

Programs & Activities

Houston Parks and Recreation Department

Kendall Community Center Programs

FREE fun for the whole family at
Kendall Community Center!

From toddlers to seniors, we have something for you!

Location:	Kendall Community Center 609 N. Eldridge, 77079
Program Dates:	January 1 – May 31, 2015
Information:	(832) 393-1898
Walking Club:	Monday, Wednesday, & Friday 12:00 p.m. – 1:00 p.m.
Integral Tai Chi:	Monday & Wednesday 6:00 p.m. – 8:00 p.m.
Swingout Dance Lessons:	Monday 6:00 p.m. – 8:00 p.m.
Badminton:	Tuesday 6:00 p.m. – 8:00 p.m.
Yoga:	Tuesday 6:30 p.m. – 7:30 p.m.
Yoga:	Saturday 10:30 a.m. – 11:30 a.m.
Toddler Time:	Tuesday & Thursday 12:00 p.m. – 1:00 p.m.
Senior Specialty Crafts/Activities:	Monday, Wednesday, Friday 1:00 p.m. – 3:00 p.m.
Soccer Shots: (Ages 3 – 5)	Saturday 9:00 a.m. – 10:00 a.m.
Open Gym:	Monday & Wednesday 12:00 p.m. – 6:00 p.m.

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Open Gym:	Tuesday, Thursday, & Friday	1:00 p.m. – 6:00 p.m.
Open Gym:	Saturday	10:00 a.m. – 2:00 p.m.
Adult Cycling Class:	Monday, Wednesday, Friday	5:00 p.m. – 6:00 p.m.
Senior Circuit:	Tuesday & Thursday	1:30 p.m. – 3:00 p.m.
Adult Boot Camp:	Tuesday & Thursday	4:30 p.m. – 6:00 p.m.
Adult Kick Boxing:	Monday & Wednesday	5:00 p.m. – 7:00 p.m.
Adult Kick Boxing:	Friday	4:00 p.m. – 5:30 p.m.
Adult/Senior Games:	Monday, Wednesday, & Friday	1:00 p.m. – 3:00 p.m.