

Free/Low Cost Youth Fitness Resources in Boston

Sport Leagues and Programs

Volo Kids Foundation Boston

- **Website:** Volosports.com, **Phone:** (857) 422-4617
- **Programs:** Multi-sport leagues and clinics.
- **Details:** 100% free. Registration includes all necessary equipment and a team shirt.
- **Locations:** South Boston, East Boston, Fenway/Kenmore, Somerville, and Cambridge.

South End Baseball



- **Website:** Southendbaseball.com
- **Programs:** Seasonal youth baseball leagues.
- **Details:** 100% free. Youth baseball program for ages 4–18.
- **Locations:** South End and Roxbury.

Fitness Facilities

Boston Centers for Youth & Families (BCYF)



- **Website:** Boston.gov
- **Programs:** Free/low-cost youth swim lessons and family open-swim hours. Free weekly 90-minute active play (obstacle courses, parachute games) for ages 3–8 and their caregivers. Drop-in hours for basketball/track, plus seasonal sport clinics.
- **Details:** Select centers feature unique equipment like indoor batting cages (Tobin, Curtis Hall, Paris Street, Hyde Park) and rock climbing walls (Leahy Holloran, Menino, Holland).
- **Locations:** Boston's largest network of community centers with over 30 locations city-wide.

YMCA of Greater Boston



- **Website:** Ymcaboston.org
- **Programs:** Over 300 free group exercise and water exercise classes each week and state of the art equipment, facilities, and pools.
- **Details:** Offers "Get Summer" free unrestricted summer access for teens. During the year, youth ages 10–11 can use cardio equipment with an adult, and teens 12–14 can work out independently.
- **Locations:** Wang YMCA (Chinatown), Huntington Avenue YMCA (Fenway), Roxbury YMCA, Dorchester YMCA, and Menino YMCA (Hyde Park).

Planet Fitness



- **Website:** Planetfitness.com
- **Programs:** High School Summer Pass
- **Details:** 100% free summer membership for teens (ages 14–19) from June 1–August 31. Regular memberships = \$15/month.
- **Locations:** Allston, Back Bay, Downtown Crossing, and Jamaica Plain.

One Love Sports League



- **Website:** Onelovesports.org, **Email:** info@onelovesports.org
- **Programs:** Seasonal basketball and flag football.
- **Details:** 100% free. Designed specifically for elementary and middle school students.
- **Locations:** Dorchester, Roxbury, and Mattapan.

Sportsmen's Tennis & Enrichment Center



- **Website:** Sportsmentennis.org, **Email:** info@sportsmentennis.org, **Phone:** (617) 288-9092
- **Programs:** Volley Against Violence provides free weekly tennis instruction and play.
- **Details:** 100% free. Ages 4–18. No equipment needed. Includes a free meal.
- **Locations:** 950 Blue Hill Ave, Dorchester Center, MA 02124.

The BASE



- **Website:** Thebase.org, **Email:** info@thebase.org, **Phone:** (617) 442-7700
- **Programs:** Year-round elite sports training, conditioning, and competitive leagues.
- **Details:** Ages 6–19. 100% free. No equipment required.
- **Locations:** 150 Shirley St, Roxbury.

Boys & Girls Clubs of Boston (BGCb)



- **Website:** Bgcb.org
- **Programs:** Free swim lessons, junior lifeguard training, and competitive swim teams. Drop-in basketball and structured basketball leagues.
- **Details:** Serves youth ages 6–18.
- **Locations:** Dorchester (Multiple clubs), Mattapan (Josh Kraft Teen Center), Roxbury (Yawkey Club), South Boston, Jamaica Plain, and Charlestown.

The Salvation Army Boston Kroc Center

- **Website:** Easternusa.salvationarmy.org, **Email:** BOKInfo@usa.salvationarmy.org, **Phone:** (617) 318-6900
- **Programs:** Youth dance classes, sports clinics, and open recreation.
- **Details:** Features an indoor water park, gymnasium, and indoor track. Families can apply for the "Membership for All" financial aid track to heavily subsidize costs.
- **Location:** 650 Dudley St, Roxbury border.



= Free Outdoor Gym Equipment



Esplanade Exercise Course



Langone Park



LoPresti Park



Piers Park



Jamaica Pond Park



Jackson Square Station Workout Spot



Gertrude Howes Playground



Hannon Playground



Quincy Street Play Area



Erie/Ellington Playground



Parkman Playground



Franklin Park



Roberts Playground



Hunt-Almont Park

Free Online Resources

Ages 3-9

Little Sports: Easy-to-follow, kid-friendly cardio and bodyweight exercise routines for the living room. <https://www.youtube.com/channel/UCTlwFB4ciFi5ZClu-VlwaOg>

Cosmic Kids Yoga: Engaging, story-based yoga adventures that build strength, balance, and mindfulness. <https://www.youtube.com/@CosmicKidsYoga>

GoNoodle: Fun, high-energy dance and movement challenges designed specifically for younger kids. <https://www.youtube.com/@GoNoodle>



Ages 10+

CHKD Sports Performance Academy: Professional-level guided workouts focused on sports conditioning, agility, and functional strength for teens. <https://www.youtube.com/playlist?list=PPLpzGB6nxgdRMpkZyVnZ0T40x37mflzAXO>

NFL Play 60: Comprehensive exercise library featuring on-demand workout videos led by real NFL players and mascots. <https://www.heart.org/en/professional/educator/nfl-play-60/nfl-play-60-exercise-library>

PS Fit: Diverse library of free, follow-along exercise videos. https://www.youtube.com/@PS_Fit

Nike Training Club: Wide range of free workouts, training programs, and wellness guidance tailored to all fitness levels. <https://www.nike.com/ntc-app>



PLAY:60

