



GREEN TEA SPA MASSAGE

For a mere sawbuck, you can get ten minutes of hands-on kneading tailored to your personal preferences. The spa is the spa's specialty, but you can also request Swedish, shiatsu, sports, medical or reflexology rubdowns. 240 E. 26th St. between Second and Third Aves. (212-693-4048, greenrubdownspa.com). Daily 10:30am-10pm. Ten-minute massage \$10.

NEW YORK TABLE TENNIS FOUNDATION

Show off your Balls of Fire-level technique at New York's largest Ping-Pong facility, with a play-all-day rate of just \$10. Even with 12 tables, the club can get crowded, a void being asked to sit out a game or two by visiting between 1 and 5pm during the week. 394 Broadway between Walker and White Sts. (over level) (212-568-2922, nyttf.com). Mon-Thu 1-10:30pm, Fri 2:30-11pm, Sat 11am-11pm, Sun 11am-6:30pm. \$10 per day.

EAST RIVER FERRY

You don't have to shell out big bucks to cruise along one of New York's rivers. Take NY Waterway's new service, from 34th Street in Manhattan to the terminus at Pier 11 at Wall Street, and oggle the Empire State and Chrysler Buildings, the Domino Sugar Factory in Williamsburg, these bridges and Brooklyn Bridge Park. Location and schedule vary; visit nywaterway.com for more info. \$4.

PIANO IN BRYANT PARK

Swing by the northeast end of Bryant Park to hear New York jazz pianists, like Kuni Mikami, Frank Owens and Daryl Sherman. The area never gets too crowded, so pull up a chair and enjoy classic tunes like "Ain't Misbehavin'" and "The Girl from Ipanema." Do you need a better reason to leave the office? 42nd St. between Fifth and Sixth Aves. (212-768-4242, bryantpark.org). Mon-Wed, Fri 12:30-2:30pm; Thu 2-4pm; free. Through Oct. 14.

Q SPRING NAIL

This East Village shop gives you the enviable choice of the following for less than a ten-spot: a manicure or pedicure will only set you back \$7; an eyebrow, lip or chin wax costs \$6; and a single tanning session comes in at exactly \$10. 209 First Ave. between 12th and 13th Sts. (212-388-9813, qspringnail.com). Daily 10am-10pm.

By Rebecca Dubeck, Annemarie Dooling, Andrea Friscano, Elissa Goodman, Dave Hughes, Marina LeSoie, Tim Lavery, Sarah Theobrom, Jennifer M. Wood



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