community District 11

Community District 12

Community District 13

Community District 14

Borough Wide



# About this Guide

Queens on the Move is a comprehensive guide on free / low cost ways to be physically active in the borough of Queens. According to the NYC Community Health Survey 2013, 25.1% of Queens residents did not participate in any physical activities or exercises in the past 30 days<sup>1</sup>.

The American Heart Association recommends that adults get at least 30 minutes of moderate exercise, 5 times per week, for overall cardiovascular health<sup>2</sup>. This guide, with more than 450 ways to get active in the borough, can help make it a little bit easier for Queens residents to reach that goal, and can help identify parts of the borough that are lacking in physical fitness opportunities.

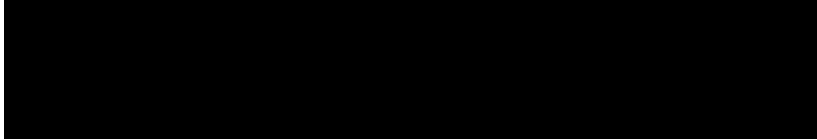
Queens on the Move is organized by Community District. Each section includes a listing of the neighborhoods included in the Community District, a small map of the district, and an alphabetical listing of the physical fitness activities identified. Some larger parks, like Flushing Meadows Corona Park, appear in multiple sections because they are accessible to residents in multiple districts. There is also a Google Map containing all sites referenced in this guide.

Refer to the key at the bottom of each page to see what features are offered at each site. Some sites require a fee or membership as indicated by '\$'. Residents that have an IDNYC card can receive discounts, including a 10% discount off annual NYC Parks Recreation Center Membership for adults age 25-61, a 10% discount on NYC Parks Department tennis permits, and a 20% discount off family memberships at YMCA centers. Visit [www.nyc.gov/IDNYC](http://www.nyc.gov/IDNYC) for more information. And, many health insurance plans offer discounts or reimbursements for buying a gym membership. Be sure to check your health insurance plan!

Key:   
 ■ Playground   
 ■ Basketball / Handball   
 ■ Soccer / Football   
 ■ Baseball   
 ■ Tennis   
 ■ Swimming   
 ■ Fitness Equipment   
 ■ Fitness Classes   
 ■ Walking / Jogging   
 \$ Fee

1. New York City Department of Health and Mental Hygiene. Epiquery: NYC Interactive Health Data System - Community Health Survey 2013. Accessed 23 Feb 2015. <http://nyc.gov/health/epiquery>
2. "American Heart Association Recommendations for Physical Activity in Adults." American Heart Association. American Heart Association, Feb. 2014. Accessed 23 Feb 2015. [http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults\\_UCM\\_307976\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp)

Adults\_UCM\_307976\_Article.jsp



# Flushing Meadows Corona Park

## Park

### Flushing Meadows Corona Park

Avery Ave and 131 St.

[www.nycgovparks.org/parks/flushing-meadows-corona-park/](http://www.nycgovparks.org/parks/flushing-meadows-corona-park/)

*The site of two twentieth century World's Fairs attended by millions of people, Flushing Meadows Corona Park continues to draw and delight visitors. As the largest park in Queens, it offers plenty of space for whatever your recreational desires may be--baseball, soccer, tennis, cricket, et cetera. Lots more too, including a stunning recreation complex, a zoo, an art museum, a botanical garden, a science museum, and a baseball stadium. Explore one of the park's six playgrounds, take a stroll along the Flushing Bay Promenade, or launch your model airplane. Flushing Meadows Corona Park has room for all your active pursuits.*

[nycgovparks.org](http://nycgovparks.org)

\*\*\*\*\* other: bicycling, golf course, ice skating, kayak/canoe, skate park, volleyball \$

## Recreation Center

### Flushing Meadows Corona Park Pool & Rink

125-40 Roosevelt Ave.

(718) 271-7572 [www.nycgovparks.org/facilities/recreationcenters/Q099](http://www.nycgovparks.org/facilities/recreationcenters/Q099)

*Membership fee for recreation center with pool ranges from free (under 18) to \$25/year (young adults and seniors ) to \$150/year (adults) ([nycgovparks.org](http://nycgovparks.org))*

\* other: hockey rink \$

## Museum

### New York Hall of Science

47-01 111<sup>th</sup> St.

(718) 699-0005 [www.nyscience.org](http://www.nyscience.org)

*Unless you know all about the atom, biology, color, light, heat and have seen your aura projected, don't dismiss this museum as kids' stuff. This science and technology museum includes aura projections, perspective fun rooms, a 5,000- square-foot rocket park and events like the World Maker Fair. Admission \$8-11. ([nyscience.org](http://nyscience.org))*

\$

## Museum

### Queens Museum of Art

New York City Building

(718) 592-9700 [www.queensmuseum.org](http://www.queensmuseum.org) *The museum focuses on contemporary art, both from the museum's own collection and on loan. The collection also includes World's Fair memorabilia and works about New York City. Admission \$2.50-5 (children under 5 free) ([queensmuseum.org](http://queensmuseum.org))*

\$

- Key:
- Playground
  - Basketball / Handball
  - Soccer / Football
  - Baseball
  - Tennis
  - Swimming
  - Fitness Equipment
  - Fitness Classes
  - Walking / Jogging
  - \$ Fee

Cultural Center

**Queens Theatre**

14 United Nations Av South

(718) 760-0064 [www.queenstheatre.org](http://www.queenstheatre.org)

*A broad range of performing arts disciplines, drama, dance, music, performance art, troupe comedy, children's events, from a host of multicultural companies are presented in either the 476-seat Main Stage Theatre or the 100-seat cabaret/black box studio. ([queenstheatre.org](http://queenstheatre.org))*

Zoo

**Queens Zoo**

53-51 111<sup>th</sup> St.

(718) 271-1500 [www.queenszoo.org](http://www.queenszoo.org)

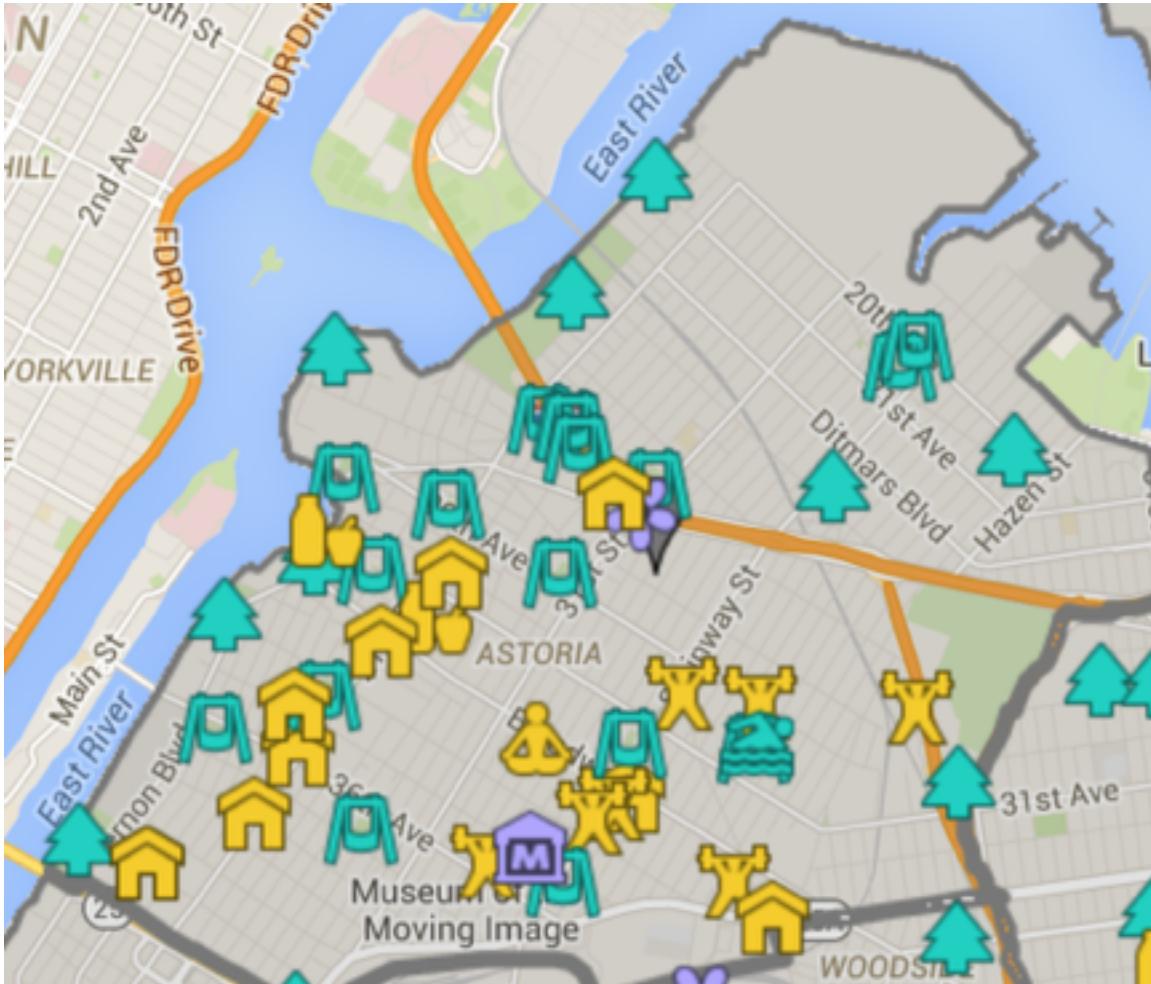
*This 11-acre zoo in Flushing Meadows-Corona Park is home to some 300 animals of 45 different species. Devoted primarily to North American animals and designed to feel like a national park, the circular grounds are divided into wild and domestic areas. Admission \$5-8 (children under 3 free) ([queenszoo.org](http://queenszoo.org)).*

\$

Key:   
 ■ Playground   
 ■ Basketball / Handball   
 ■ Soccer / Football   
 ■ Baseball   
 ■ Tennis   
 ■ Swimming   
 ■ Fitness Equipment   
 ■ Fitness Classes   
 ■ Walking / Jogging   
 \$ Fee

# Community District 1

## Astoria, Steinway



### Quick Facts:

<b>2010 Population</b>	<b>191,000</b>
<b>Parks</b>	<b>9</b>
<b>Playgrounds</b>	<b>20</b>

Key:	Playground	Tennis	Walking / Jogging
	Basketball / Handball	Swimming	Fee
	Soccer / Football	Fitness Equipment	
	Baseball	Fitness Classes	



Recreation Center

**A.R.R.O.W. Field House**

35-30 35th St, Astoria

(718) 349-0444 [nycgovparks.org/parks/arrow-field-house](http://nycgovparks.org/parks/arrow-field-house)

*Membership fee for recreation center without a pool ranges from free (under 18) to \$25/year (young adults and seniors ) to \$100/year (adults)*

\*\* other: garden, Shape Up NYC

Farmers' Market

**Astoria Greenmarket**

14th Street btwn 31st Ave. & 31st Rd, Astoria

*Open Wednesdays July 1st through November 18th. Accepts EBT, WIC & Senior FMNP Coupons.*

Playground

**Astoria Health Playground**

14 St. bet. 31 Ave. and 31 Dr., Astoria

\*

Playground

**Astoria Height's Playground**

30th Rd & 45th St., Astoria

\*\* other: Kids In Motion

Park

**Astoria Park**

19 St. bet. Astoria Park S. and Ditmars Blvd., Astoria / Steinway

*Features the oldest and largest pool in the city, outdoor tennis courts, a track, a bandstand, multiple trails, basketball courts, and playgrounds lure visitors from the five boroughs and beyond. The park also offers shoreline sights and sounds that make the benches along its perimeter popular spots year-round. Contact [sports@cityparksfoundation.org](mailto:sports@cityparksfoundation.org) or call (718) 760-6999 about the free senior fitness classes. ([nycgovparks.org](http://nycgovparks.org))*

\*\*\*\*\* other: skate park, bocce ball

Playground

**Athens Square**

30 Ave. bet. 29 St. and 30 St., Astoria

\*

Gym

**Blink Fitness**

32-27 Steinway St., Astoria

(718) 880-3616 [www.blinkfitness.com](http://www.blinkfitness.com)

*Memberships as little a \$15/month*

\* \$

Park

**Ditmars Park**

Steinway St. bet. 23 Ave. and Ditmars Blvd., Steinway

\*\* other: bocce ball

Park

**Dutch Kills Green**

Queens Plaza, Long Island City

*Membership fee for recreation center without a pool ranges from free (under 18) to \$25/year (young adults and seniors ) to \$100/year (adults)*

\*\* other: garden, Shape Up NYC

Key:   
■ Playground   
■ Basketball / Handball   
■ Soccer / Football   
■ Baseball   
■ Tennis   
■ Swimming   
■ Fitness Equipment   
■ Fitness Classes   
■ Walking / Jogging   
\$ Fee

Playground

**Dutch Kills Playground**

28 St., Crescent St. bet. 37 Ave. and 36 Ave., Astoria

\*\*

Playground

**Hallets Cove Playground**

30-01 Vernon Blvd., Astoria

\*\* other: kayak/canoe

Senior Center

**HANAC Archbishop Iakovos Senior Center**

32-06 21st St, Astoria

(718) 777-5505

\* other: walking club

Senior Center

**HANAC Lindsey Senior Center**

27-40 Hoyt Avenue South, Astoria

(718) 626-3035, www.hanac.org

\*\* other: walking club, yoga, tai chi

Playground

**Hoyt Playground**

Hoyt Av, 29 To 31 Sts, Astoria

\*\*

Community Center

**Jacob A. Riis Neighborhood Settlement House**

10-25 41st Ave, Astoria

(718) 784-7447 www.riissettlement.org

*Riis Settlement is a community-based non-profit organization that offers comprehensive services to the youth, adults, seniors, and families of Queensbridge, Ravenswood and the surrounding neighborhoods. Offers walking and exercise programs for seniors, sports, recreation, dance and martial arts for youth.(riissettlement.org)*

\*

Gym

**Lucille Roberts**

32-62 Steinway St., Astoria

(718) 626-6464 www.lucilleroberts.com

*Memberships as little as \$16/month*

\*\* \$

Museum

**Museum of the Moving Image**

36-01 35th Ave, Astoria

(718) 777-6888 movingimage.us

*Admission \$9-12 (children under 3 and educators free)*

\$

Gym

**New York Sports Club**

38-11 30th Ave., Astoria

(718) 932-1400 www.mysportsclubs.com

*Memberships as little as \$19.95/month*

\*\* \$

- Key:
- Playground
  - Basketball / Handball
  - Soccer / Football
  - Baseball
  - Tennis
  - Swimming
  - Fitness Equipment
  - Fitness Classes
  - Walking / Jogging
  - \$ Fee

Park

**Paul Raimonda Park**

20 Ave. bet. 47 St. and 48 St., Steinway

\*\*

Gym

**Planet Fitness**

30-33 Steinway St, Astoria

(718) 777-0700 www.planetfitness.com

Memberships as little as \$10/month

\* \$

Pool

**PS 10 Pool**

45th St & 30th Rd., Astoria

(718) 777-7599 www.nycgovparks.org/parks/astoria-heights-playground/facilities/outdoor-pools/ps-10-pool

Has a free outdoor pool.

\*

Community Center

**Queens Library - Broadway**

40-20 Broadway, Astoria

(718) 721-2462 www.queenslibrary.org

\* other: Shape Up NYC

Community Center

**Queens Library - Long Island City**

37-44 21st St, Astoria

(718) 752-3700 www.queenslibrary.org

\* other: Shape Up NYC

Park

**Queensbridge Park**

Vernon Blvd, 40 & 41 Sts, Astoria

\* other: Kids In Motion

Senior Center

**Queensbridge / Riis Senior Center**

10-25 41st Ave, Long Island City

(718) 784-7447

\* other: walking club meets April through Oct/Nov

Senior Center

**Racies Astoria Senior Center**

21-21 30<sup>th</sup> Dr, Astoria

(718) 726-9642

\* other: walking club

Park

**Rainey Park**

Vernon Blvd. bet. 33 Rd. and 34 Ave., Astoria

\*\*

Park

**Ralph Demarco Park**

Shore Blvd. bet. Ditmars Blvd. and 20 Ave., Steinway

\*

Key:	• Playground	• Tennis	• Walking / Jogging
	• Basketball / Handball	• Swimming	• \$ Fee
	• Soccer / Football	• Fitness Equipment	
	• Baseball	• Fitness Classes	

Community Center

**Ravenswood Cornerstone**

35-40 21st St, Astoria  
(718) 752-9314

\* other: Shape Up NYC

Playground

**Ravenswood Playground**

21 St. bet. 34 Ave. and 35 Ave., Astoria

\*\*\*

Senior Center

**Ravenswood Senior Programs**

34-35A 12th St, Long Island City  
(718) 786-1550

\* other: walking club

Gym

**Retro Fitness**

32-32 49th St., Astoria  
(718) 777-0322 www.retrofitness.net

Memberships as little as \$19.99/month

\*\* \$

Playground

**Sean's Place**

38 St. bet. 31 Ave. and Broadway, Astoria

\*\*

Park

**Socrates Sculpture Park**

Vernon Blvd. bet. Broadway and 30 Dr., Astoria  
socratessculpturepark.org

Check website for schedule of free fitness classes.

\*\*

Farmers' Market

**Socrates Sculpture Park Greenmarket**

Vernon Blvd. bet. Broadway, Astoria

Open Saturdays June 6th through November 21st. Accepts EBT, WIC & Senior FMNP checks.

Playground

**Spirit Playground**

36 Ave bet. 9 St. and 10 St., Astoria

\*\*

Playground

**Steinway Playground**

38th St between 20th Ave and 20th Rd, Steinway

\*\*

Playground

**Triborough Bridge Playground B**

Hoyt Ave. bet. 21 St. and 23 St., Astoria / Steinway

\*\*

Key:	• Playground	• Tennis	• Walking / Jogging
	• Basketball / Handball	• Swimming	• \$ Fee
	• Soccer / Football	• Fitness Equipment	
	• Baseball	• Fitness Classes	

Playground

**Triborough Bridge Playground C**

Hoyt Ave N and 24th St., Astoria / Steinway

\*

Playground

**Triborough Bridge Playground D**

Hoyt Ave N and 24th St., Astoria / Steinway

\*\*

Playground

**Triborough Bridge Playground E**

Hoyt Ave N and 25th St., Astoria / Steinway

\*

Community Garden

**Two Coves Garden**

Main Ave & Astoria Blvd, Astoria

Playground

**Van Alst Playground**

21 St. bet. 29 Ave. and 30 Ave., Astoria

\*\*

Park

**Whitey Ford Field**

26 Ave. and 2 St., Astoria

\*\*

Senior Center

**Woodside Senior Center**

50-37 Newtown Road - Building 19, Woodside  
(718) 932-6916

\* other: walking club

Playground

**Woodtree Playground**

20 Ave. bet. 37 St. and 38 St., Steinway

\*\*

Yoga Studio

**Yoga Agora**

33-02 Broadway, 2nd Floor, Astoria  
(718) 626-0680 [www.yogaagora.com](http://www.yogaagora.com)

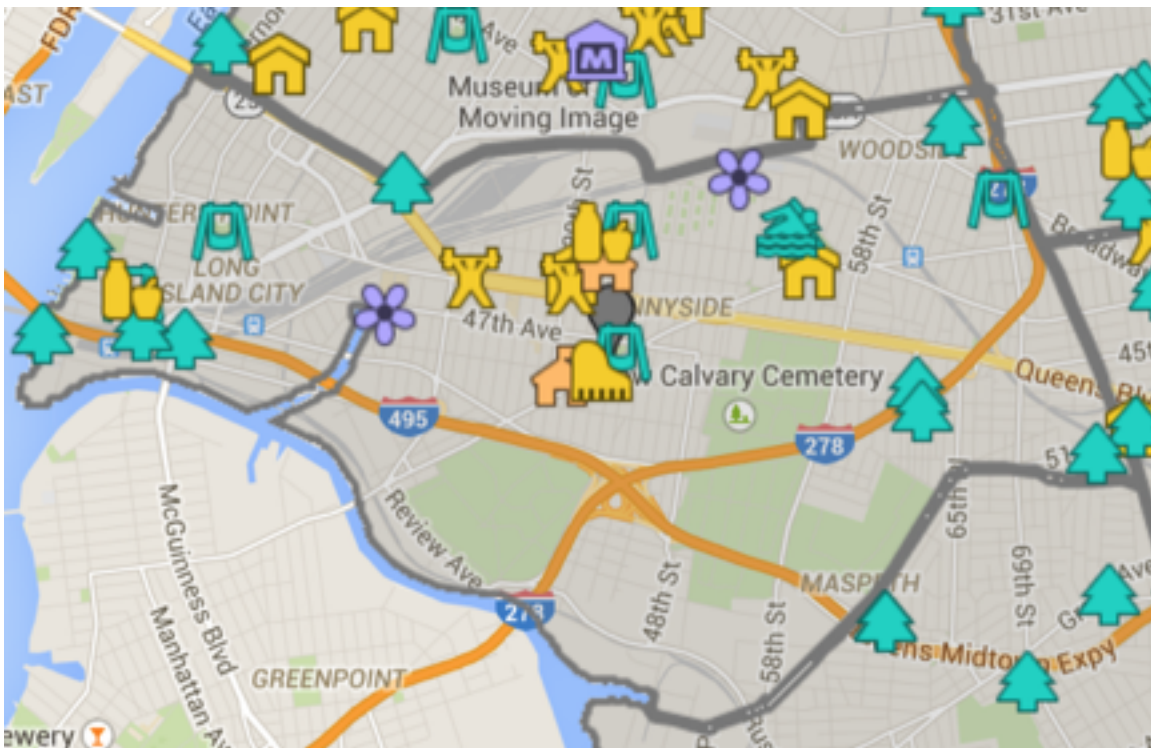
*Yoga Agora aims to provide affordable yoga in a welcoming environment. Classes are \$5 each, and mat rentals are just \$1. ([yogaagora.com](http://yogaagora.com))*

