

HOUSTON PARKS & RECREATION DEPARTMENT

VOL. 7 - ISSUE 3 December 1, 2012 - March 1, 2013

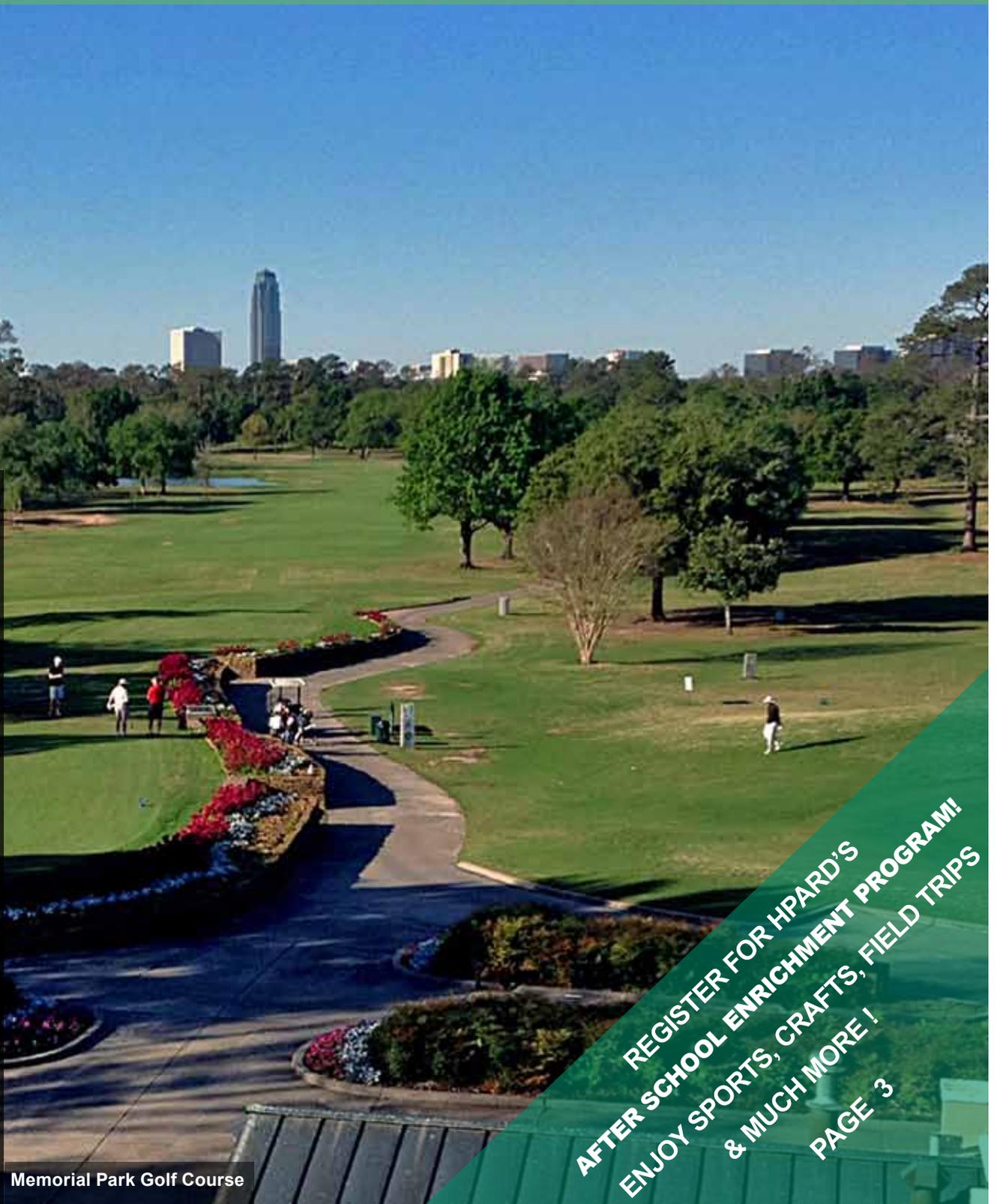


WINTER / SPRING ACTIVITIES GUIDE & CLASS CATALOG

REGISTER ONLINE FOR ADULT SPORTS LEAGUES!

5th ANNUAL METAL & MUSCLE EXPO

SATURDAY - OCTOBER 5, 2013
GEORGE R. BROWN CONV CTR



Memorial Park Golf Course

REGISTER FOR HPARD'S
AFTER SCHOOL ENRICHMENT PROGRAM!
ENJOY SPORTS, CRAFTS, FIELD TRIPS
& MUCH MORE!
PAGE 3

Summer Food Program

Programa de Alimentos

Durante el Verano

June 10 - August 23, 2013
10 de Junio - 23 de Agosto del 2013

**Hey, Parents
and Guardians!**

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



***¡Hola padres y
tutores!***

*Comidas **GRATIS** durante
el verano para niños y
adolescentes de 1 a 18
años de edad. No tienen
que inscribirse, itan solo
presentarse en el
sitio más cercano!*

Information / Información
(713) 676-6832 or 2-1-1



Sponsored by Houston Parks and Recreation Department since 1980. 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 discriminating on the basis of race, color, national origin, sex, age or disability. Patrocinado por el Departamento de Parques y Recreación de Houston desde 1980. 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 basada en la raza, el sexo, la edad o la discapacidad.

LAKE HOUSTON WILDERNESS PARK

25840 FMI485, New Caney, TX. 77357

GATEWAY TO NATURE



Rent A Fully Furnished Lakeside Cabin For Your Next Family Camping Trip !

Reservations, Prices & Information: (281) 354-6881

www.houstonparks.org



**houston
PARKS
& recreation
department**
www.houstonparks.org

A CAPRA Accredited Agency



Keith - Wiess Park

The Houston Parks & Recreation Department offers many ways to stay active in the great outdoors. Whether your tastes run from organized sports to strolls in the park, you and your family can take advantage of the many recreation options available in Houston's mild winter and beautiful spring.

The Houston Parks & Recreation Department's Activities Guide and Class Catalog are filled with information you can use to stay active. HPARD-managed adult sports leagues run throughout the year. Our department offers some of the best, most affordable options in the area for golf and tennis, perennial favorites for active adults. If you would like to work out HPARD fitness centers are available for your use.

Did you know that our department offers camping and overnight cabins in the woods? Recent improvements to Lake Houston Wilderness Park make it a favorite destination for a quick getaway from busy city life. Expanded camping options and new log cabins with views of the pond are available in this woodland paradise just north of the city. Whether you come for a couple of hours or plan to stay for the night or the weekend, you will find inviting forest trails.

Of course, you don't have to leave the city to enjoy a good, long walk, a brisk jog, or an outing on your bike. Houston has extensive trails for your enjoyment. You can walk for miles in linear parks along several of Houston's signature landmarks, the bayous, or you can enjoy the grounds of one of over 366 HPARD parks.

No matter what your age or ability is you will find a world of recreational excitement in Houston. The pages of this publication can point you in any direction you want to go. Winter and spring are some of the best times to get outside, so put on your sport shoes and hit the trail!

Joe Turner, Director
Houston Parks & Recreation Department



MISSION STATEMENT

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



TABLE OF CONTENTS

Director’s Message	1
HPARD Mission Statement	2
HPARD Park Rules and Regulations	2
Youth Programs	3
Junior Golf / First Tee	7
Youth Tennis	9
Skateparks / Disc Golf	11
Adult Sports Leagues	13
Senior Sports Leagues	16
Adult Fitness Programs	17
Fitness Centers	19
Community Center Weight Rooms & Gyms	21
Fitness Classes	23
Adult Basketball Freeplay	25
Adult Walking Clubs	27
Park Trails	29
Senior Programs	30
Adaptive Sports and Recreation	33
Water Spraygrounds	39
Lake Houston Wilderness Park	41
Tennis Centers	45
Tennis Neighborhood Courts	46
Golf Courses	48
Permits and Reservations / Gardens	52
Park Volunteers	53
Partnership Opportunities	55
Park / Greenspace Adoption Programs	56
Community Center Listing	57
Phone Numbers	58

PARK RULES AND REGULATIONS

- Park hours of operation for all city parks are 6:00 am to 11:00 pm unless otherwise posted.
- Glass bottles & glass containers are prohibited.
- Camping in City parks is prohibited except at Lake Houston Wilderness Park where fee based camping is permitted by reservation only. Walk-ins are welcome pending site availability.
- No motorized vehicles may be driven on turf areas.
- Riding or driving animals over or through the park, except along designated bridle paths is prohibited.
- Molesting, injuring, etc., animals, fowl or fish is prohibited.
- Erecting structures, bill posting, etc. is prohibited.
- Walking, sitting or standing on any border or flower bed is prohibited.
- No hunting or use of firearms is permitted in city parks.
- Fishing is not permitted. Exceptions are children 12 & under & senior citizens 65 & older & at Lake Houston Wilderness Park with appropriate Texas State Fishing License.
- Alcoholic beverages are prohibited in City parks with posted signage.
- All animals must be on a leash & under the direct control of its owner.
- Owners must pick up after their dogs. City of Houston Code of Ordinances Sec 6-24.
- Picnic areas are on a first come, first serve basis unless the area has been permitted. It is recommended that park patrons obtain permits to secure a picnic area for a special activity.
- The selling of food, drink or any other commodity on park property is prohibited.
- Littering is prohibited. Please take care to dispose of your litter. Keep our greenspaces clean.
- For a complete list of Park Rules & Regulations, please visit the City of Houston Code of Ordinances, Chapter 32.

ACTIVITIES IN THE PARK PROGRAM GUIDE & CLASS CATALOG

The Houston Parks & Recreation Department provides programs and recreational opportunities for people of all ages & abilities all year long.

HPARD’s Activities in the Park Program Guide & Class Catalog is printed three times a year. Printed copies are available at your local HPARD Community Centers & online at www.houstonparks.org.

- **2012 Winter/Spring Activities in the Park - December 1, 2012**
- **2013 Summer Activities in the Park - April 1, 2013**
- **2013 Fall Activities in the Park - August 1, 2013**

HOUSTON PARKS & RECREATION DEPARTMENT

2999 South Wayside
Houston, TX 77009
(832) 395-7000
askparks@houstontx.gov

YOUTH programs

After School Enrichment Program

Enjoy arts and crafts, games, entertainment, special events, sports, field trips, nature explorations and a variety of **FREE** activities at community centers throughout Houston.

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

Ages: 6 - 13
Registration: Ongoing
 During Community Center hours
Fee: **FREE**
Program Dates: Jan 2 - May 10, 2013
Times: 3:00 pm – 6:00 pm
Locations: All community centers
Information: (832) 395-7296
 (832) 395-7294
 (832) 395-7270



a.s.a.p.

