



THE CITY OF NEW YORK  
OFFICE OF THE MAYOR  
NEW YORK, NY 10007

Dear Teacher,

Thank you for participating in the NYC Health Literacy Campaign. Throughout the months of May and June 2008, teachers in many programs across the City are focusing on health literacy skill- building in their classrooms and connecting their students to free fitness classes known as *Shape Up New York* (being offered by the Parks & Recreation and Health Departments).

The Be Active model lessons are designed to help you– over the course of 3 class periods– introduce the vocabulary and concepts related to physical activity, attend a *Shape Up* class as a field trip, and help your students share their *Shape Up* experience with others.

The following pages offer *Shape Up* class schedules broken down by borough. Each borough has a contact person to help you arrange your field trip. We urge you to contact this person as soon as possible to choose a class that works best for you and your students and then implement the Be Active model lesson around the scheduled visit, so that the three days of the lesson can be done consecutively. If you cannot find a class on the schedule that meets your needs, the borough contact person will attempt to schedule a session just for you and your students. This is not guaranteed, but the Parks & Recreation department will try their best to accommodate as many adult education classes as possible.

*Shape Up* classes can be anything from stretching to aerobics, from walking tours to weight training. *Shape Up* classes last for approximately 1 hour. The timings that appear on the following pages will include 1.5 hour and 3 hour intervals; these simply designate all times that *Shape Up* is in session. For more information about which class you are signing up for, ask your borough contact person.

If you have any questions about this process or encounter any difficulty, please do not hesitate to contact the Health Literacy Coordinator in the Mayor's Office, Fatima Ashraf at 212-676-0352 or [fashraf@cityhall.nyc.gov](mailto:fashraf@cityhall.nyc.gov).

Have a wonderful summer and Be Active!

Sincerely,  
The Mayor's Office of Adult Education

# The Bronx

Contact:

Peter Jones

718-430-1841

Peter.jones@parks.nyc.gov

## **Hunts Point Recreation Center**

765 Manida Street between Spofford & Lafayette

Mon-Fri 9:30am-12:30pm, 6:00pm-7:30pm, 8:00pm-9:30pm.

## **St. Mary's Park**

450 East 145th St at St. Ann's Ave.

Mon & Wed 8:15am-11:00am.

Tues & Thurs 5:15pm-8:00pm.

Sat 930am-12:15pm.

## **St. James Recreation Center**

2530 Jerome Ave at 192nd St.

Mon 10:00am-1:00pm.

Fri 10:00am-1:30pm.

Sat 11:30am-2:00pm.

## **Melrose Classic Center**

286 E 156th St on Courtlandt & Morris Ave.

Tues-Thurs 10:30am-1:30pm.

## **Roberto Clemente State Park**

West Tremont & Mattewson Rd

Tues-Thurs 4:00pm-7:00pm.

# Brooklyn

Contact:

Cynthaly (CeCe) Pinckney  
718-965-6977 office  
917-659-2899 cell

**Brownsville Recreation Center**

1555 Linden Blvd between Hegeman & Christopher St.  
Tues, Wed, Thurs 8:00am-12:00pm

**Van Dyke Community Center (NYCHA)**

392 Blake Ave between Powell & Mother Gaston Blvd.  
Mon, Wed, Fri 6:45pm-8:45pm

**Tompkins Community Center (NYCHA)**

736 Park Ave between Tompkins and Throop  
Mon, Wed, Thurs 6:00pm-9:00pm

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Contact:

Lilia Bayley  
646-253-5709  
lbayley@health.nyc.gov

**Coalition for Hispanic Family Services, Beacon for Arts & Leadership at JHS 291**

231 Palmetto St between Wilson & Knickerbocker  
Mon-Fri 6:00pm-8:00pm  
Sat 9:00am-12:00pm

**Cypress Hills East New York Beacon at IS 302**

350 Linwood St between Atlantic & Liberty  
Tues-Fri 6:00pm-8:00pm

**Family Dynamics Center in Bed-Stuy at MS 35**

272 MacDonough St between Lewis & Marcus Garvey  
Mon, Wed, Fri 6:45pm-8:45pm

# Manhattan

Contact:

Roberto Barreto

212-408-0243

[Roberto.barreto@parks.nyc.gov](mailto:Roberto.barreto@parks.nyc.gov)

## **Thomas Jefferson Recreation Center**

2180 1<sup>st</sup> Ave at East 112<sup>th</sup> St.

Tues, Thurs 8:00am-10:00am

Tues, Thurs, 6:00pm, 8:30pm

Sat 8:00am-11:00am

## **Jackie Robinson Recreation Center**

89 Bradhurst Ave between 146<sup>th</sup> and 147<sup>th</sup> St.

Tues, Thurs 6:30pm-8:30pm

Sat 9:30am-12:00pm

## **Pelham Fritz Recreation Center**

122<sup>nd</sup> St & 18 Mount Morris Park West

Mon 9:00am-11:00am, 6:00pm-8:00pm

Wed 9:00am-11:00am

Sat 9:00am-11:00am

## **Marcus Garvey Park (walks)**

122<sup>nd</sup> St & 18 Mount Morris Park West

Mon, Wed, Fri 7:30am-8:30am

## **PS 154**

250 West 127<sup>th</sup> St between 7<sup>th</sup> and 8<sup>th</sup> Ave

Tues 4:00pm-6:30pm

Thurs 5:30pm-7:30pm

## **St. Nicholas Park (walks)**

135<sup>th</sup> St at St. Nicholas Ave

Mon, Wed, Fri 6:30am-7:30am

## **Hansborough Recreation Center**

35 West 134<sup>th</sup> St

Thurs 6:00pm-7:00pm

Sat 11:00am-12:00pm

# Queens

\*\*At the moment, there are no Shape Up classes scheduled in Queens facilities. However, the Parks & Recreation department has agreed to accommodate teachers and adult learners for May and June by scheduling special classes, walking tours of parks, tours of recreation centers, and more. Please contact:

Nancy Barthold

212-360-3305

[Nancy.barthold@parks.nyc.gov](mailto:Nancy.barthold@parks.nyc.gov)

Adrienne Meryl

212-360-3303

[Adrienne.meryl@parks.nyc.gov](mailto:Adrienne.meryl@parks.nyc.gov)

Richard Christian

212-360-3305

[Richard.christian@parks.nyc.gov](mailto:Richard.christian@parks.nyc.gov)