\*

Key:	• Playground	• Tennis	• Walking / Jogging
	• Basketball / Handball	• Swimming	\$ Fee
	• Soccer / Football	• Fitness Equipment	
	• Baseball	• Fitness Classes	

# Community District 2

LONG ISLAND CITY, WOODSIDE, SUNNYSIDE



## Quick Facts:

<b>2010 Population</b>	<b>113,000</b>
<b>Parks</b>	<b>9</b>
<b>Playgrounds</b>	<b>15</b>

Key:	Playground	Tennis	Walking / Jogging
	Basketball / Handball	Swimming	Fee
	Soccer / Football	Fitness Equipment	
	Baseball	Fitness Classes	

Playground

### Andrews Grove

49 Ave. bet. 5 St. and Vernon Blvd., Long Island City

\*

Park

### Big Bush Park

Laurel Hill Blvd. bet. 61 St. and 64 St., Woodside

\*\*

Park

### Bridge and Tunnel Park

50 Ave. bet. 11 St. and 11 Pl., Long Island City

\*\*

Park

### Gantry Plaza State Park

4-09 47th Road, Long Island City [nysparks.com/parks/149/details.aspx#sthash.R6DKvNHT.dpuf](https://nysparks.com/parks/149/details.aspx#sthash.R6DKvNHT.dpuf)

*Gantry Plaza State Park is a 12-acre riverside oasis that boasts spectacular views of the midtown Manhattan skyline, including the Empire State Building and the United Nations. Enjoy a relaxing stroll along the park's four piers or through the park's manicured gardens and unique mist fountain. (nysparks.com)*

\*\*\*

Playground

### Hart Playground

Broadway, 37 Ave. bet. 65 St. and 69 St., Woodside

Park

### Hunter's Point South Park

Center Blvd. bet. 50 Ave. and 54 Ave., Long Island City

\*\*\* other: volleyball, bicycling

Key: \* Playground      \* Tennis      \* Walking / Jogging  
\* Basketball / Handball      \* Swimming      \$ Fee  
\* Soccer / Football      \* Fitness Equipment  
\* Baseball      \* Fitness Classes

Playground

**Lance Corporal Thomas P. Noonan Jr. Playground**

47 Ave., Greenpoint Ave. bet. 42 St. and 43 St., Sunnyside

\*\*

Park

**Lawrence Virgilio Playground**

52 St., Woodside Ave. bet. 39 Rd. and 39 Dr., Woodside

(718) 651-8247 [www.nycgovparks.org/parks/lawrence-virgilio-playground/facilities/outdoor-pools/windmuller-pool](http://www.nycgovparks.org/parks/lawrence-virgilio-playground/facilities/outdoor-pools/windmuller-pool)

*Has a free outdoor pool.*

\*\*\*\*\*

Community Garden

**Long Island City Roots Garden**

47-08 30<sup>th</sup> St, Long Island City

Recreation Center

**Long Island City YMCA**

32-23 Queens Blvd., Long Island City

(718) 392-7932 [www.ymcanyc.org/lic](http://www.ymcanyc.org/lic)

\*\*\* \$

Farmers' Market

**Long Island City Youthmarket**

48th Ave. and Vernon Blvd., Long Island City

*Open Saturdays June 12th through November 22nd. Accepts EBT, WIC & FMNP coupons.*

Playground

**Murray Playground**

45 Ave., 45 Rd. bet. 11 St. and 21 St., Long Island City

\*\*

Park

**Nathan Weidenbaum Park**

Laurel Hill Blvd., 48 Ave. bet. 63 St. and 64 St., Woodside

\*

Gym

**New York Sports Club**

39-01 Queens Blvd., Sunnyside

(718) 361-2254 [www.mysportsclubs.com](http://www.mysportsclubs.com)

*Memberships as little as \$19.95/month*

\*\* \$

Park

**Old Hickory Park**

51 Ave. bet. Jackson Ave., Vernon Blvd. and 11 St., Long Island City

\*

Playground

**Playground 35**

35 Ave. bet. Steinway St. and 41 St., Long Island City

\*

School

**PS 150**

40-01 43rd Ave., Sunnyside

(347) 684-3399 [www.scsny.org](http://www.scsny.org)

- Key:
- Playground
  - Basketball / Handball
  - Soccer / Football
  - Baseball
  - Tennis
  - Swimming
  - Fitness Equipment
  - Fitness Classes
  - Walking / Jogging
  - \$ Fee



Part of Sunnyside Community Services. Offers an after school program, where students engage in a variety of educational, recreational and creative activities including homework help, literacy, sports, dance, arts, and music. ([www.scsny.org](http://www.scsny.org))

\*

Park

### PS 152Q Schoolyard Playground

33-52 62ND St, Woodside

\*

School

### PS 199

39-20 48th Ave., Sunnyside  
(718) 786-6958 [www.scsny.org](http://www.scsny.org)

Part of Sunnyside Community Services. Offers an after school program, where students engage in a variety of educational, recreational and creative activities including homework help, literacy, sports, dance, arts, and music. ([www.scsny.org](http://www.scsny.org))

\*

Community Center

### Queens Library - Woodside

54-22 Skillman Ave., Woodside  
(718) 429-4700 [www.queenslibrary.org](http://www.queenslibrary.org)

\* other: Shape Up NYC

Park

### St. Michael's Playground

30 Ave. To 31 Ave. and Boody St., BQE, Woodside

\*\*\*\*

Bicycling

### Sunnyside Bike Friendly Business District

Sunnyside

[transalt.org/issues/bike/business/directory](http://transalt.org/issues/bike/business/directory)

Sunnyside was named the first bike-friendly business district in Queens! Business owners support cycling by requesting areas to secure your bicycle, supporting cycling, and some offer discounts and deals to cyclists.

other: bicycling

Community Garden

### Sunnyside Community Garden

50<sup>th</sup> St and Barnett Ave., Sunnyside  
[sunnysidenycommunitygarden.wordpress.com](http://sunnysidenycommunitygarden.wordpress.com)

The Sunnyside Community Garden has been a part of Sunnyside Queens, New York for over 40 years. The garden was started by local families tired of their street being used as a dumping ground. They took it upon themselves to turn an eye-sore into a productive and beautiful benefit to their entire community.

Community Center

### Sunnyside Community Services

43-31 39th St., Sunnyside  
(718) 784-6173 [www.scsny.org](http://www.scsny.org)

Sunnyside Community Services (SCS) serves more than 9,000 children, youth, adults, and seniors in Western Queens each year. Offers recreation and exercise classes for older adults, including tai chi, meditation, yoga, and dance. ([www.scsny.org](http://www.scsny.org))

\*

Farmers' Market

### Sunnyside Greenmarket

Skillman Ave btwn 42 & 43 Streets, Sunnyside

Key:   
 \* Playground   
 \* Basketball / Handball   
 \* Soccer / Football   
 \* Baseball   
 \* Tennis   
 \* Swimming   
 \* Fitness Equipment   
 \* Fitness Classes   
 \* Walking / Jogging   
 \* \$ Fee

*Open Saturdays year-round. Accepts EBT, WIC Vegetable & Fruit checks & FMNP coupons.*

*Cultural Center*

### **Thalia Spanish Theatre**

41-17 Greenpoint Ave., Sunnyside  
(718) 729-3380 [www.thaliatheatre.org](http://www.thaliatheatre.org)

*Playground*

### **Torsney Playground**

Skillman Ave. bet. 41 St. and 43 St., Sunnyside

\* \*

*Gym*

### **Ultimate Fitness Gym**

26-50 BQE West, Woodside  
*Memberships as little as \$24.99/month*

\* \* \*

*Pool*

### **Windmuller Pool**

54th St & 39th Rd., Woodside  
(718) 651-8247 [www.nycgovparks.org/parks/lawrence-virgilio-playground/facilities/outdoor-pools/windmuller-pool](http://www.nycgovparks.org/parks/lawrence-virgilio-playground/facilities/outdoor-pools/windmuller-pool)

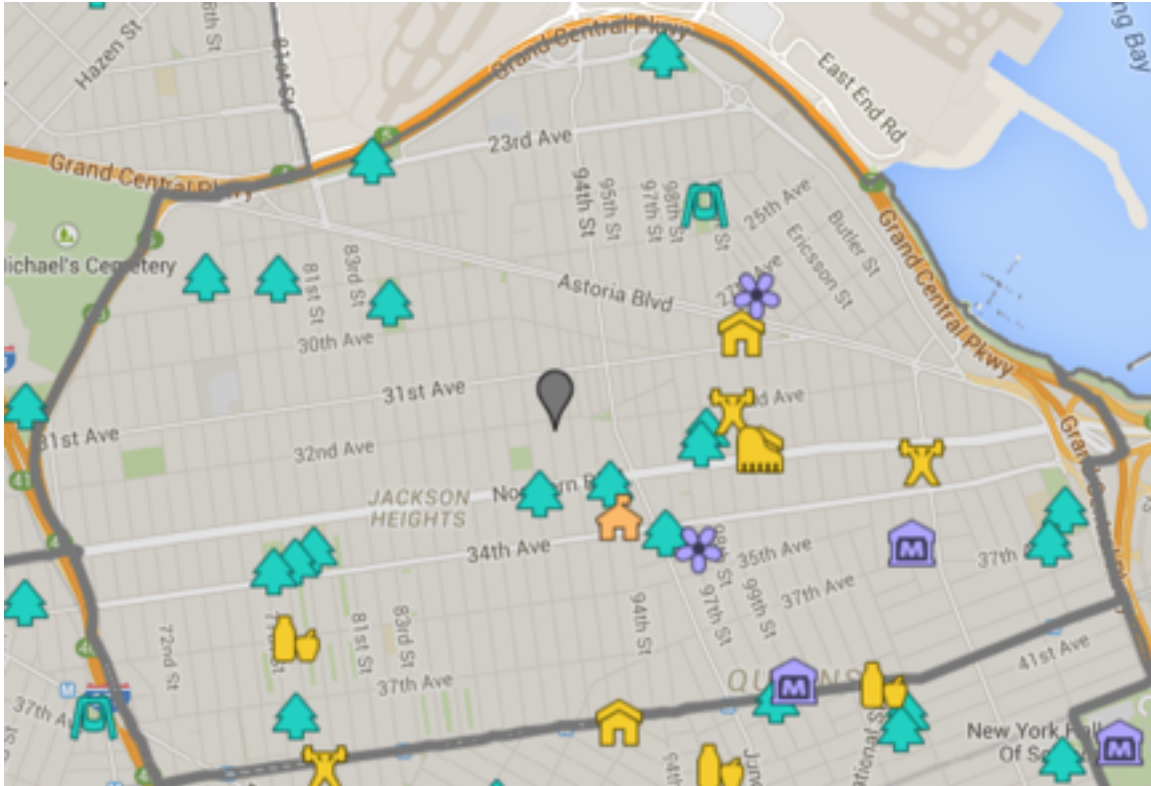
*Has a free outdoor pool.*

\*

Key:   
 \* Playground   
 \* Tennis   
 \* Walking / Jogging   
 \* Basketball / Handball   
 \* Swimming   
 \$ Fee   
 \* Soccer / Football   
 \* Fitness Equipment   
 \* Baseball   
 \* Fitness Classes

# Community District 3

EAST ELMHURST, JACKSON HEIGHTS, CORONA



## Quick Facts:

<b>2010 Population</b>	<b>172,000</b>
<b>Parks</b>	<b>14</b>
<b>Playgrounds</b>	<b>11</b>

Key:	Playground	Tennis	Walking / Jogging
	Basketball / Handball	Swimming	Fee
	Soccer / Football	Fitness Equipment	
	Baseball	Fitness Classes	

*Community Garden*

**97<sup>th</sup> Street Block Association**

33-28 97<sup>th</sup> St., Corona

*The garden is located in a residential neighborhood, which was formerly a vacant lot for many years with much debris.*

*Gym*

**Blink Fitness**

78-14 Roosevelt Ave, Jackson Heights

(646) 517.6365 [www.blinkfitness.com](http://www.blinkfitness.com)

*Memberships as little as \$15/month*

\* \$

*Park*

**Bulova Park**

25 Ave. bet. 76 St. and 77 St., Jackson Heights

\*\*\*\* other: bocce ball

*Farmers' Market*

**Corona Greenmarket**

Roosevelt Ave at 103rd St, Corona

*Open Fridays July 10th through November 20th. Accepts EBT, WIC & Senior FMNP Coupons.*

*Playground*

**East Elmhurst Playground**

100 St., 98 St. bet. 24 Ave. and 25 Ave., East Elmhurst

\*\*\*\*

*Fitness classes*

**Emblem Health, Live Healthy Partnership**

Renaissance Charter School 358 81st Street, Jackson Heights

1-866-205-7864

\*

*Community Center*

**First Baptist Church of Corona**

100-10 Astoria Blvd., East Elmhurst

\* other: Shape Up NYC

*Recreation Center*

**Fisher Pool**

99th St and 32nd Ave, East Elmhurst

(718) 779-8356 [www.nycgovparks.org/parks/fisher-pool/facilities/outdoor-pools/fisher-pool](http://www.nycgovparks.org/parks/fisher-pool/facilities/outdoor-pools/fisher-pool)

*Has a free outdoor pool.*

\*

*Park*

**Gorman Playground**

30 AVE, 84 - 85 ST, 25 AVE, East Elmhurst

\*\*\*

*Park*

**IS 145Q Schoolyard Playground**

33-34 80TH St, Jackson Heights

\*

- Key:
- Playground
  - Basketball / Handball
  - Soccer / Football
  - Baseball
  - Tennis
  - Swimming
  - Fitness Equipment
  - Fitness Classes
  - Walking / Jogging
  - \$ Fee

Farmers' Market

### Jackson Heights Greenmarket

34<sup>th</sup> Ave at 78<sup>th</sup> St., Jackson Heights

Open Sundays year-round. Accepts EBT, WIC Vegetable & Fruit checks & FMNP coupons.

Park

### Junction Playground

34 Ave. bet. 96 St. and Junction Blvd., Jackson Heights

\*\*

Park

### LaGuardia Landing Lights

25 Ave. bet. 78 St. and 79 St., East Elmhurst

other: field

Cultural Center

### Langston Hughes Community Library and Cultural Center

100-01 Northern Blvd, Corona

(718) 651-1100

www.queenslibrary.org

The Langston Hughes Community Library and Cultural Center was founded in 1969 to serve the Corona/East Elmhurst area's predominantly African-American population. Cultural programs range from theatrical presentations to music concerts, from literary readings to exhibitions.

Recreation Center

### Louis Armstrong Community Center

33-16 108th St, Corona

(718) 651-0096

www.nycgovparks.org/facilities/recreationcenters/Q468

Membership fee for recreation center without pool ranges from free (under 18) to \$25/year (young adults and seniors ) to \$100/year (adults)

\* other: recreation center \$

Museum

### Louis Armstrong House & Archives

34-56 107th St, Corona

(718) 478-8274

www.louisarmstronghouse.org

Louis Armstrong was one of the legendary forefathers of American jazz music. The house remains just as it was when the Armstrongs lived here. Admission \$7-10 (children under 4 free).

\$

Community Center

### Make the Road NY

92-10 Roosevelt Ave, Jackson Heights

\* other: Shape Up NYC

Community Garden

### Malcolm X Garden

111-26 Northern Blvd, Corona

Community Garden

### McIntosh Neighborhood Association Garden

25-16 McIntosh St., Elmhurst

Key:   
■ Playground   
■ Basketball / Handball   
■ Soccer / Football   
■ Baseball   
■ Tennis   
■ Swimming   
■ Fitness Equipment   
■ Fitness Classes   
■ Walking / Jogging   
\$ Fee

Park

### Northern Playground

Northern Blvd. bet. 93 St. and 94 St., Jackson Heights

\*\*

Park

### Overlook Park

Ditmars Blvd., 22 Dr. bet. 97 St. and 100 St., East Elmhurst

\*

Park

### Planeview Park

23 Ave. bet. 85 St. and Ditmars Blvd., East Elmhurst

other: field

Park

### Playground Ninety

NORTHERN BLVD. & 90 ST., Jackson Heights

\*\*

Park

### Private William Gray Park

98 St. bet. Northern Blvd. and 32 Ave., East Elmhurst

\*

School

### PS 149 Beacon

93-11 34th Ave, Jackson Heights

(718) 426-0888

\* other: Shape Up NYC

Park

### PS 69Q Schoolyard Playground

77-02 37 Ave, Jackson Heights

\*

Community Center

### Queens Library - Langston Hughes

100-01 Northern Blvd., Corona

(718) 651-1100 www.queenslibrary.org

\* other: Shape Up NYC

Park

### Rory Staunton Field

78 St., 79 St. bet. Northern Blvd. and 34 Ave., Jackson Heights

other: field

Park

### Tot Lot Park

W/S 98 ST BET NORTHERN BLVD & 32 AVE, East Elmhurst

\*

Park

### Travers Park

34 Ave. bet. 77 St. and 78 St., Jackson Heights

\*\*\*\*

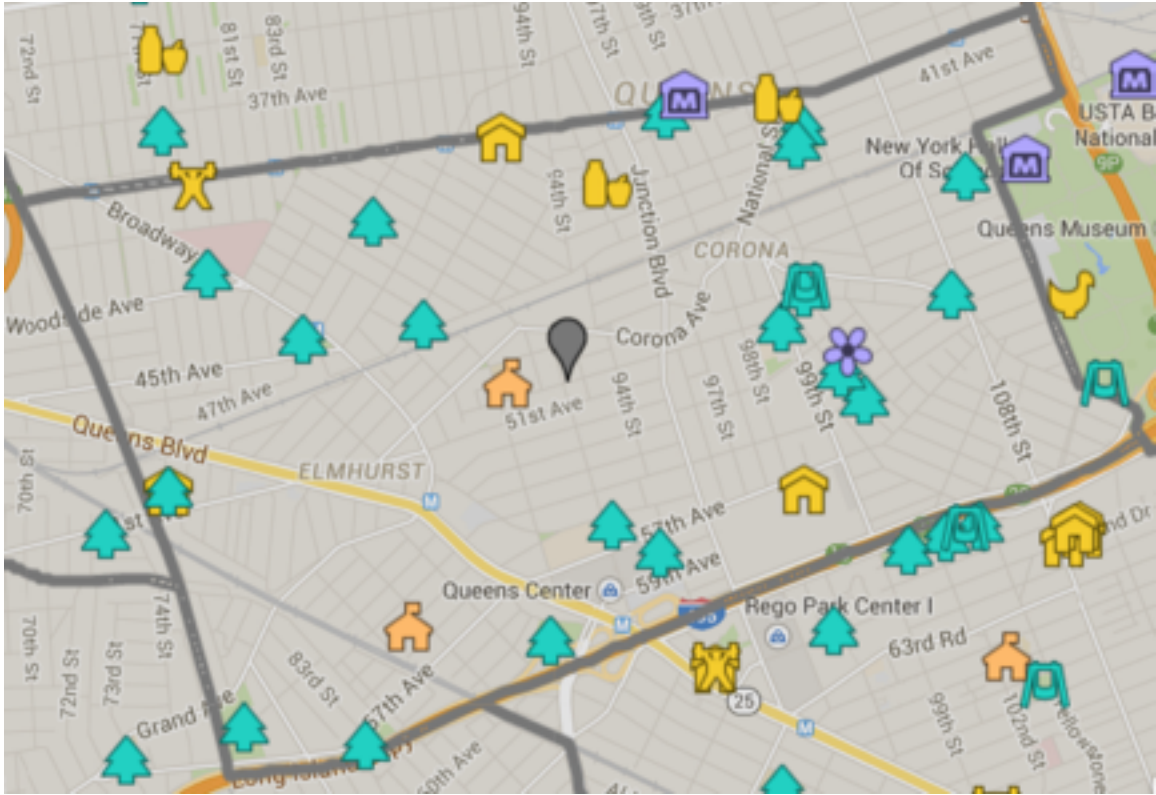
Key: \* Playground      \* Tennis      \* Walking / Jogging  
 \* Basketball / Handball      \* Swimming      \$ Fee  
 \* Soccer / Football      \* Fitness Equipment  
 \* Baseball      \* Fitness Classes