Through ASAP, the City of Houston funds local area schools and non-profit agencies to provide Fun-Affordable-Quality after-school program opportunities for elementary and middle school age youth.

Applicants must fill out a Competitive Request for Proposal (RFP) which are released annually (Jan/Feb). In addition, applicants must attend a mandatory application workshop for additional information. Please note limited funds are available.

Programs are offered during the school year, Sept to June, at 14 funded sites across the Houston area. Each site sets their own curriculum, incorporating activities from ASAP's four component areas which include Academic Enhancement, Skill Development, Enrichment, and Community Involvement.

Enrollment in each campus is determined on a first-come, first served basis.

A.S.A.P. Provider Registration Information

The ASAP funding cycle is from September to June. Interested applicants should:

- 1) Complete a Competitive Request for Proposal (RFP)
- 2) Attend a mandatory application workshop for additional information

Information: (832) 395-7244
 (832) 395-7138

A.S.A.P. Participant Enrollment Information

Ages: Elementary through Middle School Youth
Registration: Ongoing
Fees: **FREE**
Program Dates: September to June
Time: 3:00 pm - 6:00 pm
Location: Call for nearest locations
Information: (832) 395-7244

Instructional Sports Play

As part of HPARD's After School Enrichment Program (AEP), youth ages 6-13, will learn the fundamental skills of a variety of sports through Instructional Sports Play. The program is **FREE** to youth enrolled in HPARD's After School Enrichment Program.

Sports programming includes instruction and scrimmage play in a variety of sports including: Basketball, Soccer, Volleyball, and Flag Football.

Equipment will be provided. Contact your After School Enrichment Program site for a schedule.

Ages: 6 - 13
Registration: Ongoing
Program Dates: Jan 2 - May 10, 2013
Fee: **FREE**
Locations: All community centers
Information: (832) 395-7296
 (832) 395-7294
 (832) 395-7270

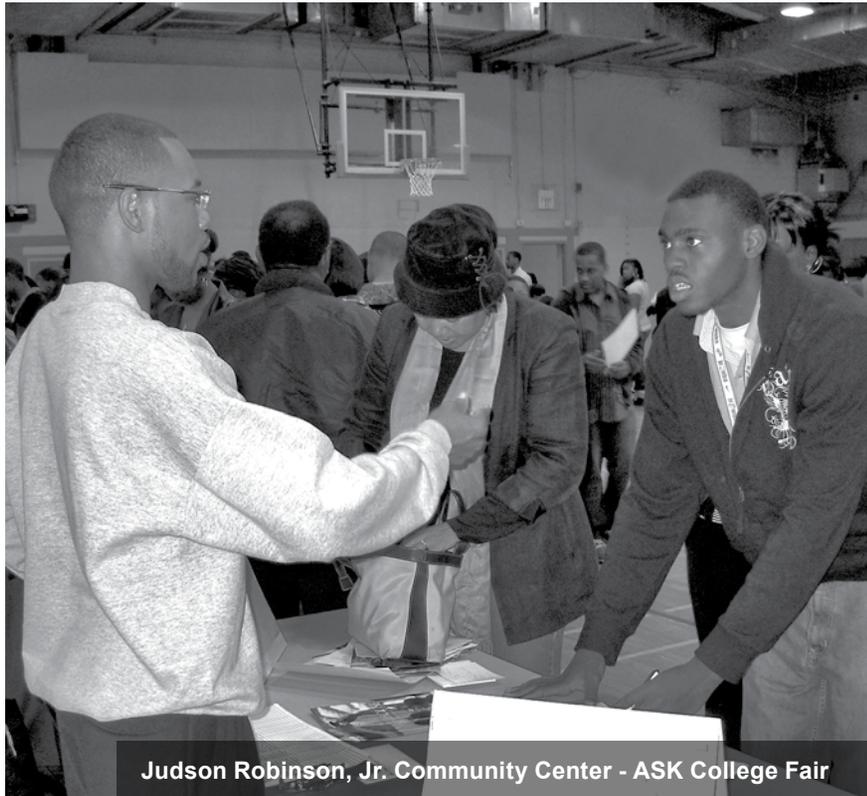
Tiny Tots Program

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

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

Ages: 6 months - 4 years
Registration: Ongoing
Program Dates: Jan 2 - May 10, 2013
Fee: **FREE**
Information: Contact Community Ctr
 See Page 58 For Listings

Candlelight	M, W, F	10:00 am - 12:00 pm
Cherryhurst	M	9:00 am - 12:00 pm
Cherryhurst	M, W, F	10:00 am - 12:00 pm
Kendall	T	12:00 pm - 1:00 pm
Milroy	M, W, Th	10:00 am - 12:00 pm
Proctor Plaza	M, W, F	10:00 am - 1:00pm



Judson Robinson, Jr. Community Center - ASK College Fair



Houston Teens Outside With Nature

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

Since 2000, over \$100,000 has been awarded to Houston area youth and teens in scholarships, tutoring programs, college and career fairs, SAT and ACT practice exams, academic bowls, and college campus tours.

A variety of A.S.K. activities are planned throughout the year and are open to all HPARD youth and teen recreation program registrants and volunteers. Contact your local community center for upcoming ASK program activities.

Ages: 13 - 18
Registration: Ongoing
Program Dates: Year round
Fee: **FREE**
Locations: All community centers
Information: (832) 395-7293



Houston Teens Outside With Nature (HTOWN) is a year-round program for tweens and teens, ages 14-18.

Participants will be provided with opportunities to build confidence & self-esteem through mentoring and program support with HPARD programs and special events.

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

Ages: 14 - 18, (Boys & Girls)
Registration: Ongoing
Program Dates: Year round
Fee: **FREE**
Information: (832) 395-7131
 (832) 395-7135
 (832) 395-7270

D-Tag Program

D-Tag is a **FREE** tattoo removal program for youth and young adults, ages 10 to 24 years old, who reside in the greater Houston metropolitan area. D-Tag was designed to help individuals re-enter mainstream society by removing tattoos which could identify them as participating in or supporting anti-social behavior. This specialty service is a scheduled process.

The D-Tag program is **FREE**; however, participants must complete six hours of community service before the procedure is performed. All youth under the age of 17 must complete a Parent or Guardian Permission Form to participate. Registration is required.

This program is co-sponsored by the Houston Police Department.

Ages: 10 - 24
Registration: Required
Fee: **FREE**
 With completion of 6 Hours of Community Service prior to procedure
Program Dates: Scheduled Quarterly on the 2nd Saturday of the Month
Locations: Judson Robinson, Jr. 2020 Hermann Dr, 77004
Information: (832) 395-7297
 (832) 395-7270

Soccer For Success

The Houston Parks and Recreation Department's Soccer for Success program is an after-school, sports-based youth development program. The program's aim is to use soccer as a tool to combat childhood obesity by providing nutritional education and mentorship to children in at-risk communities. The program offers two 12-week sessions during the school year (one in the fall and one in the spring). HPARD's Soccer for Success program currently serves 900 children in ten schools and two HPARD parks.

Ages: 6 – 18
Registration: On Site First Day Of Session
Fee: FREE
Program Spring Session Dates: Jan 14 - April 12, 2013
Information: (713) 645-8433
 (713) 319-5688



Soccer For Success Participating Spring Sites

Manuel Crespo Elementary School	7500 Office City Dr, 77012	(713) 645-8433
Thomas Jefferson Elementary School	5000 Sharman St, 77009	(713) 645-8433
Milby Park	2001 Central, 77017	(713) 645-8433
Park Place Elementary School	8235 Park Place Blvd, 77017	(713) 645-8433
Patrick Henry Middle School	10702 E. Hardy, 77093	(713) 645-8433
James D Ryan Middle School	2610 Elgin Sreet, 77004	(713) 645-8433
George I Sanchez Elementary School	2700 Berkley, 77012	(713) 645-8433
Shadydale Elementary	5905 Tidwell, 77016	(713) 645-8433
Shady Lane		(713) 645-8433
Southmayd Elementary School	1800 Coral, 77012	(713) 645-8433
Pearl Rucker Elementary School	5201 Vinett, 77017	(713) 645-8433
Westwood Elementary School	10595 Hammerly, 77043	(713) 645-8433

Futsal - Joga Futsal Leagues

The HPARD Joga Futsal league is open to youth and adults. No experience is necessary. Teams are formed individually and as teams. The format (5 vs. 5) use the basketball court which allows a faster pace game and more skill development for participants. The Joga Futsal league will have the opportunity to become affiliated with the U.S. Futsal Federation (USFF). Benefits of affiliation include medical insurance for players, access to national USFF sanctioned tournaments, programs and events.

A \$30 individual registration fee is required for this 7-week league. Registration payments can be made on-line through the Houston Parks Board at www.houstonparksboard.org. Individuals will also receive a free aerobics/zumba class with their paid registration. The HPARD Joga Futsal league is being offered to help match funds for the HPARD Soccer for Success Program.

Ages: 6 – 18
Registration: On Site First Day Of Session
Fee: \$30
Program Dates Winter League: Dec 1, 2012 - Jan 19, 2013
Program Dates Winter Tournament: Feb 2 - Feb 3, 2013
Program Dates Spring League: Feb 16 - March 30, 2013
Program Dates Spring Tournament: April 13 - April 14, 2013
Times: All Day Sundays
Information: (713) 645-8433
 (713) 319-5688

Sagemont Park	111507 Hughes, 77089	(713) 645-8433
Marian Park	11101 S. Gessner, 77071	(713) 645-8433

YOUTH BASEBALL



ENJOY
**Minute
Maid®**

The Houston Astros and makers of Minute Maid sponsor this **FREE** program for youth, ages 4 to 18, as part of their Grand Slam for Youth Baseball Initiative. The program provides young people the opportunity to participate in T-ball, baseball, and slow pitch softball at various skill levels. T-shirts and equipment are provided to registered teams or recreation league play.

Recreational league play will be determined based on individual registration. Advanced league play will be determined based on team registration. Instructional play opportunities and all girls leagues are available. No experience is necessary. Parent orientation and player development clinics will be offered.

Volunteer coaches are needed! Contact your nearest participating community center for more information.

