HOUSTON PARKS AND RECREATION DEPARTMENT

VOL. 14 - ISSUE 2 AUG 1, 2018 - NOV 30, 2018 | HOUSTON PARKS AND RECREATION DEPARTMENT FALL ACTIVITIES GUIDE & CLASS CATALOG

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REGISTER FOR HPARD'S AFTER SCHOOL ENRICHMENT PROGRAM!

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REGISTER FOR HPARD'S SUMMER ENRICHMENT PROGRAM!

ENJOY SPORTS, CRAFTS, FIELD TRIPS AND MUCH MORE ! PAGE 3

AFTER-SCHOOL MEAL PROGRAM

PROGRAMA DE ALIMENTOS PARA DESPUÉS DE LA ESCUELA

September 4, 2018 - May 24, 2019

4 de Septiembre del 2018 - 24 de Mayo del 2019

FRIENDS, FUN AND FREE FOOD

Hey, Parents and Guardians!

FREE meals are available for children ages 1-18 who participate in programming at HPARD community centers. No registration is required.

In more than **76** operating sites. Snacks and supper served between 3:00 pm and 6:00 pm

Children must consume meals on site

AMIGOS, DIVERSIÓN Y COMIDA GRATIS

Hola, padres y Guardianes!

Alimentos **GRATIS** para niños y niñas de 1 a 18 años. No es necesario registrarse.

En más de **76** sitios de operativos. Aperitivos y cena servido entre las 3:00 p.m. y 6:00 p.m.

Los niños deben consumir los alimentos en el sitio

Information / Información 713-676-6832

Sponsored by: Houston Parks and Recreation Department

National Recreation and Park Association

houston PARKS & recreation department
www.houstonparks.org
A CAPRA Accredited Agency

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In accordance with federal law and USDA Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

Patrocinado por el Departamento de Parques y Recreación de Houston. El programa es administrado por el Departamento de Agricultura de Texas División de Al y Nutrición.
De acuerdo con la Ley Federal y los reglamentos del Departamento de Agricultura de E.U., no se permite la discriminación basada en la raza, el color de la piel, el pais de origen, el sexo, la edad o la discapacidad.

LAKE HOUSTON WILDERNESS

25840 FM 1485, NEW CANEY, TX 77357 | 832-395-7690

Gateway to Nature

Rent a fully furnished lakeside cabin for your next family camping trip!

Reservation, prices & information: 832-395-7690 | www.houstonparks.org

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There's nothing like fun in the sun! As summer turns to fall, the Houston Parks and Recreation Department is your place for non-stop amusement and spectacular outdoor activities. Our balmy weather is a huge motivating factor for taking advantage of the great outdoors and all that comes with it. Let HPARD be your gateway to a healthy lifestyle. Whether it's taking it to the limit on HPARD's hiking and biking trails, to cooling off from the heat in one of our many city swimming pools, we're here to make this time of year a memorable experience for the young and old.

Explore our latest catalog for playground locations, spraygrounds, tennis courts, golf courses and much more. To get closer to Nature, try out one of our trails for walking, hiking and biking. They stretch for miles across the city. We manage and operate 60 community centers and one multi-service center dedicated to adaptive recreation. Part of our core mission is to promote an active lifestyle through recreational programming for children and seniors based in these centers of activity, as well as through organized sports for active adults. Our primary goal is to get Houstonians up, out, and moving. Staying fit and healthy is in everyone's best interest. There's no better way to do it than with family and friends at an HPARD facility.

The After School Enrichment Program is available for children ages 6-13 at most of our HPARD community centers. It's just one of the programs we offer to Houston youth. Whether your child aims to become the next Jose Altuve, Serena Williams, or Lionel Messi, there is a program to suit his or her taste. If camping is more your thing, don't miss visiting our spectacular Lake Houston Wilderness Park. Located just north of the city, it's 5,000 acres of lush camping sites, creeks for canoeing, beautiful rental cabins, and a rustic nature center to educate and entertain.

I am truly proud to lead the Houston Parks and Recreation Department. I work alongside some of the hardest working individuals in this great city. Their everyday efforts inspire me and drive home the department's mission "to enhance the quality of urban life by providing safe, well maintained parks and offering affordable programs for the community." Houston is a special place. I urge each and every one of you to explore it by taking full advantage of the programs and resources available to you in your neighborhood park. Let's Activate Houston!

Steve Wright, Director
Houston Parks and Recreation Department

MISSION STATEMENT

To enhance the quality of urban life by providing safe, well maintained parks and offering affordable programs for the community.

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PARK RULES AND REGULATIONS

- Park hours of operation for all city parks are 6:00 am to 11:00 pm unless otherwise posted.
- Glass bottles and glass containers are prohibited.
- Camping in City parks is prohibited except at Lake Houston Wilderness Park where fee based camping is permitted by reservation only. Walk-ins are welcome pending site availability.
- No motorized vehicles may be driven on turf areas.
- Riding or driving animals over or through the park, except along designated bridle paths is prohibited.
- Molesting, injuring, etc., animals, fowl or fish is prohibited.
- Erecting structures, bill posting, etc. is prohibited.
- Walking, sitting or standing on any border or flower bed is prohibited.
- No hunting or use of firearms is permitted in city parks.
- Fishing is not permitted. Exceptions are children 12 and under and senior citizens 65 and older and at Lake Houston Wilderness Park with appropriate Texas State Fishing License.
- Alcoholic beverages are prohibited in City parks with posted signage.
- All animals must be on a leash and under the direct control of its owner.
- Owners must pick up after their dogs. City of Houston Code of Ordinances Sec 6-24.
- Picnic areas are on a first come, first serve basis unless the area has been permitted. It is recommended that park patrons obtain permits to secure a picnic area for a special activity.
- The selling of food, drink or any other commodity on park property is prohibited.
- Littering is prohibited. Please take care to dispose of your litter. Keep our greenspaces clean.

For a complete list of Park Rules and Regulations, please visit the City of Houston Code of Ordinances, Chapter 32.

HPARD ACTIVITIES IN THE PARK PROGRAM GUIDE AND CLASS CATALOG

The Houston Parks and Recreation Department provides programs and recreational opportunities for people of all ages and abilities on a year-round basis. HPARD's Activities in the Park Program Guide and Catalog is printed three times a year. Printed copies are available at your local HPARD Community Centers or download a copy at www.houstonparks.org.

- **2018 Fall Activities in the Park - August 1, 2018**
- **2018 Winter/Spring Activities in the Park - December 1, 2018**
- **2018 Summer Activities in the Park - April 1, 2018**

HOUSTON PARKS AND RECREATION DEPARTMENT
2999 South Wayside | Houston, TX 77023 | (832) 395-7000
askparks@houstontx.gov | www.houstonparks.org

To report the need for repairs in a park or at a park facility please contact the City of Houston non-emergency Help and Info Line by dialing 311 or (713) 837-0311

You may also submit a service request your request online by visiting http://hfdapp.houstontx.gov/311/index.php.

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YOUTH PROGRAMS

After School Enrichment Program (AEP)

Enjoy arts and crafts, games, entertainment, special events, sports, field trips, nature explorations and a variety of FREE activities at community centers across the city.

This program is open to youth ages 6-13. Register at a community center near you.

Ages:	6 - 13
Registration:	Aug 1 – Ongoing During Community Center Hours
Fee:	FREE
Program Dates:	Sept 4, 2018 - May 10, 2019
Times:	3:00 pm – 6:00 pm
Locations:	All community centers
Information:	(832) 395-7161 | (832) 395-7296 (832) 395-7280 | (832) 395-7294

Instructional Sports Play

As part of HPARD's After School Enrichment Program (A.E.P.), youth ages 6-13 will learn the fundamentals of a variety of sports this fall through Instructional Sports Play.

This program is FREE to youth enrolled in HPARD's After School Enrichment Program.

Sports programming includes instruction and scrimmage play in a variety of sports including: Basketball, Soccer, Volleyball and Flag Football. Equipment will be provided. Contact your After School Enrichment Program site for the Instructional Sports Play schedule this fall.

Ages:	6 - 13
Registration:	Aug 1 - Ongoing
Program Dates:	Sept 2, 2017 - Dec 19, 2017
Fee:	FREE
Information:	(832) 395-7279 | (832) 395-7131 | (832) 395-7294

After School Meal Program (ASMP)

Get a FREE nutritious meal and snack at more than 75 A.S.M.P. Provider Sites in the Houston/Harris County area. This program is open to youth ages 1 to 18. It provides a FREE nutritious meal and snack during the week. Meals are served Monday through Friday from 3:00 pm to 6:00 pm at participating A.S.M.P. sites.

Join the increasing number of families and children participating in the After School Meal program.

No registration is required. To locate a site near you, dial 2-1-1 and the operator will provide you with a site in your zip code area.

Ages:	1 - 18
Registration:	Not Required
Program Dates:	Sept 4, 2018 - May 24, 2019
Time:	3:00 pm - 6:00 pm
Fee:	FREE
Information:	713-676-6832 | 211

Tiny Tots Program

Parents are invited to participate in this program for youth ages 4 and under. This parent/child program includes: fitness activities, arts and crafts and social games.

Parents and/or guardians must accompany child at all times.

Ages:	4 and under
Registration:	Ongoing
Program Dates:	Ongoing
Time:	Varies
Fee:	FREE
Information:	Contact Community Center

SITES						
Candlelight	M, W, & F	10:00	am	-	12:00	pm
Cherryhurst	M, W, & F	10:00	am	-	12:00	pm
Milroy	M & Th	10:00	am	-	12:00	pm
Proctor Plaza	W & F	10:00	am	-	1:00	pm
River Oaks	Th	11:00	am	-	12:00	pm

Lakewood Park Community Center - ASEP Craft time

Athletes Seeking Knowledge

(A.S.K.) provides scholarships and other resources to assist young people in the pursuit of higher education or to help improve their current academic standing. Hundreds of teens participate in the ASK Program every year.

Since 2000, over $300,000 has been awarded to Houston area youth and teens in scholarships, tutoring programs, college and career fairs, SAT and ACT practice exams, academic bowls, and college campus tours.

A variety of ASK activities are planned throughout the year. Activities are open to all HPARD youth and teen recreation program registrants and volunteers.

Contact your local community center for upcoming ASK program activities.

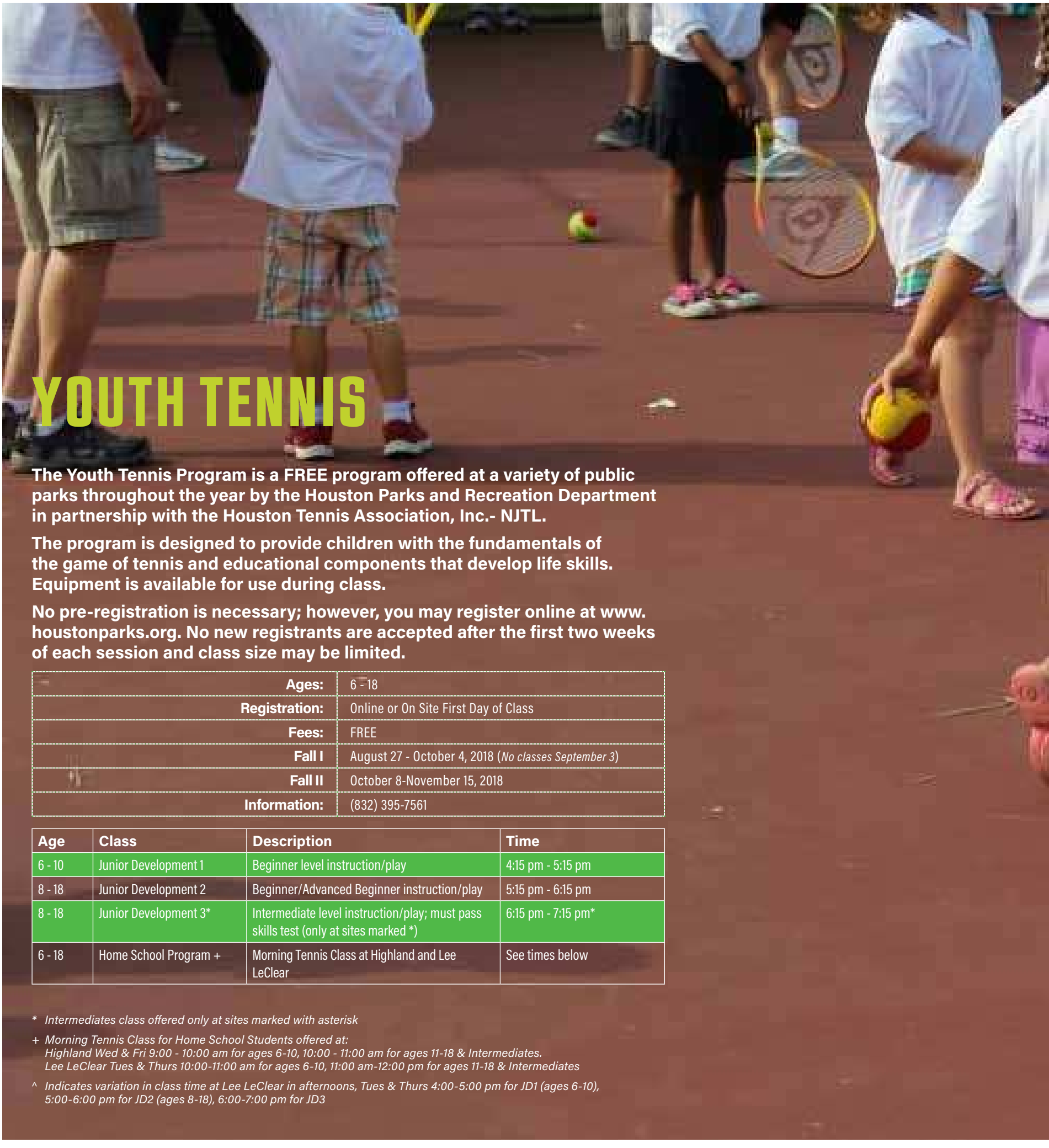
Ages:	13 - 18
Registration:	Ongoing
Program Dates:	Year-round
Fee:	FREE
Locations:	All community centers
Information:	(832) 395-7275

Houston Teens Outside With Nature

(HTOWN) is a year-round program for teens, ages 14-18. Participants will be provided with opportunities to build confidence and self-esteem through mentoring, HPARD programming, and special events.

HTOWN offers participants with activities and events including: community/volunteer projects, teen forums, educational workshops, field trips, tours, hands-on outdoor activities, monthly awareness events, sports, and special events.

Ages:	14 - 18, (Boys and Girls)
Registration:	Ongoing
Program Dates:	Year-round
Fee:	FREE
Information:	(832) 395-7132 | (832) 395-7270



YOUTH TENNIS

The Youth Tennis Program is a FREE program offered at a variety of public parks throughout the year by the Houston Parks and Recreation Department in partnership with the Houston Tennis Association, Inc.- NJTL.

The program is designed to provide children with the fundamentals of the game of tennis and educational components that develop life skills. Equipment is available for use during class.

No pre-registration is necessary; however, you may register online at www.houstonparks.org. No new registrants are accepted after the first two weeks of each session and class size may be limited.

Ages:	6 - 18
Registration:	Online or On Site First Day of Class
Fees:	FREE
Fall I	August 27 - October 4, 2018 (*No classes September 3*)
Fall II	October 8-November 15, 2018
Information:	(832) 395-7561

Age	Class	Description	Time
6 - 10	Junior Development 1	Beginner level instruction/play	4:15 pm - 5:15 pm
8 - 18	Junior Development 2	Beginner/Advanced Beginner instruction/play	5:15 pm - 6:15 pm
8 - 18	Junior Development 3*	Intermediate level instruction/play; must pass skills test (only at sites marked *)	6:15 pm - 7:15 pm*
6 - 18	Home School Program +	Morning Tennis Class at Highland and Lee LeClear	See times below

* *Intermediates class offered only at sites marked with asterisk*

\+ *Morning Tennis Class for Home School Students offered at:*
Highland Wed & Fri 9:00 - 10:00 am for ages 6-10, 10:00 - 11:00 am for ages 11-18 & Intermediates.
Lee LeClear Tues & Thurs 10:00-11:00 am for ages 6-10, 11:00 am-12:00 pm for ages 11-18 & Intermediates

^ *Indicates variation in class time at Lee LeClear in afternoons, Tues & Thurs 4:00-5:00 pm for JD1 (ages 6-10), 5:00-6:00 pm for JD2 (ages 8-18), 6:00-7:00 pm for JD3*

FALL I - YOUTH TENNIS CLASSES AUG 27-OCT 4

CENTRAL			
Cherryhurst (KM 492V)*	T & Th	1700 Missouri, 77006	(713) 284-1992
Jaycee (KM 452W)	T & Th	1300 Seamist, 77008	(832) 395-7561
EAST			
Finnigan (KM 494G)	M & W	4900 Providence, 77020	(713) 678-7385
WEST			
Bendwood (KM 489H)*	M & W	12700 Kimberley, 77024	(832) 395-7561
NORTH			
Melrose (KM 413T)	M & W	1001 Canino, 77076	(281) 447-0514
NORTHWEST			
Highland (KM 451D) +	W & F	3316 DeSoto, 77091	713-269-9986
RL & Cora Johnson (KM 450A)*	M & W	9920 Porto Rico, 77041	(713) 895-6141
SOUTH			
Sunnyside (KM 533X)*	T & Th	3502 Bellfort, 77051	(832) 395-7586
SOUTHEAST			
Sagemont (KM 576Y) *	M & W	11507 Hughes, 77089	(281) 922-2343
SOUTHWEST			
Alief (KM 529E) *	T & Th	11903 Bellaire, 77072	(281) 564-8130
Lee LeClear (KM 530 P) ^ * +	T & Th	9506 S Gessner, 77074	(832) 395-7561
Linkwood (KM 532P)	M & W	3699 Norris, 77025	(713) 314-3107
Meyerland (KM 531Q)	T & Th	5151 Jason, 77096	(832) 395-7561

FALL II - YOUTH TENNIS CLASSES OCT 8-NOV 15

CENTRAL			
Cherryhurst (KM 492V)	T & Th	1700 Missouri, 77006	(713) 284-1992
Graham (KM 452R)	T & Th	540 West 34th St., 77018	(832) 395-7561
EAST			
Finnigan (KM 494G)	M & W	4900 Providence, 77020	(713) 678-7385
WEST			
Nottingham (KM 489E)	M & W	14205 Kimberley, 77079	(832) 395-7561
NORTH			
Melrose (KM 413T)	M & W	1001 Canino, 77076	(281) 447-0514
NORTHWEST			
Highland (KM 451D) +	W & F	3316 DeSoto, 77091	(713) 269-9986
RL & Cora Johnson (KM 450A)*	M & W	9920 Porto Rico, 77041	(713) 895-6141
SOUTH			
Sunnyside (KM 533X)*	T & Th	3502 Bellfort, 77051	(832) 395-7686
SOUTHEAST			
Sagemont (KM 576Y) *	M & W	11507 Hughes, 77089	(281) 922-2343
SOUTHWEST			
Alief (KM 529E) *	T & Th	11903 Bellaire, 77072	(281) 564-8130
Briarmeadow (KM 490Z)	T & Th	7703 Richmond, 77063	(832) 395-7561
Lee LeClear (KM 530P) ^ * +	T & Th	9506 S Gessner, 77074	(832) 395-7561
Linkwood (KM 532P)	M & W	3699 Norris, 77025	(713) 314-3107

* *Intermediates class offered only at sites marked with asterisk*

\+ *Morning Tennis Class for Home School Students offered at:*
Highland Wed & Fri 9:00 - 10:00 am for ages 6-10, 10:00 - 11:00 am for ages 11-18 & Intermediates.
Lee LeClear Tues & Thurs 10:00-11:00 am for ages 6-10, 11:00 am-12:00 pm for ages 11-18 & Intermediates

^ *Indicates variation in class time at Lee LeClear in afternoons, Tues & Thurs 4:00-5:00 pm for JD1 (ages 6-10), 5:00-6:00 pm for JD2 (ages 8-18), 6:00-7:00 pm for JD3*

SKATE PARKS

Lee & Joe Jamail Skatepark

Lee and Joe Jamail Skatepark
103 Sabine (KM 493K)

The Lee and Joe Jamail Skatepark is the first world-class in-ground skatepark that put Houston on the map as one of the nations best venues for this fast growing, dynamic sport. The Lee and Joe Jamail skatepark is a great place for skaters to work on their kick flip, Ollie, fakie big spin or to learn how to stay balanced!

Ages:	6 - Up
Fees:	FREE
Location:	103 Sabine Street, 77007
Information:	(713) 222-5500

Eastwood Skatepark
5020 Harrisburg (KM 494T)

Eastwood Skatepark is a 4,928 sq foot facility measuring 88' X 56'. Components include: a concrete curb, a grind box, a grindrail, a concrete bench, a curved bench, a mini ramp with start wedge, a pyramid with planter and a wedge with box, grind rail (kinked round 20') and a sub box, bank ramp with kicker.

Joe and Theresa Padilla Skatepark
6200 Lyons (KM 494H)

The Joe amd Theresa Padilla Skatepark is designed to give the skater a world-class workout on an exciting series of challenging features such as quarter pipes, bank ramps, grind boxes, stairs, and rails.

Watonga Skatepark
4100 Watonga Blvd (KM 451H)

The Watonga Skatepark is a 12,070 square foot facility measuring 142' X 85'. Components include half pipes, roll-in, bank ramp,quarter pipes, half pipe, street spine, jump box, grind rail 14', grind ledge 14', pyramid 6', grind rail square 12', grind rail round 12', grindbox (kinked), grind rail (kinked round 20'), sub box and a bank ramp with kicker.

Burnett-Bayland
6026 Chimney Rock (KM 531B)

The Station at Burnett-Bayland Park was opened to the public in March 2018. The design for the 17,500-square-foot in-ground skatepark includes a volcano, bowl, upper decks, grind ledges, stairs and handrails, flat bars, various banks, a quarter pipe and multiple steel pipes. A group of neighborhood youth helped plan the skatepark.

Clinton Skatepark
200 Mississippi (KM 495U)

This 12,070 square foot facility measures 142' X 85'. Components include half pipes, roll-in, bank ramp, quarter pipes, half pipe, street spine, jump box, grind rail 14', grind ledge 14', pyramid 6', grind rail square 12', grind rail round 12', and a grindbox (kinked).

Dylan Duncan Skatepark
3950 Rustic Woods (KM 297X)

This 5402 sq foot facility measures 73' X 74'. Components include: a mini half pipe with 90' hip, skate benches, a kinked round grind rail, a kicker ramp, skate tables, a bank to stair with rail, shade structures with benches, drinking fountain and a bike rack in the shape of a skateboarder.

SKATEPARKS / DISC GOLF

Disc golf is an inexpensive, healthful outdoor activity the entire family can enjoy. The Houston Parks and Recreation Department has five disc golf courses ranging from 9 to 18 holes in parks throughout the city. Disc golf courses are open to the public during normal park hours of operation. Courses may be used on a "first-come first served" basis. No exclusive use. Alcohol Prohibited.

Agnes Moffitt Park 10845 Hammerly (KM 449R)	
Holes:	18
Warm-up Basket:	Yes
Tee Type:	Grass/Dirt
Basket Type:	Disc Catcher

Mason Park 541 South 75th St.(KM 535A)	
Holes:	18
Warm-up Basket:	Yes
Tee Type:	Grass/Dirt
Basket Type:	Disc Catcher

MacGregor Park 525 Calhoun (KM 489E)	
Holes:	18
Warm-up Basket:	Yes
Tee Type:	Asphalt
Basket Type:	Stroke Saver

Milby Park 2001 Central (KM 535G)	
Holes:	18
Warm-up Basket:	Yes
Tee Type:	Natural
Basket Type:	Disc Catcher

T.C. Jester Park 4201 T.C. Jester West (KM 451M)	
Holes:	21
Warm-up Basket:	Yes
Tee Type:	Grass/Dirt
Basket Type:	Stroke Saver

MacGregor Park

LAKE HOUSTON WILDERNESS

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YOUTH AMBASSADORS are committed to health!

Give yourself the good stuff at school! Be sure that you're eating foods that meet the USDA Smart Snacks in School nutrition standards to keep your energy up AND to keep yourself healthy! Water and fruit cups with 100% juice are only a few of the awesome options!

If you have to be on your phone, make sure that it's helping you with your homework! Play smarter, not longer.

Be sure to feed yourself plenty of yummy food, like eggs, avocados, tomatoes, whole grain-rich bread, and other awesome fruits, veggies, proteins and grains! Plus, you get to make all of your friends jealous with your awesome food pictures!

Your phone is also an awesome way to stay in shape! Open up your fitness app of choice and head outdoors! Nothing is better than a workout in the sunshine.

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ADULT SPORTS LEAGUES

Get off of that couch and join an adult sports league! Flag Football, softball, volleyball, kickball and basketball leagues are offered at various parks throughout Houston. League play is open to adults ages 18 and over. Adult sports leagues require fees per team. Check www.houstonparks.org for more adult sports opportunities.

Adult Fall Flag Football League

Adult flag football leagues are offered during the fall and winter seasons. Register online during specified registration periods at www.houstonparks.org. A fee is required.

Ages:	18 - Older
Divisions:	Men's C, Co-ed Open
Registration Dates:	Aug 8 - Aug 17
Fee:	$376.30 per team
League Dates:	Sept 4 – Oct 26
League Format:	5 - Wk Doubleheader (10 games total)
Days:	T, W and Th
Time:	7:00 pm - 11:00 pm
Information:	(832) 395-7130

Adult Fall Softball

Slow pitch softball leagues are offered year-round in select park sites throughout the city.

Register online during specified registration periods at www.houstonparks.org. A fee is required.

