



RA Accredited Agency

# Friends, Fun and Food Amigos, diversión y comida gratis

# Summer Food Program

#### Hey, Parents and Guardians!

**FREE** summer meals are available for youths ages 1-18. No registration is required to eat; just show up at a site near you!

#### June 1 to August 14, 2009

In more than 400 operating sites Lunch 11:00 a.m. - 1:00 p.m. Snacks 3:00 p.m. - 4 p.m. For a Summer Food site near you, call

(713) 676-6832 or 2-1-1



# Programa de Alimentos Durante el Verano

#### Hola padres y i tutores!

Comidas GRATIS durante el verano para ninños y adolescentes de 1 a 18 años. No tienen que inscribirse, isólo presentarse en el sitio más cercano!

#### Del 1° de Junio al 14 de Agosto 2009

En más de 400 sitios

11:00 a.m. - 1:00 p.m. Almuerzo 3:00 p.m. - 4:00 p.m. Refrigerio Para un sitio cercano, llame al

> (713) 676-6832 ó 2-1-1

Sponsored by the City of Houston Parks and Recreation Department since 1984. This program is administered by the Texas Department of Agriculture Food and Nutrition Division. In accordance with federal law and USDA policy, this institution is prohibited from discrimination.

Patrocinado por la Ciudad de Houston Departamento de Parques y Recreación desde 1984. El programa es administrado por el Departamento de Agricultura

de Texas División de Alimentos y Nutrición. De acuerdo con la Ley Federal y los reglamentos del Departamento de Agricultura de E. U., no se permite la discriminación

# 2010 Houston Corporate Games

#### April 30 & May 1, 2010 Memorial Park

- Register by April 16 at www.houstonparks.org
- Encourage employee wellness and an active lifestyle.
- Build company spirit, camaraderie, and teamwork.
- Raise money to improve educational opportunities for deserving middle school and high school youth.
- HAVE FUN!



Get in the game. Make a difference.









#### **DEPARTMENT'S MISSION STATEMENT**

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

#### PARK RULES AND REGULATIONS

- Park hours of operation for all city parks are 6:00 a.m. to 11:00 p.m.
- Unless otherwise posted.
- Glass bottles and glass containers are prohibited.
- Camping in city parks is prohibited except at Lake Houston 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 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 green spaces clean.
- For a complete list of Park Rules and Regulations, please visit the City of Houston Code of Ordinances, Chapter 32.

#### ACTIVITIES IN THE PARK PROGRAM GUIDE AND CATALOG

The Houston Parks and Recreation Department provides programs and recreational opportunities for people of all ages and abilities on a year-round basis. The "Activities in the Park Program Guide and Catalog" is printed three times a year to provide you with a guide to the department's programs and activities. Printed copies are available at your local community centers and online at www.houstonparks.org.

- 2010 Summer Activities in the Park April 1, 2010
- 2010 Fall Activities in the Park August 1, 2010
- 2010 Winter/Spring Activities in the Park December 1, 2010



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A CAPRA Accredited Agency



ummer's right around the corner and HPARD's parks, greenspaces trails, skateparks and community centers are great places to stay active, fit and healthy while keeping cool! We've got recreational programs for youth, adults, and seniors. And, if you're interested in sports leagues and friendly recreational competition, we've got that too!

Memorial Day weekend signals the opening of all HPARD pools. There's no entry fee at any HPARD pool. We offer Learn to Swim Classes for all ages for a nominal fee and FREE water fitness classes at select sites!

The Lee & Joe Jamail Skatepark is always popular. P.U.S.H. schedules events and skateboarding classes throughout the summer check our website for details www.houstonparks.org. Drop in and test your skills on wheels or just watch the amazing action!

HPARD's Summer Food Service Program, for youth ages 1 to 18, runs from June 1 to August 13. It provide FREE lunches at over 400 sites when school is out for summer. No registration is needed just dial 2-1-1 and give the operator your zip code to find a site near you.

If you're looking for a great camping experience consider Lake Houston Wilderness Park. Just 30 minutes from downtown Houston this almost 5,000 acre park has cabins, sheltered campsites and wilderness camp areas to choose from. If you're interested in biking, hiking, bird watching, horse riding, kayaking and much more then you really have to visit Lake Houston Wilderness Park. It is the only park in our system where overnight camping is available and it's a wonderful place to plan a family trip!

For those who interested in sports and organized league play we have a variety of leagues to choose from for both youth and adults.

We invite you to check the pages of our summer catalog and see what we have to offer you and your family. We hope to see you in a park or community center this summer! Remember, time spent in the great outdoors is an investment in fun and good health!

Joe Turner, Director

**Houston Parks and Recreation Department** 



Summer Day Camp at Lake Houston Wilderness Park

Join us at Lake Houston Wilderness Park along with our friends from Texas Parks and Wildlife for our first summer day camp full of outdoor recreation and education! Camp activities will include nature walks, learning land navigation, campsite and tent setup (no overnight stay), bird watching, snake programs, kayaking, archery, fishing, wilderness survival skills, and crafts. Cost is \$30 for the entire camp program lunch is not provided

Registration required for this event until limit is

Ages: Registration:

Fee:

**Program Dates:** Times:

Locations:

Information:

7 - 13 April 18

\$30 (lunch is not provided) June 16 - June 18 8:30 a.m. - 3:00 p.m. Lake Houston

Wildeness Park 22031 Baptist **Encampment Road** New Caney, TX 77357

(281) 354-6881



#### Summer Enrichment

The Summer Enrichment Program is a day camp style program that provides youth, 6 - 13, with fun-filled summer of activities at 51 community centers. Registration is required for this 10 week program. Parents are required to attend a program orientation as scheduled at each community center. Transportation to and from community center is the responsibility of the parent. Student to staff ratio is 1 to 35 with qualified professional recreation staff. Summer Enrichment Program operates under "Texas Standards of Care" as defined by Texas Department of Protective and Regulatory Services.

Activities include crafts, nutrition, fun fitness, track and field, swimming, soccer, junior golf, nature exploration, arts and entertainment, and special events. Special activities include computer literacy programs, recycling awareness, kayaking, bird watching, fishing and hiking excursions and youth entrepreneur experiences.

The cost is \$30.00 per child per week. Community Centers can receive payments in the form of a cashiers check or money order only. Cash or credit card payments can be made at HPARD permits office 2999 South Wayside Houston, Texas 77007. Fee exemptions are available to parents or guardians who qualify. Appropriate documentation is required. Ask for information regarding qualification criteria.

No personal checks are accepted. (NOTE: Any scheduled field trip costs are not a part of the registration fee).

Ages:

April 18 until Commty Ctr. Registration: Capacity Reached

Fees: \$30 per child per week

(No Personal Checks) June 1 - August 6 Dates:

8:00 a.m. - 6:00 p.m. Times: 51 HPARD Commty. Ctrs. Location:

Information: (832) 395-7270 (832) 395-7292

(832) 395-7294

(832) 395-7296

www.houstonparks.org

#### Summer Food Program

HPARD's Summer Food Program provides youth ages 1-18 with a FREE lunch and snack at over 400 sites in Houston and Harris Co. Sites include HPARD Commty Ctrs, churches, apartment complexes, learning centers, YMCA, youth organizations, schools and many other non-profit agencies. To find a site near you call 2-1-1 or (713) 676-6832 and give the operator your zip code.

Ages: 1 - 18Registration: Not Required Fees: **FREE Program Dates:** 

June 1– Aug. 13 11:00 a.m. – 1:00 p.m. (lunch) Times: 3:00 p.m. - 4:00 p.m. (snack) Location: Call 2-1-1 for site location

Information: (713) 676-6832



Healthy Kids-Houston

This HPARD program is helping kids lead a more active lifestyle with a "have

fun and be fit" attitude. The program runs for 18 weeks and children are required to take part in the entire program. Parents must attend a Parent Orientation and sign a consent form.

Partners include Baylor College of Medicine, Texas Children's Hospital including Texas Children's Pediatric Associates, the Children's Nutrition Research Center and the METRO. Funding is provided by a grant from the U.S. Department of Agriculture through the Cooperative State Research, Education, and Extension Service.

9 - 12, Boys and Girls Ages: Registration: May 3 - June 30, 2010 FREE Fee:

**Program Starts:** Fall 2010 Locations: **TBD** (832) 395-7293 Information:

Healthy Kids-Houston Instructors Needed

(713) 798-7007

Immediate openings for high-energy, enthusiastic, Physical Activity Instructors, Nutrition Instructors, and Water Fitness Instructors with a passion for teaching young people the importance of a healthy lifestyle

This is a grant-funded, collaborative research project with Baylor College of Medicine and Texas Children's Hospital. The program is offered two days a week for six weeks, in 3 sessions. Program begins fall 2010 and continues through May 2011.

Please submit a cover letter and qualifications and experience in fitness education, youth instruction, recreation, nutrition, or water fitness.

Information: (832) 395-7293 tina.ortiz@cityofhouston.net Resumes:

Houston Parks and Recreation Department - (832) 395-7000



Athletes Seeking Knowledge (A.S.K.) provides **FREE** educational support, resources and tools to

middle school and high school students to help them excel academically. It is open to Houston area students registered in HPARD's Summer Enrichment Program or other HPARD recreational sports programs. It provides tutoring, academic preparation programs, scholarship assistance and more.

The A.S.K. Education Fund provides scholarships and resources to assist young people in the pursuit of a college education, trade school program, or to help improve their current academic standing.

Since its inception in 2000, A.S.K. has awarded \$85,000 in scholarships and education incentives to Houston area students.

The annual A.S.K. Scholarship Awards Gala will be held this summer at Minute Maid Park to salute our outstanding 2010 scholarship recipients.

For information on A.S.K scholarship applications or how to contribute to the A.S.K. Education Fund contact your local community center.

Ages: 13 - 18 Fees: FREE

**Locations:** All Community Centers (832) 395-7293

Opening Doors - Teen Mentor Workshop

The Opening Doors Teen Mentor Workshop gives young teens an opportunity to provide community service in their community during the summer months.

The program is designed to develop teens character and self-worth, while prepare them for future job interviews. A mock interview and suggestions on resume preparation are part of the program.

In addition, teens participate in hands-on community service projects, field trips, educational workshops, and a team building camping experience at Lake Houston Wilderness Park.

The program is 8-weeks with workshops taking place at Judson Robinson Jr. Community Center.

Ages: 14 - 18
Registration: Ongoing
Fees: FREE

**Program Times:** 9:00 a.m. - 2:00 p.m. **Location:** Judson Robinson, Jr.

2020 Hermann Drive Houston, 77002 (713) 284-1997

**Information:** (713) 284-1997

#### Teen Enrichment Program

A variety of fun programs, mentoring opportunities and peer group special events are implemented for teens, ages 14 - 18 in the community centers to meet their recreational, cultural and educational needs during the summer months.

Year round programs are coordinated through the Teen Program Section to enhance monthly awareness activities. Program components include motivational speakers, essay competitions, talent exhibitions, teen camp experiences, nature activities, cultural programs, special events and college tours.

Ages: 14 - 18
Registration: Required
Fees: FREE

Program Dates: June 1-August 6
Times: 8:00 a.m. - 6:00 p.m.
Location: Select Community
Centers

Information: (832) 395-7131 (832) 395-7135 (832) 395-7270

#### D-Tag (Tattoo Removal Program)

A free tattoo removal program for youth and young adults, ages 10 - 24 years old and younger who reside in the greater Houston metropolitan area. All youth under the age of 17 years must complete a parent/guardian permission form to participate. D-Tag was designed to help individuals re-enter the mainstream of society be removing tattoos that would identify them as participating in or supporting anti-social behavior. Program is co-sponsored with the Harris County Medical Society.

Ages: 24 years or younger Registration: Registration process

required along with completion of 6 community service hours in advance

Fees: FREE

**Program Dates:** 2<sup>nd</sup> Saturday of each month

as scheduled quarterly

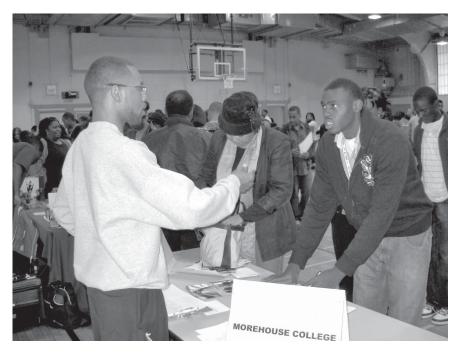
Program Times: 9:00 a.m. – 3:00 p.m. Location: Judson Robinson, Jr.

Community Center 2020 Hermann Drive,

77002

**Information:** (832) 395-7297

(832) 395-7270





Houston Youth Soccer Program

This fun recreational soccer program is designed to encourage children ages 4 - 18 to develop physically and socially through the sport of soccer. Participants sharpen their skills while learning the importance of sportsmanship and fair play. No experience is necessary. Summer league runs for six weeks. The program is offered year round in three (3) divisions: Instructional, Recreational, and Advanced Recreational. The divisions are formed based on the registration numbers.

The Instructional League Division is composed of teams with less than 40 registered participants. The Recreational League Division is composed of teams with more than 40 children registered (teams are formed from individual registration). The Advanced Recreational Division is composed of pre-formed teams that are accepted for league play.

FREE Houston Youth Soccer League T-shirts and shin guards are provided to registered teams thanks to our program sponsor Fiesta Mart, Inc. All leagues are required to submit requested registration and supporting documentation by May 29, 2010.

4 – 18 \* Ages: Registration: May 3 - May 31 FRÉE Fees: **Program Dates:** June 19 - July 30 6:00 p.m.- 9:00 p.m., Times:

Monday - Friday 9:00 a.m.- 2:00 p.m., Saturday

Information: (832) 395 - 7261

\* As of September 1, 2009

#### Northeast

Melrose (KM413T) 1001 Canino, 77076 (281) 447-0514 Shady Lane (KIM414W) 10220 Shady Ln, 77093 (713) 742-1503

#### Southeast

Milby (KM 535G) 2001 Central, 77017 (713) 645-8433



Hershey's Track and Field Program

If you like to RUN, JUMP or THROW, the Houston Parks and Recreation Department invites you to join the FREE Hershey's Track and Field Program. Boys and girls, ages 6 - 14 \*, will learn basic track and field events and have the opportunity to advance to state finals. This program is sponsored in part by The Jacob and Terese Hershey Foundation.

Hershey's Track and Field Program is open to all track and field clubs and school team members and individuals. No experience is necessary.

Events include: 50-meter dash, 100-meter dash, 200, 400, 800 and 1600-meter run, 4x100 meter relay, standing broad jump and softball throw. Register at your local community center. Spikes ARE NOT allowed.

Ages: May 3 - July 6 June 8, Tuesday Registration: Track Meet Dates: Hershey's qualifier July 6, Tuesday Recreation Championships 9:00 a.m. - 2:00 p.m. Time: Location:

Alexander Durey Sports Complex (TSU) 3100 Cleburne St. Houston, 77004

Information: (832) 395-7294 (832) 395-7292

As of December 31, 2010

Houston Small Sided Soccer League

Register for the Houston Parks and Recreation Department's Youth 6 vs. 6 Small-Sided Soccer League. Experience a faster paced game while improving your soccer skills! FREE Houston Youth Soccer League t-shirts and a pair of shin guards will be provided for participants.

Registration for all youth sports leagues will be held at select league locations one (1) month prior to start date. Teams and community based league play will be determined based on individual registration. Pre-registration is required. No experience is necessary. Volunteer coaches are needed!

Ages: 4 -18 \* Registration: May 3 - May 31

FREE Fees:

**Program Dates:** June 19 - July 30 Times:

6:00 p.m.- 9:00 p.m., Monday - Friday

9:00 a.m.- 2:00 p.m.,

Saturday Clark (KM 453B) Location:

9718 Clark, 77076 Information: (713) 742-1497

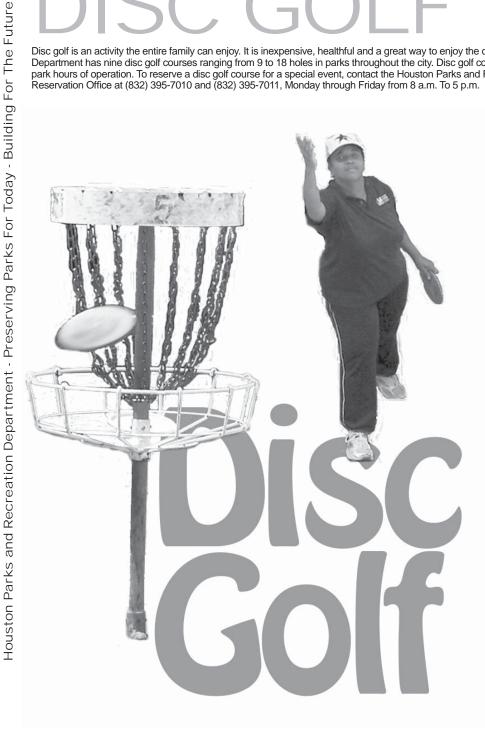
\* As of September 1, 2009





Houston Parks and Recreation Department - (832) 395-7000

Disc golf is an activity the entire family can enjoy. It is inexpensive, healthful and a great way to enjoy the outdoors. Houston Parks and Recreation Department has nine 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. To reserve a disc golf course for a special event, contact the Houston Parks and Recreation Department's Ballfields and Reservation Office at (832) 395-7010 and (832) 395-7011, Monday through Friday from 8 a.m. To 5 p.m.



Agnes Moffitt Park 10845 Hammerly (KM 449R)

Holes: 18 Warm-up Basket: Yes Tee Type: Grass/Dirt Basket Type: Disc Catcher

Buffalo Bayou/Tinsley Park 1800-3600 Allen Parkway

Holes: 18 Warm-up Basket: Yes Grass/Dirt Tee Type: Basket Type: Disc Catcher

Dodson Lake Park 9010 Dodson (KM 454F)

Holes: Warm-up Basket:

Tee Type: Basket Type: Grass/Dirt Disc Catcher

Glenshire Park 12100 Riceville School Rd. (KM 570E)

Holes: Warm-up Basket: Yes Grass/Dirt Tee Type:

T.C. Jester Park 4201 T.C. Jester West (KM 451M)

Holes: Warm-up Basket: Yes Tee Type: Basket Type: Grass/Dirt Stroke Saver

Mason Park 541 South 75th St.(KM 535A)

18 Warm-up Basket: Yes Tee Type: Basket Type: Grass/Dirt Disc Catcher

MacGregor Park 525 Calhoun (KM 489E)

Holes: Warm-up Basket: Yes Tee Type: Grass/Dirt Basket Type: Stroke Saver

#### The First Tee of Houston at FM Law Park

Junior Golfers come and play one of America's favorite sports at HPARD'S First Tee of Houston at FM Law Park. Our mission is to positively impact the lives of young people in the greater Houston area by "promoting character development and life-enhancing values through the game of golf." The First Tee of Houston at FM Law Park strives to instill it's nine core values (Confidence, Courtesy, Honesty, Integrity, Judgment, Perseverance, Respect, Responsibility and Sportsmanship) into all participants. Through the Life Skills Houston/F.M. Law Park Experience, young people discover how skills essential to success on a golf course can help them flourish in life. These skills include

self-management, interpersonal communication, goal setting, mentoring, and effective conflict resolution. The curriculum was developed by experts and is delivered by trained First Tee coaches. The First Tee of Houston at F.M Law Park is closed on Holidays, Sundays, and Mondays.