Ages:	4 – 18
Registration:	Jan 7 - Feb 15, 2013
Fee:	FREE
Program Dates:	March 18, - May 18, 2013
Times:	6:00 pm - 9:00 pm Weekday evenings
Locations:	See locations list
Information:	(832) 395-7261 (832) 395-7294



NORTHEAST

Clark (KM 453B)	9718 Clark, 77076	(713) 742-1497
Finnigan (KM 494H)	4900 Providence, 77020	(713) 678-7385
JRobinson Sr. (KM495L)	1422 Ledwick, 77029	(713) 674-2401
Melrose Park (KM 413T)	1001 Canino, 77076	(281) 447-0514
Moody (KM 453Y) (CLOSED)	3725 Fulton, 77009	(713) 692-6925
Shady Lane (KM 414W)	10220 Shady Ln, 77093	(713) 742-1503
Tidwell (KM 454Y)	9720 Spaulding, 77016	(713) 636-8221
Tuffly (KM 454X)	3200 Russell, 77026	(713) 674-2355

NORTHWEST

Indp Heights (KM 453N)	603 E. 35th, 77022	(713) 867-0373
Lincoln (KM 412Q)	979 Grenshaw, 77088	(281) 445-1617
Montie Beach (KM 453X)	915 Northwood, 77009	(713) 864-6820
Proctor Plaza (KM 453X)	803 W. Temple, 77009	(713) 862-6907

SOUTHWEST

Alief (KM 529E)	11903 Bellaire, 77072	(281) 564-8150
Emancipation (KM 493Y)	3018 Dowling, 77004	(713) 284-1302
Linkwood (KM 532P)	3699 Norris, 77025	(713) 314-3107
Marian (KM 530X)	11101 S. Gessner, 77071	(713) 773-7015
Sunnyside (KM 533X)	3502 Bellfort, 77051	(713) 734-5061
Windsor Village (KM 571P)	14441 Croquet, 77085	(713) 726-7113

SOUTHEAST

Bessie Swindle (KM 573L)	11800 Scott, 77047	(713) 733-4581
DeZavala (KM 495S)	907 76th Street, 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
Mason (KM 535A)	541 South 75th, 77023	(713) 928-7055
Meadowcreek (KM 536S)	5333 Berry Creek, 77017	(713) 946-9020
Settegast (KM 494N)	3000 Garrow, 77003	(713) 238-2200

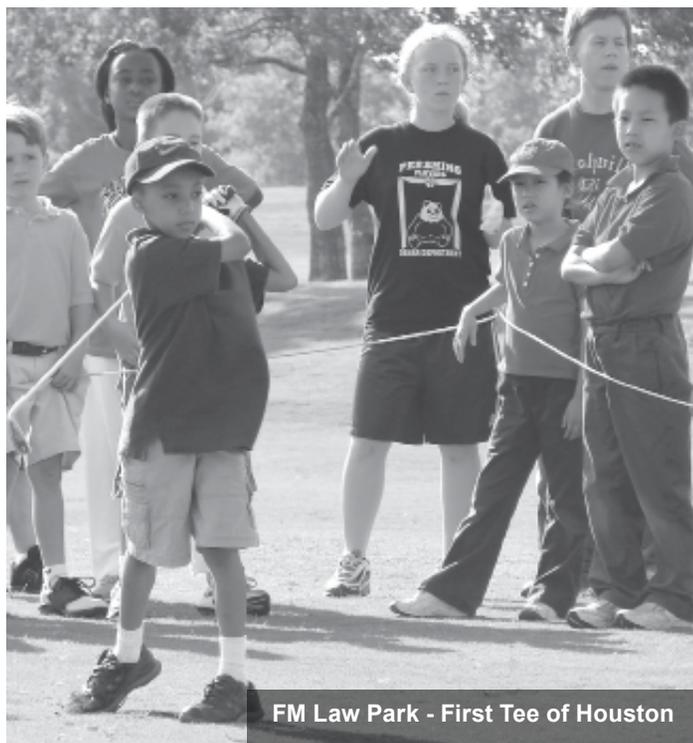


JUNIOR *golf*



The First Tee of Houston at FM Law Park's 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 curriculum is delivered by trained First Tee coaches. The First Tee of Houston at FM Law Park is an affiliate of the national First Tee Program.

PLAYer 6 Core Fun	7 - 8	The main focus of PLAYer 6 Core Fun will be on the participants understanding of the core values present in this level. Students will also be taught golf swing fundamentals.
PLAYer 6 Golf Skills	7 - 8	In this level participants' understanding of the core values will be strengthened, but the main focus will be on improving their putting, chipping, and driving golf skills. A basic understanding of the parts of the golf course and the clubs which are used on those parts must be shown through certification in order to move on to the PLAYer 6 League.
PLAYer 6 League	8 - 9	In this level participants' core value understanding will be tested while they learn to play the game on the golf course. Students must be able to play 6 holes in a safe and courteous manner, through certification, in order to move on to the PLAYer 9 Core Values level.
PLAYer 9 Core Fun	9 - 10	In PLAYer 9 Core Fun the main focus will be on the participants' understanding of the core values present in this level. They will also be taught golf swing fundamentals.
PLAYer 9 Golf Skills	9 - 10	In this level the participants' core value understanding will be strengthened, but the main focus will be on improving their putting, chipping, and driving golf skills. A basic understanding of the parts of the golf course, & the clubs which are used on those parts must be shown through certification in order to move on the PLAYer 9 League.
PLAYer 9 League	10 - 11	In this level the participants' core value understanding will be tested, while they learn to play the game on the golf course. The participants must be able to play 9 holes in a safe and courteous manner, through certification, in order to move on to the PAR Life Skills level.
PAR Life Skills	11 - 12	The main focus will be on the participants' understanding of the Life Skills present in this level. Their understanding of the game will also be increased.
PAR Golf Skills	11 - 12	In this level the participants' Life Skills understanding will be strengthened, but the main focus will be on the improvement of their putting, chipping, and driving golf skills. A thorough understanding of the PAR skills and completion of their PAR golf skills must be shown through certification in order to move on to the PAR league.
PAR League	12 - 13	In this level the participants' Life skills understanding will be tested, while continue to learn to play the game on the golf course. The participants must be able to play 9 holes in a safe and courteous manner, through certification, in order to move on to the BIRDIE Life Skills level.
BIRDIE Life Skills	13 - 14	In this level the participants will help to deliver PLAYer 6 level classes. Their understanding of the core values will once again be tested in this level. They must show a thorough understanding of the core values, and conduct a certification for a PLAYer 6 or 9 hole participant to be able to move on to the BIRDIE PAR level.
BIRDIE Player	13 - 14	In this level the participants will help to deliver PLAYer 6 level classes. Their understanding of the core values will once again be tested in this level. They must show a thorough understanding of the core values, and conduct a certification for a PLAYer 6 or 9 hole participant to be able to move on to the BIRDIE PAR level.
BIRDIE Par	13 - 14	In this level the participants will help to deliver PAR level classes. Their understanding of the core values will once again be tested in this level. They must show a thorough understanding of the PAR Life Skills, and conduct a certification for a PAR level participant to be able to move on to the BIRDIE Golf Skills Level.
BIRDIE Golf Skills	14 - 15	In this level the participants' life skills will be strengthened, but the main focus will be on the participant's improvement of their golf game. A thorough understanding of the Life Skills, and a completion of their BIRDIE golf skills must be shown through certification in order to move on to the BIRDIE League.
BIRDIE League	14 - 15	In this level the understanding of their Life skills will be tested on the golf course. The birdie league will play various golf courses in this level. The participants must be able to play 9 holes in a safe and courteous manner, through certification, in order to move on to the EAGLE Life Skills level.
EAGLE Life Skills	16 +	In this level the main focus will be on the participants' understanding of the Life Skills present in this level. Their swing fundamentals will also be a primary focus. A basic understanding of the Life Skills must be shown through certification in order to move on to the EAGLE Player level.
EAGLE Player	16 +	Participants will help to deliver PLAYer 6 level classes. Their understanding of the core values will once again be tested in this level. They must show a thorough understanding of the core values and conduct a certification for a PLAYer 6 or 9 hole participant to be able to move on to the EAGLE PAR level.
EAGLE Par	16 +	In this level the participants will help to deliver PAR level classes. Their understanding of the core values will once again be tested in this level. They must show a thorough understanding of the PAR Life Skills, and conduct a certification for a PAR level participant to be able to move on to the EAGLE Golf Skills Level.
EAGLE Golf Skills	16 +	In this level the participants' life skills will be strengthened, but the main focus will be on the participant's improvement of their golf game. A thorough understanding of the Life Skills, and a completion of their BIRDIE golf skills must be shown through certification in order to move on to the EAGLE League.
EAGLE League	16 +	In this level the understanding of their Life skills will be tested on the golf course. The birdie league will play various golf courses in this level. The participants must be able to play 9 holes in a safe and courteous manner, through certification, in order to move on to the ACE Life Skills level.



FM Law Park - First Tee of Houston



Ages: 7 – 18
Registration: Varies
 (Classes limited to first 40 registrants)
Fee: FREE
Session III: April 24 – June 2, 2013
Session IV: June 12 – July 19
Location: FM Law Park (KM 530K)
 8400 Mykawa Road
 (713) 264-2100
Information: thefirsttee@houston.tx.gov

All new participants are required to take our PLAYer class regardless of golf skill level. Orientation for new participant parents will be held at the beginning of each class during each Session.

* Birdie PLAYer is the second level of Birdie. Birdie participants will help deliver PLAYer classes.

** League PLAY will be conducted on the course and will vary from week to week. Classes should not last more than 2 hours.

Tuesday	Jan 8 - March 19, 2013	6:00 pm - 7:00 pm	PLAYer Core Fun	FM Law Park Golf Course
Tuesday	Jan 8 - March 19, 2013	6:00 pm - 7:00 pm	Advanced PLAYer Core Fun	FM Law Park Golf Course
Wednesday	Jan 9 - March 20, 2013	6:00 pm - 7:00 pm	PLAYer Golf Skills	FM Law Park Golf Course
Wednesday	Jan 9 - March 20, 2013	6:00 pm - 7:00 pm	Advanced PLAYer Golf Skills	FM Law Park Golf Course
Thursday	Jan 10 - March 21, 2013	6:00 pm - 7:00 pm	Par Life Skills	FM Law Park Golf Course
Thursday	Jan 10 - March 21, 2013	6:00 pm - 7:00 pm	Par Golf Skills	FM Law Park Golf Course
Saturday	Jan 12 - March 23, 2013	9:00 am - 10:00 am	PLAYer Core Fun	FM Law Park Golf Course
Saturday	Jan 12 - March 23, 2013	9:00 am - 10:00 am	PLAYer Golf Skills	FM Law Park Golf Course
Saturday	Jan 12 - March 23, 2013	9:00 am - 10:00 am	PLAYer League Play (Maximum 20 Participants)	FM Law Park Golf Course
Saturday	Jan 12 - March 23, 2013	10:30 am - 12:00 pm	Advanced PLAYer Core Skills	FM Law Park Golf Course
Saturday	Jan 12 - March 23, 2013	10:30 am - 12:00 pm	Advanced PLAYer Golf Skills	FM Law Park Golf Course
Saturday	Jan 12 - March 23, 2013	10:30 am - 12:00 pm	Advanced PLAYer League Play (Maximum 20 Participants)	FM Law Park Golf Course
Saturday	Jan 12 - March 23, 2013	1:00 pm - 2:30 pm	Par Life Skills	FM Law Park Golf Course
Saturday	Jan 12 - March 23, 2013	1:00 pm - 2:30 pm	Par Golf Skills	FM Law Park Golf Course
Saturday	Jan 12 - March 23, 2013	1:00 pm - 2:30 pm	Par League (Maximum 20 Participants)	FM Law Park Golf Course
Saturday	Jan 12 - March 23, 2013	3:00 pm - 4:30 pm	Birdie Life Skills	FM Law Park Golf Course
Saturday	Jan 12 - March 23, 2013	10:30 am - 12:00 pm	Birdie PLAYer	FM Law Park Golf Course
Saturday	Jan 12 - March 23, 2013	1:00 pm - 2:30 pm	Birdie Par	FM Law Park Golf Course
Saturday	Jan 12 - March 23, 2013	3:00 pm - 4:30 pm	Birdie Golf Skills	FM Law Park Golf Course
Saturday	Jan 12 - March 23, 2013	3:00 pm - 4:30 pm	Eagle Birdie	FM Law Park Golf Course

YOUTH TENNIS



Youth Tennis

The Youth Tennis Program is a **FREE** program offered at a variety of public parks throughout the year by the Houston Parks & 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. Equipment is available for use during class.

