

BY CAR:

1. From George Washington Bridge: Cross Bronx Expressway to Throgs Neck Bridge to Cross Island Parkway South to Grand Central Parkway (becomes Northern State). East to Meadowbrook Parkway South (Jones Beach Exit). See # 5 below.
2. From Verrazano Narrow Bridge: Belt Parkway East (Long Island), becomes Southern State, East to Meadowbrook Parkway South.
See # 5 below.
3. From Eastern Long Island: Southern State to Northern State West to Meadowbrook Parkway South. See # 5 below.
4. From New England: Interstate 95 to Throgs Neck Bridge to Cross Island Parkway South to Grand Central Parkway (becomes Northern State). East to Meadowbrook Parkway South (Jones Beach Exit). See # 5 below.
5. From Meadowbrook Parkway: South to Wxit M9 Merrick Road West (Freeport). At 4th light on Merrick Road turn left into Freeport Recreation Center parking lot.

BY TRAIN:

From Manhattan: Take the Long Island Railroad from Penn Station to Freeport Station. Exit towards back of train to Henry Street. Walk South a few blocks. As Henry Street becomes Main Street turn left on East Merrick and walk 2 blocks. Recreation Center is on your right.
LIRR - 718.794.LIRR