**Key:**

• Playground	• Tennis	• Walking / Jogging
• Basketball / Handball	• Swimming	• Fee
• Soccer / Football	• Fitness Equipment	
• Baseball	• Fitness Classes	

# Community District 4

ELMHURST, CORONA, LEFRAK CITY



## Quick Facts:

<b>2010 Population</b>	<b>173,000</b>
<b>Parks</b>	<b>22</b>
<b>Playgrounds</b>	<b>20</b>

- Key:
- Playground
  - Basketball / Handball
  - Tennis
  - Soccer / Football
  - Baseball
  - Swimming
  - Fitness Equipment
  - Fitness Classes
  - Walking / Jogging
  - \$ Fee



Community Center

### Beacon Community Center

50-40 Jacobus St, Elmhurst  
(718) 429-8766

*Part of Sunnyside Community Services. The Beacon Program at IS 5 makes a broad range of sports, cultural activities, educational activities, college preparation, and more available to children and teenagers, as well as evening and other programs to their parents.*  
([www.scsny.org](http://www.scsny.org))

\*

Park

### Corona Golf Playground

109 St., 111 St. bet. 46 Ave. and 47 Ave., Corona

\*\*\*

Park

### Corona Mac Park

LEWIS AVE, 101 ST, 102 ST, Corona

\*\*

Park

### Crowley Playground

84 ST. & 57 AVE, Elmhurst

\*\*

Farmers' Market

### Elmhurst Greenmarket

41<sup>st</sup> Av between 80<sup>th</sup> & 81<sup>st</sup> St, Elmhurst

*Open Tuesdays June 2nd through November 24th. Accepts EBT, WIC & Senior FMNP Coupons.*

Park

### Elmhurst Park

Grand Ave., 57 Ave. bet. 74 St. and 80 St, Elmhurst

Key:   
 \* Playground   
 \* Tennis   
 \* Walking / Jogging   
 \* Basketball / Handball   
 \* Swimming   
 \$ Fee   
 \* Soccer / Football   
 \* Fitness Equipment   
 \* Baseball   
 \* Fitness Classes

*Just opened in 2011, Elmhurst park is modern, spacious, and the playground features unique equipment that can't be found at other parks. (nycgovparks.org)*

\*\*

Park

### Frank D. O'Connor Park

Broadway, 78 TO 79 STS, Elmhurst, Jackson Heights

\*\*\*

Park

### Hinton Park

114 St., 113 St. bet. 34 Ave. and 37 Ave., Corona

\*

Park

### Hoffman Park

HOFFMAN DR & SEABURY ST, Elmhurst

\*\*

Park

### IS 5Q Schoolyard Playground

50-40 JACOBUS St, Elmhurst

\*

Park

### IS 61Q Schoolyard Playground

98-50 50TH AVE., Corona

\*

Playground

### Joseph Caminiti Playground

102 St. bet. Corona Ave. and Alstyne Ave., Corona

\*

Park

### Josephine Caminiti Playground

ALSTYNE AVE, 102 ST, CORONA AVE , Corona

\*

Park

### Linden Park

41st to 42nd Ave and 103rd to 104th St, Corona

\*\*

Park

### Long Island Mews

51 PL, 74 ST, 51 AVE, Elmhurst

\*

Park

### Louis Armstrong Playground

37 AVE BET 112 & 113 STS, Corona

\*\*

Key: \* Playground      \* Tennis      \* Walking / Jogging  
\* Basketball / Handball      \* Swimming      \$ Fee  
\* Soccer / Football      \* Fitness Equipment  
\* Baseball      \* Fitness Classes

Park

### Louis Simeone Park

Lewis Ave., Radcliff Ave. bet. 101 St. and 102 St., Corona

\*

Park

### Moore Homestead Park

Broadway., 82 St., 45 Ave., Elmhurst

\*\*\*

School

### Newtown High School

48-01 90th St , Elmhurst  
(718) 595-8541

*Part of Queens Community House. Offers Youth Development Center - School-based programs offer elementary, middle, and high school youth a variety of year-round activities including afterschool programs, summer camps, or individual, group, academic and college counseling. Programs are limited to students attending those schools during the academic year. (qchnyc.wordpress.com)*

\*

Park

### Newtown Playground

92 ST. & 56 AVE., Elmhurst

\*\*

School

### P.S/ I.S 102Queens

55-24 Van Horn St, Elmhurst  
(347) 443-1268

\* other: Shape Up NYC

Park

### Park of the Americas

104 ST. & 41 AVE. , Corona

\*\*\*\*

Playground

### Playground for All Children

111-01 Corona Ave, Corona

\* other: Kids In Motion

Park

### PS 19Q Schoolyard Playground

98-02 ROOSEVELT Ave, Corona

\*

Park

### PS 721Q Schoolyard Playground

57-12 94 St, Elmhurst

\*

Park

### PS 89Q Schoolyard Playground

85-28 BRITTON Ave, Elmhurst

\*

Key:   
■ Playground   
■ Basketball / Handball   
■ Soccer / Football   
■ Baseball   
■ Tennis   
■ Swimming   
■ Fitness Equipment   
■ Fitness Classes   
■ Walking / Jogging   
\$ Fee

*Community Center*

**Queens Library - Lefrak City**

98-30 57th Ave, Lefrak City  
(718) 592-7677 www.queenslibrary.org

\* other: Shape Up NYC

*Community Garden*

**Radcliff Avenue Garden**

52-02 102<sup>nd</sup> St., Corona

*Park*

**Veterans Grove**

Whitney Ave, Judge St, 43 Ave, Elmhurst

\*

*Park*

**William F. Moore Park**

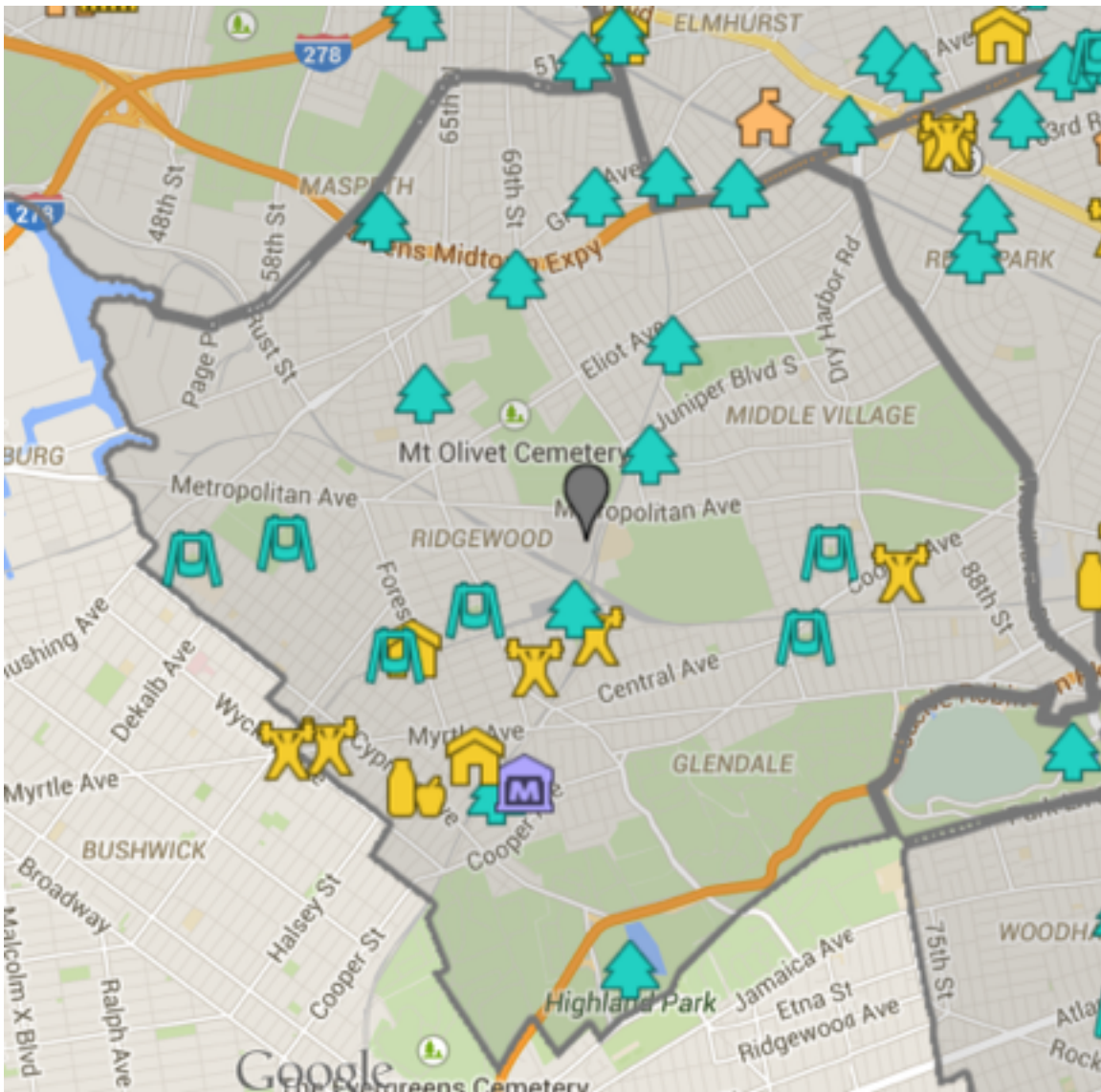
108 St., Corona Ave. bet. 51 Ave. and 52 Ave., Corona

other: bocce ball

Key:   
■ Playground   
■ Basketball / Handball   
■ Soccer / Football   
■ Baseball   
■ Tennis   
■ Swimming   
■ Fitness Equipment   
■ Fitness Classes   
■ Walking / Jogging   
\$ Fee

# Community District 5

GLENDALE, MASPETH, MIDDLE VILLAGE, RIDGEWOOD



## Quick Facts:

**2010 Population**      169,000  
**Parks**                      10

- |                       |                   |                   |
|-----------------------|-------------------|-------------------|
| Playground            | Tennis            | Walking / Jogging |
| Basketball / Handball | Swimming          | Fee               |
| Soccer / Football     | Fitness Equipment |                   |
| Baseball              | Fitness Classes   |                   |

# Playgrounds

15

- Key:**
- Playground
  - Basketball / Handball
  - Soccer / Football
  - Baseball
  - Tennis
  - Swimming
  - Fitness Equipment
  - Fitness Classes
  - Walking / Jogging
  - \$ Fee

Playground

### Benninger Playground

Madison St. bet. 60 Pl. and Fresh Pond Rd., Ridgewood

\*\*

Park

### Evergreen Park

St Felix Ave. bet. Seneca Ave. and 60 Pl., Ridgewood

\*\* other: bocce ball

Park

### Forest Park

Myrtle Ave., Union Turnpike, Park Lane South bet. Brooklyn-Queens County Line and Park Lane, Jamaica, Richmond Hill, Woodhaven, Ridgewood

[www.nycgovparks.org/parks/forest-park](http://www.nycgovparks.org/parks/forest-park)

*A mix of natural treasures and manmade prizes, Forest Park is 500+ acres of options for visitors. The west side of the park features softball, baseball, tennis, bocce, handball, and golf. You can also attend an Urban Park Rangers event for an introduction to Forest Park's geology, forestry, or animals. (nycgovparks.org)*

\*\*\*\*\* other: bicycling, horseback riding trails, volleyball, bocce ball, golf course, hiking, skate park

Park

### Frank Principe Park

Maurice Ave., 63 St. bet. 54 Ave. and Borden Ave., Maspeth

\*\*\*\* other: bocce ball

Park

### Frontera Park

58 Ave. bet. Brown Pl. and 69 St., Maspeth

\*\*\*

Senior Center

### Glenridge Senior Center

59-03 Summerfield St., Glendale

(718) 386-5136

\* other: walking club program

Playground

### Grover Cleveland Playground

Stanhope St. bet. Fairvier Ave. and Grandview Ave., Ridgewood

\*\*\*

Park

### Highland Park

Jackie Robinson Pkwy., Vermont Ave., Highland Blvd. bet. Bulwer Pl. and Cypress Hills St., Glendale

\*\*\*\*\*

Park

### Juniper Valley Park

Juniper Blvd. bet. Lutheran Ave., 71 St. and Dry Harbor Rd, Middle Village

*One of Queens's most beloved parks!*

\*\*\*\*\* other: bocce ball, roller hockey

Key:	• Playground	• Tennis	• Walking / Jogging
	• Basketball / Handball	• Swimming	\$ Fee
	• Soccer / Football	• Fitness Equipment	
	• Baseball	• Fitness Classes	

Gym

**Lucille Roberts**

55-05 Myrtle Ave, Ridgewood  
(718) 628-6262 www.lucilleroberarts.com  
*Memberships as little as \$16/month*

\*\*\* \$

Park

**Mafera Park**

65 Pl. bet. Shaler Ave. and the rail yards, Ridgewood

\*\*\* other: roller hockey

Park

**Maurice Park**

MAURICE Ave & BORDEN Ave & 54TH Ave & 63RD St, Maspeth

\*\* other: bocce ball

Playground

**Middle Village Playground**

79 St. bet. 68 Rd. and 69 Ave., Middle Village

\*\*

Gym

**New York Sports Club**

80 - 00 Cooper Ave., Glendale  
www.mysportsclubs.com  
*Memberships as little as \$19.95/month*

\*\* \$

Playground

**Pinochio Playground**

74th St between Cooper Ave and 78 Av, Glendale

\*

Gym

**Planet Fitness**

329 Wyckoff Ave., Ridgewood  
(718) 650.6560 www.planetfitness.com  
*Memberships as little as \$10/month*

\* \$

Park

**PS 128Q Schoolyard Playground**

69-26 65TH Dr, Middle Village

\*

Park

**PS 58Q Schoolyard Playground**

72-50 GRAND AVE, Maspeth

\*

Community Center

**Queens Library - Ridgewood**

20-12 Madison St., Ridgewood  
(718) 821-4770 www.queenslibrary.org

\* other: Shape Up NYC

- Key: \* Playground
- Basketball / Handball
- Soccer / Football
- Baseball
- Tennis
- Swimming
- Fitness Equipment
- Fitness Classes
- Walking / Jogging
- \$ Fee



Park

**Reiff Playground**

59 Dr. bet. Fresh Pond Rd. and 63 St, Maspeth

\*\*\*

Gym

**Retro Fitness**

65-45 Otto Rd , Glendale

[www.retrofitness.net/Web/ww/en/home.dhtml](http://www.retrofitness.net/Web/ww/en/home.dhtml)

*Memberships as little as \$19.99/month*

\*\* \$

Recreation Center

**Ridgewood YMCA**

69-02 64th St, Ridgewood

(212) 912-2180 [www.ymcanyc.org/ridgewood](http://www.ymcanyc.org/ridgewood)

\*\* \$

Farmers' Market

**Ridgewood Youthmarket**

Myrtle Av and Cypress Av., Ridgewood

*Open Saturdays June 12th through November 22nd. Accepts EBT, WIC & FMNP coupons.*

Playground

**Rosemary's Playground**

Woodbine St., Madison St. bet. Woodward Ave. and Fairview Ave., Ridgewood

\*\*

Playground

**Starr Playground**

Onderdonk Ave. bet. Starr St. and Willoughby Ave., Ridgewood

\*\*

Museum

**Vander Ende-Onderdonk House**

1820 Flushing Ave., Ridgewood

(718) 456-1776

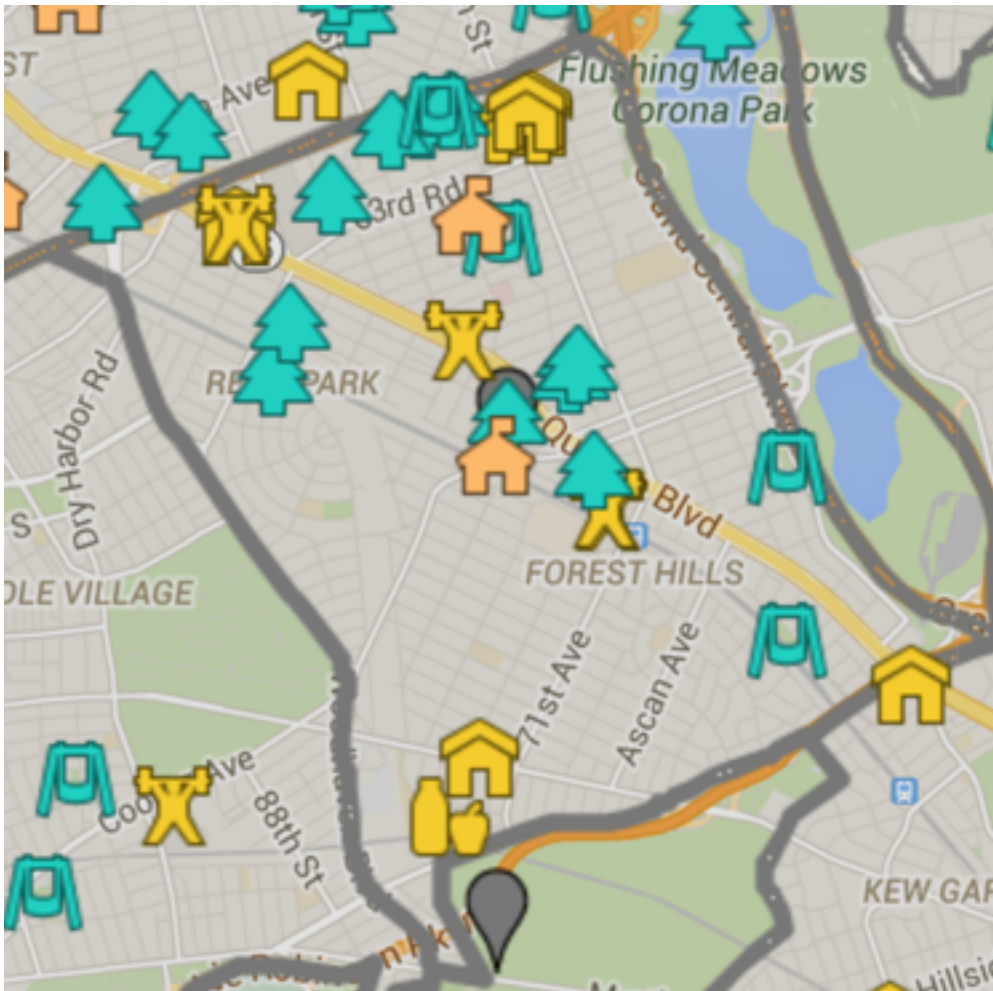
[www.underdonkhouse.org](http://www.underdonkhouse.org)

*The Vander Ende-Onderdonk House, built around 1709 by Paulus Vander Ende, a Dutch farmer, is the oldest Dutch-American farmhouse in New York City. Suggested admission \$3.*

# Community District 6

## FOREST HILLS, REGO PARK

Key:   
 ■ Playground   
 ■ Basketball / Handball   
 ■ Soccer / Football   
 ■ Baseball   
 ■ Tennis   
 ■ Swimming   
 ■ Fitness Equipment   
 ■ Fitness Classes   
 ■ Walking / Jogging   
 \$ Fee



**Quick Facts:**

<b>2010 Population</b>	<b>113,000</b>
<b>Parks</b>	<b>10</b>
<b>Playgrounds</b>	<b>13</b>

<b>Key:</b>	Playground	Tennis	Walking / Jogging
	Basketball / Handball	Swimming	Fee
	Soccer / Football	Fitness Equipment	
	Baseball	Fitness Classes	

Playground

### Annandale Playground

Yellowstone Blvd. bet. 64 Rd. and 65 Ave., Forest Hills

\*\*

Playground

### Barrier Playground

Horace Harding Exwy. Sr. Rd. S., 62 Ave. bet. 102 St. and Yellowstone Blvd., Rego Park

\*\*

Playground

### Ehrenreich-Austin Playground

Austin St. bet. 76 Ave. and 76 Dr., Forest Hills

\*\*

Park

### Forest Park

Myrtle Ave., Union Turnpike, Park Lane South bet. Brooklyn-Queens County Line and Park Lane, Jamaica, Richmond Hill, Woodhaven, Ridgewood

[www.nycgovparks.org/parks/forest-park](http://www.nycgovparks.org/parks/forest-park)

*A mix of natural treasures and manmade prizes, Forest Park is 500+ acres of options for visitors. The west side of the park features softball, baseball, tennis, bocce, handball, and golf. You can also attend an Urban Park Rangers event for an introduction to Forest Park's geology, forestry, or animals. ([nycgovparks.org](http://nycgovparks.org))*

\*\*\*\*\* other: bicycling, horseback riding trails, volleyball, bocce ball, golf course, hiking, skate park

Community Center

### Forest Hills Community Center

108-25 62nd Dr, Forest Hills

(718) 592-5757

*Part of Queens Community House. Offers an after school program, teen evening center, adult day services, summer camp. ([qchnyc.wordpress.com](http://qchnyc.wordpress.com))*

