Adult sports education in NYC? [1]

Hello Alice.

I'm a college undergraduate who almost never played competitive sports outside of gym class during high school. Recently, I have played soccer with co-workers from my internship and enjoyed doing so very much. I'll probably take a soccer or tennis class come September. My question is this: Outside of Columbia, are there programs in which adults come together to play and learn competitive sports? I've searched on the web and found several programs run by the city parks for children; but I've found none for adults. I'm interested in both programs that have fees and those that have none, both programs that are formal and drills-oriented and those that are not.

Thanks.

Answer

Dear Reader,

It's great that you want to stay active and try new sports or activities, both at Columbia and beyond. There are lots of resources for adult sports education in New York City, and with so much online information it's sometimes hard know where to look.

If you like exercising in the great outdoors, check out Central Park's [2] list of activities and resources. This site has information on a wide range of activities, from road running to wall climbing, and much more. Some of the activities do have fees, so be sure to read the fine print. Also, many of these are not instructional, so if you're looking to try something new and want to take a class, you might look a little further downtown at Chelsea Piers.

Although you will have to spend a bit more money, Chelsea Piers just might be worth the extra cash. This place has just about everything you're looking for, including a wide range of sports, and all levels of instruction from beginner to advanced. The field house [3] has basketball, gymnastics, soccer and rock climbing, or check out golf lessons [4] and ice hockey [5]. If Chelsea is a bit too far from Columbia for you, the 92nd Street YMCA [6] (on the East side) also has classes in basketball, racquetball and volleyball.

If hitting the roads is more your thing (and you have a bike or are thinking of getting one) you can take advantage of the organized bike rides from the New York Cycle Club [7] that are inclusive of all types of riders. If you prefer running over cycling, check out the classes offered through New York Road Runners [8]. You can also check out Zog Sports [9] and MeetUp.com [10].
for groups, often organized by neighborhood, that meet up to play a range of informal and formal team sports, from soccer to softball to ultimate Frisbee. Again, some groups have fees, so check out the details.

There’s plenty out there to choose from, so what will it be? Ice hockey? Wall climbing? Golf? Something else entirely? The choice is yours; whatever you choose, be sure to have fun!

Alice!
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