

# Programs & Activities

Houston Parks and Recreation Department

## Highland Park Programs & Activities

Plan your week around the many programs held every week at Highland Park Community Center!

<b>Location:</b>	Highland Park Community Center 3316 De Soto, 77091
<b>Information:</b>	(713) 956-9137
Senior Fitness:	Monday, Wednesday, & Friday 9:30 a.m. – 11:00 a.m.
Senior Social:	Wednesday 10:30 a.m. – 11:30 a.m.
Weight Room:	Monday – Thursday 12:00 p.m. – 8:00 p.m.
Weight Room:	Friday 12:00 p.m. – 6:30 p.m.
Step Aerobic/ Adult Fitness:	Monday – Thursday 6:00 p.m. – 7:30 p.m.
Teen Girl Volleyball Training:	Friday 5:00 p.m. – 6:00 p.m.
After School Enrichment:	Monday – Friday 3:00 p.m. – 6:00 p.m.
Meal and a Snack:	Monday – Friday 4:30 p.m. – 5:30 p.m.
Life Skills Training for Youth & Teens:	Monday, Wednesday, & Friday 6:00 p.m. – 7:00 p.m.

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