\*

Community Center

### Forest Hills Cooperative

108-03 62nd Dr, Forest Hills

*Part of Queens Community House. Offer recreation classes for Cooperative residents. ([qchnyc.wordpress.com](http://qchnyc.wordpress.com))*

\*

Farmers' Market

### Forest Hills Greenmarket

South side of Queens Blvd at 70<sup>th</sup> Av., Forest Hills

*Open Sundays year-round. Accepts EBT, WIC Vegetable & Fruit checks & FMNP coupons.*

- |      |                         |                     |                     |
|------|-------------------------|---------------------|---------------------|
| Key: | • Playground            | • Tennis            | • Walking / Jogging |
|      | • Basketball / Handball | • Swimming          | • \$ Fee            |
|      | • Soccer / Football     | • Fitness Equipment |                     |
|      | • Baseball              | • Fitness Classes   |                     |

Park

### Handball Haven

102 ST/62 AVE/YELLOWSTONE BLVD, Rego Park

\*

Park

### Horace Harding Playground

62 DR BET 97 & 98 STS, Rego Park

\*\*

School

### JHS 157

64 Ave & 102 St , Rego Park

(718) 275-1031

*Part of Queens Community House. Offers an after school program & summer camp - most are available at no cost. Experienced, culturally sensitive and diverse professionals lead elementary and middle school youth in a balanced array of supervised activities including educational enrichment, homework help, and arts. (qchnyc.wordpress.com)*

\*

School

### JHS 190

68-17 Austin St , Forest Hills

(718) 830-5233

*Part of Queens Community House. Offers Beacon Program at J.H.S 190: Year-round, free programming for youth ages 6 through 21, with a focus on leadership development and skill building; Summer Camp. (qchnyc.wordpress.com)*

\*

Park

### Katzman Playground

YELLOWSTONE BLVD BET 68 AVE & 68 RD, Rego Park

\*

Recreation Center

### Lost Battalion Hall Recreation Center

93-29 Queens Blvd., Rego Park

(718) 263-1163

*Membership fee for recreation center without a pool ranges from free (under 18) to \$25/year (young adults and seniors ) to \$100/year (adults)*

\*\* other: Shape Up NYC

Gym

### Lucille Roberts

70-24 Austin St, Forest Hills

(718) 261-2350 www.lucilleroberarts.com

*Memberships as little as \$16/month*

\*\* \$

Park

### MacDonald Park

Queens Blvd. bet. Yellowstone Blvd. and 70 Rd., Forest Hills

\*

Gym

### New York Sports Club

99 - 23 Queens Blvd., Rego Park

www.mysportsclubs.com

Key: \* Playground      \* Tennis      \* Walking / Jogging  
 \* Basketball / Handball      \* Swimming      \$ Fee  
 \* Soccer / Football      \* Fitness Equipment  
 \* Baseball      \* Fitness Classes

Memberships as little as \$19.95/month

\*\* \$

Gym

### New York Sports Club

69 - 47 Austin St., Forest Hills

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

Memberships as little as \$19.95/month

\*\* \$

Park

### Playground 62 / PS 220

Yellowstone Blvd. between 62 Ave. & 62 Rd., Forest Hills

\*\*

Community Garden

### Project Eden

Kessel St. & Yellowstone Blvd., Forest Hills

Park

### PS 139Q Schoolyard Playground

93-06 63RD Dr, Rego Park

\*

Community Center

### Queens Community House

108-25 62nd Dr, Forest Hills

(718) 592-5757 [www.queenscommunityhouse.org](http://www.queenscommunityhouse.org)

*Queens Community House was established in 1975 in the wake of heated confrontations that erupted over the advent of low-income housing in Forest Hills. Thirty-six years later, QCH remains committed to the personal growth of the people it serves and to the creation of self-reliant, open, responsible communities. Offer athletic programs for youth and teens (including breakdancing), exercise classes for adults, exercise and recreation for seniors.*

*([queenscommunityhouse.org/](http://queenscommunityhouse.org/))*

\*

Community Center

### Queens Community House Early Childhood Center

110-01 62nd Dr., Forest Hills

*Part of Queens Community House. Offers Queens Childcare Network and Generation Q - A supportive and safe environment for lesbian, gay, bisexual, transgender and allied youth up to age 21, offering social services and social, educational & recreational activities.*

*([qchnyc.wordpress.com](http://qchnyc.wordpress.com))*

\*

Community Center

### Queens Library - North Forest Park

98-27 Metropolitan Ave, Forest Hills

(718) 261-5512 [www.queenslibrary.org](http://www.queenslibrary.org)

\* other: Shape Up NYC

Park

### Real Good Park

HORACE HARDING EXWY, 99 ST, 62 AVE, 102 ST, Rego Park

\*\*\*

Key: \* Playground      \* Tennis      \* Walking / Jogging  
\* Basketball / Handball      \* Swimming      \$ Fee  
\* Soccer / Football      \* Fitness Equipment  
\* Baseball      \* Fitness Classes

*Community Center*

### **Rego Park Senior Center**

93-29 Queens Blvd, Rego Park

\* other: Shape Up NYC

*Park*

### **Russell Sage Playground**

Booth St. bet. 68 Ave. and 68 Dr., Forest Hills

\*\*\*

*Park*

### **The Painter's Playground**

ALDERTON ST FROM DIETERLE TO ELWELL CRESCENTS , Rego Park

\*\*

*Playground*

### **Willow Lake Playground**

72 Ave. bet. 112 St. and Grand Central Pkwy, Forest Hills

\*\*

*Park*

### **Yellowstone Municipal Park**

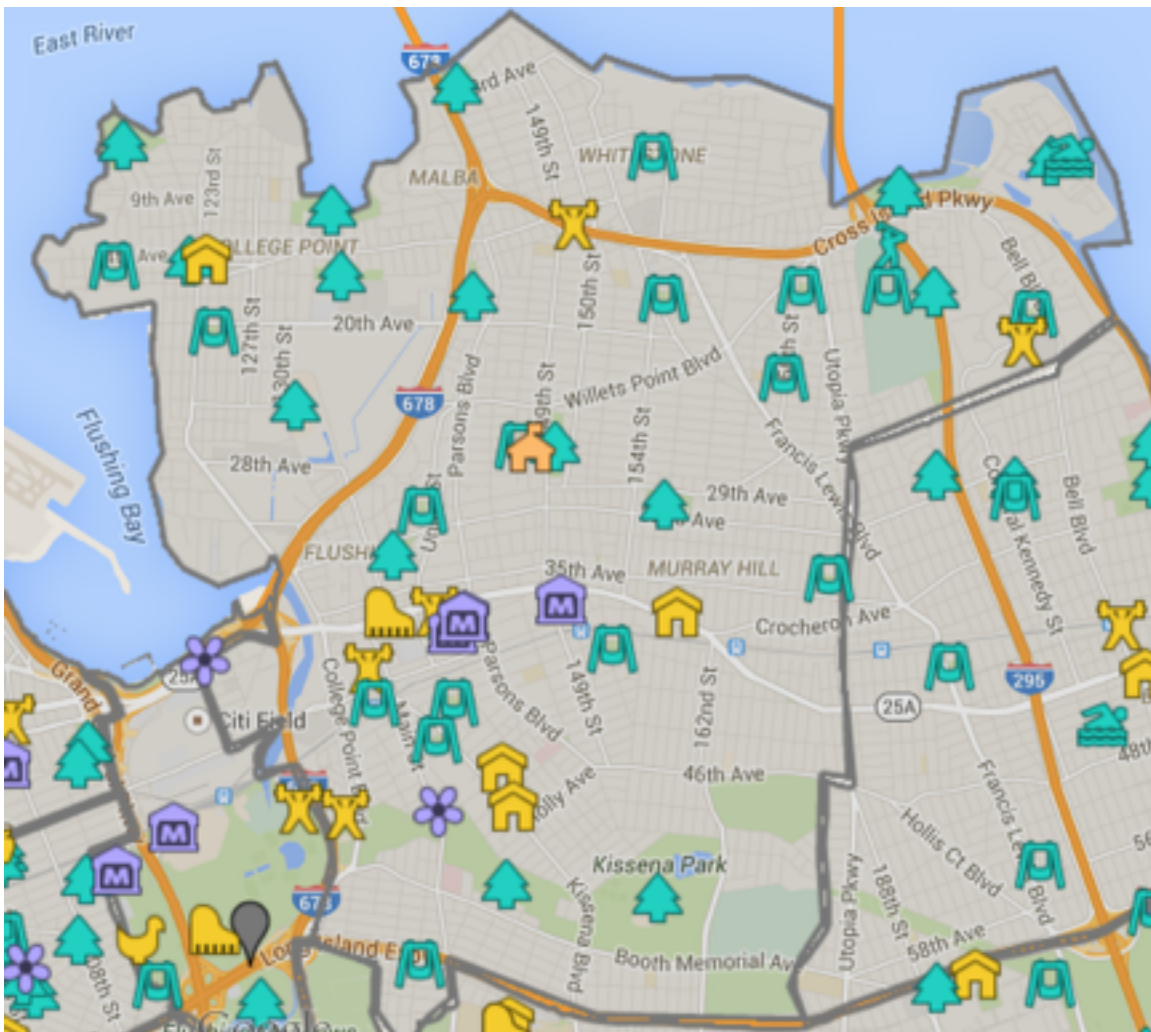
Yellowstone Blvd. bet. 68 Ave. and 68 Rd., Forest Hills

\*

**Key:** \* Playground      \* Tennis      \* Walking / Jogging  
\* Basketball / Handball      \* Swimming      \$ Fee  
\* Soccer / Football      \* Fitness Equipment  
\* Baseball      \* Fitness Classes

# Community District 7

AUBURNDALE, COLLEGE POINT, WHITESTONE, FLUSHING, BAYSIDE, KEW GARDENS HILLS, MURRAY HILL, QUEENSBORO HILL



## Quick Facts:

**2010 Population** 247,000  
**Parks** 15

- |                       |                   |                   |
|-----------------------|-------------------|-------------------|
| Playground            | Tennis            | Walking / Jogging |
| Basketball / Handball | Swimming          | Fee               |
| Soccer / Football     | Fitness Equipment |                   |
| Baseball              | Fitness Classes   |                   |



# Playgrounds

24

- Key:**
- Playground
  - Basketball / Handball
  - Soccer / Football
  - Baseball
  - Tennis
  - Swimming
  - Fitness Equipment
  - Fitness Classes
  - Walking / Jogging
  - \$ Fee

Recreation Center

**Al Oerter Recreation Center**

131-40 Fowler Ave, Flushing  
(718) 353-7853 [www.nycgovparks.org/sub\\_things\\_to\\_do/recreation\\_centers/view\\_recreation\\_center.php?ID=Q099-NMD01](http://www.nycgovparks.org/sub_things_to_do/recreation_centers/view_recreation_center.php?ID=Q099-NMD01)

*Membership fee for recreation center without a pool ranges from free (under 18) to \$25/year (young adults and seniors ) to \$100/year (adults)*

\*\*\* other: Track, Volleyball, Adaptive Sports Program, Table Tennis, Shape Up NYC \$

Senior Center

**Angelo Petromelis Senior Center**

13-28 123rd St., College Point  
(718) 961-0344

\* other: walking program

Playground

**Auburndale Playground**

171 St., 172 St. bet. 33 Ave. and 35 Ave., Auburndale

\*\*

Recreation Center

**Bay Terrace Center of the Samuel Field Y**

212-00 23rd Ave, Bayside  
(718) 423-6111 [www.sfy.org](http://www.sfy.org)

\*\*\*\*\* \$

Playground

**Bay Terrace Playground**

23 Ave. bet. 212 St. and Bell Blvd, Bayside

\*\*

Playground

**Bland Playground**

40 Rd. bet. Prince St. and Main St., Flushing

\*\*

Museum

**Bowne House Historical Society**

37-01 Bowne St., Flushing  
(718) 359-0528 [www.bownehouse.org](http://www.bownehouse.org)

*Built in 1661 by John Bowne, this house is one of the oldest surviving buildings in New York City. Considered a fine example of vernacular Dutch-English architecture, it is meticulously preserved both inside and out. Admission free.*

Park

**Bowne Park**

29 Ave., 32 Ave. bet. 155 St. and 159 St., Murray Hill, Whitestone

\*\* other: bocce ball

Playground

**Bowne Playground (PS 20)**

Union St & Sanford Ave, Flushing

\* other: Kids In Motion

- Key: ■ Playground
- Basketball / Handball
- Soccer / Football
- Baseball
- Tennis
- Swimming
- Fitness Equipment
- Fitness Classes
- Walking / Jogging
- \$ Fee

Community Center

**Chinese Community Center of Flushing**

43-17 Union St, Level C, Flushing

(347) 542-3700 www.cccflushing.org

*Chinese Community Center of Flushing offers a broad range of activities and services to our local community that are dedicated to promoting, inspiring, and enriching the lives of Chinese children, adults, and families through programs that help their social, spiritual, and educational needs. (cccflushing.org)*

\*

Golf Course

**Clearview Park Golf Course**

202-12 Willets Point Blvd., Bayside

(718) 229-2570 www.clearviewparkgc.com/

other: golf course \$

Playground

**Clintonville Playground**

Clintonville St. bet. 17 Ave. and 17 Rd., Whitestone

\*\*

Playground

**Golden Playground**

Union St. bet. 31 Rd. and 31 Dr., Flushing

\*\*\*

Park

**College Point Fields**

130 St. bet., 23rd Ave. and 26 Ave., College Point

\*\* other: roller hockey

Park

**College Point Park**

14 Ave. bet. 121 St. and College Point Blvd., College Point

\*\*

Park

**Flushing Fields**

149th St and 25th Av, Whitestone

\*\*\*\*

Park

Cultural Center

**Flushing Town Hall**

137-35 Northern Blvd, Flushing

(718) 463-7700 www.flushingtownhall.org

*Home to the Flushing Council on Culture and the Arts (FCCA), Flushing Town Hall presents high-quality, award-winning performing and visual arts programs, including theater, jazz, classical and world music, dance, puppetry arts, and family programs with interactive workshops.*

Recreation Center

**Flushing YMCA**

138-46 Northern Blvd., Flushing

(718) 961-6880 www.ymcanyc.org/flushing

- Key:
- Playground
  - Basketball / Handball
  - Soccer / Football
  - Baseball
  - Tennis
  - Swimming
  - Fitness Equipment
  - Fitness Classes
  - Walking / Jogging
  - \$ Fee

\*\* \$

Nature Area, Park

### Fort Totten Park

422 Weaver Ave., Bayside

*At this park you can explore a Civil War fortress, observe wildlife, and swim in the free outdoor pool!*

\*\* other: nature area

Pool

### Fort Totten Park Pool

338 Story Rd., Bayside

(718) 224-4031 www.nycgovparks.org/parks/fort-totten-park

*Has a free outdoor pool.*

\*

Park

### Francis Lewis Park

3-01 3rd Ave, Whitestone

\*\* other: kayak/canoe, bocce ball

Park

### Frank Golden Park

132 St. To 138 St., 14 Rd., College Point

\*\*

Playground

### Freedom Square Playground

Vleigh Pl., Main St. bet. 73 Ter. and 76 Ave., Kew Gardens Hills

\*

Playground

### Hart Playground

147 St. bet. 26 Ave. and 27 Ave, Whitestone

\*\*

Park

### Harvey Park

144 St., Whitestone Exwy. bet. 15 Ave. and 20 Ave., Whitestone

\*\*\* other: rolley hockey

Museum

### Kingsland Homestead at Queens Historical Society

143-35 37<sup>th</sup> Ave, Flushing

(718) 939-0647 www.queenshistoricalsociety.org

*This late 18th-century historic house stands in a small park in Flushing. It is the headquarters of the Queens Historical Society, which offers a regular series of lectures, programs and slide presentations on subjects relating to the borough and its history. Admission \$2-3*

\$

Park

### Kissena Corridor Park

Booth Memorial Ave., Crommelin St., Colden St. bet. College Pt. Blvd. and Kissena Blvd., Queensboro Hill

\*\*\*\*\* other: cricket

Park

### Kissena Park

Fresh Meadows La., Kissena Blvd., bet. Oak Ave., Underhill., and Booth Memorial Ave., Murray Hill

Key:	• Playground	• Tennis	• Walking / Jogging
	• Basketball / Handball	• Swimming	• Fee
	• Soccer / Football	• Fitness Equipment	
	• Baseball	• Fitness Classes	

One of this park's main features is the Kissena Velodrome - a 400-meter, state-of-the-art cycling facility.

\*\*\*\*\* other: Kissena "Velodrome", bicycling, bocce ball, golf, volleyball

*Community Center*

**Korean Community Services of Metropolitan New York, Inc.**

35-56 159th St, Flushing  
(718) 939-6137

\* other: Shape Up NYC

*Park*

**Leavitts Park**

34-41 137<sup>th</sup> St., Flushing

*Park*

**Little Bay Park**

Cross Island Pkwy. bet. Utopia Pkwy. and Totten Ave., Bayside

\* other: roller hockey, bicycling, kayak/canoe

*Gym*

**Lucille Roberts**

135-23 38th Ave, Flushing  
(718) 321-0100 www.lucilleroberts.com

*Memberships as little as \$16/month*

\*\* \$

*Park*

**Macneil Park**

Poppenhusen Ave. bet. 115 St. and College Pl., College Point

\*\* other: kayak/canoe

*Playground*

**Maple Playground**

Kissena Blvd. Bet. Maple Ave. & Franklin Ave., Flushing

\* other: Kids In Motion

*Park*

**Margaret I Carman Green - Weeping Beech**

37 Ave. bet. Bowne St. and Parsons Blvd., Flushing

\*\*

*Playground*

**Murray Hill Playground**

Murray St and Sanford Ave, Murray Hill

\*\*\*

*Gym*

**New York Sports Club**

153 - 37 Cross Island Pkwy, Whitestone  
www.mysportsclubs.com

*Memberships as little as \$19.95/month*

\*\* \$

*School*

**P.S. 21**

147-36 26th Ave, Whitestone

Key: \* Playground      \* Tennis      \* Walking / Jogging  
\* Basketball / Handball      \* Swimming      \$ Fee  
\* Soccer / Football      \* Fitness Equipment  
\* Baseball      \* Fitness Classes

\* other: Shape Up NYC

Playground

**Playground 115**

115 St bet 14 Ave and 14 Rd, College Point

\*

Playground

**Playground 21**

21 Ave and 166 St, Whitestone

\*\* other: roller hockey

Playground

**Poppenhusen Playground**

20 Ave., 21 Ave. bet. 123 St. and 124 St., College Point

\*\*

Community Center, Summer Day Camp

**Police Athletic League Centers**

PS 214 (Queens), 31-15 140th Street bet. 31st Road & 31st Drive, Flushing  
(718) 353 8457

Other: Provides help with homework \$ Free with registration

Park

**Powell's Cove Park**

11 Ave. bet. 130 St., Powell's Cove Blvd. and 138 Pl., 9 Ave., Whitestone

other: nature area

Garden

**Queens Botanical Garden**

43-50 Main St., Flushing

(718) 886-3800 [www.queensbotanical.org](http://www.queensbotanical.org)

*39 acres of beautiful gardens and trails open to the public. Admission between \$2-4, with free hours Wed and Sun afternoons and all winter long.*

\$

Community Center

**St. Ann/Mary Nativity Roman Catholic Church**

142-30 58th Avenue, Flushing

(718) 886-3890

\* \$

Museum

**Queens Historical Society**

143-35 37<sup>th</sup> Ave, Flushing

(718) 939-0647 [www.queenshistoricalsociety.org](http://www.queenshistoricalsociety.org)

*Headquartered in the historic house known as Kingsland Homestead, the Queens Historical Society explores the history of the borough from its aboriginal roots up to the present day. Admission \$2-3.*

\$

Key: \* Playground      \* Tennis      \* Walking / Jogging  
    • Basketball / Handball      • Swimming      \$ Fee  
    • Soccer / Football      • Fitness Equipment  
    • Baseball      • Fitness Classes

Senior Center

**Selfhelp Benjamin Rosenthal/Prince St Senior Center**

45-25 Kissena Blvd., Flushing

(718) 886-5777

other: walking club program

Museum

**Voelker Orth Museum**

149-19 38<sup>th</sup> Av., Murray Hill

(718) 359-6227 [www.vomuseum.org](http://www.vomuseum.org)

*The Voelker Orth Museum is a bird sanctuary and Victorian garden that functions as a museum maintaining the cultural and historical heritage of Queens and Long Island.*

