

Programs & Activities

Houston Parks and Recreation Department

Montie Beach Programs

Fun for the whole family at
Montie Beach Community Center! From toddlers to
seniors, we have something for you!

Check with community center staff about possible fees.

Location:	Montie Beach Park 915 Northwood, 77009
Information:	(713) 864-6820
After School Enrichment:	Monday – Friday 3:00 p.m. – 6:00 p.m.
Aerobics:	Monday, Tuesday, & Thursday 9:00 a.m. – 10:00 a.m.
Walking Club:	Monday – Friday 8:00 a.m. – 9:00 a.m.
Walking Club:	Monday – Thursday 7:00 p.m. – 8:00 p.m.
Zumba:	Wednesday & Friday 9:00 a.m. – 10:00 a.m.
Zumba (\$5/class):	Tuesday & Thursday 6:00 p.m. – 7:00 p.m.
Zumba (\$5/class):	Monday, Tuesday & Thursday 7:00 p.m. – 8:00 p.m.
Extreme Couponing:	Tuesday 10:00 a.m. – 12:00 p.m.
Jewelry Making:	Wednesday 10:00 a.m. – 12:00 p.m.
Ceramics:	Thursday 10:00 a.m. – 12:00 p.m.

Continues on reverse side.

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Computer Class:	Monday – Friday	Call for times
Self Defense: (Beginners, ages 7 & up)	Monday & Wednesday	4:30 p.m. – 5:30 p.m.
Self Defense: (Advanced, ages 7 & Up)	Monday & Wednesday	5:30 p.m. – 7:00 p.m.
Self Defense Boot Camp: (Beginners, ages 14 & Up)	Monday & Wednesday	6:00 p.m. – 7:00 p.m.
Self Defense Boot Camp: (Advanced, ages 14 & Up)	Monday & Wednesday	7:00 p.m. – 8:00 p.m.
Computer Lab:	Monday	10:00 a.m. – 2:00 p.m. 3:00 p.m. – 6:00 p.m.
Computer Lab:	Tuesday	12:00 p.m. – 2:00 p.m.
Computer Lab:	Wednesday	10:00 a.m. – 4:00 p.m.
Computer Lab:	Thursday	12:00 p.m. – 2:00 p.m. 3:00 p.m. – 7:30 p.m.
Computer Lab:	Friday	10:00 a.m. – 2:00 p.m. 3:00 p.m. – 6:00 p.m.