TARGET is the most basic Life Skill (LS) level and introduces beginners to the game of golf. TARGET is used primarily as a community outreach component. There is no certification process to advance from TARGET to PLAYer, and no prior golf experience is necessary.

PLAYer introduces how to play the game of golf with special emphasis on learning golf and The First Tee Code of Conduct, appreciating the rules and etiquette of the game, and developing your game in golf and life. There are two levels of the PLAYer at our Chapter, PLAYer6 and PLAYer6 is for ages 7-8 and PLAYer 9 is for ages 9 and up. All new participants must begin in their respective age category. Unfortunately there will be no special advancement based on golfskill level. Upon reaching the required age participants may move on to Par once they are certified and the Coaches feel they are ready to move forward.

All Par students must be PLAYer certified. Students work on their swing, grip, and stance as well as learn how to introduce themselves, the meaning of respect, and finding their "personal par". Participants must meet the appropriate age requirements and complete certification to advance to Birdie.

Par Plus! reinforces life skills learned in Par. This level of class allows participants to assist and lead brief intervals in PLAYer and Par class.

This independence promotes leadership and encourages younger participants to excel.

The final stage of the Par curricula further promotes one of our 9 Core Values, Responsibility. This level allows participants to assist writing lesson plans and leading classes. It also encourages participants to speak in front of groups and be leaders. Participants will remain in the Par level for a period of at least 1 - 2 years.

#### BIRDIE

All Birdie students must be Par level certified and meet the required age. Birdie focuses on goal setting and how to go about achieving both long term and short term goals. Golf skills include: course management, etiquette, and advanced swing/putting skills.

We encourage participants to keep track of their goals on the golf course and away from the golf course. We further emphasize the importance of staying focused on tasks and keeping their goals close to heart. Participants must have a strong certification results in Birdie in order to advance to Eagle. Participants should expect to remain in Birdie level for a minimum of 1 year.

#### **EAGLE**

All Eagle students must be Birdie certified. Eagle focuses on wellness and health for the mind and body as well as conflict resolution, diversity, and explores careers in the golf industry. Golf skills include: playing competitively, effective practice strategies, how to self-correct, and accuracy.

All Ace participants must be Eagle certified. Ace focuses on personal planning, reinforces interpersonal communication, self-management, goal setting, self-coaching, and resistance skills. Ace encourages volunteerism and the pursuit of higher education, all while providing the student the support structure to flourish and excel in their lives after high school not only in golf but academically and socially as well.

Ages: 7 - 18Pre-registration: January 1 **FREE** Fees:

Spring Session: March 31 - May 5, Summer Session I: June 2 - July 7, **Summer Session II:** July 28, - Aug. 18,

#### Locations:

F.M. Law Park (KM 534Y) 8400Mykawa Rd., 77048 (713) 264-2100 Sharpstown GC (KM 530F) 6600 HarborTown Dr., 77036 (713) 988-2099 Gus Wortham GC (KM 494Z) (713) 928-4260 7000 Capitol, 77023

Houston Parks and Recreation Department - (832) 395-7000



Spring I				
Tuesday Wednesday Thursday Thursday Saturday Saturday Saturday Saturday	March 23- April 27, 2010 March 24 – May 19, 2010 March 25 – April 29, 2010 March 25 – April 29, 2010 March 27 - May 1, 2010 March 27 - May 22, 2010 March 27 - May 1, 2010 March 27 - May 1, 2010	Player 6-hole Player 9-hole Par Plus! Par Player 6-hole Player 9-hole Par Birdie	5:30 -7:00pm 5:30-7:00pm 5:30-7:00pm 5:30-7:00pm 9:00-10:30am 11:30-1 pm 3:00-4:30 pm 5:30-7:00pm	FM Law Park Golf Course FM Law Park Golf Course
Summer I				
Tuesday Tuesday Wednesday Wednesday Thursday Saturday Saturday	June 1 — July 6, 2010 June 1 — July 20, 2010 June 2 — July 7, 2010 June 2 — July 7, 2010 June 3 — July 8, 2010 June 5 — July 10, 2010 June 5 — July 10, 2010	Player 6-hole Player 9-hole Par Plus! Advanced Par Par Par Birdie	9:00 – 10:30 am 11:30 – 1:00 pm 9:00 – 10:30am 11:30 – 1:00 pm 9:00 – 10:30am 9:00-10:30am 11:30-1:00pm	FM Law Park Golf Course FM Law Park Golf Course
Summer II				
Tuesday Tuesday Wednesday Wednesday Thursday Thursday Saturday Saturday Saturday	Aug 3 – Aug 17, 2010 Aug 3 – Aug 17, 2010 Aug 4 – Aug 18, 2010 Aug 4 – Aug 18, 2010 Aug 5 – Aug 19, 2010 Aug 5 – Aug 19, 2010 Aug 7 – Aug 21, 2010 Aug 7 – Aug 21, 2010 Aug 7 – Aug 21, 2010	Player 6-hole Player 9-hole Player 9-hole Par Player 6-hole Player 9-hole Par Birdie Advanced Par	9:00 – 10:30 am 11:30 – 1:00 pm 9:00 – 10:30am 11:30 – 1:00 pm 9:00 – 10:30 am 11:30 – 1:00 pm 9:00 - 10:30am 11:30-1:00pm 11:30-1:00pm	FM Law Park Golf Course FM Law Park Golf Course

Houston Parks and Recreation Department - Preserving Parks For Today - Building For The Future

# YOUTH TENNIS



#### Summer 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 (HPARD) 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. FREE tennis classes for ages 4 to 18 are offered at 35 parks throughout the Houston area. Two summer sessions are offered with morning and afternoon classes available depending on the site. Equipment is available for use during class and pre-registration is not necessary.

**Ages:** 4 - 18

**Registration:** On site – First day of class

Fees: FREE

Session I: June 7 – July 1, Monday - Thursday
Session II: July 5 – July 29, Monday - Thursday

**Information:** (713) 803-1112

#### Morning Sites:

8:15 - a.m. - 9:00 a.m. Ages 4 - 6 9:00 a.m. - 10:00 a.m. Ages 7 - 10 10:00 a.m. - 11:15 a.m. Ages 11 - 18

#### Afternoon Sites:

4:15 p.m. - 5:00 p.m. Ages 4 - 6 5:00 p.m. - 6:00 p.m. Ages 7 - 10 6:00 p.m. - 7:15 p.m. Ages 11 - 18



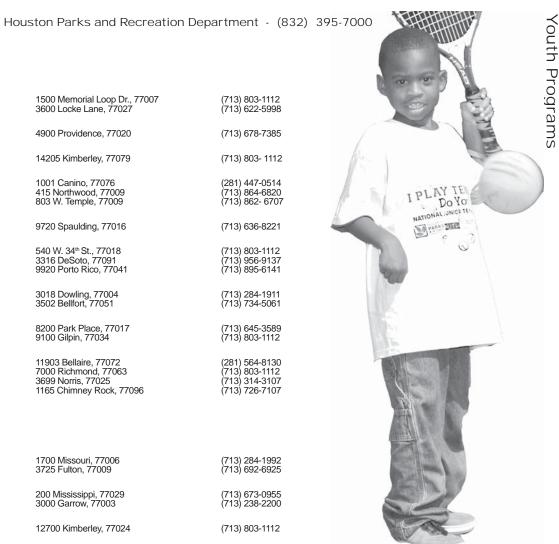


### Morning Tennis Sites

CENTRAL Memorial Park (KM 492F) River Oaks (KM 492S)	1500 Memorial Loop Dr., 77007 3600 Locke Lane, 77027	(713) 803-1112 (713) 622-5998
EAST Finnigan (KM 494G)	4900 Providence, 77020	(713) 678-7385
WEST Nottingham (KM 489E)	14205 Kimberley, 77079	(713) 803- 1112
NORTH Melrose (KM 413T) Montie Beach (KM 453X) Proctor Plaza (KM 453X)	1001 Canino, 77076 415 Northwood, 77009 803 W. Temple, 77009	(281) 447-0514 (713) 864-6820 (713) 862- 6707
NORTHEAST Tidwell (KM 454T)	9720 Spaulding, 77016	(713) 636-8221
NORTHWEST Graham (KM 452R) Highland (KM 451D) R.L. & Cora Johnson (KM 450A)	540 W. 34 <sup>th</sup> St., 77018 3316 DeSoto, 77091 9920 Porto Rico, 77041	(713) 803-1112 (713) 956-9137 (713) 895-6141
SOUTH Emancipation (KM 493U) Sunnyside (KM 533X)	3018 Dowling, 77004 3502 Bellfort, 77051	(713) 284-1911 (713) 734-5061
SOUTHEAST Charlton (KM 535P) Wilson Memorial (KM 576G)	8200 Park Place, 77017 9100 Gilpin, 77034	(713) 645-3589 (713) 803-1112
SOUTHWEST Alief (KM 529E) Briarmeadow (KM 490Z) Linkwood (KM 532P) Platou (KM 571B)	11903 Bellaire, 77072 7000 Richmond, 77063 3699 Norris, 77025 1165 Chimney Rock, 77096	(281) 564-8130 (713) 803-1112 (713) 314-3107 (713) 726-7107

#### Afternoon Tennis Sites

CENTRAL Cherryhurst (KM 492V) Moody (KM 453Y)	1700 Missouri, 77006 3725 Fulton, 77009	(713) 284-1992 (713) 692-6925
EAST Clinton (KM 495U) Settegast (KM 494N)	200 Mississippi, 77029 3000 Garrow, 77003	(713) 673-0955 (713) 238-2200
<u>WEST</u> Bendwood (KM 489H)	12700 Kimberley, 77024	(713) 803-1112
NORTHEAST Hutcheson (KM 454U)	5400 Lockwood, 77026	(713) 803-1112
NORTHWEST Oak Forest (KM 452N) Schwartz (KM 451N)	2100 Judiway, 77018 8203 Vogue, 77055	(713) 803-1112 (713) 803-1112
SOUTH Bessie Swindle (KM 573L)	11800 Scott, 77047	(713) 733-4581
SOUTHEAST Meadowcreek (KM 526S) Sagemont (KM 526S)	5033 Berry Creek,77017 11507 Hughes, 77089	(713) 946-9020 (281) 822-2343
SOUTHWEST Haviland (KM 570H) Meyerland (KM 531Q) Sharpstown (KM 530F) Windsor Village (KM 471P)	11600 Haviland, 77035 5151 Jason, 77096 6600 Harbor Town, 77036 14441 Croquet, 77085	(713) 803-1112 (713) 803-1112 (713) 988-5328 (713) 726-7113



ADAPTIVE CLASS

Metropolitan Multi-Service (KM 492R) 1 1475 W Gray, 77019 (713) 284-1983

Adaptive focuses on individuals with physical disabilities who have independent functioning skills. Please call for class days and times.

# SKATEPARKS

Houston Parks and Recreation Department The Lee & Joe Jamail Skatepark Presents 2010 Summer Youth Skateboarding Classes Ages: 6 - 17 years old

#### Descriptions:

Beginning Skateboarding Class: An introductory class designed to teach participants on the proper technique of skateboarding and to enhance their overall experience at the skatepark. Learning objectives include balance, pushing, rolling in, dropping in, park etiquette, safety, how to fall, and flexibility. All enrollments are filled on a "first-come, first served" basis during specified registration periods listed below at The Lee & Joe Jamail Skatepark. Classes are limited to a maximum of 10 participants. No fee is charged. FREE! Beginning Skateboarding Class

Days: Monday-Thursday
Time: 9:15 a.m. - 10:15 p.m.

Session I Dates: June 14 - 24
Registration Period: June 7-11
9:00 a.m. - 5:00 p.m.

Session II Dates: July 12 - 22 Registration Period: July 7 - 11

9:00 a.m. - 5:00 p.m.

Session III Dates: July 26 - August 5
Registration Period: July 19 - 23

9:00 a.m. - 5:00 p.m.

Session IV Dates: Registration Period: August 9 - 19 August 2 - 6 9:00 a.m.- 5:00 p.m.

Park: The Lee & Joe Jamail

Skatepark 103 Sabine Street,

77007

**Information:** (713) 222-5500

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

This facility 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 & 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!



Dylan Duncan Skatepark 3950 Rustic Woods (KM 297X)

This 5402 square 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.

Linkwood Skatepark 3699 Norris (KM 523P)

This 12,070 square foot facility measures 142' X 85'. Coomponents 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).

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

The Joe and 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, and stairs and rails.

Eastwood Skatepark 5020 Harrisburg (KM 494T)

Eastwood skatepark is a 4,928 square 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.

Watonga Skatepark 4100 Watonga Blvd (KM 451H)

The Watonga Skatepark is a 12,070 square foot facility measuring142' 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.

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).

# Adult Sports Leagues

Summer Adult Softball Season

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

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

Ages: **Registration Dates:** League Dates: League Format:

Divisions: Days: Time: Fee: ASA Fee: Information: 18 - older June 7 - June 25 July 6 - August 27 5-Week Doubleheader (10 games total) Men's C/D and Coed Monday - Friday 6:30 p.m.- 10:30 p.m. \$250 - \$300 per team \$20.00 per calendar year (832) 395-7130 www.houstonparks.org

Fall Adult Softball

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

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

Ages: Divisions: **Registration Dates:** League Dates: Fee: ASA Fee: League Format:

Days: Time: Information: 18 - older Men's B/C/D and Co-ed August 10 - August 31 September 10 – November 2 \$250 - \$300 per team \$20.00 per calendar year 5 – Week Doubleheader (10 games total) Monday - Friday 6:30 p.m. - 10:30 p.m. (832) 395-7130

www.houstonparks.org

Winter I Adult Softball

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

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

Ages: Divisions: **Registration Dates:** League Dates:

Fee: ASA Fee: League Format:

Days: Time: Information:

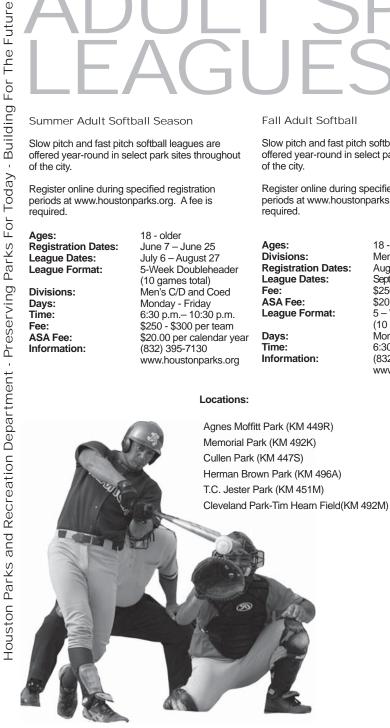
18

18 - older Men's B/C/D, Co-ed October 5 - October 23 November 2 - December

\$250 - \$300 per team \$20.00 per calendar year 5 - Week Doubleheader (10 games total)

Monday - Friday 6:30 p.m. – 10:30 p.m. (832) 395-7130 www.houstonparks.org

#### Locations:



10645 Hammerly, 77043 6501 Memorial Drive, 77007 19008 Saums Road, 77084 300 Oates Road, 77013 4201 W. T.C. Jester, 77018 200 Jackson Hill, 77007

Summer, Fall and Winter I Leagues Fall and Winter I Leagues Only Summer, Fall and Winter I Leagues

#### Summer Adult Basketball

Hoop it up this Summer by signing up for HPARD's Adult Basketball League!

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

Ages: Divisions: **Registration Dates:** League Dates: League Format: Days: Time:

18 - older Men's June 7 – June 25 July 6 – August 27 \$320 per team 10 - Week Single Tuesday or Thursday 6:30 p.m. - 9:30 p.m. (832) 395-7130

www.houstonparks.org

Fall Adult 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.

18 - older Ages: Divisions: Men's **Registration Dates:** August 10 - August 31 September 1 -November 3 League Dates: Fee: \$320 per team League Format: 10 - Week Single Days: Tuesday or Thursday 6:30 p.m. - 9:30 p.m. Time: Information: (832) 395-7130 www.houstonparks.org

Winter I Adult 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: Divisions: **Registration Dates:** League Dates:

Fee: League Format:

Days: Time: Information:

18 - older Men's Open and Women's Open November 9 - November 25 December 10 - February 1

\$320 per team 10 - Week Single (10 games total) Tuesday or Thursday 6:30 p.m. - 9:30 p.m. (832) 395-7130 www.houstonparks.org

#### Locations:

J. Robinson, Jr. (KM 533B) Townwood (KM 572P)

2020 Hermann, 77004 3403 Simsbrook, 77051 Summer, Fall and Winter I Leagues Summer, Fall and Winter I Leagues



Summer Adult Sand Volleyball

Playing volleyball is a great way to get fit while having fun! Sign up today and get ready to serve, set and spike your way to a healthier you.

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

Ages: Divisions: **Registration Dates:** League Dates: Fee: League Format: Days: Time:

18 - older Men's D and Co-ed Open June 7 – June 25 July 6 - August 27 \$180 per team 5 - Week Doubleheader (10 games total) Tuesday 6:30 p.m. - 9:30 p.m. (832) 395-7130 www.houstonparks.org



Fall Adult Volleyball

Playing volleyball is a great way to get fit while having fun! Sign up today and get ready to serve, set and spike your way to a healthier you.

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

Ages: 18 - older Men's D and Co-ed Open Divisions: Registration Dates: August 10 - August 24 September 11 - October 25 League Dates: Fee: \$180 per team 5 - Week Doubleheader League Format: (10 games total) Days: Tuesday 6:30 p.m. - 9:30 p.m. Time: (832) 395-7130 Information: www.houstonparks.org



Winter I Adult Volleyball

Playing volleyball is a great way to get fit while having fun! Sign up today and get ready to serve, set and spike your way to a healthier you.

