Get Outside and Active this Summer

NYC guide

5 Fun and FREE ways to get out and active in NYC

1. Outdoor Pools
NYC offers free access to over 60 outdoor pools during the summer. No need to miss out on swimming! Sign up today for free swim lessons with the NYC Learn to Swim program.

2. Kayaking and Canoeing
Join free kayak and canoeing tours with the NYC Parks Department. New to paddling? Sign up for free lessons. Don’t forget to wear a life jacket.

3. Summer Sports for Kids
NYC offers free clinics and leagues for kids to play baseball, basketball, football, golf, soccer, tennis, ultimate frisbee, volleyball, and more!

4. Hiking
Explore hiking trails on a guided tour with an NYC Urban Park Ranger or head out on an adventure of your own!

5. Yoga
NYC offers many free outdoor fitness classes during the summer including zumba, tai chi, spinning, and yoga.

4 Tips for Summer Safety

- Comfortable shoes: Move around outside in a good pair of walking shoes.
- Sun gear: Grab a hat, sunglasses, and sunscreen to protect your skin.
- Snacks: Berries, bananas, and trail mix are great options for a quick boost of energy.
- Water bottle: Don’t forget water to avoid dehydration.

2 Helpful Resources

1. NYC Parks Department Website
Find more information about all of the outdoor activities NYC has to offer on the NYC parks department website.
http://www1.nyc.gov/site/parks/index.page

2. IDNYC
Register for an IDNYC card to get discounts on other opportunities for NYC outdoor activities.
http://www1.nyc.gov/site/idnyc/index.page

Do you know about all of the free outdoor activities NYC has to offer?
Do you have good shoes, sun gear, snacks, and water before you head out on your summer adventure?

Research has shown that outdoor activity benefits the body and mind. Take advantage of NYC’s many outdoor spaces this summer with these easy tips.