

SEO Headline:

Headline: Inspired by Rio? Here's Where You Can Train Like an Olympian

NEW YORK CITY — If you're feeling inspired to hit the gym, court or open water after watching the 2016 Summer Olympics in Rio de Janeiro there are plenty of places to go in New York City.

From badminton to water polo, here's where adults can train like olympians.

Archery

[Gotham Archery](#)

Where: 480 Baltic St., Gowanus

Cost: \$40 Intro class (\$35 if booked online)

Gotham Archery gives newbies a chance to try the sport out with an [introductory class](#). The package \$40 class includes bow rental, a lesson from a USA Archery-certified instructor for one hour, and 45 minutes of lane time. Archers who book online receive a \$5 discount.

Artistic Gymnastics

[Field House at Chelsea Piers](#)

Where: Chelsea Piers, Pier 62, Chelsea

Cost: \$30 for 1 session; \$200 for a 10-class card

There are a [variety of 90-minute classes](#) offered at Chelsea Piers for adults who want to fulfil their childhood dreams of being Kerri Strug. Beginning classes require no gymnastics or tumbling experience, but intermediate students must be able to at least do a front- or back-handspring without a spot. Advanced classes are also available, as well as training for gymnasts of all levels on various apparatus like the pommel horse, uneven bars and beam.

Athletics

[Armory Track](#)

Where: New Balance Track & Field Center at The Armory, 216 Fort Washington Ave., Washington Heights

Cost: \$15 adult day rate; \$325 adult individual season pass

Athletics, also known as track and field, involved running as well as events like discus and javelin. New Yorkers who want to focus specifically on their running can hit up [the indoor Armory Track](#) in Washington Heights. The indoor season will start Nov. 14, 2016, and run through April 13, 2017.

Badminton

[New York City Badminton](#)

Where: New York Badminton Center, 132070 34th Ave., Flushing ; John Bowne High School, 63-25 Main St., Kew Gardens Hills

Cost: Varies based on location

New York City Badminton has two locations in Manhattan that meet three days a week and two locations in Queens that are seven days a week. Adults and juniors can take group beginning

badminton classes at New York City Badminton on Tuesdays, Thursdays, Saturdays and Sundays at the club's Flushing and Saturdays at the club's Kew Gardens Hills location. Lessons focus on technique, strength and stamina.

Basketball

[Never Too Late Basketball](#)

Where: Various locations

Cost: 8 weeks for \$190

If you've ever been too intimidated to try your skills on New York City's famous basketball courts, there's a program to help you nail your fundamentals. Never Too Late's summer "Beautiful Basics Skills & Scrimmage" class is already underway, but keep an eye out for more classes that promise to get you "eating/sleeping/fully assimilating into the bone marrow the fundamentals of basketball."

Beach Volleyball

[Community Volleyball](#)

Where: Hudson River Park, Hudson Square

Cost: Free with a \$5 requested donation

Get some friends together and hit the sand at the beach volleyball courts at Hudson River Park. The community volleyball program offers a combination of instruction and play on Saturdays from 11 a.m. to 3 p.m. Sign-in at the Pier 25.

Boxing

[John's Boxing Gym](#)

Where: 1703 Jerome Ave., Second Floor, Morris Heights

Cost: \$50 per month for membership; Trainers fees vary

New York City — and The Bronx — has a long tradition of boxing excellence. If you're looking to start training, jump on the 4 train and head up to John's Boxing Gym on Jerome Avenue.

Membership costs \$50 a month or \$105 if you buy a 3-month package. You can reach out to a [trainer](#) directly for more information about sessions and pricing.

Canoe Slalom & Canoe Sprint

[Basic Canoeing](#)

Where: Harlem Meer at 110th Street and Lenox Avenue, Central Park; Crotona Nature Center at Crotona Park East and Charlotte Street, Crotona Park

Cost: Free

If you want to get the rush of competitive canoeing, you'll have to head out of the city. But if all you want is to get on the water, you're in luck. Head up to the top of Central Park for the Parks Department's free canoeing classes for New Yorkers eight years and older. There are also lessons at Crotona Nature Center in The Bronx.

Cycling BMX and Cycling Mountain Bike

[Brooklyn Bike Park](#)

Where: 318 Kent Ave., Williamsburg

Cost: 2-hour session admission is \$5 for children and \$10 for adults; a season pass is \$79 for kids and \$179 for adults

If you want to test out your bike handling skills, head to the Brooklyn Bike Park. If you don't have room in your tiny apartment for a bike, you can rent one for \$5 along with a helmet and knee and elbow pads. The park's website also says that biking and skate clinics are coming soon.

Mountain bikers can also check out [New York City Mountain Bike](#) for more information about in- and out-of-city rides.

Cycling Road

[New York Cycle Club](#)

Where: Various locations

Cost: Free

The New York Cycle Club organizes serious cyclists of all levels for [rides throughout the city](#) including training sessions, laps around Central Park and longer weekend rides. The club also organizes the Escape New York ride set for Sept. 24. More information is available [here](#).