Ages:	18 - Older
Divisions:	Men's C/D, Co-ed D
Registration Dates:	Aug 6- Aug 17
Fee:	$338.92 per team
ASA Fee:	$20.00 Per Calendar Year
League Dates:	Sept 5 - Oct 29
League Format:	5 - Wk Doubleheader (10 games total)
Days:	M - F
Time:	6:30 pm - 10:30 pm
Information:	(832) 395-7130

Adult Winter Flag Football League

Adult flag football leagues are offered during the fall and winter seasons. Register online during specified registration periods at www.houstonparks.org. A fee is required.

Ages:	18 - Older
Divisions:	Men's C, Co-ed Open
Registration Dates:	Oct 2 - Oct 20
Fee:	$376.30 per team
League Dates:	Oct 29 – Dec 14
League Format:	5 - Wk Doubleheader (10 games total)
Days:	T, W and Th
Time:	7:00 pm - 11:00 pm
Information:	(832) 395-7130

Adult Fall Kickball League

Kickball, it's not just for kids, sign up today and play one of the fastest growing Adult Sports in the U.S. Come join the league and have fun playing the sport you once played as a kid! Open to adults 18 and older. Register online during specified registration periods at www.houstonparks.org. A fee is required.

Ages:	18 - Older
Divisions:	Co-ed D
Registration Dates:	Aug 6 - Aug 17
Fee:	$205.25 per team
League Dates:	Sept 6 - Oct 26
League Format:	5-Wk Doubleheader (10 games total)
Days:	M and W
Time:	6:30 pm - 9:30 pm
Information:	(832) 395-7130

Adult Fall Basketball

Hoop it up this Fall by signing up for HPARD's Adult Basketball League! Register online during specified registration periods at www.houstonparks.org. A fee is required.

Ages:	18 - Older
Divisions:	Men's Open
Registration Dates:	Aug 6 - Aug 17
Fee:	$205.25 per team
League Dates:	Sept 6 - Oct 26
League Format:	10 - Week Single
Days:	T and Th
Time:	6:30 pm - 10:30 pm
Information:	(832) 395-7130

Adult Winter Basketball

Hoop it up this winter by signing up for HPARD's Adult Basketball League! Register online during specified registration periods at www.houstonparks.org. A fee is required.

Ages:	18 - Older
Divisions:	Men's Open
Registration Dates:	Oct 1 - Oct 12
Fee:	$205.25 per team
League Dates:	Oct 29 – Dec 14
League Format:	10 - Week Single
Days:	T and Th
Time:	6:30 pm - 10:30 pm
Information:	(832) 395-7130

Locations:		
Memorial Park (KM 492K)	6501 Memorial Drive, 77007	Fall
T.C. Jester Park (KM 451M)	4201 West T.C. Jester, 77018	Fall
J Robinson, Jr (KM 533B)	2020 Hermann Drive, 77004	Fall & Winter
Townwood (KM 572P)	3403 Simsbrook, 77045	Fall & Winter

Adult Winter Kickball League

Kickball, it's not just for kids, sign up today and play one of the fastest growing Adult Sports in the U.S. Come join the league and have fun playing the sport you once played as a kid! Open to adults 18 and older. Register online during specified registration periods at www.houstonparks.org. A fee is required.

Ages:	18 - Older
Divisions:	Co-ed D
Registration Dates:	Oct 1 - Oct 12
Fee:	$205.25 per team
League Dates:	Oct 29 - Dec 14
League Format:	5-Wk Doubleheader (10 games total)
Days:	M and W
Time:	6:30 pm – 10:30 pm
Information:	(832) 395-7130

Adult Winter Softball

Slow pitch softball leagues are offered year-round in select park sites throughout the city. Register online

at www.houstonparks.org (during specified registration periods). A fee is required.

Ages:	18 - Older
Divisions:	Men's D/E, Co-ed D
Registration Dates:	Oct 1 - Oct 12
Fee:	$339.92 Per Team
ASA Fee:	$20.00 Per Calendar Year
League Dates:	Oct 29 - Dec 14
League Format:	5-Wk Doubleheader (10 games total)
Days:	M - F
Time:	6:30 pm – 10:30 pm
Information:	(832) 395-7130

Adult Fall Volleyball

Adult flag volleyball leagues are offered during the fall and winter seasons. Register online during specified registration periods at www.houstonparks.org. A fee is required.

Ages:	18 - Older
Divisions:	Co-ed Open
Registration Dates:	Aug 6 - Aug 17
Fee:	$205.28 per team
TAAF Fee:	$10.00 Per Calendar Year
League Dates:	Sept 4 - Oct 26
League Format:	5-Week Doubleheader (10 games total)
Days:	T
Time:	6:30 p.m. - 9:30 p.m.
Information:	(832) 395-7130

Locations:		
Memorial Park (KM492K)	6501 Memorial Drive, 77007	Fall
T.C. Jester Park (KM 451M)	4201 TC Jester, West, 77018	Fall
J Robinson, Jr (KM 533B)	2020 Hermann, 77004	Fall & Winter
Townwood (KM 572P)	3403 Simsbrook, 77045	Fall & Winter

HOUSTON PARKS ANDRECREATION DEPARTMENT

& U.S. PARALYMPIC MILITARY SPORTS PROGRAM

PRESENT

THE 9TH ANNUAL METAL & MUSCLE EXPO

December
7, 8, & 9, 2018
9:00 a.m. - 5:00 p.m.

George R. Brown
Convention Center
Hall E

1001 Avenida
De Las Americas,
Houston TX, 77010

The Metal & Muscle EXPO is FREE and open to all and will feature a paralympic sports clinic, competitive team activities and exhibitors who provide services for people with physical disabilities.

Service men and women returning from Iraq and Afghanistan with permanent physical disabilities, including blind and visually impaired as well as all veterans with a physical disability, are encouraged to attend.

Demonstrations and activities will include:

- Sitting Volleyball
- Power Soccer
- Challenge Slalom
- Wheelchair Ruby
- Judo for the Blind
- Air Gun Competition
- Wheelchair Basketball
- Wheelchair Racing
- Amputee Walking/Running Clinic

houston PARKS & recreation department
www.houstonparks.org
A CAPRA Accredited Agency

Events are offered for participation by both able-bodied and persons with disabilities. For more information contact Chuck French (832) 395- 7325 or charles.french@houstontx.gov.

This program was funded in part by a grant from the U.S. Department of Veteran Affairs.

DOG PARKS

The Houston Parks and Recreation Department welcomes you and your dog to enjoy the vast amount of park space in the Bayou City. However, you are required to have your dog on a leash at all times. Our leash law is one of the tools that permits dogs & dog owners to visit a park without creating safety concerns, disturbing natural resources, or diminishing a park visit for those who are not comfortable around dogs. We know that most dogs love to run free and most dog owners would like to provide their pets the opportunity to do so. Please remember that dogs are not allowed, even with a leash, in children's play areas, or on organized athletic fields.

The department does provide a variety of off-leash dog parks for you and your dog to enjoy. Please remember to follow the Dog Park Rules while enjoying these facilities. For a complete list of dog park rules and regulations visit http://www.houstontx.gov/parks/pdfs/DogParkRules.pdf.

Johnny Steele Dog Park at Buffalo Bayou Park 2929 Allen Parkway

The two-acre Johnny Steele Dog Park opened in Buffalo Bayou Park on January 17, 2015. It offers separate areas for large and small dogs, each with a pond, dog washing station, and shade structures for the enjoyment of Houston dogs and their human friends. One of the area's largest dog parks, it is named for Houston landscape architect Johnny Steele. It was built as part of a $58 million renovation of Buffalo Bayou Park by the Buffalo Bayou Partnership.

Elizabeth Glover, 3104 Austin St.

The park was acquired by the city in 2008. A dog run, new deck, new perimeter fence lawn area, decomposed granite walkway, seating, signage, historical panels, landscaping and irrigation. The park is maintained by the Midtown TIRZ management district and opened in 2014

Ervan Chew, 4502 Dunlavy

Ervan Chew was the first neighborhood park in Houston to allow dogs to legally run free, off-leash in a designated dog zone. The dog zone is located adjacent to the picnic area and sprayground. It is a fenced-in space, approximately 9,000 square feet in size, and is designed to allow dogs to exercise freely. The Friends of Ervan Chew Park, a neighborhood organization, provided funding for the dog zone. It was dedicated in May of 2004.

Levy Park 3801 Eastside

This park was acquired by the city in 1942 and was renovated in two phases by the Upper Kirby District & Intown Chamber of Commerce. The most recent renovation was finished in 2006 and includes a designated dog run. The new dog park is near the updated play equipment & the softball field. Being surrounded by dog-filled apartment complexes, Levy Park should be a popular destination for the area's canines and their humans.

Holly Anawaty Dog Park Market Square 301 Milam

This park has two dog-runs, one for small dogs and one for large dogs. They are enclosed by a beautifully designed and lit crescent walkway so everyone can enjoy watching our four-legged friends frolic. Water features are in both as are benches and canine drinking fountains. The Market Square Park dog runs were officially dedicated on May 21, 2011 in memory of Houstonian, Holly Anawaty. Market Square Park is maintained by the Houston Downtown Management District.

Maxey Park 601 Maxey Road

This was the second official dog park in the Houston Parks and Recreation system. Dedicated in September of 2004, this community park designated approximately 12 to 13 acres of parkland as a place for dogs. The area features a fenced-in space for the dogs to exercise off leash, and amenities include doggie drinking fountains, separate areas for large and small dogs, a doggie shower, a waste disposal station, and benches throughout the space. Maxey Park Bark and Run Park was funded in part by the Houston Parks and Recreation Department and revenue generated from from the 2003 City of Houston Birthday Celebration.

Tanglewood Park 5801 Woodway

This park was built through contributions from individuals and foundations, and is part of a larger park renovation that includes a new .2-mile concrete walkway and a beautiful gazebo, which was paid for through $23, 524.75 in city funds. Its Grand Opening took place Sunday, February 14, 2010.

T.C. Jester Park 4201 West T.C. Jester Blvd.

This site boasts a 31,000-square foot run for big dogs and a 16,000-square foot run for small dogs, for a total enclosure of 1.08 acres. It opened to the public in August 2009. There are benches and dog drinking fountains in both sections.

West Webster Park 1502 West Webster

Renovated in 2009 and the park was opened to the public on September 19, 2009. It includes a 5,000-square foot dog run. Amenities for dogs & their people at West Webster Park include a drinking fountain and dog wash area. Renovation was funded through the Fourth Ward Redevelopment Authority, TIRZ 4.

FITNESS CENTERS

HPARD's six Fitness Centers are equipped with state of the art fitness equipment and are open year round. Workout times and fees vary by community center. All centers are close in and are reasonably priced. Contact individual fitness centers for more detailed information.

Memorial Park Fitness Center

Work out and get fit right in the middle of Memorial Park! The Memorial Park Fitness Center is equipped with weights and cardiovascular equipment.

In addition, an Olympic size outdoor swimming pool is open during the summer and into the fall for lap swimming based on temperature. Showers and lockers are also available for fitness center guests.

Prices subject to change after Dec. 31, 2018.

Ages:	18 - Older *
Program Dates:	Year Round
Hours:	6:00 am – 8:00 pm, M - F
	8:00 am – 4:00 pm, Sat
	8:00 am – 12:00 pm, Sun
Location:	Memorial Park (KM 492K)
	6402 Arnot, 77007
Information:	(832) 395-7596

Fee Schedule	
Monthly membership	$22.80
Daily membership	$ 1.99
Shower rental	$ 0.85
Towel rental	$ 0.56
Locker Rental	$0.56
Lap Pool Swimming	$1.00

Minors (anyone 14 - 17 years old and younger)* ***MUST BE* *accompanied by an adult or guardian.*

Effective January 1, 2018, Early Morning Workout Membership payments (by credit card only) can be made online through

https://apm.activecommunities.com/houstonparks/Home; refunds for cancellations will be returned to credit card on file, minus a 5% ActiveNet Administration fee.

Please print and bring your membership card and/or receipt to each daily visit.

Judson Robinson, Jr. Fitness Center

The Judson Robinson, Jr. Fitness Center is located inside of Hermann Park. The center is equipped with weights and cardiovascular equipment for your fitness needs. The center is open year- round.

In addition to the Fitness Center, J Robinson, Jr offers basketball, racquetball and a number of other fitness activities. Contact J Robinson Jr Community Center for more information.

Note: The weight room is closed Mon-Thurs from 3:00 pm - 3:30 pm for cleaning

Ages:	18 - Older *
Program Dates:	Year Round
Early Morning Workout:	6:00 am - 9:00 am, M - F
Fitness Center Hours:	10:00 am - 8:00 pm, M - Th
	10:00 am - 7:00 pm, F
	10:00 am - 1:30 pm, Sat
Raquetball Court Hours:	9:00 am - 7:30 pm, M - F
	10:00 am - 1:30 pm, Sat
Location:	J Robinson, Jr., (KM 533B)
	2020 Hermann Dr, 77004
Information:	(832) 395-7626

Fee Schedule	
Early Morning Workout:	$22.80/ month
Raquetball Court Rental:	$3.52 Per Hour / $1.76 per Half Hour

Emancipation Park Fitness Center

Work out in one of Houston's newest fitness facilities! The Fitness Center at Emancipation Park is located in a brand new building in this historic park, and it has been equipped with new, state of the art equipment!

Ages:	18 - Older *
Fee:	No membership fees
Program Dates:	Year round
Open Weights:	9:00 am - 6:00 pm, Mon
Ladies Night:	6:00 pm - 8:30 pm, Mon
Open Weights:	9:00 am - 9:00 pm, Wed & Thurs
Open Weights:	9:00 am - 8:30 pm, T & Th
Open Weights:	10:00 am - 2:00 pm, Sat
Location:	Emancipation Park (KM 493U)
	3018 Emancipation Ave, 77004
Information:	(832) 395-7400

**** All fitness centers must Have Valid I.D. 18 & up. Closed from 2:00 pm - 3:00 pm for cleaning.**

MacGregor Fitness Center

Fonde Fitness Center

The Fonde Recreation Center, home to some of basketball's greatest players, is also a great place to get fit!

Conveniently located near downtown off of Memorial Drive and Sabine Street, Fonde offers lunch-time fitness opportunities.

Fonde features a state-of-the-art weight room, showers and lockers as well as a full-court gym and aerobics room all FREE to help you meet your fitness goals.

Ages:	18 - Older *
Program Dates:	Year Round
Hours:	9:00 am - 7:00 pm, M– F
	1:00 pm – 7:00 pm, Sat
Location:	Fonde (KM 493K) 110 Sabine, 77007
Information:	(713) 226-4466

MacGregor Fitness Center

The MacGregor Park Fitness Center is located inside MacGregor Park. The facility is equipped with full-service weight room equipment.

Showers and lockers are available next door at the Homer Ford Tennis Center for a $ .75 fee each.

A covered, full-court basketball pavilion and a 1.25 mile jogging trail are conveniently located near the center.

Ages:	18 - Older *
Fee:	No membership fees
Program Dates:	Year Round
Hours:	10:00 am - 2:00 pm, S
Location:	MacGregor (KM 534K)
	5225 Calhoun, 77021
Information:	(713) 747-8650

Hackberry Fitness Center

The Hackberry Fitness Center is the newest HPARD fitness center. It is equipped with weights and cardiovascular equipment for your fitness needs.

The center is open year round. Contact the Hackberry Park Community Center for more information.

Ages:	18 - Older *
Fee:	No membership fees
Program Dates:	Year Round
Hours:	10:00 am - 7:00 pm, M - F
	10:00 am -2:00 pm, Sat
Location:	Hackberry (KM 528M)
	7777 S Dairy Ashford, 77072
Information:	(832) 395-7616

*** Minors (anyone 14 -17 years old and younger) MUST BE accompanied by an adult or guardian.**

COMMUNITY CENTER WEIGHT ROOMS

In addition to HPARD's Fitness Centers, many community centers offer weight-training facilities and many feature indoor gyms. Hours of operation vary by location and season, so call the community center nearest you for information.

Please note: Showers and lockers ARE NOT AVAILABLE at these centers. All guests must present valid picture ID.

NORTHEAST						
Finnigan (KM 494H)	M-Th	8:00 am	-	7:00 pm	4900 Providence, 77020	(713) 678-7385
Finnigan (KM 494H)	F	8:00 am	-	6:00 pm	4900 Providence, 77020	(713) 678-7385
Moody (KM 453Y)	M - Th (Open)	9:30 am	-	11:00 am	3725 Fulton, 77009	(832) 395-7645
Moody (KM 453Y)	F (Open)	1:00 pm	-	800 pm	3725 Fulton, 77009	(832) 395-7645
Moody (KM 453Y)	M - Th (Ladies)	9:00 am	-	11:00 am	3725 Fulton, 77009	(832) 395-7645
Shady Lane (KM 414W)	M, T, W & F (Open)	11:00 am	-	7:00 pm	10220 Shady Lane, 77093	(713) 742-1503
Shady Lane (KM 414W)	M, T, W & F (Ladies)	9:00 am	-	10:30 am	10220 Shady Lane, 77093	(713) 742-1503
NORTHWEST						
Highland (KM 451D)	M-Th	6:00 pm	-	8:00 pm	3316 DeSoto, 77091	(713) 956-9137
Highland (KM 451D)	F	6:00 pm	-	7:00 pm	3316 DeSoto, 77091	(713) 956-9137
Lincoln (KM 412Q)	M-Th	8:00 am	-	8:00 pm	979 Grenshaw, 77088	(281) 445-1617
Love (KM 452Z)	M - F	2:00 pm	-	8:00 pm	1000 West 12th, 77008	(713) 867-0497
Love (KM 452Z)	S	10:00 am	-	2:00 pm	1000 West 12th, 77008	(713) 867-0497
SOUTHEAST						
Crestmont (KM 572J)	M - F	5:30 pm	-	8:00 pm	5200 Selinsky, 77048	(713) 733-2236
Crestmont (KM 572J)	S	10:00 am	-	2:00 pm	5200 Selinsky, 77048	(713) 733-2236
Hartman (KM 535C)	M - F	1:30 pm	-	6:00 pm	9311 E. Ave. P, 77012	(713) 928-4803
Mason (KM 535A)	Th	5:00 am	-	9:00 pm	541 South 75th, 77023	(713) 928-7055
Mason (KM 535A)	F	5:00 pm	-	8:00 pm	541 South 75th, 77023	(713) 928-7055
SOUTHWEST						
Alief (KM 529E)	M - Th	1:00 pm	-	9:00 pm	11903 Bellaire, 77072	(281) 564-8130
Alief (KM 529E)	F	1:00 pm	-	8:00 pm	11903 Bellaire, 77072	(281) 564-8130
Alief (KM 529E)	S	10:00 am	-	2:00 pm	11903 Bellaire, 77072	(281) 564-8130
Emancipation (KM 493Y)	M (Ladies Night)	6:00 pm	-	8:30 pm	3018 Emancipation Ave, 77004	(832) 395-7400
Emancipation (KM 493Y)	T - TH	6:00 pm	-	8:30 pm	3018 Emancipation Ave, 77004	(832) 395-7400
Emancipation (KM 493Y)	S	10:00 am	-	2:00 pm	3018 Emancipation Ave, 77004	(832) 395-7400
Hackberry (KM 528M)	M - F	10:00 am	-	8:00 pm	7777 S. Dairy Ashford, 77072	(832) 395-7626
Hackberry (KM 528M)	S	10:00 am	-	2:00 pm	7777 S. Dairy Ashford, 77072	(832) 395-7626
Marian (KM 530X)	M - Th	1:00 pm	-	8:30 pm	11101 South Gessner, 77071	(713) 773-7015
Marian (KM 530X)	F	1:00 pm	-	7:30 pm	11101 South Gessner, 77071	(713) 773-7015
Marian (KM 530X)	S	10:00 am	-	2:00 pm	11101 South Gessner, 77071	(713) 773-7015

ADULT BASKETBALL FREEPLAY

Sign up today to play one of the most popular and widely viewed sports in the world Basketball! There are a variety of basketball courts and games available for you to choose from. Check with individual community centers for more information.

NORTHEAST							
Melrose (KM 413T)	Freeplay BB	M - F	1:00 pm	-	3:00 pm	1001 Canino, 77076	(281) 447-0514
Melrose (KM 413T)	Freeplay BB	M & W	7:00 pm	-	9:00 pm	1001 Canino, 77076	(281) 447-0514
Melrose (KM 413T)	Freeplay VB	T	7:00 pm	-	9:00 pm	1001 Canino, 77076	(281) 447-0514
Melrose (KM 413T)	Freeplay BB	S	10:00 am	-	2:00 pm	1001 Canino, 77076	(281) 447-0514
Melrose (KM 413T)	Freeplay VB	Th	6:00 pm	-	9:00 pm	1001 Canino, 77076	(281) 447-0514
Melrose (KM 413T)	Freeplay VB	F	6:00 pm	-	8:00 pm	1001 Canino, 77076	(281) 447-0514
Moody (KM 453Y)	Freeplay BB	F	6:00 pm	-	8:00 pm	3725 Fulton, 77009	(832) 395-7645
Moody (KM 453Y)	Freeplay BB	S	10:00 am	-	2:00 pm	3725 Fulton, 77009	(832) 395-7645
Moody (KM 453Y)	Volleyball	T	7:00 pm	-	9:00 pm	3725 Fulton, 77009	(832) 395-7645
Selena Q Perez at Denver Harbor (KM 494H)	Freeplay BB-Adults	M&W	6:30 pm	-	9:00 pm	6402 Market, 77020	(832) 395-7640
Selena Q Perez at Denver Harbor (KM 494H)	Freeplay BB-Teens	T&Th	6:30 pm	-	9:00 pm	6402 Market, 77020	(832) 395-7640
Selena Q Perez at Denver Harbor (KM 494H)	Freeplay BB	F	6:30 pm	-	8:00 pm	6402 Market, 77020	(832) 395-7640
Tidwell (KM 454D)	Freeplay BB	M, W, F	1:00 pm	-	3:00 pm	9720 Spaulding, 77016	(713) 636-8221
Tidwell (KM 454D)	Freeplay BB	F	6:00 pm	-	8:00 pm	9720 Spaulding, 77016	(713) 636-8221
Tidwell (KM 454D)	Freeplay BB	S	10:00 am	-	2:00 pm	9720 Spaulding, 77016	(713) 636-8221
NORTHWEST							
Candlelight (KM 452E)	Freeplay BB	T - Th	6:00 pm	-	9:00 pm	1520 Candlelight, 77018	(713) 682-3587
Candlelight (KM 452E)	Freeplay BB	F	6:00 pm	-	8:00 pm	1520 Candlelight, 77018	(713) 682-3587
Candlelight (KM 452E)	Freeplay BB	S	10:00 am	-	2:00 pm	1520 Candlelight, 77018	(713) 682-3587
Fonde (KM 493K)	Ladies Night BB	Th	6:30 pm	-	9:00 pm	110 Sabine, 77007	(713) 226-4466
Fonde (KM 493K)	Pickleball	F	6:30 pm	-	8:30 pm	110 Sabine, 77007	(713) 226-4466
Fonde (KM 493K)	Volleyball	F	6:30 pm	-	8:30 pm	110 Sabine, 77007	(713) 226-4466
Fonde (KM 493K)	Freeplay Volleyball	T	6:00 pm	-	9:00 pm	110 Sabine, 77007	(713) 226-4466
Fonde (KM 493K)	Badminton	F	6:30 pm	-	8:30 pm	110 Sabine, 77007	(713) 226-4466
Fonde (KM 493K)	Freeplay BB	T & F	1:00 pm	-	6:00 pm	110 Sabine, 77007	(713) 226-4466
Fonde (KM 493K)	Freeplay BB	M, W & Th	1:00 pm	-	9:00 pm	110 Sabine, 77007	(713) 226-4466
Fonde (KM 493K)	Freeplay BB	S	3:00 pm	-	6:00 pm	110 Sabine, 77007	(713) 226-4466
Fonde (KM 493K)	Freeplay BB 18 & Under	T & Th	3:00 pm	-	6:00 pm	110 Sabine, 77007	(713) 226-4466
Freed (KM 451Y)	Freeplay BB	W	6:30 pm	-	9:00 pm	6818 Shady Villa, 77055	(832) 395-7611
Freed (KM 451Y)	Freeplay BB	F	1:00 pm	-	4:00 pm	6818 Shady Villa, 77055	(832) 395-7611
Judson Robinson, Jr (KM 533B)	Freeplay BB	M - Th	10:00 am	-	2:00 pm	2020 Hermann Dr., 77004	(832) 395-7626
Judson Robinson, Jr (KM 533B)	Freeplay BB	M - Th	6:00 pm	-	9:00 pm	2020 Hermann Dr., 77004	(832) 395-7626
Judson Robinson, Jr (KM 533B)	Freeplay BB	F	6:30 pm	-	8:00 pm	2020 Hermann Dr., 77004	(832) 395-7626
Judson Robinson, Jr (KM 533B)	Freeplay BB	S	10:00 am	-	2:00 pm	2020 Hermann Dr., 77004	(832) 395-7626
Kendall (KM 488C)	Freeplay BB	F	6:00 pm	-	8:00 pm	609 N. Eldridge, 77009	(832) 393-1893
Lincoln (KM 412Q)	Freeplay BB	M,W, & F	12:00 pm	-	3:00 pm	979 Grenshaw, 77088	(281) 445-1617
Lincoln (KM 412Q)	Freeplay BB	M & W	6:00 pm	-	8:00 pm	979 Grenshaw, 77088	(281) 445-1617
Lincoln (KM 412Q)	Freeplay BB	T & Th	7:00 pm	-	8:00 pm	979 Grenshaw, 77088	(281) 445-1617
Love (KM 452Z)	Freeplay BB	Th	6:00 pm	-	9:00 pm	1000 West 12th, 77008	(713) 867-0497
Love (KM 452Z)	Freeplay BB	F	6:00 pm	-	8:00 pm	1000 West 12th, 77008	(713) 867-0497
Love (KM 452Z)	Teen Freeplay BB	M & W	6:30 pm	-	8:30 pm	1000 West 12th, 77008	(713) 867-0497
Love (KM 452Z)	Senior BB	Th	6:00 pm	-	7:00 pm	1000 West 12th, 77008	(713) 867-0497
Love (KM 452Z)	Freeplay BB	S	10:00 am	-	2:00 pm	1000 West 12th, 77008	(713) 867-0497
Woodland (KM 493C)	Freeplay BB	M - Th	6:00 pm	-	9:00 pm	212 Parkview, 77009	(713) 867-0401
Woodland (KM 493C)	Freeplay BB	F	6:00 pm	-	8:00 pm	212 Parkview, 77009	(713) 867-0401
Woodland (KM 493C)	Freeplay BB	S	10:00 am	-	2:00 pm	212 Parkview, 77009	(713) 867-0401