\$

Playground

**Whitestone Playground**

12th Ave between 154th St and 152nd St, Whitestone

\*\* other: roller hockey

Playground

**Willets Point Playground**

166 St. bet. 16 Ave. and 16 Rd., Whitestone

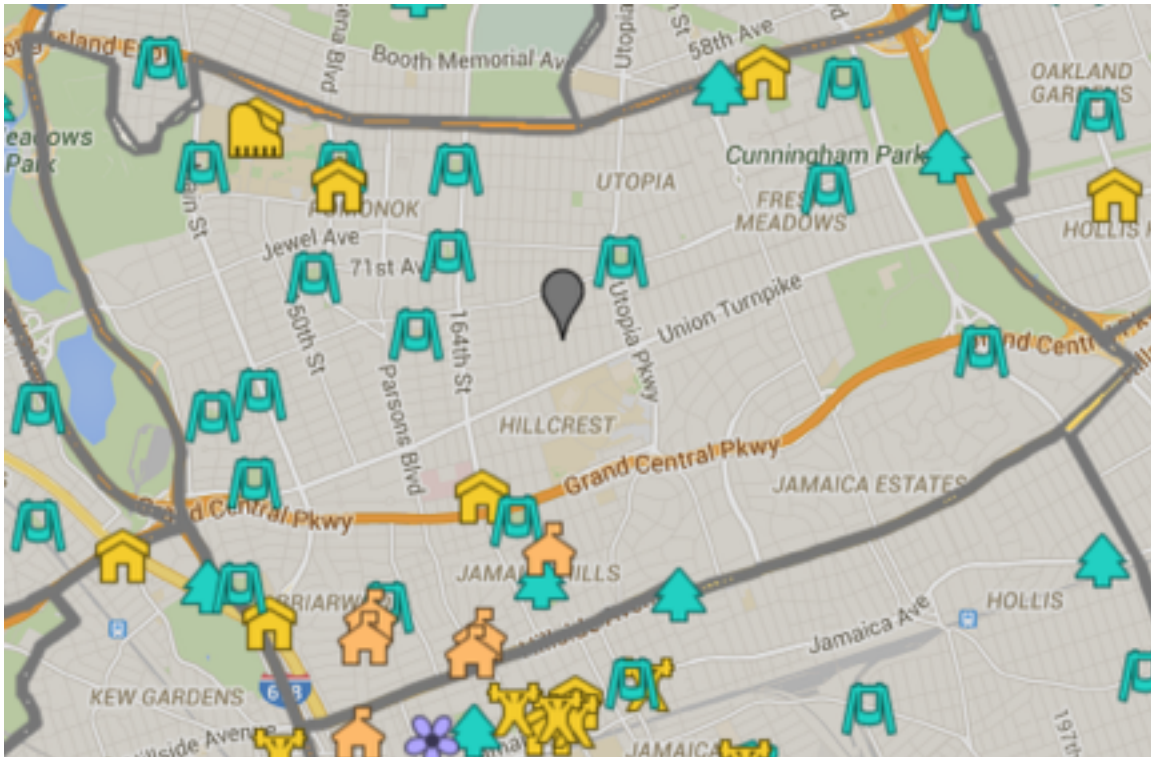
\*\*

**Key:** ■ Playground ■ Tennis ■ Walking / Jogging  
■ Basketball / Handball ■ Swimming \$ Fee  
■ Soccer / Football ■ Fitness Equipment  
■ Baseball ■ Fitness Classes



# Community District 8

BRIARWOOD, FRESH MEADOWS, HOLLISWOOD, KEW GARDENS HILLS, POMONOK, UTOPIA, JAMAICA



## Quick Facts:

<b>2010 Population</b>	<b>151,000</b>
<b>Parks</b>	<b>2</b>
<b>Playgrounds</b>	<b>17</b>

- |      |                       |                   |                   |
|------|-----------------------|-------------------|-------------------|
| Key: | Playground            | Tennis            | Walking / Jogging |
|      | Basketball / Handball | Swimming          | Fee               |
|      | Soccer / Football     | Fitness Equipment |                   |
|      | Baseball              | Fitness Classes   |                   |

Museum

**Anthropology Museum of the People of New York**

Queens College 64-19 Kissena Blvd, Kissena Hall, Pomonok  
(718) 428-5650 [www.anthropologymuseum.org](http://www.anthropologymuseum.org)

*Founded in 1977 by Margaret Mead and other anthropologists, the museum details the anthropology disciplines of biology, archaeology, linguistics and culture studies. One exhibit traces the history of the Armenian people, from ancient times to the 1915 Armenian genocide through paths of immigration, including to the U.S. Admission free.*

Playground

**Briarwood Playground**

148 St. bet. 85 Ave. and 85 Rd., Briarwood

\*\*

Park

**Captain Tilly Park**

Highland Ave., 85 Ave. bet. 165 St. and Chapin Pkwy., Jamaica

\*

Playground

**Cedar Grove Playground**

Gravett Rd. bet. Main St. and 149 St., Pomonok

\*\*

Park

**Cunningham Park**

LIE., 73 Ave., Union Turnpike, GCP bet. 193 St., Francis Lewis Blvd., Hollis Hills Ter., and 210 St., Fresh Meadows, Holliswood

*One of the largest parks in Queens. Assembled between 1928 and 1944 and named Cunningham Park in 1934, the space has developed into headquarters for countless athletic leagues, animals, playmates, and barbecue enthusiasts. ([nycgovparks.org](http://nycgovparks.org))*

\*\*\*\*\* other: bicycling, cricket, volleyball, bocce ball, hiking trails

Playground

**Electric Playground**

164 St. bet. 65 Ave. and 67 Ave., Fresh Meadows

\*\*

Playground

**Emerald Playground**

Jewel Ave., 71 Ave. bet. 163 St. and 164 St, Pomonok, Utopia

\*\*

Playground

**Farm Playground**

73 Ave. bet. 195 St. and 196 Pl., Fresh Meadows

\*\*

Museum

**Godwin-Ternback Museum at Queens College**

65-30 Kissena Blvd, 405 Klapper Hall, Pomonok  
(718) 997-4747 [qcpages.qc.cuny.edu/godwin\\_ternbach/](http://qcpages.qc.cuny.edu/godwin_ternbach/)

- Key: \* Playground
- Basketball / Handball
- Soccer / Football
- Baseball
- Tennis
- Swimming
- Fitness Equipment
- Fitness Classes
- Walking / Jogging
- \$ Fee

Each exhibition at the museum offers an array of lectures, gallery talks, films, family and children workshops, concerts and tours, often in collaboration with academic departments and centers at the college. Admission free.

Playground

### Holy Cow Playground

Peck Ave between 64th Ave and 67th Av, Fresh Meadows

\* \*

Playground

### Hoover-Manton Playgrounds

Manton St and 83rd Av, Briarwood

\* \* \*

School

### Jamaica High School

167-01 Gothic Dr , Jamaica

(718) 595-8541

Part of Queens Community House. Offers Youth Development Center - School-based programs offer elementary, middle, and high school youth a variety of year-round activities including afterschool programs, summer camps, or individual, group, academic and college counseling. Programs are limited to students attending those schools during the academic year. ([qchnyc.wordpress.com](http://qchnyc.wordpress.com))

\*

School

### JHS 217

85-05 144 St , Jamaica

(718) 262-9234

Part of Queens Community House. Offers an after school program & summer camp - most are available at no cost. Experienced, culturally sensitive and diverse professionals lead elementary and middle school youth in a balanced array of supervised activities including educational enrichment, homework help, and arts. ([qchnyc.wordpress.com](http://qchnyc.wordpress.com))

\*

Playground

### Joseph Austin Playground

164 Pl. bet. Grand Central Pkwy. Sr. Rd. S. and 84 Ave., Jamaica

\* \* \*

Playground

### Judge Moses Weinstein Playground

Union Turnpike and 141st St, Kew Gardens Hills

\* \* \*

Cultural Center

### Kupferberg Center Performances

65-30 Kissena Blvd., Pomonok

(718) 544-2996 [www.kupferbergcenter.org](http://www.kupferbergcenter.org)

Conveniently located on the campus of Queens College, Kupferberg Center Performances offers an annual season of events focusing on classical music, jazz, contemporary entertainment, family theater and arts education programming.

Playground

### McLaughlin Playground

Francis Lewis Blvd and McLaughlin Av, Holliswood

Key: \* Playground \* Tennis \* Walking / Jogging  
\* Basketball / Handball \* Swimming \* \$ Fee  
\* Soccer / Football \* Fitness Equipment  
\* Baseball \* Fitness Classes

\*

Playground

### Playground 75

75 Ave and 160 St, Pomonok

\*\*

Community Center

### Pomonok Community Center

67-09 Kissena Blvd. , Pomonok

(718) 591-6060 x229

*Part of Queens Community House. Offers an after school program & summer camp - most are available at no cost. Experienced, culturally sensitive and diverse professionals lead elementary and middle school youth in a balanced array of supervised activities including educational enrichment, homework help, and arts. (qchnyc.wordpress.com)*

\*

Playground

### Pomonok Playground

Kissena Blvd., 155 St. bet. 65 Ave. and Melbourne Ave., Pomonok

\*\*

Senior Center

### Pomonok Senior Center

67-09 Kissena Blvd, Pomonok

(718) 591-3377

\* other: Shape Up NYC

School

### PS 117

85-05 144 St , Jamaica

(718) 526-4780 x371

*Part of Queens Community House. Offers an after school program & summer camp - most are available at no cost. Experienced, culturally sensitive and diverse professionals lead elementary and middle school youth in a balanced array of supervised activities including educational enrichment, homework help, and arts. (qchnyc.wordpress.com)*

\*

School

### PS 86

87-41 Parsons Blvd , Jamaica

(718) 206-0517

*Part of Queens Community House. Offers an after school program & summer camp - most are available at no cost. Experienced, culturally sensitive and diverse professionals lead elementary and middle school youth in a balanced array of supervised activities including educational enrichment, homework help, and arts.*

\*

Community Center

### Queens College School for Math, Science & Technology

148-20 Reeves Ave. , Pomonok

(718) 461-7462 x1161

Key: \* Playground      \* Tennis      \* Walking / Jogging  
 \* Basketball / Handball      \* Swimming      \$ Fee  
 \* Soccer / Football      \* Fitness Equipment  
 \* Baseball      \* Fitness Classes

*Part of Queens Community House. Offers an after school program & summer camp - most are available at no cost. Experienced, culturally sensitive and diverse professionals lead elementary and middle school youth in a balanced array of supervised activities including educational enrichment, homework help, and arts. (qchnyc.wordpress.com)*

\*

*Community Center*

### **Queens Hospital Center**

82-68 164th St., Jamaica  
(718) 883-2345

\* other: Shape Up NYC

*Community Center*

### **Queens Library - Briarwood**

85-12 Main St, Briarwood  
(718) 658-1680 [www.queenslibrary.org](http://www.queenslibrary.org)

\* other: Shape Up NYC

*Community Center*

### **Queens Library - Fresh Meadows**

193-20 Horace Harding Expressway, Fresh Meadows  
(718) 454-7272 [www.queenslibrary.org](http://www.queenslibrary.org)

\* other: Shape Up NYC

*Cultural Center*

### **Queens Symphony Orchestra**

65-30 Kissena Blvd., Pomonok  
(718) 570-0909 [www.queenssymphony.org](http://www.queenssymphony.org)

*Founded in 1953 and currently led by Music Director Constantine Kitsopoulos, Queens Symphony Orchestra is the borough, only professional orchestra and the oldest and largest professional arts organization in Queens. QSO often performs at the Queensborough Performing Arts Center in Bayside.*

*Playground*

### **Queens Valley Playground**

137 St. bet. 76 Ave. and 76 Rd., Kew Gardens Hills

\*\*

*Playground*

### **Turtle Playground**

61st Rd and 138th St, Queensboro Hill

\*

*Playground*

### **Vleigh Playground**

71st Ave between Kissena Blvd and 150th St, Pomonok

\*\*

*School*

### **Young Women's Leadership School**

150-91 87 Rd, Jamaica  
(718) 725-0402 x4281

*Part of Queens Community House. Offers an after school program & summer camp - most are available at no cost. Experienced, culturally sensitive and diverse professionals lead elementary and middle school youth in a balanced array of supervised activities including educational enrichment, homework help, and arts. (qchnyc.wordpress.com)*

\*

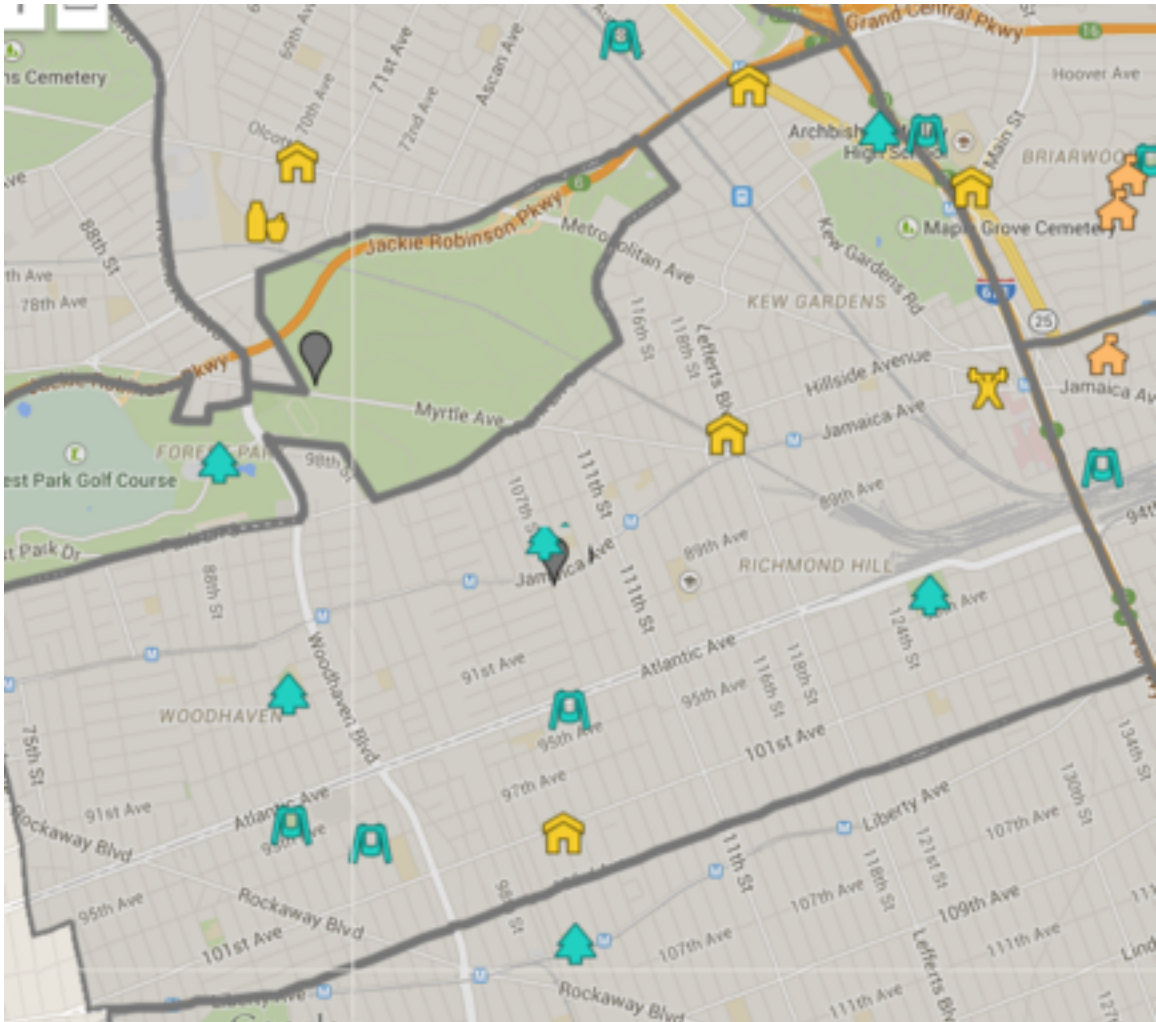
Key: \* Playground      \* Tennis      \* Walking / Jogging  
    \* Basketball / Handball      \* Swimming      \$ Fee  
    \* Soccer / Football      \* Fitness Equipment  
    \* Baseball      \* Fitness Classes

**Key:**

• Playground	• Tennis	• Walking / Jogging
• Basketball / Handball	• Swimming	• Fee
• Soccer / Football	• Fitness Equipment	
• Baseball	• Fitness Classes	

# Community District 9

KEW GARDENS, RICHMOND HILL, WOODHAVEN, OZONE PARK



## Quick Facts:

<b>2010 Population</b>	<b>143,000</b>
<b>Parks</b>	<b>4</b>
<b>Playgrounds</b>	<b>6</b>

<b>Key:</b>	Playground	Tennis	Walking / Jogging
Basketball / Handball	Swimming	Fee	
Soccer / Football	Fitness Equipment		
Baseball	Fitness Classes		

Playground

**Ampere Playground**

101 Ave. bet. 92 St. and 83 St., Ozone Park

\*

Park

**Equity Park**

88 Ave. to 89 Ave. at 90 St., Woodhaven

\*\* other: volleyball

Park

**Forest Park**

Myrtle Ave., Union Turnpike, Park Lane South bet. Brooklyn-Queens County Line and Park Lane, Jamaica, Richmond Hill, Woodhaven, Ridgewood

www.nycgovparks.org/parks/forest-park

*A mix of natural treasures and manmade prizes, Forest Park is 500+ acres of options for visitors. The west side of the park features softball, baseball, tennis, bocce, handball, and golf. You can also attend an Urban Park Rangers event for an introduction to Forest Park's geology, forestry, or animals. (nycgovparks.org)*

\*\*\*\*\* other: bicycling, horseback riding trails, volleyball, bocce ball, golf course, hiking, skate park

Community Center

**Kew Gardens Community Center**

80-02 Kew Gardens Rd, Kew Gardens  
(718) 268-5960

\* other: Shape Up NYC

Playground

**London Planetree Playground**

88-01 Atlantic Ave, Woodhaven

\*\* other: skate park

Park

**Maple Grove Park**

Hoover Ave. bet. Queens Blvd. and 132 St., Briarwood, Kew Gardens

\*

Playground

**Maurice A Fitzgerald Playground**

106 St. bet. Atlantic Ave. and 94 Ave., Ozone Park

\*\*

Senior Center

**Ozone Park Older Adult Services**

103-02 101<sup>st</sup> Ave., Ozone Park  
(718) 847-2100

\* other: walking club program

Park

**Phil ' Scooter' Rizzuto Park**

95 Ave and 125th St, Richmond Hill

\*\*\*\*\*

Key:	• Playground	• Tennis	• Walking / Jogging
	• Basketball / Handball	• Swimming	• Fee
	• Soccer / Football	• Fitness Equipment	
	• Baseball	• Fitness Classes	



*Gym*

**Planet Fitness**

132-40 Metropolitan Ave., Richmond Hill

(718) 291-0400 [www.planetfitness.com](http://www.planetfitness.com)

*Memberships as little as \$10/month*

\* \$

*Park*

**PS 90Q Schoolyard Playground**

86-50 109 St, Richmond Hill

\*

*Community Center*

**Queens Library - Richmond Hill**

118-14 Hillside Ave., Richmond Hill

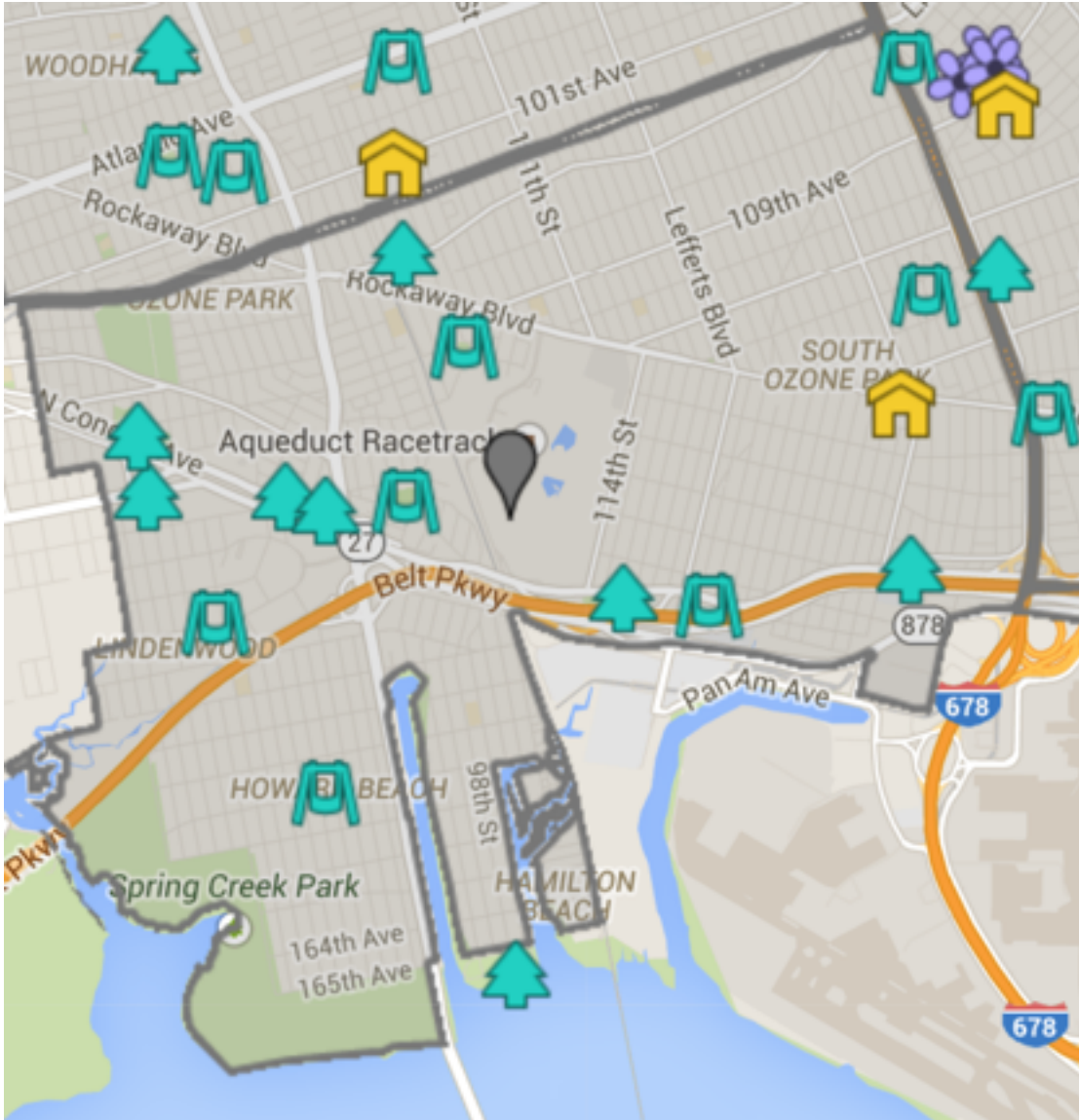
(718) 849-7150 [www.queenslibrary.org](http://www.queenslibrary.org)