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

Ages: Divisions: **Registration Dates:** League Dates: Fee: League Format:

Days: Time: Information: 18 - older Men's D and Co-ed Open October 5 - 23 November 2 - December 18 \$180 per team 5 - Week Doubleheader (10 games total) Tuesday 7:00 p.m. - 9:30 p.m. (832) 395-7130

www.houstonparks.org

Locations:

Information:

Memorial Park (KM 492K)

6501 Memorial Drive, 77007

Summer, Fall and Winter I Leagues

#### Summer Adult 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

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

Building Ages: Divisions: Coed D **Registration Dates:** June 7 – June 25 July 6 - August 27 League Dates: Fee: \$180 League Format: 5-Week Doubleheader (10 games total) Days: Time: Information:

Monday or Wednesday 6:30 p.m.- 10:30 p.m. (832) 395-7130 www.houstonparks.org

18 - older

#### Fall Adult 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.

18 - older Divisions: Co-ed D **Registration Dates:** August 11 - August 31 September 10 –November 2 League Dates: Fee: \$180 per team League Format: 5 - Week Doubleheader (10 games total) Mon or Wed (Memorial P) Days: Thursday (Cullen P) Time: 6:30 p.m. - 10:30 p.m. Information: (832) 395-7130 www.houstonparks.org

#### Winter I Adult 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:** October 5 - October 23 November 2 - December 18 League Dates: Fee: \$180 per team League Format: 5 - Week Doubleheader Season (10 games total) Mon or Wed (Memorial P Days: Thursday (Cullen P) Time: 6:30 p.m. - 10:30 p.m. Information: (832) 395-7130 www.houstonparks.org

#### Locations:

Today

Parks For

Recreation Department - Preserving

Houston Parks and

Memorial Park (KM492K) 6501 Memorial Drive, 77007 Summer, Fall and Winter I Monday or Wednesday Cullen Park (KM447S) 19008 Saums Road, 77084 Summer, Fall and Winter I Thursday



Summer Adult 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: Divisions: **Registration Dates:** League Dates: Fee:

C and Co-ed June 7 - June 25 July 6 - August 27 \$330 per team League Format: 5 - Week Doubleheader

18 - older

(10 games total) Days: Wednesday or Thursday 7:00 p.m. - 11:00 p.m. (832) 395-7130 Time: Information: www.houstonparks.org

Fall Adult 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: Divisions: Registration Dates: Fee:

League Dates: League Format:

Days: Time: Information:

18 - older Men's B/C, Co-ed August 10 - August 31

\$330 per team September 11 - October 25 5 - Week Doubleheader (10 games total)

Wednesday or Thursday 7:00 p.m. - 11:00 p.m. (832) 395-7130 www.houstonparks.org

Winter I Adult 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: Divisions: **Registration Dates:** 

Fee:

League Dates: League Format:

Days: Time: Information:

18 - older C and Co-ed October 5 - October 23 \$330 per team November 2 - December 18 5 – Week Doubleheader (10 games total)

Wednesday or Thursday 7:00 p.m. - 11:00 p.m. (832) 395-7130 www.houstonparks.org

#### Locations:

Agnes Moffitt Park (KM 449R) Cullen Park (KM 447S) Memorial Park (KM 492K)

Hammerly, 77043 Summer, Fall and Winter I Summer, Fall and Winter I

Tuesday, Wednesday, Thursday Tuesday, Wednesday, Thursday Tuesday, Wednesday, Thursday



# Houston Parks and Recreation Department - Preserving Parks For Today - Building For The Future

Aerobics is a great way to keep fit and stay in shape or to burn off some unwanted pounds. Check with individual community center for more information.



M & W

T - Th

M-Th

M-Th

M, W & F

M, W & F

T, W & Th M & W M, T & TH

T & Th

M - W M-Th

M-Th

W

Т

Th T&Th

T, W & Th M - Th

M, T & W

(713) 895-6141

(713) 226-4467 (713) 682-4334

(713) 956-9137

(713) 284-1997

(281) 445-1617

(281) 445-1617

(713) 867-0497 (713) 864-6820

(713) 864-6820

Ages: 18 - older Registration: Ongoing Program Dates: Year round

Varies by Community Center Times: Information: Contact Community Center

#### **NORTHWEST**

Carverdale (KM 450A)
Fonde (KM 493K)
Freed (KM 451Y)
Highland (KM 451D)
Judson Robinson, Jr. (KM 533B) <sup>1</sup>
Lincoln City (KM 412Q)
Lincoln City (KM 412Q)seniors
Love (KM 452Z)
Montie Beach (KM 453X)
Montie Beach (KM 453X)
monae Dedon (ran 10071)

#### SOUTHWEST

<u> </u>
Alief (KM 529E)
Burnett Bayland (KM 531B)
Lansdale (KM 530K)
Linkwood (KM 532P)
Marian (KM 530X)
Platou (KM 571B)
Sunnyside (KM 533X)
Townwood (KM 572P)
Windsor Village (KM 571P)

#### **SOUTHEAST** Mason (KM 535A)

(Concessionaire \$20.00)

Low Impact Senior Aerobics (Concessionaire \$4.00)

6:00 p.m 7:00 p.m.	9920 Porto Rico, 77041
12:15 p.m 12:45 p.m.	110 Sabine, 77002
5:30 p.m 6:30 p.m.	3818 Shady Villa, 77055
6:00 p.m 7:00 p.m.	3316 DeSoto, 77091
6:00 p.m 7:00 p.m.	2020 Hermann Drive, 77004
9:30 a.m 10:30 a.m.	979 Grenshaw, 77088
10:00 a.m 11:00 a.m.	979 Grenshaw, 77088
6:00 p.m 7:00 p.m.	1000 W. 12th 77008
9:00 a.m 10:00 a.m.	915 Northwood, 77009
9:00 a.m 10:00 a.m.	915 Northwood, 77009
6:00 p.m 7:00 p.m.	915 Northwood, 77009

10:00 a.m. - 11:00 a.m.

6:00 p.m. - 7:00 p.m. 6:30 p.m. - 7:30 p.m. 6:00 p.m. - 7:00 p.m.

6:00 p.m. - 7:00 p.m.

6:00 p.m. - 7:00 p.m. 5:30 p.m. - 6:30 p.m.

6:30 p.m. – 8:00 p.m. 6:00 p.m. - 7:00 p.m.

6:00 p.m. - 7:00 p.m.

11903 Bellaire, 77072 6200 Chimney Rock, 77081 8201 Roos, 77036 3699 Norris, 77025 11101 South Gessner, 77071 11655 Chimney Rock, 77053 3502 Bellfort, 77051 3403 Simsbrook, 77051	(281) 564-8130 (713) 668-4516 (713) 272-3668 (713) 314-3107 (713) 773-7015 (713) 726-7107 (713) 734-5061 (713) 434-3508
14441 Croquet, 77085	(713) 726-7113

541 S. 75th, 77023 (713) 928-7055 **Adult Fitness** 

#### Adult Step Aerobics

Step up and down for a great cardiovascular workout with Step Aerobics. Classes are available for all levels from intensity cardio workout focusing on simple step routines and choreography to highly choreographed step routines of medium to high intensity for the advanced stepper, frequent exerciser or experienced dancer. Check with 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** 

M - Th 9718 Clark, 77076 Clark (KM 453B) 9:00 a.m. - 10:00 a.m. (713) 742-1497 Clark (KM 453B) M-Th 6:00 p.m. - 7:00 p.m. 9718 Clark, 77076 (713) 742-1497 6:00 p.m. – 7:00 p.m. 7:00 p.m. – 8:00 p.m. Denver Harbor (KM 494H) M - Th (713) 675-2151 6402 Market, 77020 M, W & F Moody (KM 453Y) 3725 Fulton, 77009 (713) 692-6925

**NORTHWEST** 

Freed (KM 451Y) M – Th 5:30 p.m. – 6:30 p.m. 6818 Shady Villa, 77055 (713) 682-4467 Judson Robinson, Jr. (KM 533B) T, W & Th (Sr Class) 9:00 a.m. – 10:00 a.m. 2020 Hermann DR., 77004 (713) 284-1997

**SOUTHWEST** 

 Alief (KM 529E)
 T & Th
 5:30 p.m. - 6:30 p.m.
 11903 Bellaire, 77072
 (281) 564-8130

 Sunnyside (KM 533X)
 T & Th
 5:30 p.m. - 6:30 p.m.
 3502 Bellfort, 77051
 (713) 734-5061

 Windsor Village (KM 571P)
 M & W
 6:00 p.m. - 7:00 p.m.
 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 utilizes weights, bands, bars and the step. Check with 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 - Th
 10:00 a.m. - 11:00 a.m.
 9718 Clark, 77076
 (713) 742-1497

 Clark (KM 453B)
 M - Th
 7:00 p.m. - 8:00 p.m.
 9718 Clark, 77076
 (713) 742-1497

 Moody (KM 453Y)
 M, W & F
 8:00 p.m. - 8:30 p.m.
 3725 Fulton, 77009
 (713) 692-6925

SOUTHWEST

Townwood (KM 572P) T - Th 10:00 a.m. – 11:00 a.m. 3403 Simsbrook, 77045 (713) 434-3508

#### Saturday Open Gym

Enjoy open basketball, volleyball or badminton at HPARD gymnasiums. Call Community Center for information.

Ages: All Ages
Registration: Not Required
Fees: FREE

Program Dates:Year round every SaturdayTimes:10:00 a.m. - 2:00 p.m.Location:See List Below

Information: Contact Community Center

#### **NORTHEAST**

6402 Market, 77020	(713) 675-2151
1001Canino, 77076	(281) 447-0514
3725 Fulton, 77009	(713) 692-6925
9720 Spaulding, 77016	(713) 636-8221
	1001Canino, 77076 3725 Fulton, 77009

#### **NORTHWEST**

Candlelight (KM 450A)	1520 Candlelight, 77018	(713) 682-3587
Fonde (KM 493K) *	110 Sabine, 77002	(713) 226-4466
Freed (KM 451Y)	6818 Shady Villa, 77055	(713) 682-4467
Love (KM 452Z)	1000 West 12th, 77008	(713) 867-0497
Judson Robinson Jr. (KM 533B)	2020 Hermann Dr., 77004	(713) 284-1997
Kendall (KM 488C)	609 N. Eldridge Parkway, 77079	(832) 393-1898
Stude (KM 493E)	1031 Stude, 77007	(713) 867-0496
Woodland (KM 493C)	212 Parkview. 77009	(713) 867-0401

#### **SOUTHEAST**

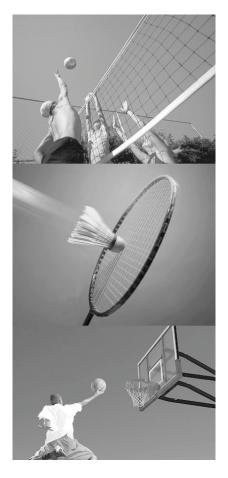
Edgewood (KM 534X)	5803 Bellfort, 77033	(713) 734-8434
Hartman (KM 535C)	9311E. Ave. P, 77012	(713) 928-4803
Mason (KM 535A)	541 S. 75th, 77023	(713) 928-7055

#### SOUTHWEST

Houston Parks and Recreation Department - Preserving Parks For Today - Building For The Future

Alief (KM 529E)	11903 Bellaire, 77072	(281) 564-8130
Burnett Bayland (KM 531B)	6200 Chimney Rock, 77081	(713) 668-4516
Emancipation (KM 493Y)	3018 Dowling, 77004	(713) 284-1911
Marian (KM 530X)	11101 S. Gessner, 77071	(713) 773-7015
Sunnyside (KM 533X)	3502 Bellfort, 77051	(713) 734-5061
Townwood (KM 572P)	3403 Simsbrook, 77045	(713) 434-3508

\* Saturdays - year round 1:00 p.m. - 7:00 p.m.



#### Adult Basketball

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.

Candlelight (KM 452E) Candlelight (KM 452E) Fonde (KM 493K) Fonde (KM 451Y) Freed (KM 451Y) Judson Robinson, Jr. (KM 533B) Lincoln City (KM 412Q) Love (KM 452Z) Woodland (KM 493C)	Freeplay B.B. Freeplay B.B. Freeplay B.B. Full Court Basketball Full Court Basketball Adies Night Basketball 3 on 3 Basketball 3 on 3 Basketball 3 on 3 Basketball Freeplay B.B. Freeplay B.B. Freeplay B.B. Freeplay Basketball	M - F M - F	1:00 p.m. — 3:00 p.m. 6:00 p.m. — 9:00 p.m. 9:00 a.m. — 12:30 p.m. 1:00 p.m. — 4:00 p.m. 6:30 p.m. — 9:00 p.m. 12:30 p.m. — 6:00 p.m. 12:30 p.m. — 6:00 p.m. 12:30 p.m. — 7:00 p.m. 10:00 p.m. — 7:00 p.m. 6:00 p.m. — 7:00 p.m. 5:00 p.m. — 7:00 p.m. 5:00 p.m. — 8:00 p.m. 10:00 a.m. — 2:00 p.m. 10:00 a.m. — 2:00 p.m. 6:00 p.m. — 6:00 p.m. 10:00 a.m. — 2:00 p.m.	1520 Candlelight, 77018 1520 Candlelight, 77018 110 Sabine, 77002 110 Sabine, 77002 6818 Shady Villa, 77055 6818 Shady Villa, 77055 2020 Hermann Dr., 77004 979 Grenshaw, 77088 1000 West 12th, 77009 212 Parkview, 77009
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# FITNESS CENTERS

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 court and swimming pools, disc golf and golf courses and community center fitness programs designed to meet the needs of all Houstonians.

HPARD's five Fitness Centers are located throughout Houston and offer a low cost alternative to keep Houstonians fit and active.







#### 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. An Olympic size outdoor swimming pool (open during the summer and into the fall for lap swimming based on temperature), showers and lockers.



Fonde Fitness Center

Location:

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 Memorial Drive and Sabine Street, Fonde offers lunch-time fitness opportunities. Fonde features a fully equipped 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 a.m. – 7:00 p.m.,

 Monday – Friday
 1:00 p.m. – 7:00 p.m.,

 Saturday
 Saturday

Fonde Community Center (KM 493K)

110 Sabine, 77002 **Information:** (713) 226-4466

Ages: 18 – Older

Program Dates: Year Round

Hours: 6:00 a.m. – 8:00 p.m.,

Monday – Friday
8:00 a.m. – 4:00 p.m.,

Saturday
8:00 a.m. – 12:00 p.m.,

Sunday

Location: Memorial Park (KM 492K) 6402 Arnot, 77007 Information: (713) 802-1662

Fee Schedule

Lap Pool Swimming \$ 1.00 (when open)

The Judson Robinson, Jr. Fitness Center is located inside 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, Judson Robinson, Jr. offers basketball, racquetball and a number of other fitness activities. Contact community center for more information.

Ages: 18 - Older
Program Dates: Year Round
Hours: 6:00 a.m. - 9:00 a.m.,
Monday - Friday

(Early Morning Workout) 9:00 a.m. – 4:00 p.m.,

Friday

10:00 a.m. – 2:00 p.m.,

Saturday

Location: Judson Robinson, Jr.,

(KM 533B)

2020 Hermann Drive, 77004

**Information:** (713) 284-1997

Fee Schedule

Morning Workout:

Afternoon Workout:

**Early Morning Workout:** 

\$20.00 per month 6:00 a.m. – 9:00 a.m., M-F 10:00 a.m. – 3:30 p.m., M-Th 4:00 p.m. – 8:00 p.m. 6:00 p.m. – 8:00 p.m., Th

Ladies Night: Other Hours:

10:00 a.m. -4:00 p.m., F 10:00 a.m. -4:00 p.m.,

10:00 a.m. – 2:00 p.m. , S

Raquetball Fees:
Court Hours:

\$1.50 / half hr court rental \$3.00 / hr court rental 9:00 a.m. – 8:00 p.m., M-Th 9:00 a.m. – 8:00 p.m., F 10:00 a.m. - 2:00 p.m., S Hackberry Fitness Center

The Hackberry Fitness Center is equipped with weights and cardiovascular equipment for your fitness needs. The center is open year round. In addition to the fitness center, Hackberry offers basketball, racquetball and a number of other fitness activities. Contact community center for more information.

Ages: 18 - Older Fee: No membership fees

Program Dates: Year Round 10:00 a.m. – 8:00 p.m.,

Monday – Friday 10:00 a.m. - 2:00 p.m.,

Saturday
Location: Hackberry Community

Center (KM 528M) 7777 S. Dairy Ashford, 77072

**Information:** (281) 776-9908

MacGregor Fitness Center

MacGregor Fitness Center is located in MacGregor Park and is the newest Houston Parks and Recreation Department facility to open 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: 7:00 a.m. – 2:00 p.m., Monday – Friday

3:00 p.m. - 7:00 p.m.,

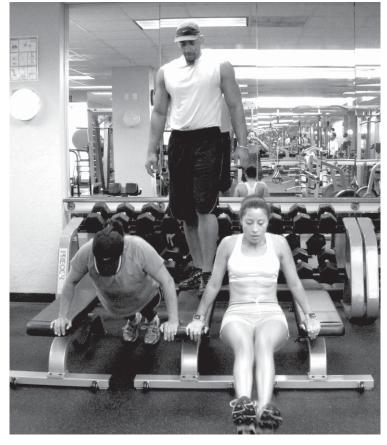
Monday – Friday **Location:** MacGregor Park

Fitness Center (KM 534K) Adult Fitness

5225 Calhoun, 77021

**Information:** (713) 747-8650





#### **Community Center Weight Rooms and Gyms**

In addition to the four fitness centers, 14 other Houston Parks and Recreation Department 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.

Weight Rooms

	NORTHEAST			0707 F k	(740) 000 0005
9	Moody (KM 453Y) Moody (KM 453Y) Moody (KM 453Y)	M-Th F S	6:00 p.m. – 8:30 p.m. 6:00 p.m. – 7:30 p.m. 10:00 a.m. – 1:30 p.m.	3725 Fulton, 77009 3725 Fulton, 77009 3725 Fulton, 77009	(713) 692-6925 (713) 692-6925 (713) 692-6925
-	Shady Lane (KM 414W) Shady Lane (KM 414W)	M – Th F	4:00 p.m. – 8:00 p.m. 4:00 p.m. – 6:00 p.m.	10220 Shady Lane, 77093 10220 Shady Lane, 77093	(713) 742-1503 (713) 742-1503
י י	NORTHWEST Highland (KM 451D) Highland (KM 451D)	M – Th F	12:00 p.m. – 8:00 p.m. 12:00 p.m. – 6:00 p.m.	3316 DeSoto, 77091 3316 DeSoto, 77091	(713) 956-9137 (713) 956-9137
Jouray	Lincoln (KM 412Q) Lincoln (KM 412Q)	г M – Th F	8:00 a.m. – 8:00 p.m. 8:00 a.m. – 6:00 p.m. 8:00 a.m. – 6:00 p.m.	979 Grenshaw, 77088 979 Grenshaw, 77088	(281) 445-1617 (281) 445-1617
5	Love (KM 452Z) Love (KM 452Z)	M - F M – F	1:00 p.m. – 3:00 p.m. 6:00 p.m. – 8:00 p.m.	1000 West 12th, 77008 1000 West 12th, 77008	(713) 867-0497 (713) 867-0497
	SOUTHEAST Crestmont (KM 572J)	M-TH	11:00 a.m 2:00 p.m.	5200 Selinsky, 77048	(713) 733-2236
2	Crestmont (KM 572J) Crestmont (KM 572J)	M-TH F	5:30 p.m 7:30 p.m. 11:00 a.m 2:00 p.m.	5200 Selinsky, 77048 5200 Selinsky, 77048	(713) 733-2236 (713) 733-2236 (743) 939 4893
viiig rai ka	Hartman (KM 535C) Mason (KM 535A) Mason (KM 535A)	T, W & Th M – F M – F	7:00 p.m. – 8:00 p.m. 11:00 a.m. – 2:30 p.m. 5:30 p.m. – 8:00 p.m.	9311 E. Ave. P, 77012 541 South 75th, 77023 541 South 75th, 77023	(713) 928-4803 (713) 928-7055 (713) 928-7055
020	SOUTHWEST Alief (KM 529E)	M – Th	1:00 p.m. – 9:00 p.m.	11903 Bellaire, 77072	(281) 564-8130
	Alief (KM 529E) Alief (KM 529E) Emancipation (KM 493Y)	F M – F	1:00 p.m. – 3:00 p.m. 1:00 p.m. – 3:00 p.m. 1:00 p.m. – 3:00 p.m.	11903 Bellaire, 77072 11903 Bellaire, 77072 3018 Dowling, 77004	(281) 564-8130 (713) 284-1301
_	Emancipation (KM 493Y) Marian (KM 530X)	M – F M – Th	6:00 p.m. – 9:00 p.m. 1:00 p.m. – 8:30 p.m.	3018 Dowling, 77004 11101 South Gessner, 77071	(713) 284-1301 (713) 773-7015
	Marian (KM 530X)	F	1:00 p.m. – 6:00 p.m.	11101 South Gessner, 77071	(713) 773-7015
Depar mient	Marian (KM 530X) Sunnyside (KM 533X)	S M-W	10:00 a.m. – 1:30 p.m. 5:30 p.m. – 6:30 p.m.	11101 South Gessner, 77071 3502 Bellfort, 77051	(713) 773-7015 (713) 734-5061
	Gyms				
ממווסוו	Alief (KM 529E) Burnett Bayland (KM 531B)		11903 Bellaire, 77072 6200 Chimney Rock, 77	081	(281) 564-8130 (713) 668-4516
ט	Candlelight (KM 452E) Denver Harbor (KM 494H)		1520 Candlelight, 77018 6402 Market, 77020	3	(713) 682-3587 (713) 675-2151
ָט ט	Edgewood (KM 534X) Emancipation (KM 493Y)		5803 Bellfort, 77033 3018 Dowling, 77004		(713) 734-8434 (713) 284-1911
מומ אפרו	Finnigan (KM 494H)		4900 Providence, 77020 110 Sabine, 77002	)	(713) 678-7385 (713) 226-4466
	Freed (KM 451Y)		6818 Shady Villa, 77055	;	(713) 682-4467
2	Hartman (KM 535C) Judson Robinson, Jr. (KM 533B)		9311 E. Ave. P, 77012 2020 Hermann Drive, 77	7004	(713) 928-4803 (713) 284-1997
7	Kendall (KM 488C) Lincoln (KM 412Q)	endall (KM 488C) 609 N. Eldridge Parkway, 77079			(832) 393-1898 (281) 445-1617
5	Love (KM 452Z) Marian (KM 530X)	(KM 452Z) 1000 West 12th, 77008			(713) 867-0497 (713) 928-7055
i i dastori i ai Na	Mason (KM 535A) Melrose (KM 413T)	535A) 541 S. 75th, 77023			(713) 928-7055 (281) 447-0514
_	Moody (KM 453Y)	1001 Canino, 77076 3725 Fulton, 77009			(713) 692-6925
	Stude (KM 493E) Sunnyside (KM 533X)		1031 Stude, 77007 3502 Bellfort, 77051		(713) 867-0496 (713) 734-5061
	Tidwell (KM 454D) Townwood (KM 572P)		9720 Spaulding, 77016 3403 Simsbrook, 77045		(713) 636-8221 (713) 434-3508
1	Woodland (KM 493C)		212 Parkview, 77009		(713) 867-0401

#### Adult Weight Training

If you want to lose fat and improve your body composition, one of the most important things you can do is lift weights. Diet and cardio exercise are equally important, but when it comes to changing how your body looks, weight training is highly effective. All sessions listed below are FREE unless otherwise noted. Check with individual community center for more information.

