



(A community based program for children, 3-19 years)

EXERCISE SITES

For Travel Info.

Go to

"Transit App"

Please choose the site you would like:

Flatbush YMCA -1401 Flatbush Ave. Bklyn, NY (Phone # 718-469-8100)

Btw. Farragut Rd. and Foster Ave. Bus: B41, B6 /Subway: 2 & 5 to Flatbush Junction

General Exercise: Monday/Wednesday 5:00pm – 6:00pm

Beacon PAL/Kappa V- 985 Rockaway Ave. Bklyn, NY (Phone # 718- 922-4690)

Corner of Hegeman Ave & Rockaway Ave. Bus: B35, B60 & B15 /Subway: L to New-Lots

Boys Basketball: Friday 5:00pm-6:00pm & Saturday 9:00am – 10:30am

Brownsville Recreation Center -1555 Linden Blvd, (Phone # 718-345 2706)

Btw. Mother Gaston & Christopher St. Bus: B35, B60, B15 & B8 /Subway: L to New Lots Ave.

General Exercise: Friday 4:30pm – 5:30pm or 5:30pm – 6:30pm

Saturday 9:30am – 10:30am or 10:30am – 11:30am

Dance Class: Saturday 10:30am –11:30am

Basketball Clinic: Saturday 10:30am –1:30pm

Volley Ball: Saturday 10:30am –11:30am

Bed- Stuy YMCA- 1121 Bedford Ave. Bklyn, NY (Phone #718-789-1497)

Btw. Monroe St. & Gates Ave. Bus: B44 & B52 /Subway: A& C to Franklyn Ave.

& G to Bedford/ Nostrand Ave.

General Exercise Program: Tuesday and Thursday 5:00pm – 6:00pm

Camba Beacon/George Gershwin IS 166 - 800 Van Siclen Ave. Bklyn, (Phone# 718-675-3355)

Corner of Linden Blv'd & Van Siclen Bus: B83 /Subway: 3 to Van Siclen (4 Blks to site)

General Exercise Program: Wed. and Friday – 5:00pm – 6:00pm

KO Boxing Program: Tuesday and Thursday - 5:00pm-6:00pm

Sponsored by Brookdale University Hospital & Medical Center

The Brookdale University Hospital Medical Center

www.livelightobesity.org

One Brookdale Plaza, Room 300 CHC, Brooklyn, NY 11212 Δ 718.240.5857 Δ 718.240.8125 Δ fax. 718.240.8226