\* other: Shape Up NYC

Key:   
 \* Playground   
 \* Tennis   
 \* Walking / Jogging   
 \* Basketball / Handball   
 \* Swimming   
 \$ Fee   
 \* Soccer / Football   
 \* Fitness Equipment   
 \* Baseball   
 \* Fitness Classes

# Community District 10

HOWARD BEACH, OZONE PARK, SOUTH OZONE PARK



**Quick Facts:**

<b>2010 Population</b>	<b>122,000</b>
<b>Parks</b>	<b>8</b>
<b>Playgrounds</b>	<b>10</b>

- |      |                         |                     |                     |
|------|-------------------------|---------------------|---------------------|
| Key: | • Playground            | • Tennis            | • Walking / Jogging |
|      | • Basketball / Handball | • Swimming          | • Fee               |
|      | • Soccer / Football     | • Fitness Equipment |                     |
|      | • Baseball              | • Fitness Classes   |                     |

*Playground*

**Centreville Playgorund**

Albert Rd. bet. 96 St. and Centerville St., Ozone Park

\*\*\*

*Nature Area*

**Frank Charles Memorial Park**

98th St and 96th St, Howard Beach

\*

*Playground*

**Frederick B Judge Playground**

134 St., 135 St., bet. 111 Ave. and Lincoln St., Linden Blvd, South Ozone Park

\*\*\*

*Park*

**Gemini Fields**

S Conduit Ave and Linden Blvd, Howard Beach, Jamaica

\*

*Playground*

**Harold Schneiderman Playground**

155 Ave. bet. 83 St. and 84 St., Howard Beach

\*\*

*Playground*

**John Adams Playground**

Centreville St. bet. 133 Ave. and 103 St., Ozone Park

\*\*

*Playground*

**Lefferts Playground**

N. Conduit Ave. bet. Lefferts Blvd. and 122 St., South Ozone Park

\*\*\*

*Park*

**Police Office Nicholas Demutiis Park**

Liberty Ave. bet. 101 St. and 102 St., Ozone Park

\*\* other: bocce ball

*Park*

**Police Officer Edward Byrne Park**

N. Conduit Ave., 135 Ave. bet. 130 Pl. and 134 St., South Ozone Park

\*\*\*\*\*

*Community Center*

**Queens Library - Ozone Park**

92-24 Rockaway Blvd., Ozone Park

(718) 845-3127 www.queenslibrary.org

- Key:
- Playground
  - Basketball / Handball
  - Soccer / Football
  - Baseball
  - Tennis
  - Swimming
  - Fitness Equipment
  - Fitness Classes
  - Walking / Jogging
  - \$ Fee

\* other: Shape Up NYC

Park

### Rocket Park

N Conduit Ave. and 149 Ave. bet. Whitelaw St. and Lafayette St., South Ozone Park

\*\*\*

Park

### Southern Fields

N Conduit Ave and Lefferts Blvd, South Ozone Park

\*\*

Park

### Tudor Park

N. Conduit Ave., 133 Ave. bet. 80 St. and 88 St., Ozone Park

\*\*\*

Park

### Vito Locascio Field

N. Conduit Ave., 149 Ave., Cross Bay Blvd., Ozone Park

\*

Playground

### Walter Ward Playground

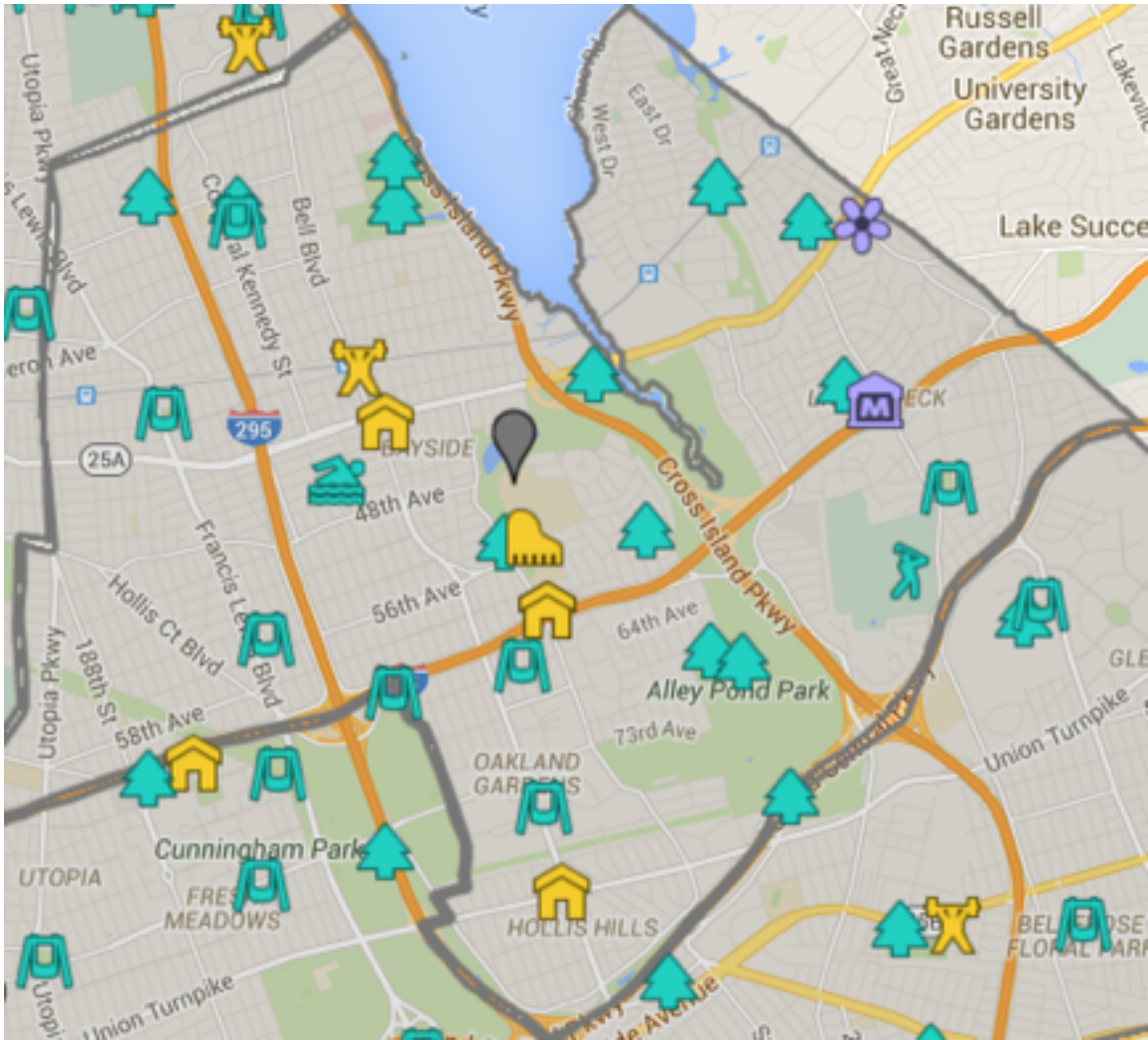
160 Ave. bet. 88 St. and 89 St., Howard Beach

\*\*

Key:   
 ■ Playground   
 ■ Basketball / Handball   
 ■ Soccer / Football   
 ■ Baseball   
 ■ Tennis   
 ■ Swimming   
 ■ Fitness Equipment   
 ■ Fitness Classes   
 ■ Walking / Jogging   
 \$ Fee

# Community District 11

BAYSIDE, DOUGLSTON, HOLLIS HILLS, LITTLE NECK,  
OAKLAND GARDENS, AUBURNDALE



**Quick Facts:**

<b>2010 Population</b>	<b>116,000</b>
<b>Parks</b>	<b>16</b>
<b>Playgrounds</b>	<b>16</b>

- |      |                       |                   |                   |
|------|-----------------------|-------------------|-------------------|
| Key: | Playground            | Tennis            | Walking / Jogging |
|      | Basketball / Handball | Swimming          | Fee               |
|      | Soccer / Football     | Fitness Equipment |                   |
|      | Baseball              | Fitness Classes   |                   |

Park

### Admiral Park

Little Neck Pkwy. bet. 42 Ave. and 43 Ave., Little Neck

\*\*

Park

### Alley Park

67 Ave. bet. 230 St. and 233 St., Oakland Gardens, Douglaston

\*\*

Nature Area

### Alley Pond Environmental Center

228-06 Northern Blvd., Little Neck

(718) 229-4000 [www.alleypond.com/index.html](http://www.alleypond.com/index.html)

*The Alley Pond Environmental Center (APEC), a nonprofit environmental education organization, is dedicated to educating children and adults in the New York metropolitan area, protecting and preserving Alley Pond Park, open spaces and waterbodies, and advocating for sustainable environmental policies and practices. ([alleypond.com](http://alleypond.com))*

\* \$

Park

### Alley Pond Park

Little Neck Bay, L.I.E., Union Tpk, bet. Springfield Blvd, Douglaston Pkwy, Hanford St, Oakland Gardens, Douglaston

*Alley Pond Park offers glimpses into New York's geologic past, its colonial history, and its current conservation efforts. Because of its glacier-formed moraine, the park has numerous unique natural features, like its freshwater and saltwater wetlands, tidal flats, meadows, and forests, which create a diverse ecosystem and support abundant bird life.*

*The park is also home to New York City's first public high ropes adventure course (the largest in the Northeast), part of the Urban Park Rangers' larger Alley Pond Park Adventure program. A low-cost outdoor education and adventure program, Alley Pond Park Adventure teaches participants how to canoe, use a compass, fish, and enjoy a natural setting without leaving NYC. ([nycgovparks.org](http://nycgovparks.org))*

\*\*\*\* other: Alley pond adventure course, nature center, golf, hiking

Park

### Baybridge Green

Clearview Exwy. bet. Lori Dr. and 15 Dr., Bayside

\*\*

Park

### Bayside Fields

29th Ave and 260th St, Bayside

\*\*\*\*

Playground

### Bayside Playground

Clearview Exwy. bet. Lori Dr. and 15 Dr., Bayside

\*\*

Community Center

### Bayside Senior Center

221-15 Horace Harding Expressway, Bayside

(718) 225-1144

Key:	• Playground	• Tennis	• Walking / Jogging
	• Basketball / Handball	• Swimming	• \$ Fee
	• Soccer / Football	• Fitness Equipment	
	• Baseball	• Fitness Classes	

\* other: Shape Up NYC

*Fitness Program*

**Catholic Youth Organization (CYO) / Queens Federation of Churches**

Our Lady of Mercy Roman Catholic Church  
72-00 Douglaston Parkway  
(718) 268-6143

\*

*Playground*

**Challenge Playground**

251 St. bet. 61 Ave. and 63 Ave., Little Neck

\*\*

*Senior Center*

**CCNS Bayside Senior Center**

221-15 Horace Harding Expressway., Bayside  
(718) 225-1144

\* other: walking club program

*Park*

**Crocheron Park**

214 Pl., 214 La., 215 Pl, Cross Island Pkwy. bet. 33 Ave. and 35 Ave., Bayside  
*Walking club meets twice per week. Contact (718) 352-4793 ext. 302 or joanne.colorundo@parks.nyc.gov for more information*

\*\*\*\*

*Golf Course*

**Douglaston Park Golf Course**

61 Ave. bet. Marathon Pkwy., Commonwealth Blvd. and 242 St., Douglaston  
[www.golfnyc.com/douglaston\\_home/](http://www.golfnyc.com/douglaston_home/)

other: golf course \$

*Playground*

**Francis Lewis Playground**

Francis Lewis Blvd., 201 St. bet. 42 Ave. and Station Rd., Bayside

\*\*\*

*Park*

**Fresh Meadows Park**

Horace Harding Exwy. Sr. Rd. S. bet. 188 St. and 190 St., Fresh Meadows

\*

*Park*

**John Golden Park**

215 Pl., Cross Island Pkwy. bet. 31 Rd. and 33 Ave., Bayside

\*

*Playground*

**Kennedy Playground**

32 Ave., 33 Ave. bet. Corporal Kennedy St. and 210 St., Bayside

\*\*

Key: \* Playground      \* Tennis      \* Walking / Jogging  
\* Basketball / Handball      \* Swimming      \$ Fee  
\* Soccer / Football      \* Fitness Equipment  
\* Baseball      \* Fitness Classes

Park

### Linnaeus Park

230 St. bet. 57 Ave. and 57 Rd., Bayside

\*

Park

### Louis Pasteur Park

248 St. bet. Van Zandt Ave. and 52 Ave., Little Neck

\*\*\* other: bocce ball

Gym

### Lucille Roberts

41-19 Bell Blvd., Bayside

(718) 279-2299 [www.lucilleroberts.com](http://www.lucilleroberts.com)

*Memberships as little as \$16/month*

\*\* \$

Pool

### Marie Curie Park Pool

211th St & 46th Ave., Bayside

(718) 423-0762 [www.nycgovparks.org/facilities/outdoor-pools](http://www.nycgovparks.org/facilities/outdoor-pools)

*Has a free outdoor pool.*

\*

Park

### Motor Parkway Trail

Vanderbilt Pkwy, 210 St to Grand Central Pkwy, Oakland Gardens

\*

Community Garden

### Pembroke Avenue Community Garden

253-13 Pembroke Ave., Little Neck

[www.nyrp.org](http://www.nyrp.org)

*This treasured neighborhood space has been a community garden and playground since 1925. Its shady trees make it a very popular site during the summer months and schoolchildren enjoy using this large garden to play and engage with the outdoors. The garden's table and gazebo are also often used by neighborhood residents for picnics and community gatherings.*

Park

### Potamogeton Pond

Grand Central Parkway & 218<sup>th</sup> St, Queens Village

Park

### Oakland Gardens

Springfield Blvd. bet. 53 Ave. and 56 Ave., Bayside

\*\*

Cultural Center

### Queensborough Performing Arts Center

222-05 56<sup>th</sup> Ave., Bayside

(718) 631-6311 [www.visitqpac.org](http://www.visitqpac.org)

*The Queensborough Performing Arts Center presents world-class entertainment in a wide variety of genres including theatre, popular music, dance and opera.*

Community Center

### Queens Library - Bayside

214-20 Northern Blvd., Bayside

(718) 229-1834 [www.queenslibrary.org](http://www.queenslibrary.org)

Key: \* Playground      \* Tennis      \* Walking / Jogging  
 \* Basketball / Handball      \* Swimming      \$ Fee  
 \* Soccer / Football      \* Fitness Equipment  
 \* Baseball      \* Fitness Classes



\* other: Shape Up NYC

*Community Center*

**Queens Library - Windsor Park**

79-50 Bell Blvd., Oakland Gardens  
(718) 468-8300 www.queenslibrary.org

\* other: Shape Up NYC

*Park*

**Raymond O'Conner Park**

32nd Ave and 210th St, Bayside

\*\*\*

*Playground*

**Saul Weprin Playground**

56th Ave and 201st St, Bayside

\*\*

*Fitness Center*

**Saint Anastasia Parish**

45-14 254th Street, Douglaston

\*

*Playground*

**Seven Gables Playground**

210 St., Oceania St. bet. the Long Island Exwy. and 64 Ave., Oakland Gardens

\*\*

*Playground*

**Tall Oak Playground**

64 Ave. bet. 218 St. and 219 St, Oakland Gardens

\*\*

*Playground*

**Telephone Playground**

75 Ave. bet. Bell Blvd. and 217 St., Oakland Gardens

\*\*

*Park*

**Udall's Park Preserve**

Northern Blvd., 244 St. to 247 St., Douglas Rd., Little Neck Bay, Little Neck  
other: nature area

*Playground*

**Utopia Playground**

73 Ave., Jewel Ave. bet. Utopia Pkwy. and 179 St., Utopia

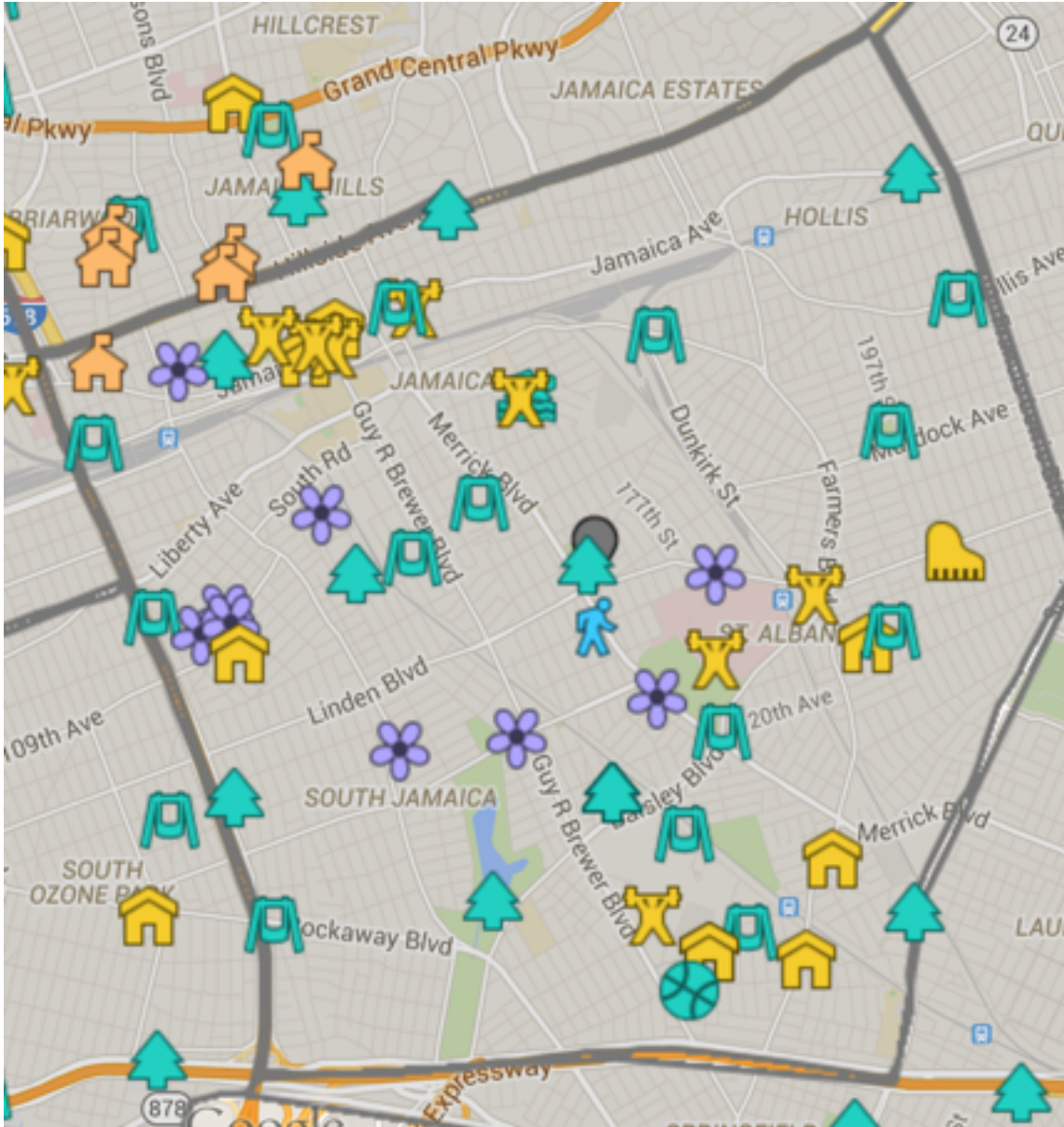
\*\*

Key:   
 ■ Playground   
 ■ Basketball / Handball   
 ■ Soccer / Football   
 ■ Baseball   
 ■ Tennis   
 ■ Swimming   
 ■ Fitness Equipment   
 ■ Fitness Classes   
 ■ Walking / Jogging   
 \$ Fee