If you've hesitated to start a strength regimen, it may motivate you to know that a weight lifting program can:

- Help raise your metabolism.
- Strengthen bones, especially important for women Make you stronger and increase muscular endurance Increase your confidence and self-esteem

Ages: Registration: 18 - older Ongoing Program: Dates: Year round

Varies by Community Center Contact Community Center Information:



91	
	Adult I
4	Adult Fitness

NORTHEAST Moody (KM 453Y) Moody (KM 453Y) Shady Lane (KM 414W) Shady Lane (KM 414W)	M – Th F M – Th F	6:00 p.m. – 9:00 p.m. 6:00 p.m. – 8:00 p.m. 4:00 p.m. – 8:00 p.m. 4:00 p.m. – 6:00 p.m.	3725 Fulton, 77009 3725 Fulton, 77009 10220 Shady Lane, 77093 10220 Shady Lane, 77093	(713) 692-6925 (713) 692-6925 (713) 742-1503 (713) 742-1503
NORTHWEST Fonde (KM 493K) Fonde (KM 493K) Highland (KM 451D) Judson Robinson, Jr. (KM 533B) Love (KM 452Z)	M - F S M - F M - F M - Th M - Th F S M - F M - Th F	9:00 a.m. – 7:00 p.m. 1:00 p.m. – 7:00 p.m. 12:00 p.m. – 2:00 p.m. 6:00 a.m. – 9:00 a.m. 9:00 a.m. – 3:30 p.m. 4:00 p.m. – 8:00 p.m. 9:00 a.m. – 4:00 p.m. 10:00 a.m. – 2:00 p.m. 1:00 p.m. – 3:00 p.m. 6:00 p.m. – 8:00 p.m. 1:00 p.m. – 8:00 p.m.	110 Sabine, 77002 110 Sabine, 77002 3316 DeSoto, 77091 2020 Hermann Drive, 77004 2020 Hermann Drive, 77004 2020 Hermann Drive, 77004 2020 Hermann Drive, 77004 2020 Hermann Drive, 77004 1000 West 12th, 77008 1000 West 12th, 77008 1000 West 12th, 77008 1000 West 12th, 77008	(713) 226-4466 (713) 226-4466 (713) 956-9137 (713) 284-1997 (713) 284-1997 (713) 284-1997 (713) 284-1997 (713) 284-1997 (713) 867-0497 (713) 867-0497 (713) 867-0497 (713) 867-0497
SOUTHEAST Crestmont (KM 574J) Edgewood (KM 534X) Hartman (KM 535C) Mason (KM 535A) Mason (KM 535A)  SOUTHWEST Emancipation (KM 493y) Hackberry (KM 528M) Sunnyside (KM 533X)	M - F M - W T, W & Th M - F M - F M - Th M,W,F M - W	5:30 p.m. – 7:30 p.m. 6:30 p.m. – 7:30 p.m. 7:00 p.m. – 8:00 p.m. 11:00 a.m. – 2:30 p.m. 5:30 p.m. – 8:00 p.m. 6:30 p.m. – 8:30 p.m. 9:00 a.m. – 10:00 a.m 5:30 p.m. – 6:30 p.m.	5200 Selinsky, 77048 5803 Bellfort, 77033 9311 E. Ave. P., 77012 541 South 75th, 77023 541 South 75th, 77023 3018 Dowling, 77004 7777 S. Dairy Ashford, 77072 3502 Bellfort, 77051	(713) 733-2236 (713) 734-8434 (713) 928-4803 (713) 928-7055 (713) 928-7055 (713) 284-1911 (281) 776-9908 (713) 734-5061

<sup>&</sup>lt;sup>1</sup> Concessionaire \$20.00 per month, registered guest only

#### Fitness Classes

Take part in fitness classes at your local community center. Activities include kickboxing, line dancing and karate training. To get the details of available fitness services and programs, call one of the following community centers. All classes are **FREE** unless otherwise noted.

Ages: Registration: 18 - older Ongoing **Program Dates:** Year round

Varies by Community Center Contact Community Center Times: Information:

NORTHEAST Hobart Taylor (KM 452E) Tidwell (KM 455Q)	Line Dance Line Dance	M M	10:00 a.m. – 11:00 a.m. 10:00 a.m. – 11:00 a.m.	8100 Kenton, 77028 9720 Spaulding, 77016	(713) 674-3959 (713) 636-8221
NORTHWEST Candlelight (KM 452E) Fonde (KM 493K) Fonde (KM 493K) 1 Fonde (KM 493K) 2 Fonde (KM 493K) 5 Highland (KM 451D) Lincoln City (KM 412Q) Lincoln City (KM 412Q) J. Robinson, Jr. (KM 533B) J. Robinson, Jr. (KM 533B) 4 Montie Beach (KM 453X)	Karate Kickboxing Line Dance Swing Out & 2 Step Boot Camp Sr. Fitness Yoga Line Dance Line Dance Ballroom Dance Beginners BOP Zumba	T & Th T & Th T & Th M M,W ,F M,W Th W & Th M M Th Th	6:00 p.m. – 9:00 p.m. 12:15 p.m 12:45 p.m. 7:00 p.m 8:00 p.m. 7:00 p.m 8:00 p.m. 6:00 p.m 7:00 p.m. 6:00 p.m 7:00 p.m. 9:30 a.m 10:30 a.m. 9:30 a.m 10:30 a.m. 7:00 p.m 8:30 p.m. 6:30 p.m 7:30 p.m. 7:30 p.m 8:30 p.m. 9:00 a.m 10:00 a.m.	1520 Candlelight, 77018 110 Sabine, 77002 110 Sabine, 77002 110 Sabine, 77002 110 Sabine, 77002 110 Sabine, 77002 3316 DeSoto, 77091 979 Grenshaw, 77088 979 Grenshaw, 77088 2020 Hermann Dr., 77004 2020 Hermann Dr., 77004 2020 Hermann Dr., 77004 915 Northwood, 77009	(713) 682-3587 (713) 226-4466 (713) 226-4466 (713) 226-4466 (713) 956-9137 (281) 445-1617 (281) 445-1617 (713) 284-1997 (713) 284-1997 (713) 284-1997 (713) 284-1997 (713) 864-6820
SOUTHWEST Cherryhurst (KM 492V) Platou (KM 571B) Windsor Village (KM 571P)	Resistaball Ball Room Dancing Fitness	T & Th M & W T & Th	6:00 p.m 7:00 p.m. 7:00 p.m 8:00 p.m. 6:00 p.m 7:00 p.m.	1700 Mississippi, 77006 11655 Chimney Rock, 77053 14441 Croquet, 77075	(713) 284-1992 (713) 726-7107 (713) 726-7113

<sup>&</sup>lt;sup>1</sup> Concessionaire \$7.00 per class <sup>2</sup> Concessionaire \$75.00 per class

<sup>&</sup>lt;sup>5</sup> Concessionaire



Concessionaire \$20.00 monthly
 Concessionaire \$20.00 monthly

Get fit while enjoying the sights of your neighborhood by joining a walking club at one of our community centers. No fee is required.

Ages: All ages Registration: **Program Dates:** Year-round

Information: Contact Community Center

Clark (KM 453B)
Clark (KM 453B)
Clinton (KM 495U)
Hobart Taylor (KM 455Q)
Lakewood (KM 455G)
Moody (KM 453Y)
Swiney (KM 494J)
Tidwell (KM 454D)

**NORTHEAST** 

Parks For Today - Building For The Future

- Preserving

Department

Recreation

Houston Parks and

Tuffly (KM 454X) NORTHWEST Candlelight (KM 452E) Carverdale (KM 450A)

Fonde (KM 493K) Freed (KM 451Y) Highland (KM 451D)
Independence Heights (KM 453N)
Judson Robinson, Jr. (KM533B)
Lincoln City (KM 412Q)
Lincoln City (KM 412Q) Love (KM 452Z) Montie Beach (KM 453Y) Montie Beach (KM 453Y) Proctor Plaza (KM 453X) Stude (KM 493B)

Woodland (KM 493C)

SOUTHEAST Bessie Swindle (KM 573L) Beverly Hills (KM 576S) Charlton (KM 535P) Crestmont (KM 574J) DeZavala (KM 495S) Eastwood (KM 494T) Edgewood (KM 534X) Garden Villas (KM 535W) Hartman (KM 535C) Ingrando (KM 535F) MacGregor (KM 534E) Mason (KM 535A) Meadowcreek (KM 536S) Sagemont (KM 576Y) Settegast (KM 494N)

SOUTHWEST Almeda (KM 572Y) Burnett Bayland (KM 531B) Cherryhurst (KM 492V) Emancipation (KM 493U)
Hackberry (KM 528M)
Hackberry (KM 528M)
Hackberry (KM 528M)
Lansdale (KM 530K)
Lansdale (KM 530K)
Linkwood (KM 532P) Marian (KM 530X) <sup>1</sup> River Oaks (KM 492T) <sup>2</sup> Sharpstown (KM 530F) Sunnyside (KM 533X) <sup>1</sup> Townwood (KM 572P) Windsor Village (KM 571 P) M - F - Th M, W & F

T - Th M - Th M - Th M, W & F M, W M & W T & Th

M,W&F M&W M - FM - Th M - F M - F M - Th M & W T&F

M & W W M, W&F W F W & F M - F T, W & Th M - F T & Th M - Th M, W & F M. T & W

M - Th M, W & F M, W & F M & T M-F M-F M - W M & W M-F M-F M, W & F M - Th

M & W

M - W

7:00 a.m. – 12:00 p.m. 5:00 p.m. – 8:00 p.m. 10:00 a.m. – 6:00 p.m. 8:00 a.m. – 10:00 a.m. 7:00 a.m. – 6:00 p.m. 2:30 p.m. – 4:30 p.m. 6:30 a.m. – 10:00 a.m. 10:00 a.m. – 10:30 a.m. 7:00 a.m. – 11:00 a.m.

6:00 p.m. - 8:00 p.m. 5:00 p.m. – 6:00 p.m. 4:30 p.m. – 5:30 p.m. 5:00 p.m. – 7:00 p.m. 8:30 a.m. – 9:30 a.m. 6:00 p.m. – 7:00 p.m. 7:00 a.m. – 9:00 a.m. 6:30 p.m. – 8:30 p.m. 1:00 p.m. – 2:00 p.m. 1:00 p.m. – 2:00 p.m. 8:00 a.m. – 9:00 a.m. 7:00 p.m. – 8:00 p.m. 12:00 p.m. – 1:00 p.m. 8:00 a.m. – 9:00 a.m. 1:00 p.m. – 3:00 p.m.

10:00 a.m. - 11:30 a.m. 5:00 p.m. - 6:00 p.m. 6:00 p.m. - 7:00 p.m. 6:00 p.m. - 7:00 p.m. 6:00 p.m. – 7:00 p.m. 8:30 a.m. – 9:30 p.m. 6:30 p.m. – 7:00 p.m. 6:00 p.m. – 8:00 p.m. 5:00 p.m. – 6:00 p.m. 8:00 a.m. – 11:00 a.m. 9:00 a.m. – 10:00 a.m. 7:00 a.m. – 8:30 a.m. 6:00 p.m. – 7:00 p.m. 8:00 a.m. – 9:00 a.m.

8:30 a.m. - 9:30 a.m.

6:00 p.m. - 6:30 p.m. 6:00 p.m. – 6:30 p.m. 5:30 p.m. – 6:00 p.m. 6:00 p.m. – 7:00 p.m. 6:30 p.m. – 7:30 p.m. 5:00 p.m. – 7:00 p.m. 6:00 p.m. – 7:00 p.m. 6:00 p.m. – 7:00 p.m. 9:00 a.m. – 10:00 a.m. 6:00 p.m. – 7:00 p.m. 6:00 p.m. – 7:30 p.m. 5:00 p.m. – 6:00 p.m. 9:00 a.m.- 10:00 a.m. 9:30 a.m.— 10:00 a.m. 6:30 p.m. — 7:30 p.m. 1:00 p.m. – 2:00 p.m.

(713) 742-1497 (713) 742-1497 (713) 673-0955 9718 Clark, 77076 9718 Clark, 77076 200 Mississippi, 77029 8100 Kenton, 77028 (713) 674-3959 (713) 636-8217 (713) 692-6925 8811 Feland, 77028 3725 Fulton, 77009 2812 Cline, 77020 (713) 238-2197 9720 Spaulding, 77016 3200 Russell, 77026 (713) 636-8221 (713) 674-2355

1520 Candlelight, 77018 (713) 682-3587 9920 Porto Rico, 77041 (713) 895-6141 110 Sabine, 77002 6818 Shady Villa, 77055 (713) 226-4466 (713) 682-4467 3316 DeSoto, 77091 603 East 35th, 77022 (713) 956-9137 (713) 867-0373 (713) 284-1997 (281) 445-1617 (281) 445-1617 2020 Hermann Drive, 77004 979 Grenshaw, 77088 979 Grenshaw, 77088 1000 West 12th, 77008 (713) 867-0497 915 Northwood, 77009 (713) 864-6820 915 Northwood, 77009 (713) 864-6820 803 West Temple, 77009 1031 Stude, 77007 (713) 862-6907 (713) 867-0496 212 Parkview, 77009 (713) 867-0401

(713) 733-4581 (713) 948-9065 11800 Scott, 77047 10201 Kingspoint, 77075 8200 Park Place Blvd.. 77017 (713) 645-3589 5200 Selinsky, 77048 7521 Ave. H., 77012 5020 Harrisburg, 77011 (713) 733-2236 (713) 923-5163 (713) 928-4801 5803 Bellfort, 77033 (713) 734-8434 6720 S. Haywood, 77061 9311 E. Ave. P., 77012 (713) 847-5168 (713) 928-4803 7302 Keller, 77012 5225 Calhoun, 77021 (713) 643-4764 (713) 747-8650 541 South 75th, 77023 (713) 928-7055 5333 Berry Creek, 77017 11507 Hughes Rd., 77089 (713) 946-9020 (281) 922-2343 3000 Garrow, 77003 (713) 238-2200

(713) 434-1909 (713) 668-4516 (713) 284-1992 14201 Almeda School Rd., 77047 6200 Chimney Rock, 77081 1700 Missouri, 77006 3018 Dowling, 77004 (713) 284-1911 7777 S. Dairy Ashford, 77072 7777 S. Dairy Ashford, 77072 8201 Roos, 77036 (281) 776-9908 (281) 776-9908 (713) 272-3668 8201 Roos, 77036 3699 Norris, 77025 (713) 272-3668 (713) 314-3107 11101 South Gessner, 77071 3600 Locke Lane, 77027 (713) 773-7015 (713) 622-5998 6600 Harbor Town, 77036 (713) 988-5328 (713) 734-5061 (713) 434-3508 3502 Bellfort, 77051 3403 Simsbrook, 77045 14441 Croquet, 77085 (713) 726-7113

