

Fitness and Dance Classes for Teens 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

Ballet, contemporary, jazz, hip hop, African, flamenco, and belly dance classes for teens ages 13 and up.

Bronx House

990 Pelham Parkway South, 718-792-1800

<http://bronxhouse.org>

Basketball, soccer and karate programs for girls and boys in grades 1–10. Dance classes for teens, including jazz, Latin, hip hop, belly dancing, flamenco and swing/ballroom. There is also a heated indoor pool with swimming classes. Fees for members and non-members.

Kingsbridge Little League

Cooney Grauer Field, West 233rd Street & Bailey Avenue, 718-924-9135, email: can299@aol.com

www.kingsbridgelittleleague.org

A baseball league for children ages 13–16, softball for girls ages 9–16, and T-ball for children ages 5–7. Season runs from April to June.

Lehman College

250 Bedford Park Boulevard, 718-960-8512

www.lehman.cuny.edu/academics/continuing-education

Basketball, tennis, Zumba and swimming.

Mind Builders Creative Art Center

3415 Olinville Avenue, 718-652-6256

www.mind-builders.org/programs/dance.html

Tap, African, jazz, ballet and Zumba dance classes for ages 4–adult, as well as a martial arts program for youth ages 5–18.

Mosholu Montefiore Community Center

3450 Dekalb Avenue, 718-882-4000

www.mmcc.org

Free teen programming including sports and recreation, academic support, trips and special events. 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

Classes for children and teens in mixed martial arts, boxing and kickboxing.

NYC Recreation Centers

www.nycgovparks.org/facilities/recreationcenters

Sports programs, gyms, fitness equipment and indoor tracks. Free membership for youth ages 17 and under. Centers in the Fordham area:

Kingsbridge Heights Community Center

3101 Kingsbridge Terrace, 718-884-0700

St. James Recreation Center

2530 Jerome Avenue, 718-367-3657

Williamsbridge Oval Recreation Center

3225 Reservoir Oval East, 718-654-1851

(currently closed for renovation)

St. James Recreation Center

2530 Jerome Avenue, 718-367-3657 or 3658

www.nycgovparks.org/facilities/recreationcenters/X044

Activities for teens such as breakdance, martial arts and Zumba. Teen program every weekday evening from 6:00 to 8:00 pm with billiards, basketball, Ping-Pong, cards, computer classes and table games.