Online registration is recommended at www.houstonparks.org. You may also register on-site the first week of class if space is available.

Ages: 4 - 18
Registration: Online or On Site First Day of Class
Fees: **FREE**
Winter: Jan 14 - March 7, 2013
Spring: March 18 - May 9, 2013
Information: (713) 803-1112

Age	Class	Description	Time
6 - 10	Beginners	Emphasis on fun	4:15 pm - 5:15 pm
8 - 18	Beginners/Advanced Beginners	Emphasis on learning	5:15 pm - 6:15 pm
8 - 18	Intermediates *	Skill development/match play (must pass skills test)	6:15 pm - 7:15 pm
8 - 18	Home School Program **	Morning Tennis Class at Highland Site Only	8:30 am - 10:30am

* Intermediates Class Offered At Sites Marked With Asterisks

** Morning Tennis Class For Home School Students. Offered At Highland Site Only From 8:30 am - 10:30 am



Memorial Park - HPARD Youth Tennis



Memorial Park - HPARD Youth Tennis

Winter - January 14 - March 7, 2013**CENTRAL**

Cherryhurst (KM 492V)	T & Th	1700 Missouri, 77006	(713) 284-1992
Jaycee (KM 452W)	T & Th	1300 Seamist, 77008	(713) 803-1112

EAST

Finnigan (KM 494G)	M & W	4900 Providence, 77021	(713) 678-7385
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WEST

Bendwood (KM 489H)	M & W	12700 Kimberley, 77024	(713) 803-1112
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NORTH

Melrose (KM 413T)	M & W	1001 Canino, 77076	(281) 447-0514
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NORTHWEST

Highland (KM 451D) **	W & F	3316 De Soto 77091	(713) 956-9137
R.L. & Cora Johnson (KM 450A) *	M & W	9920 Porto Rico, 77041	(713) 895-6141

SOUTH

Sunnyside (KM 533X)	T & Th	3502 Bellfort, 77051	(713) 734-5061
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SOUTHEAST

Homer Ford (KM 534E) *	T & Th	5225 Calhoun, 77021	(713) 803-1112
Sagemont (KM 576Y) *	M & W	11507 Hughes, 77089	(281) 922-2343

SOUTHWEST

Alief (KM 529E) *	T & Th	11903 Bellaire, 77072	(281) 564-8130
Linkwood (KM 532P)	M & W	3699 Norris, 77025	(713) 314-3107

Spring - March 18 - May 9, 2013**CENTRAL**

Cherryhurst (KM 492V)	T & Th	1700 Missouri, 77006	(713) 284-1992
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EAST

Finnigan (KM 494G)	M & W	4900 Providence, 77021	(713) 678-7385
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WEST

Nottingham (KM 489E)	M & W	12700 Kimberley, 77024	(713) 803-1112
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NORTH

Melrose (KM 413T)	M & W	1001 Canino, 77076	(281) 447-0514
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NORTHWEST

Highland (KM 451D) **	W & F	3316 DeSoto, 77091	(713) 956-9137
R.L. & Cora Johnson (KM 450A) *	M & W	9920 Porto Rico, 77041	(713) 895-6141

SOUTH

Sunnyside (KM 533X)	T & Th	3502 Bellfort, 77051	(713) 734-5061
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SOUTHEAST

Homer Ford (KM 534E) *	T & Th	5225 Calhoun, 77021	(713) 803-1112
Sagemont (KM 576Y) *	M & W	11507 Hughes, 77089	(281) 922-2343

SOUTHWEST

Alief (KM 529E) *	T & Th	11903 Bellaire, 77072	(281) 564-8130
Linkwood (KM 532P)	M & W	3699 Norris, 77025	(713) 314-3107
Meyerland (KM 531Q)	T & Th	5151 Jason, 77096	(713) 803-1112

* Intermediates Class Offered At Sites Marked With Asterisks

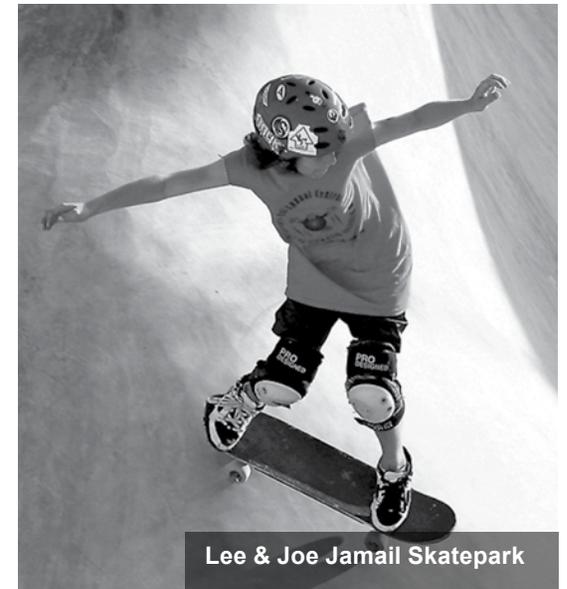
** Morning Tennis Class For Home School Students. Offered At Highland Site Only From 8:30 am - 10:30 am

SKATEPARKS

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

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

Ages: 6 and Older
Fees: FREE
Hours: 9:00 am - 10:00 pm, Mon - Sun
Location: 103 Sabine Street, 77007
Information: (713) 222-5500



Lee & Joe Jamail Skatepark

Clinton Skatepark 200 Mississippi (KM 495U)

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

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.

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.

Watonga Skatepark 4100 Watonga Blvd (KM 451H)

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

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.



Lee & Joe Jamail Skatepark

DISCgolf

Disc golf is an activity the entire family can enjoy. It is inexpensive, healthful and a great way to enjoy the outdoors. The Houston Parks & Recreation Department has five disc golf courses ranging from 9 to 18 holes in parks throughout the city. Disc golf courses are open to the public during normal park hours of operation.

To reserve a disc golf course for a special event, contact HPARD's Ball fields and Reservation Office at (832) 394-9406 or (832) 394-8407, Monday through Friday from 8:00 am to 5:00 pm.



Buffalo Bayou Park

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 (CLOSED)
103 Sabine

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

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

Holes:	21
Warm-up Basket:	Yes
Tee Type:	Grass/Dirt
Basket Type:	Stroke Saver

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

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

MacGregor Park
525 Calhoun (KM 489E)

Holes:	18
Warm-up Basket:	Yes
Tee Type:	Asphalt
Basket Type:	Stroke Saver



Buffalo Bayou Park



Buffalo Bayou Park

ADULT SPORTS *leagues*



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

Adult Softball Spring I

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

Divisions include Men's B/C/D, Co-ed C/D & Senior (50+). Games are played Monday - Friday, for a 5-week doubleheader season.

Ages: 18 - Older
Divisions: Men's B/C/D, Co-ed C/D and Seniors
Registration Dates: Jan 28 - Feb 15, 2013
Fee: \$250 - \$309 Per Team
ASA Fee: \$20.00 Per Calendar Year
League Dates: Feb 25 - April 26, 2013
League Format: 5-Week Doubleheader (10 games total)
Days: Monday - Friday
Time: 6:30 pm - 10:30 pm
Information: (832) 395-7130

Locations:

Memorial Park (KM 492K)	6501 Memorial Drive, 77007
Cullen Park (KM 447S)	19008 Saums Road, 77084
Herman Brown Park (KM 496A)	300 Oates Road, 77013
T.C. Jester Park (KM 451M)	4201 West T.C. Jester, 77018
Cleveland Park/ Tim Hearn Field(KM 492M)	200 Jackson Hill, 77007

Adult Softball Spring II

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

Divisions include Men's B/C/D, Co-ed C/D & Senior (50+). Games are played Monday - Friday, for a 5-week doubleheader season.

Ages: 18 - Older
Divisions: Men's B/C/D, Co-ed C/D & Seniors
Registration Dates: March 25 - April 12, 2013
Fee: \$250 - \$309 Per Team
ASA Fee: \$20.00 Per Calendar Year
League Dates: April 29 - July 5, 2013
League Format: 5-Week Doubleheader (10 games total)
Days: Monday - Friday
Time: 6:30 pm - 10:30 pm
Information: (832) 395-7130

Adult Spring I Flag Football League

Adult flag football leagues are offered during the fall & winter seasons.

Divisions include Men's C, Co-ed Open & Women's Open. Games are played on Tues, Wed & Thurs evenings for a 5-week doubleheader season.

Ages: 18 - Older
Divisions: Men's C, Co-ed Open and Women's Open
Registration Dates: Jan 28 - Feb 15, 2013
Fee: \$340 Per Team
League Dates: Feb 25 - April 26, 2013
League Format: 5-Wk Doubleheader Season (10 games total)
Days: Tuesday, Wednesday & Thursday
Time: 7:00 pm - 11:00 pm
Information: (832) 395-7130

Location:

TC Jester (KM 451M) 4201 TC Jester W,77018



Adult Kickball League Spring I

Come & enjoy the game you once played as a kid. Kickball is one of the fastest growing adult sports in the country.

Co-ed kickball leagues are offered year-round at sites throughout the city. Games are played Monday-Friday for a 5-week doubleheader season.

