

OPTIONAL GYM

AVAILABLE

Mitchel Field Gym

The Mitchel Gym will be available August 4-Sept. 7.

This location will be available:

Mon.-Fri: 6 am-10 pm
Sat.: 6 am-4 pm
Sun.: 9 am-4 pm

Phone: 572-0006

Directions:

There is no post office address, so the address to use is

19 West Road
Garden City, NY 11530

And then follow the signs.

PLEASE ADVISE: The Mitchel Gym address will only bring navigation devices to the property of Mitchel Field, it will not navigate directly to the Mitchel Gym location.

As a result please follow the specific driving directions below:

From the East: Take Meadowbrook Parkway to Hempstead Turnpike / Coliseum exit (M4). Follow signs for Charles Lindbergh Boulevard when proceeding south on the Meadowbrook Parkway or follow signs for the "Coliseum" exit if driving from the north. Continue on Charles Lindbergh Boulevard following signs for "Museum Row". Upon passing the Cradle of Aviation Museum and the Long Island Children's Museum turn right onto West Road (at intersection you will see a sign for 107 Internal Revenue Services). Proceed north on West Road for approximately 100 yards. Turn right on 7th Street indicated only by two signs: US Navy Building 84 and Subway at Navy Exchange Building. Proceed in industrial area following posted street signs for Mitchel Gym. Park only in designated parking areas to avoid being towed. Enter back entrance of Mitchel Gym and proceed to gymnasium.

From the West: Take Stewart Avenue to the intersection of South Street and Quentin Roosevelt Boulevard (Sunoco Gas Station on northeast corner). Turn right heading south onto Quentin Roosevelt Boulevard. Proceed to the first traffic lighted intersection. Turn left on Commercial Avenue (Garden City Center Building on southeast corner). Bear right and immediately turn onto West Road. Proceed north on West Road for approximately 100 yards. Turn left on 7th Street indicated by only two signs: Mitchel Gym and US Navy Building 84. Proceed in industrial area following posted street signs for Mitchel Gym. Park only in designated parking areas to avoid being towed. Enter back entrance of Mitchel Gym and proceed to gymnasium.