

**NEW YORK CITY SPORTS  
AND RECREATION VENUES**



## **New York City Sports and Recreation Venues**

Long a focal point of the sports world, New York City is the proud home of the Yankees, Mets, Giants, Jets, MetroStars, Knicks, Liberty, and Rangers. New York City is also home to the largest marathon and tennis tournament in the world and the site of events ranging from horse racing to sports award shows. This section is dedicated to the legendary sports venues in the New York City area that continue to contribute to the greatest sports tradition in the world.

### **Madison Square Garden**

The world's most famous arena has a long and storied history in both the sporting and entertainment worlds. The Garden is the home of the New York Rangers, New York Knicks, and New York Liberty. Some notable events held there recently include the WNBA and NBA All-Star Games, the World Championships of Freestyle Wrestling, the Big East Tournament, the Millrose Games, the Visa American Cup and various boxing matches. The Garden can accommodate up to 20,000 people.

### **Yankee Stadium**

"The House That Ruth Built" is one of the oldest ballparks in modern sports history. Its atmosphere of excitement can only be experienced firsthand. Yankee Stadium has been the scene of numerous college football games, several concerts and two papal masses. The stadium seats 57,545.

### **Shea Stadium**

The home of the New York Mets, historic site of the Beatles' first stadium concert, former home of the New York Jets, and host to a papal mass in the 1980s, Shea Stadium seats 55,577.

### **The United States Tennis Association National Tennis Center**

Home of the US Open, the tennis center comprises three stadia and more than 30 nonstadium tennis courts. The centerpiece is the largest tennis stadium in the world, Arthur Ashe Stadium, built in 1996. The state-of-the-art structure seats 23,000 fans. The Center's two other stadia, Louis Armstrong and Stadium 3, seat 10,000 and 3,500 spectators, respectively.

### **KeySpan Park**

The minor league Brooklyn Cyclones' 7,500-seat ballpark is located just steps from the boardwalk in the heart of one of Brooklyn's most historic neighborhoods. KeySpan Park offers fans a unique backdrop with views of the Atlantic Ocean beyond the right field wall and the bright lights of the Coney Island amusement park visible beyond the left field wall. In addition to Cyclones' games, KeySpan Park features concerts and other special events.

### **Richmond County Bank Ballpark at St. George**

Located adjacent to the Staten Island Ferry terminal, this beautiful 6,500 seat stadium is home to the minor league Staten Island Yankees. Richmond County Bank Ballpark offers fans spectacular views of New York Harbor and the downtown Manhattan skyline. In addition to Staten Island Yankees games, the Richmond County Ballpark features concerts and other special events.

### **Icahn Stadium**

Icahn Stadium is a state-of-the-art track and field facility located on Randall's Island, a 480-acre park anchoring Manhattan, the Bronx, and Queens. The 4,754-seat stadium meets International Amateur Athletic Federation (IAAF) specifications for accommodating international track and field events. Overlooking the East River, Icahn Stadium offers a standard 400-meter Mondo surface running track flanked by covered spectator seating and is illuminated by a pair of light towers. The stadium complex also offers locker rooms, showers, and fitness, exercise and meeting rooms. In addition, a soccer field to the north of the stadium is being outfitted with fencing, lighting and bleachers for spectator events.

### **New Balance Track and Field Center**

The New Balance Track and Field Center hosts more than 80 meets a year on its banked, 200-meter Mondo surface track. Known as one of the fastest indoor tracks in the world, the Armory is the new home of the National Track and Field Hall of Fame.

### **Chelsea Piers**

Chelsea Piers Sports & Entertainment Complex is a 30-acre waterfront sports village located between 17th and 23rd Streets

along Manhattan's Hudson River. This project transformed four historic, but long-neglected, piers into a major center for public recreation and waterfront access. Situated on Piers 59-62, and in the headhouse that connects them, the complex features many sports and entertainment opportunities for guests of all ages.

### **Asphalt Green**

The Green stretches its 5.5 acre sports and training campus across York Avenue between 90th and 92nd Streets in Manhattan. Asphalt Green offers a wide and diverse menu of programs for children and adults.

### **Riverbank State Park**

Riverbank State Park is a state-of-the-art, 28-acre park that offers a wide variety of recreational, athletic and cultural experiences for people of all ages, interests, and abilities. The park is located between 138th-145th Streets along the Hudson River. Some of the available facilities include: a softball and football/soccer field; basketball, handball/paddleball, and tennis courts; swimming pools; a skating rink; and a children's playground and carousel.

### **City of New York Department of Parks and Recreation**

New York City is home to thousands of parks and playgrounds that everyone can enjoy. The New York City Department of Parks & Recreation offers activities and venues for everyone.



## **City of New York Department of Parks & Recreation**

The New York City Department of Parks & Recreation (DPR) is responsible for the maintenance of 14 percent of New York City's land, including 1,000 playgrounds, 800 athletic fields, 550 tennis courts, 63 swimming pools, 14 miles of beaches, 13 golf courses, 12 nature centers, 4 zoos, 4 botanical gardens, the United States Tennis Center, and Shea and Yankee Stadiums.

DPR also runs recreation programs and special events. Athletic programs range from developmental clinics to leagues and tournaments for more advanced players. Neighborhood recreation programs reach out to children and communities throughout the city with activities such as the *Winter/Summer Festivals*, *Playground Associate* sites, *Readings in the Parks*, *Summer Fun* sites, and mobile units. DPR also provides education and training in the visual and performing arts, computer skills, and college prep. Lastly, DPR offers special events such as the *Great Halloween Party*, *Rock 'n' Rollerblade*, and *Experience Spring*.

The following list enumerates individual parks and programs run by, or in conjunction with, DPR that are available to people with disabilities. For more information on recreation at Parks, please call 311.

### **Beaches**

The City oversees several beaches equipped with ramps for wheelchair accessibility. The ramps are located at the following locations:

Midland Beach, Staten Island  
The promenade is at beach level.

Wolfe's Pond Park, Staten Island  
There are two informal ramps that can be used for wheelchair access.

### **Playgrounds for All Children**

DPR has a number of playgrounds with special accessibility features, such as wheelchair accessible athletic courts and adapted swings. Playgrounds for All Children are designed to provide recreational opportunities for children of all ages and abilities. Playground features include ramped play equipment, wheelchair accessible tables and drinking fountains, and interactive play pieces that appeal to a wide range of children. Some playgrounds also have adjustable basketball backboards that can be raised and lowered for athletes of all abilities. Comfort stations are accessible. DPR has constructed four Playgrounds for All Children.

### **BRONX**

Pelham Bay Park – Bruckner Blvd. & Middletown Rd.

### **MANHATTAN**

Playground 70 – Next to P.S. 199, 70th St., between West End and Amsterdam Aves.

### **QUEENS**

Flushing Meadows Corona Park – 111th St., Saultell & 56th Aves.

### **STATEN ISLAND**

Jennifer's Playground – Jules Dr., Elson Ct. & Regis Dr.

### **The REACH Program**

Available in four boroughs, REACH offers a series of therapeutic recreation and auxiliary education programs that service clients with a primary diagnosis of mental retardation and/or developmental disabilities. These programs cater to people of all ages.

Activities include arts & crafts, modified physical games and team sports, drama & music therapy, adaptive aquatics, and many others.

### **DPR runs 38 Recreation Centers across the city.**

Below is a listing of addresses for DPR Recreation Centers:

### **BRONX**

Crotona Park  
1700 Fulton Ave. at Crotona Park East

Hunts Point  
765 Manida St., between Spofford & Lafayette Aves.

Kingsbridge Heights  
3101 Kingsbridge Terrace, at Perot & Fort Independence Sts.