Ages: 18 - Older
Divisions: Co-ed D
Registration Dates: Jan 28 - Feb 15, 2013
Fee: \$190 Per Team
League Dates: Feb 25 - April 26, 2013
League Format: 5-Wk Doubleheader (10 games total)
Days: M, W, Th
Time: 6:30 pm - 9:30 pm
Information: (832) 395-7130

Locations:

Memorial Park (KM492K)

Adult Kickball League Spring II

Come & enjoy the game you once played as a kid. Kickball is one of the fastest growing adult sports in the country.

Co-ed kickball leagues are offered year-round at sites throughout the city. Games are played Monday-Friday for a 5-week doubleheader season.

Ages: 18 - Older
Divisions: Co-ed D
Registration Dates: March 25 - April 12, 2013
Fee: \$190 Per Team
League Dates: April 29 - July 5, 2013
League Format: 5-Wk Doubleheader Season (10 games total)
Days: M & W
Time: 6:30 pm - 10:30 pm
Information: (832) 395-7130

6501 Memorial Drive, 77007

Fall&Winter

Adult Basketball Spring I

Hoop it up this Spring by signing up for HPARD's Spring Adult Basketball League! This Men's Division League runs for 10 weeks (single elimination).

A team fee is required.

Ages: 18 - Older
Divisions: Men's
Registration Dates: Jan 28 - Feb 15, 2013
Fee: \$330 Per Team
League Dates: Feb 25 - May 23, 2013
League Format: 10 - Week Single
Days: T or Th
Time: 6:30 pm - 10:30 pm
Information: (832) 395-7130

Locations:

J. Robinson, Jr. (KM 533B)

2020 Hemann, 77004

Townwood (KM 572P)

3403 Simsbrook, 77051

Summer Food Program

Programa de Alimentos

Durante el Verano

June 10 - August 23, 2013
10 de Junio - 23 de Agosto del 2013

**Hey, Parents
and Guardians!**

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



***¡Hola padres y
tutores!***

Comidas **GRATIS** durante
el verano para niños y
adolescentes de 1 a 18
años de edad. No tienen
que inscribirse, itan solo
presentarse en el
sitio más cercano!

Information / Información
(713) 676-6832 or 2-1-1



**National Recreation
and Park Association**



**houston
PARKS
& recreation
department**
www.houstonparks.org

A CAPRA Accredited Agency

Sponsored by Houston Parks and Recreation Department since 1980. 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 discriminating on the basis of race, color, national origin, sex, age or disability. *Patrocinado por el Departamento de Parques y Recreación de Houston desde 1980. 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 basada en la raza, el sexo, la edad o la discapacidad.*

ADULT *sports* SENIOR *leagues*

The Adult Sports Section offers a variety of low-impact recreational sports programs for individuals 55 years and older. Programs such as pickle ball and table tennis are designed to provide opportunities for active living, improve health and fitness levels and enhance socialization with friends.

Senior Winter Pickle Ball

Pickle Ball is a game that is a mix between table tennis & badminton played on a court smaller than a tennis court with wooden paddles.

This program is **FREE**.

Ages: 55 - Older
Divisions: Coed Recreational
Registration Dates: Jan 10 - June 30, 2013
Fee: **FREE**
League Dates: Jan 10 - June 30, 2013
Days: T
Time: 10:00 am - 11:30 am
Information: (832) 395-7273
Location: Tidwell Community Center
9720 Spaulding, 77016

Senior Winter Table Tennis

Table Tennis is a game resembling lawn tennis & is played on a tabletop with wooden paddles & a small hollow plastic ball.

This program is **FREE**.

Ages: 55 - Older
Divisions: Coed Recreational
Registration Dates: Jan 10 - June 30, 2013
Fee: **FREE**
League Dates: Jan 10 - June 30, 2013
Days: T & W
Time: 10:00 am - 11:30 am
Information: (832) 395-7273

Locations:

Tidwell Park Community Center (KM 454D)
Hobart Taylor Park Community Center (KM 455Q)

9720 Spaulding, 77016
8100 Kenton, 77028



Fonde Rec Center

ADULT FITNESS

The Houston Parks & 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 work stations located along some of our trails as well as indoor and outdoor basketball courts, outdoor tennis court, outdoor swimming pools, disc golf, golf courses and community center fitness programs designed to meet the needs of all Houstonians. So if you're looking for a fun way to get fit check out HPARD's many offerings and workout at a park near you!

Adult Step Aerobics

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

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

NORTHEAST

Clark (KM 453B)	M - F	9:00 am - 11:00 am	9718 Clark, 77076	(713) 742-1497
Clark (KM 453B)	M - Th	6:00 pm - 7:00 pm	9718 Clark, 77076	(713) 742-1497
Denver Harbor (KM 494H)	M - Th	6:00 pm - 7:00 pm	6402 Market, 77020	(713) 675-2151
Finnigan (KM 494H)	T, W, & Th	6:00 pm - 7:00 pm	4900 Providence, 77020	(713) 678-7385
Lakewood (KM 455G)	Th	12:00 pm - 1:30 pm	8811 Feland, 77028	(713) 636-8217
Melrose (KM 413T)	M - F	9:00 am - 10:00 am	1001 Canino, 77076	(281) 447-0514
Shady Lane (KM 414W)	T & W	9:00 am - 10:30 am	10220 Shady Lane, 77093	(713) 742-1503
Tuffly (KM 454X)	M - W	6:15 pm - 7:15 pm	3200 Russell Street, 77026	(713) 674-2355

NORTHWEST

Freed (KM 451Y)	M - Th	5:30 pm - 6:30 pm	6818 Shady Villa, 77055	(713) 682-4467
Lincoln (KM 412Q)	T & Th	6:00 am - 7:00 am	2020 Hermann Dr., 77004	(713) 284-1997
Love (KM 452Z)	T & Th	1:00 pm - 2:00 pm	1000 W 12th, 77008	(713) 867-0497

SOUTHEAST

Edgewood (KM 534X)	M - Th	6:30 pm - 7:30 pm	5803 Belfort, 77033	(713) 734-8434
Hartman (KM 535C)	M - Th	6:30 pm - 7:30 pm	9311 E Ave P, 77012	(713) 928-4803

SOUTHWEST

Sunnyside (KM 533X)	T & Th	5:30 pm - 6:30 pm	3502 Belfort, 77051	(713) 734-5061
Townwood (KM 572P)	T & Th	6:30 pm - 8:00 pm	3403 Simsbrook, 77045	(713) 434-3508
Windsor Village (KM 571P)	M - Th	6:00 pm - 7:00 pm	14441 Croquet, 77085	(713) 726-7113

* Concessionaire Class - Call Community Center For Cost Information.

Adult Aerobics

Grapevine-step your way into a great cardio workout with adult aerobic classes. Classes are offered during the week at lunchtime and in the evenings. Call the community center nearest you for more information. All classes are **FREE** unless otherwise noted.

NORTHEAST

Denver Harbor (KM 494H)	M - Th	6:00 pm - 7:00 pm	6402 Market, 77020	(713) 675-2151
Finnigan (KM 494H)	T, W, & Th	6:00 pm - 7:00 pm	4900 Providence, 77020	(713) 678-7385
Melrose (KM 413T)	M - F	6:00 pm - 7:00 pm	1001 Canino, 77076	(281) 447-0514
Shady Lane (KM 414W)	M - F	10:30 am - 12:00 pm	10220 Shady Lane, 77093	(713)742-1503

NORTHWEST

Fonde (KM 493K)	T - Th	12:15 pm - 12:45 pm	110 Sabine, 77002	(713) 226-4466
Freed (KM 451Y)	M - Th	5:30 pm - 6:30 pm	6818 Shady Villa, 77055	(713) 682-4467
J. Robinson, Jr. (KM 533B) *	M, T, & W	6:00 pm - 7:00 pm	2020 Hermann Dr., 77004	(713) 284-1997
Highland (KM 451D)	M & Th	6:30 pm - 7:30 pm	3316 DeSoto, 77091	(713) 956-9137
Lincoln City (KM 412Q)	T & Th	6:00 pm - 7:00 pm	979 Greshaw, 77088	(281) 445-1617
Montie Beach (KM 453X)	M, T, & Th	9:00 am - 10:00 am	915 Northwood, 77009	(713) 864-6820
Stude (KM 493E)	M, W, Th	6:00 pm - 7:00 pm	1031 Stude, 77007	(713) 867-0496

SOUTHEAST

Eastwood (KM 494T)	M - Th	6:00 pm - 7:00 pm	5020 Harrisburg, 77011	(713) 928-4801
Garden Villas (KM 535W)	M, T, & Th	6:00 pm - 7:00 pm	6720 S. Haywood, 77061	(713) 847-5168
Hartman (KM 535C)	M - Th	6:30 pm - 7:30 pm	9311 E. Ave. P., 77012	(713) 928-4803
Ingrando (KM 535F)	M - F	8:30 am - 9:30 pm	7302 Keller, 77012	(713) 643-4764
Mason (KM 635A)	T - Th	8:30 am - 9:30 pm	541 S. 75th, 77023	(713) 928-7055
Mason (KM 635A)	M - Th	6:00 pm - 7:00 pm	541 S. 75th, 77023	(713) 928-7055

SOUTHWEST

Alief (KM 529E)	M, W, & F	10:00 am - 11:00 am	11903 Bellaire, 77072	(281) 564-8130
Burnett Bayland (KM 531B)	M & W	6:00 pm - 7:00 pm	6200 Chimney Rock, 77081	(713) 668-4516
Hackberry (KM 528M)	T & Th	6:00 pm - 7:00 pm	7777 S. Dairy Ashford, 77072	(281) 776-9908
Marian (KM 530X)	M - Th	6:00 pm - 7:00 pm	11101 South Gessner, 77071	(713) 773-7015
Platou (KM 571B)	T & Th	6:00 pm - 7:00 pm	11655 Chimney Rock, 77053	(713) 726-7107
Sunnyside (KM 533X)	M - Th	5:30 pm - 6:30 pm	3502 Bellfort, 77051	(713) 734-0757
Windsor Village (KM 571 P)	M - Th	6:00 pm - 7:00 pm	14441 Croquet, 77085	(713) 726-7112

* **Concessionaire Class - Call Community Center For Cost Information.**

Adult Aerobics Muscle Toning

This class focuses on increasing strength and improving muscle tone, which will help you burn calories even while you're not working out! The class uses weights, bands, bars and 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
Days:	Tuesday
Information:	Contact Community Center

NORTHEAST

Clark (KM 453B)	M - F	10:00 am - 11:00 am	9718 Clark, 77076	(713) 742 -1497
Clark (KM 453B)	M - Th	7:00 pm - 7:30 pm	9718 Clark, 77076	(713) 742 -1497

SOUTHWEST

Hackberry (KM 528M)	M, W, & F	10:00 am - 11:30 am	7777 S. Dairy Ashford, 77072	(281) 776 - 9908
Hackberry (KM 528M)	T & Th	5:30 pm - 6:00 pm	3502 Bellfort, 77051	(713) 734 - 5061

FITNESS CENTERS

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

Memorial Park Fitness Center

Work out and get fit right in the middle of Memorial Park! The Memorial Park Fitness Center is equipped with weights and cardiovascular equipment. An Olympic size outdoor swimming pool (open during the summer and into the fall for lap swimming based on temperature), showers and lockers.