# PARK TRAILS

		=0	B. B. C		=-
PARK	ADDRESS 1704 Florin	MILES	PARK	ADDRESS	MILES
Baldwin Park Bell Park	1701 Elgin 4800 Montrose	0.32 0.17	Linkwood Park Love Park	3699 Norris 1000 West 12th St.	0.12
Bendwood Park	12700 Kimberlev	0.17	MacGregor Park	5225 Calhoun	0.20 1.25
Beverly Hills Park	10201 Kingspoint	0.53	Mangum Manor Park	5235 Saxon	0.29
Blueridge Park	5600 Court Rd.	0.62	Marian Park	11100 S. Gessner	0.25
Boone Road Park	7700 Boone Rd.	1.06	Mason Park	541 75th St.	1.40
Boyce-Dorian Park	2000 Erastus	0.40	Memorial Park	0.1.10.1.0.1	
Braeburn Glen Park	9510 Gessner	0.25	Seymour Liebermann Trail	6501 Memorial Dr.	2.90
Brentwood Park	13220 Landmark	0.77	Memorial Park - Timing Track	6501 Memorial Dr.	0.25
Briarbend Park	7926 Woodway	0.20	Minchen Park	4900 Fuqua	0.20
Briarmeadow Park	7703 Richmond	0.28	Montie Beach Park	915 Northwood	0.84
Burnett-Bayland Park	6200 Chimney Rock	0.96	Moody Park	3725 Fulton	0.94
Cambridge Village	1300 Nitida	0.50	Nob Hill Park	10300 Timber Oak	0.28
Candlelight Park	1520 Candlelight	0.45	Northline Park	6902 Nordling	0.42
Canterbury Village	12822 Northumb 9801 Tanner	0.33	Oak Meadow Park Pleasantville Area	500 Ahrens 1400 Block of Ledwicke	0.25 1.50
Carverdale Park Clark Park	9718 Clark	0.25 0.36	Reveille Park	7700 Oak Vista	0.32
Cleveland Park	200 Jackson Hill	0.35	River Oaks Park	3600 Locke Lane	0.32
Clinton Park	200 Jacksoff Filli 200 Mississippi	0.42	R.L. & Cora Johnson Park	9801 Tanner	0.25
Cloverland Park	3801 Hickok Lane	0.25	Scenic Woods	7449 Lakewood	0.34
Crain Park	9051 Triola	0.50	Schnur Park	12227 Cullen	0.50
Cravens Parkway	5901 Main	0.50	Scottcrest Park	10700 Rosehaven Park	0.51
Crestmont Park	5100 Selinsky	0.25	Shady Lane Park	10100 Shady Lane	0.50
Cullen Park	19008 Saums	7.38	Shepherd Park	4725 Brinkman	0.25
Cullinan Long Dr.	6700 Long Dr.	1.06	S. Main Estates Park	12256 Zavalla	0.32
Denver Harbor	6402 Market	0.87	Stewart Park	6700 Reed Rd.	0.30
Dow Park	7942 Rockhill	0.58	Stoneybrook Esp.	3000-3600 Stoneybrook	0.55
Eastwood Park	5000 Harrisburg	0.20	Stude Park	1031 Stude	0.83
Edgewood Park	5803 Bellfort	0.50	Sunnyside Park	3502 Bellfort	0.48
Forum Park	9900 Sugar Branch	0.49	Townwood	3403 Simsbrook	0.39
Franklow Park	1300 Seagler Rd.	0.50 0.35	Tuffly Park Verde Forest Park	3200 Russell	0.33 0.20
Freed Park	6818 Shady Villa 2241 Bronson	0.35	Veterans Memorial	8800 Brock Park Blvd. 1800 Tidwell	0.20
Freeway Manor Freshmeadow Park	4500 Campbell	0.38	Westwood Park	4045 Lemac	0.38
Garden Villas Park	6720 S. Haywood	0.49	Willow Park	10400 Cliffwood	0.35
Glenbrook Park	8201 N. Bayou Rd.	0.51	Wilson Memorial	100 Gilpin	0.28
Glenshire Park	12100 Ricevillage School	0.41	Zollie Scales Park	3501 Corder	0.23
Grady Park	1700 Yorktown	0.20			
Gulf Palms Park	11901 Palm Springs	0.41			
Haden Park	1404 Witte Road	0.32			
Hager Park	12100 Landsdowne	0.51	<u>TRAILS</u>	ADDRESS	MILES
Hartman Park	9311 Ave P.	0.62	Brays Bayou	Gessner to Martin L. King	12.50
Harwin Park	11305 Harwin	0.70	Brays Bayou	Lawndale to Forest Hill	00.75
Haviland Park	11600 Haviland	0.28	Brays Bayou	75th to Evergreen	00.50
Hermann Park	6001 Fannin 400 Mercury Dr.	2.85 2.81	Buffalo Bayou Clear Lake Trail	Bagby to Shepherd Space Ctr - Bay Area	04.50 01.04
Herman Brown Herman Brown - Inside	400 Mercury Dr.	0.50	Halls Bayou	Little York - Mierianne	01.04
Herman Brown - Outside	400 Mercury Dr.	0.66	Harrisburg	Sunset Drennan to Marsden;	01.50
Hill Park	4800 Gloryland	0.39	Hallisburg	Ave. R to Ave. H	02.00
Hutchenson Park	5400 Lockwood	1.00	Heights Blvd	400-1800 Heights Blvd	02.00
Hobart Taylor Park	8100 Kenton	0.49	Hunting Bayou	I-610 to Lockwood	00.50
Ingrando Park	7302 Keller	0.59	Hunting Bayou	U.S. 59 to Cavalcade	00.50
Judson Robinson Sr.	1422 Ledwicke	0.10	Sims Bayou	Martin L. King to Scott	02.50
Karl Young Park	7800 Stella Link	0.20	Sims Bayou	White Heather to	
Keith-Wiess Park	12300 Aldine-Westfield	2.12	•	Townwood Park	00.75
Lakewood Park	8811 Feland	0.14	Sims Bayou	S. Post Oak to Croquet	00.50
Langwood Park	3975 Bolin	0.44	T.C. Jester Parkway	34th to 43rd Streets	01.00
Lansdale Park	8201 Roos	0.33	Westside Trail	Westpark to Eldridge	01.90
Law Park	6100 Vassar Road	0.41	White Oak Bayou	Houston Ave. to Studemont	02.25
Lee Park	9025 Pitner	0.26	White Oak Bayou	W. 11th to Pinemont	04.80
Lincoln Park	979 Grenshaw	0.25			

Tony Marron Park 808 N. York

Water Playgrounds

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, and the touch-sensor turns on the water for a two

#### 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 creat a sand play zone adjacent to the water play area.

#### Burnett Bayland Park

6200 Chimney Rock

The water playground at Burnett Bayland Park has a multi-colored rubber surface, and spray and ground features that include three colorful arches, a flower, cactus, a spiral spray and two water cannons.

Melrose Park 12200 Melrose Park Road

The water playground at Melrose Park features a multi-colored rubber surface and spray and ground features such as a flower, cactus and an arch.

#### Nieto Park 500 Port

Nieto Park Water Playground was conceptually designed to look like a beach, with a wave of stairs, a surfboard, real palm trees and plastic palm trees that spray water. It has a rubber surface with play items that also spray water.

#### Wiley Park 1414 Gillette

James Wiley Park Water Playground includes a multi-colored rubber surface and spray ground features such as a flower, rainbow, fire hydrant activator, raining buckets and an in-ground spray fountain. The water playground project was developed at a cost of \$243,000. Other park improvements include benches, landscaping, drinking fountains, electrical work and black vinyl coated chain link fence.

#### Settegast Park 3000 Garrow

Settegast Park Water Playground 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.

Gutierrez Park 7900 Flaxman

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 Ind., to create and build an 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.

#### Hidalgo Park

(Hidalgo Park opened June 21, 2003). 7000 Avenue Q

#### Blueridge Park

(Blueridge Park water playground opened July 2003).

#### 7000 Avenue Q

Cullen Park (Cullen Park water playground opened August 2003).

#### 19008 Saums Road

Edgewood Park (Blueridge Park water playground opened June 2003).

#### 5803 Bellfort

Aron Ledet Park

(Aron Ledet Park Water Playground opened July 2005).

#### 6500 Antoine

Montie Beach Park

(Montie Beach Park Water Playground opened 2006)

915 Northwood



Ages:

Public pools will open in two phases. During Phase I, 20 selected pools scheduled for May 29 - June 4, will open during the weekends only. During Phase II, scheduled to begin June 5, all 38 pools will open and will operate from Tuesday through Sunday, 1:00 p.m. - 8:00 p.m. - 8:00 p.m. - All public pools will be closed on Mondays throughout the summer. For more information call (832) 395-7129.

Please note that T.C. Jester Pool will be closed this summer for renovations and may open Mid Season 2010.

#### Swimming Pool - Summer Schedule

When school lets out for summer city pools open to provide Safe and Fun swimming opportunities for all. With 38 swimming pools located throughout Houston nd 13 water playgrounds there's sure to be close-by for your family to enjoy.

Public pools will open in two phases. During Phase I, 20 selected pools scheduled for May 29 - June 4, will open during the weekends only. During Phase II, scheduled to begin June 5, all 38 pools will open and will operate from Tuesday through Sunday, 1:00 p.m. – 8:00 p.m. All public pools will be closed on Mondays throughout the summer. For more information call (832) 395-7129.

Registration:	Daily sigr
Program Dates:	May 29 -
Summer Schedule:	Closed or
	1:00 p.m.
Holiday Schedule:	Memorial
	1:00 p.m.
	Independ
	1.00 n m

n-in required - August 13 n Mondays - 8:00 p.m al Day, May 31 – 8:00 p.m. dence Day, July 4 p.m. - 5:00 p.m.

Open to all ages

See Public Pool List Location: (832) 395-7129

#### Swimming Pool - Fall Schedule

When students make their way back to school public pools will operate on a reduced schedule. From August 14 to September 6, all pools will be closed Monday through Friday. Only 20 selected pools will operate on Saturday and Sunday. Labor Day will be the last day selected pools will operate.

Ages:
Registration:
Program Dates:
i rogram bates.

Open to all ages Daily sign-in required August 14 – September 6 Closed Monday through Friday Saturday and Sunday

Holiday Schedule:

1:00 p.m. - 8:00 p.m. Labor Day, September 6 1:00 p.m. – 6:00 p.m. See Public Pool List Location: Information: (832) 395-7129

#### **NORTHEAST**

Clinton (KM 495U)	203 Mississippi, 77029	(713) 675-9336
Selena Quintanilla Perez/		
Denver Harbor (KM 494H)	1020 Gazin, 77020	(713) 673-7140
Finnigan (KM 494G)	4900 Providence, 77020	(713) 673-7311
Greenwood (KM 497A)	602 Beresford, 77015	(713) 455-5165
Hobart Taylor (KM 455P)	8100 Kenton, 77028	(713) 673-3774
Judson Robinson, Sr. (KM 495L)	1422 Ledwicke, 77029	(713) 672-8958
Moody (KM 453Y)	3201 Fulton, 77009	(713) 238-2215
Tidwell (KM 454D)	9720 Spaulding, 77016	(713) 633-1618
Tuffly (KM 494B) 3200 Russell, 77026	3200 Russell, 77026	(713) 674-3367

#### NORTHWEST

NORTHWEST		
Agnes Moffit (KM 449R)	10645 Hammerly, 77043	(713) 468-5666
Independence Heights (KM 453N)	603 East 35th, 77022	(713) 862-1284
Lincoln City (KM 412Q)	1048 Grenshaw, 770 88	(281) 447-2525
Love (KM 452Z)	1000 West 12th, 77008	(713) 867-0490
Memorial (KM 492K)	6402 Arnot, 77007	(713) 862-1426
Northline (KM 413W)	6911 Nordling, 77076	(713) 742-1512
Oak Forest (KM 452N)	1400 Dubarry, 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) May Open Mid Season 2010	4205 T.C. Jester, 77018	(713) 686-6800

(713) 948-9063 (713) 923-7220

(713) 923-8058

(713) 284-1977

(713) 645-7187

(713) 748-0317 (713) 928-4826

(713) 645-6544

(281) 922-2312

(713) 948-9051

#### **SOUTHEAST**

Beverly Hills (KM 576S)	9800 Kingspoint, 77075
DeZavala (KM 495S)	907 75th DeZavala, 77012
Eastwood (KM 494T)	5000 Harrisburg, 77011
Emancipation (KM 493U)	3018 Dowling, 77004
Glenbrook (KM 535Q)	8201 North Bayou, 77017
MacGregor (KM 534E)	5225 Calhoun, 77021
Mason (KM 535A)	541 South 75th, 77023
Reveille (KM 535S)	7700 Oak Vista, 77087
Sagemont (KM 576Y)	11507 Hughes, 77089
Wilson Memorial (KM 576G)	100 Gilpin, 77034

#### **SOUTHWEST**

Alief (KM 599E)	11903 Bellaire, 77072	(281) 983-8137
Cloverland (KM 573L)	11800 Scott, 77047	(713) 734-8948
George T. Nelson (Yellowstone) (KM 533L)	6900 LaSalette, 77021	(713) 748-0449
Lansdale (KM 530K)	8201 Roos, 77036	(713) 272-3687
Sharpstown (KM 530F)	6600 Harbor Town, 77036	(713) 272-3690
Sunnyside (KM 533X)	3502 Bellfort, 77051	(713) 734-0757
Westbury (KM 531W)	10605 Mullins, 77096	(713) 723-2192
Windsor Village (KM 571P)	14441 Croquet, 77085	(713) 726-7112

The Houston Parks and Recreation Department in partnership with the American Red Cross, the nationwide leading provider of aquatics programs, will be conducting Learn to Swim classes at select HPARD pools throughout the city during the summer. Swim lessons are available for both children and adults. Starting May 1, registration applications will be available at all HPARD Community Centers or on line at www.houstonparks.org. Registration is also available on-site on the Tuesday prior to the start date of a Class Session.

Ages: 6 - older

Includes adults 18 years and older - Adult classes will be held only at Memorial & Sharpstown pools.

**Pre-Registration:** May 1

Online at www.houstonparks.org
On-Site Registration: First day of Class, if space available

Fee: \$25.00

Make check payable to: "The American Red Cross"

Class Days: Tuesday – Friday

Schedule: Session I - June 15 – June 25

Session II - June 29 – July 9 Session III - July 13 – July 23 Session IV - July 27 – August 6

Information: American Red Cross

(713) 526-8300 www.houstonparks.org



#### Morning Classes

9			
MacGregor (KM 534E)	9:15 a.m. – 9:55 a.m.	5225 Calhoun, 77021	(713) 748-0317
MacGregor (KM 534E)	10:05 a.m10:45 a.m.	5225 Calhoun, 77021	(713) 748-0317
MacGregor (KM 534E)	10:55 a.m11:35 a.m.	5225 Calhoun, 77021	(713) 748-0317
Memorial (KM 492K)	9:15 a.m. – 9:55 a.m.	6402 Arnot, 77007	(713) 862-1426
Memorial (KM 492K)	10:05 a.m10:45 a.m.	6402 Arnot, 77007	(713) 862-1426
Memorial (KM 492K)	10:55 a.m11:35 a.m.	6402 Arnot, 77007	(713) 862-1426
Northline (KM 413W)	9:15 a.m. – 9:55 a.m.	911 Nordling, 77076	(713) 742-1512
Northline (KM 413W)	10:05 a.m10:45 a.m.	911 Nordling, 77076	(713) 742-1512
Northline (KM 413W)	10:55 a.m11:35 a.m.	911 Nordling, 77076	(713) 742-1512
Sharpstown (KM 530F)	9:15 a.m. – 9:55 a.m.	6600 Harbor Town, 77036	(713) 272-3690
Sharpstown (KM 530F)	10:05 a.m10:45 a.m.	6600 Harbor Town, 77036	(713) 272-3690
Sharpstown (KM 530F)	10:55 a.m11:35 a.m.	6600 Harbor Town, 77036	(713) 272-3690
Stude (KM 493B)	9:15 a.m. – 9:55 a.m.	1031 Stude, 77007	(713) 862-5762
Stude (KM 493B)	10:05 a.m10:45 a.m.	1031 Stude, 77007	(713) 862-5762
Stude (KM 493B)	10:55 a.m11:35 a.m.	1031 Stude, 77007	(713) 862-5762

#### Evening Classes

5:15 p.m. – 5:55 p.m.	5225 Calhoun, 77021	(713) 748-0317
6:05 p.m 6:45 p.m.	5225 Calhoun, 77021	(713) 748-0317
6:55 p.m 7:35 p.m.	5225 Calhoun, 77021	(713) 748-0317
5:15 p.m. – 5:55 p.m.	6402 Arnot, 77007	(713) 862-1426
6:05 p.m 6:45 p.m.	6402 Arnot, 77007	(713) 862-1426
6:55 p.m 7:35 p.m.	6402 Arnot, 77007	(713) 862-1426
5:15 p.m. – 5:55 p.m.	911 Nordling, 77076	(713) 742-1512
6:05 p.m 6:45 p.m.	911 Nordling, 77076	(713) 742-1512
6:55 p.m 7:35 p.m.	911 Nordling, 77076	(713) 742-1512
5:15 p.m. – 5:55 p.m.	6600 Harbor Town, 77036	(713) 272-3690
6:05 p.m 6:45 p.m.	6600 Harbor Town, 77036	(713) 272-3690
6:55 p.m 7:35 p.m.	6600 Harbor Town, 77036	(713) 272-3690
5:15 p.m. – 5:55 p.m.	1031 Stude, 77007	(713) 862-5762
6:05 p.m 6:45 p.m.	1031 Stude, 77007	(713) 862-5762
6:55 p.m 7:35 p.m.	1031 Stude, 77007	(713) 862-5762
	6:05 p.m 6:45 p.m. 6:55 p.m 7:35 p.m. 5:15 p.m 5:55 p.m. 6:05 p.m 6:45 p.m. 6:55 p.m 7:35 p.m. 5:15 p.m 5:55 p.m. 6:05 p.m 6:45 p.m. 6:55 p.m 7:35 p.m. 5:15 p.m 5:55 p.m. 6:05 p.m 6:45 p.m. 6:55 p.m 7:35 p.m. 6:55 p.m 7:35 p.m. 6:55 p.m 6:45 p.m. 6:05 p.m 6:45 p.m.	6:05 p.m 6:45 p.m. 6:55 p.m 7:35 p.m. 5:15 p.m 6:45 p.m. 6:05 p.m 6:45 p.m. 6:05 p.m 6:45 p.m. 6:05 p.m 6:45 p.m. 6:55 p.m 7:35 p.m. 6:11 p.m 5:55 p.m. 6:05 p.m 6:45 p.m. 6:05 p.m 7:35 p.m. 6:05 p.m 7:35 p.m. 6:05 p.m 7:35 p.m. 6:05 p.m 6:45 p.m. 6:060 Harbor Town, 77036 6:05 p.m 7:35 p.m. 6:05 p.m 7:35 p.m. 6:05 p.m 6:45 p.m. 6:05 p.m 6:45 p.m. 6:05 p.m 7:35 p.m. 6:00 Harbor Town, 77036 6:00 p.m 6:45 p.m. 6:00 Harbor Town, 77036 6:00 p.m 6:45 p.m. 6:01 p.m 5:55 p.m. 6:02 p.m 6:45 p.m. 6:03 p.m 6:45 p.m. 6:05 p.m 6:45 p.m. 6:05 p.m 6:45 p.m.

Time:

#### 2010 Summer Adult Water Fitness Classes

Cool off this summer with a water fitness class! Water fitness is a great exercise for any age, any fitness level and any body type. No fee is charged. All enrollments are filled on a "first-come, first-served basis. Early registration is available by calling (832) 395-7281. On site registration is also available at beginning of class. Classes are limited to a maximum of 20 participants per class. Aqua shoes, towel and a plastic bottle of water are recommended.

Adult Circuit Water Fitness: - A combination of cardio, strength training and flexibility that takes you through a series of stations using effective circuit training principles and the latest aquatic equipment for a total body workout. Intensity: light to moderate. Adult Hydro-Fit Training - An athletic approach to water fitness training with sports-specific drills, intense cardiovascular work, intervals, balance/core training, martial arts, and plyometrics. A great way to improve your cardiovascular conditioning and muscular strength and endurance with minimal stress on your joints. Loud, rocking music is a part of the workout. Also recommended as a great form of cross training. Intensity: moderate to hard. Silver Splash - A water fitness class for mature adults to gently stretch, flex, tone and socialize in shallow water. Intensity: light

June 15 - August 20, Dates:

2010

Tuesday and Thursday Wednesday and Friday Class Days:

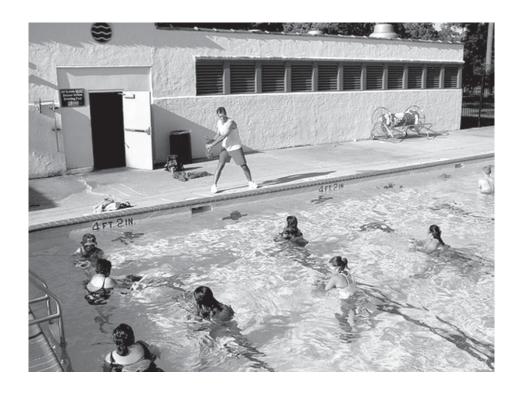
Varies by site

Fee: **FREE** 

Information: (832) 395-7281

www.houstonparks.org

Sunnyside	3502 Bellfort, 77045, 77045	T-F	10:00 a.m 10:45 a.m.	Silver Splash
Memorial	6402 Arnot, 77007	T & Th	6:30 a.m 7:30 a.m.	Adult Hydro-Fit Training Bootcamp
MacGregor	5225 Calhoun, 77021	T & Th	8:00 a.m 9:00 a.m.	Adult Circuit Water Fitness
Alief	11903 Bellaire, 77072	T & Th	9:00 a.m 10:00 a.m.	Adult Circuit Water Fitness
Westbury	10605 Mullins, 77096	T & Th	9:00 a.m 10:00 a.m.	Adult Hydro-Fit Training
Agnes Moffitt	10645 Hammerly, 77043	Wed & Fri	7:00 p.m 7:45 p.m.	Adult Circuit Water Fitness
Lansdale	8201 Roos, 77036	Wed & Fri	6:30 p.m 7:30 p.m.	Adult Circuit Water Fitness



# LAKE HOUSTON WILDERNESS PARK

Lake Houston Wilderness Park (LHWP) is a beautiful, lushly forested expanse of nearly 5,000 acres 30 miles north of Houston located 4 miles east of New Caney. It 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, biking, mountain biking, canoeing, kayaking and horseback riding (must bring own bikes, watercraft and horses). Most of the park is heavily forested with beautiful trails. It is a perfect spot for photography, nature study and bird watching.