Cycling Track

[Kissena Velodrome](#)

Where: Booth Memorial Ave, Flushing

Cost: Various

Fixie fans and aspirational racers, head to the city's velodrome in Queens for a taste of track life. The Kissena Velodrome offers beginners' clinics from time to time. Past clinics have made loaner bikes available to cyclists who don't have one.

Diving

[Team New York Aquatics Diving](#)

Where: Flushing Meadows Aquatic Center, 131-04 Meridian Road, Flushing

Cost: \$20 for a walk-in practice; \$90 for a six practice "Splash Card,"

Team New York Aquatics Diving welcomes "a health mix of all skill levels, from raw beginners to former Division I competitors," according to the team's website. Workouts start with a 30-minute warm-up and then 90 minutes on the 1- and 3-meter springboards. Practices are held Thursday nights from 8 to 9:30 p.m.

Equestrian

[Kensington Stables](#)

Where: 51 Caton Place, Kensington

Cost: \$57 per hour and \$34 per half hour for private lessons; \$47 per hour for group lessons

Saddle up and head to Brooklyn! The Kensington Stables offers English and Western lessons for students of all levels (children must be six or older). Most sessions are conducted along the Prospect Park bridle path or in the arena near the park's entrance at 15th Street. The stable also offers guided trail rides through Prospect Park.

Fencing

[New York Fencing Academy](#)

Where: 2896 W. 12th St., Coney Island

Cost: Four beginner 40-minute lessons for \$360 or three beginner 1-hour group classes for \$120

Beginning fencers who need some help picking up the foil for the first time can head down to southern Brooklyn. The New York Fencing Academy offers either private or group classes (two or more adults are required) for novices. You'll learn how to hold a weapon and do basic attacks.

Football

[Soccer Beyond](#)

Where: Pier 25, Hudson River Park, Hudson Square

Cost: \$15 for group lessons; \$90 for private lessons

If you've got soccer fever, hit the pitch and learn the fundamentals of the beautiful game. Soccer Beyond offers group lessons for all levels including special intro sessions for novices. All classes include a game or scrimmage. Just be sure to bring your own ball.

Golf

[Golf 101](#)

Where: Chelsea Piers, Pier 62, Chelsea

Cost: \$80

Golf 101 is a 90 minute class meant to get you up and playing in one session. Instructors will go over fundamentals, equipment and etiquette to make sure you can hit the course with confidence. Classes are held between 11 a.m. and 12:30 p.m. Saturdays and Sundays.

Handball

[Handball Courts](#)

Where: Asser Levy Park, Surf Avenue and Fifth Street, Coney Island

Cost: Free

The Olympics might boast some of the best [team handball](#) players in the world, but New York City plays [American handball](#) — a fast-paced game played against a wall. Learn from the best by staking out the [legendary handball courts](#) along the Coney Island boardwalk. If you're feeling confident, bring your own ball along and get ready to sweat.

Hockey

[New York City Field Hockey Club](#)

Where: Columbia University's Baker Field at 218th Street and Broadway, Inwood

Cost: Free

If you're looking to start playing field hockey in the city, head uptown for for a pickup game on Tuesday evenings. Players are there from 7:30 to 9:30 p.m.

Judo

[Kokushi Budo](#)

Where: 331 Riverside Drive, Upper West Side

Cost: Classes range from \$10 to \$40 depending on which package you choose

Adults of all skill level are welcomed at Kokushi Budo. Brown and black belts help teach beginner/intermediate classes on Mondays, Wednesday, Fridays, and Saturdays at this Upper West Side Studio.

Marathon Swimming

Tailwind Endurance

Where: John Jay College, 524 W. 59th St., Midtown

Cost:

Tailwind Endurance offers open pool swim sessions on Sundays from 8 to 9 a.m. for swimmers looking to work on their endurance. The company also offers open water swim camps. Click [here](#) for more details.

Modern Pentathlon

The modern pentathlon is a test of five different events — fencing, swimming, show jumping, and a combined event of pistol-shooting and cross-country running. You can refer back to our individual entries to try your hand at your own pentathlon.

Rhythmic Gymnastics

[MatchPoint NYC](#)

Where: 2781 Shell Road, Gravesend

Cost: \$756 for a 9-week summer program

This is the one Olympic sport you might have to sit out if you're an adult. But if you've got a kid at home who's interested in rhythmic gymnastics, you're in luck. MatchPoint NYC offers a program that emphasizes strength, flexibility, rhythm and elegance, according to the program's site. Sessions run from September to January, February to June and summer.

Rowing

[Row New York](#)

Where: Peter Jay Sharp Boathouse, 3579 Harlem River Drive, Inwood

Cost: \$125 for a one-day intensive Learn-to-Row 1 class; \$325 for an eight-session Learn-to-Row 2 class

Get out on the water with an intensive one-day session. All beginning Learn-to-Row 1 classes with Row New York are on Saturdays from 9 a.m. to 1 p.m. Once you've taken Learn-to-Row 1, you can advance to Learn-to-Row 2 which continues to build on technique during an eight-session course.