Ages: 18 - Older
Program Dates: Year Round
Hours: 6:00 am – 8:00 pm, M - F
 8:00 am – 4:00 pm, Sat
 8:00 am – 12:00 pm, Sun
Location: Memorial Park (KM 492K)
 6402 Arnot, 77007
Information: (713) 802-1662

Fee Schedule

Monthly membership	\$20.64
Daily membership	\$ 1.80
Shower rental	\$.77
Towel rental	\$.51
Lap Pool Swimming	\$ 1.00 (when open)



MacGregor Park Fitness Center

Judson Robinson, Jr. Fitness Center

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

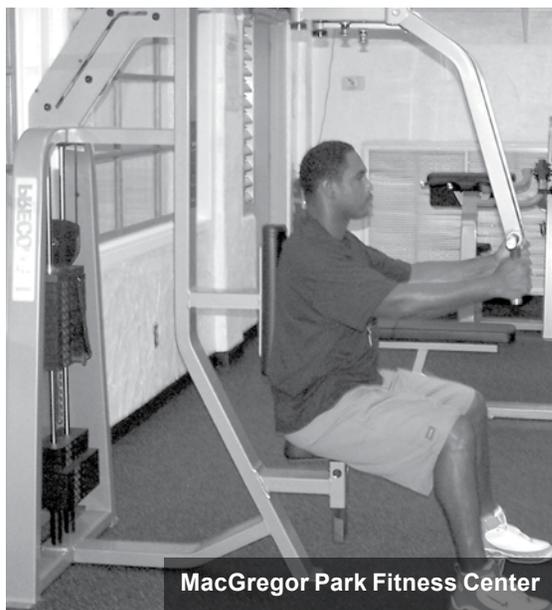
J Robinson, Jr Community Center also offers basketball, racquetball and a number of other fitness activities. Contact J Robinson Jr Community Center for more information.

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

Ages: 18 - Older
Program Dates: Year Round
Early Morning Workout: 6:00 am - 9:00 am, M - F
Fitness Center Hours: 10:00 am - 8:00 pm, M - Th
Racquetball Court Hours: 9:00 am - 7:30 pm, M - F
 10:00 am - 1:30 pm, Sat
Location: J Robinson, Jr., (KM 533B)
 2020 Hermann Dr, 77004
Information: (713) 284-1997

Fee Schedule

Early Morning Workout	\$20.64/month
Racquetball Court Rental	\$1.59 / half hour
Racquetball Court Rental	\$3.19 / hour



MacGregor Park Fitness Center



Judson Robinson, Jr. Fitness Center



Fonde Fitness Center



Memorial Park Fitness Center

Fonde Fitness Center

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

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

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

Ages: 18 - Older
Program Dates: Year Round
Hours: 9:00 am - 7:00 pm, M-F
 1:00 pm - 7:00 pm, Sat
Location: Fonde (KM 493K)
 110 Sabine, 77002
Information: (713) 226-4466

MacGregor Fitness Center

The MacGregor Park Fitness Center is equipped with a 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 am - 7:00 pm, M - F
Location: MacGregor (KM 534K)
 5225 Calhoun, 77021
Information: (713) 747-8650

Hackberry Fitness Center

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

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

Ages: 18 - Older
Fee: No membership fees
Program Dates: Year Round
Hours: 10:00 am - 8:00 pm, M - F
 10:00 am - 2:00 pm, Sat
Location: Hackberry (KM 528M)
 7777 S Dairy Ashford,
 77072
Information: (281) 776-9908

Community Center Weight Rooms

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

Please note: Showers and lockers ARE NOT AVAILABLE at these centers.

NORTHEAST

Finnigan (KM 494H)	M & F	6:00 pm - 7:00 pm	3725 Fulton, 77009	(713) 692-6925
Shady Lane (KM 414W)	M, W, & F	9:00 am - 12:00 pm	10220 Shady Lane, 77093	(713) 742-1503
Shady Lane (KM 414W)	M - Th	4:00 pm - 8:00 pm	10220 Shady Lane, 77093	(713) 742-1503
Shady Lane (KM414W)	F	4:00 pm - 6:00 pm	10220 Shady Lane, 77093	(713) 742-1503

NORTHWEST

Highland (KM 451D)	M - Th	12:00 pm - 8:00 pm	3316 DeSoto, 77091	(713) 956-9137
Highland (KM 451D)	F	12:00 pm - 6:00 pm	3316 DeSoto, 77091	(713) 956-9137
Lincoln (KM 412Q)	M - Th	8:00 am - 8:00 pm	979 Greshaw, 77088	(281) 445-1617
Lincoln (KM 412Q)	F	8:00 am - 6:00 pm	979 Greshaw, 77088	(281) 445-1617
Love (KM 452Z)	M - Th	2:00 pm - 8:00 pm	1000 West 12th, 77008	(713) 867-0497
Love (KM 452Z)	F	2:00 pm - 7:00 pm	1000 West 12th, 77008	(713) 867-0497
Love (KM 452Z)	S	10:00 am - 2:00 pm	1000 West 12th, 77008	(713) 867-0497
Woodland (KM 493C)	M - F	1:00 pm - 7:30 pm	212 Parkview, 77009	(713) 867-0401
Woodland (KM 493C)	S	10:00 am - 2:00 pm	212 Parkview, 77009	(713) 867-0401

SOUTHEAST

Crestmont (KM 572J)	M - F	10:00 am - 1:00 pm	5200 Selinsky, 77048	(713) 733-2236
Crestmont (KM 572J)	M - Th	3:30 pm - 6:30 pm	5200 Selinsky, 77048	(713) 733-2236
Hartman (KM 535C)	F	1:00 pm - 6:00 pm	9311 E. Ave. P, 77012	(713) 928-4803
Mason (KM 535A)	M - F	5:00 pm - 8:00 pm	541 South 75th, 77023	(713) 928-7055
MacGregor (KM 534E)	M - F			

SOUTHWEST

Alief (KM 529E)	M - Th	1:00 pm - 3:00 pm	11903 Bellaire, 77072	(281) 564-8130
Alief (KM 529E)	M - F	6:00 pm - 9:00 pm	11903 Bellaire, 77072	(281) 564-8130
Emancipation (KM 493Y)	M - F	1:00 pm - 3:00 pm	3018 Dowling, 77004	(713) 284-1302
Emancipation (KM 493Y)	M - F	6:00 pm - 9:00 pm	3018 Dowling, 77004	(713) 284-1302
Hackberry (KM 528M)	M - F	1:00 pm - 8:00 pm	7777 S. Dairy Ashford, 77072	(281) 776-9908
Marian (KM 530X)	M - Th	1:00 pm - 3:00 pm	11101 South Gessner, 77071	(713) 773-7015
Marian (KM 530X)	M - Th	5:00 pm - 8:00 pm	11101 South Gessner, 77071	(713) 773-7015
Marian (KM 530X)	F	1:00 pm - 3:00 pm	11101 South Gessner, 77071	(713) 773-7015
Marian (KM 530X)	F	5:30 pm - 7:30 pm	11101 South Gessner, 77071	(713) 773-7015
Sunnyside (KM 533X) *	M - F	1:00 pm - 3:00 pm	3502 Bellfort, 77051	(713) 734-5061
Sunnyside (KM 533X) *	M - F	6:00 pm - 8:00 pm	3502 Bellfort, 77051	(713) 734-5061
Sunnyside (KM 533X) *	S	10:00 am - 2:00 pm	3502 Bellfort, 77051	(713) 734-5061

* Cardio Only.

Adult Weight Training

If you've hesitated to start a strength training program, it may motivate you to know that lifting weights will raise your metabolism, since muscle burns more calories than fat. It will strengthen your bones, an important issue for everyone, particularly women. It will increase your muscular endurance, coordination, and sense of balance, which will help you avoid injuries. All sessions listed below are **FREE** unless otherwise noted. Check with individual community centers for more information.

NORTHEAST

Finnigan (KM 494H)	M & F	6:00 pm - 7:00 pm	3725 Fulton, 77009	(713) 692-6925
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NORTHWEST

Fonde (KM 493K)	M - F	9:00 am - 7:00 pm	110 Sabine, 77002	(713) 226-4466
Fonde (KM 493K)	S	1:00 pm - 7:00 pm	110 Sabine, 77002	(713) 226-4466
Highland (KM 451D)	M - F	12:00 pm - 2:00 pm	3316 DeSoto, 77091	(713) 956-9137
J. Robinson, Jr (KM 533B)	M - Th	3:30 pm - 8:00 pm	2020 Hermann, 77004	(713) 284-1997
J. Robinson, Jr (KM 533B)	M - F	6:00 am - 9:00 am	2020 Hermann, 77004	(713) 284-1997
J. Robinson, Jr (KM 533B)	M - Th	10:00 am - 3:00 pm	2020 Hermann, 77004	(713) 284-1997
J. Robinson, Jr (KM 533B)	F	10:00 am - 4:00 pm	2020 Hermann, 77004	(713) 284-1997
J. Robinson, Jr (KM 533B)	S	10:00 am - 2:00 pm	2020 Hermann, 77004	(713) 284-1997
Love (KM 452Z)	M - F	1:00 pm - 8:00 pm	1000 West 12th, 77008	(713) 867-0497
Woodland (KM 493C)	M - Th	1:00 pm - 7:30 pm	212 Parkview, 77009	(713) 867-0401
Woodland (KM 493C)	M - Th	10:00 am - 2:00 pm	212 Parkview, 77009	(713) 867-0401

Gyms

Enjoy open basketball, volleyball or badminton at HPARD gyms. Call your local community center for their sports offerings.