New at Lake Houston Wilderness Park! Screened Shelters (accommodate up to 6 campers) are a great way to go camping while having some shelter from the elements. LHWP offers 5 screened shelters complete with electricity, interior and exterior lighting, water, deck, in ground fire ring with grill, pavilion, and water table. These shelters are reasonably priced at \$26.50 per site/night (taxes included) + day fee(s). They are a great way to experience the outdoors while having access to some creature comforts! LHWP is located approximately 30 miles north of Houston off of Hwy. 59 near New Caney. The LHW Park Headquarters is open any time the gate is open.

Program Dates:

Location:

Gates Open/Office Hours::

Information/Reservations:

Park Entry Fee:

Individual Tent Campsites: Back Country Camping: Peach Creek Group Campsite:

Chinquapin Group Campsite: Forest Cottage:

Lazy Creek Cottage:

Pine Grove Dining Hall:

Screened Shelters:

Year Round

22031 Baptist Encampment Road

New Caney, Texas 77357

8:00 a.m. - 8:00 p.m., Sunday - Thursday

8:00 a.m. – 10:00 p.m., Friday & Saturday year round

(281) 354-6881

www.houstonparks.org

\$3.00 per person \$7.00 day plus entry fee(s)

\$7.00 day plus entry fee(s)

\$40.00 per night

\$40.00 per day Plus entry fee(s)

\$132.50 per day Plus entry fee(s)

and a refundable cleaning deposit of \$75 \$169.60 per night Plus entry fee(s)

and a refundable cleaning deposit of \$75

\$100.00 per day Plus entry fee(s)

and a refundable cleaning deposit of \$75

\$26.50 per site/night (taxes included)

Plus entry fee(s)



Lake Houston Wildernees Park



#### Lake Houston Wilderness Park Nature Center

Weekend Hours: 8:30 a.m. - 4:30 p.m. 8:30 a.m. – 4:30 p.m. Information: (281) 354-0173

Note: All programs require a reservation unless noted

Contact LHWP Nature Center to make your reservation.

#### Saturday, April 3rd - 8pm - 9pm Night Hike! - All Ages

Join us on a night hike! We will take a hike through some of our trails in search of raccoons, owls, opossums and more! Get your cameras ready!

#### Saturday, April 3rd - 2pm - 3pm

Snake Presentation- All Ages

Are you afraid of snakes? Don't be! Join us on an informative and hands-on presentation of these misunderstood creatures. Learn facts, myths and first aid for a snake bite.

#### Saturday, May 1st - 8:30am - 10:00am Birding 101 - Ages 14+

Join fellow birding enthusiasts for an informal count of migrant and resident birds. Learn the basics of birding, visit our nature photo blinds and get involved! Bring your binoculars if you have them.

#### Saturday, May 1st - 2:00pm - 3:00pm Birding 101 for Kids - Ages 7 to 13

This is Birding 101 just for the kiddos! This is a great opportunity for scouts to earn pins, belt loops or badges in birding!

#### Saturday, May 8st - 2:00pm - 3:00pm Mammals - Ages 5 to 8

Join us to learn what makes a mammal a mammal. Learn how they differ from insects and reptiles. Learn how they have adapted to survive changes in the world!

#### Saturday, May 15st - 2:00pm - 3:00pm Learn to Fish - Ages 6+

Come hang out with us and try your hand at casting! We will be teaching kids the techniques of casting, reeling in and aiming for the perfect spot to catch the big

#### Saturday, June 5th - 2:00pm - 3:00pm Snakes- All Ages

Join us as we learn all about snakes! Learn the facts and myths, the different species in Texas and how to tell them apart. Learn why snakes are important to the environment and that a good snake is not always a dead snake!

#### Saturday, June 12<sup>th</sup> - 2:00pm - 3:00pm Plaster Casting- Ages 7 to 13

Parents welcome and encouraged! Find real animal tracks and make a plaster mold of them to take home with you! Identify what kind of animal made the track and learn the facts about them!

#### Wednesday, June 16th to Friday, June 18th 9am to 3pm

#### SUMMER DAY CAMP! Ages 7 - 13

Join us at Lake Houston Wilderness Park along with our friends from Texas Parks and Wildlife for our first summer day camp full of outdoor recreation and education!! Camp activities will include nature walks, learning land navigation, campsite and tent setup (no overnight stay), bird watching, snake programs, kayaking, archery, fishing, wilderness survival skills, and crafts. Cost is \$30 for the entire camp program lunch is not provided. Registration required for this event until limit is met.

#### Saturday, June 26th - 8:00pm - 9:30pm Park after Dark- All Ages

Do you want to get a close up look at the nocturnal creatures that inhabit the park? Join us in the Park after Dark tour. We will take you to more remote parts of the park to try and catch a glimpse of our night time friends! Get your cameras ready!

#### Saturday, July 10th - 2:00pm - 3:00pm Insect Explorations! Ages 5 to 14

Join us for a play day outside with nets collecting insects! We will bring our findings back to the nature center for everyone to see and discuss! Learn differences between species, what adaptations insects have to help them

survive and their importance in the environment!

#### Saturday, July 17th - 2:00pm - 3:00pm Owl Pellet Dissection- Ages 5 to 13

Join us in learning about how owls live and what they eat. We will dissect real owl pellets to discover the remaining bones inside and identify what they ate!

#### Saturday, July 24th - 8:00pm - 9:30pm Park after Dark- All Ages

Do you want to get a close up look at the nocturnal creatures that inhabit the park? Join us in the Park after Dark tour. We will take you to more remote parts of the park to try and catch a glimpse of our night time friends! Get your cameras ready!



# TENNIS

HPARD operates three centers each complete with a pro shop as well as locker and shower facilities which 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 (713) 803-1112.

Memorial Park Tennis Center

The Memorial Park Tennis Center is located in Memorial Park. It 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 5:00 a.m. – 9

6:00 a.m. — 9:00 p.m. (Weekdays) 7:00 a.m. — 6:00 p.m.

(Weekends)
Location: Memorial Park (KM492F)

1500 Memorial Loop Dr.,

77007

**Information:** (713) 867-0440

Juniors: \$2.00

Weekday Walk-on: (Weekdays prior to 6:00 pm)
Weekday Reserved: \$3.50 (Prior to 6:00 pm)
\$4.00 (Prior to 6:00 pm)

Evening & Weekend Walk-on: \$5.50 Evening & Weekend Reserved: \$6.00

Tournaments and leagues: Contact Center

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  $1\frac{1}{2}$  hours of use.

Program Dates: Year Round

**Time:** 7:30 a.m. – 9:00 p.m.

(Weekdays) 7:30 a.m. – 6:00 p.m.

(Weekends)
Location: Lee LeClear (KM 530T)

9506 S. Gessner, 77074

**Information:** (713) 272-3697

Juniors: \$2.00

(Weekdays prior to 6:00 pm)

Weekday Walk-on: \$3.50 (Prior to 6:00 pm)
Weekday Reserved: \$4.00 (Prior to 6:00 pm)

Evening & Weekend Walk-on: \$5.50 Evening & Weekend Reserved: \$6.00

Tournaments and leagues: Contact Center

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 a.m. – 9:00 p

7:30 a.m. – 9:00 p.m. (Weekdays) 7:30 a.m. – 6:00 p.m.

(Weekends)
Location: Inside MacGregor Park

(KM 534E)

5225 Calhoun, 77021 **Information:** (713) 842-3460

Juniors: \$1.00

(Weekdays prior to 6:00 pm) \$ 2.50 (Prior to 6:00 pm)

Weekday Walk-on: \$2.50 (Prior to 6:00 pm)
Weekday Reserved: \$3.00 (Prior to 6:00 pm)
Evening & Weekend Walk-on: \$4.50

Evening & Weekend Reserved: \$5.00
Tournaments and leagues: \$5.00
Contact Center





#### Neighborhood Municipal Tennis Courts Tennis Office: (713) 803-1112

	( , , , , , , , , , , , , , , , , , , ,		
Alief Park (KM 529E)	11903 Bellaire Blvd, 77072	4 Lighted Courts	1 Practice Wall
Anderson Park (KM 491X)	5701 Beverlyhill, 77057	2 Lighted Courts	
Bendwood Park (KM 489D)	12700 Kimberley, 77024	2 Lighted Courts	1 Practice Wall
Beverly Hills Park (KM 576S)	10201 Kingspoint, 77075	1 Court	
Bonham Park (KM 530Q) Briarmeadow Park (KM 490Z)	8401 Braes Acres, 77074 7703 Richmond, 77063	2 Lighted Courts 2 Lighted Courts	
R.L & Cora Johnson Park (KM 450A)	9920 Porto Rico, 77041	2 Lighted Courts	
Charlton Park (KM 535P)	8200 Park Place, 77017	2 Lighted Courts	
Herman Brown Park	400 Mercury Drive, 77013	4 Lighted Courts	
Cherryhurst Park (KM 492V)	1700 Missouri, 77006	1 Lighted Court	1 Practice Wall
Chimney Rock Park (Platou) (KM 571B)	11655 Chimney Rock, 77035	2 Lighted Courts	
Cleveland Park (KM 492M) Clinton Park (KM 495U)	200 Jackson Hill, 77007 200 Mississippi, 77029	2 Courts 2 Lighted Courts	
Cloverland Park (KM 573L)	3801 Hickok, 77047	2 Lighted Courts	
Cole Creek Park (KM 411W)	7200 Drowsy Pine, 77092	2 Courts	
Crestmont Park (KM 574J)	5100 Selinsky Rd, 77048	2 Lighted Courts	1 Practice Wall
Dodson Lake Park (KM 454F)	9010 Dodson, 77093	2 Lighted Courts	1 Practice Wall
Dow Park (KM 535X) 7942	7942 Rockhill, 77061	3 Lighted Courts	1 Practice Wall
Eastwood Park (KM 494T) Emancipation Park (KM 493U)	5000 Harrisburg, 77011 3018 Dowling, 77004	2 Lighted Courts 2 Lighted Courts	1 Practice Wall
Finnigan Park (KM 494G)	4900 Providence, 77020	2 Lighted Courts	i i idolioc vvali
Fleming Park (KM 532D)	1901 Sunset Blvd, 77005	2 Lighted Courts	
Freeway Manor Park (KM 576F)	2241 Bronson/2300 Theta, 77034	1 Lighted Court	
Grady Park (KM 491Q)	1700 Yorktown, 77056	1 Lighted Court	
Graham Park (KM 452R)	540 West 34th St, 77018	1 Lighted Court	
Greenwood Park (KM 497A)	602 Beresford, 77015	2 Lighted Courts	
Grimes Park (Lease) (KM 573D) Hager (Lee) Park (KM 571A)	5150 Reed Rd, 77033 12100 Landsdowne, 77035	2 Lighted Courts 1 Lighted Court	1 Practice Wall
Halbert Park (KM 453S)	200 East 23rd St, 77008	1 Lighted Court	i Flactice Wall
Hartman Park (KM 535C)	9311 Avenue P, 77012	2 Lighted Courts	
Haviland Park (KM 570H)	11600 Haviland, 77035	2 Lighted Courts	
Highland Park (KM 451D)	3316 DeSoto, 77091	2 Lighted Courts	1 Practice Wall
Hutcheson Park (KM 454U)	5400 Lockwood, 77026	1 Lighted Court	
Independence Heights Park (KM 453N)	601 East 35th St., 77022	1 Lighted Court	
Ingrando Park (KM 535E) Smokey Jasper Park (KM 415A)	7302 Keller, 77012 13400 River Trail Rd, 77050	2 Lighted Courts 2 Lighted Courts	
Jaycee Park (KM 452W)	1300 Seamist, 77008	2 Lighted Courts	1 Practice Wall
Walter Jones Park (KM 575T)	8000 Coastway Lane, 77075	2 Lighted Courts	
Keith-Wiess Park (KM 413M)	12300 Aldine-Westfield, 77093	2 Lighted Courts	
Law Park (KM 534Y)	6200 Scarlet / 6100 Vassar, 77033	2 Lighted Courts	1 Practice Wall
Lincoln Park (KM 412Q)	979 Grenshaw, 77088	1 Lighted Court	
Linkwood Park (KM 532P)	3699 Norris, 77025	2 Lighted Courts	1 Practice Wall
Mangum Manor Park (KM 451L) Mason Park (KM 535A)	5235 Saxon, 77092 541 South 75thSt/Tipps, 77023	1 Lighted Court 2 Lighted Courts	1 Practice Wall
Meadowcreek Village Park (KM 536S)	5333 Berry Creek, 77017	2 Lighted Courts	
Melrose Park (KM 413T)	12200 Melrose Park Rd., 77076	4 Lighted Courts	
Meyerland Park (KM 531Q)	5151 Jason, 77096	2 Lighted Courts	
Milby Park (KM 535G)	2001 Central, 77017	2 Lighted Courts	
Milroy Park (KM 452Z)	1205 Yale, 77008	1 Lighted Court	
Montie Beach Park (KM 453X)	915 Northwood, 77009	2 Lighted Courts	
Moody Park (KM 453Y) Nieto Park (KM 495A)	3725 Fulton, 77009 500 Port, 77020	2 Lighted Courts 1 Lighted Court	
Northline Park (KM 413W)	6902 Nordling, 77076	2 Lighted Courts	
Nottingham Park (KM 489E)	14205 Kimberley, 77079	2 Lighted Courts	1 Practice Wall
Oak Forest (KM 452N)	2100 Judiway, 77018	2 Lighted Courts	
Proctor Plaza (KM 453X)	803 W. Temple, 77009	1 Lighted Court	
Gail Reeves Park (KM 531N)	8800 Mullins, 77096	2 Lighted Courts	1 Practice Wall
River Oaks Park (KM 492S) Judson Robinson, Sr. Park (KM 495L)	3600 Locke Lane, 77027 1422 Ledwicke, 77029	4 Courts 1 Lighted Court	
Sagemont Park (KM 576Y)	1507 Hughes, 77089	2 Lighted Courts	
Zollie Scales Park (KM 533P)	501 Corder, 77021	1 Lighted Court	
Scenic Woods Park (KM 415W)	449 Lakewood, 77017	2 Lighted Courts	
Schwartz Park (KM 451N)	8203 Vogue, 77055	2 Lighted Courts	
Settegast Park (KM 494N)	3001 Garrow, 77003	1 Lighted Court	
Sharpstown Park (KM 530F)	8200 Bellaire Blvd, 77036	2 Lighted Courts	
Spotts Park (KM 493J) Sunnyside Park (KM 533X)	401 S Heights Blvd, 77007 3502 Bellfort, 77051	2 Lighted Courts	
Tanglewood Park (KM 491K)	5801 Woodway, 77057	2 Lighted Courts	
Tidwell Park (KM 454D)	9720 Spaulding, 77016	2 Lighted Courts	
Townwood Park (KM 572P)	3403 Simsbrook, 77045	1 Lighted Court	
Westbury Park (KM 531W)	5635 Willowbend, 77096	2 Lighted Courts	
Westwood Park (KM 532S)	4045 Lemac, 77025	2 Lighted Courts	4 Droot: \\\ "
Willow Park (KM 531Z) Wilson Memorial Park (KM 576G)	10400 Cliffwood, 77035 100 Gilpin, 77034	2 Lighted Courts 2 Lighted Courts	1 Practice Wall
Windsor Village Park (KM 571P)	100 Gilpin, 77034 14441 Croquet, 77085	2 Lighted Courts 2 Lighted Courts	
Winzer Park (KM 412S)	7300 Carver / Dolly Wright, 77088	2 Lighted Courts	
Woodland Park (KM 493C)	212 Parkview, 77009	1 Lighted Court	
Karl Young Park (KM 532J)	7800 Stella Link, 77025	1 Lighted Court	

## The 2<sup>nd</sup> Annual East End Golf Classic

Hosted by Council Member James G. Rodriguez

May 21, 2010 8:30 a.m. Tee Time



# Register Today!

### 2nd Annual East End Golf Classic

Proceeds raised benefit the renovation and beautification of Gus Wortham Golf Course.

For information on the GWGC Renovation Project or to register online for the

2nd Annual East End Classic

Honorary Co-Chairs Mayor Annise Parker and Harris County Judge Ed Emmett visit www.houstonparksboard.org.

For tournament information call (281) 701-5596.







# GOLF COURSES

The Parks and Recreation Department provides 7 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 Brock Park 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. Brock offers opportunities to Northeast golfers, while Glenbrook provides a venue in the Southeast area of the City. Melrose, in the North Central, offers a chance to practice short-game skills with its 18 par -3 holes. All courses except Glenbrook have driving ranges, and all have practice putting and chipping greens. Pro shops are available at all courses. 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 (under1 8) and Senior (65 – older) rates are offered on weekdays only. Twilight start times vary by season. Please call the course.

For tee time reservations, log on to www.houstonparks.org and access the tee time reservation system. This innovative tee time system includes Memorial, Sharpstown, Gus Wortham and Brock. 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 subject to change without notice. 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 an ambitious effort to enhance parks across the city, the Parks and Recreation

Department in 1935 began constructing an illustrious 18-hole golf course. In July of the following year, 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 such as Arnold Palmer, Babe Didrikson and Charlie Sifford. It also hosted the Houston Open PGA Tour event from 1951 to 1963. In 1995, the 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 by accessing the website.

**Location:** Memorial Park (KM 492F)

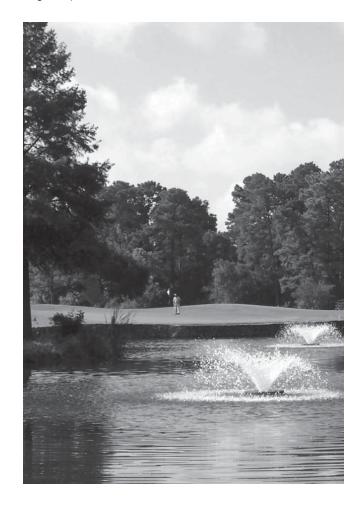
1001 Memorial Loop, 77007

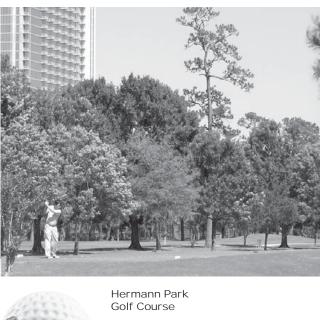
 Information:
 (713) 862-4033

 Yardage / Par:
 7309 / 72

 Hours:
 Dawn - 10:00 p.m.

