

FOR IMMEDIATE RELEASE

**NEW YORK CITY YOUTH AND SENIORS INVITED TO JOIN
CITYPARKS PLAY
FOR FREE SPORTS PROGRAMS IN LOCAL PARKS THIS SPRING
REGISTRATION FOR 2025 SPRING PROGRAMS NOW OPEN**



MARCH 17, 2025 - New York, NY - [City Parks Foundation](https://cityparksfoundation.org) has announced that registration is now open for its free 2025 Spring CityParks [Play](#) sports programs. New York City's youth and seniors can participate in a variety of sports and fitness activities to be held in city parks across the five boroughs. Offerings for kids include free [track](#) lessons, free [soccer](#) lessons, free [golf](#) lessons, a free youth [tennis](#) program, and more. Additionally, seniors aged 60+ can participate in free [tennis, yoga, pickleball, tai chi, and fitness walking](#).

"CityParks Play enriches the lives of thousands of kids and seniors across New York City through an array of fun instructional sports programs that encourage an active, healthy lifestyle," said **Mike Silverman, Director of Sports at City Parks Foundation**. "We're excited to welcome back familiar faces and introduce new participants to our programs—we can't wait to see our parks filled again with energy and joy!"

Youth in the track program will learn long jump, shot put, hurdles, discus, javelin, and track in local parks. Golf participants will meet throughout the week to study the basics of the game while building their skills at the Junior Golf Center in Brooklyn and the Junior Golf Center Annexes in Flushing and on Staten Island. Tennis students will meet to learn the basics of the sport, including technique and the rules of the game. Kids in the soccer program will learn the basics of the game and participate in scrimmages throughout the season. Each program fosters skills such as sportsmanship and teamwork, and builds self-confidence through dedicated coaching.

Senior fitness programs provide participants aged 60 and over the opportunity to get active and socialize through a range of programming including yoga, fitness walking, pickleball, tai chi, and tennis.

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

SPRING 2025 DATES, TIMES, LOCATIONS AND PARTICIPANT AGES:

Youth Track and Field

City Parks Foundation Track and Field Program

Programs run 4/26 - 6/22, Saturdays or Sundays, 10PM - 12PM

Available to youth ages 8 - 16 at the following sites

- Baisley Pond Park (South Jamaica, Queens) - Sundays
- Kaiser Park (Brooklyn) - Saturdays
- Astoria Park (Astoria, Queens) - Sundays
- Forest Park at Victory Field (Forest Hills, Queens) - Saturdays
- Clove Lakes Park (Staten Island) - Saturdays

[Register here.](#)

Jesse Owens Track and Field Program

Programs run from 4/5 - 6/15, Saturdays 10PM - 12PM

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

[Register here.](#)

Youth Soccer

City Parks Foundation Soccer Program

Programs run 4/26 - 6/22

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

[Register here.](#)

Youth Golf

Lessons at CityParks Junior Golf Center

Programs run from 4/21 - 6/30

Available to youth ages 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, Tuesdays at 4PM, Wednesdays at 5:30PM, Saturdays at 10:45AM, Sundays at 10:45AM
- Ages 12 - 13: Mondays at 5:30PM, Fridays at 5:30PM, Saturdays at 2:45PM, Sundays at 1PM
- Ages 14+: Tuesdays at 5:30PM, Thursdays at 5:30PM, Sundays at 2:45PM

[Register here.](#)

Lessons at CityParks Junior Golf Center Annex - Flushing Meadows, Queens

Programs run from 4/26 - 6/15

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 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.](#)

Lessons at the Junior Golf Center Annex - Staten Island

Programs run 4/26 - 6/15

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

- Ages 7 - 9: Saturdays at 9AM and Sundays at 2:30PM
- Ages 10 - 11: Saturdays at 10:30AM and Sundays at 1PM
- Ages 14+: Saturdays at 2:30PM and Sundays at 9AM

[Register here.](#)

Youth Tennis

City Parks Foundation Youth Tennis Program

Programs run from 4/26 - 6/22 for ages 6-17

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

[Register here.](#)

The Leslie Feely Youth Tennis Program

Program runs 4/25 - 6/20 for ages 6-17

- Central Park Tennis Center (Manhattan) - Fridays, 3PM - 4PM for ages 6-10
- Central Park Tennis Center (Manhattan) - Fridays, 4PM - 5PM for ages 11-17

[Register here.](#)

Seniors Fitness

Programs run from 4/21 - 6/13

Available to adults ages 60+.

[Register here.](#)

Tennis

- Pelham Park Bay (Bronx) - Tuesdays and Fridays, 9:30AM - 11:30AM
- Marine Park (Brooklyn) - Tuesdays and Thursdays, 1PM - 3PM
- Central Park (Manhattan) - Fridays, 1PM - 3PM
- Astoria Park (Queens) - Mondays and Wednesdays, 10AM - 12PM
- Flushing Meadows-Corona Park (Queens) - Mondays and Wednesdays, 10AM - 12PM
- Kissena Park (Queens) - Tuesdays and Thursdays, 10AM - 12PM
- Rory Staunton Field (Queens) - Mondays and Wednesdays, 1PM - 3PM
- Springfield Park (Queens) - Mondays and Wednesdays, 9:30AM - 10:30AM