Alief (KM 529E)	11903 Bellaire, 77072	(281) 564-8130
Burnett Bayland (KM 531B)	6200 Chimney Rock, 77081	(713) 668-4516
Candlelight (KM 452E)	1520 Candlelight, 77018	(713) 682-3587
Denver Harbor (KM 494H)	6402 Market, 77020	(713) 675-2151
Emancipation (KM 493Y)	3018 Dowling, 77004	(713) 284-1302
Finnigan (KM 494H)	4900 Providence, 77020	(713) 678-7385
Fonde (KM 493K)	110 Sabine, 77002	(713) 226-4466
Freed (KM 451Y)	6818 Shady Villa, 77055	(713) 682-4467
Hartman (KM 535C)	9311 E. Ave. P, 77012	(713) 928-4803
Judson Robinson, Jr. (KM 533B)	2020 Hermann Drive, 77004	(713) 284-1997
Kendall (KM 488C)	609 N. Eldridge Parkway, 77079	(832) 393-1898
Lincoln (KM 412Q)	979 Grenshaw, 77088	(281) 445-1617
Love (KM 452Z)	1000 West 12th, 77008	(713) 867-0497
Marian (KM 530X)	11101 South Gessner, 77071	(713) 773-7015
Mason (KM 535A)	541 S. 75th, 77023	(713) 928-7055
Melrose (KM 413T)	1001 Canino, 77076	(281) 447-0514
Moody (KM 453Y) CLOSED FOR RENOVATION	3725 Fulton, 77009	(713) 692-6925
Sagemont (KM 576Y)	11507 Hughes, 77089	(281) 922-2343
Stude (KM 493E)	1031 Stude, 77007	(713) 867-0496
Sunnyside (KM 533X)	3502 Belfort, 77051	(713) 734-5061
Tidwell (KM 454D)	9720 Spaulding, 77016	(713) 636-8221
Townwood (KM 572P)	3403 Simsbrook, 77045	(713) 434-3508
Woodland (KM 493C)	212 Parkview, 77009	(713) 867-0401



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

Fitness Classes

Houston let's get moving! Join a fitness class at your local community center. Activities include weight training, aerobics and circuit training. Call your nearest community center for more information!

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

NORTHEAST

Finnigan (KM 494H)	Zumba	M	6:00 pm	-	7:00 pm	4900 Providence, 77020	(713) 682-7385
Finnigan (KM 494H)	Yoga	M & Th	10:00 am	-	11:00 am	4900 Providence, 77020	(713) 682-7385
Hobart Taylor (KM 455Q)	Line Dance	M	10:00 am	-	12:00 pm	8100 Kenton, 77028	(713) 674-3959
Hobart Taylor (KM 455Q)	Senior Chair Exercise	M	1:00 pm	-	3:00 pm	8100 Kenton, 77028	(713) 674-3959
Kingwood (KM 296X)	Senior Chair Yoga	M	9:00 am	-	10:00 am	4102 Rustic Woods, 77345	(281) 348-2570
Kingwood (KM 296X)	Line Dancing	Th	2:00 pm	-	4:00 pm	4102 Rustic Woods, 77345	(281) 348-2570
Melrose (KM 413T)	Zumba	M - F	7:00 pm	-	8:00 pm	1001 Canino, 77076	(713) 447-0514
Shady Lane (KM 414W)	Zumba	M & F	9:00 am	-	10:30 am	10220 Shady Lane, 77093	(713) 742-1503
Shady Lane (KM 414W)	Zumba	T	10:30 am	-	12:00 pm	10220 Shady Lane, 77093	(713) 742-1503
Tidwell (KM 454D)	Line Dance	Th	10:00 am	-	11:30 am	9720 Spaulding, 77016	(713) 636-8221
Tidwell (KM 454D)	Pickleball	T	10:00 am	-	11:30 am	9720 Spaulding, 77016	(713) 636-8221
Tuffly (KM 454X)	Line Dance	Th	6:00 pm	-	7:30 pm	3200 Russell, 77023	(713) 674-2355

NORTHWEST

Fonde (KM 493K)	Kickboxing	T & Th	12:15 pm	-	12:45 pm	110 Sabine, 77002	(713) 226-4466
Fonde (KM 493K)	Basketball	T	4:00 pm	-	6:00 pm	110 Sabine, 77002	(713) 226-4466
Fonde (KM 493K)	Basketball	S	10:30 pm	-	12:30 pm	110 Sabine, 77002	(713) 226-4466
Fonde (KM 493K)	Pickleball	W	9:00 am	-	11:00 am	110 Sabine, 77002	(713) 226-4466
Fonde (KM 493K)	Pickleball	F	9:00 am	-	11:00 am	110 Sabine, 77002	(713) 226-4466
Fonde (KM 493K)	Pickleball	S	10:30 am	-	12:30 pm	110 Sabine, 77002	(713) 226-4466
Freed (KM 451Y)	Line Dancing	T	11:00 am	-	12:30 pm	6818 Shady Villa, 77055	(713) 682-4467
Highland (KM 451D)	Senior Fitness	M, W, F	8:30 am	-	9:30 am	3316 DeSoto, 77091	(713) 956-9137
Ind. Heights (KM 453N)	Senior Fitness	W & F	9:00 am	-	10:30 am	603 E 35th, 77022	(713) 867-0373
Ind. Heights (KM 453N)	Line Dance	Th	6:00 pm	-	7:30 pm	603 E 35th, 77022	(713) 867-0373
J Robinson, Jr (KM 533B)	Beg Line Dance	M	6:00 pm	-	7:00 pm	2020 Hermann Dr, 77004	(713) 284-1997
J Robinson, Jr (KM 533B)	Line Dance	W	10:00 am	-	11:00 am	2020 Hermann Dr, 77004	(713) 284-1997
J Robinson, Jr (KM 533B)	Adv Line Dance	M	7:00 pm	-	8:00 pm	2020 Hermann Dr, 77004	(713) 284-1997
Kendall (KM 488C)	Badminton	T & Th	6:00 pm	-	8:00 pm	609 N Eldridge, 77079	(832) 393-1897
Lincoln (KM 412Q)	Yoga	W & Th	9:30 am	-	10:30 am	979 Grenshaw, 77088	(281) 445-1617
Lincoln (KM 412Q)	Line Dance	M	9:30 am	-	12:30 pm	979 Grenshaw, 77088	(281) 445-1617
Love (KM 412Q)	Tai Chi	M & W	10:00 am	-	11:00 am	1000 W 12th Street, 77008	(713) 867-0497
Love (KM 412Q)	Line Dance	T	6:00 pm	-	8:30 pm	1000 W 12th Street, 77008	(713) 867-0497
Montie Beach (KM 453X)	Zumba	W & F	9:00 am	-	10:00 am	915 Northwood, 77009	(713) 864-6820
Montie Beach (KM 453X) *	Zumba	M, T, & Th	6:00 pm	-	7:00 pm	915 Northwood, 77009	(713) 864-6820
Montie Beach (KM 453X) *	Zumba	M, T, & Th	7:00 pm	-	8:00 pm	915 Northwood, 77009	(713) 864-6820
RL & Cora Johnson (KM 450A)	Adult Fitness	M, W, F	9:00 am	-	10:00 am	9920 Porto Rico, 77041	(713) 895-6141
RL & Cora Johnson (KM 450A)	Adult Fitness	T & Th	6:00 pm	-	7:00 pm	9920 Porto Rico, 77041	(713) 895-6141
Stude (KM 493E)	Zumba	M, T, W	8:30 am	-	9:30 am	1031 Stude, 77007	(713) 867-0496
Stude (KM 493E)	Zumba	T- Th	7:00 pm	-	8:00 pm	1031 Stude, 77007	(713) 867-0496
Stude (KM 493E)	Zumba	M, W, Th	7:00 pm	-	8:00 pm	1031 Stude, 77007	(713) 867-0496
Stude (KM 493E)	Zumba	Sat	9:00 am	-	10:00 am	1031 Stude, 77007	(713) 867-0496
Woodland (KM 493C)	Fitness	M - Th	6:00 pm	-	8:00 pm	212 Parkview, 77009	(713)867-0401

* Concessionaire Class - Call Community Center For Cost Information.

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

SOUTHEAST

Bessie Swindle (KM 573L)	Senior Aerobics	M & W	10:00 am	-	11:30 am	11800 Scott, 77047	(713) 773-4581
Beverly Hills (KM 576S)	Senior Aerobics	M & W	10:00 am	-	11:30 am	10201 Kingspoint, 77075	(713) 948-9065
Charlton (KM 535P)	Fit Dance	M, Th	6:30 pm	-	7:30 pm	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Muscle Works Body Sculpting	W	10:00 am	-	11:00 am	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Senior Muscle Rehab	M, F	12:00 pm	-	1:00 pm	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Seniorcize	T	11:00 am	-	12:00 pm	8200 Park Place, 77017	(713) 645-3589
Crestmont (KM 574J)	Adult Fitness	M, T, Th	6:30 pm	-	7:30 pm	5200 Selinsky, 77048	(713) 733-2236
Garden Villas (KM 535W)	Fitness	M, T, Th	6:00 pm	-	7:00 pm	6720 S. Haywood, 77061	(713) 948-9065
Ingrando (KM 535F)	Fitness	T - Th	6:30 pm	-	7:30 pm	7302 Keller, 77012	(713) 643-4764
Meadowcreek (KM 536S)	Line Dance	T	9:00 am	-	1:00 pm	5333 Berry Creek, 77017	(713) 946-9020
Meadowcreek (KM 536S)	Senior Fitness	M, T, W, F	10:00 am	-	11:00 am	5333 Berry Creek, 77017	(713) 946-9020
Meadowcreek (KM 536S)	Senior Aerobics	M, T, & W	10:00 am	-	11:00 am	5333 Berry Creek, 77017	(713) 946-9020
Meadowcreek (KM 536S)	Line Dance	F	10:00 am	-	12:00 pm	5333 Berry Creek, 77017	(713) 946-9020
Sagemont (576Y) *	Zumba	M & W	6:30 pm	-	7:30 pm	11507 Hughes, 77089	(281) 922-2343
Sagemont (576Y)	Tae Kwon do	T & Th	7:00 pm	-	6:00 pm	11507 Hughes, 77089	(281) 922-2343

