



**FOR IMMEDIATE RELEASE**

**NEW YORK YOUTH AND SENIORS ENCOURAGED TO STAY ACTIVE WITH CITY PARKS FOUNDATION'S FREE FALL SPORTS PROGRAMS IN PARKS**

**CITYPARKS GOLF LAUNCHES A JUNIOR GOLF ANNEX ON STATEN ISLAND**

**FALL SOCCER FOCUSES ON TEEN GIRLS PROGRAM**

**REGISTRATION FOR 2024 FALL PROGRAMS NOW OPEN**



**September 18, 2024 - New York, NY - [City Parks Foundation](#)** has opened registration for their free Fall [Play](#) sports programs. NYC youth ages 5 - 17 and seniors 60+ can participate in several outdoor sports and fitness programs and events throughout Manhattan, Brooklyn, Queens, Staten Island, and the Bronx. Offerings for kids include free [track and field](#) lessons, free [golf](#) lessons, a free youth [tennis](#) program and free [soccer](#) lessons, with a focus on teen girls. For the first time, young golfers can learn the sport for free on Staten Island this fall through a new partnership with La Tourette Golf Course. Senior programs this fall include free [yoga](#), [walking](#), [tennis](#), [pickleball](#) and [tai-chi](#) in parks across all five boroughs.

"CityParks Play enhances the lives of children and seniors across New York City, offering free sports and fitness programs that promote health and active living in parks citywide," **said Mike Silverman, Director of Sports at City Parks Foundation.** "We're excited to kick off the fall with a fun-filled season of sports and welcome the addition of our new youth golf program in Staten Island and the expansion of our teen girls soccer program. "

The new partnership with La Tourette Golf Course on Staten Island will bring a third Junior Golf Annex facility into the CityParks Golf program. Youth, ages 7-17, will be able to learn the program for free through professional instruction and life skills such as sportsmanship and self-confidence. This golf annex will join CityParks Play's roster of successful golf programs also running at the City Parks Foundation Junior Golf Center in Brooklyn and an additional Junior Golf Annex in Queens. On Sunday, September 29, local city officials and representatives from First Tee will be in attendance for a ribbon cutting ceremony to officially open the annex.

CityParks Soccer programs will focus this fall on a new free teen girls program (ages 13-16) designed to create a supportive and inclusive environment where girls of all skill levels can come together, make new friends, and build their self-esteem. The program will also provide CityParks Soccer coaches with new training and resources for working with teenage girls. This past summer, the program piloted in 9 parks across the city in all five boroughs. Additionally, the partnership will expand the existing beginner program offered to all youth ages 6-12.

Youth in the fall free track program in local parks across the city will receive weekly lessons on Saturday and Sunday mornings to learn long jump, shot put, hurdles, discus, javelin, and track. Tennis students will meet on Saturdays beginning in September to learn the basics and discover a sport for life for free. Seniors can stay active and engaged through a variety of free fitness programs this fall, offering opportunities for socialization and physical well-being with activities like yoga, fitness walking, tai chi, pickleball, and tennis.

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

### **FALL 2024 DATES, TIMES, LOCATIONS AND PARTICIPANT AGES:**

*\*\*Please note\*\* locations and schedules are subject to change. Any changes to program info currently listed will be communicated to registered participants prior to the start of the program.*

#### **Youth Tennis Instruction**

[CityParks Youth Tennis Program](#)

Registration Open Now

Programs run from 9/21 - 10/26

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

[Register here.](#)

#### **Youth Track and Field Instruction**

[CityParks Track and Field Program](#)

Registration Open Now

Programs run 9/14- 11/2, 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) - Sundays
- Astoria Park (Astoria, Queens) - Sundays
- Forest Park (Forest Hills, Queens) - Saturdays

- Clove Lakes Park (West Brighton, Staten Island) - Saturdays

[Register here.](#)

[Jesse Owens Track and Field Program](#)

Registration Open Now

Program runs from 9/7 - 11/2, Saturdays 10 am - 12 pm

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

[Register here.](#)

**Youth Golf Instruction**

[CityParks Junior Golf Center](#)

Registration Open Now

Programs run from 9/3 - 10/27

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 4pm, Wednesdays at 4pm, Thursdays at 4pm, Fridays at 4pm, Saturdays at 1pm, Sundays at 9am
- Ages 10 - 11: Mondays at 4pm, Wednesdays at 5:15pm, Saturdays at 10:45am, Sundays at 10:45am
- Ages 12 - 13: Mondays at 5:15pm, Fridays at 5:15pm, Saturdays at 2:45pm, Sundays at 1pm
- Ages 14+: Thursdays at 5:15pm, Sundays at 2:45pm

[Register here.](#)

[CityParks Junior Golf Center Annex - Flushing Meadows Park Pitch and Putt](#)

Registration Open Now

Programs run from 9/14 - 10/27

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

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

[Register here.](#)

[CityParks Junior Golf Center Annex + La Tourette Golf Course](#)