**Key:** ■ Playground ■ Tennis ■ Walking / Jogging  
■ Basketball / Handball ■ Swimming \$ Fee  
■ Soccer / Football ■ Fitness Equipment  
■ Baseball ■ Fitness Classes

# Community District 12

HOLLIS, JAMAICA, SOUTH JAMAICA, ST. ALBANS, ROCHDALE



## Quick Facts:

<b>2010 Population</b>	<b>226,000</b>
<b>Parks</b>	<b>9</b>
<b>Playgrounds</b>	<b>23</b>

Key:	Playground	Tennis	Walking / Jogging
	Basketball / Handball	Swimming	Fee
	Soccer / Football	Fitness Equipment	
	Baseball	Fitness Classes	

Community Garden

### Back to Eden Community Garden

144-27 Lakewood Ave., South Jamaica

Park

### Baisley Pond Park

N. Conduit Ave., 116 Ave. bet. 150 St., Suptin Blvd., and Baisley Blvd. S., South Jamaica

*No matter what you expect from your park, whether it's a Pl to play tennis, handball, basketball, and cricket; space to run, bike, and rollerblade; playgrounds for your child's enjoyment; peaceful, shady alcoves for picnicking; or an urban natural habitat for your personal study of plant and animal life, there's a good chance you can find your niche at Baisley Park. (nycgovparks.org)*

\* \* \* \* \* other: bicycling, garden, cricket

Playground

### Bellerose Playground

85<sup>th</sup> Av & 248<sup>th</sup> St., Jamaica

(718) 521-4331 www.blinkfitness.com

*Memberships as little a \$15/month*

\*

Community Garden

### Better Community Civic Association Mini Park

150-14 115<sup>th</sup> Dr., Jamaica

Gym

### Blink Fitness

163-02 Jamaica Ave, Jamaica

(718) 521-4331 www.blinkfitness.com

*Memberships as little a \$15/month*

\* \$

Gym

### Body Connection Health Club

188-20 Linden Blvd., St. Albans

(718) 723-4060

\$

Senior Center

### Brooks Senior Center

143-22 109<sup>th</sup> Av., Jamaica

(718) 291-3935

\* other: walking club program

Community Garden

### Community Block #81 Garden

107-29 Inwood St., Jamaica

Community Garden

### Curtis "50 Cent" Jackson Community Garden

117-15 165<sup>th</sup> St., Jamaica

(212) 333-2252 Contact Rebecca at rfile@nyrp.org

Key:	• Playground	• Tennis	• Walking / Jogging
	• Basketball / Handball	• Swimming	• \$ Fee
	• Soccer / Football	• Fitness Equipment	
	• Baseball	• Fitness Classes	

Formerly known as the Baisley Park Community Garden, Curtis “50 Cent” Jackson Community Garden is home to raised garden beds for growing fresh produce as well as a patio area and lawn that provide an ideal space for community gatherings.

Playground

### Daniel M O'Connell Playground

197 St., 196 St. bet. 113 Ave. and Murdock Ave., St. Albans

\*\*\*

Recreation Center

### Detective Keith L. Williams Field House

106-16 173rd St, Jamaica

(718) 523-6912

\*\*\*\*\* other: recreation center, Shape Up NYC

Park

### Dr Charles R Drew Park

Van Wyck Exwy. Sr. Rd. E., 140 St. bet. 115 Ave. and 116 Ave., Jamaica

\*\*\*

Community Garden

### Dunton Block and Civic Association Garden

143-01 Shore Ave., Jamaica

Fitness Center

### Edward Byrne Center (Queens)

116-25 Guy R. Brewer Boulevard bet. 116th Ave. & Foch Blvd

(718) 978 4655

\*\*\$ Free with registration

Community Center

### First Presbyterian Church in Jamaica

89-60 164th St, Jamaica

\* other: Shape Up NYC

Community Center

### George Eagle Carr Community Garden

148<sup>th</sup> St & 90<sup>th</sup> Av., Jamaica

Community Center

### George Washington Carver Botanical Garden

108-13 156<sup>th</sup> St., Jamaica

Park

### Haggerty Park

Jamaica Ave. bet. 202 St. and 204 St., Hollis

\*\*\*

Playground

### Harvard Playground

179 Pl. bet. 90 Ave. and Jamaica Ave., Jamaica

\*\*

Playground

### Hollis Playground

Hollis Ave. bet. 204 St. and 205 St., Hollis

Key:   
 ■ Playground   
 ■ Basketball / Handball   
 ■ Soccer / Football   
 ■ Baseball   
 ■ Tennis   
 ■ Swimming   
 ■ Fitness Equipment   
 ■ Fitness Classes   
 ■ Walking / Jogging   
 \$ Fee

\*\*

Playground

**Howard von Dohlen Playground**

91 Ave., Archer Ave. bet. 138 Pl. and 138 St., Jamaica

\*\*

Basketball

**Impact Youth League**

Thurgood Marshall Talented and Gifted Magnet School / P.S. 80 - 137th Street and 140th Avenue  
(718) 712-3350 www.nyimpact.com

*A community based league for kids located in Queens New York founded in 1993. Impact Youth Basketball League is run on a year-round basis, winter and summer.*

\*

Community Center

**Jamaica Center for Arts and Learning**

161-04 Jamaica Ave, Jamaica

www.jcal.org

*Situated in the restored Queens Registry building on bustling Jamaica Avenue, the Jamaica Center for the Arts and Learning is a community school of the arts, a professional arts center and an integral part of the city's multicultural arts scene.*

\* other: Shape Up NYC

Playground

**Jamaica Playground**

Union Hall St., 160 St. bet. 110 Ave. and 109 Ave., Jamaica

\*\*

Recreation Center

**Jamaica YMCA**

89-25 Parsons Blvd., Jamaica  
(718) 739-6600 www.ymcanyc.org/jamaica

\*\* \$

Cultural Center

**JASPER Performing Arts Center**

198-16 Linden Blvd., St. Albans  
(718) 525-2321

Playground

**Latimer Playground**

167th St and 109 Av, Jamaica

\*\*\*

Pool

**Liberty Pool**

173rd St and 106th Ave., Jamaica  
(718) 657-4995 www.nycgovparks.org/parks/detective-keith-l-williams-park-liberty-park/facilities/outdoor-pools/liberty-pool

*Has a free outdoor pool.*

\*

Community Garden

**Linden Blvd Community Garden**

178-22 Linden Blvd., South Jamaica

- Key: ■ Playground
- Basketball / Handball
- Soccer / Football
- Baseball
- Tennis
- Swimming
- Fitness Equipment
- Fitness Classes
- Walking / Jogging
- \$ Fee

www.nyrp.org

*The Linden Boulevard Community Garden is an orderly, well-laid-out space planned and created by veteran GreenThumb designer Edie Kean. The site is filled with mature shade trees and ornamental plantings interspersed with artfully placed brick pathways. New York Restoration Project (NYRP) partners with The Association, which is located adjacent to the garden, to maintain the green space. (nyrp.org)*

Playground

### Locust Manor Playground

121 Ave. bet. Lucas St. and 192 St., Laurelton

\*\*

Gym

### Lucille Roberts

162-01 Jamaica Ave, Jamaica  
(718) 657-9885 www.lucilleroberts.com  
*Memberships as little as \$16/month*

\*\* \$

Park

### Major Mark Park

173-175 Hillside Ave

Park

### Marconi Park

156-02 109th Ave, Jamaica

\*\*\*

Community Garden

### Merrick-Marsden Neighbors Association Garden

11818-11820 Merrick Blvd., Jamaica

Playground

### Nautilus Playground

Merrick Blvd., Baisley Blvd. 120 Ave., St. Albans

\*\*\*

Playground

### Norelli-Hargreaves Playground

Van Wyck Exwy. Sr. Rd. E., 142 St., 106 Ave., Jamaica

\*

Playground

### North Rochdale Playground

Baisley Blvd. 168 St. and Bedell St., Rochdale

\*\*

Playground

### Pat Williams Playground

Liberty Ave and 104 Av, Jamaica

\*\*\*

After-School, Summer Day Camp

### Pathways Prep (Queens)

109-89 204 Street corner of Hollis Avenue  
(718) 454 4957  
\$Free with registration

Key:	• Playground	• Tennis	• Walking / Jogging
	• Basketball / Handball	• Swimming	\$ Fee
	• Soccer / Football	• Fitness Equipment	
	• Baseball	• Fitness Classes	

Gym

**Planet Fitness**

168-40 Jamaica Ave., Jamaica  
(718) 640-1049 [www.planetfitness.com](http://www.planetfitness.com)  
*Memberships as little as \$10/month*

\* \$

Playground

**Playground 140**

140 St and Rockaway Blvd, South Jamaica  
\*

Community Center

**Presbyterian Church of St. Albans**

190-04 119th Ave , St. Albans  
\* other: Shape Up NYC

School

**PS 82**

88-02 144 St , Jamaica  
(718) 297-0562

*Part of Queens Community House. Offers an after school program & summer camp - most are available at no cost. Experienced, culturally sensitive and diverse professionals lead elementary and middle school youth in a balanced array of supervised activities including educational enrichment, homework help, and arts. ([qchnyc.wordpress.com](http://qchnyc.wordpress.com))*

\*

Park

**Railroad Park**

129 Ave. bet 172 St. and 176 St., Rochdale  
\*

Running Club

**Renegade Runners**

114-64 Merrick Blvd, Jamaica  
(718) 206-1383 <http://www.renegaderunners.com/index.htm>

*Renegade Runners is a running club located in Jamaica Queens. Its mission is to encourage, improve and promote physical fitness through running and walking for exercise and competition. The club is geared to the needs of its members. All proceeds from events and membership fees are used to support and develop programs conducted by the Renegade Runners. ([renegaderunners.com](http://renegaderunners.com))*

\* \$

Senior Center

**Robert Couche Senior Center**

137-57 Farmers Blvd., Jamaica  
(718) 978-8352

\* other: walking club program

Park

**Rochdale Park**

Guy R. Brewer Blvd. bet. 130 Ave. and 137 Ave., Rochdale  
\*\*\*\* other: recreation center

Community Center

**Rochdale Village Community Center**

- |      |                         |                     |                     |
|------|-------------------------|---------------------|---------------------|
| Key: | • Playground            | • Tennis            | • Walking / Jogging |
|      | • Basketball / Handball | • Swimming          | • \$ Fee            |
|      | • Soccer / Football     | • Fitness Equipment |                     |
|      | • Baseball              | • Fitness Classes   |                     |



169-65 137<sup>th</sup> Ave., Rochdale Village  
Contact Monica Mathelier, Program Director, at (718) 276-5700 [www.rochdalevillage.com](http://www.rochdalevillage.com)

*Senior Center*

**Rochdale Village Senior Center**

169-65 137<sup>th</sup> Ave., Room 19, Rochdale Village  
(718) 525-2800

\*\* other: walking club, aerobics, dance classes

*Recreation Center*

**Roy Wilkins Recreation Center**

177th St and Baisley Blvd., Jamaica  
(718) 276-8686 [www.nycgovparks.org/parks/roy-wilkins-recreation-center/](http://www.nycgovparks.org/parks/roy-wilkins-recreation-center/)

*Membership fee for recreation center with pool ranges from free (under 18) to \$25/year (young adults and seniors ) to \$150/year (adults). Contact [sports@cityparksfoundation.org](mailto:sports@cityparksfoundation.org) or call (718) 760-6999 about the free senior fitness classes.*

\*\*\*\*\* other: table tennis, cricket, garden, adapted aquatics program

*Park*

**Rufus King Park**

Jamaica Ave., 89 Ave. bet. 150 St. and 153 St., Jamaica

\*\*

*Playground*

**South Rochdale Playground**

134 Rd. and 173 St., Rochdale

\*\*\*

*Community Center*

**Springfield Gardens United Methodist Church**

131- 29 Farmers Blvd, Jamaica

\* other: Shape Up NYC

*Park*

**St. Albans Park**

169 St., Merrick Blvd., Marne Pl. bet. Linden Blvd., Sayres Ave., and 111 Rd., St. Albans

\*\*\*\* other: cricket

*Recreation Center*

**Vic Hansen Field House**

133- 39 Guy R. Brewer Blvd., Jamaica  
(718) 978-1536 [www.nycgovparks.org/facilities/recreationcenters/Q413](http://www.nycgovparks.org/facilities/recreationcenters/Q413)

*Membership fee for recreation center with pool ranges from free (under 18) to \$25/year (young adults and seniors ) to \$100/year (adults)*

other: multipurpose room

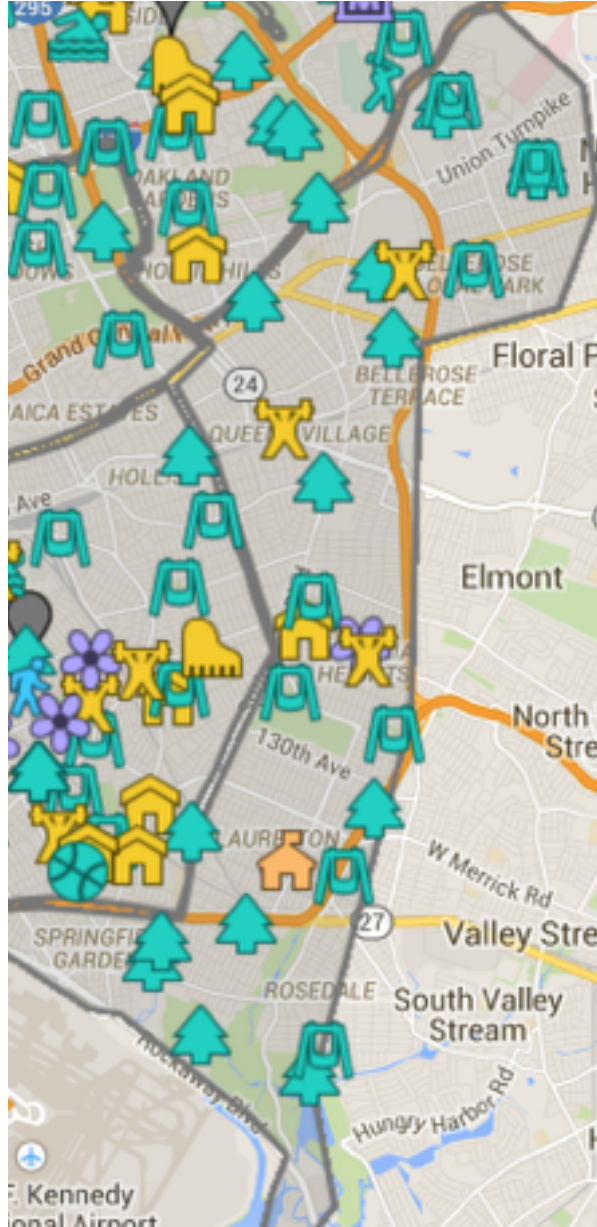
Key:   
■ Playground   
■ Basketball / Handball   
■ Soccer / Football   
■ Baseball   
■ Tennis   
■ Swimming   
■ Fitness Equipment   
■ Fitness Classes   
■ Walking / Jogging   
\$ Fee

**Key:**

• Playground	• Tennis	• Walking / Jogging
• Basketball / Handball	• Swimming	• Fee
• Soccer / Football	• Fitness Equipment	
• Baseball	• Fitness Classes	

# Community District 13

BELLEROSE, BROOKVILLE, CAMBRIA HEIGHTS, GLEN OAKS, LAURELTON, QUEENS VILLAGE, ROSEDALE, SPRINGFIELD GARDENS



- |      |                       |                   |                   |
|------|-----------------------|-------------------|-------------------|
| Key: | Playground            | Tennis            | Walking / Jogging |
|      | Basketball / Handball | Swimming          | Fee               |
|      | Soccer / Football     | Fitness Equipment |                   |
|      | Baseball              | Fitness Classes   |                   |

Community Garden

**227th Street Cambria Heights Community Garden**

227<sup>th</sup> St & Linden Blvd., Cambria Heights

Park

**Breining Park**

240 St. bet. Braddock Ave. and Fairbury Ave., Bellerose

\*\*

Park

**Brookville Park**

S. Conduit Ave., 149 Ave. bet. 232 St. and 235 St., Brookville

\*\*\*\*\* other: bicycling, bocce ball

Playground

**Cambria Playground**

Francis Lewis Blvd., 121 Ave. bet. 219 St. and 222 St., Cambria Heights

\*\*\*

Playground

**Castlewood Playground**

Little Neck Pkwy & 72nd Ave, Glen Oaks

(718) 347-2945

*Has a free outdoor pool.*

\*\*\*

Fitness Classes

**Comprehensive Body Conditioning Studio**

228-11 Linden Blvd., Cambria Heights

(347) 433-8598 www.cbcbwellfit.com

*Classes range from \$10-12*

\* \$

Recreation Center

**Cross Island YMCA**

238-10 Hillside Ave, Bellerose

(718) 551-9300 www.ymcanyc.org/crossisland

\*\* \$

Playground

**Delphin H Greene Playground**

121 Ave. bet. 235 St. and 237 St., Cambria Heights

\*\*

Park

**Detective William T Gunn Park**

235 Ct. bet. Hillside Ave. and 87 Ave., Queens Village

\*\*\*

Playground

**East Springfield Playground**

115 Rd. bet. 218 St. and 2019 St, Cambria Heights

\*\*

**Quick Facts:**

<b>2010 Population</b>	<b>189,000</b>
<b>Parks</b>	<b>13</b>
<b>Playgrounds</b>	<b>16</b>

- Key:
- \* Playground
  - \* Tennis
  - \* Walking / Jogging
  - \* Basketball / Handball
  - \* Swimming
  - \$ Fee
  - \* Soccer / Football
  - \* Fitness Equipment
  - \* Baseball
  - \* Fitness Classes

Park

**Glen Oaks Oval**

74 Ave. & 260 St., Glen Oaks

\*

Park

**Hillside Park**

82 Ave. bet. 256 St. and 257 St., Glen Oaks

\* \*

Park

**Hook Creek Park**

Huxley St and Craft Av, Laurelton

other: nature area

Park

**Idlewild Park**

149 Ave., Rockaway Blvd., Jamaica Bay bet. James Brown Pl. and Brookville Blvd., Jamaica, Springfield Gardens

\* other: kayak/canoe

Park

**Laurelton Parkway**

Laurelton Pkwy, Laurelton

\* \*

Playground

**Laurelton Playground**

Brookville Blvd. bet. 136 Ave. 137 Ave., Laurelton

\* \*

Park

**Montbellier Park**

Springfield Blvd., Sloan St. bet. 139 Ave. and Eastgate Plaza, Laurelton

\* \* \*

Youth Sports

**Our Lady of the Snows Roman Catholic Church**

258-15 80th Avenue, Glen Oaks

(718) 347-6070

\* \* \*

School

**P.S 156 Laurelton**

229-02 137th Ave, Laurelton

(718) 528-9173

\* other: Shape Up NYC

Playground

**Playground 80**

80 Ave and 261 St, Glen Oaks

\* \*

Key:   
■ Playground   
■ Basketball / Handball   
■ Soccer / Football   
■ Baseball   
■ Tennis   
■ Swimming   
■ Fitness Equipment   
■ Fitness Classes   
■ Walking / Jogging   
\$ Fee

*Recreation Center*

**Power Moves Gymnastics and Fitness**

214-03 Jamaica Ave, Queens Village  
(347) 709-6788

\* other: Shape Up NYC

*Park*

**Queens Farm Park**

Little Neck Pkwy. bet. 73 Rd. and 74 Ave., Glen Oaks

\*

*Community Center*

**Queens Library - Cambria Heights**

218-13 Linden Blvd, Cambria Heights  
(718) 528-3535 www.queenslibrary.org

\* other: Shape Up NYC

*Park*

**Springfield Park**

Springfield Blvd., 183 St. bet. 145 Rd. and 149 Ave, Springfield Gardens

\*\*\*

*Park*

**Springfield Park North**

145 Rd. bet. Arthur St. and Springfield Blvd., Springfield Gardens

\*\*

*Playground*

**Sunrise Playground**

253 St. bet. 149 Ave. and 149 Rd., Rosedale

\*\*

*Park*

**Wayanda Park**

Robard Ln. bet. Hollis Ave. and Monterey St., Queens Village

\*\* other: volleyball

Key:	▫ Playground	▫ Tennis	▫ Walking / Jogging
	▫ Basketball / Handball	▫ Swimming	▫ Fee
	▫ Soccer / Football	▫ Fitness Equipment	
	▫ Baseball	▫ Fitness Classes	

**Key:**

• Playground	• Tennis	• Walking / Jogging
• Basketball / Handball	• Swimming	\$ Fee
• Soccer / Football	• Fitness Equipment	
• Baseball	• Fitness Classes	

