



FOR IMMEDIATE RELEASE

**NEW YORK YOUTH AND SENIORS INVITED TO GET ACTIVE THROUGH
CITY PARKS FOUNDATION'S FREE SPRING SPORTS PROGRAMS IN PARKS**

REGISTRATION FOR 2024 SPRING PROGRAMS NOW OPEN



MARCH 5, 2024 - New York, NY - [City Parks Foundation](#) is excited to open registration for their free Spring [Play](#) sports programs. Young New Yorkers and seniors alike can sign up for an array of sports and fitness programs and events taking place in city parks spanning across Manhattan, Brooklyn, Queens, Staten Island, and the Bronx. Offerings for kids include free [track](#) lessons, free [golf](#) lessons, youth [tennis](#) program and more! Additionally, seniors ages 60+ can participate in free [yoga](#), [walking](#), [tennis](#), [pickleball](#) and tai-chi in parks across all five boroughs.

"CityParks Play continues to enhance the lives of kids and seniors around New York City with free instructional sports programs that promote an active, healthy lifestyle," **said Mike Silverman, Director of Sports at City Parks Foundation.** "We're excited to welcome returning participants as well as newcomers to our programs, and look forward to seeing many smiling faces in our parks soon!"

Youth in the track program will receive weekly lessons on Saturday mornings to learn long jump, shot put, hurdles, discus, javelin, and track in local parks. Golf participants meet throughout the week to learn the basics of the game and to build their skills at the Junior Golf Center in Brooklyn and Junior Golf Center Annex in Flushing. Both programs also teach life skills such as sportsmanship and build self-confidence through dedicated coaching. Tennis students will meet on Saturdays beginning in April to learn the basics of tennis and discover a sport for life.

Seniors fitness programs provide participants the opportunity to get active and socialize through a range of programming including yoga, fitness walking, tai chi, pickleball, and tennis.

For more information on sports programs, please visit: <https://cityparksfoundation.org/play/>

SPRING 2024 DATES, TIMES, LOCATIONS AND PARTICIPANT AGES:

[CityParks Winter Track Meet](#)

CityParks Play, in partnership with New York Road Runners, is hosting the second ever Winter Track Meet at the state of the art Ocean Breeze Track & Field Athletic Complex in Staten Island on Saturday, March 23, 2024.

This free event is only open to 2023 CityParks Track programs participants or invited youth from the Rising NYRR program. The meet will feature heats in the 55M hurdles, 200M dash, shot put, long jump and more.

Youth Track and Field

[City Parks Foundation Track and Field Program](#)

Programs run 4/20 - 6/22, Saturdays and Sundays (see below) 10 am - 12 pm

Available to youth ages 8 - 16 at the following sites

- Baisley Pond Park (South Jamaica, Queens) - Sundays
- Kaiser Park (Coney Island, Brooklyn) - Saturdays
- Astoria Park (Astoria, Queens) - Sundays
- Forest Park (Forest Hills, Queens) - Saturdays

[Register here.](#)

[Jesse Owens Track and Field Program](#)

Programs run from 4/6 - 6/22, Saturdays 10 am - 12 pm

Available to youth ages 8 - 16 at Thomas Jefferson Park (East Harlem, Manhattan)

[Register here.](#)

Youth Golf

[Lessons at CityParks Junior Golf Center](#)

Registration Opens on March 20th

Programs run from 4/8 - 6/21

Available to youth ages 6, 7-9, 10-11, 12-13, and 14+ at CityParks Junior Golf Center (Bay Ridge, Brooklyn)

- Ages 7 - 9: Tuesdays at 5:30PM, Wednesdays at 4PM, Thursdays at 4PM Sundays at 1pm
- Ages 10 - 11: Mondays at 4pm, Tuesdays at 4PM, Wednesdays at 5:30pm, Fridays at 4pm,
- Ages 12 - 13: Thursdays at 5:30pm, Sundays at 2:45pm
- Ages 14+: Mondays at 5:30pm, Fridays at 5:30pm Sundays at 9am, Saturdays at 2:45pm

[Register here.](#)

[Lessons at CityParks Junior Golf Center Annex](#)

Registration Opens on March 20th

Programs run from 4/20 - 6/23

Available to youth ages 6, 7-9, 10-11, 12-13, and 14+ at CityParks Junior Golf Center Annex (Flushing Meadows, Queens)

- Ages 7 - 9: Saturdays at 9AM and Sundays at 2:30pm
- Ages 10 - 11: Saturdays at 10:30am and Sundays at 1pm
- Ages 12 - 13: Saturdays at 1pm and Sundays at 10:30am
- Ages 14+: Saturdays at 2:30pm and Sundays at 9am

[Register here.](#)

Youth Tennis

City Parks Foundation Youth Tennis Program

Programs run from 4/20 - 6/22

- Saturdays, 9 - 12pm, St. Mary's Park Park (Bronx)
- Saturdays, 10 - 12pm, Flushing Meadows Corona Park (Flushing, Queens)
- Saturdays, 1 - 3pm, Springfield Park (Brookville, Queens)

[Register here.](#)

Seniors Fitness

Programs run from 4/22 - 6/14

Available to adults ages 60+.