NORTHWEST									
Love (KM 452Z)	Freeplay BB	M	6:00	pm	-	9:00	pm	1000 West 12th, 77008	(713) 867-0497
Love (KM 452Z)	Freeplay BB	T	8:00	pm	-	9:00	pm	1000 West 12th, 77008	(713) 867-0497
Love (KM 452Z)	Freeplay BB	F	7:00	pm	-	8:00	pm	1000 West 12th, 77008	(713) 867-0497
Love (KM 452Z)	Freeplay BB	S	10:00	am	-	2:00	pm	1000 West 12th, 77008	(713) 867-0497
Stude (KM 493E)	Freeplay BB	M - F	1:00	pm	-	3:00	pm	1031 Stude, 77009	(713) 867-0496
Stude (KM 493E)	Men's Night	T	6:15	pm	-	9:00	pm	1031 Stude, 77009	(713) 867-0496
Stude (KM 493E)	Women's Night	Th	6:15	pm	-	9:00	pm	1031 Stude, 77009	(713) 867-0496
Stude (KM 493E)	4 on 4 BB	S	12:00	pm	-	2:00	pm	1031 Stude, 77009	(713) 867-0496
Stude (KM 493E)	Freeplay BB	S	10:00	am	-	2:00	pm	1031 Stude, 77009	(713) 867-0496
Woodland (KM 493C)	Freeplay BB	S	10:00	am	-	2:00	pm	212 Parkview, 77009	(713) 867-0401
SOUTHEAST									
Hartman (KM 535C)	Freeplay BB	M & W	7:30	pm	-	9:00	pm	9311 Ave P, 77012	(713) 928-4803
Hartman (KM 535C)	Freeplay BB	M - F	1:00	pm	-	3:00	pm	9311 Ave P, 77012	(713) 928-4803
Hartman (KM 535C)	Freeplay BB	F	6:00	pm	-	8:00	pm	9311 Ave P, 77012	(713) 928-4803
Hartman (KM 535C)	Freeplay BB	S	10:00	am	-	2:00	pm	9311 Ave P, 77012	(713) 928-4803
Mason (KM 535A)	Freeplay BB	M, W, F	12:30	pm	-	2:30	pm	541 South 75th St, 77023	(713) 928-7055
Mason (KM 535A)	Freeplay BB	F	6:00	pm	-	8:00	pm	541 South 75th St, 77023	(713) 928-7055
Sagemont (KM 576Y)	Freeplay BB	M - Th	1:00	pm	-	3:00	pm	11507 Hughes Rd, 77089	(281) 922-2343
Sagemont (KM 576Y)	Freeplay BB	T	7:00	pm	-	9:00	pm	11507 Hughes Rd, 77089	(281) 922-2343
Sagemont (KM 576Y)	Freeplay BB	S	10:00	am	-	2:00	pm	11507 Hughes Rd, 77089	(281) 922-2343
SOUTHWEST									
Alief (KM 529E)	Freeplay BB	M - F	6:00	pm	-	7:00	pm	11903 Bellaire Blvd., 77072	(281) 564-8130
Alief (KM 529E)	Freeplay BB	S	10:00	am	-	2:00	pm	11903 Bellaire Blvd., 77072	(281) 564-8130
Burnett Bayland (KM 531B)	Freeplay BB	M - F	1:00	pm	-	6:00	pm	6200 Chimney Rock, 77081	(713) 668-4516
Burnett Bayland (KM 531B)	Freeplay BB	S	10:00	am	-	2:00	pm	6200 Chimney Rock, 77081	(713) 668-4516
Emancipation (KM 493Y)	Freeplay BB	M - F	6:00	pm	-	7:00	pm	3018 Emancipation Ave, 77004	(832) 395-7400
Emancipation (KM 493Y)	Freeplay BB	MW	7:00	pm	-	9:30	pm	3018 Emancipation Ave, 77004	(832) 395-7400
Emancipation (KM 493Y)	Freeplay Volleyball	Th	7:00	pm	-	8:30	pm	3018 Emancipation Ave, 77004	(832) 395-7400
Emancipation (KM 493Y)	Teen Freeplay BB	F	6:00	pm	-	8:00	pm	3018 Emancipation Ave, 77004	(832) 395-7400
Emancipation (KM 493Y)	Freeplay BB	M -F	10:00	am	-	2:00	pm	3018 Emancipation Ave, 77004	(832) 395-7400
Emancipation (KM 493Y)	Freeplay BB	S	10:00	am	-	2:00	pm	3018 Emancipation Ave, 77004	(832) 395-7400
Hackberry (KM 528M)	Freeplay BB	S	10:00	am	-	2:00	pm	7777 S. Dairy Ashford, 77072	(832) 395-7616
Marian (KM 530X)	Freeplay Volleyball	M - W	6:00	pm	-	8:00	pm	11101 South Gessner, 77071	(713) 773-7015
Marian (KM 530X)	Freeplay BB	F	12:00	pm	-	3:00	pm	11101 South Gessner, 77071	(713) 773-7015
Marian (KM 530X)	Freeplay BB	F	6:00	pm	-	7:30	pm	11101 South Gessner, 77071	(713) 773-7015
Marian (KM 530X)	Freeplay BB	S	10:00	am	-	2:00	pm	11101 South Gessner, 77071	(713) 773-7015
Sunnyside (KM 533X)	Freeplay BB	M - F	1:00	pm	-	3:00	pm	3502 Bellfort, 77051	(832) 395-7586
Sunnyside (KM 533X)	Freeplay BB	M & W	6:45	pm	-	8:45	pm	3502 Bellfort, 77051	(832) 395-7586
Sunnyside (KM 533X)	Freeplay BB Teen	T	6:45	pm	-	8:45	pm	3502 Bellfort, 77051	(832) 395-7586
Sunnyside (KM 533X)	Freeplay BB Teen	F	6:45	pm	-	7:45	pm	3502 Bellfort, 77051	(832) 395-7586
Sunnyside (KM 533X)	Freeplay BB	S	10:00	am	-	2:00	pm	3502 Bellfort, 77051	(832) 395-7586
Townwood (KM 572P)	Freeplay BB	M - F	1:00	pm	-	9:00	pm	3403 Simsbrook, 77045	(832) 395-7565
Townwood (KM 572P)	Freeplay BB	S	10:00	am	-	2:00	pm	3403 Simsbrook, 77045	(832) 395-7565

AEROBICS CLASSES

The Houston Parks and Recreation Department offers a variety of fitness opportunities to help keep Houstonians fit. We offer more than 100 miles of walking/jogging trails in and around our parks. In addition, there are exercise workstations located along some of our trails as well as indoor and outdoor basketball courts, outdoor tennis courts, swimming pools, disc golf courses, golf courses and community center fitness programs designed to meet the needs of all Houstonians. So if you're looking for a fun way to get fit check out HPARD's many offerings and workout at a park near you!

NORTHEAST								
Clark (KM 453B)	M - F	9:00	am	-	10:00	am	9718 Clark, 77076	(713) 742-1497
Clark (KM 453B)	M - Th	6:30	pm	-	7:30	pm	9718 Clark, 77076	(713) 742-1497
Kingwood (KM 297X)	T, Th & F	9:00	am	-	10:00	am	4102 Rustic Woods Drive, 77345	(281) 348-2570
Melrose (KM 413T)	M - F	6:00	pm	-	7:00	pm	1001 Canino, 77076	(281) 447-0514
NORTHWEST								
Fonde (KM 493K)	T - Th	12:00	pm	-	1:00	pm	110 Sabine, 77007	(713) 226-4466
Freed (KM 451Y)	M - Th	5:30	pm	-	6:30	pm	6818 Shady Villa, 77055	(832) 395-7611
Highland (KM 451D)	M - Th	6:30	pm	-	7:30	pm	3316 DeSoto, 77091	(713) 956-9137
J. Robinson, Jr. (KM 533B)	M & W	6:00	pm	-	7:00	pm	2020 Hermann Dr., 77004	(832) 395-7626
SOUTHEAST								
DeZavala (KM 495S)	M - W	6:00	pm	-	7:00	pm	907 76th Street, 77012	(713) 923-5163
Eastwood (KM 494T)	M - Th	6:00	pm	-	7:00	pm	5020 Harrisburg, 77011	(713) 928-4801
Garden Villas (KM 535W)	M, W, & F	8:30	am	-	10:00	am	6720 S. Haywood, 77061	(713) 847-5168
Hartman (KM 535C)	M - Th	6:30	pm	-	7:30	pm	9311 E. Ave. P., 77012	(713) 928-4803
Hartman (KM 535C)	M - Th	11:30	am	-	12:30	pm	9311 E. Ave. P., 77012	(713) 928-4803
Mason (KM 535A)	T - Th	8:30	am	-	9:30	am	541 S. 75th, 77023	(713) 928-7055
Mason (KM 535A)	M - Th	6:00	pm	-	7:00	pm	541 S. 75th, 77023	(713) 928-7055
SOUTHWEST								
Alief (KM 529E)	M, W, & F	10:00	am	-	11:00	am	11903 Bellaire, 77072	(281) 564-8130
Burnett Bayland (KM 531B)	M & W	6:00	pm	-	7:00	pm	6200 Chimney Rock, 77081	(713) 668-4516
Emancipation (KM 493Y)	M & W	6:00	pm	-	7:00	pm	3018 Emancipation Ave., 77004	(832) 395-7400
Hackberry (KM 528M)	T & Th	6:00	pm	-	7:00	pm	7777 S. Dairy Ashford, 77072	(832) 395-7616
Marian (KM 530X)	M - Th	6:00	pm	-	7:00	pm	11101 South Gessner, 77071	(713) 773-7015
Platou (KM 571B)	T & Th	6:00	pm	-	7:00	pm	11655 Chimney Rock, 77053	(713) 726-7107
Sunnyside (KM 533X)	M, W, & Th	5:30	pm	-	6:30	pm	3502 Bellfort, 77051	(832) 395-7586
Townwood (KM 572P)	M, T, & Th	6:00	pm	-	7:50	pm	3403 Simsbrook, 77045	(832) 395-7565
Windsor Village (KM 571 P)	M - Th	6:00	pm	-	7:00	pm	14441 Croquet, 77085	(713) 726-7113

Adult Aerobics Muscle Toning

This class focuses on increasing strength and improving muscle tone, which will help you burn calories even while you're not working out! The class uses weights, bands, bars and step platform. Check with individual community center for more information. All classes are FREE unless otherwise noted.

SOUTHWEST								
Hackberry (KM 528M)	M - F	10:15	am	-	11:15	am	7777 S. Dairy Ashford, 77072	(832) 395-7616
Sunnyside (KM 533X)	F	5:30	pm	-	6:00	pm	3502 Bellfort, 77051	(832) 395-7586
SOUTHEAST								
Sagemont (KM 576Y)	M & W	12:00	pm	-	1:00	pm	11507 Hughes, 77089	(281) 922-2343

ADULT STEP AEROBICS

Burn off those unwanted pounds in step aerobics classes for adults. Step classes are available for all levels. Classes range from medium intensity cardio workouts focusing on simple step routines to highly choreographed step routines for the advanced stepper, frequent exerciser, or experienced dancer. Check with the individual community center for more information. All classes are FREE unless otherwise noted.

Ages:	18 - Older
Registration:	Ongoing
Program Dates:	Year round
Times:	Varies by Community Center
Information:	Contact Community Center

NORTHEAST							
Clark (KM 453B)	M - F	10:00	am	-	11:00	am	9718 Clark, 77076	(713) 742-1497
Clark (KM 453B)	M - F	6:00	pm	-	7:00	pm	9718 Clark, 77076	(713) 742-1497
Finnigan (KM 494H)	T & Th	6:00	pm	-	7:00	pm	4900 Providence, 77020	(713) 678-7385
Melrose (KM 413T)	M, W & F	9:00	am	-	10:00	am	1001 Canino, 77076	(281) 447-0514
Shady Lane (KM 414W)	T & W	9:00	am	-	10:30	am	10220 Shady Lane, 77093	(713) 742-1503
Shady Lane (KM 414W)	M - F	10:00	am	-	11:00	am	10220 Shady Lane, 77093	(713) 742-1503
NORTHWEST								
Freed (KM 451Y)	M, T, W & Th	5:30	pm	-	6:30	pm	6818 Shady Villa, 77055	(832) 395-7611
J. Robinson, Jr. (KM 533B)	T, W & Th (Sr Program)	9:00	am	-	10:00	am	2020 Hermann Dr., 77004	(832) 395-7626
SOUTHEAST								
Crestmont (KM 574J)	M & F	6:30	pm	-	8:00	pm	5200 Selinsky, 77048	(713) 733-2236
Crestmont (KM 574J)	M & W	7:00	pm	-	8:00	pm	5200 Selinsky, 77048	(713) 733-2236
Edgewood (KM 534X)	M – Th	6:30	pm	-	7:30	pm	5803 Bellfort, 77033	(713) 734-8434
Hartman (KM 535C)	T, W & Th (Sr Program)	9:00	am	-	10:00	am	9311 E. Ave P, 77012	(713) 928-4803
Meadowcreek (KM 535A)	M, T & W	10:00	am	-	11:30	am	5333 Berry Creek, 7701	(713) 946-9020
SOUTHWEST								
Alief (KM529E)	F	6:00	pm	-	7:00	pm	11903 Bellaire Blvd., 77072	(281) 564-8130
Kendall (KM 488C)	W	6:00	pm	-	8:00	pm	609 N. Eldridge, 77079	(832) 393-1898
Lansdale (KM530K)	M & W	6:00	pm	-	7:00	pm	8201 Roos, 77036	(713) 272-3668
Sunnyside (KM 533X)	T & Th	5:30	pm	-	6:30	pm	3502 Bellfort, 77051	(832) 395-7686
Townwood (KM 572P)	M, T, & Th	6:00	pm	-	7:50	pm	3403 Simsbrook, 77045	(832) 395-7565
Townwood (KM 572P)	M & W	1:00	pm	-	2:00	pm	3403 Simsbrook, 77045	(832) 395-7565
Townwood (KM 572P)	M - F	1:00	pm	-	2:00	pm	3403 Simsbrook, 77045	(832) 395-7565
Windsor Village (KM 571P)	M – Th	6:00	pm	-	7:00	pm	14441 Croquet, 77085	(713) 726-7113

FITNESS CLASSES

Houston, let's get moving! Join a fitness class at your local community center. Activities include: weight training, aerobics and circuit training. Classes vary by community center and are for 18 years and older. Contact your local center for more information.

NORTHEAST								
Clinton (KM495V)	Senior Fitness	T & Th	10:00 am	-	11:00 am	200 Mississippi, 77029	(713) 673-0955
Finnigan (KM494H)	Zumba	M	6:00 pm	-	7:00 pm	4900 Providence, 77020	(713) 678-7385
Hobart Taylor (KM 455Q)	Line Dance	M	10:00 am	-	11:30 am	8100 Kenton, 77028	(832) 395-7621
Hobart Taylor (KM 455Q)	Zumba	F	6:00 pm	-	7:00 pm	8100 Kenton, 77028	(832) 395-7621
Judson Robinson Sr (KM 495L)	Line Dance	F	10:00 am	-	12:00 am	1422 Ledwicke, 77029	(713) 674-2401
Kingwood (KM 296X)	Chair Yoga	M, W	9:00 am	-	10:00 am	4102 Rustic Woods Dr, 77345	(281) 348-2570
Kingwood (KM 296X)	Tai Chi	M, Th	6:00 pm	-	8:00 am	4102 Rustic Woods Dr, 77345	(281) 348-2570
Kingwood (KM 296X)	Beginner Line Dancing	T, Th	2:00 pm	-	3:15 pm	4102 Rustic Woods Dr, 77345	(281) 348-2570
Kingwood (KM 296X)	Advanced Line Dancing	T, Th	3:30 pm	-	4:15 pm	4102 Rustic Woods Dr, 77345	(281) 348-2570
Kingwood (KM 296X)	Zumba	W	7:00 pm	-	8:00 pm	4102 Rustic Woods Dr, 77345	(281) 348-2570
Lakewood (KM 455G)	Senior Fitness	M, W, & T	10:00 am	-	11:00 am	8811 Feland, 77028	(713) 636-8217
Lakewood (KM 455G)	Line Dance	T	1:00 pm	-	3:00 pm	8811 Feland, 77028	(713) 636-8217
Lakewood (KM 455G)	Line Dance	Th	6:00 pm	-	7:00 pm	8811 Feland, 77028	(713) 636-8217
Melrose (KM 413T)	Adult Fitness	M - F	9:00 am	-	10:00 am	1001 Canino, 77076	(281) 447-0514
Melrose (KM 413T)	Senior Fitness	M & W	6:00 pm	-	7:00 pm	1001 Canino, 77076	(281) 447-0514
Melrose (KM 413T)	Freeplay Volleyball	T	7:00 pm	-	9:00 pm	1001 Canino, 77076	(281) 447-0514
Moody (KM 453Y)	Boot Camp	T & Th	7:00 pm	-	9:00 pm	3725 Fulton, 77009	(832) 395-7645
Moody (KM 453Y)	Aztec Dance	M & W	7:00 pm	-	8:30 pm	3725 Fulton, 77009	(832) 395-7645
Moody (KM 453Y)	55+ Fitness Group	M, W, & F	12:00 pm	-	12:45 pm	3725 Fulton, 77009	(832) 395-7645
Moody (KM 453Y)	Noon Fitness	M, W & Th	11:15 am	-	12:00 pm	3725 Fulton, 77009	(832) 395-7645
Selena Q Perez/Denver Harbor (KM 494H)	Dance Aerobics	T - F	11:30 am	-	1:00 pm	6402 Market, 77020	(832) 395-7640
Selena Q Perez/Denver Harbor (KM 494H)	Zumba	M - Th	1:30 pm	-	2:30 pm	6402 Market, 77020	(832) 395-7640
Shady Lane (KM 414W)	Zumba	M, T, W, & F	9:00 am	-	10:00 am	10220 Shady Lane, 77093	(713) 742-1503
Shady Lane (KM 414W)	Zumba	M - Th	6:00 pm	-	7:00 pm	10220 Shady Lane, 77093	(713) 742-1503
Tidwell (KM 454D)	Pickle Ball	T	10:00 am	-	12:00 pm	9720 Spaulding, 77016	(713) 636-8221
Tidwell (KM 454D)	Table Tennis	T - W	10:00 am	-	11:30 am	9720 Spaulding, 77016	(713) 636-8221
Tidwell (KM 454D)	Pickle Ball	Th	1:00 pm	-	3:00 pm	9720 Spaulding, 77016	(713) 636-8221
Tidwell (KM 454D)	Line Dancing	Th	6:30 pm	-	8:00 pm	9720 Spaulding, 77016	(713) 636-8221
Tidwell (KM 454D)	Line Dancing	S	12:30 pm	-	2:00 pm	9720 Spaulding, 77016	(713) 636-8221
Tidwell (KM 454D)	Power Exercise	T & Th	9:00 am	-	10:00 am	9720 Spaulding, 77016	(713) 636-8221
Tidwell (KM 454D)	Senior Exercise	M, W, & F	11:30 am	-	1:00 pm	9720 Spaulding, 77016	(713) 636-8221
Tuffly (KM 454X)	Adult Fitness	M, W	6:00 pm	-	7:00 pm	3200 Russell Street, 77026	(713) 674-2355
NORTHWEST							
Fonde (KM 493K)	Senior Pickleball	S	11:00 am	-	1:00 pm	110 Sabine, 77007	(713) 226-4466
Fonde (KM 493K)	Adult Badminton	F	6:00 pm	-	9:00 pm	110 Sabine, 77007	(713) 226-4466
Fonde (KM 493K)	Youth Badminton	S	9:00 am	-	11:00 am	110 Sabine, 77007	(713) 226-4466
Fonde (KM 493K)	Adult Yoga	T & Th	5:00 pm	-	6:00 pm	110 Sabine, 77007	(713) 226-4466
Fonde (KM 493K)	Hip Hop Cardio	T & Th	6:00 pm	-	7:00 pm	110 Sabine, 77007	(713) 226-4466
Fonde (KM 493K)	Power Fit	M & W	6:00 pm	-	7:00 pm	110 Sabine, 77007	(713) 226-4466
Freed (KM 451Y)	Pickle Ball	M	1:30 pm	-	3:00 pm	6818 Shady Villa, 77055	(713) 682-4467
Freed (KM 451Y)	Pickle Ball	F	4:30 pm	-	7:40 pm	6818 Shady Villa, 77055	(713) 682-4467
Freed (KM 451Y)	Zumba	Th	5:30 pm	-	6:30 pm	6818 Shady Villa, 77055	(713) 682-4467
Freed (KM 451Y)	Adult Fitness	T, Th	6:30 pm	-	8:00 pm	6818 Shady Villa, 77055	(713) 682-4467
Freed (KM 451Y)	Adult Badminton	M	6:30 pm	-	8:45 pm	6818 Shady Villa, 77055	(713) 682-4467
Freed (KM 451Y)	Senior Fitness	M - W	10:00 am	-	11:00 am	6818 Shady Villa, 77055	(713) 682-4467
Freed (KM 451Y)	Beginners Line Dance	T	11:00 am	-	12:00 pm	6818 Shady Villa, 77055	(713) 682-4467
Freed (KM 451Y)	Karate	S	9:00 am	-	12:00 pm	6818 Shady Villa, 77055	(713) 682-4467
Highland (KM451D)	Youth Dance	M-Th	6:00 pm	-	7:00 pm	3316 DeSoto, 77091	(713) 956-9137
Highland (KM451D)	Girls with Purpose Dance	T-Th	6:00 pm	-	7:00 pm	3316 DeSoto, 77091	(713) 956-9137
Judson Robinson, Jr (KM 533B)	Beginning Line Dance	M	6:00 pm	-	7:30 pm	2020 Hermann Dr., 77004	(832) 395-7626
Judson Robinson, Jr (KM 533B) *	Adult Aerobics	M & W	6:00 pm	-	7:00 pm	2020 Hermann Dr., 77004	(832) 395-7626
Judson Robinson, Jr (KM 533B)	Karate (Youth)	M & W	6:00 pm	-	6:50 pm	2020 Hermann Dr., 77004	(832) 395-7626
Judson Robinson, Jr (KM 533B)	Karate (Adult)	M & W	7:00 pm	-	8:00 pm	2020 Hermann Dr., 77004	(832) 395-7626
Judson Robinson, Jr (KM 533B)	Circuit Training	T & Th	9:00 am	-	10:00 am	2020 Hermann Dr., 77004	(832) 395-7626
Judson Robinson, Jr (KM 533B)	Circuit Training	Th	5:30 pm	-	6:30 pm	2020 Hermann Dr., 77004	(832) 395-7626
Judson Robinson, Jr (KM 533B)	Open Volleyball	Th	6:30 pm	-	9:00 pm	2020 Hermann Dr., 77004	(832) 395-7626

Judson Robinson, Jr (KM 533B)	Sr. Fitness	M, W & Th	9:00	am	-	10:00	am	2020 Hermann Dr., 77004	(832) 395-7626
Judson Robinson, Jr (KM 533B)	Teen Night	F	6:00	pm	-	7:30	pm	2020 Hermann Dr., 77004	(832) 395-7626
Judson Robinson, Jr (KM 533B)	Pickleball	F	9:00	am	-	12:00	pm	2020 Hermann Dr., 77004	(832) 395-7626
Judson Robinson, Jr (KM 533B)	Line Dance	F	9:00	am	-	12:00	pm	2020 Hermann Dr., 77004	(832) 395-7626
Kendall (KM 488C)	Integral Tai Chi	M & W	6:00	pm	-	8:00	pm	609 N. Eldridge, 77079	(832) 393-1898
Kendall (KM 488C)	Swing Out Class	M	6:00	pm	-	8:00	pm	609 N. Eldridge, 77079	(832) 393-1898
Kendall (KM 488C)	Adult Line Dancing	M	12:30	pm	-	2:30	pm	609 N. Eldridge, 77079	(832) 393-1898
Kendall (KM 488C)	All Age Boxing Fundamentals	W	6:00	pm	-	8:80	pm	609 N. Eldridge, 77079	(832) 393-1898
Kendall (KM 488C)	Adult Zumba	S	12:00	pm	-	1:00	pm	609 N. Eldridge, 77079	(832) 393-1898
Kendall (KM 488C)	Badminton	T & Th	6:00	pm	-	7:00	pm	609 N. Eldridge, 77079	(832) 393-1898
Kendall (KM 488C)	Line Dance	F	12:00	pm	-	2:00	pm	609 N. Eldridge, 77079	(832) 393-1898
Kendall (KM 488C)	Community Bike Social Ride	T	6:00	pm	-	8:00	pm	609 N. Eldridge, 77079	(832) 393-1898
Kendall (KM 488C)	Yoga	Th	6:30	pm	-	7:30	pm	609 N. Eldridge, 77079	(832) 393-1898
Kendall (KM 488C)	Tai Chi	F	10:00	am	-	12:00	am	609 N. Eldridge, 77079	(832) 393-1898
Lincoln (KM 412Q	Line Dance	M	10:00	am	-	6:15	pm	979 Grenshaw, 77088	(281) 445-1617
Lincoln (KM 412Q	Line Dance	F	12:00	pm	-	2:00	pm	979 Grenshaw, 77088	(281) 445-1617
Lincoln (KM 412Q)	Senior Fitness	T & Th	10:30	am	-	11:30	am	979 Grenshaw, 77088	(281) 445-1617
Lincoln (KM 412Q)	Adult Fitness	T & Th	10:30	am	-	11:30	am	979 Grenshaw, 77088	(281) 445-1617
Lincoln (KM 412Q	Yoga	W & F	9:30	am	-	10:30	am	979 Grenshaw, 77088	(281) 445-1617
Lincoln (KM 412Q)	Adult Zumba	Th	9:30	am	-	10:30	am	979 Grenshaw, 77088	(281) 445-1617
Love (KM 452Z)	Weight Training	M - Th	7:00	pm	-	9:00	pm	1000 W 12th St, 77008	(713) 867-0497
Montie Beach (KM 453X)	Zumba	T & Th	6:00	pm	-	7:00	pm	915 Northwood, 77009	(713) 864-6820
Proctor Plaza (KM 453X)	Cheerleading	M	5:30	pm	-	8:00	pm	803 W Temple, 77009	(713) 862-6907
Proctor Plaza (KM 453X)	Tai Chi	W	11:30	am	-	12:30	pm	803 W Temple, 77009	(713) 862-6907
Proctor Plaza (KM 453X)	Dance	W	5:30	pm	-	7:00	pm	803 W Temple, 77009	(713) 862-6907
R L & Cora Johnson (KM 450A)	Adult Fitness	M, W, & F	5:45	pm	-	6:45	pm	9920 Porto Rico, 77041	(713) 895-6141
R L & Cora Johnson (KM 450A)	Adult Fitness	T & Th	5:45	pm	-	6:45	pm	9920 Porto Rico, 77041	(713) 895-6141
Stude (KM 493E)	Zumba	M	6:00	pm	-	7:00	pm	1031 Stude, 77009	(713) 867-0496

