

The following are Parks & Recreation areas maintained for use by City of Middletown residents.

- Butternut Hollow: Pond for fishing, playground, benches, and wildlife. Located at the intersection of Butternut and Thomas Streets.
- Columbus Point: Located on Harbor Drive, next to Harbor Park. Scenic view of the Connecticut River.
- Cucia Park: Located on Middle Street adjacent to Industrial Park Road. Fishing pond, and small picnic area on this 4.4-acre site.
- Daddario Road Playground: Housing Authority playground for neighborhood children.
- Donovan Park: Little League baseball, Youth soccer field, and playground. Situated adjacent to McDonough School on Stack Street.
- English Falls: Small nature area with waterfalls. Located on Minor Street.
- Guida Property: 100 acres of open space. Trails, open fields, and nature area for the public to walk and view.
- Harbor Park: 2.6 acres located on Harbor Drive. Sitting areas, picnic tables, boardwalk, and fishing. Seasonal boat excursions on the Connecticut River. Middletown High School, and Wesleyan University crew boathouses. July 4th festivities, as well as the Connecticut Head of the Regatta event in October are conducted from this park.
- Tynan Property: Open space. 30 acres of mostly wooded property. Some walking trails. Located on Higby Road, near Sisk Street.
- Hubbard Park: Little League baseball facility on South Main Street Extension. Two (2) athletic fields on 3.5 acres for baseball games and tournaments. Parking, tables, and concession stand.
- Hubbard Tract: Located on Westfield Street, adjacent to Spencer School. 22 acres not developed at the present time. Not accessible to the public.
- Lawrence Parcel: 144 acres of undeveloped property. Located on Kaplan Drive, across the street from Lawrence School. Nature area, with some paths. Long proposed site for a golf course.
- Lawrence School Field: 4.6 acres located on Kaplan Drive. Playground at the school, and a Little League baseball field.
- Maplewood Terrace: Playground located on Housing Authority property. Used by neighborhood children.
- Marzalek Park: Currently there is no use at this ½ acre site.
- McCarthy Park: Located on Hotchkiss Street. Originally called “City School Field”. One soccer field, and two tennis courts. Under review for improvements at the current time.
- Palmer Field Stadium: Middletown and the one of the State of Connecticut’s premiere amateur athletic facilities. 6.7 acres. Site of two American Legion World Series, and countless baseball, soccer, and football games and tournaments. Located on Bernie O’Rourke Drive, which is intersected by Washington Street/Route 66.

- Pat Kidney Field: 9.0 acres of athletic fields. Combination softball, baseball, and soccer fields. City leagues and local schools use these fields.
- Pikes Ravine: Small fishing pond. Used for ice-skating in the winter, when appropriate. Nature area with trail. 8.8 acres.
- Pillarella Park: Located on Kaplan Drive. Youth instructional baseball/softball field.
- Middletown Nature Gardens: 17.9 acres of open space with paths, benches, natural vegetation, and wildlife. Located on Randolph Road.
- Ron McCutcheon Park: Located on Livingston Road. 109 acres wooded site, with one (1) Little League baseball, one (1) softball field, and one (1) soccer field. Also located on the property is the State of Connecticut owned 33acre Crystal Lake. Seasonal fishing, swimming, with a sand beach, picnic facility, and buildings with amenities. Site for summer youth recreation programs by the department.
- Smith Park: Located on 80 acres of Country Club Road property. Upper Smith Park has lighted softball, soccer field and a Little League field, located directly behind Moody School. Nature area with walking trails, which connect the upper portion of the park to with the lower section. The lower section entrance is on the main road, west of the school. Lower Smith Park has a picnic pavilion, Little League baseball, and Youth soccer field, a large playground, and handicap accessible walking paths.
- Snow School Fields: There are two (2) fast pitch softball fields located on 6 acres of Snow School property, on Wadsworth Street. A tee ball field is also located on the north side of the site.
- Spear Park & Fountain: This site is located on the intersection of Main and William Streets. The park is adjacent to the Senior Center, and has a water fountain in the park.
- Spencer School Fields: One (1) little League baseball field, and one (1) instructional ball field is at the Westfield Street site. The fields are located on 3.4 acres, directly behind Spencer School. In the fall, the fields are converted to youth soccer fields.
- Swales Pond: Located next to Snow School, and McKenna Drive on Wadsworth Street. Small pond, used for fishing, and ice-skating in the winter months, when appropriate.
- Union Park: Also known as South Green. 1.1 acres at the intersection of Main and South Main Street. The public and town utilize this park for many events during the year.
- Veterans Memorial Park & Pool: Located on Walnut Grove Road. Intersects Old Mill Road on the west side of the parks entrance, as well as Fisher Road on the east side of the parks entrance. There are over 41 acres of wooded land, walking and jogging trails, picnic areas with pavilions and amenities, and an outdoor public swimming pool. The area is used by local schools for Cross Country track events, and Youth soccer and baseball practice. The Coginchaug River is available for fishing. A walking bridge connects this park with Palmer Field Stadium.

- Veterans Memorial Green: 4.1 acres of treed park, dedicated to War Veterans. Monuments honoring all Veterans throughout the United States history are located at this site. Location of the park is on Route 66/Washington Street, between High and Pine Streets.
- Vinal Technical School Fields: The 7.5 acres of fields, located behind the State of Connecticut owned vocational school, has a baseball and softball field, as well as five (5) soccer fields. Middletown has been allowed by the State of Connecticut to use this site for many years. This site is located on Randolph Road, directly across the street from Mercy High School.
- Zoars Pond: Site of the annual “Mud Volley Ball” tournament. 24.5 acres of pasture property, this area is used during the summer for the Recreation Departments golfing instructional program. State regulated fishing is allowed at the pond.