

Assemblyman Carl E. Heastie

Family fun in the sun

Dear Neighbor,

Summer vacation is here, and with it comes plenty of fun activities for families to enjoy. Children can learn to swim, play golf and compete in track & field. If athletics aren't your thing, there are movies, arts and crafts and music and writing programs where families can come together to be creative and have a great time.

Inside is a calendar of free, family-oriented events and programs being hosted throughout the Bronx. Some programs require registration, so make sure to sign up so you don't miss out on the programs of your choice.

If you have any questions about this or any community issue, please contact my office.

Sincerely,



Carl E. Heastie
Speaker of the Assembly

1446 E. Gun Hill Road
Bronx, NY 10469
718-654-6539
Speaker@nyassembly.gov



Summer Programs



Summer Sports Experience

Williamsbridge Oval Recreation Center

July 16, 23, 30
 Aug 6, 12, 13, 20, 27
 Sept 3, 10, 17
 Time: 4-6:45 p.m.
 Phone: 718-543-8672



Kids are welcome to learn about sports from skilled Parks staff! The Summer Sports Experience provides a friendly, small group introduction to various sports on a drop-in basis. Staff are stationed in parks citywide. At Williamsbridge Oval, kids will learn basketball, soccer, football, track & field, kickball, volleyball and street hockey!

Bird Walks

Van Cortlandt Park Center

July 16, 23, 30
 Time: 8-9:30 a.m.
 Phone: 718-430-1890
 Email: info@vcpark.org



Bird walks focus on wildlife happenings in the park and are led by NYC Audubon experts.



July						
SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Van Cortlandt Track Club Training



Van Cortlandt Stadium
 July 16, 23, 30
 Aug 6, 13, 20, 27
 Sept 3, 10, 17, 24
 Time: 8-9 a.m.
 Email: vctconline@gmail.com

The Van Cortlandt Track Club runs through and around the Yonkers-Bronx border in small groups. The club breaks into various groups based on different paces and distances, starting with a loop of the Parade Grounds, then some peel off through the trails for various length and speed runs in smaller groups.

Wish You Were Here – Postcards



Bartow-Pell Mansion Museum
 in Pelham Bay Park
 July 16, 17, 20, 23, 24, 27, 30
 Aug 3, 6, 7, 10, 13, 14, 18
 Time: Noon-4 p.m.
 Phone: 718-885-1461
 Email: info@bpmmm.org

Before email and social media, there were postcards! Tour bygone places and spaces of the east Bronx through hand-colored postcards, dating to the turn of the 19th century. These views of historic inns, beaches, street scenes, leisure activities and more — all from the collection of local historian Thomas X. Casey — offer insight into changes in landscapes and lifestyles over the past century.



City Parks Track & Field Lessons

Different parks are listed below
 July 5 – Aug 10

Phone: 718-760-6999
 Email: sports@cityparksfoundation.org
 Required Registration:
www.cityparksfoundation.org/cityparks-track-field-registration

Program offers boys and girls, ages 5-16, the opportunity to learn the sport's fundamentals. Activities include long jump, shot put, hurdles, discus, javelin and track.

Schedule: Program meets twice per week and runs from July 5 to August 10 at the following locations:

- Pelham Bay Park:** Pee-Wee (5-7)
M/W, 9:30-10:30 a.m.
- Pelham Bay Park:** Beginner (8-16)
M/W, 10:30 a.m.-Noon
- Macombs Dam Park:** Pee-Wee (5-7)
T/Th, 9:30-10:30 a.m.
- Macombs Dam Park:** Beginner (8-16)
T/Th, 10:30-noon
- Betsy Head Playground:** Pee-Wee (5-7)
M/W, 9:30-10:30 a.m.
- Betsy Head Playground:** Beginner (8-16)
M/W, 10:30 a.m.-Noon
- Kaiser Park:** Pee-Wee (5-7)
T/Th, 9:30-10:30 a.m.
- Kaiser Park:** Beginner (8-16)
T/Th, 10:30 a.m.-noon

August

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Community Rowing



Hunts Point Riverside Park
 July 16, 17, 24, 30
 Aug 21, 28
 Sept 3, 4
 Time: 1-6 p.m.
 Phone: 718-466-5799
 Email: info@rockingtheboat.org

Explore the south end of the Bronx River in one of Rocking the Boat's handmade wooden boats.

Learn to Swim

Various pools throughout the Bronx are listed below

- Session 1 – Registration closed**
- Session 2 – Registration closed**
- Session 3 – Aug 9-19**
- Advance Session – Aug 22-26**



Registration: Candidates are selected through an online lottery. To register, visit: www.nycgovparks.org/reg/learn-to-swim

- Session 2 locations:**
 Claremont Pool Children (aged 6-17)
 Claremont Pool Tots (aged 1½-5)
 Crotona Pool Children
 Crotona Pool Tots
 Floating Pool Children
 Floating Pool Tots
 Haffen Pool Children
 Haffen Pool Tots
 Mapes Pool Children
 Mapes Pool Tots
 Mullaly Pool Children
 Mullaly Pool Tots
 Van Cortlandt Pool Children
 Van Cortlandt Pool Tots
 Van Cortlandt Pool Adults (18 and older)
 Van Cortlandt Pool Water Exercise Adults (18 and older)

September

SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



Session 3 locations:

- Claremont Pool Children (aged 6-17)
- Claremont Pool Tots (aged 1½-5)
- Crotona Pool Children
- Crotona Pool Tots
- Floating Pool Children
- Floating Pool Tots
- Haffen Pool Children
- Haffen Pool Tots
- Mapes Pool Children
- Mapes Pool Tots
- Mullaly Pool Children
- Mullaly Pool Tots
- Van Cortlandt Pool Children
- Van Cortlandt Pool Tots
- Van Cortlandt Pool Adults (18 and older)
- Van Cortlandt Pool Water Exercise Adults (18 and older)

- Advance Session locations:**
 Claremont Pool Children (aged 6-17)
 Claremont Pool Tots (aged 1½-5)
 Crotona Pool Children
 Crotona Pool Tots
 Floating Pool Children
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 Van Cortlandt Pool Children
 Van Cortlandt Pool Tots
 Van Cortlandt Pool Adults (18 and older)
 Van Cortlandt Pool Water Exercise Adults (18 and older)

A Day in the Life of the Bronx River

Concrete Plant Park, 180th Street and Boston Road
Aug 13

Time: 10 a.m. – 4 p.m.

Phone: 718-430-4690

Email: Michelle.Luebke@parks.nyc.gov



Together with professional scientists, our Citizen Science Stewards will participate in different studies throughout the watershed, culminating with a data exchange and information about how to get involved with our various CS opportunities.

Le Petit Art

Poe Park Visitor Center

Aug 16

Sept 24

Time: 2-3:30 p.m.

Phone: 718-365-5516

Email: lucy.aponte@parks.nyc.gov



Create miniature works of art (4"x6" or less) using multiple mediums like acrylic paint, water color, pastel, pencil and ink, and surfaces like wood, canvas, paper, metal and glass.



Look inside for
fun summer activities
for you and your family

“Summer means school is out, and so is the sun. The Bronx offers activities for every age and interest so you and your family can take advantage of the beautiful weather and have a great time.”

– Assemblyman
Carl E. Heastie

