Fitness and Dance Classes for Children in the Fordham Area

Classes are a great way to get fit or stay in shape while also having fun. Check out these classes in your neighborhood!

**Bronx Dance Theatre**
585 East 187th Street, 2nd Floor, 718-364-2725
[www.bronxdancetheatre.com](http://www.bronxdancetheatre.com)
Dance classes for children ages 3–12: creative movement, ballet, tap, hip hop, flamenco, jazz and contemporary.

**Bronx House**
990 Pelham Parkway South, 718-792-1800
[http://bronxhouse.org](http://bronxhouse.org)
Soccer, basketball and T-ball for children ages 3–5. Ten-session basketball, soccer and karate programs for girls and boys in grades 1–10. Dance classes (creative movement, ballet, hip hop, jazz, tap, flamenco) for children ages 3 and up. A heated indoor swimming pool with classes for children and for parents and toddlers together.

**Bronx Youth Soccer Club**
5970 Broadway (at Van Cortlandt Park), 718-395-0444 or 718-451-6854, email byslsoccer@hotmail.com
[http://bronxyouthsoccer.org](http://bronxyouthsoccer.org)
Team and recreational programming. Co-ed or all-girl teams, for children and teens ages 6–19. Games played at Bronx Stadium and Van Cortlandt Park on Sundays. Recreational play held on Saturdays from April to June for youth ages 8–14.

**Kingsbridge Little League**
Cooney Grauer Field, West 233rd Street & Bailey Avenue, 718-924-9135, email can299@aol.com
[www.kingsbridgelittleleague.org](http://www.kingsbridgelittleleague.org)
T-ball for children ages 5–7, softball for girls ages 9–16, and baseball for boys ages 13–16. Season runs from April to June.

**Lehman College**
250 Bedford Park Boulevard, 718-960-8512
[www.lehman.cuny.edu/academics/continuing-education](http://www.lehman.cuny.edu/academics/continuing-education)
Basketball, flag football, gym, gymnastics, Zumba, hip hop dance and swimming.

**Mind Builders Creative Art Center**
3415 Olinville Avenue, 718-652-6256
Dance classes such as ballet, creative movement and hip hop for ages 3 and older. Also a martial arts program for youth ages 5–18.

**Mosholu Montefiore Community Center**
3450 Dekalb Avenue, 718-882-4000
[www.mmcc.org](http://www.mmcc.org)
Free programs including sports and recreation, academic support, trips and special events. Programs are for children ages kindergarten through sixth grade, and run from the end of the school day until 6 pm.
Sites in the Fordham area:
- **Beacon 86 Teens**, 2756 Reservoir Avenue, 718-563-7410
- **Beacon 113**, 3710 Barnes Avenue, 718-654-5881
- **PS 8 Beacon**, 3010 Briggs Avenue, 718-329-0595

**Musuko’s Mixed Martial Arts and Boxing Academy**
3031 Webster Avenue, 347-401-5173
[www.musukomma.com](http://www.musukomma.com)
Classes for children and teens in mixed martial arts, boxing and kickboxing.

**Police Athletic League After-School**
2255 Webster Avenue, 718-733-6748
[www.palnyc.org/800-PAL-4KIDS/Program.aspx?id=15](http://www.palnyc.org/800-PAL-4KIDS/Program.aspx?id=15)
Fitness classes, visual and performing arts workshops, and homework help for children in grades 1–8. Monday–Friday from 3 to 6 pm.

**Turn 2 Afterschool Program**
St. James Recreation Center, 2530 Jerome Avenue, 718-367-3657
[www.nycgovparks.org/programs/recreation/afterschool](http://www.nycgovparks.org/programs/recreation/afterschool)
Free homework assistance, arts and crafts, performing arts, and fitness classes for children ages 6–12. Monday–Friday from 3 to 6 p.m., from mid-September to the end of June. Healthy snacks provided. Registration required.

**Uptown Sports Complex**
170 West 233rd Street, 718-547-7529
[www.uptownsportscomplex.com](http://www.uptownsportscomplex.com)
Baseball, gymnastics, martial arts and soccer programs. Dance classes for children ages 2–12 include creative movement, pre-ballet, ballet and hip hop.