

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

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>

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 bysoccer@hotmail.com

<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

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

Basketball, flag football, gym, gymnastics, Zumba, hip hop dance and swimming.

Mind Builders Creative Art Center

3415 Olinville Avenue, 718-652-6256

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

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

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

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

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

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

Baseball, gymnastics, martial arts and soccer programs. Dance classes for children ages 2–12 include creative movement, pre-ballet, ballet and hip hop.