- Greenbelt Recreation Center (Staten Island) - Mondays and Wednesdays, 10AM - 11AM

Yoga

- Pelham Bay Park (Bronx) - Mondays and Wednesdays, 10AM - 11AM
- Claremont Park (Bronx) - Mondays and Wednesdays, 10AM - 11AM
- Marine Park (Brooklyn) - Mondays and Wednesdays, 9AM - 10AM
- South Oxford Park (Brooklyn) - Wednesdays, 11AM - 12:30PM
- Carl Schurz Park (Manhattan) - Mondays and Wednesdays, 10AM - 11AM
- James J Walker Park (Manhattan) - Tuesdays and Thursdays, 11AM - 12PM
- Inwood Hill Park (Manhattan) - Tuesdays and Thursdays, 10AM - 11AM
- Roy Wilkins Park (Queens) - Tuesdays and Thursdays, 10AM - 11AM
- Faber Park (Staten Island) - Tuesdays and Thursdays, 10AM - 11AM

Pickleball

- Leif Erikson Park (Brooklyn) - Mondays and Wednesdays, 9:30AM - 11:30 AM
- John J. Carty Park (Brooklyn) - Tuesdays and Thursdays, 10AM - 12PM

Walking

- Carl Schurz Park (Manhattan) - Wednesdays and Fridays, 9:30AM - 10:30 AM

Tai Chi

- Moore Homestead Playground (Queens) - Wednesdays and Fridays, 9AM - 10AM

Generous private support for CityParks Tennis is provided by The New York Community Trust - The George and Valerie Delacorte Fund, Generous private support is provided by The Leslie Feely Youth Tennis Endowment, Life Time Foundation, The Linda B. and Howard S. Stern Family Foundation, The Weininger Foundation, the USTA Foundation, Women's Tennis Association Charities, Neuberger Berman Foundation, Public Housing Community Fund, 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, including Council Member Gale Brewer, Council Member Joseph Borelli, NYC Majority Whip Selvena Brooks-Powers, Council Member Tiffany Cabán, Council Member Kamillah Hanks, Council Member Rita Joseph, Council Member Mercedes Narcisse, and Council Member Sandra Ung.

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Generous private support for CityParks Golf is provided by The First Tee, Life Time Foundation, The Linda B. and Howard S. Stern Family Foundation, L+M Development Partners, American Golf Foundation, Neuberger Berman Foundation, Public Housing Community Fund, The Philip M. Waterman Foundation Inc, Wadsworth Golf Charities Foundation, The Venable Foundation, and the LPGA Foundation. Supporting program sponsor Lacoste. Supporting program sponsor of CityParks Golf is Lacoste. Generous public support is provided by the NYC Council under the leadership of Adrienne Adams, with special thanks to Council Member Alexa Avilés and Council Member Joseph Borelli.

Generous private support for the Junior Golf Center is provided by The First Tee, Life Time Foundation, American Golf Foundation, Wadsworth Golf Charities Foundation, The Venable Foundation, Neuberger

Berman Foundation, The Philip M. Waterman Foundation Inc, and the LPGA Foundation. Supporting Sponsor Lacoste.

Generous private support for the Junior Golf Center is provided by The First Tee, Life Time Foundation, Neuberger Berman Foundation, American Golf Foundation, Wadsworth Golf Charities Foundation, The Venable Foundation, The Philip M. Waterman Foundation Inc, and the LPGA Foundation. Supporting Sponsor Lacoste. Generous public support is provided by Council Member Joseph Borelli.

Generous private support for CityParks Track & Field is provided by the Thompson Family Foundation, Life Time Foundation, Neuberger Berman Foundation, Randall's Island Park Alliance, and The Venable Foundation. Generous public support is provided by the NYC Council under the leadership of Speaker Adrienne Adams, with special thanks to Council Member Chris Banks, Council Member Tiffany Cabán, Council Member Eric Dinowitz, and Council Member Nantasha Williams. Supporting Sponsor: Brooks Running Shoes.

CityParks Soccer is presented by Nike. Generous private support for CityParks Soccer is provided by the Thompson Family Foundation, Life Time Foundation, L+M Development Partners, Neuberger Berman Foundation, and The Venable Foundation. Generous public support is provided by the NYC Council under the leadership of Adrienne Adams, with special thanks to Council Member Tiffany Cabán.

Generous private support for CityParks Seniors Fitness is provided by program founder David B. Pinter. Additional private support is provided by The Amazin' Mets Foundation, The Linda B. and Howard S. Stern Family Foundation, The New York Foundation for Eldercare, Public Housing Community Fund, and The Venable Foundation. Generous public support is provided by Manhattan Borough President Mark Levine; the NYC Council under the leadership of Speaker Adrienne Adams, with special thanks to Council Member Joseph Borelli, NYC Majority Whip Selvena Brooks-Powers, Council Member Shekar Krishnan, Council Member Julie Menin, Council Member Mercedes Narcisse, and Council Member Sandra Ung.

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All programs presented in partnership with NYC Parks.

About CityParks Play

City Parks Foundation's CityParks Play instruction keeps over 7,100 children ages 6 - 17 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, pickleball, tai chi, and fitness walking -- help keep more than 1,000 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 400 parks, recreation centers and public schools across New York City -- reach over 285,000 people each year. Our ethos is simple: thriving parks mean thriving communities.

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