Mullaly  
40 East 164th St. at Jerome Avenue

Owen Dolen  
1400 Westchester Sq. at East Tremont & Westchester Aves.

St. James  
2530 Jerome Ave. at East 192nd St.

St. Mary's  
450 St. Anne's Ave. at East 145th St.

West Bronx  
1527 Jessup Ave. at 172nd St.

Williamsbridge Oval  
3225 Reservoir Oval at Bainbridge Ave. & East 207th St.

## **BROOKLYN**

Betsy Head  
694 Thomas Boyland Ave. bet. Livonia & Hopkinson Aves.

Brownsville  
1555 Linden Blvd. (Linden and Mother Gaston Blvd.) at  
Christopher St.

Fort Hamilton  
9941 Fort Hamilton Parkway at 99th St.

Herbert Von King  
670 Lafayette Ave. at Tompkins Ave.

Metropolitan  
261 Bedford Ave. at Metropolitan Ave.

Red Hook  
155 Bay St. at Henry St.

St. John's  
1251 Prospect Place bet. Schenectady and Troy Aves.

Sunset Park  
43rd St. & 7th Ave.

## **MANHATTAN**

Alfred E. Smith  
80 Catherine St. at Cherry St.

Asser Levy  
Asser Levy Place (Ave. A) & East 23rd St.

Carmine  
Clarkson St. & 7th Ave. South

Hamilton Fish  
128 Pitt at Houston St.

Hansborough  
35 West 134th St. at Lenox Ave.

Highbridge  
2301 Amsterdam Ave. at 173rd St.

Jackie Robinson  
86 Bradhurst Ave. at 146th St.

J. Hood Wright  
Fort Washington Ave. at W. 174th St.

Morningside Park  
410 West 123rd St. at Morningside Dr.

North Meadow  
Central Park, Mid-park at 97th St.

Pelham Fritz  
Mount Morris Park West at 122nd St.

Recreation Center 54  
East 54th St. & 1st Ave.

Recreation Center 59 West  
West 59th St. at 10th Ave.

Thomas Jefferson  
2180 1st Ave. at 112th St.

## **QUEENS**

Det. Keith L. Williams  
173rd & 106th Sts.

Lost Battalion Hall  
93-29 Queens Blvd. at 62nd Ave.

Louis Armstrong  
107-20 Northern Blvd. at 108th St.

Passerelle  
Flushing Meadows Corona Park at Tennis Center & Shea Stadium

Roy Wilkins  
177th St. & Baisley Blvd.

Sorrentino  
Cornaga Ave. & Beach 19th St.

## **STATEN ISLAND**

Cromwell  
Pier 6 & Murray Hulbert Ave.

### **Special Events**

Throughout the city, DPR hosts a number of events open to the public, which include ribbon-cutting and ground-breaking ceremonies for new or improved parks. DPR also issues permits for those who wish to plan group activities in the city's parks. To apply for a permit, please contact your local special events office by calling 311.

## **Staten Island War Memorial Ice Skating Rink**

City Ice Sports, the concessionaire that operates DPR's Staten Island War Memorial Ice Skating Rink, arranges free ice time periodically for non-profit organizations that benefit people with disabilities, which include On Your Mark and the Staten Island Mental Health Society.

City Ice Sports: 212.608.4342

On Your Mark: 718.720.9233

S.I. Mental Health Society: 718.442.2225

## **Swimming Pools**

The following pools offer access to the disabled, either with ramps or with mechanical lowering arms:

### **BRONX**

St. Mary's – Indoor Pool – St. Ann's Ave. & East 145th St. – Mechanical

Crotona – Outdoor Pool – 173rd St. & Fulton Ave. – Ramp

## **BROOKLYN**

Brownsville Indoor Pool – Linden Blvd. & Christopher Ave. – Mechanical

Metropolitan Indoor Pool – Bedford & Metropolitan Aves. – Mechanical

St. John's Indoor Pool – Prospect Place & Troy Ave. – Mechanical

Betsy Head Outdoor Pool – Dumont & Livonia Aves. – Ramp

Red Hook Outdoor Pool – Clinton & Henry Sts. – Ramp

Sunset Outdoor Pool – 7th Ave. & 44th St. – Ramp

## **MANHATTAN**

Asser Levy Indoor Pool – East 23rd St. & Asser Levy Place – Mechanical

Asser Levy Outdoor Pool – East 23rd St. & Asser Levy Place – Mechanical

Carmine Outdoor Pool – 7th Ave South & Clarkson St. – Ramp

Thomas Jefferson Outdoor – 112th St. & 1st Ave. – Ramp

Highbridge Outdoor Pool – 173rd St. & Amsterdam Ave. – Ramp

## **QUEENS**

Astoria Outdoor Pool – 19th St. & 23rd Dr. – Ramp

## **STATEN ISLAND**

Lyons Outdoor Pool – Pier 6 & Victory Blvd. – Ramp



## **Icahn Stadium**

Icahn Stadium provides easy access for guests with disabilities. Designed to meet new requirements of the Americans with Disabilities Act, the following areas are now available: Restrooms, Ticket Windows, Drinking Fountains, and Seating Areas.

### **Getting Tickets**

Tickets for individuals with disabilities can be purchased the day of the event at the north entrance of Icahn Stadium. If advance ticketing is necessary, please contact the Stadium Director.

### **Gate Opening Times**

All gates open 1 hour prior to events.

### **Elevators**

Icahn Stadium has an elevator located inside the north entrance. If guests with disabilities require assistance, please notify the nearest Icahn Stadium employee. In the event of an emergency, additional personnel will proceed to the accessible seating areas to provide assistance to guests with disabilities.

### **First Aid/Medical**

First Aid Station is located on the Field Level. If medical assistance is needed, please notify the nearest Icahn Stadium employee or go to the nearest First Aid Station.

### **Parking**

Parking for guests with disabilities is located at the north entrance of Icahn Stadium.

**Concession Stands**

Concession stands are located on the concourse level. If guests with disabilities require assistance at any of the food service areas, they can notify the nearest Icahn Stadium employee.

**Restrooms**

Restrooms that are accessible for wheelchair guests are located as follows: outside the north entrance at Field Level; inside the Stadium, at the north, east, and south entrances; concourse level; 3rd Floor, south side of Stadium.

**Service Animals**

Service animals for guests with disabilities are permitted into Icahn Stadium. Please contact the Icahn Stadium Director if any accommodations are required.

**Getting to Icahn**

Icahn Stadium is located on Randall's Island. Randall's Island is located under the Triborough Bridge in the East River, between Manhattan, the Bronx and Queens. Bridge toll is \$4.50 upon entering; there is no charge to leave the Island.

**Icahn by Subway/Bus**

Take the 4, 5, or 6 train to 125th St. and transfer on the NW corner of 125th St. and Lexington Ave. for the M35 bus to Randall's and Wards Island. For MTA bus travel info, call 718.330.1234.

**Icahn by Car**

Bridge toll is \$4.50 upon entering; there is no charge to leave the Island.

**From Manhattan:**

Get on the Triborough Bridge at East 125th Street. Stay left for the exit to Randall's and Wards Island immediately after the toll plaza.

**From Queens:**

Get on the Triborough Bridge from the Grand Central Parkway. Stay right for the exit to Randall's and Wards Island immediately after the toll plaza.

**From the Bronx:**

Take the Major Deegan or Bruckner Expressway to the Triborough Bridge. Stay right for the exit to Randall's and Wards Island immediately after the toll plaza.

**From Long Island and Brooklyn:**

Take the FDR Drive North to the Triborough Bridge exit (on right). Stay right up to and after the toll following the signs to Randall's and Wards Island.