[Register here.](#)

Tennis

- Monday/Wednesday, 10 - 12 pm, Astoria Park (Astoria, Queens)
- Monday/Wednesday, 10 - 12 pm, Flushing Meadows Corona Park (Corona, Queens)
- Monday/Wednesday 9:30 - 10:30 am, Springfield Park (Springfield Gardens, Queens)
- Thursday/Friday, 10 am - 12 pm, Kissena Park (Flushing, Queens)
- Tuesday/Friday, 9:30 am - 11:30 am, Pelham Bay Park (Pelham Bay, Bronx)
- Tuesday/Thursday, 1 - 3 pm, Marine Park (Marine Park, Brooklyn)
- Fridays 1 pm - 3 pm, Central Park Tennis Center (Central Park West, Manhattan)

Yoga

- Monday/Wednesday, 10 - 11 am, Carl Schurz Park (Yorkville, Manhattan)
- Tuesday/Thursday 11 am - 12 pm, James J Walker Park (Greenwich Village, Manhattan)
- Tuesday/Thursday, 10 am - 11 am, Inwood Hill Park (Inwood, Manhattan)
- Monday/Wednesday, 9 am - 10 am, Marine Park (Marine Park, Brooklyn)
- Monday, 11 am - 12:30 pm, Amersfort Park (Flatlands, Brooklyn)
- Tuesday/Thursday, 10 am, Roy Wilkins Park (Jamaica, Queens)
- Monday/Wednesday, 10 am - 11 am, Pelham Bay Park (Pelham Bay, Bronx)
- Tuesday/Thursday, 10 am - 11 am, Faber Park (Richmond, Staten Island)

Pickleball

- Monday/Wednesday, 9:30 am - 11:30 am, Leif Ericson Park (Dyker Heights, Brooklyn)
- Tuesday/Thursday, 10 am - 12 pm, John J. Carty Park Fort Hamilton Senior Center (Bay Ridge, Brooklyn)

Walking

- Tuesday/Saturday, 8:30 am - 10:30 am, Beach 59th Street Boardwalk (Rockaway, Queens)
- Wednesday/Friday 9:30 am - 10:30 am, Carl Schurz Park (Yorkville, Manhattan)
- Wednesday/Saturday, 8:30 - 10:30 am, Springfield Park (Springfield Gardens, Queens)
- Monday, 11 am - 12:30 pm, Amersfort Park (Flatlands, Brooklyn)

- Wednesday, 11 am - 12:30 pm, South Oxford Park (Prospect Heights, Brooklyn)
- Tai Chi
- Wednesday/Friday, 9 am - 10 am, Moore Homestead Park (Elmhurst, Queens)

Generous private support for CityParks Tennis is provided by The New York Community Trust - The George and Valerie Delacorte Fund, The Linda B. and Howard S. Stern Family Foundation, Life Time Foundation, The Amazin' Mets Foundation, The Weininger Foundation, the USTA Foundation, Women's Tennis Association Charities, the Junior Tennis Foundation, Neuberger Berman Foundation, The Venable Foundation, and USTA Eastern. Presenting program sponsor BNP Paribas and supporting program sponsor Lacoste. Generous public support is provided by the NYC Council under the leadership of Speaker Adrienne Adams. In partnership with NYC Parks.

Generous private support for CityParks Golf is provided by The First Tee, The Linda B. and Howard S. Stern Family Foundation, Life Time Foundation, The Amazin' Mets Foundation, L+M Development Partners, American Golf Foundation, Neuberger Berman Foundation, The Philip M. Waterman Foundation Inc, The Venable Foundation, and the LPGA Foundation. Supporting program sponsor Lacoste. Supporting program sponsor of CityParks Golf is Lacoste. Generous public supported is provided by the the NYC Council under the leadership of Adrienne Adams. In partnership with NYC Parks.

Generous private support for the Junior Golf Center is provided by The First Tee, Life Time Foundation, American Golf Foundation, The Venable Foundation, Neuberger Berman Foundation, The Philip M. Waterman Foundation Inc, and the LPGA Foundation. Supporting Sponsor Lacoste. In partnership with NYC Parks.

Generous private support for CityParks Track & Field is provided by the Thompson Family Foundation, Life Time Foundation, Neuberger Berman Foundation, and The Venable Foundation. Generous public support is provided by the NYC Council under the leadership of Speaker Adrienne Adams. In partnership with NYC Parks.

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About CityParks Play

Over 7,400 children ages 6 - 17 stay healthy and active in parks while learning sports they can play for life -- tennis, soccer, golf, and track & field. Beginner and intermediate classes are offered around the city, while more advanced coaching and tournament training is available at the kids-only Junior Golf Center and Junior Golf Annex, and through the Lacoste Junior Tennis Academy. Fitness programs -- yoga, tennis and pickleball, and fitness walking -- help keep nearly 600 seniors agile and connected to their communities.

About City Parks Foundation

At City Parks Foundation, we are dedicated to invigorating and transforming parks into dynamic, vibrant centers of urban life through sports, arts, community building and education programs for all New Yorkers. Our programs -- located in more than 320 parks, recreation centers and public schools across New York City -- reach over 278,000 people each year. Our ethos is simple: thriving parks mean thriving communities.

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