

CJ Long Spartan Park



2946 PA-388
New Castle, PA 16101

PARK HOURS: 8:00am to Dusk

PARK FEATURES:

P
B F
P
Pavilion

ABOUT THE PARK

C L S P
L C F I

H T



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adagiohealth.org

GET ACTIVE IN THE PARK!

A healthy lifestyle includes a combination of eating right and staying active. It is recommended that children get 60 minutes of physical activity daily, while adults should aim for 30 minutes per day.

EXPLORE CJ LONG SPARTAN PARK

Length: varies | Level of Difficulty: Easy

This park has many ways to engage in physical activity. Beyond the playgrounds, ball fields, and open green areas, you can explore a variety of scenic walking paths.

Activities for kids

Walking • Outdoor Sports and Games
Nature Walk • Playgrounds

Activities for teens

Walking • Outdoor Sports and Games
Playground • Picnic

Activities for adults

Walking • Outdoor Sports
Mindfulness Activities • Picnic