**From New Jersey:**

From I-80 or the New Jersey Turnpike, get onto the George Washington Bridge. Follow signs for "Through Traffic" (on the upper level, stay to the left; on the lower-level, stay to the right) to get onto the Cross Bronx Expressway, then take the Harlem River Drive/Amsterdam Avenue exit. Keep left onto the Harlem River Drive, then stay straight to take the FDR Drive South to the Triborough Bridge. On the Bridge, stay left for the exit to Randall's and Wards Island, immediately after the toll plaza.

Icahn Stadium  
#1 Randall's Island Way  
New York, NY 10035  
Phone: 212.860.2483  
Fax: 212.860.2026

For more information about Icahn Stadium,  
please visit [www.risf.org](http://www.risf.org)



## Madison Square Garden

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### Getting Tickets

Tickets for people with disabilities, subject to availability, may be purchased over the phone by calling the Disabled Services Department at Madison Square Garden at 212.465.6034, any weekday between the hours of 9:30 am to 4:30 pm. There is no additional service or handling fee incurred for this service. For up-to-date information on dates and times for all events at Madison Square Garden, please go to [www.thegarden.com](http://www.thegarden.com) or call 212.465.6741.

### Access Information

#### Main Entrance

For your convenience, it is recommended that you arrive at Madison Square Garden one hour before event time, as you will be proceeding into the Arena or The Theater, part of the way, with the general public. Please be aware that Garden Services personnel are available to assist you whenever possible. There are ramps on both sides of the main entrance located at 7th Avenue between 31st and 33rd Streets. To assist with steps from the arcade to the Mall area, there are two wheelchair lifts that can be easily operated by individual patrons.

#### Arena

Once you have exited the wheelchair lift, proceed to the left and past the entrance to The Theater. There is an elevator for the disabled located at Tower A to the left-hand side of the Mall area, immediately before the glass doors of the Box Office. Take the elevator to the 7th floor (**regardless of the section marked on your ticket**) and you will be in the Arena at Gate 70. Enter through the gate and ask an usher for assistance.

#### Arena (Concert, Wrestling, Boxing) Floor Seats

Once you have exited the wheelchair lift, proceed to the right of the Mall area and past the entrance to The Theater. Continue through the glass doors of the Box Office, and make a right. Please proceed to the elevator located at Tower D, across from the Tour Shop. Take the Tower D elevator to the 5th floor and you will be in the foyer of the Arena; make a right and then a left and proceed to Gate 54. Enter through the gate and ask an usher for assistance.

#### The Theater at Madison Square Garden

After exiting the wheelchair lift, proceed to the left and past the entrance to The Theater. There is an elevator for the disabled located at Tower A to the left-hand side of the Mall area, immediately before the glass doors of the Box Office. Take the elevator to the 3rd floor and ask the elevator operator to direct you to the entrance of The Theater. Follow signs to Aisle A (**regardless of the section marked on your ticket**) and follow ramps and one additional wheelchair lift into The Theater. Enter through the doors and ask an usher for assistance.

#### The Theater at Madison Square Garden (Sections 100-102) Floor Seats

After exiting the wheelchair lift, proceed to the right of the Mall area and past the entrance to The Theater. Continue through the glass doors of the Box Office, and make a right. Proceed to the elevator located at Tower C, at the end of the C/D corridor. Take the Tower C elevator to the 1st floor and directly into The Theater. Ask an usher for assistance.

#### Getting to the Garden

Madison Square Garden is located on Seventh Avenue between 33rd & 31st Streets (directly above Penn Station).

### **MSG By Subway**

1, 2, 3 (Seventh Avenue Lines); A, C or E (Eighth Avenue Lines) to 34th Street/Penn Station. You may also take B, D, F, V, N, Q, R, W to 34th Street/Avenue of The Americas (one block) or PATH Train to 33rd Street and Avenue of The Americas.

### **MSG By Train**

To Penn Station: Long Island Railroad, New Jersey Transit or Amtrak.  
From Grand Central Station: Subway shuttle to Times Square, then take the 1, 2, 3 subway trains downtown one stop.

### **From Westchester/Connecticut**

Metro-North to Grand Central Station. Follow directions from Grand Central Station (above).

### **MSG By Bus**

From Northern Manhattan/Upper East Side, M4 South  
From Upper West Side/Harlem, M10 South  
From Downtown/West Side, M10 North  
From other Manhattan locations, any North-South bus to 34th Street and transfer to M34 or M16. Disembark at Seventh Avenue.  
From Northwest Queens, Q32

### **MTA Customer Service**

718.330.3322 or [www.mta.nyc.ny.us/mta/ada/](http://www.mta.nyc.ny.us/mta/ada/)

### **Penn Station**

Amtrak – 800.872.7245 or [www.amtrak.com](http://www.amtrak.com)  
Long Island Railroad – 718.217.5477  
New Jersey Transit – 973.762.5100 or [www.njtransit.com](http://www.njtransit.com)

### **Grand Central Station**

Metro-North – 212.532.4900

### **Path (33rd and 6th Avenue)**

800.234.7284 or [www.panynj.gov/path/adainformation.htm](http://www.panynj.gov/path/adainformation.htm)



## **Shea Stadium**

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### **Getting Tickets**

For information or to place a ticket order for handicapped accessible seating, guests should contact the Customer Relations office at 718.565.4360. Orders, with credit card payment, can be faxed to 718.565.5330. Orders may also be placed in person at the Ticket Office, located between Gates C and D.

### **Seating Information**

The New York Mets offer a variety of seating options for people with disabilities. Customers requiring handicapped accessible seating may purchase up to four tickets for a game (seating for themselves and up to three companions). In the seating areas that are wheelchair accessible, folding chairs are provided for companions.

### **Gate Opening Times**

The Press Gate and Gate C normally open 2 1/2 hours prior to the scheduled game time. All other gates open 1 1/2 hours prior to scheduled game time. Each gate at Shea Stadium is wheelchair accessible for entrance and exit. The most convenient gate for use by people with disabilities is the Press Gate, located between Gates B and C.

### **Elevators/Escalators**

Guests with disabilities can access the Press Elevator, located between Gates B and C, to get to their seating level. This elevator services all levels of the stadium. Guests who need to access the elevator during or following a game should see a representative at one of the Fan Information booths located throughout the stadium for assistance.

### Guest Services/Information Booths

Guests who require game-day assistance can speak to a Customer Relations representative in the Ticket Office, located on street level between Gates C and D. Guests requiring assistance inside the stadium may visit one of the Fan Information booths, located behind home plate on each level of the stadium.

### Shea Stadium by Car

Shea Stadium is located at 123-01 Roosevelt Avenue in Queens. From Manhattan: Take the Triboro Bridge to Grand Central Parkway to Northern Boulevard/Shea Stadium Exit OR Queens Midtown Tunnel to Long Island Expressway to either Van Wyck Expressway (N) or Grand Central Parkway (W) to Shea Stadium. From Connecticut: Take I-95 to Whitestone Bridge to Whitestone Expressway to the Northern Boulevard/Shea Stadium Exit. From New Jersey: Take the George Washington Bridge to Triboro Bridge to Grand Central Parkway to Shea Stadium.

### Shea Stadium by Ferry

NY Waterway operates ferry service from East 90th Street, East 34th Street, South Street Seaport, and Port Imperial in Weehawken, New Jersey to Shea Stadium. Seastreak operates ferry service from Highlands in Monmouth County, New Jersey.

### Shea Stadium by Bus

Queens Surface Corp. – 718.445.3100  
MTA Long Island Bus – 516.766.6722

### Shea Stadium by Subway

The #7 Flushing Line Subway: Services Shea Stadium at the Willets Point/Shea Stadium station and makes stops at Times Square, 42nd Street and Fifth Avenue and Grand Central Station in Manhattan.