Registration Open Now

Programs run from 9/14 - 10/27

Available to youth ages 6, 7-9, 10-11, 12-13, and 14+ at CityParks Junior Golf Center and La Tourette Golf Course (Staten Island)

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

[Register here.](#)

[Soccer Instruction For Girls Ages 13-16](#)

Registration Open Now

Program runs from 9/28 - 11/3

Available to girls ages 13 - 16 at the following sites:

- Brownsville Playground (Brooklyn) - Sundays, 9 - 10:30 am
- St. Mary's Park (Bronx) - Saturdays, 9 - 10:30 am
- Thomas Jefferson Park (Manhattan) - Saturdays, 9 - 10 am
- Flushing Meadows-Corona Park (Corona, Queens) - Sundays, 9 - 10:30 am
- Roy Wilkins Park (Queens) - Tuesdays, 5 - 6:30 pm

[Register here.](#)

### **CityParks Fall Soccer**

Registration Open Now

Program runs from 9/28 - 11/3

Available to youth ages 5-12 at the following sites:

- Ages 8-12: Brownsville Playground (Brooklyn) - Sundays, 10:30 am - 12 pm
- Ages 8-12: St. Mary's Park (Bronx) - Saturdays, 10:30 am - 12 pm
- Ages 8-12: Thomas Jefferson Park (Manhattan) - Saturdays, 11 am - 12 pm
- Ages 5-7: Thomas Jefferson Park (Manhattan) - Saturdays, 10 - 11 am
- Ages 8-12: Flushing Meadows-Corona Park (Corona, Queens) - Sundays, 10:30 am - 12 pm
- Ages 8-12: Roy Wilkins Park (Queens) - Tuesdays, 4 - 5 pm

[Register here.](#)

### **Seniors Fitness Instruction**

Programs run from 9/10 - 11/6

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)
- Monday/Wednesday, 1 - 2 pm, Travers Park (Jackson Heights, Queens)
- Friday, 9:30 am - 11:30 am, Pelham Bay Park (Pelham Bay, Bronx)
- Monday/Wednesday, 1 - 3 pm, Marine Park (Marine Park, Brooklyn)
- Friday, 1 pm - 3 pm, Central Park Tennis Center (Central Park West, Manhattan)

### **Yoga**

- Monday/Wednesday, 10 - 11 am, Carl Schurz Park (Yorkville, Manhattan)
- Monday/Wednesday 10 - 11 m, 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)
- Wednesday, 11 am - 12:30 pm, South Oxford Park (Boerum Hill, Brooklyn)
- Monday/Wednesday 11 am - 12 pm, Roy Wilkins Park (Jamaica, Queens)
- Monday/Wednesday, 10 am - 11 am, Pelham Bay Park (Pelham Bay, Bronx)
- Tuesday/Thursday, 10:30 am - 11:30 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)
- Monday/Wednesday, 1 - 2 pm, Travers Park (Jackson Heights, Queens)
- Saturday, 9 - 11 am, Fairview Park (Charleston, Staten Island)

#### Walking

- Tuesday/Saturday, 8:30 am - 10:30 am, Beach 59th Street Boardwalk (Rockaway, Queens)
- Monday/Friday 9:30 am - 10:30 am, Carl Schurz Park (Yorkville, Manhattan)

#### Tai Chi

- Wednesday/Friday, 9 am - 10 am, Moore Homestead Park (Elmhurst, Queens)

Generous private support for CityParks Play programs is provided by The New York Community Trust - The George and Valerie Delacorte Fund, The Linda B. and Howard S. Stern Family Foundation, The First Tee, The Thompson Family Foundation, Life Time Foundation, The Amazin' Mets Foundation, The Weinger Foundation, the USTA Foundation, Women's Tennis Association Charities, L+M Development Partners, Neuberger Berman Foundation, the Junior Tennis Foundation, New York Foundation for Eldercare, Golf NYC, Public Housing Community Fund, American Golf Foundation, Randall's Island Park Alliance, The Venable Foundation, USTA Eastern, and the LPGA Foundation. Generous public support is provided the NYC Council under the leadership of Speaker Adrienne Adams, including Council Member Alexa Avilés, Council Member Salaam Banks, Council Member Joseph Borelli, Council Member Gale Brewer, NYC Majority Whip Selvena Brooks-Powers, Council Member Tiffany Cabán, Council Member Eric Dinowitz, Council Member Rita Joseph, Council Member Shekar Krishnan, Council Member Farah Louis, Council Member Kristy Marmorato, Council Member Julie Menin, Council Member Mercedes Narcisse, Council Member Sandra Ung, and Council Member Nantasha Williams. Supporting Sponsors BNP Paribas, Lacoste, Brooks Running Shoes.

#### **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.

#### **MEDIA CONTACTS:**

Chris Baer / [Chris\\_Baer@dkcnews.com](mailto:Chris_Baer@dkcnews.com)

Jeanna Chin / [JChin@CityParksFoundation.org](mailto:JChin@CityParksFoundation.org)