SOUTHEAST									
Bessie Swindle (KM 573L)	Adult Line Dancing	T	9:00	am	-	1:00	pm	11800 Scott, 77047	(713) 773-4581
Beverly Hills (KM 576S)	Senior Aerobics	M & W	10:30	am	-	11:30	am	10201 Kingspoint, 77075	(713) 948-9065
Beverly Hills (KM 576S)	Senior Fitness	T & F	10:30	am	-	11:30	am	10201 Kingspoint, 77075	(713) 948-9065
Charlton (KM 535P)	Challenge Keep Fit	M- F	8:30	am	-	10:30	am	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Self Fit for Seniors	T & F	10:30	am	-	11:30	am	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Zumba	T & Th	10:00	am	-	1:00	pm	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Stay Active (Outdoor Fitness)	M - F	8:30	am	-	10:00	am	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Zumba Fit	M, W & Th	6:30	pm	-	8:00	pm	8200 Park Place, 77017	(713) 645-3589
Crestmont (KM 574J)	Seniorsize	W	10:00	am	-	11:00	am	5200 Selinsky, 77048	(713) 733-2236
Crestmont (KM 574J)	Low-Impact	M & W	6:30	pm	-	7:30	pm	5200 Selinsky, 77048	(713) 733-2236
DeZavala (KM 535C)	Urban Workout	M, W, & F	10:00	am	-	11:30	am	907 76th Street, 77012	(713) 923-5163
DeZavala (KM 535C)	Bachata Aerobics	Th	6:00	pm	-	7:00	pm	907 76th Street, 77012	(713) 923-5163
Eastwood (KM494T)	Boot Camp	T & Th	6:15	pm	-	7:00	pm	5020 Harrisburg, 77011	(713) 928-4801
Garden Villas (KM 535W)	Adult Fitness	M & T	7:00	pm	-	8:00	pm	6720 S. Haywood, 77061	(713) 847-5168
Garden Villas (KM 535W)	Adult Softball	W	6:30	pm	-	8:00	pm	6720 S. Haywood, 77061	(713) 847-5168
Garden Villas (KM 535W)	Senior Fitness	M, T & Th	9:00	pm	-	10:00	pm	6720 S. Haywood, 77061	(713) 847-5168
Garden Villas (KM 535W)	Teen Sports	T	6:30	pm	-	7:30	pm	6720 S. Haywood, 77061	(713) 847-5168
Garden Villas (KM 535W)	Adult Aerobics	F	6:00	pm	-	7:00	pm	6720 S. Haywood, 77061	(713) 847-5168
Garden Villas (KM 535W)	Soccer Futbolito	Th	6:30	pm	-	8:00	pm	6720 S. Haywood, 77061	(713) 847-5168
Hartman (KM 535C)	Cardio & Weights	T, Th	6:00	pm	-	7:00	pm	9311 E. Avenue P, 77012	(713) 928-4805
Ingrando (KM 535F)	Adult Fitness	T - Th	6:30	pm	-	7:30	pm	7302 Keller, 77012	(713) 643-4764
Ingrando (KM 535F)	Adult Aerobics	M - Th	6:30	pm	-	7:30	pm	7302 Keller, 77012	(713) 643-4764
Meadowcreek (KM 536S)	Zumba	M, T, & W	6:00	pm	-	7:15	pm	5333 Berry Creek, 77017	(713) 946-9020
Meadowcreek (KM 536S)	Line Dance	T	9:00	am	-	1:00	pm	5333 Berry Creek, 77017	(713) 946-9020
Sagemont (576Y)	Zumba	M & W	6:30	pm	-	7:30	pm	11507 Hughes, 77089	(281) 922-2343
Sagemont (576Y)	Boot Camp	M & W	6:15	pm	-	7:15	pm	11507 Hughes, 77089	(281) 922-2343
Sagemont (576Y)	Taekwondo	T & Th	7:00	pm	-	8:00	pm	11507 Hughes, 77089	(281) 922-2343
SOUTHWEST									
Cherryhurst (492V)	Chess Club (Mind Fitness)	T	6:00	pm	-	7:00	pm	1700 Missouri., 77006	(713) 284-1992
Cherryhurst (492V)	Chess Club (Mind Fitness)	M & W	6:00	pm	-	8:00	pm	1700 Missouri., 77006	(713) 284-1992
Emancipation (KM493Y)	Sr. Fitness	T & Th	9:00	am	-	10:00	am	3018 Emancipation Ave., 77004	(832) 395-7400
Emancipation (KM493Y)	Line Dance	T	6:00	pm	-	7:30	pm	3018 Emancipation Ave., 77004	(832) 395-7400
Emancipation (KM493Y)	Yoga	Th	6:00	pm	-	7:00	pm	3018 Emancipation Ave., 77004	(832) 395-7400
Hackberry (KM 528M)	Zumba Fitness	M - F	10:15	am	-	11:15	am	7777 S. Dairy Ashford, 77072	(832) 395-7616
Hackberry (KM 528M)	Zumba/Step Aerobics	M - F	5:45	pm	-	6:45	pm	7777 S. Dairy Ashford, 77072	(832) 395-7616
Hackberry (KM 528M)	Boxing	M, W, & F	6:30	pm	-	7:45	pm	7777 S. Dairy Ashford, 77072	(832) 395-7616
Hackberry (KM 528M)	Cardio Line Dance	T & Th	6:45	pm	-	7:45	pm	7777 S. Dairy Ashford, 77072	(832) 395-7616
Hackberry (KM 528M)	Senior Tai Chi	Th	4:30	pm	-	5:30	pm	7777 S. Dairy Ashford, 77072	(832) 395-7616
Hackberry (KM 528M)	Insanity Fitness	1st Sat of month	10:30	am	-	11:30	am	7777 S. Dairy Ashford, 77072	(832) 395-7616
Lansdale (KM 530K)	Senior Fitness	M & W	6:00	pm	-	7:00	pm	8201 Roos, 77036	(713) 272-3668
Lansdale (KM 530K)	Table Tennis	Th	6:30	pm	-	8:00	pm	8201 Roos, 77036	(713) 272-3668
Linkwood (KM530K)	Yoga	M & W	6:30	pm	-	7:30	pm	3699 Norris, 77025	(713) 314-3107
Marian (KM 530X)	Tap	M	6:00	pm	-	8:30	pm	11101 S Gessner, 77071	(713) 773-7015
Marian (KM 530X)	Line Dance	S	9:00	am	-	10:00	am	11101 S Gessner, 77071	(713) 773-7015
Marian (KM 530X)	Circuit Training	T & Th	6:30	pm	-	7:30	pm	11101 S Gessner, 77071	(713) 773-7015
Marian (KM 530X)	Zumba	F	6:00	pm	-	7:30	pm	11101 S Gessner, 77071	(713) 773-7015
Platou (KM 571B)	Ball Room Dancing	M & W	7:00	pm	-	8:00	pm	11655 Chimney Rock, 77053	(713) 726-7107
River Oaks (KM492T)	Tai Chi	T & Th	6:00	pm	-	8:00	pm	3600 Locke Lane., 77027	(713) 622-5998
Sharpstown (KM 530F)	Adult Fitness	M & W	5:30	pm	-	6:30	pm	6600 Harbor Town, 77036	(832) 395-7605
Sharpstown (KM 530F)	Tai Chi	M	5:00	pm	-	8:00	pm	6600 Harbor Town, 77036	(832) 395-7605
Sharpstown (KM 530F)	Tai Chi	T	2:00	pm	-	5:00	pm	6600 Harbor Town, 77036	(832) 395-7605
Sharpstown (KM 530F)	Tai Chi	T	5:30	pm	-	8:00	pm	6600 Harbor Town, 77036	(832) 395-7605
Sharpstown (KM 530F)	Asian Health Dance	W	1:00	pm	-	3:00	pm	6600 Harbor Town, 77036	(832) 395-7605
Sharpstown (KM 530F)	Senior Stretching	T & Th	5:30	pm	-	6:30	pm	6600 Harbor Town, 77036	(832) 395-7605
Sunnyside (KM 533X)	Adult Line Dance	W	6:00	pm	-	8:30	pm	3502 Bellfort, 77051	(832) 365-7605
Sunnyside (KM 533X)	Line Dance	M	9:00	am	-	10:30	am	3502 Bellfort, 77051	(832) 395-7586
Sunnyside (KM 533X)	Boot Camp	T & F	5:30	pm	-	6:45	pm	3502 Bellfort, 77051	(832) 395-7586
Sunnyside (KM 533X)	Solid Gold Soul (Open Gym 35 +)	W	6:45	pm	-	8:30	pm	3502 Bellfort, 77051	(832) 395-7586
Sunnyside (KM 533X)	Line Dance	W	5:30	pm	-	6:45	pm	3502 Bellfort, 77051	(832) 395-7586
Townwood (KM 572P)	Pickle Ball	M	10:00	am	-	12:30	pm	3403 Simsbrook, 77045	(832) 395-7565
Townwood (KM 572P)	Line Dance	M	6:00	pm	-	8:00	pm	3403 Simsbrook, 77045	(832) 395-7565
Townwood (KM 572P)	Morning Stretch	M & W	10:00	am	-	10:50	am	3403 Simsbrook, 77045	(832) 395-7565
Windsor Village (KM 571P)	Sr. Fitness	M & W	11:30	am	-	12:30	pm	14441 Croquet, 77075	(713) 726-7113
Windsor Village (KM 571P)	Adult Fitness	T & Th	6:00	pm	-	7:00	pm	14441 Croquet, 77075	(713) 726-7113

ADULT WALKING CLUBS

Get fit while enjoying the sights of your neighborhood by joining a walking club. Contact your local community center for details on this year-round FREE program.

NORTHEAST								
Clark (KM 453B)	M - F	6:00	am	-	12:00	pm	9718 Clark, 77076	(713) 742-1497
Clinton (KM 495U)	M - F	4:00	pm	-	7:00	pm	200 Mississippi, 77029	(713) 673-0955
Finnigan (KM 494H)	M - W	9:00	am	-	10:00	am	4900 Providence, 77020	(713) 678-7385
Hobart Taylor (KM 455Q)	M - F	8:00	am	-	11:00	am	8100 Kenton, 77028	(832) 395-7621
Lakewood (KM 455G)	M - F	6:00	pm	-	7:00	pm	8811 Feland, 77028	(713) 636-8217
Melrose (KM413T)	T - Th	6:00	pm	-	7:00	pm	1001 Canino, 77076	(281) 447-0514
Selena Quintanilla Perez (KM 494H)	M - F	10:00	am	-	11:00	pm	6402 Market, 77020	(832) 395-7640
Shady Lane (KM 414W)	M - F	8:00	am	-	11:00	am	10220 Shady Lane, 77093	(713) 742-1503
Shady Lane (KM 414W)	M - F	4:00	pm	-	8:00	pm	10220 Shady Lane, 77093	(713) 742-1503
Swiney (KM 494J)	M -Th	6:30	pm	-	7:30	pm	2812 Cline, 77009	(713) 238-2197
Tidwell (KM 454D)	M, W & F	10:00	am	-	11:00	am	9720 Spaulding, 77016	(713) 636-8221
Tidwell (KM 454D)	M, W & F	6:00	pm	-	7:00	pm	9720 Spaulding, 77016	(713) 636-8221
NORTHWEST								
Candlelight (KM 452E)	M - F	6:00	pm	-	8:00	pm	1520 Candlelight,77018	(713) 682-3587
Freed (KM 451Y)	M - F	5:00	pm	-	7:00	pm	6818 Shady Villa, 77055	(832) 395-7611
Highland (KM 451D)	M - Th	8:30	am	-	9:30	am	3316 DeSoto, 77091	(713) 956-9137
Independence Heights (KM 453N)	M & W	6:00	pm	-	7:00	pm	603 East 35th, 77022	(713) 867-0373
Judson Robinson, Jr. (KM 533B)	M, W & F	8:30	am	-	9:30	am	2020 Hermann Dr., 77004	(832) 395-7626
Kendall (KM 488C)	M, W, & F	1:00	pm	-	3:00	pm	609 N Eldridge, 77079	(832) 393-1897
Lincoln City (KM 412Q)	M - F	8:30	am	-	11:30	am	979 Grenshaw, 77088	(281) 445-1617
Lincoln City (KM 412Q)	M - Th	6:30	pm	-	8:30	pm	979 Grenshaw, 77088	(281) 445-1617
Love (KM 452Z)	M - F	1:00	pm	-	2:00	pm	1000 West 12th, 77008	(713) 867-0497
Montie Beach (KM 453X)	M - Th	7:00	pm	-	8:00	pm	915 Northwood, 77009	(713) 864-6820
Proctor Plaza (KM 453X)	M, T, & Th	5:00	pm	-	6:00	pm	803 West Temple, 77009	(713) 862-6907
R L & Cora Johnson (KM 450A)	T & Th	5:30	pm	-	6:00	pm	9920 Porto Rico, 77041	(713) 895-6141
R L & Cora Johnson (KM 450A)	M, W, & F	8:30	am	-	9:00	am	9920 Porto Rico, 77041	(713) 895-6141
Stude (KM 493B)	T & F	8:00	am	-	9:00	am	1031 Stude, 77009	(713) 867-0497
Woodland (KM 493C)	M - F	6:00	pm	-	8:00	pm	212 Parkview, 77009	(713) 867-0401
SOUTHEAST								
Bessie Swindle (KM 573L)	M - F	10:00	am	-	11:30	am	11800 Scott, 77047	(713) 733-4581
Beverly Hills (KM 576S)	M & W	5:00	pm	-	6:00	pm	10201 Kingspoint, 77075	(713) 948-9065
Charlton (KM 535P)	T & Th	9:00	am	-	10:00	am	8200 Park Place Blvd, 77017	(713) 645-3589
Crestmont (KM 455G)	M, W & F	6:00	pm	-	7:00	pm	5200 Selinsky, 77048	(713) 733-2236
DeZavala (KM 495S)	W	6:00	pm	-	7:00	pm	7521 Ave. H, 77012	(713) 923-5163
Crestmont (KM 455G)	M - Th	7:00	am	-	9:30	am	5200 Selinsky, 77048	(713) 733-2236
DeZavala (KM 495S)	M - F	7:30	am	-	9:00	am	907 76th, 77012	(713) 923-5163
DeZavala (KM 495S)	M - F	6:00	pm	-	8:00	pm	907 76th, 77012	(713) 923-5163
DeZavala (KM 495S)	T	8:00	am	-	9:00	am	907 76th, 77012	(713) 923-5163
DeZavala (KM 495S)	W	6:00	pm	-	7:00	pm	907 76th, 77012	(713) 923-5163
Eastwood (KM 494T)	M, T, & W	6:00	pm	-	7:00	pm	5020 Harrisburg,77011	(713) 734-8434
Eastwood (KM 494T)	M, W, & F	8:30	am	-	9:30	am	5020 Harrisburg, 77011	(713) 928-4801
Edgewood (KM 534X)	W & F	6:30	pm	-	7:00	pm	5803 Bellfort, 77033	(713) 734-8434
Garden Villas (KM 535W)	M - F	6:00	pm	-	8:00	pm	6720 S Haywood, 77061	(713) 847-5168
Hartman (KM 535C)	M, W, & F	5:00	pm	-	6:00	pm	9311 E Ave P, 77012	(713) 928-4803
Ingrando (KM 535F)	M - F	8:00	am	-	11:00	am	7302 Keller, 77012	(713) 643-4764
MacGregor (KM 534E)	T & Th	9:00	am	-	10:00	am	5225 Calhoun, 77021	(713) 747-8650

SOUTHEAST (continued)							
Mason (KM 535A)	M - TH	7:00	am	-	8:30	am	541 South 75th, 77023	(713) 928-7055
Meadowcreek (KM 536S)	M, W & F	5:30	pm	-	6:30	pm	5333 Berry Creek, 77017	(713) 946-9020
Sagemont (KM 576Y)	M - F	7:00	am	-	11:00	am	11507 Hughes, 77089	(281) 922-2343
Sagemont (KM 576Y)	M - F	6:00	pm	-	8:00	pm	11507 Hughes, 77089	(281) 922-2343
Settegast (KM 494N)	M - TH	8:30	am	-	9:30	am	3000 Garrow, 77003	(713) 238-2200
SOUTHWEST								
Almeda (KM 572Y)	T & Th	6:00	pm	-	6:30	pm	14201 Almeda School Road, 77047	(713) 434-1909
Burnett Bayland (KM 531B)	M, W, & F	5:30	pm	-	6:00	pm	6200 Chimney Rock, 77081	(713) 668-4516
Cherryhurst (KM 492V)	M, W, & F	6:00	pm	-	7:00	pm	1700 Missouri, 77006	(713) 284-1992
Godwin (KM 531U) - For Seniors	M - Th	5:30	pm	-	6:30	pm	5101 Rutherglen, 77096	(713) 726-7114
Hackberry (KM 528M)	M - W	8:00	am	-	9:00	am	7777 S. Dairy Ashford, 77072	(832) 395-7616
Lansdale (KM 530K)	M - W	9:00	am	-	10:00	am	8201 Roos, 77036	(713) 272-3668
Linkwood (KM 532P)	W & Th	6:00	pm	-	7:00	pm	3699 Norris, 77025	(713) 314-3107
Marian (KM 530X) - For Seniors	M - F	6:00	pm	-	7:30	pm	11101 South Gessner, 77071	(713) 773-7015
River Oaks (KM 492T)	Th	5:00	pm	-	6:00	pm	3600 Locke Lane, 77027	(713) 622-5998
River Oaks (KM 492T) - Dog Walking Club	M - F	5:00	pm	-	6:00	pm	3600 Locke Lane, 77027	(713) 622-5998
Sharpstown (KM 530F)	M, W, & F	9:00	am	-	10:00	am	6600 Harbor Town, 77036	(832) 395-7605
Sunnyside (KM 533X)	M - Th	6:45	pm	-	7:15	pm	3502 Bellfort, 77051	(832) 395-7586
Sunnyside (KM 533X) - For Seniors	T - Th	9:30	am	-	10:00	am	3502 Bellfort, 77051	(832) 395-7586
Townwood (KM 572P)	M & W	6:30	pm	-	7:30	pm	3403 Simsbrook, 77045	(832) 395-7565
Windsor Village (KM 571P)	M & W	6:00	pm	-	7:00	pm	14441 Croquet, 77085	(713) 726-7113

PARK TRAILS

TRAIL	LOCATION	TYPE	MILES
Alief	11903 Bellaire Blvd.	Concrete	0.53
Aron Ledet	6300 Antoine	Concrete	0.38
Autry	911 Shepherd/Allen Pkwy	Granite	0.17
Baldwin	1701 Elgin	Granite	0.32
Bell	4800 Montrose	Granite	0.17
Bendwood	12700 Kimberly	Concrete	0.49
Beverly Hills	10201 Kingspoint	Asphalt	0.53
Blueridge Park	5600 Court Road	Asphalt	0.62
Bonham	8401 Braes Acres	Concrete	0.35
Boyce-Dorian	2000 Erastus	Asphalt	0.40
Braeburn Glen	9510 Gessner	Asphalt	0.25
Brays Bayou	Gessner to MLK Blvd	Asphalt	12.50
Brays Bayou	Lawndale to Forest Hill	Concrete	1.00
Brays Bayou	75th to Evergreen	Concrete	0.50
Brays Bayou	Elm St Park to Brays Greenway Park	Concrete	0.73
Brays Bayou	OST to Lawndale	Concrete	1.65
Brentwood	13220 Landmark	Asphalt	0.33
Briarbend	7926 Woodway	Granite	0.20
Briarmeadow	7703 Richmond	Granite	0.31
Brock	8201 John Ralston	Concrete	0.17
Buffalo Bayou	Bagby to Shepherd	Asphalt	4.90
Burnett-Bayland	6300 Chimney Rock	Asphalt	0.96
Cambridge Village	13000 Nitida	Asphalt	0.50
Candlelight	1520 Candlelight	Asphalt	0.45
Canterbury	12822 Northumb	Asphalt	0.33
Carter	7000 Santa Fe	Concrete	0.08
Catherine Delce	5700 Collingsworth	Asphalt	0.21
Clark	9718 Clark	Asphalt	0.36
Cleveland	200 Jackson Hill	Concrete-Granite	0.35
Clinton	200 Mississippi	Asphalt	0.42
Cloverland	3801 Hickok Lane	Asphalt	0.25
Cole Creek	7200 Drowsy Pine	Concrete	0.35
Columbia Tap - N	Dowling to Polk	Concrete	1.07
Columbia Tap - S	Union Station To S Macgregor	Concrete	3.09
Cravens Parkway	5901 Fannie	Granite	0.50
Crestmont	5100 Selinsky	Asphalt	0.25
Cullen	19008 Saums	Asphalt	7.38
Cullinan (JS & LH)	6700 Long Drive	Asphalt	1.06
Dodson Lake	9010 Dodson	Asphalt-Concrete	0.50
Dow	7942 Rockhill	Asphalt	0.58
Earl Henderson	4250 Elysian	Concrete	0.21
Eastwood	5000 Harrisburg	Asphalt-Concrete	0.20
Edgewood	5803 Bellfort	Asphalt-Concrete	0.50
Crain (E.L) Park	9051 Triola	Concrete	0.49
E P Hill	4800 Gloryland	Asphalt	0.39

TRAIL	LOCATION	TYPE	MILES
Ervan Chew	4502 Dunlavy	Concrete	0.21
Fonde	5500 Carrolton	Asphalt	0.32
Forest West	5915 Golden Forest	Asphalt	0.30
Forum	9900 Sugar Branch	Asphalt	0.49
Francklow	1300 Seagler Road	Asphalt	0.50
Freed	7020 Shadyvilla	Asphalt	0.35
Freeway Manor	2241 Bronson	Asphalt-Concrete	0.47
Freshmeadow	4500 Campbell	Concrete	0.38
Gail Reeves	8800 Mullins	Concrete	0.35
Garden Villas	6720 S Haywood	Asphalt	0.49
George T Nelson	3820 Yellowstone	Asphalt	0.17
Glenbrook	8201 N Bayou Drive	Asphalt	0.51
Glenshire	12100 Riceville School	Asphalt	0.41
Godwin	5101 Rutherglen	Concrete	0.42
Grady	1700 Yorktown	Granite	0.20
Gragg Park	2999 S. Wayside	Concrete	0.50
Groveland Terrace	3921 Herald	Concrete	0.16
Gulf Palms	11901 Palm Springs	Asphalt	0.41
Gutierrez (SIRO) Park	7900 Flaxman	Asphalt	0.14
Hackberry	7300 Dairy Ashford	Concrete	0.70
Haden	1404 Witte Road	Asphalt	0.32
Hager	12100 Landsdowne	Asphalt	0.51
Halls Bayou	Hirsch Rd to Bretshire & Rebel	Concrete	2.86
Harrisburg - Sunset	Drennan to Marsden	Asphalt	2.00
Hartman	9311 Ave P	Asphalt	0.62
Harwin	11305 Harwin	Concrete	0.70
Haviland	11600 Haviland	Asphalt	0.28
Heights Blvd	400 to 1800 Heights Blvd	Granite	2.00
Hennessy	1900 Lyons	Concrete	0.20
Herman Brown	400 Mercury Drive	Asphalt	2.81
Herman Brown	400 Mercury Drive	Asphalt	1.60
Hermann	6001 Fannin	Concrete-Granite	2.85
Hobart Taylor	8100 Kenton	Asphalt	0.49
Houston Garden	6901 Apache	Concrete	0.39
Houston Heritage East	San Jacinto & Allen St. to McKee	Concrete	0.38
Houston Heritage West	Studewood to Main & Girard	Concrete	2.60
Hunting Bayou	Loop 610 to Lockwood	Asphalt	0.50
Hunting Bayou	US 59 to Calvalcade	Asphalt	0.50
Independence Heights	601 E 35th Street	Concrete	0.31
Ingrando	7302 Keller	Asphalt-Concrete	0.59
Jaycee	1300 Seamist	Concrete	0.50
Judson Robinson, Sr	1422 Ledwicke	Concrete	0.10
Karl Young	7800 Stella Link	Granite	0.20
Keith-Weiss	12300 Aldine-Westfield	Concrete	2.12
Keegan's Bayou Trail	Gessner to Kirkwood		TBD
Kerr	4620 Arlington	Asphalt	0.17
Lake Forest	9200 Mesa	Concrete	0.43