### Parking at Shea Stadium

There are 85 accessible parking spaces for people with disabilities available at Shea Stadium on a first-come, first-served basis to guests with state issued parking plates or permits. 55 spaces are located near the Press Gate and 30 spaces in the lot near center field.



## Yankee Stadium

### Getting Tickets

Tickets may be purchased at all Ticketmaster outlets in the New York metropolitan area; by phone at 212.307.1212, 212.307.7200 (automated line) or TTY 800.943.4327 (For Hearing Impaired Patrons). Tickets may also be purchased online at [www.yankees.com](http://www.yankees.com).

### Seating Information

Guests who use wheelchairs may purchase a ticket for him/herself and a ticket for one companion at a discounted price. Two additional tickets may be purchased at the full Stadium price.

### Wheelchair Accessible Seating Prices:

<u>Seating Location</u>	<u>Game Day</u>	<u>Season</u>
Home Plate	\$65.00	\$60.00
Field Box, Main Box (right field), Bleacher Platform	\$40.00	\$35.00
Monument Park	\$45.00	\$40.00
Main Reserved MVP, Main Box (left field) & Main Reserved	\$19.00	\$17.00
Main Reserved Alcove, Loge Level & Bleachers	\$12.00	\$10.00

With respect to the prices for locations within an area designated for wheelchair patrons: (i) the first and second Tickets shall be priced in accordance with the schedule set forth above; and (ii) all other com-

panion Tickets associated with the said purchase shall be priced at the price of the Tickets for conventional seats for person without disabilities (i.e., full price based upon location within the Stadium).

### **Gate Opening Times**

All gates open 1 1/2 hours prior to game time on Monday through Friday. All gates open 2 hours prior to game time on weekends.

### **Elevators/Escalators**

Elevator #1 – Located in Section 15 on the Field Level. Guests with disabilities may use this elevator to access the Field, Main, Loge and Tier Levels.

Elevators #2 and #3 – Located in the Yankees Lobby, adjacent to the Press Gate. These elevators service those guests wishing to visit the Yankee Club, the Great Moments Room, the Luxury Suites and the Yankees Offices.

Elevator #4 – Located in Section 14 is a service elevator only.

Elevator #5 – Located in Section 24, primarily used as a service elevator, also services those guests with disabilities with seating in Monument Park.

Escalators are located at Gates 2, 4 and 6. All of these escalators stop at the Main, Loge and Tier Levels. The escalator at Gate 4 is the only one that services the Club Level. Please note that escalators are turned off at the beginning of the 7th inning.

### **Guest Services/Information Booths**

The Access Service Center, a customer service booth dedicated to Guests with disabilities, is located on the Field Level, Section 2.

The Guest Services Center is located on the Loge Level, Section 3. Additional booths are located at the Field Level, Section 32 and 33; Main Level, Section 3 and Tier Level, Section 4.

These centers and booths are staffed with knowledgeable guest service representatives who will be able to assist you with questions and concerns as well as dispense literature pertaining to Stadium services and regulations.

### **Getting to Yankee Stadium**

Yankee Stadium is located at 161st Street and River Avenue in the Bronx.

### **Yankee Stadium by Car**

Northbound I-87: Exit 3 (138th St. and Grand Concourse)

Southbound I-87: Exit 5 (161st St.) or Exit 6 (153rd St. and River Ave.)

### **Yankee Stadium by Ferry**

You can take the ferry from Manhattan or New Jersey to Yankee Stadium. For information and schedule call 1.800.53.FERRY.

### **Yankee Stadium by New York City Transit Authority Bus**

The BX6 and BX13 buses stop at 161st Street/Yankee Stadium. The BX1 bus stops at 161st/Grand Concourse, a short walk from the stadium. If planning travel to Yankee Stadium in a private bus, parking is located at E. 164th and E. 165th Streets and River Ave. Police will direct you to that area. A bus parking fee, payable in cash only, is required upon arrival. For more information on subway and bus transportation to Yankee Stadium, contact the NYC Transit Authority at 718.330.1234.

### **Yankee Stadium by Subway**

The Yankee Stadium subway stop is located right outside the Stadium at the corner of 161st Street and River Avenue. The Stadium is conveniently reached by several subway lines, and a trip from midtown Manhattan takes approximately 25 minutes. The #4 train (East Side) as well as the B (weekdays only during rush hour) and D trains (West Side) make stops at 161st Street/Yankee Stadium. Metro North train service to Connecticut and Westchester County is available at 125th St. and Park Ave. For further information, please call 212.532.4900.

## **Parking**

The following lots have disabled parking available: 161st St. @ Jerome Ave. and Macombs Dam Bridge; Jerome Ave. @ 164th St and 162nd St.; River Ave. @ 158th St. and 157th St.; River Ave. @ 157th St. and 153rd St.; River Ave. and 153rd St.; 153rd St. and River Ave. Currently two of the parking lots offer valet service.

## **Concession Stands**

Accessible concession stands are located at: Bleachers Section 41; Field Level Gates 2, 4 and 6; Main Level Sections 16, 17, 29 and 30; Loge Level Sections 12, 17, 26 and 27. If guests with disabilities require assistance at any of the food service areas, they can notify the nearest Stadium employee.

## **Restrooms**

Restrooms that are accessible for wheelchair guests are located as follows: Women: Bleachers Sections 39 and 53; Field Level Sections 5, 18, 19, 31 and 34; Main Level Sections 5, 22 and 23; Loge Level Sections 11 and 18; Tier Level Sections 22 and 25. Men: Bleachers Sections 39 and 53; Field Level Sections: 2, 18, 19, 32 and 33; Main Level Sections 1, 8 and 13; Loge Level Sections 11 and 18; Tier Level Sections 16 and 23.

If a restroom is needed so that a spouse or attendant of the opposite sex may assist a guest with a disability, they may proceed to the Yankee Lobby on the Field Level next to the Press Gate. Inside the lobby, a guard or Yankee representative will lead the way to the appropriate restroom. Family restrooms are available at the lobby level.

## **Service Animals**

Service animals for guests with disabilities are permitted into Yankee Stadium. Please contact Yankee Stadium's ADA Manager if any accommodations are required. When bringing a service animal, please notify the Stadium beforehand.

## **Wheelchair Storage**

Guests who wish to transfer from their wheelchair to a seat may store their wheelchairs at the Access Service Center located on the Field Level, Section 2.

## **Assisted Listening**

Assistive listening devices were installed on April 12, 2005.

## **Comments, Questions and Suggestions**

ADA Manager  
Yankee Stadium  
Bronx, NY 10451  
Voice: 718.293.4300 x4510  
TTY: 718.579.4595  
Fax: 718.293.4841



## The USTA National Tennis Center

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### Getting Tickets

Tickets for people with disabilities, subject to availability, may be purchased over the phone by calling 718.760.6200 ext. 5100.

### Guest Services/Information Booths

The information booths are located opposite the Food Court on the East side of Arthur Ashe Stadium.

### Gate Opening Times

All gates open 10:00 am for the day sessions and approximately 6:00 pm for the evening sessions.

### Elevators/Escalators

The USTA provides permanently stationed elevator operators in two elevators at the South entrance to Arthur Ashe Stadium. These elevators go to all levels of the stadium. Two lifts for people with disabilities are available in Stadiums 2 and 3, in the South hallway; access to the lifts can be gained by going to the Stadium Operations office directly across from the lifts. There is also a ramp for people with disabilities on the North sides of Stadiums 2 and 3.

### Parking at USTA

Wheelchair accessible parking is available at various lots throughout Flushing Meadows-Corona Park. Vehicles are directed to parking locations by the NYPD. Only vehicles with state issued disabled parking plates or permits are permitted to park in these designated parking spots.

