

# Programs & Activities

Houston Parks and Recreation Department

## Fonde Recreation Center Programs

Known for some of basketball's greatest players and basketball play, Fonde Rec Center also offers a variety of programs and activities for seniors, adults, and teens. Come visit and experience the history.

Check with community center staff about possible fees.

**Location:** Fonde Recreation Center  
110 Sabine, 77007

**Information:** (713) 226-4466

**Seniors (55+)**

Pickleball: Saturday  
10:30 a.m. – 12:30 p.m.

Pickleball: Wednesday  
9:00 a.m. – 11:00 a.m.

Pickleball: Friday  
9:00 a.m. – 11:00 a.m.

Basketball: Saturday  
10:30 a.m. – 12:30 p.m.

Basketball: Tuesday  
4:00 p.m. – 6:00 p.m.

**Adults:**

Aerobics: Monday, Tuesday & Thursday  
5:45 p.m. – 6:30 p.m.

Aerobics: Monday, Tuesday & Wednesday  
12:15 p.m. – 12:45 p.m.

Badminton: Friday  
5:45 p.m. – 8:45 p.m.

Co-Ed Volleyball: Tuesday  
6:45 p.m. – 8:45 p.m.

Dominoes: Saturday  
1:00 p.m. – 2:30 p.m.

Dominoes: Tuesday  
6:00 p.m. – 7:30 p.m.

*Continued on reverse side.*



**Teens**

Badminton:	Saturday	8:30 a.m. – 10:30 a.m.
Teen Court Reservation:	Monday & Wednesday	4:00 p.m. – 6:00 p.m.
Winter Youth Basketball Leagues:	Monday, Wednesday, & Thursday	TBA

**Fitness**

Fitness Center:	Saturday	1:00 p.m. – 6:45 p.m.
Fitness Center:	Monday – Friday	9:00 a.m. – 6:45 p.m.
Fitness Class: (Weights & Cardio)	Tuesday – Thursday	5:00 p.m. – 6:30 p.m.

**Free Play Basketball**

Full Court:	Saturday	1:00 p.m. – 4:00 p.m.
3 On 3:	Saturday	4:00 p.m. – 6:45 p.m.
3 On 3:	Monday, Wednesday, & Thursday	10:30 p.m. – 8:45 p.m.
3 On 3:	Tuesday & Friday	10:30 a.m. – 5:45 p.m.

**Seasonal Activities & Programs**

Pro-City League:	Monday & Wednesday	Summer
JLE Youth Basketball Camp & League		Spring