TRAIL	LOCATION	TYPE	MILES
Lake Houston Wilderness	25840 FM 1485 New Caney Tx	Natural	11.60
Lakewood	8811 Feland	Asphalt	0.14
Langwood	3975 Bolin	Asphalt	0.44
Law	6100 Vassar Road	Asphalt	0.41
Lee	9025 Pitner	Asphalt	0.26
Levy	3801 Eastside	Concrete	0.24
Linkwood	3699 Norris	Concrete	0.12
Love	1000 W 12th Street	Asphalt	0.20
MacGregor	5225 Calhoun	Granite	1.11
Mangum Manor	5235 Saxon	Asphalt	0.29
Marian	11100 S Gessner	Granite	0.25
Mason	541 75th Street	Asphalt-Concrete	1.40
Melrose Park	1000 Canino Road	Asphalt	0.25
Memorial-S. Lieberman	6501 Memorial Drive	Granite	2.90
Memorial-Outer Loop	6501 Memorial Drive	Granite	1.50
Memorial-Timing Track	6501 Memorial Drive	Asphalt	0.25
Memorial-Arboretum	4501 Woodway	Natural	3.45
Memorial-Mountain Bike	6501 Memorial Drive	Natural	7.21
Memorial Silver Triangle	1901 Memorial Way	Concrete	0.23
Metropolitan Multi-Service Ctr	1475 West Gray	Concrete	0.33
MKT Trail	26th Street to I-45	Concrete	4.70
Montie Beach	915 Northwood	Asphalt	0.84
Moody	3725 Fulton	Asphalt-Concrete	0.94
Nellie Keyes	801 Lester	Concrete	0.12
Northline	6902 Nordling	Asphalt	0.42
Oak Meadow	500 Ahrens	Asphalt	0.25
Old Katy Hike & Bike Trail	236 N Dairy Ashford	Concrete	2.35
Park at Palm Center	5400 Griggs	Granite	0.22
Pleasantville Hike & Bike	Within Subdivision	Asphalt	1.50
Reveille	7700 Oak Vista Loop	Asphalt	0.40
River Oaks	3600 Locke Lane	Granite	0.25
Riverside	2600 S Calumet/N Calumet	Concrete	0.42
R L & Cora Johnson	9801 Tanner	Asphalt	0.25
Robert C Stuart	7520 Bellfort	Asphalt	0.75
Rosewood Park	8200 Darien	Concrete	0.36
S Main Estates	12256 Zavalla	Asphalt	0.32
Scenic Woods	7449 Lakewood	Asphalt	0.34
Schnur	12227 Cullen Blvd	Asphalt	0.50
Schwartz	8203 Vogue	Asphalt	0.48
Scottcrest	10700 Rosehaven	Concrete	0.47
Selena Q Perez	6402 Market	Asphalt	0.87
Settegast	3001 Garrow	Concrete	0.40
Shady Lane	10100 Shady Lane	Asphalt	0.50
Sharpstown Green	6300 Sharpview	Paver Stones	0.09
Shepherd	4725 Brinkman	Granite	0.25
Sims Bayou	MLK to Scott	Asphalt	2.50
Sims Bayou	Townwood Park	Asphalt	0.75
Sims Bayou	S. Post Oak to Croquet	Asphalt	0.5
Songwood	548 Wetshire	Asphalt	0.33
Southcrest	5842 Southmund	Concrete	0.30
Spotts	401 Heights Blvd	Concrete	1.60

TRAIL	LOCATION	TYPE	MILES
Saint Lo	7335 Saint Lo Rd	Concrete	0.18
Stewart (Robert C.) Park	6700 Reed Rd	Gravel	0.30
Stoneybrook Esplanade	3000-3600 Stoneybrook	Asphalt	0.55
Stude	1031 Stude	Asphalt	0.70
Stuebner Airline	9201 Veterans Blvd	Concrete	0.50
Sunflower	5000 Sunflower	Concrete	0.16
Sunnyside	3502 Bellfort	Asphalt	0.48
Swiney	2812 Cline	Concrete	0.15
Sylvan Rodriguez	1201 Clear Lake Blvd	Concrete	1.10
Sylvester Turner	2800 West Little York	Asphalt-Concrete	1.02
TC Jester Parkway	34th to 43rd Streets	Granite	1.15
Tanglewilde	9631 Windswept	Concrete	0.16
Tanglewood	5801 Woodway	Concrete	0.20
Tidwell	9720 Spaulding	Concrete	0.30
Timbergrove Manor	1500 West TC Jester	Asphalt	0.88
Timbergrove Trail	1500 TC Jester	Asphalt	0.80
Tony Marron	808 York	Asphalt-Concrete	0.46
Townwood	3403 Simsbrook	Asphalt	0.90
Tuffly	3200 Russell	Asphalt	0.33
Verde Forest	8800 Brock Park Blvd	Asphalt	0.17
Veterans Memorial	1800 Tidwell	Asphalt	0.36
Waldemar	11700 Waldemar	Asphalt	0.19
Weiss	100 North Post Oak Lane	Granite	0.70
West End Park	1418 Patterson	Concrete	0.13
Westside Trail	Westpark to Eldridge	Concrete	1.90
Westwood	4045 Lemac	Asphalt-Concrete	0.38
White Oak Bayou	Antoine Alabonson	Asphalt	0.56
White Oak Bayou	Watonga to Antoine	Concrete	2.60
White Oak Bayou	W 11th to Pinemont	Asphalt/Concrete	4.80
Willow	10400 Cliffwood	Granite	0.25
Willow Waterhole	5300 Gasmer	Concrete-Granite	1.17
Wilson Memorial	100 Gilpin	Asphalt-Concrete	0.28
Windsor Village	14441 Croquet	Concrete	0.31
Winzer	7300 Carver at Dolly Wright	Concrete	0.60
Woodland Park	212 Parkview	Asphalt-Concrete	0.32
Wright-Bembry Park	850 West 23rd Street	Concrete	0.16
Zollie Scales	3501 Corder	Asphalt	0.23

SENIOR PROGRAMS

HPARD Senior Programs provide a wide variety of recreation and leisure activities for seniors, ages 55 years and older, at various community centers across the Houston area. Activities include specialty & creative crafts, fitness, walking clubs, cultural events, senior forums, field trips and special events. Other program components include: craft exhibitions, computer classes at local libraries, fashion shows, special holiday events, Sr. Olympics competition and sports programs. Most programming is FREE unless otherwise indicated. Field trips and certain programs may require a minimum fee or request that participant provide their own materials.

Ages:	55 & older
Registration:	Ongoing
Program Dates:	Ongoing
Fees:	FREE (Except for Field Trips or Special Programs)
Times:	Varies by Community Center
Information:	(832) 395-7133 | (832) 395-7270

MONDAY		
Clark (KM 455Q)	9718 Clark, 77076	(713) 742-1497
Hobart Taylor (KM 455Q)	8100 Kenton, 77028	(832) 395-7621
Ingrando (KM 535F)	7302 Keller, 77012	(713) 643-4764
TUESDAY		
Judson Robinson, Jr. (KM433B)	2020 Hermann Drive, 77004	(832) 395-7626
Selena Q Perez/ Denver Harbor (KM 494H)	6402 Market, 77020	(832) 395-7640
Tidwell (KM 454D)	9720 Spaulding, 77016	(713) 636-8221
WEDNESDAY		
DeZavala (KM 495S)	7521 Avenue H., 77012	(713) 923-5163
Independence Heights (KM 453N)	305 East 35th Street, 77022	(713) 867-0373
Sunnyside (KM 533X)	3502 Bellfort, 77051	(832) 395-7586
THURSDAY		
Eastwood (KM 949T)	5020 Harrisburg, 77011	(713) 928-4801
Lakewood (KM 455G)	8811 Feland, 77028	(713) 636-8217
Moody (KM453Y)	3725 Fulton, 77009	(832) 395-7645
FRIDAY		
Tidwell (KM 454D)	9720 Spaulding, 77016	(713) 636-8221

SENIOR SPECIALTY CRAFTS/ACTIVITIES

Learn and enjoy a variety of leisure type activities including: flower arranging, ceramics, quilting, painting and much more at some of your local community centers.

Ages:	50 & older
Registration:	Year - round
Fees:	FREE
Times:	Various by Community Center
Information:	(832) 395-7296 |(832) 395-7270

NORTHEAST							
Clark (KM 453B)	Arts & Crafts	M & F	10:00 am	-	1:00 pm	9718 Clark, 77076	(713) 742-1497
Clark (KM 453B)	Senior Exercise	M, W & F	9:30 am	-	10:30 am	9718 Clark, 77076	(713) 742-1497
Clark (KM 453B)	Ceramics	W & F	12:00 pm	-	2:30 pm	9718 Clark, 77076	(713) 742-1497
Clinton (KM 495V)	Bingo	M, W, & F	9:00 am	-	1:00 pm	200 Mississippi, 77029	(713) 673-0955
Clinton (KM 495V)	Arts, Crafts, Dominos, Chair Fitness	T	9:00 am	-	1:00 pm	200 Mississippi, 77029	(713) 673-0955
Clinton (KM 495V)	Senior Fitness	Th	9:00 am	-	1:00 pm	200 Mississippi, 77029	(713) 673-0955
Denver Harbor (KM 494H)	Senior Artist Crafts	T	10:00 am	-	1:00 pm	6402 Market, 77020	(832) 395-7640
Denver Harbor (KM 494H)	Senior Artist Crafts	M & W	11:30 am	-	11:00 am	6402 Market, 77020	(832) 395-7640
Finnigan (KM 495H)	Crafts	M - F	9:00 am	-	12:00 pm	4900 Providence, 77020	(713) 678-7385
Hobart Taylor (KM 455Q)	Arts & Crafts	M	12:00 pm	-	4:00 pm	8100 Kenton, 77028	(832) 395-7621
Hobart Taylor (KM 455Q)	Jewelry	T, W, & Th	12:00 pm	-	2:00 pm	8100 Kenton, 77028	(832) 395-7621
Hobart Taylor (KM 455Q)	Quilting	T, W, & Th	12:00 pm	-	2:00 pm	8100 Kenton, 77028	(832) 395-7621
Hobart Taylor (KM 455Q)	Quilting & Jewelry	T & Th	12:00 pm	-	4:00 pm	8100 Kenton, 77028	(832) 395-7621
Judson Robinson, Sr (KM 495L)	Senior Crafts	T & Th	11:30 am	-	1:30 pm	1422 Ledwicke, 77029	(713) 674-2401
Judson Robinson, Sr (KM 495L)	Water Coloring	F	11:00 am	-	12:00 pm	1422 Ledwicke, 77029	(713) 674-2401
Judson Robinson, Sr (KM 495L)	Photography 101	W	10:00 am	-	11:00 am	1422 Ledwicke, 77029	(713) 674-2401
Judson Robinson, Sr (KM 495L)	Scrapbooking/Quilting	M	8:30 am	-	12:00 pm	1422 Ledwicke, 77029	(713) 674-2401
Judson Robinson, Sr (KM 495L)	Quilting	F	11:00 am	-	1:00 pm	1422 Ledwicke, 77029	(713) 674-2401
Judson Robinson, Sr (KM 495L)	Bingo	3rd T	1:00 pm	-	2:00 pm	1422 Ledwicke, 77029	(713) 674-2401
Judson Robinson, Sr (KM 495L)	Quilting	W	2:00 pm	-	4:00 pm	1422 Ledwicke, 77029	(713) 674-2401
Lakewood (KM 455G)	Arts & Crafts	M, W & F	1:00 pm	-	3:00 pm	8811 Feland, 77028	(713) 636-8217
Lakewood (KM 455G)	Quilting	M - W	11:00 am	-	3:00 pm	8811 Feland, 77028	(713) 636-8217
Kingwood (KM 296X)	Knitting & Needle Work	M	10:30 am	-	12:30 pm	4102 Rustic Woods Dr, 77345	(281) 348-2570
Kingwood (KM 296X)	Beginner Crochet	M	10:30 am	-	12:30 pm	4102 Rustic Woods Dr, 77345	(281) 348-2570
Kingwood (KM 296X)	Quilting	F	10:30 am	-	12:30 pm	4102 Rustic Woods Dr, 77345	(281) 348-2570
Kingwood (KM 296X)	Zumba	W	7:00 pm	-	8:00 pm	4102 Rustic Woods Dr, 77345	(281) 348-2570
Moody (KM 453Y)	Open Table Tennis	T & Th	6:00 pm	-	8:00 pm	3725 Fulton, 77009	(832) 395-7645
Moody (KM 453Y)	Senior Programs	T, W & Th	11:00 am	-	1:00 pm	3725 Fulton, 77009	(832) 395-7645
Moody (KM 453Y)	Adult Crafts	Th	9:00 am	-	1:00 pm	3725 Fulton, 77009	(832) 395-7645
Shady Lane (KM 414W)	Gardening	M, W & F	9:30 am	-	10:30 am	10220 Shady Lane, 77093	(713) 742-1503
Tidwell (KM 454D)	Recreation & Leisure	M - F	2:00 pm	-	6:00 pm	9720 Spaulding, 77016	(713) 636-8221
Tidwell (KM 454D)	Senior Craft	T & F	9:00 am	-	1:00 pm	9720 Spaulding, 77016	(713) 636-8221
Tuffly (KM 454X)	Ceramics	T	10:00 am	-	1:00 pm	3200 Russell, 77026	(713) 674-2355
Tuffly (KM 454X)	Senior Programs	M, W & F	9:00 am	-	1:00 pm	3200 Russell, 77026	(713) 674-2355
NORTHWEST							
Candlelight (KM 452E)	Minor Games	W & Th	9:00 am	-	1:00 pm	1520 Candlelight,77018	(713) 682-3587
Fonde (KM493K)	Senior Quilting	W	10:00 am	-	1:00 pm	110 Sabine, 77007	(713) 226-4466
Freed (KM 451Y)	Quilting, Crochet & Crafts	M & W	4:30 pm	-	9:00 pm	6818 Shady Villa, 77055	(832) 395-7611
Freed (KM 451Y)	Exercise	M & W	10:00 am	-	11:00 am	6818 Shady Villa, 77055	(832) 395-7611
Freed (KM 451Y)	Pickleball	F	1:30 pm	-	3:00 pm	6818 Shady Villa, 77055	(832) 395-7611
Freed (KM 451Y)	Pickleball (Advanced)	F	5:30 pm	-	7:45 pm	6818 Shady Villa, 77055	(832) 395-7611
Highland (KM 451D)	Literacy	M - F	4:30 pm	-	6:30 pm	3316 DeSoto, 77091	(713) 956-9137
Highland (KM 451D)	Money Managing	T	4:30 pm	-	5:30 pm	3316 DeSoto, 77091	(713) 956-9137
Independence Hts. (KM453N)	Sr. Crafts	W	9:00 am	-	1:00 pm	603 E. 35th Street, 77022	(713) 867-0373
Judson Robinson, Jr. (KM 495L)	Beginner Bridge	M	10:30 am	-	12:30 pm	2020 Hermann Drive, 77004	(832) 395-7626
Judson Robinson, Jr. (KM 495L)	Senior Social Games	T, Th & F	10:00 am	-	1:00 pm	2020 Hermann Drive, 77004	(832) 395-7626
Judson Robinson, Jr. (KM 533B)	Bridge (Advanced)	W	10:30 am	-	12:30 pm	2020 Hermann Drive, 77004	(832) 395-7626
Judson Robinson, Jr. (KM 533B)	Bridge	1, 4, 5 Saturday	10:30 am	-	12:30 pm	2020 Hermann Drive, 77004	(832) 395-7626
Judson Robinson, Jr. (KM 533B)	Bridge	3rd Saturday	10:00 am	-	1:30 pm	2020 Hermann Drive, 77004	(832) 395-7626
Judson Robinson, Jr. (KM 533B	Beginner Bridge	S	10:00 am	-	12:00 pm	2020 Hermann Drive, 77004	(832) 395-7626
Kendall (KM 488C)	Essential Oils Education	Th	3:00 pm	-	4:00 pm	609 N. Eldridge, 77079	(832) 393-1898
Kendall (KM 488C)	Minor Games	M, W, & F	1:00 pm	-	3:00 pm	609 N. Eldridge, 77079	(832) 393-1898
Kendall (KM 488C)	Senior Board Games	T	12:00 pm	-	1:00 pm	609 N. Eldridge, 77079	(832) 393-1898

NORTHWEST *(continued)*								
Lincoln (KM 412Q)	Senior Line Dance	M	9:30	am	-	11:30	am	979 Grenshaw, 77088	(281) 445-1617
Lincoln (KM 412Q)	Gardening	W (2nd & 4th)	10:00	am	-	11:00	am	979 Grenshaw, 77088	(281) 445-1617
Lincoln (KM 412Q)	Senior Game Day	W	10:00	am	-	12:00	pm	979 Grenshaw, 77088	(281) 445-1617
Milroy (KM 452Z)	Jewelry Making/General Crafts	T	10:00	am	-	3:00	pm	1205 Yale, 77008	(713) 867-0397
Milroy (KM 452Z)	Quilting	W	10:00	am	-	2:00	pm	1205 Yale, 77008	(713) 867-0397
Proctor Plaza (KM 453X)	Scrapbooking	M	10:00	am	-	12:00	pm	803 West Temple, 77009	(713) 862-6907
SOUTHEAST									
Charlton (KM 535P)	Adult Ceramics	M	10:00	am	-	1:00	pm	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Adult Ceramics	Th	1:00	pm	-	3:00	pm	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Art 101	W	10:00	am	-	12:00	pm	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Senior Social Time	M & W	11:00	am	-	2:00	pm	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Kidsz Stuff	M, W, & F	6:30	pm	-	7:30	pm	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Family Night Ceramics	M	6:00	pm	-	8:00	pm	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Jewelry/Art 101	Th	11:00	am	-	1:00	pm	8200 Park Place, 77017	(713) 645-3589
Crestmont (KM 574J)	Social Club	M, W, & F	1:00	pm	-	5:00	pm	5200 Selinsky, 77048	(713) 733-2236
Crestmont (KM 574J)	Bridge	M	11:00	am	-	3:00	pm	5200 Selinsky, 77048	(713) 733-2236
Crestmont (KM 574J)	Social Club	T & Th	11:00	am	-	1:00	pm	5200 Selinsky, 77048	(713) 733-2236
Crestmont (KM 574J)	Gardening Club	T	9:30	am	-	10:30	am	5200 Selinsky, 77048	(713) 733-2236
DeZavala (KM 495S)	Arts & Crafts	W	9:00	am	-	1:00	pm	907 76th, 77012	(713) 923-5163
Eastwood (KM 494T)	Senior Fit Class	M & W	11:00	am	-	12:00	pm	5020 Harrisburg, 77011	(713) 928-4801
Eastwood (KM 494T)	Senior Crafts	Th	9:00	am	-	1:00	pm	5020 Harrisburg, 77011	(713) 928-4801
Edgewood (KM 534X)	Hat Making	T	10:00	am	-	2:00	pm	5803 Bellfort, 77033	(713) 734-8434
Edgewood (KM 534X)	Jewelry Making	F	9:00	am	-	2:00	pm	5803 Bellfort, 77033	(713) 734-8434
Ingrando (KM 535F)	Ceramics	M & W	10:00	am	-	12:00	pm	7302 Keller, 77012	(713) 643-4764
Ingrando (KM 535F)	Quilting	W	9:00	am	-	1:00	pm	7302 Keller, 77012	(713) 643-4764
Mason (KM 535A)	Ceramics	T	10:00	am	-	12:00	pm	541 South 75th, 77023	(713) 928-7055
Meadowcreek (KM 535A)	Aerobics (Advanced)	M - W	10:00	am	-	11:00	am	5333 Berry Creek, 77017	(713) 946-9020
Meadowcreek (KM 535A)	Line Dance	F	10:00	am	-	12:00	pm	5333 Berry Creek, 77017	(713) 946-9020
Meadowcreek (KM 535A)	Board Games	F	10:00	am	-	12:00	pm	5333 Berry Creek, 77017	(713) 946-9020
Sagemont (KM 576Y)	Senior Activities	M - F	9:00	am	-	1:00	pm	11507 Hughes, 77089	(281) 922-2343
Sagemont (KM 576Y)	Scrapbooking	T & Th	4:00	pm	-	5:00	pm	11507 Hughes, 77089	(281) 922-2343
Settegast (KM 494N)	Ceramics	T	9:00	am	-	2:00	pm	3000 Garrow, 77003	(713) 238-2200
SOUTHWEST									
Alief (KM529E)	Scrapbooking	W	11:00	am	-	1:00	pm	11903 Bellaire Blvd., 77072	(281) 564-8130
Burnett Bayland (KM 531B)	Dominos	T & Th	1:00	pm	-	3:00	pm	6200 Chimney Rock, 77081	(713) 668-4516
Cherryhurst (492V)	Quilting	M	11:00	am	-	1:00	pm	1700 Missouri., 77006	(713) 284-1992
Cherryhurst (492V)	Scrapbooking	W	11:00	am	-	1:00	pm	1700 Missouri., 77006	(713) 284-1992
Emancipation Park (KM 493Y)	Quilting	T	10:00	am	-	1:00	pm	3018 Emancipation Ave., 77004	(832) 395-7626
Emancipation Park (KM 493Y)	Sr. Social Day	F	10:00	am	-	1:00	pm	3018 Emancipation Ave., 77004	(832) 395-7626
Godwin (KM 531U)	Ceramics	M & W	10:00	am	-	1:00	pm	5101 Rutherglen, 77096	(713) 726-7114
Kendall (KM 488C)	Senior Board Games	T	12:00	pm	-	1:00	pm	609 N. Eldridge, 77079	(832) 393-1898
Linkwood (KM 532P)	Quilting	T	12:00	pm	-	1:00	pm	3699 Norris, 77025	(713) 314-3107
Linkwood (KM 532P)	Jewelry	T - Th	6:00	pm	-	7:00	pm	3699 Norris, 77025	(713) 314-3107
Linkwood (KM 532P)	Crochet & Knitting	W	12:00	pm	-	1:00	pm	3699 Norris, 77025	(713) 314-3107
Marian (KM 530X)	Computer Lab	T, W, & F	1:00	pm	-	3:00	pm	11101 S Gessner, 77071	(713) 773-7015
Marian (KM 530X)	Computer Lab	T & W	6:00	pm	-	8:30	pm	11101 S Gessner, 77071	(713) 773-7015
Marian (KM 530X)	Senior Fitness	T & Th	10:30	am	-	12:30	pm	11101 S Gessner, 77071	(713) 773-7015
Marian (KM 530X)	Senior Social	T & Th	12:30	pm	-	5:00	pm	11101 S Gessner, 77071	(713) 773-7015
Platou (KM 571B)	Quilting	M & T	10:00	am	-	12:00	pm	11655 Chimney Rock, 77053	(713) 726-7107
Platou (KM 571B)	Clay Workshop	W	12:30	pm	-	3:00	pm	11655 Chimney Rock, 77053	(713) 726-7107
Platou (KM 571B)	Portable Projects	Th	9:30	am	-	11:00	am	11655 Chimney Rock, 77053	(713) 726-7107
Platou (KM 571B)	Senior Games	Th	12:30	am	-	2:30	pm	11655 Chimney Rock, 77053	(713) 726-7107
River Oaks (KM492T)	Senior Social Hour	W	1:00	pm	-	3:00	pm	3600 Locke Lane., 77027	(713) 622-5998
Sharpstown (KM 530F)	Quilting	M	11:00	am	-	2:00	pm	6600 Harbor Town, 77036	(832) 395-7605
Sharpstown (KM 530F)	Crocheting	T	11:00	am	-	2:00	pm	6600 Harbor Town, 77036	(832) 395-7605
Sharpstown (KM 530F)	Social Quilting	W	12:30	pm	-	3:30	pm	6600 Harbor Town, 77036	(832) 395-7605
Sharpstown (KM 530F)	Senior Crochet	W	12:30	pm	-	3:30	pm	6600 Harbor Town, 77036	(832) 395-7605
Sunnyside (KM 533X)	Quilting	M	10:00	am	-	2:00	pm	3502 Bellfort, 77051	(832) 395-7586
Sunnyside (KM 533X)	Sr Aerobics/Silver Sneakers	T - Th	10:00	am	-	11:00	am	3502 Bellfort, 77051	(832) 395-7586
Townwood (KM 572P)	Jewelry Making	M	10:00	am	-	2:00	pm	3403 Simsbrook, 77045	(832) 395-7565
Townwood (KM 572P)	Pickle Ball	M & W	10:00	am	-	2:00	pm	3403 Simsbrook, 77045	(832) 395-7565
Townwood (KM 572P)	Morning Stretch	M & W	10:00	am	-	10:50	am	3403 Simsbrook, 77045	(832) 395-7565
Townwood (KM 572P)	Sewing Classes	T	10:00	am	-	2:00	pm	3403 Simsbrook, 77045	(832) 395-7565
Townwood (KM 572P)	Ceramics	S	10:00	am	-	1:00	pm	3403 Simsbrook, 77045	(832) 395-7565
Townwood (KM 572P)	Senior Sewing	F	10:00	am	-	2:00	pm	3403 Simsbrook, 77045	(832) 395-7565
Windsor Village (KM 530K)	Ceramics	T	9:30	am	-	11:30	pm	14441 Croquet, 77085	(713) 726-7113
Windsor Village (KM 530K)	Quilting	T	11:30	am	-	2:30	pm	14441 Croquet, 77085	(713) 726-7113
Windsor Village (KM 530K)	Jewelry Making	F	10:30	am	-	12:30		14441 Croquet, 77085	(713) 726-7113

HOUSTON PARKS ANDRECREATION DEPARTMENT

& U.S. PARALYMPIC MILITARY SPORTS PROGRAM

PRESENT

THE 9TH ANNUAL METAL & MUSCLE EXPO

December
7, 8, & 9, 2018
9:00 a.m. - 5:00 p.m.