### Getting to the USTA

The USTA National Tennis Center is located in Flushing Meadows - Corona Park in Queens.

### USTA by Car

From Manhattan: Take the Triboro Bridge to the Grand Central Parkway to the Shea Stadium Exit. If coming from Midtown, use the Midtown Tunnel to reach the Grand Central Parkway. Continue to the Shea Stadium Exit. Upon exiting, follow signs to the USTA National Tennis Center.

From Connecticut: Take I-95 to the Whitestone Bridge to the Grand Central Parkway and follow signs to the Northern Blvd./Shea Stadium Exit. After exiting, follow signs to the USTA National Tennis Center.

From New Jersey: Take the George Washington Bridge to the Harlem River Drive, to the Triboro Bridge to Grand Central Parkway and take the Northern Blvd./Shea Stadium Exit. After exiting, follow signs to the USTA National Tennis Center.

### USTA by Railroad

The Long Island Railroad/Port Washington branch can be used to get to the USTA National Tennis Center during the US Open (the Shea Stadium Station). Contact the railroad for schedule information at 718.217.5477.

### USTA by Subway

Take the #7 Flushing subway from either Times Square or Grand Central to the Shea Stadium/Willets Point Station. The USTA National Tennis Center is a short walk down the ramp from the station. The ride takes approximately thirty minutes. Or you can take the E or F trains to Roosevelt Avenue and transfer upstairs to the #7 train and follow the above directions.



## New York Racing Association Racetracks

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### **THE AQUEDUCT RACE COURSE**

Aqueduct opened on September 27th, 1894 in Queens.

- The Main Course: 1 1/8 Mile
- The Inner Dirt Course: 1 Mile
- The Turf Course: 7/8 Mile
- Attendance Capacity: 90,000
- Parking Capacity: 8,000 Cars
- Trackside Dining: 1,500
- Total Seating Capacity: 17,000

Aqueduct Race Track  
110-00 Rockaway Blvd.  
Jamaica, NY 11417  
Phone: 718.641.4700

### **Seating Information**

Wheelchair locations are available on the third floor in the Grandstand. The wheelchair locations are complimentary and become available on a first-come, first-serve basis after the admission gates open. No portable seating is allowed in the wheelchair areas.

### **Admission Fees**

- Grandstand Admission: \$1.00
- Clubhouse Admission: \$3.00
- Skyline Club: \$1.00 Additional
- Children under the age of 12 are admitted free.

### **Gate Opening Times**

The gates open at 11:00 am, with the exception of Thanksgiving, when the gates open at 9:00 am.

### **Getting to Aqueduct**

The Aqueduct Race Course is located in Jamaica, Queens.

### **Aqueduct by Bus**

- Q11 from Woodhaven and Queens Blvd.
  - Q7 from Euclid Ave.
  - Q37 from Union Tpke.-Kew Gardens
  - Q41 from NY Blvd. and Archer and Ashford St. Brooklyn
- For additional information call 718.995.4700.

### **Aqueduct by Subway**

Take the A train to the Old Aqueduct Station. Courtesy bus service is available to the Admission Gate.

### **Aqueduct by Car**

From Manhattan: Take the Midtown Tunnel to the Long Island Expressway East, to the Van Wyck Expressway South, to the Linden Blvd. Exit. Turn right on Linden and follow signs to track.

From Staten Island and South New Jersey: Take the Verrazano Bridge to the Belt Parkway eastbound, take Exit 19 and follow signs to the track.

From Connecticut and Westchester: Take the Whitestone Bridge to the Cross Bronx Expressway, to the Throgs Neck Bridge to the Cross Island Parkway South to the Belt Parkway westbound, Exit 18-B and follow signs to the track.

### **Parking at Aqueduct**

There are 25 accessible parking spaces for people with disabilities along the curb in the Clubhouse lot. The Rockaway lot has 50 accessible spaces. All parking spaces are available on a first-come, first-served basis after the parking gates open to paying customers.

### **Parking Fees**

- General Admission: \$1.00
- Preferred Parking: \$2.00
- Valet Parking: \$5.00

Courtesy Shuttle Service available from all general parking areas.

## **BELMONT PARK**

Belmont Park opened on May 4th, 1905.

- The Main Course: 1 1/2 Mile
- The Widener Turf Course: 1 5/16 Mile
- The Inner Turf Course: 1 3/16 Mile
- Attendance Capacity: 85,000-90,000
- Parking Capacity: 18,500 Cars
- Trackside Dining: 1,800
- Total Seating Capacity: 32,941

Belmont Park  
2150 Hempstead Turnpike  
Elmont, NY 11003  
Phone: 516.488.6000

### **Seating Information**

Wheelchair locations are available on the third floor behind Section E in the Clubhouse and behind Section O in the Grandstand. The wheelchair locations are complimentary and become available on a first-come, first-served basis after the admissions gates open. No portable seating is allowed in the wheelchair areas.

### **Admission Fees**

- Grandstand Admission: \$2.00
- Clubhouse Admission: \$5.00
- Children under the age of 12 are admitted free.

### **Gate Opening Times**

The gates open at 11:00 am, with the exceptions of:

- Memorial Day: 9:30 am
- Belmont Stakes Day: 8:30 am
- Father's Day: 9:30 am

## **Getting to Belmont**

### **Belmont by Bus**

N6 (MSBA Line): Operates along Hempstead Turnpike.  
Q110 (Jamaica Bus Company): Departs every 20 minutes from Parsons Blvd. and Hillside Ave. (E and F subway stops).  
Q2 (NYC Transit Authority): Originates at Jamaica Bus Terminal (165th and 89th Ave.).

### **Belmont by Subway**

Take the F train to 169th Street or 179th Street, then take the N6 or the Q2 bus to Belmont or take the E train to Jamaica Center (Parsons Blvd.) and then take the Q110 bus to Belmont.

### **Belmont by Car**

From Manhattan: Take the Queens Midtown Tunnel to the Long Island Expressway East, to the Cross Island Parkway, South to Exit 26-D.  
From Staten Island and South New Jersey: Take the Verrazano Bridge to the Belt Parkway East to the Cross Island Parkway North to Exit 26-D.  
From Connecticut and Westchester: Take the Throgs Neck Bridge to the the Cross Island Parkway South to Exit 26-D.

### **Parking at Belmont**

There are 12 reserved accessible parking spaces for people with disabilities along the curb in the Clubhouse lot. Another three spaces are reserved for disabled vans. Additionally, between 15 and 20 disabled vehicles are parked along the outer roadway. The West End lot has 50 disabled spaces. There are 22 disabled spaces in the Preferred Parking lots (B=10; D=12). The Yellow, Green, and Blue Fields each have four disabled spaces. All parking spaces are available on a first-come, first-served basis after the parking gates open to paying customers.

### **Parking Fees**

- General Admission: \$2.00
- Preferred Parking: \$4.00
- Valet Parking: \$6.00

## **THE SARATOGA RACE COURSE**

Racing began in Saratoga Springs in 1863.

-The Main Course:	1 1/8 Mile
-The Turf Course:	1 Mile
-The Steeplechase/Inner Turf Course:	7/8 Mile
-Attendance Capacity:	50,000
-Trackside Dining:	1,380
-Total Seating Capacity:	18,000

Saratoga Race Course  
Union Avenue  
Saratoga Springs, NY 12866  
Phone: 518.584.6200

### **Seating Information**

Wheelchair locations are available behind Section J in the Clubhouse and behind Section M in the Grandstand. The wheelchair locations are complimentary and become available on a first-come, first-served basis after the admission gates open. No portable seating is allowed in the wheelchair areas.