# Community District 14

ARVERNE, BAYSWATER, BREEZY POINT, BROAD CHANNEL, THE ROCKAWAYS, FAR ROCKAWAY, HAMMELS



## Quick Facts:

<b>2010 Population</b>	<b>115,000</b>
<b>Parks</b>	<b>15</b>
<b>Playgrounds</b>	<b>16</b>

Key:	Playground	Tennis	Walking / Jogging
	Basketball / Handball	Swimming	Fee
	Soccer / Football	Fitness Equipment	
	Baseball	Fitness Classes	



Playground

### Almeda Playground

Beach 65 St. to Beach 66 St., Beach Channel Dr., Arverne

\*\*

Playground

### Arverne Playground

Arverne Blvd. bet. Beach 56 St. and Beach 54 St., Arverne

\*\*

Community Garden

### Beach 91<sup>st</sup> St Community Garden

136 Beach 91st Street, Rockaway Beach

[www.facebook.com/pages/Beach-91st-Street-Community-Garden/164664673591021](http://www.facebook.com/pages/Beach-91st-Street-Community-Garden/164664673591021)

Park

### Bayswater Park

Beach Channel Dr & B32nd St., Bayswater

\* other: Kids In Motion

Nature Area, Park

### Bayswater Point State Park

1479 Point Breeze Pl, Far Rockaway

[nysparks.com/parks/86/details.aspx#sthash.QxvZ3XqD.dpuf](http://nysparks.com/parks/86/details.aspx#sthash.QxvZ3XqD.dpuf)

*Bayswater Point State Park comprises 12 acres at the tip of a peninsula in the Rockaways that juts out into the Mott*

*Basin on the eastern shore of Jamaica Bay. The terrain is varied and includes beachfront, wetlands and woodlands . (nysparks.com)*

\* other: nature area, hiking

Playground

### Beach 30th Playground

Boardwalk between Beach 29-30 Sts, Far Rockaway

\* other: Kids In Motion

Playground

### Beach 59th Street Playground

Boardwalk & Beach 59-60 Sts, Far Rockaway

\* other: Kids In Motion

Park

### Beach Channel Park

Beach Channel Dr. bet. B. 117 St. and B. 124 St., Rockaway Park

\*

Playground

### Beach Channel Playground

Beach 80 St., Beach 79 St., Rockaway Beach Blvd., Beach Channel Dr., Hammels

\*\*

Nature Area

### Brant Point Wildlife Sanctuary

Beach 72 St. bet. Bayfields Ave. and Hillmeyer Ave., Arverne

Key:	• Playground	• Tennis	• Walking / Jogging
	• Basketball / Handball	• Swimming	• Fee
	• Soccer / Football	• Fitness Equipment	
	• Baseball	• Fitness Classes	

[www.nycgovparks.org/parks/brant-point-wildlife-sanctuary](http://www.nycgovparks.org/parks/brant-point-wildlife-sanctuary)

*Brant Point Wildlife Sanctuary, a wetland area of Jamaica Bay, was established as a protected area under the Buffer the Bay program, a joint effort by the Trust for Public Land and the New York City Audubon Society. The goal of the late 1980s initiative was to reclaim land around Jamaica Bay in order to protect New York City's largest and most vital natural marshland. Brant Point Wildlife Sanctuary is an integral part of the Buffer the Bay program. ([nycgovparks.org](http://nycgovparks.org))*

other: nature area

*Nature Area*

### **Breezy Point Tip**

Beach 227th St, Breezy Point

\* other: beach

*Park*

### **Broad Channel American Park**

Cross Bay Blvd. bet. W. 20 Rd. and Beach Channel, Broad Channel

\*

*Park*

### **Broad Channel Park**

Cross Bay Blvd., Channel Rd. bet. E. 16 Rd. and E. 18 Rd., Broad Channel

\*\*\*

*Nature Area*

### **Broad Channel Wetlands**

Cross Bay Blvd and W 2nd Rd, Broad Channel

other: nature area

*Playground*

### **Cardozo Playground**

Arverne Blvd. bet. Beach 57 St. and Beach 56 St, Arverne

\*

*Playground*

### **Conch Playground**

Beach 49 St. bet. Elizabeth Ave. and Beach Channel Dr., Arverne

\*\*

*Nature Area*

### **Dubos Point Wildlife Sanctuary**

De Costa Ave. bet. Sommerwille Basin and B. 65 St., Bayfield Ave. bet. B. 65 St. and B. 69 St., Arverne

[www.nycgovparks.org/parks/dubos-point-wildlife-sanctuary](http://www.nycgovparks.org/parks/dubos-point-wildlife-sanctuary)

other: nature area

*Community Garden*

### **Edgemere Farm**

385 Beach 45<sup>th</sup> St., Far Rockaway

[www.edgemerefarm.org](http://www.edgemerefarm.org)

*Nature Area*

### **Fort Tilden**

169 State Rd, Breezy Point

\* other: bicycling

Key:   
 \* Playground   
 \* Tennis   
 \* Walking / Jogging   
 \* Basketball / Handball   
 \* Swimming   
 \$ Fee   
 \* Soccer / Football   
 \* Fitness Equipment   
 \* Baseball   
 \* Fitness Classes

Playground

### Gene Gray Playground

Cross Bay Blvd. bet. E 9 Rd. and E 10 Rd., Broad Channel

\*

Fitness Center

### Goldie Maple Academy (Queens)

365 Beach 57th Street

(718) 634 4305

\* \$ Free with registration

Playground

### Grassmere Playground

Grassmere Terr., Briar Pl. bet. Hanson Ct. and Brookhaven Ave., Far Rockaway

\*\*

Playground

### Hammel Playground

Rockaway Beach Blvd. bet. Beach 84 St. and Beach 81 St., Far Rockaway

\*\*

Nature Area

### Jacob Riis Park

157 Rockaway Beach Blvd, Rockaway Park

*Jacob Riis Park was established in 1912, and re-named for the noted reformer and photojournalist in 1914. From 1917 to 1928 the site was used by the United States Navy as Naval Air Station-Rockaway. After the Navy left in 1928, Jacob Riis Park was developed for seaside recreation. (nycgovparks.org)*

\*\* other: beach

Nature Area

### Jamaica Bay and the Rockaways

Jamaica Bay

*Jamaica Bay is an 18,000-acre wetland estuary that includes approximately 10,000 acres of parkland managed by the National Park Service and NYC Parks as an urban national park. Comprising an area almost equal to the size of Manhattan, the bay consists of numerous islands, a labyrinth of waterways, meadowlands, and two freshwater ponds. The wetlands provide a unique environment for both wildlife preservation and urban recreation. Enclosed by the Rockaway Peninsula and protected from the Atlantic Ocean, the region currently hosts over 325 species of birds, 50 species of butterflies, and 100 species of finfish. A favorite stop for migratory waterfowl, the area is an integral part of the larger, regional ecosystem. (nycgovparks.org)*

\*\*\*\*\* other: beaches, bocce ball, golf course, hiking, nature center, skate park, volleyball, bicycling, cricket, kayak/canoe, paddleboat, roller hockey

Playground

### Lanett Playground

Lanett Ave and Beach 8 St, Far Rockaway

\*\*

Community Center

### Queens Library - Far Rockaway

1637 Central Ave, Far Rockaway

(718) 327-2549 www.queenslibrary.org

\*

Key:	* Playground	* Tennis	* Walking / Jogging
	* Basketball / Handball	* Swimming	* \$ Fee
	* Soccer / Football	* Fitness Equipment	
	* Baseball	* Fitness Classes	

*After School, Summer Day Camp*

### **Redfern Cornerstone Center (Queens)**

1544 Hassock Street  
(718) 471 0357  
\$ Free with registration

*Playground*

### **Redfern Playground**

Beach 12 St., Redfern Ave., Far Rockaway  
\*\*\*

*Nature Area*

### **Rockaway Beach & Boardwalk**

Beach 3 St. to Beach 153 St. and Boardwalk to Atlantic , Far Rockaway  
*From surfers to swimmers to the Ramones, everyone wants to "hitch a ride to Rockaway Beach." Rockaway Beach is a year-round resource for residents all along the Rockaway peninsula, and it comes alive each summer from Memorial Day weekend through Labor Day weekend with millions of visitors.*

*Beach goers can enjoy the sand and water, the variety of concessions, and the city's only legal surfing beach, located between 67-69 Street and 87-92 Street. Rockaway Beach is also home to a variety of playgrounds and other outdoor activities. (nycgovparks.org)*

\*\*\*\* other: surfing, roller hockey, volleyball, skate park, beach

*Farmers' Market*

### **Rockaway Beach Youthmarket**

58<sup>th</sup> St & Beach Channel Dr, Rockaway Beach  
*Open Saturdays June 12th through November 22nd. Accepts EBT, WIC & FMNP coupons.*

*Park*

### **Rockaway Community Park**

Almeda Ave., Norton Ave. bet. Beach 58 St., Sommerville Basin and Beach 49 St., Conch Basin, Far Rockaway  
\*\*\* other: cricket

*Recreation Center*

### **Rockaway YMCA**

207 Beach 73rd St, Arverne  
(718) 215-6950 www.ymcanyc.org/rockaway  
\*\* \$

*Senior Center*

### **Roy Reuther Senior Center**

711 C Seagirt Ave., #2N, Far Rockaway  
(718) 471-3110 www.jasa.org www.ymcanyc.org/rockaway  
\* other: yoga classes

*Nature Area*

### **Seagirt Ave Wetlands**

Seagirt Blvd., Seagirt Ave. bet. Beach 5 St. and Queens County Border, Far Rockaway  
other: nature area

*Community Garden*

### **Seagirt Community Garden**

30-03 Seagirt Blvd., Far Rockaway  
(212) 333-2252 Contact Rebecca at rfile@nyrpo.org

Key: \* Playground \* Tennis \* Walking / Jogging  
\* Basketball / Handball \* Swimming \* \$ Fee  
\* Soccer / Football \* Fitness Equipment  
\* Baseball \* Fitness Classes

Established in 1992, Seagirt Boulevard Community Garden is used by community members to grow and raise a variety of fresh fruits & vegetables and prepare healthy meals for their families. The garden is also a popular location to host barbecues and picnics within a short walk of the Atlantic Ocean.

*Playground*

**Seaside Playground**

Rockaway Beach Blvd. bet. Beach 110 St. and Beach 109 St., Rockaway Park  
*This summer, free Thursday evening Zumba classes.*

\* \*\* \*

*Recreation Center*

**Sorrentino Recreation Center**

18-48 Cornaga Ave, Far Rockaway  
(718) 471-4818 [www.nycgovparks.org/facilities/recreationcenters/Q446](http://www.nycgovparks.org/facilities/recreationcenters/Q446)

*Membership fee for recreation center without a pool ranges from free (under 18) to \$25/year (young adults and seniors ) to \$100/year (adults)*

\* \*\* other: gymnasium \$

*Playground*

**Westbourne Playground**

Mott Ave., Westbourne Ave. bet. Bay 28 St. and Bay 25 St, Far Rockaway

\* \*\*

- Key:
- Playground
  - Basketball / Handball
  - Soccer / Football
  - Baseball
  - Tennis
  - Swimming
  - Fitness Equipment
  - Fitness Classes
  - Walking / Jogging
  - \$ Fee

# Borough Wide

*Fitness Program*

## **CityParks Foundation - Get Up & Go! Family Adventure Race**

(718) 760-6999 [www.cityparksfoundation.org/sports/kids-fitness/](http://www.cityparksfoundation.org/sports/kids-fitness/)

*This free exciting parent-child race incorporates basic exercises and sports skills, and provides a healthy, one-hour dose of fun for all! Open to children ages 8-13 and their parents. ([cityparksfoundation.org](http://cityparksfoundation.org))*

\*

*Fitness Program*

## **CityParks Foundation - Golf**

Sports@CityParksFoundation.org [www.cityparksfoundation.org/sports/golf/](http://www.cityparksfoundation.org/sports/golf/)

*These FREE golf lessons, held in public parks and on citywide courses, makes the sport of golf accessible to kids of all skill levels throughout New York City. Free use of equipment is available at all lessons. ([cityparksfoundation.org](http://cityparksfoundation.org))*

other: golf

*Fitness Program*

## **CityParks Foundation - Junior Golf Center**

(718) 259-2999 [www.cityparksfoundation.org/sports/junior-golf-center/](http://www.cityparksfoundation.org/sports/junior-golf-center/)

*The CityParks Junior Golf Center is a new, state-of-the-art facility that offers free golf instruction to New York City children between the ages of 7-17. ([cityparksfoundation.org](http://cityparksfoundation.org))*

other: golf

*Fitness Program*

## **CityParks Foundation - Seniors Fitness**

(718) 760-6999 [www.cityparksfoundation.org/sports/seniors-fitness/](http://www.cityparksfoundation.org/sports/seniors-fitness/)

*We welcome all New Yorkers, ages 60 and over, to participate in free tennis lessons, yoga instruction, and fitness walking in parks across the city. Activities in this eight-week fitness program take place twice a week. ([cityparksfoundation.org](http://cityparksfoundation.org))*

\*

*Fitness Program*

## **CityParks Foundation - Tennis**

Sports@CityParksFoundation.org [www.cityparksfoundation.org/sports/tennis/](http://www.cityparksfoundation.org/sports/tennis/)

*The program promotes physical fitness while building self confidence, and is designed to make the sport of tennis freely available to those who want to learn the game in a fun, relaxed environment. ([cityparksfoundation.org](http://cityparksfoundation.org))*

\*

*Fitness Program*

## **CityParks Foundation - Track & Field**

Sports@CityParksFoundation.org [www.cityparksfoundation.org/sports/track-and-field/](http://www.cityparksfoundation.org/sports/track-and-field/)

*CityParks Track & Field gives New York City kids the chance to learn the basics of the sport, from hurdles and relay races to long jump, shot put and javelin throw.*

*The program is open to boys and girls ages 5-16 and runs each July and August in parks throughout the five boroughs. ([cityparksfoundation.org](http://cityparksfoundation.org))*

\*

*Bicycling*

## **Eastern Queens Greenway**

[www.nycgovparks.org/facilities/bikeways](http://www.nycgovparks.org/facilities/bikeways)

Key: \* Playground      \* Tennis      \* Walking / Jogging  
■ Basketball / Handball      \* Swimming      \$ Fee  
■ Soccer / Football      \* Fitness Equipment  
■ Baseball      \* Fitness Classes

*This route takes riders from the center of Kissena Park, past its picturesque lake and golf course, through Cunningham Park, along the Vanderbilt Motor Parkway, and along the southern base of Alley Pond Park. Intrepid cyclists can ride in the bike lanes on the streets along the western edge of Alley Pond Park and up north along Little Neck Bay to Fort Totten Park. (nycgovparks.org)*  
other: bicycling

*Running Club*

### **Forest Park Runners Club**

forestparkrunners@nyc.rr.com,  
(718) 846-7189 www.forestparkrunners.org

*Forest Park Runners is open to runners of all levels, including beginners and marathoners. They organize the Forest Park Classic 4M road and trail race and the Forest Park 1-mile summer series. You'll see them running as a group on Saturday and Sunday mornings in Forest Park and enjoying one another's company at monthly meetings and social events. (www.forestparkrunners.org)*

\* \$

*Bicycling*

### **Jamaica Bay Greenway**

www.nycgovparks.org/facilities/bikeways

*The Jamaica Bay Greenway is an enormous loop through the parts of Brooklyn and Queens that encircle Jamaica Bay. The greenway begins at the entrance to Marine Park at Hendrickson Place and Flatbush Avenue, passes Four Sparrow Marsh, runs along the Shore Parkway through Canarsie Park, Fresh Creek Park, Spring Creek Park, and down over the Addabbo Bridge, past the Jamaica Bay Wildlife Refuge, and down to the Rockaways boardwalk. Peddling west along the boardwalk, you'll pass by the Gateway National Recreation Area. (nycgovparks.org)*

other: bicycling

*Fitness Program*

### **Kids In Motion**

www.nycgovparks.org/programs/recreation/kids-in-motion

*Kids In Motion gets children in NYC "off the couch" and into playgrounds to get fit while having fun. Kids in Motion staff lead four to seven hours of free activities for children per day, including organized sports, games, fitness demos, guided walks, board games, water games and more. (nycgovparks.org)*

*Bicycling*

### **NYC Bicycling**

http://www.nyc.gov/html/dot/html/bicyclists/bikemaps.shtml

*There are tons of bike routes throughout Queens. Visit NYC.GOV to download a free map of bike lanes and routes. Maps are also available in print at bicycle shops, libraries, and schools. (nyc.gov)*

other: bicycling

*Recreation*

### **NYC Parks Accessibility Programs**

www.nycgovparks.org/accessibility/accessibility-programs

*From soccer to swim, NYC Parks has programs designed to give people with disabilities the opportunity to get active and enjoy our facilities. (nycgovparks.org)*

Key:	• Playground	• Tennis	• Walking / Jogging
	• Basketball / Handball	• Swimming	• \$ Fee
	• Soccer / Football	• Fitness Equipment	
	• Baseball	• Fitness Classes	

Recreation

## NYC Parks Birding

[www.nycgovparks.org/events/birding](http://www.nycgovparks.org/events/birding)

New York City parks boast a wide variety of bird species throughout the year, and the Urban Park Rangers host the guided tours you need to locate and identify them. Come learn what's flying through your neighborhood this season! Visit our *Birding at NYC Parks* page for a list of some of the best places to go birding in New York City. ([nycgovparks.org](http://nycgovparks.org))

Recreation

## NYC Parks Events for Seniors

[www.nycgovparks.org/events/c122](http://www.nycgovparks.org/events/c122)

Get up, get out, and do something! Just about any day of the year, you can find something fun, informative, and healthy to enjoy at an area park. ([nycgovparks.org](http://nycgovparks.org))

Recreation

## NYC Parks History Walks and Lectures

[www.nycgovparks.org/events/history](http://www.nycgovparks.org/events/history)

Travel back in time with these history walks and lectures. Learn about the city's epic past, and visit some of its less-known relics. ([nycgovparks.org](http://nycgovparks.org))

Recreation Center

## NYC Parks Urban Park Rangers

[www.nycgovparks.org/programs/rangers](http://www.nycgovparks.org/programs/rangers)

For over 30 years the Urban Park Rangers have helped New Yorkers of all ages to discover the great outdoors, uncovering the natural wonders that exist right here in their own backyard. ([nycgovparks.org](http://nycgovparks.org))

\* other: hiking, canoeing, fishing, camping, bird tours

Running Club

## Queens NYC Runners

[www.meetup.com/Queens-NYC-Runners/](http://www.meetup.com/Queens-NYC-Runners/)

The Queens NYC Runners is a group designed to provide a comfortable, casual, friendly and safe environment for its members. We organize group runs in neighborhoods throughout the borough. ([www.meetup.com/Queens-NYC-Runners](http://www.meetup.com/Queens-NYC-Runners/))

\*

Running / Walking Club

## The Alley Pond Striders

[lynnahenry@yahoo.com](mailto:lynnahenry@yahoo.com) [www.apstriders.org/4436.html](http://www.apstriders.org/4436.html)

The Alley Pond Striders is a running and walking club with over 250 members which serves the communities of Eastern Queens and Nassau County, NY.

For over 30 years, The Striders have continued to actively promote the enjoyment of walking and running in Alley Pond Park. The Alley Pond 5 Mile Challenge is one of the largest local races in the New York City area. ([www.apstriders.org/](http://www.apstriders.org/))

\* \$

Running Club

## Woodside-Sunnyside Runners

[www.meetup.com/Woodside-Sunnyside-Runners/](http://www.meetup.com/Woodside-Sunnyside-Runners/)

Key:   
 \* Playground   
 \* Basketball / Handball   
 \* Soccer / Football   
 \* Baseball   
 \* Tennis   
 \* Swimming   
 \* Fitness Equipment   
 \* Fitness Classes   
 \* Walking / Jogging   
 \$ Fee



Come one, come all --- if you've completed 100 mile ultramarathons or if you struggle to run for the bus, all are welcome to join us. And, as this is your group, please suggest new running routes, outing ideas or if you are in search of a running partner for a particular time/place/event ([www.meetup.com/Woodside-Sunnyside-Runners](http://www.meetup.com/Woodside-Sunnyside-Runners)).

\*

Tennis

## Youth and Tennis Academy

Contact Mr. Briggs at 718-658-6728 [www.youthandtennis.org](http://www.youthandtennis.org)

*The Youth and Tennis Academy (YTA) is a co-ed institution that provides year round instructions for junior tennis and youth development to families with pre-school through high school age children at various facilities in Queens, New York. ([youthandtennis.org](http://youthandtennis.org))*

\$

Key:   
 ■ Playground   
 ■ Basketball / Handball   
 ■ Soccer / Football   
 ■ Baseball   
 ■ Tennis   
 ■ Swimming   
 ■ Fitness Equipment   
 ■ Fitness Classes   
 ■ Walking / Jogging   
 \$ Fee