George R. Brown
Convention Center
Hall E

1001 Avenida
De Las Americas,
Houston TX, 77010

The Metal & Muscle EXPO is FREE and open to all and will feature a paralympic sports clinic, competitive team activities and exhibitors who provide services for people with physical disabilities.

Service men and women returning from Iraq and Afghanistan with permanent physical disabilities, including blind and visually impaired as well as all veterans with a physical disability, are encouraged to attend.

Demonstrations and activities will include:

- Sitting Volleyball
- Power Soccer
- Challenge Slalom
- Wheelchair Ruby
- Judo for the Blind
- Air Gun Competition
- Wheelchair Basketball
- Wheelchair Racing
- Amputee Walking/Running Clinic

houston PARKS & recreation department
www.houstonparks.org
A CAPRA Accredited Agency

Events are offered for participation by both able-bodied and persons with disabilities. For more information contact Chuck French (832) 395- 7325 or charles.french@houstontx.gov.

This program was funded in part by a grant from the U.S. Department of Veteran Affairs.

ADAPTIVE SPORTS & RECREATION

HPARD provides access to year round activities for children and adults with disabilities through the Adaptive Recreation Division located at the Metropolitan Multi-Service Center, 1475 West Gray. In addition to providing activities, the Metropolitan Multi-Service Center partners with organizations that serve children and adults with disabilities. The goal is to provide access, experiences and opportunities to learn new skills and redefine abilities while participating in recreational activities.

Friends of the Park Council at MMSC

The Friends of the Park Council at MMSC serves to support the staff and programs of HPARD's Adaptive Recreation section. They also help communicate the vision, goals and services of the program to constituent communities and provide a forum for program ideas and services.

The Friends of the Park Council at MMSC meets on the third Tuesday of the month.

Date:	3rd T of the month
Time:	4:30 pm - 6:00 pm
Location:	Metropolitan Multi-Service Ctr 1475 West Gray
Information:	(713) 395-7325
	charles.french@houstontx.gov

Adaptive Recreation Fitness Center

The Metropolitan Multi-Service Fitness Center is specifically designed to be used by adults with a physical disability including visually impaired and blind who are able to function independently.

The facility is equipped with wheelchair accessible upper body weight equipment along with cardio machines to get your heart pumping. Pre-registration and a safety briefing are required before using this facility.

Ages:	16 - older
Registration:	Required
Program Dates:	7:00 am - 7:00 pm, M - F
Fee:	FREE
Location:	Metropolitan Multi-Service Ctr 1475 West Gray
Information:	(713) 395-7333 charles.french@houstontx.gov

Adaptive Aquatics Program

The MMSC pool provides a great environment for people with disabilities to exercise. The 5-lane, 25-yard heated pool is fully accessible and is equipped with a zero depth entry ramp, hand rails and 3 chair lifts. Changing and shower facilities are available adjacent to the pool area.

Participants are required to have independent functioning mobility skills or bring an adult attendant to assist.

Ages:	Youth and Adult
Registration:	Required
Program Dates:	Year-round
Time:	Vary, Call For Schedule
Fee:	FREE
Location:	Metropolitan Multi-Service Ctr 1475 West Gray
Information:	(832) 395-7333
	(713) 395-7333

Adult Wheelchair Rugby

Get ready for fast, full-court action when adults clash metal to metal in this fast paced wheelchair sport. Rugby is for quadriplegics who have independent, upper body function. Participants must have independent functioning skill to participate. Motorized chairs not permitted in this game.

Ages:	12 - Older
Registration:	Required
Fee:	FREE
Program Dates:	Sept 7 - Dec 21
Open Play:	6:00 pm - 8:00 pm, Th
Team Practice:	9:00 am - 11:00 am, Sat
Location:	Metropolitan Multi-Service Ctr MMSC, 1475 W. Gray
Information:	(713) 395-7325

Roll-Fit

This is a specialized program designed to enhance the overall fitness level and functional capacity of persons with a physical disability. Focus will be on all fitness components: Muscular Strength and Endurance, Cardiovascular, Flexibility and Nutrition.

Ages:	All Ages
Registration:	Required
Fee:	FREE
Program Dates:	Sept 5 - Dec 19
Time:	1:00 pm - 2:00 pm, T
Location:	Metropolitan Multi-Service Ctr MMSC, 1475 W. Gray
Information:	(713) 395-7333

Power Soccer

Power Soccer is the fastest growing sport for wheelchair users. Power Soccer is the first team sport designed specifically for power wheelchair users. It combines the skill of the wheelchair user with the speed and power of the chair itself, to participate in an extremely challenging game similar to soccer. All ages and abilities welcome!

Ages:	All Ages
Registration:	Required
Fee:	FREE
Sept 15, 2018	2:00 pm - 4:00 pm
Sept 29, 2018	11:00 am - 1:00 pm
Oct 06, 2018	11:00 am - 1:00 pm
Oct 20, 2018	11:00 am - 1:00 pm
Oct 27, 2018	11:00 am - 1:00 pm
Nov 03, 2018	11:00 am - 1:00 pm
Nov 17, 2018	11:00 am - 1:00 pm
Location:	Metropolitan Multi-Service Ctr MMSC, 1475 W. Gray
Information:	(713) 395-7325

Adult Wheelchair Basketball

Weekly practice and play is scheduled throughout the year for adults age 16 and up. No motorized chairs allowed in this game.

TIRR Memorial Hermann Hotwheels team practice on Monday nights. Wednesday night is open gym basketball play. September 17 - December 17

Ages:	All Ages
Registration:	Required
Fee:	FREE
Program Dates:	Sept 4 - Dec 18
Times:	6:00 pm - 9:00 pm, M 7:00 pm - 9:00 pm, W
Location:	Metropolitan Multi-Service Ctr MMSC, 1475 W. Gray
Information:	(832) 395-7333

Boccia Ball

Boccia Ball athletes throw, kick or use an assistive device to propel leather balls as close as possible to a white target ball (the jack). Each player throws six balls. After each individual match, four ends are played, with the top two players from each pool advancing. BlazeSports America is the governing body for USA Boccia.

Ages:	All Ages
Registration:	Required
Fee:	FREE
Program Dates:	Sept 4 - Dec 18
Times:	1:00 pm - 3:00 pm, M
Location:	Metropolitan Multi-Service Ctr MMSC, 1475 W. Gray
Information:	832-395-7333

Hot Wheels Youth Basketball

The TIRR Memorial Hermann Youth Hotwheels are coming off a National Wheelchair Basketball Association 2nd Place National Finish! The team consists of wheelchair basketball players ages 8-18.They are currently ranked #1 going into the 2017/18 season. The team welcomes any new players who have a desire to practice and compete.

No equipment is necessary. Athletes must qualify for wheelchair basketball by having a specific disability. Athletes must qualify for wheelchair basketball by having a specific disability.

Ages:	12 - 21
Registration:	Required
Fee:	FREE
Program Dates:	Sept 5 - Dec 19
Times:	6:00 pm - 9:00 pm, T
Location:	Metropolitan Multi-Service Ctr MMSC, 1475 W. Gray
Information:	(832) 395-7333

Adolescent Bariatric Surgery Program Support Group

The support group is hosted monthly for adolescents and their family by Texas Children's Hospital Staff in partnership with HPARD's Adaptive Recreation Staff.

Meetings are held at the Metropolitan Multi-Service Center.

This is a specialized program designed to enhance the overall fitness level and functional capacity of each bariatric patient. Focus will be on lifetime fitness activities and exercise.

Date:	2nd T Of Every Month
Time:	5:00 pm - 7:00 pm
Fee:	FREE
Location:	Metropolitan Multi-Service Ctr MMSC, 1475 W. Gray
Information:	(832) 822-0615

Kari Turybury MS, RD, LD Case Manager
Bariatric Surgery Program Texas Children's Hospital

Theatre Under the Stars The River Performing & Visual Arts Center

The River is a non-profit 501(c)(3) organization whose mission is to provide an accessible, affordable, fine arts education for special children, ages 2-19, who have disabilities, chronic illnesses, or are economically disadvantaged. Siblings are welcome. The River offers year round, barrier free, classes in music, art, drama and dance. Scholarships are available.

For more information contact Theatre Under the Stars The River Performing and Visual Arts Center.

Ages:	2 - 19
Information:	(713) 520-1220

Houston Deaf Seniors of Texas

This lively group of adults meets for coffee, socializing, games and informative presentations about services available for Houston area people who are deaf or hard of hearing. The group meets twice a month, usually the 2nd and 4th Wednesday of the month.

Ages:	55 - up
Date:	2nd W of the Month May - Aug
Time:	9:00 am - 12:00 pm
Location:	Metropolitan Multi-Service Ctr MMSC, 1475 W. Gray
Information:	(281) 656-2576 Nancy Morris

Houston Area Parkinson Society

The Houston Area Parkinson Society's mission is to improve the quality of life for those affected by Parkinson's disease through services, education and advocacy. The Houston Area Parkinson Society provides numerous programs and services for the Parkinson's community. Each week HAPS provides 34 free physical, occupational, speech, water, Tai Chi and other therapy groups. Free support groups are available for individuals with Parkinson's and caregivers to share their experiences in a warm, friendly environment. In addition, HAPS offers free transportation services to and from HAPS therapy sites and physician visits. Respite, social services and educational programs are also available.

For more information contact the Houston Area Parkinson Society (713) 313-1652.

Activity:	Tai Chi and Exercise for Adults with Parkinson
Information:	(713) 313-1652 www.hapsonline.org

The Arc of Greater Houston

The Arc of Greater Houston is a non-profit organization formed nationally in 1950 to advocate for the inclusion of people with mental retardation and other developmental disabilities in all aspects of society and is established at the national, state and local levels.

The Arc of Greater Houston works in collaboration with other agencies and organizations to facilitate the development of a wide array of options available to individuals and their families in the community.

For more information contact the Arc of Greater Houston at (713) 957-1600.

Activity:	Monthly Dance/Social For Adults With Intellectual and Developmental Disabilities
Information:	(713) 957-1600 www.aogh.org

SWIMMING POOLS

Summer Swim Schedule:
May 26, 2018 - Aug 12, 2018

The Summer Swim Season is rapidly coming to a close as students make their way back to school. The final day of the Summer Swim Schedule is Aug 12. During the Summer all HPARD pools, with the exception of SwimWise Sites, are open Tuesday through Sunday and are **closed on Monday.**

SUMMER POOL SITES SCHEDULE:	
Ages:	Open to all ages
Registration:	Daily sign-in required
Program Dates:	May 26 – Aug 12
Summer Schedule:	T. - S.
	1:00 pm – 8:00 pm
Location:	See Public Pool List
Information:	(832) 395-7129

SWIMWISE POOL SITES SCHEDULE:	
Program Dates:	
Morning:	10:00 am – 12:00 pm, T. - F.
Afternoon:	1:00 pm - 6:00 pm, T. - F.
Weekends:	1:00 pm - 6:00 pm, Sat

NORTHEAST

Tuffly (KM 494B) (713) 674-3367
3200 Russell, 77026

NORTHWEST

Independence Heights (KM 453N) (713) 862-1284
603 East 35th, 77022

SOUTHEAST

Judson Robinson, Sr. (KM 495L) (713) 672-8958
1422 Ledwicke, 77029

SOUTHWEST

Alief (KM 599E) (281) 983-8137
11903 Bellaire, 77072

Fall Swim Schedule:
Aug 13, 2018 - Sept 3, 2018

The Fall Swim Season will begin on Aug 13. All pools will then be closed Monday through Friday and be open on weekends only (Sat and Sun). Labor Day (Sept 3) will be the last day that HPARD pools will be open for the year.

FALL POOL SITES SCHEDULE:	
Ages:	Open to all ages
Registration:	Daily sign-in required
Program Dates:	Aug 13 - Sept 3
Fall Schedule:	Sat and Sun Only 1:00 pm – 8:00 pm
Location:	See Public Pool List
Information:	(832) 395-7129

POOL LOCATIONS

NORTHEAST		
Greenwood (KM 497A)	602 Beresford, 77015	(713) 455-5165
Hobart Taylor (KM 455P)	8100 Kenton, 77028	(713) 673-3774
Moody (KM 453Y)	3201 Fulton, 77009	(713) 238-2215
Northline (KM 413W)	6911 Nordling, 77076	(713) 742-1512
Tidwell (KM 454D)	9720 Spaulding, 77016	(713) 633-1618
Tuffly (KM 454X) *	3200 Russell, 77026	(713) 674-3367
NORTHWEST		
Agnes Moffit (KM 449R)	10645 Hammerly, 77043	(713) 468-5666
Independence Heights (KM 453N) *	603 East 35th, 77022	(713) 862-1284
Lincoln (KM 412Q)	1048 Grenshaw, 77088	(281) 447-2525
Love (KM 452Z)	1000 West 12th, 77008	(713) 867-0490
Oak Forest (KM 452N)	1400 Du Barry Lane, 77018	(713) 684-1819
Schwartz (KM 451N)	8203 Vogue, 77055	(713) 973-6310
Stude (KM 493B)	1031 Stude, 77007	(713) 862-5762
T.C. Jester (KM 451M)	4205 T.C. Jester, 77018	(713) 686-6800
SOUTHEAST		
Beverly Hills (KM 576S)	9800 Kingspoint, 77075	(713) 948-9063
Clinton (KM 495U)	200 Mississippi, 77029	(713) 675-9336
Cloverland (KM 573L)	11800 Scott, 77047	(713) 734-8948
Denver Harbor (KM 494H)	1020 Gazin, 77020	(713) 673-7140
DeZavala (KM 495S)	907 75th St., 77012	(713) 923-7220
Eastwood (KM 494T)	5000 Harrisburg, 77011	(713) 923-8058
Emancipation (KM 533L)	3018 Emancipation, 77004	(832) 395-7400
Finnigan (KM 494G)	4900 Providence, 77020	(713) 673-7311
George T. Nelson (KM 533L)	6900 La Salette, 77021	(713) 748-0449
Glenbrook (KM 535Q)	8201 North Bayou, 77017	(713) 645-7187
Judson Robinson, Sr. (KM 495L) *	1422 Ledwicke, 77029	(713) 672-8958
MacGregor (KM 534E)	5225 Calhoun, 77021	(713) 748-0317
Mason (KM 535A)	541 South 75th, 77023	(713) 928-4826
Reveille (KM 535S)	7700 Oak Vista, 77087	(713) 645-6544
Sagemont (KM 576Y)	11507 Hughes, 77089	(281) 922-2312
Sunnyside (KM 533X)	3502 Bellfort, 77051	(713) 734-0757
Wilson Memorial (KM 576G)	100 Gilpin, 77034	(713) 948-9051
SOUTHWEST		
Alief (KM 599E) *	11903 Bellaire, 77072	(281) 983-8137
Memorial (KM 492K)	6402 Arnot, 77007	(713) 862-1426
Sharpstown (KM 530F)	6600 Harbor Town, 77036	(713) 272-3690
Townwood (KM 572P)	3402 Simsbrook, 77045	(713) 434-3531
Westbury (KM 531W)	10605 Mullins, 77096	(713) 723-2192
Windsor Village (KM 571P)	14441 Croquet, 77085	(713) 726-7112

* Note: These sites are HPARD SwimWise Sites. Swimise is a free series of learn-to-swim classes for all ages and skill levels. SwimWise Sites operate from 10:00 am - 12:00 pm and 1:00 pm - 6:00 pm Tues - Fri and on Sat. 1:00pm - 6:00pm.
For more information visit www.houstonparks.org.

WATER SPRAYGROUNDS

The Houston Parks and Recreation Department's water playgrounds provide an engaging and interactive fun activity year-round for children, especially during the hot summer months. Water playgrounds have distinct advantages over swimming pools in that they are cost effective, low maintenance, and water-play activities extend well beyond normal pool season. Water playgrounds are controlled using a timer and touch-sensor. The timer is set for 12 hours of water activation. The touch-sensor turns on the water for a two to three minute cycle.

H-E-B Grocery Company has generously donated more than $1.1 million to the Houston Parks and Recreation Department through the Houston Parks Board Inc., to create and build additional water playgrounds in Houston city parks. These are brightly colored facilities featuring equipment that squirts, sprays, mists and shoots water. Children will be able to enjoy everything from oversized flowers that mist to a whale that spouts and squirts water and in-ground elements that resemble geysers.

Shady Lane Park

Aron Ledet Park (H.E.B.) 6500 Antoine

The Aron Ledet Park water sprayground's design appeals to park visitors with its brightly colored play surface and the inventive design of its spray fixtures.

Blueridge Park (H.E.B.) 5600 Court Road

The Blueridge Park water sprayground opened in July 2003. Its design incorporates a colorful play surface, a curved seating wall, and water fixtures designed to appeal to a child's sense of fun and whimsy.

Burnett Bayland Park 6200 Chimney Rock

This water sprayground has a multi-colored rubber surface, spray and ground features including three colorful arches, a flower, cactus, a spiral spray, and two water cannons.

Cullen Park (H.E.B.) 19008 Saums Road

The H-E-B Cullen Park water sprayground opened in August 2003. It features a colorful play surface, multiple geyser, and spray fixtures. It is within easy viewing of the picnic pavilion.

Dodson Lake Park (H.E.B.) 9010 Dodson

This H-E-B water sprayground's design includes a unique concentric circle splash pad that creates the illusion of ripples with geysers, pop-up sprays, tulip sprays, and a fan jet spray.

Edgewood Park (H.E.B.) 5803 Bellfort

This H-E-B water sprayground was built has brought a splash of fun to southeast Houston since June of 2003. Its design includes a brightly colored concrete play area, geysers and spray elements, and a curving seat wall.

Ervan Chew Park 4502 Dunlavy

Built in 2010, the sprayground at Ervan Chew Park is convenient to the playground, picnic area, soccer, and baseball fields, and the dog park.

Guadalupe Plaza Park 2301 Runnels

Opened in July 2016, the large, rectangularly-shaped sprayground has 63 jets in a paved setting that is flanked on two sides by concrete seating walls.

Gutierrez Park (H.E.B.) 7900 Flaxman

This water sprayground features a large plaza with multiple ground sprays. The plaza is surfaced with colored concrete, and features a seat wall along one edge.

Hackberry Park 7777 Dairy Ashford

This 1,200-square foot spraygrounds brightly-colored areas equipped with turtles and lily pads that squirt, and spray water and mist, as well as in-ground geysers.

Herman Brown Park 400 Mercury Drive

The water sprayground features a large, vividly colored play area in the shape of a giant frog. Its gentle slope suggests a stream and interactive water geysers and spray elements spring up from the "stream." A covered picnic area with restrooms is adjacent to the sprayground.

Hermann Park 6100 Fannin

The water playground at Hermann Park features two large palm trees and a spiral provide a variety of water effects for all childrean to run through. Two large beaches create a sand play zone adjacent to the water play area.

Hidalgo Park (H.E.B.) 7000 Avenue Q

The 1,200-square foot sprayground features brightly colored recreational areas equipped with turtles and lily pads that squirt, spray water, and mist as well as in-ground geysers.

Jaycee Park (H.E.B.) 1300 Seamist

The H-E-B Jaycee Park sprayground's timed spouts are surrounded by colorful, oversized butterflies, and leaves in the paved surface. Benches are placed around the site for seating.

Marian Park 11000 S. Gessner

The Marian Park sprayground includes three different areas of play, with individually operated spray features. An adjacent shade structure provides seating.

Melrose Park 12200 Melrose Park Road

The Melrose Park water sprayground features a multi-colored rubber surface and spray and ground features like a flower, cactus and an arch.

Montie Beach Park (H.E.B.) 915 Northwood

The Montie Beach water sprayground opened in 2006. Its beach theme includes a palm island, a whale sporting a spout spray at its hump, and multiple wave sprays that create a rolling "wave" effect.

Nieto Park 500 Port

The Nieto Park Water sprayground is also designed with a beach theme in mind. It includes a wave of stairs, real palm trees, and plastic palm trees and other play items that spray water.

Park at Palm Center 5400 Griggs Road

The water sprayground at the Park at Palm Center was built in 2009. It is adjacent to the playground and picnic area in the park, and adds a wonderful recreational element to the neighborhood.

Settegast Park 3000 Garrow

Settegast Park sprayground includes a multi-colored rubber surface and spray ground features including a ground geyser, a bell-spray column, a misty arch, a magic touch bollard, a water trio, a donut, and a flower.

Shady Lane Park 10100 Shady Lane

The water sprayground at Shady Lane Park opened on Oct 10, 2013 during the National Recreation and Parks Association Congress and Expo. The sprayground was a part of the group's Parks Build Communities program. It features a small pond with water bubbling up from a couple of boulders. Amongst the various spray features an alligator head peeking above the blue concrete surface will delight the children at play. This sprayground connects with other play features to simulate a forest and wetlandsarea designed to connect children with nature.

Stuebner - Airline Park
9201 Veterans Memorial

The sprayground at Stuebner–Airline Park is approximately 1900 square feet. All spray features are surface-mounted in a combination of sprays and jets. The surface pattern is a combination of multi-colored circles and semi-circles. This sprayground also has two benches and a seating wall.

Tony Marron Park (H.E.B.) 808 N. York

The water play area at Tony Marron Park features a variety of ground sprays. A seat wall curves around the area, offering great views of the park and downtown. This project was funded through the Park People.

Wiley Park 1414 Gillette

The James Wiley water sprayground includes a multi-colored rubber surface and sprayground features such as a flower, rainbow, fire hydrant activator, raining buckets and an in-ground spray fountain. Other park improvements include benches, landscaping, drinking fountains, electrical work, and black vinyl coated chain link fence.

LAKE HOUSTON WILDERNESS

25840 FM 1485, NEW CANEY, TX 77357 | 832-395-7690

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houston PARKS & recreation department
www.houstonparks.org
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LAKE HOUSTON WILDERNESS PARK

Lake Houston Wilderness Park (LHWP) is a beautiful, lushly forested expanse of nearly 5,000 acres located four miles east of New Caney (approximately 30 miles north of Houston) off Hwy-59. Lake Houston Wilderness Park is the only park in the department's inventory that allows overnight camping. It offers a variety of outdoor learning experiences for people of all ages including: camping, hiking, trail running, mountain biking, canoeing, kayaking, birding, fishing, and horseback riding (visitors must bring own bikes, fishing equipment, watercraft, and horses). Most of the park is heavily forested with beautiful trails which provide a perfect setting for photography, nature study, bird watching, and relaxing.

Joe Turner Nature Center is located within the park and is an incredible place to visit and learn about some of the woodland creatures that call LHWP home. Tour the Ecosystem Displays which include the Wetlands Ecosystem Room featuring live fish and turtles; the Invertebrate Room, which features mounted insects of all types including moths, butterflies, spiders, beetles, and more; the Reptile and Amphibians Room, containing live specimens of both venomous and non-venomous snakes as well as several lizards and amphibians; the Nature Center classroom; and, Eye on the Wilderness, an exciting display of local flora and fauna with lighting and sound effects. Joe Turner Nature Center offers classes and programs for all ages; please see next pages for a list of classes. You can also contact Nature Center staff at 281-354-0173 for more information.

Program Dates:	Year Round
Location:	25840 FM 1485 | New Caney, Texas 77357
Fees:	Listed rental prices DO NOT include Tax
Gate House Hours:	7:00 am – 6:00 pm, Sun – Th 7:00 am – 8:00 pm, Fri – Sat
Information/ Reservations:	(832) 395-7690 | www.houstonparks.org
Park Entry Fee – Per Person Ages 13 – 64	$3.00
Lakeside Cabins – Occupancy up to 6	$125/night*
Lakeside Tent Platforms - Occupancy Up to 6	$35/night
Screen Shelters, Occupancy Up to 6	$25/night
Group Campsites, Occupancy Up to 50	$40/night
Walk-in Campsites, Occupancy Up to 8	$7/night
Backpacking Campsites, Occupancy Up to 8	$7/night
Pine Grove Dining Hall	$100/half day

JOE TURNER NATURE CENTER PROGRAMS

All programs require a reservation unless noted. Please contact the LHWP Nature Center to make your reservation!

Naturalist	TBD
Hours:	9:00 am - 4:00 pm, Wednesday- Sunday Closed Monday - Tuesday
Programs/ Day Camp/ Reservations/ Information:	(281) 354-0173

PROGRAMS OFFERED AT THE NATURE CENTER INCLUDE:

Here are just some of our upcoming scheduled programs!
Call the Nature Center, check the online calendar, or look at the Nature Center events board to see what is going on this weekend!

Sunday Activities - 10:00 am - 11:00 am

Every Sunday morning, we'll have a different activity planned to get you and your family involved. From birds to archery, to everything in between, come join us! Events will be posted on the Nature Center events board each Saturday morning.

Sat, August 4 - 10:00 am - 11:00 am
Snakes

We will debunk some common myths surrounding these fascinating creatures and teach you which snakes you are likely to find at Lake Houston Wilderness Park. You will learn why snakes are important to the ecosystem and why a good snake ISN'T always a dead snake!

Sat, August 4 - 2:00 pm - 3:00 pm
Animal Eyes

Can your family dog see in color? How do nocturnal animals see at night to hunt? Come discover how animals see their world!

Sat, August 11 - 10:00 am - 11:00 am
Insect Exploration

This class will expose you to the wonderful world of insects! Attention will be paid to insects found at Lake Houston Wilderness Park and the important role that they play here. Come and explore more about this fascinating group of six legged critters!

Sat, August 11 - 2:00 pm - 3:00 pm
Owl Pellets

Do you know what an owl pellet is? Well this is the day for you to find out! We will dissect real owl pellets to discover the remaining bones inside and identify what owls eat!

