Exercise Resources: Williamsbridge



Gyms, Recreation Centers, Parks and Swimming Pools

Recreation Centers

Bronx Recreation Centers

www.nycgovparks.org/facilities/recreationcenters There are 11 recreation centers around the Bronx. You can buy membership for a year or for six months. Centers in the Williamsbridge area:

Haffen Park Field House

Ely and Hammersly Avenues 718-379-8347 Open daily 7:00 am – 4:00 pm

Williamsbridge Oval Recreation Center

3225 Reservoir Oval East, 718-654-1851 Free membership for youth ages 17 and under. Sports programs, gyms, fitness equipment and indoor tracks.

Swimming Pools

Open during summer season only

Haffen Pool

and Gunther Avenues
718-379-2908
Pool open from June to September

Hammersley Avenue to Burke Avenue between Ely

Pool open from June to September
11:00 am — 3:00 pm, 4:00 — 7:00 pm
Free outdoor pool, wading pool and intermediate pool

Edenwald Playground Pool

Schieffelin Avenue between East 266 Drive and East 229th Street
718-515-2160
Pool open from June to September
11:00 am — 3:00 pm, 4:00 — 7:00 pm
Free outdoor pool, mini pool

Parks

Haffen Park

water fountains

Hammersley Avenue to Burke Avenue between Ely and Gunther Avenues Baseball fields, bathrooms, fitness paths, playgrounds, tennis courts, basketball courts, eateries, handball courts, pools, spray showers,

Agnes Haywood Playground

Barnes Avenue between East 216th and East 215th Streets

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

Edenwald Playground

Schieffelin Avenue between East 266 Drive and East 229th Street

Playground, basketball courts, pool, water fountain, bathrooms, spray showers

Gun Hill Playground

Magenta Street between Holland and Cruger Avenues

Basketball courts, playgrounds, water fountains, bathrooms, spray showers

Campanaro Playground

Arnow Avenue, Gun Hill and Eastchester Roads Handball courts

Fitness and Dance Classes

Palomba Academy of Music

974 East Gun Hill Road 718-882-3700 Dance classes in different styles, martial arts, and music and voice lessons

Fancy Feet Dance Studio

fancyfeet.com 1295 Allerton Avenue 718-405-5136 Zumba fitness classes for \$10

Eastchester Community Center

3016 Yates Avenue Offers free Shape Up NYC: Aerobics classes—A moderate, heart-pumping workout to help burn calories and improve heart health. For all ages. Saturdays 11:00 am—noon

Williamsbridge Oval Recreation Center

3225 Reservoir Oval East 718-654-1851 Free membership for youth ages 17 and under. Free activities such as youth yoga for ages

10 – 14 and after-school fitness

Beacon After-School Programs

www.nyc.gov/html/dycd/html/afterschool/beacon.shtml

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.

PS 68

4011 Monticello Avenue 718-324-2854 For grades Kindergarten – 5th

Williamsbridge Beacon

3710 Barnes Avenue Contact: Marilyn Aviles 347-631-9622

PHIPPS

1122 East 180th Street 718-542-8333

For more information about Beacon programs throughout the Bronx, contact Ivette Nunez at 718-620-1900.