### **Admission Fees**

Grandstand Admission: \$3.00  
Clubhouse Admission: \$5.00  
Children under the age of 12 are admitted free.

### **Gate Opening Times**

The gates open at 11:00 am, with the exception of Travers Day when gates open at 7:00 am.

## **Getting to Saratoga**

The Saratoga Race Course is located in Saratoga, NY.

### **Saratoga by Railroad**

AMTRAK offers an all-inclusive package to Saratoga Race Course every Saturday and Sunday in the summer months. Package includes round-trip rail on Amtrak, transfers, Clubhouse admission to Saratoga Race Course and an official track program. For a list of departure cities, prices and reservations, call 1.800.USA.Rail and mention Fare Order X856.

### **Saratoga by Car**

From Manhattan: New York Thruway (I-87) to Exit 24 (Northway) to Exit 14. West on NY Route 9P, just outside the track gates. The track can also be reached by an alternate route, leaving the Northway at Exit 13N - US Route 9.

From Western New York: New York Thruway (I-90) to Exit 28 at Fultonville (Route 30A), to Johnstown and Route 29E to Saratoga Springs; or New York Thruway to Exit 27 at Amsterdam, Route 67E to Ballston Spa and Route 50 to Saratoga Springs.

From Connecticut and Massachusetts: Mass. Turnpike to NY Thruway North (I-90) to Exit 24 (Northway I-87) to Exit 14.

### **Parking at Saratoga**

There are 180 accessible parking spaces in the trackside lot. The Oklahoma lot has 50 disabled spaces that are located in the parking field to the left of the Rec Hall entrance. All parking spaces are available on a first-come, first-served basis after the parking gates open to paying customers.

### **Parking Fees**

General Admission: Free  
Trackside Parking: \$10.00



## Giants Stadium

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### Getting Tickets

For information on how to obtain accessible seating for the Giants or Jets, contact the Box Office during regular business hours. The Giants Stadium Box Office is only open for walk-up sales the day of the event.

#### Box Office Hours:

Monday - Saturday: 11:00 am – 6:00 pm  
Sunday: Closed unless there is an Arena event

For ticket purchases or more information, contact the Box Office.

Voice: 201.935.3900  
TTY: 201.460.4031  
Group Sales: 201.460.4370

### Seating

All wheelchair seating at Giants Stadium is general admission (not assigned) and is in Sections 117 through 125. Companions attending events in the wheelchair areas with a disabled guest will be provided a folding chair.

The Meadowlands Complex has designated seats at Giants Stadium for guests with disabilities. In order to be properly accommodated, it is recommended that guests with disabilities purchase their tickets in advance to obtain desired seat locations. Some accessible seats that are not purchased during an advanced sale period (which may vary depending upon the event) may be released for sale to the general public.

### Website

[www.meadowlands.com/ada.asp](http://www.meadowlands.com/ada.asp)

### Meadowlands by Car

From the Lincoln Tunnel: Follow Route 3 West to Route 120 North.

From the George Washington Bridge: Follow I-95 South to the New Jersey Turnpike. Take the Turnpike's western spur to the Sports Complex Exit - 16W. This exit provides direct access to the Sports Complex parking areas.

Northbound on the New Jersey Turnpike: Take the western spur to Exit 16W, which provides direct access to the Sports Complex parking areas.

Holland Tunnel and Brooklyn/Staten Island Bridge: Take the New Jersey Turnpike extension to the Turnpike. Take the Turnpike's western spur to Exit 16W.

### Parking at Giants Stadium

Accessible parking for Giants Stadium events with a New Jersey state-issued license plate or placard is available in the following lots: 4, 7, 8, 10, 12, 15 and 18.

### Restrooms and Water Fountains

The facilities in Sections 117 through 125 are specifically equipped for guests with disabilities. Restrooms for guests with disabilities can also be found in the following locations: Mezzanine Level in Sections 210, 220 and 240 (men's) and Sections 202, 212 and 222 (women's); Stadium Club; South Tower Levels 4, 5, 8 and 9.

### Visitors with Service Animals

Trained guide dogs or service animals assisting visitors with disabilities are permitted inside Giants Stadium.

### Stadium Access

Stadium Gates B & D are the accessible entrance ramps to the Stadium. If you need assistance, please contact the nearest Event Safety Representative.

### Amplified Phones/TTY Service

Amplified pay telephones are located throughout the stadium. One telephone at each bank is designed for wheelchair use. A TTY phone is located in the Stadium Club Lobby for the deaf.



## Richmond County Bank Ballpark

The Staten Island Yankees are past recipients of the United Spinal Association, formerly the EPVA (Eastern Paralyzed Veterans Association), commendation for The Richmond County Bank Ballpark at St. George. The commendation cites the ballpark as a highly accessible venue for handicapped fans.

### Getting Tickets

Richmond County Bank Ballpark at St. George accommodates 146 spectators with special needs, and includes available companion seating. Tickets can be purchased by calling 718.698.9265.

### Getting to the “Baby Bombers”

#### “Baby Bombers” by Ferry (via Subway)

Take the 1 to South Ferry (move to one of the first 5 cars), the 4 or 5 to Bowling Green, or the R or W to Whitehall Station. The Staten Island Ferry, which is free, is located at the southern tip of Manhattan, next to the South Ferry and Whitehall subway stations, and a short walk from the Bowling Green subway station. The ferry departs every 15 minutes weekdays from 5:00 am – 7:00 pm, and every 30 minutes weekends 11:30 am – 7:30 pm. For holiday schedule call 718.815.BOAT. Take the ferry across the bay and use the lower deck exit. The park is on the right.

#### By Car from Manhattan, Brooklyn, Queens, and Long Island

Via Verrazano Bridge to Hylan Boulevard Exit. Make right onto Hylan Blvd. Follow Hylan to Bay Street. Make left onto Bay Street, then take Bay Street 2.3 miles, past the Staten Island Ferry terminal, until you reach the Ballpark.

#### By Car from New Jersey

Via Outerbridge Crossing (Exit 127 on the Garden State Parkway) into Staten Island. Take West Shore Expressway (440) to SI Expressway (278 East). Take 278 to Hylan Boulevard Exit. Make left onto Hylan Blvd. Follow Hylan to Bay Street. Make left onto Bay Street, then take Bay Street 2.3 miles, past the SI Ferry terminal, until you reach the Ballpark.

Richmond County Bank Ballpark at St. George  
75 Richmond Terrace  
Staten Island, NY 10301  
Phone: 718.720.9265

For information about the SI Yankees,  
please visit [www.siyanks.com](http://www.siyanks.com)





## Keyspan Park

### Getting Tickets

The Brooklyn Cyclones and Keyspan Park offer 77 accessible seats along with 77 companion seats in each of the three seating price levels. Tickets can be purchased by calling 718.449.8497.

### Getting to Brooklyn Baseball

#### Keyspan Park by Subway

Take the B, D, F, or the N to the Stillwell Avenue / Coney Island Station.

#### Keyspan Park by Car

Take the Belt Parkway to Ocean Parkway South. Continue on Ocean Parkway to Surf Avenue. Continue on Surf Avenue for 1/2 mile. Stadium is located on south side of Surf Avenue between West 17th and West 19th Street.

#### Keyspan Park by Bus

Take the B36, B64, or B74 to Stillwell Avenue and Surf Avenue.