Junior (Weekday only): \$ 8.00
Senior/Disabled (Weekday only): \$12.00
Weekday (Monday - Thursday): \$26.00
Weekday Twilight: \$18.00
Weekend/Holiday (Friday - Saturday): \$37.00
Weekend/Holiday Twilight: \$24.00







Hermann Park Golf Course is a jewel nestled in thecenter 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. It is managed for HPARD by BSL Golf Corp. Sales tax is additional on all fees. Carts required Weekend mornings.

**Location:** Hermann Park

(KM 533A) 2155 N. MacGregor,

77030

Information: (713) 526-0077 Yardage / Par: 6014 / 70

**Hours:** 7:00 a.m. - 9:00 p.m.

Junior (Weekday only): \$ 6.00
Senior/Disabled (Weekday only): \$ 9.00
Weekday (Monday - Thursday): \$21.50
Weekday Twilight: \$14.34
Weekend/Holiday (Friday - Saturday): \$30.64
Weekend/Holiday Twilight: \$18.78





Gus Wortham Park Golf Course

Come play on living history. Gus Wortham opened in 1908 as the original Houston Country Club. Today, Wortham is the oldest continually operating 18 hole course in the state. Gus

Wortham provides challenges not regularly found in Houston. Elevated tees and uphill carries to greens make you use all your clubs. The course is relatively wide open, making it attractive for all levels of golfers. The front 9 features 3 consecutive par 5 holes, 2 of which you may want to go for in 2. Your shot-making skills will be tested on several of the "short but challenging" par 4 holes. Playing to more than 6,400 yards, Gus Wortham is a fun course, located only minutes from downtown and inside the loop. A full driving range is available for practice or warming up. Additional practice areas include a putting green, chipping green and practice bunker. The proshop staff is available for lessons. Tee times are available through the new internet system at www.houstonparks.org. Gus Wortham has a fully stocked pro shop and full snack bar.

Location: Gus Wortham Park (KM 494Z)

7000 Capital, 77023 Information: (713) 928-4261 Yardage / Par: 6447 / 72 Hours: Dawn - Dusk

Junior (Weekday only): \$5.00 Senior/Disabled (Weekday only): \$8.00 Weekday (Monday - Thursday): \$14.00 Weekday Twilight: \$11.00 Weekend/Holiday (Friday - Saturday): \$19.00 Weekend/Holiday Twilight: \$13.50

### Houston Parks and Recreation Department - (832) 395-7000





Sharpstown Park Golf Course

Welcome to Houston's "Best Golfing Value." Sharpstown Golf Course 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, reconstructed bunkers, tees and lakes. 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, café and beverage cart and golf professionals who are available for lessons. Tee-times are available through the new internet system at www.houstonparks.org.

**Location:** Sharpstown Park

(KM 530F)

6600 Harbor Town, 77036

 Information:
 (713) 988-2099

 Yardage / Par:
 6600 / 70

 Hours:
 Dawn - Dusk

Junior (Weekday only): \$6.00
Senior/Disabled (Weekday only): \$10.00
Weekday (Monday – Thursday): \$15.00
Weekday Twilight: \$12.00
Weekend/Holiday (Friday-Saturday): \$20.00
Weekend/Holiday Twilight: \$15.00





Brock Park Golf Course

Welcome to Houston's "Best Kept Secret," Brock Golf Course, quietly tucked in northeast Houston, far from the noise, but less than from downtown. Brock Park is managed and maintained by the Houston

Parks and Recreation Department's golf operations division staff. This tree-lined course has been one of the City's fine municipal courses since 1972. Brock plays to 6,427 yards with elevation changes unlike most courses in the area. It combines risk and reward on many holes, and requires good shot selection and execution on others. Greens Bayou comes into play on 4 holes, and creeks cross 4 others. Good scores can be found at Brock, provided you stay out of the trees! A driving range is available for practice or for warming up. Additional practice areas include a putting green, chipping green and practice bunker. The pro shop staff is available for lessons. Tee times are available through the internet at wwwlhoustonparks.org. Brock Park is a non-metal spike facility with a fully stocked pro shop and snack bar.

Location: Brock Park (KM 456E)

8201 John Ralston Road

77044

Information: (281) 458-1350
Yardage / Par: 6427 / 72
Hours: Dawn - Dusk

 Junior (Weekday only):
 \$ 5.00

 Senior/Disabled (Weekday only):
 \$ 7.00

 Weekday (Monday - Thursday):
 \$12.00

 Weekday Twilight:
 \$ 8.50

 Weekend/Holiday (Friday - Saturday):
 \$17.00

 Weekend/Holiday Twilight:
 \$12.00



Melrose 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 (281) 931-4666

 Information:
 (281) 931-466

 Yardage / Par:
 2250 / 54

 Hours:
 Dawn - Dusk

Junior (Weekday only): \$ 6.00
Senior/Disabled (Weekday only): \$ 6.00
Weekday (Monday - Thursday): \$10.00
Weekday Night: \$11.00
Weekend/Holiday (Friday - Saturday): \$12.00
Weekend/Holiday Night: \$13.00





Glenbrook Park Golf Course

Glenbrook Park Golf Course is located south/ southeast of downtown Houston in the Hobby Airport area and is managed for HPARD by the Lopez Management Group.Glenbrook is located along Sims Bayou, with 7 holes

crossing the waterway. Recent improvements at Glenbrook include new tees on many holes, expanding the distance from the rear tees. Tee times are available on Thursday morning at 7:00 a.m. for Friday, Saturday and Sunday starting times. Sales tax on all fees is additional.

Location: Glenbrook Park

(KM 535Q) 8205 Bayou Drive,

77017

 Information:
 (713) 649-8089

 Yardage / Par:
 6520 / 71

 Hours:
 Dawn - Dusk

Junior (Weekday only): \$ 5.00
Senior/Disabled (Weekday only): \$ 8.00
Weekday (Monday - Thursday): \$14.00
Weekday Twilight: \$11.00
Weekend/Holiday (Friday - Saturday): \$19.00
Weekend/Holiday Twilight: \$13.50

### Houston Garden Center

Wander the pathways of The Houston Garden Center and enjoy the sights and smells of over 2,500 roses. Identify your favorite rose, tree or flower on a casual stroll or plan your next event with the center as its backdrop. The gardens cover 6 acres of land and include the All-American Rose Selection Test Garden, the Bulb Garden, the Fragrant Garden, the Perennial Garden, the Camellia Garden, the Friendship Pavilion and the early stages of the International Garden.

Every year, the Garden Center serves as a backdrop for weddings, private functions, plant shows and various garden club meetings. Visit www.houstonparks.org for a listing of horticultural groups that meet at the Houston Garden Center throughout the year.

The center is located across from the Miller Outdoor Theatre and just east of the Houston Museum of Natural Science. For rental information, contact the Houston Garden Center Office during normal business hours.

**Office Hours:** 8:00 a.m. – 5:00 p.m.

8:00 a.m. – 5:00 p.m. Monday through Friday (713) 284-1989

**Information:** (713) 284-1989

### 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 United States, 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 five 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

Hours: 10:00 a.m. - 6:00 p.m. (Spring/Summer)

10:00 a.m. - 5:00 p.m.

(Fall/Winter)

**Location:** 6001 Fannin (713) 284-8300

(713) 284-8300 (713) 284-1300

(713) 284-1939





# SENIO PROC

HPARD Senior Programs provides a wide variety of recreation and leisure activities for seniors, ages 55 years and older, at various community centers throughout Houston. Activities include specialty and 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, Senior 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 and olderRegistration:OngoingProgram Dates:Ongoing

Fees: FREE (except for field trips, minimum cost)

Times: Various by Community Center

**Information:** (832) 395-7133 (832) 395-7270

**MONDAY** 

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

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

 Hobart Taylor (KM 455Q)
 8100 Kenton, 77028
 (713) 674-3959

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

**TUESDAY** 

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

 Selena Quintanilla Perez/
 7020
 (713) 675-2151

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

WEDNESDAY

 DeZavala (KM 495S)
 7521 Avenue H., 77012
 (713) 923-5163

 Sunnyside (KM 533X)
 3502 Bellfort, 77051
 (713) 734-5061

**THURSDAY** 

 Crestmont (KM 574J)
 6200 Selinsky, 77048
 (713) 733-2236

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

**FRIDAY** 

Edgewood (KM 534X) 5803 Bellfort, 77033 (713) 7343-8434



Senior Programs









### 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:	18 and older
Registration:	Year round
Fee:	FREE
Program Dates:	Year round

Times: Information:	Various by Community C (713) 865-4512 (713) 865-4517	Center		
NORTHEAST Clark (KM 453B) Clark (KM 453B) Clark (KM 453B) Clark (KM 453B) Clinton (KM 495V) Finnigan (KM 495H) Hobart Taylor (KM 455Q) Hobart Taylor (KM 455Q) Hobart Taylor (KM 455Q) Tidwell (KM 454D) Tidwell (KM 454D) Moody (KM 453Y)	Arts & Crafts Ceramics Hat Making Crafts Crafts Floral Arranging Jewelry Making Quilting Quilting Scrapbooking Crafts	T W&F M W M-F W T Th W T M	12:00 p.m. – 2:00 p.m. 12:00 p.m. – 2:30 p.m. 9:00 a.m. – 2:00 p.m. 8:00 a.m. – 3:00 p.m. 9:00 a.m. – 12:00 p.m. 12:00 p.m 2:00 p.m. 12:00 p.m 2:00 p.m. 3:00 p.m 5:00 p.m. 2:30 p.m. – 3:30 p.m. 2:00 p.m. – 3:30 p.m. 1:00 p.m. – 2:45 p.m.	9718 Clark, 77076 (713) 742-1497 9718 Clark, 77076 (713) 742-1497 9718 Clark, 77076 (713) 742-1497 9718 Clark, 77076 (713) 673-0955 4900 Providence, 77020 (713) 673-0955 8100 Kenton, 77028 (713) 674-3959 8100 Kenton, 77028 (713) 674-3959 9720 Spaulding, 77016 (713) 636-8221 9720 Spaulding, 77016 (713) 636-8221 9725 Fulton, 77009 (713) 692-6925
NORTHWEST Fonde (KM 493K) Fonde (KM 493K) J. Robinson, Jr. (KM 533B) Lincoln City (KM 412Q) Milroy (KM 452Z) Milroy (KM 452Z) Milroy (KM 452Z) Monte Beach (KM 453X)	Pickleball Sr. Basketball Computer Class Quiliting Writing Computer Class Gardening Senior's Game Day Ceramics Jewelry Making Quilting Zumba	S S Th M M T 2nd & 4th W W T T T Th F	10:30 a.m. – 12:30 p.m. 10:30 a.m. – 12:30 p.m. 2:30 p.m. – 3:30 p.m. 9:00 a.m. – 1:00 p.m. 11:30 a.m. – 12:30 p.m. 10:30 a.m. – 12:30 p.m. 10:00 a.m. – 11:00 a.m. 10:00 a.m. – 12:00 p.m. 10:00 p.m. – 2:00 p.m. 12:00 p.m. – 2:00 p.m. 11:00 a.m. – 1:00 p.m. 19:00 a.m. – 1:00 p.m.	110 Sabine, 77002 (713) 226-4466 110 Sabine, 77002 (713) 226-4466 2020 Hermann Dr., 77004(713) 284-1997 979 Grenshaw, 77088 (281) 445-1617 979 Grenshaw, 77088 (281) 445-1617 979 Grenshaw, 77088 (281) 445-1617 979 Grenshaw, 77088 (281) 445-1617 979 Grenshaw, 77088 (281) 445-1617 1205 Yale, 77008 (713) 867-0397 1205 Yale, 77008 (713) 867-0397 1205 Yale, 77008 (713) 867-0397 915 Northwood, 77009 (713) 864-6820
SOUTHEAST Cloverland (KM 573L) Crestmont (KM 574J) Eastwood (KM 494T) Edgewood (KM 534X) Edgewood (KM 5354X) Ingrando (KM 535F) Meadowcreek (KM 535A) Meadowcreek (KM 535A) Meadowcreek (KM 535A) Sagemont (KM 576Y) 1 Settegast (KM 494N)	Ceramics Crafts Crafts Hat Making Jewelry Making Crafts Senior Aerobics Line Dancing/Board Games Walking T.O.P.S. Ceramics	M, T & W Th Th Th T,Th,F M M & W F M - F T	10:00 a.m. – 12:00 p.m. 9:00 a.m. – 2:30 p.m. 10:00 a.m. – 2:00 p.m. 10:00 a.m. – 2:00 p.m. 9:00 a.m 2:00 p.m. 9:00 a.m 12:00 p.m. 10:00 a.m. – 11:00 a.m. 10:00 a.m. – 12:00 p.m. 7:00 p.m. – 8:00 p.m. 7:00 p.m. – 8:00 p.m. 9:00 a.m. – 1:00 p.m.	11800 Scott, 77047 (713) 733-4581 5200 Selinsky, 77048 (713) 733-2236 5020 Harrisburg, 77011 (713) 928-4801 5803 Bellfort, 77033 (713) 734-8434 7302 Keller, 77012 (713) 643- 4764 5333 Berry Creek, 77017 (713) 946-9020 5333 Berry Creek, 77017 (713) 946-9020 5333 Berry Creek, 77017 (713) 946-9020 11507 Hughes, 77019 (281) 922-2343 3000 Garrow. 77003 (713) 238-2200
SOUTHWEST Burnett Bayland (KM 531B) Burnett Bayland (KM 531B) Linkwood (KM 532P) Linkwood (KM 532P) Sunnyside (KM 533X) Sunnyside (KM 533X)	Dominos Table Tennis Quilting Hat Making Quilting Sr. Inter. Computer	T & Th M, W & F M – Th M – Th M	1:00 p.m 3:00 p.m. 1:00 p.m 3:00 p.m. 6:00 p.m 7:00 p.m. 6:00 p.m 7:00 p.m. 11:00 a.m 2:00 p.m. 11:00 a.m 12:00 p.m.	6200 Chimney Rock, 77081 (713) 668-4516 6200 Chimney Rock, 77081 (713) 668-4516 3699 Norris, 77025 (713) 314-3107 3699 Norris, 77025 (713) 314-3107 3502 Bellfort, 77051 (713) 734-5061 3502 Bellfort, 77051 (713) 734-5061

<sup>&</sup>lt;sup>1</sup> T.O.P.S. – Taking Off Pounds Sensibly

# ADAPTIVE SPORTS AND RECREATION

The Houston Parks and Recreation Department 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.

Greater Houston Athletic Association for Physically Disabled

The mission of the Greater Houston Athletic Assoc. for Physically Disabled is to assist a person with a physical disability with either the rehabilitation or habilitation process by fostering a more healthy self esteem through successful participation in physical activity enhancing the chances of an independent lifestyle.

Objectives include providing competitive and recreational opportunities, supporting the development of community based after-school sports and recreation programs for school age youth, supporting community-based groups to form new or additional sports programs, conducting local and national competitive events and conducting and supporting educational programs including clinics to instruct and inform the community on the various sports and recreational opportunities.

Activity: Wheelchair Soccer and Bocce

**Information:** (713) 521-3737 www.ghaapd.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.thearcofgreaterhouston.com

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





Friends of the Park Council at MMSC

The Friends of the Park Council at MMSC serves to support the staff and programs of Adaptive Recreation. They also help communnicate the vision, goals and services of Adaptive Recreation to constituent communities and provides a forum for program ideas and services. The Friends of the Park Council at MMSC meets on the second Tuesday of the month.

Date: 2nd Tuesday every 2 months Time: 3:30 p.m. - 5:00 p.m. Location: Metropolitan Multi-Service Center

1475 West Gray (713) 284-1973

Information: charles.french@cityofhouston.net The River Performing and 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 The River Performing and Visual Arts Center at (713) 520-1220.

Information: (713) 520-1220

www.theriver.org

Adolescent Bariatric Surgery Program Support Group

The support group is hosted monthly for adolescence and family by Texas Children's Hospital staff and is held at the Metropolitan Multi-Service Center. In partnership, the adaptive recreation staff plans and conducts physical activities for the participants each month. 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.

2nd & 4th Tuesday of Dates:

every month

Times: 5:00 p.m. - 7:00 p.m. FREĖ

Fee:

Location: Metropolitan Multi-Service Center

1475 West Gray

Information: Trish Walters-Salas, BSN, RN,

**CCM Case Manager** Bariatric Surgery Program, Texas Children's Hospital

(832) 822-4868

Houston Deaf Seniors of Texas

This lively group of adults, meet 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 at the Metropolitan Multi-Service Center

Ages:

Dates: 2nd & 4th Wednesday of every

month

May through August

Fee: FREE

Metropolitan Multi-Service Center Location:

1475 West Gray

Information: Nancy Morris

(281) 656-2576



The Metropolitan Multi-Service Fitness Center is specifically designed to be used by adults with a physically 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 FREE

**Dates, Times:** 8:00 a.m. - 8:00 p.m. Monday - Thursday

8:00 a.m. - 4:00 p.m. Fridav

Location: Metropolitan Multi-Service Center

1475 West Gray **Information:** (713) 284-1973

### Beginning Weight Training

This six (6) week class covers the basics of weight training, strength and conditioning and weight room safety and etiquette. Participants will also learn basic anatomy and core strengthening.

Ages: 16 - older
Registration: Required
Program Dates: February, 2009

Mondays & Wednesdays 11:00 a.m. - 12:30 p.m.

Fee: FREE

Location: Metropolitan Multi-Service

Center

Times:

1475 West Gray

Information: (281) 284-1973

## Junior Wheelchair Sports and Recreation Camp

This wheelchair sports and recreation camp is an adventurous day camp designed specifically for individuals with physical disabilities who have independent functioning skills age 6 and up, to explore their potential and try things they never imagined possible. The camp will provide youth with a physical disability such as cerebral palsy, spina bifida, amputation, spinal cord injury, muscular dystrophy or other physical/mobility disability an opportunity to become involved in sport and recreation activities, make friends and have fun.

**Ages:** 6 - 18

Houston

**Program Date:** July 26 – July 29 **Times:** 9:00 a.m. - 3:00 p.m.

Location: Metropolitan Multi-Service Center

1475 West Gray

**Information:** (713) 284-1983

### Aquatics Program

Adaptive Aquatics - Initial in water orientation and then exercise, lap swim or water walk in the heated, indoor-natatorium. The pool provides a great environment for people with disabilities to exercise. Participants are required to have independent functioning mobility skills or bring an adult attendant to assist. Pre-registration is required and must be complete prior to getting in the pool. HPARD staff will conduct initial safety screening in the water.

Physical therapy or other private practice businesses are not permitted to operate in this pool.

Ages: Youth and Adult
Registration: Required
Fee: FREE
Program Dates: Year round
Times: Vary

Location: Metropolitan Multi-Service Center

1475 West Gray

**Information:** (713) 284-1983





Sports and Recreation

Adaptive

### Adult Wheelchair Basketball

Weekly practice and play throughout the summer is scheduled for adults age 16 and up. Participants must have independent functioning skills to participate in the program. This is a recreational wheelchair flag football activity for adults, with independent functioning skills. Rules are adapted so individuals who normally use a motorized chair can participate. Practices will be held as well as games with community groups. Registration is required.