Sat, August 18 - 10:00 am - 11:00 am
Snakes

We will debunk some common myths surrounding these fascinating creatures and teach you which snakes you are likely to find at Lake Houston Wilderness Park. You will learn why snakes are important to the ecosystem and why a good snake ISN'T always a dead snake!

Sat, August 18 - 2:00 pm - 3:00 pm
Turtles

Learn which turtles live at Lake Houston Wilderness Park. We will provide you with a close-up look of some of these fascinating creatures. There are more to turtles than you think!

Sat, August 25 - 10:00 am - 11:00 am
Amazing Amphibians

Frogs, toads, and salamanders are all amphibians! Come learn the lives and characteristics of amazing amphibians!

Sat, August 25 - 2:00 pm - 3:00 pm
Arts and Crafts

Join us as we take a break from hiking and the outdoors to explore our creative side! We'll provide kids the tools they need to create nature friendly works of art.

Sat, Sept 1 - 10:00 am - 11:00 am
Snakes

We will debunk some common myths surrounding these fascinating creatures and teach you which snakes you are likely to find at Lake Houston Wilderness Park. You will learn why snakes are important to the ecosystem and why a good snake ISN'T always a dead snake!

Sat, Sept 1 - 2:00 pm - 3:30 pm
Freshwater Ecology

Join us for hands on activities focusing on determining the health of our local watershed. We will inspect samples to see what is living in our water.

Mon, Sept 3 - All Day
Labor Day Scavenger Hunt

*** No Reservation Required**

Start your Scavenger Hunt at the Nature Center by picking up your list of things to find! Then enjoy the park during your search!

Sat, Sept 8 - 9:00 am - 10:30 am
Basic Fishing - Ages 8 and Older

We will teach you about tackle, tying knots, casting, the importance of fishing regulations and how to identify fish species. Most importantly, we will go fishing! If you do not have fishing equipment of your own, don't worry you can use ours.

Sat, Sept 8 - 2:00 pm - 3:00 pm
Owl Pellets

Do you know what an owl pellet is? Well this is the day for you to find out! We will dissect real owl pellets to discover the remaining bones inside and identify what owls eat!

Sat, Sept 15 - 10:00 am - 11:00 am
Archery - Ages 9 and older

Learn the basics of archery, or come to practice what you already know! We will discuss safety, equipment, and its appropriate use and correct form. Everyone will have plenty of time to work on their craft. Meet us at the Nature Center, equipment is provided.

Sat, Sept 15 - 2:00 pm - 3:30 pm
Geocaching

The excitement of Discovery! Learn the basics of geocaching and then try your skills on a course here at the park!

Sat, Sept 22 - 10:00 am - 11:30 am
Scavenger Hunt - All Day

All Ages (No reservation required): Start your Scavenger Hunt at the Nature Center by picking up your list of things to find! Then enjoy the park during your search!

Sat, Sept 29 - 9:00 am - 11:00 am
Basic Fishing - Ages 8 and Older

We will teach you about tackle, tying knots, casting, the importance of fishing regulations and how to identify fish species. Most importantly, we will go fishing! If you do not have fishing equipment of your own, don't worry you can use ours.

Sat, Sept 29 - 2:30 pm - 3:30 pm
Snakes

We will debunk some common myths surrounding these fascinating creatures and teach you which snakes you are likely to find at Lake Houston Wilderness Park. You will learn why snakes are important to the ecosystem and why a good snake ISN'T always a dead snake!

Sat, Oct 6 - 10:00 am - 11:00 am
Orienteering - Ages 9 and older

Have you ever used a map and compass to find locations and plot an adventure? This program will teach the basics of just how to do that.

Sat, Oct 6 - 2:00 pm - 3:00 pm
Turtles

Learn which turtles live at Lake Houston Wilderness Park. We will provide you with a close-up look of some of these fascinating creatures. There are more to turtles than you think!

Sat, Oct 13 - 9:00 am - 11:00 am
Basic Fishing - Ages 8 and Older

We will teach you about tackle, tying knots, casting, the importance of fishing regulations and how to identify fish species. Most importantly, we will go fishing! If you do not have fishing equipment of your own, don't worry you can use ours.

Sat, Oct 13 - 2:00 pm - 3:00 pm
Snakes

We will debunk some common myths surrounding these fascinating creatures and teach you which snakes you are likely to find at Lake Houston Wilderness Park. You will learn why snakes are important to the ecosystem and why a good snake ISN'T always a dead snake!

Sat, Oct 20 - 9:00 am - 10:30 am
Geocaching

The excitement of Discovery! Learn the basics of geocaching and then try your skills on a course here at the park!

Sat, Oct 20 - 1:15 pm - 2:15 pm
Archery - Ages 9 and older

Learn the basics of archery, or come to practice what you already know! We will discuss safety, equipment, and its appropriate use and correct form. Everyone will have plenty of time to work on their craft. Meet us at the Nature Center, equipment is provided.

Sat, Oct 27 - 2:30 pm - 3:30 pm
Intermediate Archery

Ages 12 and older: Already taken Archery 101? Ready to take your skill to the next level? This program will help you work on form and accuracy.

Sat, Oct 27 - 10:00 am - 11:00 am
Arts & Crafts Halloween Edition

Trick or Treat! Come to the Nature Center and make your own Halloween Mask!

Sat, Oct 27 - 5:00 pm - 7:00 pm
Halloween Special - Calling All Owls

Come celebrate Halloween with the Lake Houston crew! Feel free to dress in your favorite costume and have some fun with us. We will meet at the Nature Center to discuss owls before we will hit the trail and use owl calls to see if our resident owls talk back. Please be prepared to hike for around two miles.

Sat, Nov 3 - 10:30 am – 11:30 am
Snakes

We will debunk some common myths surrounding these fascinating creatures and teach you which snakes you are likely to find at Lake Houston Wilderness Park. You will learn why snakes are important to the ecosystem and why a good snake ISN'T always a dead snake!

Sat, Nov 3 – 4:30 pm – 6:30 pm
Calling all Owls

Who? Who? Who wants to go on a night hike in search of owls? We will hit the trail and use owl calls to see if our resident owls talk back.

Sat, Nov 10 - 9:00 am – 11:00 am
Basic Fishing - Ages 8 and Older

We will teach you about tackle, tying knots, casting, the importance of fishing regulations and how to identify fish species. Most importantly, we will go fishing! If you do not have fishing equipment of your own, don't worry you can use ours.

Sat, Nov 10 – 2:00 pm – 3:30 pm
Birds of the Piney Woods

Come learn what birds can be found at Lake Houston Wilderness Park! This is an entry level class. We will teach you the basics of birding, go over common and abundant species, and then take you on a short hike to see what we can find!

Sat, Nov 17 - 10:00 am – 11:00 am
Insect Exploration

This class will expose you to the wonderful world of insects! Attention will be paid to insects found at Lake Houston Wilderness Park and the important role that they play here. Come and explore more about this fascinating group of six legged critters.

Sat, Nov 17 - 2:00 pm – 3:00 pm
Archery - Ages 9 and older

Learn the basics of archery, or come to practice what you already know! We will discuss safety, equipment, and its appropriate use and correct form. Everyone will have plenty of time to work on their craft. Meet us at the Nature Center, equipment is provided.

Sat, Nov 24 – All Day
Scavenger Hunt - All Ages (No reservation required):

Start your Scavenger Hunt at the Nature Center by picking up your list of things to find! Then enjoy the park during your search!

Sat, Dec 1 - 9:00 am – 11:00 am
Basic Fishing - Ages 8 and Older

We will teach you about tackle, tying knots, casting, the importance of fishing regulations and how to identify fish species. Most importantly, we will go fishing! If you do not have fishing equipment of your own, don't worry you can use ours.

Sat, Dec 1 - 2:00 pm – 3:00 pm
Bats Eat Bugs

Learn about these fascinating creatures of the night while participating in an activity. This is a perfect program for teenagers, families, or for the young at heart.

Sat, Dec 8 - 10:00 am – 12:00 pm
Birds of the Piney Woods

Come learn what birds can be found at Lake Houston Wilderness Park! This is an entry level class. We will teach you the basics of birding, go over common and abundant species, and then take you on a short hike to see what we can find!

Sat, Dec 8 - 2:00 pm – 3:00 pm
Animal Eyes

Can your family dog see in color? How do nocturnal animals see at night to hunt? Come discover how animals see their world!

Sat, Dec 8 - 4:00 pm – 6:00 pm
Calling all Owls

Who? Who? Who wants to go on a night hike in search of owls? We will hit the trail and use owl calls to see if our resident owls talk back.

Sat, Dec 15 - 10:00 am – 11:00 am
Archery - Ages 9 and older

Learn the basics of archery, or come to practice what you already know! We will discuss safety, equipment, and its appropriate use and correct form. Everyone will have plenty of time to work on their craft. Meet us at the Nature Center, equipment is provided

Sat, Dec 15 - 2:00 pm – 3:00 pm
Orienteering - Ages 9 and older

Have you ever used a map and compass to find locations and plot an adventure? This program will teach the basics of just how to do that.

Sat, Dec 29 - 10:00 am – 11:00 am
Scavenger Hunt - All Ages

(No reservation required): Start your Scavenger Hunt at the Nature Center by picking up your list of things to find! Then enjoy the park during your search!

Sat, Dec 29 - 2:00 pm – 3:30 pm
Birds of the Piney Woods

Come learn what birds can be found at Lake Houston Wilderness Park! This is an entry level class. We will teach you the basics of birding, go over common and abundant species, and then take you on a short hike to see what we can find!

TENNIS CENTERS

HPARD operates three centers each complete with a pro shop as well as locker facilities that are available for a nominal fee. Lessons can be scheduled with center staff. Tournaments, leagues, corporate outings services and other events can be scheduled by calling any of the centers. For general tennis information as well as information on youth tennis programs, call (832) 395-7561.

PLEASE NOTE: Prices are subject to change. Hours are as indicated unless otherwise posted.

Memorial Park Tennis Center

The Memorial Park Tennis Center provides 18 courts plus a practice wall. Fees listed are per court for 1½ hours of use. A Smoothie King concession is located inside the pro shop.

Program Dates:	Year-round
Time:	6:00 am - 9:00 pm, M-F
	7:00 am - 6:00 pm, Sat - Sun
Location:	Memorial Park (KM 492F) 1500 Memorial Loop Drive, 77007
Information:	(832) 395-7556

Fees

Weekday Reserved (M-F) : Before 6:00 pm	$ 4.00
Evening and Weekend Reserved :	$ 6.00
Tournaments and Leagues :	$ 7.00

Lee LeClear Tennis Center

The Lee LeClear Tennis Center is located in southwest Houston. It provides 26 courts plus 2 practice walls. Fees listed are per court for 1½ hours of use.

Program Dates:	Year-round
Time:	7:30 am - 9:00 pm, M - F
	7:30 am - 6:00 pm, Sat - Sun
Location:	Lee LeClear (KM 530T)
	9506 S. Gessner, 77074
Information:	(713) 272-3697

Fees

Weekday Reserved (M-F) : Before 6:00 pm	$ 4.00
Evening and Weekend Reserved:	$ 6.00
Tournaments and Leagues:	$ 7.00

Homer Ford Tennis Center

The Homer Ford Tennis Center is located in MacGregor Park. It provides 16 courts plus a practice wall. Fees listed are per court for 1½ hours of use.

Program Dates:	Year-round
Time:	7:30 am - 9:00 pm, M - F 7:30 am - 6:00 pm, Sat - Sun
Location:	MacGregor Park (KM 534E)
	5225 Calhoun, 77021
Information:	(713) 842-3460

Fees

Weekday Reserved (M-F) : Before 6:00 pm	$ 3.00
Evening and Weekend Reserved:	$ 5.00
Tournaments and Leagues:	$ 6.00

NEIGHBORHOOD TENNIS COURTS

HPARD's neighborhood tennis courts are open to the public on a first come, first served basis. Play is limited to one hour when others are waiting. There is no fee required to use neighborhood tennis courts unless a reservation is made requiring a permit.

No one is allowed to give tennis lessons or offer structured tennis activities without the written authorization of the Houston Parks and Recreation Department. Tennis courts are for tennis use only.

PARK	LOCATION	NO.	LIGHTS	WALL
Alief (KM 529E)	11903 Bellaire Blvd, 77072	4	Yes	1
Anderson (KM 491X)	5701 Beverlyhill, 77057	2	Yes	
Bendwood (KM 489D)	12700 Kimberley, 77024	2	Yes	1
Beverly Hills (KM 576S)	10201 Kingspoint, 77075	1	No	
Bonham (KM 530Q)	8401 Braes Acres, 77074	2	Yes	
Briarmeadow (KM 490Z)	7703 Richmond, 77063	2	Yes	
RL & Cora Johnson (KM 450A)	9920 Porto Rico, 77041	2	Yes	
Charlton (KM 535P)	8200 Park Place, 77017	2	Yes	
Cherryhurst (KM 492V)	1700 Missouri, 77006	1	Yes	1
Chimney Rock (KM 571B)	11655 Chimney Rock, 77035	2	Yes	
Cleveland (KM 492M)	200 Jackson Hill, 77007	2	No	
Clinton (KM 495U)	200 Mississippi, 77029	2	Yes	
Cloverland (KM 573L)	3801 Hickok, 77047	2	Yes	
Cole Creek (KM 411W)	7200 Drowsy Pine, 77092	2	No	
Crestmont (KM 574J)	5100 Selinsky Rd, 77048	2	Yes	1
Dodson Lake (KM 454F)	9010 Dodson, 77093	2	Yes	1
Dow (KM 535X)	7942 Rockhill, 77061	3	Yes	1
Eastwood (KM 494T)	5000 Harrisburg, 77011	2	Yes	
Emancipation (KM 493U)	3018 Emancipation Ave, 77004	2	Yes	1
Finnigan (KM 494G)	4900 Providence, 77020	2	Yes	
Fleming (KM 532D)	1901 Sunset Blvd, 77005	2	Yes	
Freeway Manor (KM 576F)	2241 Bronson/2300 Theta, 77034	1	Yes	
Grady (KM 491Q)	1700 Yorktown, 77056	1	Yes	
Graham (KM 452R)	540 West 34th St, 77018	1	Yes	
Greenwood (KM 497A)	602 Beresford, 77015	2	Yes	
Grimes (KM 573D)	5150 Reed Rd, 77033	2	Yes	
Hager (Lee) (KM 571A)	12100 Landsdowne, 77035	1	Yes	1
Halbert (KM 453S)	200 East 23rd St, 77008	1	Yes	
Hartman (KM 535C)	9311 Avenue P, 77012	2	Yes	
Haviland (KM 570H)	11600 Haviland, 77035	2	Yes	
Herman Brown (KM 456X)	400 Mercury Drive, 77013	4	Yes	
Highland (KM 451D)	3316 DeSoto, 77091	2	Yes	1
Hutcheson (KM 454U)	5400 Lockwood, 77026	1	Yes	
Ind Heights (KM 453N)	601 East 35th St., 77022	1	Yes	
Ingrando (KM 535E)	7302 Keller, 77012	2	Yes	
Jaycee (KM 452W)	1300 Seamist, 77008	2	Yes	1
Karl Young (KM 532J)	7800 Stella Link, 77025	1	Yes	
Keith-Wiess (KM 413M)	12300 Aldine-Westfield, 77093	2	Yes	
Law (KM 534Y)	6200 Scarlet / 6100 Vassar, 77033	2	Yes	1
Lincoln (KM 412Q)	979 Grenshaw, 77088	1	Yes	
Linkwood (KM 532P)	3699 Norris, 77025	2	Yes	1
Mangum Manor (KM 451L)	5235 Saxon, 77092	1	Yes	1
Mason (KM 535A)	541 South 75th St./Tipps, 77023	2	Yes	
Meadowcreek Village (KM 536S)	5333 Berry Creek, 77017	2	Yes	

PARK	LOCATION	NO.	LIGHTS	WALL
Melrose (KM 413T)	12200 Melrose Park Rd., 77076	4	Yes	
Meyerland (KM 531Q)	5151 Jason, 77096	2	Yes	
Milby (KM 535G)	2001 Central, 77017	2	Yes	
Milroy (KM 452Z)	1205 Yale, 77008	1	Yes	
Montie Beach (KM 453X)	915 Northwood, 77009	2	Yes	1
Moody (KM 453Y)	3725 Fulton, 77009	2	Yes	
Nieto (KM 495A)	500 Port, 77020	1	Yes	
Northline (KM 413W)	6902 Nordling, 77076	2	Yes	
Nottingham (KM 489E)	14205 Kimberley, 77079	2	Yes	1
Oak Forest (KM 452N)	2100 Judiway, 77018	2	Yes	
Proctor Plaza (KM 453X)	803 W. Temple, 77009	1	Yes	
Gail Reeves (KM 531N)	8800 Mullins, 77096	2	Yes	1
River Oaks (KM 492S)	3600 Locke Lane, 77027	4	No	
J Robinson, Sr. (KM 495L)	1422 Ledwicke, 77029	1	Yes	
Sagemont (KM 576Y)	1507 Hughes, 77089	2	Yes	
Scenic Woods (KM 415W)	449 Lakewood, 77017	2	Yes	
Schwartz (KM 451N)	8203 Vogue, 77055	2	Yes	
Settegast (KM 494N)	3001 Garrow, 77003	1	Yes	
Sharpstown (KM 530F)	8200 Bellaire Blvd, 77036	2	Yes	
Smokey Jasper (KM 415A)	13400 River Trail Rd, 77050	2	Yes	
Spotts (KM 493J)	401 S. Heights Blvd, 77007	2	Yes	
Sunnyside (KM 533X)	3502 Bellfort, 77051	2	Yes	
J Robinson, Sr. (KM 495L)	1422 Ledwicke, 77029	1	Yes	
Sagemont (KM 576Y)	1507 Hughes, 77089	2	Yes	
Scenic Woods (KM 415W)	449 Lakewood, 77017	2	Yes	
Schwartz (KM 451N)	8203 Vogue, 77055	2	Yes	
Settegast (KM 494N)	3001 Garrow, 77003	1	Yes	
Sharpstown (KM 530F)	8200 Bellaire Blvd, 77036	2	Yes	
Smokey Jasper (KM 415A)	13400 River Trail Rd, 77050	2	Yes	
Spotts (KM 493J)	401 S. Heights Blvd, 77007	2	Yes	
Sunnyside (KM 533X)	3502 Bellfort, 77051	2	Yes	
Tanglewood (KM 491K)	5801 Woodway, 77057	2	Yes	
Tidwell (KM 454D)	9720 Spaulding, 77016	2	Yes	
Townwood (KM 572P)	3403 Simsbrook, 77045	1	Yes	
Walter Jones (KM 575T)	8000 Coastway Lane, 77075	2	Yes	
Westbury (KM 531W)	5635 Willowbend, 77096	2	Yes	
Westwood (KM 532S)	4045 Lemac, 77025	2	Yes	
Willow (KM 531Z)	10400 Cliffwood, 77035	2	Yes	1
Wilson Memorial (KM 576G)	100 Gilpin, 77034	2	Yes	
Windsor Village (KM 571P)	14441 Croquet, 77085	2	Yes	
Winzer (KM 412S)	7300 Carver/Dolly Wright, 77088	2	Yes	
Woodland (KM 493C)	212 Parkview, 77009	1	Yes	
Zollie Scales (KM 533P)	501 Corder, 77021	1	Yes	

Houston Soccer For Success

Houston Soccer for Success is the U.S. Soccer Foundation's free afterschool program that provides children in urban, underserved communities with structured physical activity, nutrition education and mentorship, at no cost to their families. To Register for the Fall Season, please call 832-395-7576 or visit us at Milby Park: 2001 Central St, Houston, Texas 77017. For additional information click the link below.

http://www.houstontx.gov/parks/youthsports.html#soccer

FALL SEASON SCHOOL/PARK SITES

Houston Independent School District Sites	Houston Parks and Recreation Sites
Burbank MS	Beverly Hills Park
Cage Elementary	Eastwood Park
Field Elementary	Ingrando Park
Crespo Elementary	Marian Park
Kipp Prime College	Burnett Bayland Park
Franklin Elementary	Townwood Park
Burbank Elementary	Alief Park
Park Place Elm Elementary	
Scroggins Elementary	
Southmayd Elementary	
Aldin ISD: Johnson Elementary	

Soccer for Success is the U.S. Soccer Foundation's nationally-recognized free afterschool program that uses soccer as a tool to address children's health issues and juvenile delinquency, while promoting healthy lifestyles in urban underserved communities.

HOUSTON'S BEST GOLF VALUE

houston PARKS & recreation department
www.houstonparks.org
A CAPRA Accredited Agency

Sharpstown Park Golf Course
6600 Harbor Town
(713) 988-2099

Gus Wortham Park Golf Course
7000 Capitol
(713) 928-4260

Hermann Park Golf Course
8201 John Ralston Road
(281) 458-1350

Memorial Park Golf Course
1001 East Memorial Loop Drive
(713) 862-4033

GOLF COURSES

The Houston Parks and Recreation Department provides challenging golf courses for citizens' enjoyment. From the highly acclaimed Memorial Park (the #1 municipal course in the state!), to the well maintained and lower priced and Gus Wortham Park courses, there is something for every golfer.

Memorial, Hermann, and Gus Wortham are all located inside the loop. Sharpstown, one of Houston's most popular and most walkable courses, is close in on the Southwest side. Melrose, in the North Central part of the city, offers a chance to practice short-game skills with its 18 par -3 holes. All courses have driving ranges. Practice putting and chipping greens. Pro shops, dining facilities are available at all courses except Melrose.

All courses are non-metal spike facilities. Weekday fees apply Monday through Thursday. Weekend fees apply Friday through Sunday, and all city holidays. Junior (under 18) and Senior (65 – older) rates are offered on weekdays only. Twilight start times vary by season and courses. Call individual courses for more information. For tee time reservations log on to www.houstonparks.org and access the tee time reservation system. This innovative tee time system includes Memorial and Sharpstown. For tee times at other courses call the pro shop. For information on all the courses, visit www.houstonparks.org. Lessons from qualified instructors are available at all courses. Tournament and corporate outings may be scheduled by calling any of the courses.

(Note: Prices are subject to change. Extra fee applies for use of electric golf car.)

Memorial Park Golf Course

Memorial Park Golf Course began in 1923 as a 9-hole sand green course built near the hospital at Camp Logan. In 1935, in an ambitious effort to enhance parks across the city, the Houston Parks and Recreation Department began constructing an illustrious18-hole golf course. In July of 1936, the first ball was teed off on what architect John Bredemus called his "greatest golf course ever."

Through the years, Memorial Park Golf Course hosted many famous golfers like Arnold Palmer, Babe Didrikson, and Charlie Sifford. It also hosted the Houston Open PGA Tour event from 1951 to 1963. In 1995, a newly renovated 260-acre course opened with a lighted driving range, putting and chipping greens, and a beautiful new clubhouse facility featuring an expanded pro shop and a Beck's Prime Restaurant.

Today, Memorial Park Golf Course is known as one of the best municipal courses in the nation and is visited by more than 60,000 patrons each year. Houston is proud to call Memorial Park Golf Course the crown jewel of Memorial Park. Memorial Park Golf Course is closed on Tuesdays. Tee times are available online at www.houstonparks.org. Click on the golf link and choose "Online Tee Times" to access the tee time reservation system.

Location:	Memorial Park (KM 492F) 1001 Memorial Loop, 77007
Information:	(713) 862-4033
Yardage / Par:	7309 / 72
Hours:	Dawn - 10:00 pm
Fees	
Junior (Mon - Thur Only):	$10.00
Senior/Disabled (Mon - Thur):	$15.00
Mon - Thur:	$30.00
Fri - Sat & Holidays:	$38.00
Mon - Thur Twilight:	$21.00
Fri - Sun Holiday Twilight:	$28.00

Memorial Park Golf Course

Hermann Park Golf Course

Hermann Park Golf Course is a jewel nestled in the center of the Bayou City. Since 1922, this lush parkland course has been at the center of a rich tradition of golfing excellence. The course was fully renovated in 1998. The new clubhouse is located at the corner of Almeda and North MacGregor and from there you set out on this short but challenging and enjoyable course. Water toughens the course, coming into play on half the holes.

You'll find no more enjoyable way to experience George Hermann's legacy than playing this 18-hole oasis in the very heart of Houston.

Hermann has a driving range, practice putting green, pro shop and complete snack bar. The Hermann Park Golf Course is managed for HPARD by BSL Golf Corp. Sales tax is additional on all fees. Carts required weekend mornings. Tee times are available online at www.houstonparks.org. Click on the golf link and choose Calendar of Events: Hermann Park Golf Course to access the Hermann Park Golf Course website.

Location:	Hermann Park (KM 533A) | 2155 N. MacGregor, 77030
Information:	(713) 526-0077
Yardage / Par:	6014 / 70
Hours:	7:00 am - 9:00 pm

Fees

Junior (Mon - Thur Only):	$ 8.00
Senior/Disabled (Mon - Thur):	$12.00
Mon - Thur:	$21.50
Fri - Sun & Holidays:	$30.64
Mon - Thur Twilight:	$14.34
Fri - Sun Holiday Twilight:	$18.78
Fri - Sun Holiday Twilight 2:	$14.00

Sharpstown Park Golf Course

Welcome to Sharpstown Park Golf Course, Houston's "Best Golfing Value." Sharpstown has earned this reputation by providing outstanding customer service and excellent facility conditions, while offering some of the lowest fees in the Gulf Coast area.Sharpstown Golf Course is located in the heart of southwest Houston, one mile west of Hwy 59 and just 1 block north of Bellaire Blvd. on Harbor Town Drive. Sharpstown's convenient location allows for quick access from anywhere in the greater Houston area. Recent improvements at Sharpstown include new cart paths, improved drainage, and resurfaced greens with high quality mini-verde ultra-dwarf bermuda. The 18 hole, par 70 course has 4 sets of tees, allowing moderate degrees of difficulty for the novice and beginner, yet enough length (6,660 from the back tees) to test the avid and skilled player.