Keyspan Park  
1904 Surf Avenue  
Brooklyn, NY 11224  
Phone: 718.449.8497

For more information about the Brooklyn Cyclones,  
please visit [www.brooklyncyclones.com](http://www.brooklyncyclones.com)



## The New Balance Track and Field Center at the Armory

The Armory Foundation manages the 168th Street Armory at 216 Fort Washington Avenue in Washington Heights, New York City. The Armory houses the New Balance Track & Field Center and The National Track and Field Hall of Fame and Learning Center. The New Balance Track & Field Center is a state-of-the-art competition facility, and includes a 200-meter Mondo track, all ancillary field venues, a Jumbotron, computerized scoring and seating for 3,000 spectators. It is the only facility of its kind within a fifty-mile radius of New York City. The National Track & Field Hall of Fame is located on the first three floors and consists of 15,000 square feet of exhibition space. It celebrates the great athletes in the history of track and field and teaches visitors about health, nutrition, and fitness.

### Getting Tickets

Tickets for individuals with disabilities can be purchased the day of the event at the Armory Track & Field Center.

### Elevator

The Armory has an elevator that is located right off the lobby and provides access to all of the floors.

### Parking for Armory Events

New York Presbyterian Central Parking at 165th Street and Fort Washington has parking for handicapped individuals. For a selected number of events they offer discounted parking.

### Restrooms

There are bathrooms on the 2nd and 3rd floor that are wheelchair accessible.

### Getting to the Armory

The Armory is located at 216 Fort Washington Avenue between 168th and 169th Street in Washington Heights. There is an ADA accessible ramp coming into the front of the Armory.

### Armory By Subway

1 (Seventh Avenue Subway), A, C (Eighth Avenue Subway) to 168th Station. This subway station has elevators. Walk one block west.

### Armory By Car

From Brooklyn Battery Tunnel and West Side Manhattan: West Side Highway (Henry Hudson Parkway) North. Take Exit 15 for Riverside Drive. Off the exit, go to the 2nd light on Riverside and take a left onto 165th street. Go one block and take a left onto Fort Washington Avenue, and go about 200 yards and the Armory is on the right, on the corner of 168th and Ft. Washington Avenue.

From Tappan Zee Bridge and points north: Off the bridge, stay on NYS Thruway (I-87). Take Saw Mill Parkway South about 8-9 miles when it merges with Henry Hudson Parkway. After a toll bridge go about 2 miles – as you go under the George Washington Bridge, take exit 14/15 to Riverside Drive south. Turn left at 165th Street, go up hill. Next street is Fort Washington Ave. Left on Fort Washington, Armory will be on the right at first traffic light.

The Armory Foundation  
216 Fort Washington  
Avenue  
New York, NY 10032  
Phone: 212.923.1802  
Fax: 212.923.2146



For more information about the Armory,  
please visit [www.armorytrack.com](http://www.armorytrack.com)



## Riverbank State Park

Riverbank State Park is a state-of-the-art, 28-acre park that offers a wide variety of recreational, athletic and cultural experiences for all ages, interests, and abilities. The park consists of five major buildings as well as outdoor facilities. Some of the available facilities include: a softball and football/soccer field; basketball, handball/paddleball, and tennis courts; swimming pools; a skating rink (ice skating available from November to January, roller skating available the rest of the year); a cultural center; a picnic area; a children's playground and carousel; and a community garden. Riverbank is open year-round from 6:00 AM to 11:00 PM.

### Accessibility

All programs, activities, and classes have been audited and determined to be accessible to the physically challenged. In addition, there are specific programs that have been designed specifically for the physically challenged. A Riverbank State Park ID card is required for all individuals in registered activities/courses. Riverbank also offers daily discounts or free admission to individuals with disabilities.

### Getting to Riverbank State Park

Riverbank State Park is located at 679 Riverside Drive at 145th Street in Manhattan.

### By Subway

Take the 1 train to West 145th Street. Riverbank State Park is one block west of Broadway.

**By Bus**

Bronx Crosstown (Bx 19) West from the Bronx  
M 11 from Manhattan

**By Car**

There are no public parking facilities at Riverbank State Park.

**From Lower Manhattan**

Take the West Side Highway, exit at 125th Street. Turn right on 125th Street and go to Broadway. Turn left onto Broadway and go to 145th Street. Turn left onto 145th Street and go one block. Park Entrance is at Riverside Drive and 145th Street.

**From Long Island**

Take the Whitestone or Throgs Neck Bridge to the Cross Bronx Expressway West to the Henry Hudson Parkway South exit. Exit onto Riverside Drive and go South to 145th Street. Park Entrance is at Riverside Drive and 145th Street.

**From New Jersey**

Take George Washington Bridge to the Henry Hudson Parkway South (West Side Highway South). Exit onto Riverside Drive and go South to 145th Street. Park Entrance is at Riverside Drive and 145th Street.

Riverbank State Park  
679 Riverside Drive at 145th Street  
New York, NY 10031  
212.694.3600

For more information about Riverbank State Park,  
please visit [www.nysparks.com](http://www.nysparks.com)



**Asphalt  
Green**

Asphalt Green is a not-for-profit organization dedicated to assisting individuals of all ages and backgrounds achieve health through a lifetime of sports and fitness. Asphalt Green is committed to providing access to people with disabilities. Membership and classes are open to anyone interested. Scholarships are available for classes and camps. Free seminars on health and fitness are regularly held.

The Green stretches its 5 1/2 acre sports and training campus across York Avenue between 90th and 92nd Streets in Manhattan. The facilities include Manhattan's only 50-meter Olympic standard swimming pool, separate teaching/exercise pools, a multi-level fitness center featuring state-of-the-art equipment, interactive fitness software designed to track personal performance, an astro-turf field for team sports, steam & sauna, two gymnasiums, an outdoor running track, indoor and outdoor basketball courts, a snack/juice bar, and two outdoor parks.

The Aqua Center is located at 91st Street and York Ave (1750 York Avenue). Accessible facilities and inclusion programming highlight Asphalt Green's universal design. A private changing area is available for use by those who may be accompanied by an opposite sex companion/attendant.

Asphalt Green staffs a number of fitness instructors who specialize in assisting people with disabilities. The fitness center offers a variety of classes appropriate for all abilities. The equipment in the fitness center, including free weights, nautilus, and cardio equipment, is designed for use by people of all ability levels.

The Aquatics program for youth and adults with disabilities is conducted in the warm water teaching/exercise pool. The floor moves to adjust the pool depth, making entering and exiting the pool easy. Classes range from beginner to advanced. Aquatic classes for adults include Learn to Swim, Water Exercise, Deep Water Exercise, Medical Hydrotherapy and one-on-one Aquatic Therapy. Lap swimming is also available in the pool that is equipped with chair lifts to assist those using wheelchairs. Other classes that are offered for people with disabilities include gymnastics, martial arts, tai chi, strength, fitness, weight training, and yoga. In general, all of Asphalt Green's fitness classes are accessible.

### Getting to Asphalt Green

Asphalt Green is located off the FDR Drive's 96th Street exit and is accessible by the M86 and the M31 bus lines. There are several accessible parking garages, the closest being 412 and 435 East 90th Street.

The Brittany Garage on 441 East 92nd Street between York and 1st Ave. offers discount parking rates for people who use Asphalt Green. Have the garage ticket validated at the reception desk, and the parking fee is \$9.00 – \$11.00. The garage phone is 212.860.9627.



Asphalt Green  
555 East 90th Street  
New York, NY 10128  
Phone: 212.369.8890

For more information about Asphalt Green,  
please visit [www.asphaltgreen.org](http://www.asphaltgreen.org)



## Chelsea Piers

Chelsea Piers Sports & Entertainment Complex is a 30-acre waterfront sports village located along the Hudson River between 17th and 23rd Streets, and situated between Piers 59 and 62. Various areas within the complex are accessible to people with disabilities.