Rugby Seven

[New York Rugby Club](#)

If you've ever wondered about rugby, the New York Rugby Club wants you to join in. You can [fill out a form](#) asking for further information about high school, men's, or women's play.

Sailing

[Manhattan Sailing School](#)

Where: Pier 25 at 225 West St., Battery Park City

Cost: \$590 for a basic sailing class

Sign up for [basic sailing classes](#) from the Manhattan Sailing School and learn how to helm a J-24 sailboat in just a weekend. Alternatively you can also sign up for weekday evening classes once a week or all-day intensives for two consecutive weekdays. Once you're done with your course, you can continue to sail on the Manhattan Yacht Club's fleet of boats.

Shooting

[Westside Rifle & Pistol Range](#)

Where: 20 W. 20th St., Basement, Union Square

Cost: \$75 for the first class; \$45 for the first visit

In New York City a civilian cannot shoot, use or rent a handgun or pistol without having a handgun license issued by the NYPD's license division. However Westside Rifle & Pistol Range does have a rifle training for novices 21 years and older without a permit. The class includes a safety course in a classroom. You will also be required to submit an application form at least 5 days ahead of time and pass a background check.

Swimming

[YMCA](#)

Where: Citywide locations

Cost: Varies

From absolute beginners to advanced swimmers, the city's YMCAs offer a range in classes for people who want to get in the pool.

Synchronized Swimming

[The Brooklyn Peaches](#)

Where: Dodge Y at 225 Atlantic Ave., Boreum Hill

The Brooklyn Peaches teach absolute beginners the art and strength needed to be a synchronized swimmer. The only requirement is that you be a strong swimmer. The Brooklyn Peaches are on a break for maternity leave but will be start up classes again in January 2017.

Table Tennis

[Wang Chen Table Tennis](#)

Where: 250 W. 110th St., Upper West Side

Cost: \$65 an hour or \$35 a half hour for coaching sessions

Get serious and step up your table tennis game with visits to Wang Chen Table Tennis.

Coaching is available for \$65 an hour or \$35 a half hour. You can also pay \$650 for an 11-hour package. Then try out your new skills at one of the [club's tournaments](#).

Taekwondo

[Sokol New York](#)

Where:

Cost: \$620 for a full-year season

Try your hand at the Korean martial art that combines combat techniques, self-defense and fitness. Classes at Sokol are designed for both black belt and color belt students, and some classes are women-only. The program year runs from Sept. 12, 2016 to June 30, 2016.

Tennis

[Tennis World NYC](#)

Where: Ford Washington

Cost: \$35 for a one hour class; \$169 for a six-class package

Hit the tennis courts this summer with beginner and advanced beginner, and intermediate classes from Tennis World NYC. Coaches will work on all aspects of your game from groundstrokes to volleys, and you will get the basic skills you need to play both singles and doubles.

Trampoline Gymnastics

[Trapeze School New York](#)

Where: Pier 40 at Houston Street and the West Side Highway, Hudson Square

Cost: \$40

Beginning classes in trampoline will get you flying with correct form. You'll get a chance to warm up with stretching, strength conditioning and flexibility training. Then you'll practice technique at your own pace.

Triathlon

[Empire Tri Club](#)

Where: Various locations

Cost: \$399 for a 12-week session

This beginning triathlon will get you ready for your first sprint distance race in 12 weeks. You'll learn the finer points of competitive swimming, cycling and running as part of weekly coached workouts including an open water swim in Coney Island.

Volleyball

[Big City Volleyball](#)

Where: PS 267, 213 E. 63rd St., Upper East Side

Cost: \$215 for an 8-week beginner course

Bump, set, spike! If you want to start playing volleyball, Big City Volleyball will start its [8-week adult beginner classes](#) on Sept. 13. The classes run in two sessions on Tuesday evenings and will cover serving, ball handling, court positioning and defense.

Water Polo

[Team New York Aquatics](#)

Where: Tuesdays at Chelsea Recreation Center 430 W. 25th St., Chelsea; Sundays at John Jay College, 524 W. 59th St., Midtown

Cost: Varies depending on which day you go

The Team New York Aquatics fields a team that welcomes newcomers who want to try out this fast-paced game. The team practices Tuesday nights and are free but require a membership to the Chelsea Rec Center (\$150 a year). Practices on Sunday are subject to the club's [common workout fee structure](#).

Weightlifting

[Lost Battalion Hall Weightlifting](#)

Where: Lost Battalion Hall Recreation Center at 93-29 Queens Blvd., Rego Park

Cost: \$50 per year plus a membership to the city's rec centers (\$100-150 a year, \$25 for seniors, free for youths)

Lost Battalion Hall Weightlifting calls itself the only Olympic weightlifting program in New York City. Under the tutelage of Coach Joe Triolo you'll learn how to perform Olympic lifts with proper form. Club members also have the chance to compete throughout the year.

Wrestling

[New York Athletic Club](#)

The New York Athletic Club's wrestling team competes in three styles of Olympic wrestling: men's freestyle, women's freestyle and men's Greco Roman. The team practices on Mondays, Tuesdays and Thursdays at 7 p.m. You can find more information [here](#).