

Moody Park Fall Activities

Houston Parks and Recreation Department **Moody Park** **Community Center Activities** **2015 Fall Schedule**



Fun for the whole family at Moody Park Community Center!
From kids to seniors, we have something for you!

Check with community center staff about possible fees.

Look on back for activity schedule!

Location:	Moody Park Community Center 3725 Fulton, 77009	
Building Hours:	Mon-Thu	1:00 PM - 9:00 PM
	Fri	12:00 PM - 8:00 PM
	Sat	10:00 AM - 2:00 PM
Program Dates:	August - December, 2015	
Registration:	Required, please see staff	
Information:	(713) 692-6925	

FITNESS PROGRAMS

Aerobics Class	Mon - Thu	8:30 AM - 9:30 AM
Toning Class	Mon	6:00 PM - 7:00 PM
Zumba Class	Sat	9:00 AM - 10:00 AM
	Mon	7:00 PM - 8:00 PM
	Wed - Thu	6:30 PM - 7:30 PM
Silver Sneakers (55 and over)	See staff for details!	

WEIGHT ROOM HOURS

Ladies Only Session	Mon - Thu	9:30 AM - 11:00 AM
55+ Session	Mon - Fri	11:00 AM - 1:00 PM
Day Time Open Session	Sat	10:00 AM - 2:00 PM
	Mon - Fri	1:00 PM - Close
Teen Session (14-17 y/o)	Mon - Fri	4:00 PM - 6:00 PM

BASKETBALL & VOLLEYBALL

Open Basketball	Sat	10:00 AM - 2:00 PM
	Mon - Fri	1:00 PM - 4:00 PM
Teen After School Basketball	Mon - Fri	4:00 PM - 6:00 PM
Evening Open Basketball	Mon	8:00 PM - 9:00 PM
	Wed & Thu	7:30 PM - 9:00 PM
	Fri	6:00 PM - 8:00 PM
Open Volleyball	Tue	6:00 PM - 9:00 PM

LEISURE PROGRAMS

Aztec Dance	Mon & Wed	7:00 PM - 8:30 PM
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AFTER SCHOOL ENRICHMENT

Youth Ages 6-13	Mon - Fri	3:00 PM - 6:00 PM
Registration required @ https://activenet011.active.com/houstonparks		
Teens Ages 14-17	Mon - Fri	3:00 PM - 9:00 PM
Volunteering & Program Opportunities		

FAMILY FUN DAYS

September 26, October 24, November 14 & December 12	10:00 AM - 2:00 PM
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