Sharpstown's amenities include a driving cage for practice or warming up, 2 putting greens, a chipping green, full service pro shop, cafe and beverage cart and golf professionals who are available for lessons. Tee times are available online at www.houstonparks.org. Click on the golf link and choose "Online Tee Times" to access the tee time reservation system.

Location:	Sharpstown Park (KM 530F) | 6660 Harbor Town, 77036
Information:	(713) 988-2099
Yardage / Par:	6600 / 70
Hours:	Dawn - Dusk

Fees

Junior (Mon - Thur Only):	$ 8.00
Senior/Disabled (Mon - Thur):	$13.00
Mon - Thur:	$18.00
Fri - Sun & Holidays:	$26.00
Mon - Thur Twilight:	$15.00
Mon - Thur Twilight 2:	$13.00
Fri - Sun Holiday Twilight:	$20.00
Fri - Sun Holiday Twilight 2:	$16.00

Melrose Park Golf Course

Melrose Park Golf Course is one of the few 18 hole par-3 golf courses in the state and it is lighted for night play! Located on Canino Road, between Airline Drive and the Hardy Toll Road, Melrose also offers a lighted driving range with a grass hitting area, chipping green, practice bunker and practice putting green. With holes ranging in length from 70 yards to 145 yards, you will get the opportunity to work on all aspects of your short iron game. Imagine being able to play 18 holes in less than 2 hours and have a chance for a hole-in-one on every hole!

Melrose is managed for HPARD by Walton Golf Enterprises.Individual lessons and group clinics are available.Summer hours are from 8:00 a.m. to 9:00 p.m. Contact the course for further information.

Location:	Melrose Park (KM 413T) | 401 Canino, 77076
Information:	(281) 931-4666
Yardage / Par:	2250/54
Hours:	Dawn - Dusk

Fees

Junior (Weekday Only):	$ 6.00
Senior/Disabled (Weekday Only):	$6.00
Weekday (Mon - Thur):	$10.00
Weelday Night:	$11.00
Weekday/Holiday (Fri-Sat)	$12.00
Weekday/Holiday Night	$13.00

PARK VOLUNTEER PROGRAM

Every year HPARD depends on hundreds of volunteers of all ages to assist in a variety of programs and activities from coaching youth sports teams to cleanup projects in neighborhood parks. We encourage individuals, businesses, youth and adult organizations and corporate sponsors to learn more about all the volunteer opportunities available with the department. Make a difference in your community, in the lives of children and in our park programs. Get involved and volunteer today!

VOLUNTEER PROGRAMS

Green Team Volunteer Program

Green Team Volunteers provide landscaping maintenance and improvements, tree planting, park and/or bayou de-littering, and help with beautification projects. Individuals, businesses, youth and adult organizations and corporate sponsors are all encouraged to participate in this program.

All volunteers must complete a volunteer waiver form for each event.

Ages:	Youth - Adult Varies With Project
Registration:	(832) 395-7280 (832) 395-7270

Eagle Scout Projects

HPARD welcomes project submission from Eagle Scout candidates for projects involving green spaces, youth sports programs and community centers.

Ages:	18 - older
Registration:	(832) 395-7280
	(832) 395-7270

Internship Program

HPARD provides a professional environment in which undergraduate, graduate and post-graduate students may acquire experience, which relates to their academic course of study.

The internship program is open to all students from an accredited college or university who are seeking and actively pursuing a career in the fields of recreation, park management or other related professions.

Ages:	18 - older
Registration:	(832) 395-7112

URBAN GARDENING PROGRAM VOLUNTEERS NEEDED

Would you like to have fresh, flavorful, wholesome, home-grown fruits, vegetables, herbs and flowers but don't have to space for a garden at home?

We provide the beds and guidance from our Urban Gardener, you bring the plants, tools and your imagination! We also love to work with groups and offer volunteer opportunities as well! It's so easy to get started! Register on our website at www.houstontx.gov/parks/urbangarden.html

HPARD's Urban Gardening Program has the answer! The Program currently has 11 community gardens across the City to choose from.

Ages:	18 - older
Locations:	Burnett-Bayland Park
	Cloverland Park
	Freed Park
	Independence Heights
	Levy Park
	Mandell Park
	Metropolitan Multi-Service Center
	Nellie Keyes Park
	Shady Lane
	Sunnyside Park
	Hermann Brown Park
Information:	(832) 395-7120
	theurbangarden@houstontx.gov

FACILITIES, MANAGEMENT AND DEVELOPMENT INTERNSHIP PROGRAM

HPARD provides a professional environment in which undergraduate, graduate and post-graduate students may acquire experience, which relates to their academic course of study.

The internship program is open to all students from an accredited college or university who are seeking and actively pursuing a career in the fields of recreation, park management, landscape architecture, planning, GIS and other related fields.

Ages:	18 and older
Registration:	(832) 395-7028

RECREATION AND WELLNESS VOLUNTEER PROGRAMS

Volunteer at your area community center! You can gain valuable experience in the recreational field, explore a potential career option, develop personal and professional skills while giving back to your community.

Teen Volunteer Program

Volunteer opportunities include: Summer Enrichment Program Assistance, Office Assistant and acting as a Receptionist.

No experience is necessary. All teen volunteers are required to complete a Teen Volunteer Application Form before volunteering.

Ages:	14 - 17
Registration:	Ongoing
During Community Ctr Hours	
Program Dates:	Ongoing
Location:	All HPARD Community Ctrs
Information:	(832) 395-7280
	(832) 395-7270

Athletic Team Volunteer

Team volunteers serve as coaches, assistant coaches or provide support to youth participating in Grand Slam for Youth Baseball and instructional sports (as part of the After School Enrichment Program). All applicants must pass a Background Check before being accepted as a volunteer. Apply at any HPARD Community Center.

Ages:	18 - older
Information:	(832) 395-7261
	(832) 395-7270

Friends of the Park

Make a difference in your community by joining your neighborhood Friends of the Park Council. Your assistance is needed with volunteer opportunities, planning/assisting with special events and providing input regarding the community's programming needs. All applicants must pass a Background Check before being accepted as a volunteer.

Ages:	18 - older
Location:	All HPARD Community Ctrs
Information:	(832) 395- 7294

Adult Volunteer Program

Volunteer opportunities include: Afterschool and Summer Enrichment Program Assistance, Office Assistant Chaperone on youth field trips and Receptionist duties.

No experience is necessary. Each Adult Volunteer must complete an Adult Volunteer Application Form before volunteering.

All applicants must pass a Background Check before being accepted as a volunteer.

Ages:	18 - older
Registration:	Ongoing
During Community Ctr Hours	
Program Dates:	Ongoing
Location:	All HPARD Community Ctrs
Information:	(832) 395-7280
	(832) 395-7270

PARK & GREENSPACE ADOPTION

HPARD's Adoption Programs are a great way to show your pride and commitment to Houston's parks and green spaces. Whether you're with a group or business interested in active community involvement we have a program that will fit your desire to improve the quality of our park system and public land. There are 5 different Adoption Programs for you to choose from, Adopt-A-Park, Adopt-An-Esplanade, Adopt-A-Sports Field, Adopt-A-Trail and Adopt-A-Library Greenspace. Regardless of the program you choose your involvement helps us maintain green spaces that we're all proud of!

Contact: Marilu De La Fuente
Information: (832) 395-7029 | marilu.delafuente@houstontx.gov

Adopt-A-PARK

This HPARD adoption program welcomes homeowners associations and civic groups interested in providing long-term support for the maintenance and aesthetic quality of a park. Term of agreement minimum of 2 years.

Adopt-A-SPORTS FIELD

This HPARD adoption program welcomes organizations who wish to adopt a sports field in lieu of paying permitting fees associated with the use of ballfields.

This adoption is available for youth leagues only.

The term is for 6 months, Jan-June and July-Dec. The adopter is responsible for all maintenance related to the sports field for the entire 6 month period.

Adopt-An-ESPLANADE

This HPARD adoption program welcomes organizations homeowners associations and civic groups interested in providing long-term support for the maintenance and aesthetic quality of esplanades/medians.

Term is perpetual provided adopter maintains esplanades/medians free of trash, mowed and edged.

Adopt-A-TRAIL

This adoption program welcomes civic groups interested in providing long-term support for the maintenance and aesthetic quality of a portion of a trail. Term is a 2 year minimum.

Adopt-A-LIBRARY GREEN SPACE

This HPARD adoption program welcomes homeowners associations and civic groups interested in providing long-term support for the maintenance and aesthetic quality of library grounds. Term of agreement minimum of 2 years.

PERMITS AND RESERVATIONS

HPARD has many different outdoor area spaces available for rental. No matter the event you desire to plan, there will be a venue or space at one of our parks that will accomodate your needs.

Most areas within the park may be reserved for personal use or private events by obtaining a permit through HPARD's Permit Section for a nominal fee (some areas may require a refundable deposit). Open area space, pavilions, and picnic tables may be reserved for birthday parties, family or religous gatherings, weddings and more! Sports

fields may be reserved for weekday and weekend sporting events. When planning your event it is very important to contact HPARD's Permits Office as early as possible to receive the most current information on the park or facility of your choice.

For your convenience, reservations and payments are made online at: https://apm.activecommunities.com/houstonparks

For information regarding permits for large public events, call the Mayor's Office of Special Events at (832) 393-0861.

Office Hours:	8:00 am - 4:00 pm, M-F
Sportsfield Permits:	(832) 394-8804
Outdoor Permits:	(832) 394-8805
Rain-out Line:	(832) 395-7004
Fax Line:	(832) 395-9633
Online Reservations: apm.activecommunities.com/houstonparks	

GARDENS

McGovern Centennial Gardens and Cherie Flores Garden Pavilion

The Cherie Flores Garden Pavilion is the entry way to the Gardens. Designed by world renowned architect Peter Bohlin of Bohlin Cywinski Jackson the dramatic entry way provides a meeting room as well as a spectacular fountain and walkway to a 30-foot Garden Mount.

The gardens were designed by the landscape design firm Hoerr Schaudt, in collaboration with White Oak Studio and Dr. William C. Welch of Texas A & M University. They feature several themed gardens (including a rose garden and sculpture garden). The 30-foot Garden Mount provides a scenic view of the area's beauty.

The gardens hours change seasonally. They stay open later during the summer months between Memorial Day and Labor Day and close earlier during the shorter winter months.

For more information on the Cherie Flores Garden Pavilion and on the McGovern Centennial Gardens please visit The Hermann Park Conservancy at

www.hermannpark.og

Location:	1500 Hermann Drive
	Houston, TX 77004
Information:	(713) 524-5876

Japanese Garden at Hermann Park

Nestled in a pine grove near the Sam Houston Monument in Hermann Park you'll find an island of serenity known as the Japanese Garden. Designed by world-renowned Japanese landscape architect Ken Nakajima, the garden was built to symbolize the friendship between Japan and the US, and to recognize Houston's thriving Japanese community.

The Japanese Garden in Hermann Park is built in the Daimyo Style, a traditional design that dates back to the 17th, 18th, and 19th century stroll gardens. Like most stroll gardens, this 5-acre oasis is designed around a sequence of landscape elements, which combine together to create a work of living art.

THE JAPANESE GARDEN IS NOT AVAILABLE FOR RENTALS.

Professional Photographers are prohibited.

Spring/Summer Hours:	10:00 am - 6:00 pm
Fall/Winter Hours:	10:00 am - 5:00 pm
Location:	6001 Fannin
Information:	(713) 284-1989

For additional information and forms, please visit: www.houstontx.gov/parks/permits.html

HPARD COMMUNITY CENTERS PHONE NUMBERS

NORTHEAST

Clark (KM 453B)
9718 Clark, 77076
(713) 742-1497

Clinton (KM 495U)
200 Mississippi, 77029
(713) 673-0955

Finnigan (KM 494H)
4900 Providence, 77020
(713) 678-7385

Hobart Taylor (KM 455Q)
8100 Kenton, 77028
(832) 395-7621

Judson Robinson, Sr (KM 495L)
1422 Ledwicke, 77029
(713) 674-2401

Kingwood (KM 297X)*
4102 Rustic Woods Drive, 77345
(281) 348-2570

Lakewood (KM 455G)
8811 Feland, 77028
(713) 636-8217

Melrose (KM 413T)
1001 Canino, 77076
(281) 447-0514

Moody (KM 453Y)
3725 Fulton, 77009
(832) 395-7645

Selena Q. Perez (KM 494H)
6402 Market, 77020
(832) 395-7640

Shady Lane (KM 414W)
10220 Shady Lane,77093
(713) 742-1503

Swiney (KM 494J)
2812 Cline, 77020
(713) 238-2197

Tidwell (KM 454D)
9720 Spaulding, 77016
(713) 636-8221

Tuffly (KM 454X)
3200 Russell, 77026
(713) 674-2355

NORTHWEST

Candlelight (KM 452E)
1520 Candlelight, 77018
(713) 682-3587

Fonde (KM 493K)
110 Sabine, 77007
(713) 26-4466

Freed (KM 451Y)
6818 Shady Villa, 77055
(832) 395-7611

Highland (KM 451D)
3316 DeSoto, 77091
(713) 956-9137

Independence Heights (KM 453N)
603 East 35th, 77022
(713) 867-0373

Judson Robinson, Jr. (KM 533B)
2020 Hermann Drive, 77004
(832) 395-7626

Kendall (KM 488C)
609 North Eldridge, 77079
(832) 393-1897

Lincoln (KM 412Q)
979 Grenshaw, 77088
(281) 445-1617

Love (KM 452Z)
1000 West 12th, 77008
(713) 867-0497

Milroy (KM 452Z)*
1205 Yale, 77008
(713) 867-0397

Montie Beach (KM 453X)
915 Northwood, 77009
(713) 864-6820

Proctor Plaza (KM 453X)
803 West Temple, 77009
(713) 862-6907

R L and Cora Johnson (KM 450A)
9920 Porto Rico, 77041
(713) 895-6141

Stude (KM 493E)
1031 Stude, 77007
(713) 867-0496

Woodland (KM 493C)
212 Parkview, 77009
(713) 867-0401

SOUTHEAST

Bessie Swindle (KM 573L)
11800 Scott, 77047
(713) 733-4581

Beverly Hills (KM 576S)
10201 Kingspoint, 77075
(713) 948-9065

Charlton (KM 535P)
8200 Park Place, 77017
(713) 645-3589

Crestmont (KM 574J)
5200 Selinsky, 77048
(713) 733-2236

DeZavala (KM 495S)
907 76th St., 77012
(713) 923-5163

Eastwood (KM 494T)
5020 Harrisburg, 77011
(713) 928-4801

Edgewood (KM 534X)
5803 Bellfort, 77033
(713) 734-8434

Garden Villas (KM 535W)
6720 S. Haywood, 77061
(713) 847-5168

Hartman (KM 535C)
9311 E. Ave P, 77012
(713) 928-4803

Ingrando (KM 535F)
7302 Keller, 77012
(713) 643-4764

MacGregor (KM 534E)*
5225 Calhoun, 77021
(713) 747-8650

Mason (KM 535A)
541 South 75th, 77023
(713) 928-7055

Meadowcreek (KM 535A)
5333 Berry Creek, 77017
(713) 946-9020

Sagemont (KM 576Y)
11507 Hughes, 77089
(281) 922-2343

Settegast (KM 494N)
3000 Garrow, 77003
(713) 238-2200

SOUTHWEST

Alief (KM 529E)
11903 Bellaire, 77072
(281) 564-8130

Almeda (KM 572Y)
14201 Almeda School Rd., 77047
(713) 434-1909

Burnett Bayland (KM 531B)*
6200 Chimney Rock, 77081
(713) 668-4516

Cherryhurst (KM 492R)
1700 Missouri, 77006
(713) 284-1992

Emancipation (KM 493Y)
3018 Emancipation Ave, 77004
(832) 395-7400

Godwin (KM 531U)
5101 Rutherglen, 77096
(713) 726-7114

Hackberry (KM 528M)*
7777 S. Dairy Ashford, 77072
(832) 395-7616

Lansdale (KM 530K)
8201 Roos, 77036
(713) 272-3668

Linkwood (KM 532P)
3699 Norris, 77025
(713) 314-3107

Marian (KM 530X)
11101 South Gessner, 77071
(713) 773-7015

Platou (KM 571B)
11655 Chimney Rock, 77053
(713) 726-7107

River Oaks (KM 492T)
3600 Locke Lane, 77027
(713) 622-5998

Sharpstown (KM 530F)
6600 Harbor Town, 77036
(832) 395-7605

Sunnyside (KM 533X)
3502 Bellfort, 77051
(832) 395-7586

Townwood (KM 572P)
3403 Simsbrook, 77045
(832) 395-7565

Windsor Village (KM 571P)
14441 Croquet, 77085
(713) 726-7113

* Indicates site does NOT offer Summer Enrichment Program.

HPARD PHONE NUMBERS

Frequently Called Numbers		
Houston Parks & Recreation Department	2999 S. Wayside Dr.	(832) 395-7000
HPARD Urban Park Rangers Dispatch	2999 S. Wayside Dr.	(832) 395-7100
HPARD Park Maintenance Problems		3-1-1
HPARD Program / Administration Phone Numbers		
Adoption Programs	2999 S. Wayside Dr.	(832) 395-7029
Adult Sports	6200 Wheeler, Bldg. 3, Bldg. 3	(832) 395-7130
Adult Sports Bulletin Board	(Phone Message Only)	(832) 395-7004
After School Enrichment Program	6200 Wheeler, Bldg. 3, Bldg. 3	(832) 395-7296
After School Enrichment Program Administration	6200 Wheeler, Bldg. 3, Bldg. 3	(832) 395-7270
After School Food Services Program		(713) 676-6832
Athletes Seeking Knowledge Program	6200 Wheeler, Bldg. 3, Bldg. 3	(832) 395-7275
Aquatics	6200 Wheeler, Bldg. 3, Bldg. 3	(832) 395-7129
Community Centers Information	6200 Wheeler, Bldg. 3, Bldg. 3	(832) 395-7294
D-Tag (Information)	6200 Wheeler, Bldg. 3, Bldg. 3	(832) 395-7270
D-Tag (Administration)	6200 Wheeler, Bldg. 3, Bldg. 3	(832) 395-7270
First Tee of Houston at FM Law Park	8400 Mykawa Road	(713) 264-2100
Golf – Brock Park	8201 John Ralston Road	(281) 458-1350
Golf – Glenbrook Park	8205 Bayou Drive	(713) 649-8089
Golf – Gus Wortham Park Managed by Houston Golf Association	7000 Capitol	(713) 928-4260
Golf – Hermann Park Managed by BSL Golf Corp.	2155 North MacGregor	(713) 526-0777
Golf – Melrose Park Managed by Walton Golf Enterprises	401 Canino	(281) 931-4666
Golf – Memorial Park	1001 East Memorial Loop Drive	(713) 862-4033
Golf – Sharpstown Park	6600 Harbor Town	(713) 988-2099
Lake Houston Wilderness Park Reservations	25840 FM 1485 New Caney, Texas 77357	(281) 354-6881
Lee & Joe Jamail Skatepark	103 Sabine Street	(713) 222-5500
McGovern Centennial Gardens & Cherie Flores Garden Pavilion	1500 Hermann Drive	(713) 524-5876 x 335
Mayor's Office of Special Events (Special Events Permits)		(832) 393-0868
Mayor's Office of Special Events (Parade & Street Function Permits)		(832) 393-0868
Memorial Park Bike Trail Message Line	(Phone Message Only)	(713) 437-6588
Memorial Park Fitness Center	6402 Arnot, 77007	(832) 395-7596
Memorial Park Running Trail Center	7575 North Picnic Lane, 77007	(832) 395-7357
Metropolitan Multi-Service Center	1475 West Gray	(713) 284-1973
Nature Programs (HPARD Venues)	6200 Wheeler, Bldg. 3	(832) 395-7131
Nature, Teen & Senior Programs Administration	6200 Wheeler, Bldg. 3	(832) 395-7270
Permits & Rentals (Outdoors)	2999 S. Wayside Dr.	(832) 394-8805
Permits & Rentals (Sports fields)	2999 S. Wayside Dr.	(832) 394-8804
Senior Programs (Information)	6200 Wheeler, Bldg. 3	(832) 395-7133
Senior Programs (Administration)	6200 Wheeler, Bldg. 3	(832) 395-7270
Summer Enrichment Program (Administration)	6200 Wheeler, Bldg. 3	(832) 395-7270
Summer Food Service Program	6402 Market Street	(713) 676-6832
Teen Programs (Information)	6200 Wheeler, Bldg. 3	(832) 395-7131
Tennis - Homer Ford Tennis Center	5225 Calhoun	(713) 842-3460
Tennis - Lee LeClear Tennis Center	9506 S. Gessner	(713) 272-3697
Tennis - Memorial Park Tennis Center	1500 Memorial Loop Dr.	(713) 867-0440
Tennis - Youth Tennis Office	1500 Memorial Loop Dr.	(713) 803-1112
Volunteer Programs	6200 Wheeler, Bldg. #3	(832) 395-7280
Volunteer Programs (Administration)	6200 Wheeler, Bldg. #3	(832) 395-7270

HOUSTON PARKS AND RECREATION DEPARTMENT

YOUTH AMBASSADORS are committed to health!

Give yourself the good stuff at school! Be sure that you're eating foods that meet the USDA Smart Snacks in School nutrition standards to keep your energy up AND to keep yourself healthy! Water and fruit cups with 100% juice are only a few of the awesome options!

If you have to be on your phone, make sure that it's helping you with your homework! Play smarter, not longer.

Be sure to feed yourself plenty of yummy food, like eggs, avocados, tomatoes, whole grain-rich bread, and other awesome fruits, veggies, proteins and grains! Plus, you get to make all of your friends jealous with your awesome food pictures!

Your phone is also an awesome way to stay in shape! Open up your fitness app of choice and head outdoors! Nothing is better than a workout in the sunshine.

Commission for Accreditation of Park and Recreation Agencies CAPRA ACCREDITED

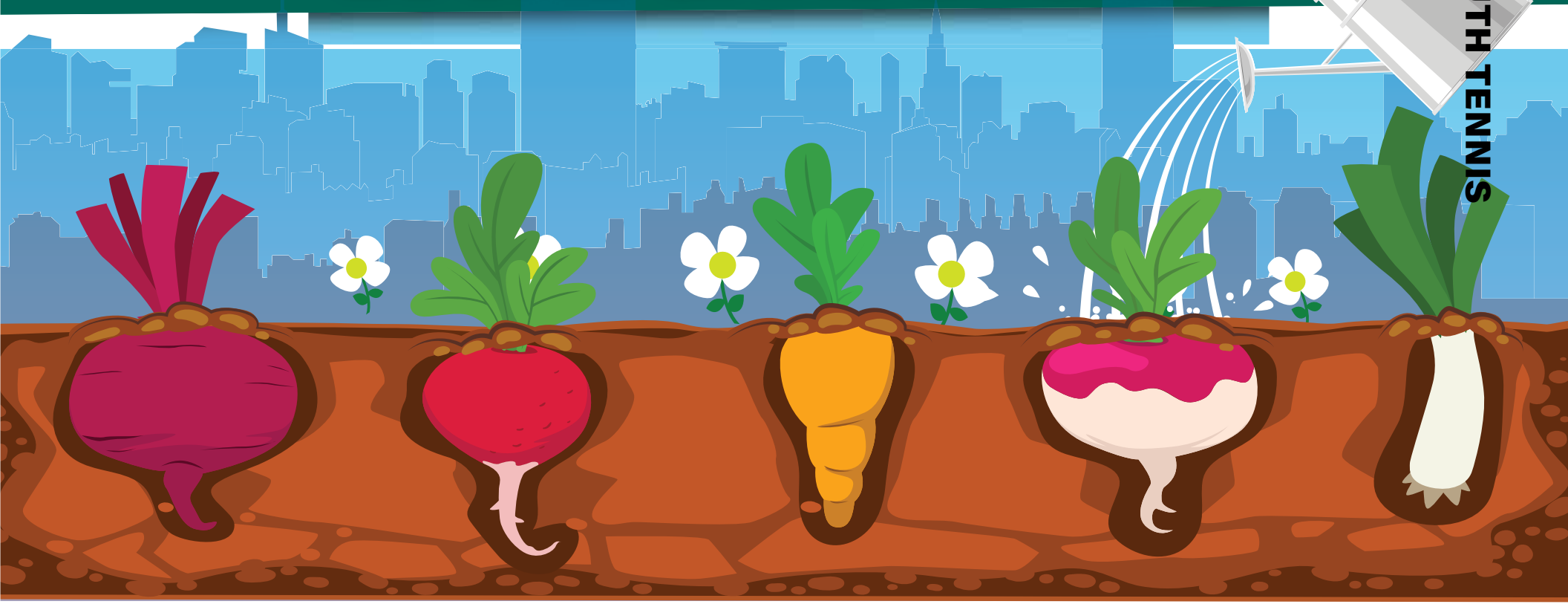
TARGET

NRPA National Recreation and Park Association

houston PARKS & recreation department
www.houstonparks.org
A CAPRA Accredited Agency

Houston Parks and Recreation Department

LOCAL GARDENERS!



YOU ARE INVITED TO JOIN OUR GARDEN!

Want to share?

Gardening Tips & Knowledge with youth

Like Horticulture?

Veggie / Fruit Gardening & Flowers for butterflies and bees

Interested in taking home your own healthy and delicious produce?

GARDEN BEDS ARE AVAILABLE AT PARTICIPATING HOUSTON PARKS & RECREATION DEPARTMENT COMMUNITY CENTERS

Please email:

theurbangardener@houstontx.gov | Call: 832-395-7120

Or visit your participating Houston Parks & Recreation Department Community Center to join

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