Ages: 16 - older Registration: Required FRĖE

Program Dates: Mondays - 5 on 5 league play

Wednesdays -Open gym for wheelchair basketball

Times: 6:00 p.m.-9:00 p.m. Metropolitan Multi-Service Center Location:

1475 West Gray (713)284-1973

Information:

### Adult Wheelchair Soccer League

Get ready for fast, full-court action when adults clash metal to metal in this fast paced wheelchair sport. This game is for participants who have independent, upper body function. Motorized chairs ARÉ permitted in this game. Adult league play begins Saturday, April 3, 2010 and plays through June 19. This league culminates into an adult invitational tournament held on the University of Houston campus June 25 - 27, 2010.

Ages: 12 - older Registration: Required Fee: FREE

Time:

Program Dates: Saturdays - league play begins

Saturday, April 3, 2010 12:00 p.m. - 6:00 p.m.

Location: Metropolitan Multi-Service Center

1475 West Gray

Information: (713) 284-1973

charles.french@cityofhouston.net

### Youth and Adult GoalBall

GoalBall is a team sport designed for blind athletes. Participants compete in teams of three and try to throw a ball that has bells in it into the opponent's goal. Participants must use the sound of the bell to judge the position and movement of the ball. Blindfolds are worn to allow partially sightedplayers to compete on an equal level with blind players.

Saturdays; June 5 - August 14, Date:

Time: 9:00 a.m. - 11:00 a.m.

Metropolitan Multi-Service Center Location:

1475 West Gray Information: (713) 284-1973

charles.french@cityofhouston.net

### 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. Power Soccer 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: Anv Required FREE Registration: Fee:

**Program Dates:** Tuesday - April 6 - August 31

Time: 6:00 p.m. - 8:30 p.m. Location:

Metropolitan Multi-Service Center 1475 West Gray

Information: (713) 284-1973





Houston Parks and

Tennis anvone? The Metropolitan Multi-Service Center is proud to offer tennis classes taught by a certified wheelchair tennis professional. Learn the fundamental strokes, rules and strategies that will get you rolling on the court. Fun, friends and fitness are the primary goals of the tennis program and tennis is the sport for a lifetime! Tennis equipment provided for use during class.

Ages: Youth & Adult Registration: Required at First Class

Fee: FREE

Program Dates: June 7-July 30 (Days Vary)

Times: 7:30-8:30 p.m.

Location: Metropolitan Multi-Service Center,

1475 West Gray

Information: 713-284-1983

### Junior & Adult Wheelchair Tennis

Tennis anvone? The Metropolitan Multi-Service Center is proud to offer tennis classes taught by a certified wheelchair tennis professional. Learn the fundamental strokes, rules and strategies that will get you rolling on the court. Fun, friends and fitness are the primary goals of the tennis program and tennis is the sport for a lifetime! Tennis equipment provided for use during class.

Ages: Youth & Adult Registration: Required at First Class

FREE Fee:

Information:

Program Dates: June 7-July 30 (Days Vary)

Times: 7:30-8:30 p.m.

Location: Metropolitan Multi-Service Center,

1475 West Gray 713-284-1983

### Adult Wheelchair Rugby

Get ready for fast, full-court action when adults clash metal to metal in this quadriplegics who have independent, upper body function. Participants must have independent functioning skill to participate. Motorized chairs not permitted in this game. Integrated adult league play begins Thursday, April 22, 2010.

Ages: 12 - older Registration: Required FRĖE Fee: Program Dates: Thursdays

League play begins Thursday, April 22, 2010

6:00 p.m. - 8:00 p.m. Times:

Metropolitan Multi-Service Center Location:

1475 West Gray

Information: (713) 284-1973

### Youth Social and Play Group

Ray of Light youth group-education, socialization, play and networking for youth with multiple disabilities and their families. This parent and volunteer driven groups come together to share resources, learn from each other and engage in adaptive play activities with their kids. Parents are required to participate in activities with their child. The group meets the 2nd Saturday of each month at the Metropolitan Multi-Service Center.

Ages:

Program Dates: 2nd Saturday of each month

10:00 a.m.-2:00 p.m. Times:

**FREE** 

Location: Metropolitan Multi-Service Center

1475 West Gray

Rosario Vasquez (713) 870-0093





Adaptive Sports and Recreation

### **Park Volunteer Programs**

Every year the Houston Parks and Recreation Department 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!

### Teen Volunteer Program

Volunteer at your area community center and gain valuable experience in the recreational field, explore a potential career option and develop your personal and professional skills while giving back to your community. Volunteer opportunities include: After School Enrichment Program Assistance, Office Assistant, Receptionist. No experience is necessary. The completion of a Teen Volunteer Application Form is required.

Ages: 14 - 17 Registration: Ongoing

**During Community** 

Center hours

**Program Dates:** June 1, 2010 – August 6,

2010

Times: 3:00 p.m. - 8:00 p.m. Location: All area Community

Centers

**Information:** (832) 395-7295 (832) 395-7264

### Adult Volunteer Program

Volunteer at your area community center and gain valuable experience in the recreational field, explore a potential career option, develop your personal and professional skills while giving back to your community. Volunteer opportunities include: Assist with After School Enrichment Program, Office Assistant, Chaperone on youth field trips and Receptionist duties. No experience is necessary. An Adult Volunteer Application Form must be completed. All applicants must pass a Background Check before being accepted as a volunteer.

Ages: 18 - older Registration: 0ngoing

Ongoing During Community Center hours

Program Dates: Ongoing

Times: 12:00 p.m. - 8:00 p.m. Location: All area Community

Centers (832) 395-7295 (832) 395-7264

Athletic Team Volunteer

Team volunteers serve as coaches, assistant coaches or provide support to youth participating in baseball, basketball, cycling, flag football, golf, soccer, track and field and volleyball. Volunteers must complete an application and successfully pass a background check to participate.

**Ages:** 18 - older (713) 865-9348

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 and assisting with special events and providing input regarding the community's programming needs.

Ages: 18 – older
Location: All Community Centers

Information: Contact your local Community Center

**Eagle Scout Projects** 

The Houston Parks and Recreation Department welcomes project submission from Eagle Scout candidates for projects that benefit park green spaces, youth sports programs and our community centers.

**Information:** (713) 865-9348

Green Team Volunteer Program

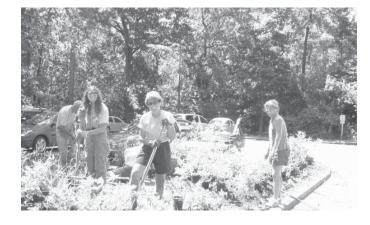
Green Team Volunteers provide landscaping maintenance and improvements, tree planting, park and/or bayou de-littering and help with beautification projects. Individuals, businesses, youth and adult organizations and corporate sponsors are all encouraged to participate in this program. Volunteer ages, dates and times of volunteer activity vary by event. All volunteers must complete a volunteer waiver form for each event

Ages: Youth – Adult (varies with project)
Information: (832) 395-7030

Internship Program

The Houston Parks and Recreation Department 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. You are welcome to apply to be an intern at the Houston Parks and Recreation Department.

**Ages:** 18 - older (713) 865-9334



# Park Adoptions / Permits

### Park Adoption Programs

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 improve the quality of our park system and public land.

There are 4 different Adoption Programs for you to choose from, Adopt-A-Park, Adopt-An-Esplanade, Adopt-A-Sports Field 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: Information: Marilu De La Fuente (832) 395-7029 marilu.delafuente@cityofhouston.net

Adopt-A-Park

This 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 is 2-3 years.

### Adopt-An-Esplanade

This adoption program welcomes homeowners, associations and civic groups interested in providing long-term support for the maintenance and aesthetic quality of esplanades/medians. Term is perpetual provided adoptee maintains esplanades/medians free of trash, mowed and edged.

Adopt-A-Sports Field

This adoption program welcomes organizations or individuals who wish to adopt a sports field in lieu of paying permitting fees associated with the use of ball fields. This adoption is available for youth leagues only. The term is for 6 months (January-June) and (July-December). The adoptee is responsible for all maintenance related to the sports field for the entire 6 month period.

Adopt-A-Library Green Space

This adoption program welcomes homeowners, associations and civic groups interested in providing long-term support for the maintenance and aesthetic quality of library grounds. Term is a one year minimum.

### Permits and Reservations

The Houston Parks and Recreation Department has many different venues available for rental. Whether you are planning a wedding, a family or a neighborhood event, a company picnic or a sports tournament we have a site for you!

An area within a park may be reserved for personal use or private events by obtaining a permit through the Permits section of the Houston Parks and Recreation Department for a fee and refundable deposit. This permit ensures the exclusive use of the specific space for a designated time frame.

Park space, including pavilions, picnic table clusters and open space may be reserved for picnics, birthday parties, family or religious gatherings, weddings and more. Sports field entals and reservations, with all the amenities, are also available year round at nominal fees for weekdays and weekends. When planning your event it is very important to contact the Permits Office as early as possible to receive the most current information on the park or facility of your choice.

For information regarding permits for large public events, call the Mayor's Office of Special Events at (713) 437-6482.

Office Hours: 8:30 a.m. - 4:45 p.m.,

Monday - Friday

Information: (713) 865-4525

(Outdoor Permits) (713) 865-4528



### **Partnering with Parks**

The Houston Parks and Recreation Department (HPARD) oversees 369 developed parks and more than 200 green spaces totaling over 38,945.42 acres of land. We are committed to providing the citizens we serve with educational and recreational programming; with responsible stewardship of Houston's parkland, greenspaces and urban forest; and with volunteering and partnership opportunities, for individuals and businesses alike, that support the City's parks.

Partnering with Parks can help your group meet organization's goals while improve the city's quality of life and providing one of the most visible and public ways to demonstrate your dedication and commitment to the environment and to the community. Public-private partnerships benefit all of us all won't you join us today to create something wonderful for all Houstonians!

Contact: Karen Cullar (832) 395-7056

karen.cullar@cityofhouston.net

Lake Houston Wilderness Park Lake Houston Wilderness Park Is a 4,800-acre "natural" park northeast of Houston acquired by the City from TPWD in 2006. It is managed for the City by the Houston Parks and Recreation Department. The park is on the central flyway for migratory birds of the U.S. and is recognized on the Great Texas Coastal Birding Trail (Upper). It provides camping facilities; hiking, biking and equestrian trails; water activities for kayaks and canoes; and natural areas for nature lovers and birders alike. Partnership and funding opportunities exist in many areas including the development of a Lake Houston Park Master Plan, the creation of a vehicle bridge, the development of a park headquarters and pavilion, the development of canoe and kayak facilities and the building of cabins and stables.

Playgrounds without Limits
Playgrounds without Limits is a campaign to
build inclusive playgrounds (1 in each
geographic quadrant of the city) by the year
2010. These playgrounds surpass ADA
accessibility guidelines and provide a variety of
play elements and activities for children of all
abilities. Ramps and transfer systems address
mobility issues, elements like elevated sand
boxes provide children with sight impairment
sensory-rich activities to enjoy and porch swing
gliders give children with wheelchairs the
opportunity to enjoy a swing. Each Playground
without Limits has an approximate cost of
\$500,000.

### Park Playgrounds

Playgrounds provide kids with an opportunity for FREE unstructured play. For children play is an important factor in how they develop both socially and physically. It offers significant health benefits a is a crucial factorin the overall well being of children. Kids who play build their confidence and learn the social skills that help them become happy, well-adjusted adults. Approximately 200 new public park playgrounds are needed in Houston of varying size and components to match the needs of the park, neighborhood and age of the children playing on them.

Community Center Development HPARD Community Centers serve as the center of the department's Recreation and Wellness programs. They provide a neighborhood gathering place and provide programming and recreational leisure activities for all ages. They foster healthy activities, volunteerism, unite families, build cultural tolerance and support seniors, youth and people with disabilities. HPARD would like to build 10 more community centers to serve a greater number of Houston's citizens.

Lighted Sports Fields
HPARD is about to launch a fundraising campaign
to light more of our existing sports fields. Under this
"green lights" campaign, energy-efficient lighting is
installed that has remote access and a 25-year light
replacement warranty. Our wish list includes fields
at the following parks: Alief, Beverly Hills,
Blackhawk, Beech-White, Burnett-Bayland,
Cullen, Herman Brown, Hicks, FM Law, Melrose,
Milby, Montie Beach, Moody, Shady Lane, Sylvan
Rodriquez and Tony Marron Parks!

### Signature Kiosks

Through the Signature Kiosks Program, the public learns their specific park ground maintenance supervisor and crew members by full name in a flyer placed on a kiosk.

This gives the public insite into howo HPARD operates its cleaning and mowing schedule for their neighborhood park as well as the next date that their park will be mowed and delittered. Each flier states the crew's working hours, the city-wide mowing standard schedule, and the name and contact information for all the ascending levels of park managers over their ground maintenance supervisor.

Currently, the program is implemented at only 62 of the 369 parks throughout the city. The goal of the program is to extend this new "getting to know us" project to all parks.



Urban Youth Academy This new Urban Youth Academy partnership with the Houston Astros and Major League Baseball has its Grand Opening at Sylvester Turner Park on Saturday April

10 at 11 am. The park is located at 2800 West Little York, 77091, and was improved using grant funds from Texas Parks and Wildlife Department, the Old Acres Homes Citizens Council, the Houston Astros and Major League Baseball, and CIP funds from the City of Houston. Come on out to check out the new Urban Youth Academy!





## **Important HPARD Phone Numbers**

Houston Parks and Recreation Department Main Phone No. HPARD Urban Park Rangers Dispatch Park Maintenance Problems Mayor's Office of Special Events (Special Events Permits) Mayor's Office of Special Events (Parade & Street Function Permits)	601 Sawyer 601 Sawyer	(713) 865-4500 (713) 865-4503 3-1-1 (713) 437-6482 (713) 437-6294
Adoption Programs	2999 S. Wayside Dr.	(832) 395-7029
Adult Sports	6200 Wheeler	(832) 395-7130
Adult Sports Bulletin Board	(Phone Message Only)	(713) 865-4105
After School Enrichment Program West	6200 Wheeler, Bldg. 3	(832) 395-7294
After School Enrichment Program East	6200 Wheeler	(832) 395-7292
After School Enrichment Program Administration	6200 Wheeler, Bldg. 3	(832) 395-7270
Athletes Seeking Knowledge Program	6200 Wheeler	(832) 395-7297
Aquatics	6402 Market Street	(713) 670-5501
D-Tag (Information only)	6200 Wheeler, Bldg. 3	(832) 395-7297
D-Tag (Administration)	6200 Wheeler, Bldg. 3	(832) 395-7270
First Tee of Houston at FM Law Park	8400 Mykawa Road	(713) 264-2100
Golf – Brock Park Golf Course	8201 John Ralston Road	(281) 458-1350
Golf – Glenbrook Park Golf Course	8205 Bayou Drive	(713) 649-8089
Golf – Gus Wortham Park Golf Course	7000 Capitol	(713) 928-4260
Golf - Hermann Park Golf Course Managed by BSL Golf Corp.	2155 North MacGregor	(713) 526-0777
Golf - Melrose Park Golf Course Managed by Walton Golf Enterprises	401 Canino	(281) 931-4666
Golf – Memorial Park Golf Course	1001 East Memorial Loop Drive	(713) 862-4033
Golf – Sharpstown Park Golf Course	6600 Harbor Town	(713) 988-2099
Houston Garden Center	1500 Hermann Circle Drive	(713) 284-1989
Lee & Joe Jamail Skatepark	103 Sabine Street	(713) 222-5500
Memorial Park Bike Trail Message Line	(Phone Message Only)	(713) 437-6588
Metropolitan Multi-Service Center	1475 West Gray	(713) 284-1973
Partnership Programs	2999 S. Wayside Dr.	(832) 395-7056
Lake Houston Park Reservations	22031 Baptist Encampment Rd. New Caney, Texas 77357	(281) 354-6881
Permits & Rentals (Outdoors)	2999 S. Wayside Dr.	(832) 395-7012
Permits & Rentals (Outdoors)	2999 S. Wayside Dr.	(832) 395-7013
Permits & Rentals (Sportsfields)	2999 S. Wayside Dr.	(832) 395-7010
Permits & Rentals (Sportsfields)	2999 S. Wayside Dr.	(832) 395-7011
Rentals The Houston Garden Center at Hermann Park	Hermann Circle Drive	(713) 284-1989
Summer Enrichment West	6200 Wheeler, Bldg. 3	(832) 395-7294
Summer Enrichment East	6200 Wheeler, Bldg. 3	(832) 395-7292
Summer Enrichment Program Administration	6200 Wheeler, Bldg. 3	(832) 395-7270
Summer Food Service Program	6402 Market Street	(713) 676-6832
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) 395-7295
Youth Sports West	6200 Wheeler, Bldg. 3	(832) 395-7294
Youth Sports East	6200 Wheeler	(832) 395-7292

### **HPARD Community Centers**

### **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 (County)

**Hobart Taylor (KM 455Q)** 8100 Kenton, 77028 (713) 674-3959 (Now Open)

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

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

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

**Moody (KM 453Y)** 3725 Fulton, 77009 (713) 692-6925

Selena Quintanilla Perez (Denver Harbor) (KM 494H) 6402 Market, 77020 (713) 675-2151

**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

\* YMCA Partnership

### **NORTHWEST**

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

Carverdale (KM 450A) 9920 Porto Rico, 77041 (713) 895-6141

Fonde (KM 493K) 110 Sabine, 77002 (713) 226-4466

Freed (KM 451Y) 6818 Shady Villa, 77055 (713) 682-4467

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

Independence Heights (KM453N) 603 East 35th, 77022 (713) 867-0373

**Judson Robinson, Jr. (KM533B)** 2020 Hermann Drive, 77004 (713) 284-1997

Kendall (KM 488C) 609 North Eldridge, 77079 (832) 393-1898

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

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

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

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

Stude (KM 493E) 1301 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

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 (Campo del Sol)

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

Emancipation (KM 493Y) 3018 Dowling, 77004 (713) 284-1301

Godwin \* (KM 531U) CLOSED FOR RENOVATION 5101 Rutherglen, 77096 (713) 726-7114 **(YMCA)** 

**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 (713) 988-5328

**Sunnyside (KM 533X)** 3502 Bellfort, 77051 (713) 734-5061

Townwood (KM 572P) 3403 Simsbrook, 77045 (713) 434-3508

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



# SAVE THE DATE!

Houston's Ninth Annual
Father's Day
Father/Child
Charity Golf Tournament

**Benefiting** 





Thursday, June 17, 2010
Wildcat Golf Club







## **Houston Parks and Recreation Department**

# Lifeguard Jobs

Pool Supervisors, Head Lifeguards and Lifeguards



## Pool Supervisors, Head Lifeguards and Lifeguards

Lifeguards working for the City of Houston HPARD are among the highest paid guards in the Greater Houston Area!

### **Requirements:**

- Must be 16 years of age by May 31
- Must pass standard Lifequard Swim Evaluation
- Must pass ARC Lifeguard Training course offered or approved by COH Aquatics Administration
- Must pass drug test and criminal history background check
- Must have reliable transportation

### The following positions are available:

Lifeguard Head Lifeguard Supervisor

For more information call (832) 395-7129



A CAPRA Accredited Agency