Exercise Resources: West Farms



Recreation Centers, Parks and Swimming Pools

Parks

Crotona Park

Crotona Park North to South Barbecuing areas, basketball courts, bocce courts, eateries, fitness equipment, handball courts, playgrounds, recreation centers, tennis courts, baseball fields, bathrooms, dog runs, fishing, fitness paths, nature center pools, spray showers, water fountains

Tremont Park

East 175th Street to East Tremont Avenue between Third and Arthur Avenues Baseball fields, bocce courts, fitness paths, playgrounds, water fountains, bathrooms, dog runs, handball courts, spray showers

Noble Playground

Noble Avenue between Bronx River Avenue and East 177th Street

Baseball fields, bathrooms, playgrounds, water fountains, basketball courts, fitness equipment, spray showers

Bronx Park

Burke Avenue, East 180th Street between Dr. Kazamiroff Boulevard, Southern Boulevard and Bronx Park East

Baseball fields, bathrooms, bocce courts, eateries, football fields, kayak canoe launch sites, skate parks, spray showers, water fountains, basketball courts, bicycling and greenways, dog runs, fitness equipment, handball courts, playgrounds, soccer fields, tennis courts, zoos and aquariums

Belmont Playground

East 182nd Street between Belmont and Croton Avenues

Basketball courts, fitness equipment, playgrounds, water fountains, bathrooms, handball courts, spray showers

Recreation Centers

Crotona Park Community Center

1700 Fulton Avenue 718-822-4440 or 718-716-1196 Membership is free for kids 17 and under.

Swimming Pools

Open during summer season only

Claremont Pool

170th Street and Clay Avenue
718-901-4792
Pool open from June to September
11:00 am – 3:00 pm, 4:00 – 7:00 pm
Free outdoor intermediate and wading pools

Bronx River Playground Pool

East 174th Street and Bronx River Avenue 718-378-1597
Pool open from June to September 11:00 am — 3:00 pm, 4:00 — 7:00 pm
Free outdoor mini pool

Fitness and Dance Classes

Crotona Park Community Center

1700 Fulton Avenue 718-716-1196

Membership is free for ages 17 and under. Self-defense classes on Tuesdays 4:00–5:00 pm & Thursdays 5:00–6:00 pm, and basketball on Wednesdays 5:00–6:00 pm

Community Association Progressive Dominican

1865 Morris Avenue 718-466-1806 Participates in the Beacon program and has many

New York Public Library

activities for youth.

(Bronx Library Center)
310 East Kingsbridge Road
718-579-4244
Shape Up NYC class: free Wii
Bowling for teens. Mondays 2:30 – 3:30 pm

Beacon After-School Programs

Beacon programs are sponsored by the NYC Department of Youth and Community Services and offer a wide variety of physical activity and sports programs for youth. Contact these sites for more information on free youth fitness activities:

CS 214

1122 East 180th Street Room 212 Contact: Sonia Allen 718542-8333 ext. 10

PHIPPS 1122

1122 East 180th Street 718-542-8333

Community Association Progressive Dominican

1865 Morris Avenue 718-466-1806

Free activities: Boys' basketball on Mondays & Thursdays 6:00-8:00 pm, girls' basketball on Mondays and Wednesdays 4:00-6:00 pm, and martial arts on Wednesdays & Thursdays 6:00-8:00 pm