The Golf Club at Chelsea Piers features an outdoor driving range. It consists of 52 heated and weather-protected stalls, a fully automatic ball transport system that allows a golfer to maintain position without having to bend to retrieve the ball. The AMF Chelsea Piers Bowl offers a 40-lane state-of-the-art bowling facility equipped with automatic scoring. Adaptive equipment is available upon request.

### Chelsea Piers by Car or Taxi

Entrances for Chelsea Piers Sports & Entertainment Complex are located at both 23rd St. and 16th St. along the West Side Highway. On-site paid parking is available.

### Chelsea Piers by Bus (via Subway)

Subway service on the 1, C, E, F, N, R, and 6 lines enables transfers to the M23 bus that crosses Manhattan on 23rd Street and stops directly in front of Chelsea Piers.

Chelsea Piers Sports &  
Entertainment Complex  
23rd Street & The Hudson River  
New York, NY 10011  
Phone: 212.336.6666

For more information, please  
visit [www.chelseapiers.com](http://www.chelseapiers.com)





## The YMCA Centers of New York City

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### **Cross Island YMCA**

A hub for recreation in Eastern Queens, the Cross Island YMCA offers a comprehensive sports program for adults and children with physical and mental disabilities. The facility includes an accessible pool and locker rooms, full-size gymnasium, tennis courts, track, outdoor field and parking. The Cross Island Y is an official training site for Special Olympics, offering free sports training and competitions for all ages in track and field, tennis, soccer, swimming and basketball. Certified instructors teach both group and individual swim instruction for adults and children. Children with disabilities are mainstreamed in programs upon assessment. The Cross Island Y offers a fully-integrated summer day camp program for children who are physically disabled and cognitively intact. Financial assistance is available upon application and qualification.

Cross Island YMCA  
238-10 Hillside Avenue Bellerose, NY 11426  
Phone: 718.479.0505

For more information about the Cross Island YMCA,  
please visit [www.ymcanyc.org/crossisland](http://www.ymcanyc.org/crossisland)

### **North Brooklyn YMCA**

The Brooklyn Y has a partnership with the New York Families of Autistic Children. During one-on-one swim instruction, parents are taught the techniques necessary to teach their children to swim.

North Brooklyn YMCA  
570 Jamaica Ave. Brooklyn, NY 11208  
Phone: 718.277.1600

### **McBurney YMCA**

The McBurney YMCA offers a variety of programs and activities for individuals of all ages, incomes and abilities. McBurney's Active Older Adults (AOA) program is designed to meet the needs of the older adult. The AOA program includes aerobic classes, gentle yoga classes and strength training, which helps increase bone density, improve coordination and balance and aid in weight loss. The PACE program at McBurney is another fitness class that is designed for older adults with arthritis and other joint challenges. Additionally, the McBurney YMCA offers several aquatics programs that are designed for people with arthritis or other physical limitations.

McBurney YMCA  
125 West 14th Street New York, NY 10011  
Phone: 212.741.9210

For more information about the McBurney YMCA,  
please visit [www.ymcanyc.org/mcburney](http://www.ymcanyc.org/mcburney)

### **Flushing YMCA**

The Flushing YMCA offers a variety of classes for older adults living with arthritis and osteoporosis. Their Forever Fit program offers low impact aerobic classes. They have water aerobics, a program called Stretching for Sanity and the Senior Shape-Up program, a water-based, low impact exercise class.

Flushing YMCA  
138-46 Northern Blvd.  
Flushing, NY 11354  
Phone: 718.961.6880

## **Bronx YMCA**

The Bronx YMCA offers a Physically and Mentally Challenged Family Swim Program where participants, taught by certified instructors, learn adaptive aquatic techniques while developing their physical motor skills, improving circulation, strength and flexibility. The Challenged Adults Program is a recreational program funded by OMRDD Family Support Services. It is designed to give adults with special needs an opportunity to participate in instructional/recreational swimming, sports, arts and crafts, and fitness programs.

Bronx YMCA  
2 Castle Hill Ave.  
Bronx, NY 10473  
Phone: 718.792.9736

For more information about New York's YMCAs,  
please visit [www.ymcanyc.org](http://www.ymcanyc.org)



## **The YWCA Centers of New York City**

The Angela Perez Center for People with Disabilities identifies needs within the community and works to "fill the gaps" in answer to those needs, taking an inclusive approach to the development of programs that promote self-sufficiency, personal empowerment and independence for people with disabilities. The Center supports non-ambulatory populations and focuses on program development for people with substantial functional limitations, the developmentally disabled and their families.

These programs provide individual and family support services, including independent living skills training, after school programming, and therapeutic recreational/respite programs. They also provide health and fitness and arts and crafts resources in an inclusive setting, and the dissemination of information to persons with special needs, their families and advocates.

The Perez Center serves youths and adults with disabilities city-wide with recreational/respite programs, integrated day camps, disability awareness training, counseling, mentoring, and health and fitness resources for children with special needs.

The Perez Center, in partnership with the New York City Department of Education's Brooklyn Occupational Training Center and the Brooklyn Center for Students with Multiple Disabilities, provides more than 2,000 hours of holiday respite to caregivers and recreational outings to students, ages 13 – 19, who have physical and often multiple and profound disabilities. Recreation and Respite Services will provide transportation for and supervise three weeks of recreational outings to communities around the five boroughs. Please call 212.735.9766 for details.

### **Winter Mentors**

*Winter Mentors* is a joint initiative of the Jewish Community Center in Manhattan and Achilles Kids, founded in 1985 and sponsored by Achilles Track Club as a free "running/walking/rolling" program for children with special needs. Every child, regardless of ability, can participate with success in *Winter Mentors*. The project is structured to provide mentoring by adult athletes with special needs and activities that are adapted to provide all levels of support for young people with disabilities.

Winter Mentors will also provide mentoring, counseling, information and referral to the more than 400 family members who accompany their children/siblings to the YWCA for athletic participation. Please phone the Achilles Kids at 212.354.0300 for information.

### ***Summer Sails!*-Seaport Sails & Overnight Respite**

In partnership with The Penny Project of the South Street Seaport Museum, the Perez Center has brought *Summer Sails!* to hundreds of youngsters. Working through collaborations with the Department of Education and service providers like Achilles Kids citywide, the Perez Center coordinates adventures aboard the tall ships of the South Street Seaport for children and young adults with special needs. They have accommodated more than 400 youngsters whose special needs include visual impairment or blindness ADD/ADHD, emotional disability, cerebral palsy, mental retardation and those who have multiple and profound disabilities. For more information, please call 212.735.9766.

### **The Summer Teens Day Camp**

The YW-NYC's SummerTeens Day Camp is all about full inclusion of adolescents with developmental disabilities, ages 12 – 15, at their mainstream summer day camps. For more information, please phone 212.735.9747 or 212.735.9766.

In addition to providing the SummerTeens Day Camp to youngsters with special needs, the YW-NYC offers technical assistance to other community based organizations that wish to integrate their recreational and camping services. The YWCA also offers

awareness training to campers and their families and disseminates the results and lessons learned from the SummerTeens Day Camp to a network of youth program providers through discussions and workshops. For more information please call 212.735.9767.

To learn more about the YWCA of New York City,  
please visit [www.ywcanyc.org](http://www.ywcanyc.org)



## Samuel Field YM & YWHA

The Samuel Field YM & YWHA is a community center in Queens that services over 25,000 individuals and 22 different sites. The Samuel Field YM & YWHA has been committed to providing quality services to people with special needs for 50 years.

Programs available for people with disabilities include special services for the after school program, the school holiday program, the summer day camp programs, and the monthly teen program. Along with these special services programs, Samuel Field offers the C.H.I.L.D. (Center for Helping Individuals with Learning Disabilities) Program, a Sunday Jewish education program for children who have developmental disabilities, as well as a program that services adults with physical challenges.

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