SOUTHWEST

Alief (KM 529E)	Adult Circuit Training	T, Th	6:16 pm	-	7:45 pm	11903 Bellaire, 77072	(281) 564-8130
Burnett Bayland (KM 531B)	Adult Fitness	T	10:00 am	-	11:00 am	6200 Chimney Rock, 77081	(713) 668-4516
Burnett Bayland (KM 531B)	Table Tennis	M, W, & F	1:00 pm	-	3:00 pm	6200 Chimney Rock, 77081	(713) 668-4516
Cherryhurst (KM 492V)	Karate	M & W	6:00 pm	-	8:00 pm	1700 Missouri, 77006	(713) 284-1992
Cherryhurst (KM 492V)	Dance	T	6:00 pm	-	8:00 pm	1700 Missouri, 77006	(713) 284-1992
Godwin (KM 531U)	Tai Chi	W	6:00 pm	-	8:00 pm	5101 Rutherglen, 77096	(713) 726-7114
Godwin (KM 531U)	Operation Get Fit	M, W	8:00 am	-	9:00 am	5101 Rutherglen, 77096	(713) 726-7114
Godwin (KM 531U)	Karate	T, Th	6:00 pm	-	7:00 pm	5101 Rutherglen, 77096	(713) 726-7114
Hackberry (KM 528M)	Core Training (Open Use)	T & Th	10:00 am	-	4:30 pm	7777 S. Dairy Ashford, 77072	(281) 776-9908
Lansdale (KM 530K)	Adult Fitness	M & W	6:30 pm	-	7:15 pm	8201 Roos, 77036	(713) 272-3668
Lansdale (KM 530K)	Table Tennis	T & Th	6:15 pm	-	8:00 pm	8201 Roos, 77036	(713) 272-3668
Marian (KM 830X)	Senior Fitness	T - Th	10:30 am	-	12:30 pm	11101 S Gessner, 77071	(713) 773-7015
Platou (KM 571B)	Ball Room Dancing	M & W	7:00 pm	-	8:00 pm	11655 Chimney Rock, 77053	(713) 726-7107
Sharpstown (KM 530F)	Adult/Senior Table Tennis	W	5:00 pm	-	7:00 pm	6600 Harbor Town, 77036	(713) 988-5328
Sunnyside (KM 533X)	Senior Yoga	M	11:00 am	-	12:00 pm	3502 Bellfort, 77051	(713) 734-5061
Sunnyside (KM 533X)	Adult Yoga	M	6:30 pm	-	7:30 pm	3502 Bellfort, 77051	(713) 734-5061
Sunnyside (KM 533X)	Youth Tennis	T & Th	4:15 pm	-	6:15 pm	3502 Bellfort, 77051	(713) 734-5061
Sunnyside (KM 533X)	Sr Fitness Silver Sneakers	T, W, & Th	10:00 am	-	11:00 am	3502 Bellfort, 77051	(713) 734-5061
Sunnyside (KM 533X)	Senior Circuit Training	W	11:00 am	-	12:00 pm	3502 Bellfort, 77051	(713) 734-5061
Townwood (KM 572P)	Aerobics	M, T, Th	6:00 pm	-	6:50 pm	3403 Simsbrook, 77045	(713) 434-3508
Townwood (KM 572P)	Adult Fitness	M, T, Th	7:00 pm	-	8:00 pm	3403 Simsbrook, 77045	(713) 434-3508
Townwood (KM 572P)	Chair Aerobics	M, W	10:00 am	-	10:45 am	3403 Simsbrook, 77045	(713) 434-3508
Townwood (KM 572P)	Zumba	M, T, F	8:00 am	-	9:00 am	3403 Simsbrook, 77045	(713) 434-3508
Townwood (KM 572P)	Pickleball	M	10:00 am	-	12:00 pm	3403 Simsbrook, 77045	(713) 434-3508
Townwood (KM 572P)	Pickleball	S	10:00 am	-	11:30 am	3403 Simsbrook, 77045	(713) 434-3508
Windsor Village (KM 571P)	Fitness	T & Th	6:00 pm	-	7:00 pm	14441 Croquet, 77075	(713) 726-7113

* Concessionaire Class - Call Community Center For Cost Information.

Adult Basketball Freeplay

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

NORTHEAST

Denver Harbor (KM 494H)	Freeplay BB	M - F	1:00 pm - 3:00 pm	6402 Market, 77020	(713) 675-2151
Denver Harbor (KM 494H)	Freeplay BB	M - Th	6:00 pm - 9:00 pm	6402 Market, 77020	(713) 675-2151
Denver Harbor (KM 494H)	Freeplay BB	F	1:00 pm - 3:00 pm	6402 Market, 77020	(713) 675-2151
Finnigan (KM 494H)	Freeplay BB	M, T, Th	1:00 pm - 4:00 pm	4900 Providence, 77020	(713) 678-7385
Melrose (KM 413T)	Freeplay BB	M - F	1:00 pm - 3:00 pm	1001 Canino, 77076	(281) 447-0514
Melrose (KM 413T)	Freeplay BB	M - Th	6:00 pm - 9:00 pm	1001 Canino, 77076	(281) 447-0514
Melrose (KM 413T)	Freeplay BB	F	6:00 am - 8:00 pm	1001 Canino, 77076	(281) 447-0514
Tidwell (KM 454D)	Freeplay BB	M & W	6:30 pm - 8:00 pm	9720 Spaulding, 77016	(713) 636-8221

NORTHWEST

Candlelight (KM 452E)	Freeplay BB	M - F	1:00 pm - 3:00 pm	1520 Candlelight, 77018	(713) 682-3587
Candlelight (KM 452E)	Freeplay BB	T - Th	6:00 pm - 8:30 pm	1520 Candlelight, 77018	(713) 682-3587
Candlelight (KM 452E)	Freeplay BB	F	6:00 pm - 7:00 pm	1520 Candlelight, 77018	(713) 682-3587
Candlelight (KM 452E)	Freeplay BB	S	10:00 am - 2:00 pm	1520 Candlelight, 77018	(713) 682-3587
Fonde (KM 493K)	Full Court BB	M - F	9:00 am - 12:30 pm	110 Sabine, 77002	(713) 226-4466
Fonde (KM 493K)	Full Court BB	S	1:00 pm - 4:00 pm	110 Sabine, 77002	(713) 226-4466
Fonde (KM 493K)	Ladies Night BB	Th	6:30 pm - 9:00 pm	110 Sabine, 77002	(713) 226-4466
Fonde (KM 493K)	3 on 3 BB	M, W & F	12:30 pm - 9:00 pm	110 Sabine, 77002	(713) 226-4466
Fonde (KM 493K)	3 on 3 BB	T	12:30 pm - 6:00 pm	110 Sabine, 77002	(713) 226-4466
Fonde (KM 493K)	3 on 3 BB	F	12:30 pm - 5:45 pm	110 Sabine, 77002	(713) 226-4466
Freed (KM 451Y)	Freeplay BB	T	6:30 pm - 9:00 pm	6818 Shady Villa, 77055	(713) 682-4467
Freed (KM 451Y)	3 on 3 BB	Th	5:00 pm - 7:00 pm	6818 Shady Villa, 77055	(713) 682-4467
Freed (KM 451Y)	Freeplay BB	M - Th	1:00 pm - 5:00 pm	6818 Shady Villa, 77055	(713) 682-4467
Freed (KM 451Y)	Freeplay BB	F	1:00 pm - 8:00 pm	6818 Shady Villa, 77055	(713) 682-4467
J. Robinson, Jr. (KM 533B)	Freeplay BB	M - F	10:00 am - 2:00 pm	2020 Hermann Dr., 77004	(713) 284-1997
J. Robinson, Jr. (KM 533B)	Freeplay BB	S	10:00 am - 2:00 pm	2020 Hermann Dr., 77004	(713) 284-1997
J. Robinson, Jr. (KM 533B)	Freeplay BB	T	6:00 pm - 9:00 pm	2020 Hermann Dr., 77004	(713) 284-1997
J. Robinson, Jr. (KM 533B)	Ladies Night Freeplay BB	W	6:00 pm - 9:00 pm	2020 Hermann Dr., 77004	(713) 284-1997
J. Robinson, Jr. (KM 533B)	Leisure Play BB	F	6:00 pm - 8:00 pm	2020 Hermann Dr., 77004	(713) 284-1997
Kendall (KM 488C)	Freeplay BB	M, W, F	1:00 pm - 5:00 pm	609 N. Eldridge, 77079	(832) 393-1897
Kendall (KM 488C)	Adult BB	T & Th	12:00 pm - 6:00 pm	609 N. Eldridge, 77079	(832) 393-1897
Lincoln (KM 412Q)	Freeplay BB	M & W	6:00 pm - 8:00 pm	979 Grenshaw, 77088	(281) 445-1617
Lincoln (KM 412Q)	Freeplay BB	T & Th	7:00 pm - 8:00 pm	979 Grenshaw, 77088	(281) 445-1617
Lincoln (KM 412Q)	Freeplay BB	M, W, & F	12:00 pm - 3:00 pm	979 Grenshaw, 77088	(281) 445-1617
Love (KM 452Z)	Freeplay BB	M, T, & Th	6:00 pm - 9:00 pm	1000 West 12th, 77008	(713) 867-0497
Love (KM 452Z)	Freeplay BB	F	6:00 pm - 8:00 pm	1000 West 12th, 77008	(713) 867-0497
Love (KM 452Z)	Freeplay BB	S	10:00 am - 2:00 pm	1000 West 12th, 77008	(713) 867-0497
Woodland (KM 493C)	Freeplay BB	M - F	1:00 pm - 3:00 pm	212 Parkview, 77009	(713) 867-0401
Woodland (KM 493C)	Freeplay BB	M-Th	6:00 pm - 9:00 pm	212 Parkview, 77009	(713) 867-0401
Woodland (KM 493C)	Freeplay BB	F	6:00 pm - 8:00 pm	212 Parkview, 77009	(713) 867-0401
Woodland (KM 493C)	Freeplay BB	S	10:00 am - 2:00 pm	212 Parkview, 77009	(713) 867-0401



SOUTHEAST

Edgewood (KM 534X)	GYM Closed for Repairs				5803 Bellfort, 77033	(713) 734-8434
Hartman (KM 535C)	Freeplay BB	M - TH	12:00 pm - 3:00 pm		9311 Ave. P., 77012	(713) 928-4803
Hartman (KM 535C)	Freeplay BB	F	1:00 pm - 3:00 pm		9311 Ave. P., 77012	(713) 928-4803
Mason (KM 535A)	Freeplay BB	M, W, F	12:30 pm - 2:30 pm		541 South 75th St, 77023	(713) 928-7055
Mason (KM 535A)	Freeplay BB	F	6:00 pm - 8:00 pm		541 South 75th St, 77023	(713) 928-7055
Sagemont (KM 576Y)	Freeplay BB	S	10:00am - 2:00 pm		11507 Hughes, 77089	(281) 922-2343

SOUTHWEST

Alief (KM 529E)	Freeplay BB	M - F	1:00 pm - 3:00 pm		11903 Bellaire , 77072	(281) 564-8130
Alief (KM 529E)	Freeplay BB	S	10:00 am - 2:00 pm		11903 Bellaire , 77072	(281) 564-8130
Bayland (KM 531B)	Freeplay BB	M - F	1:00 pm - 6:00 pm		6200 Chimney Rock,77081	(713) 668-4516
Bayland (KM 531B)	Freeplay BB	S	10:00 am - 2:00 pm		6200 Chimney Rock,77081	(713) 668-4516
Emancipation (KM 493Y)	Freeplay BB	M - F	1:00 pm - 9:00 pm		3018 Dowling, 77004	(713) 284-1302
Emancipation (KM 493Y)	Freeplay BB	S	10:00 am - 2:00 pm		3018 Dowling, 77004	(713) 284-1302
Marian (KM 530X)	Freeplay BB	M - F	1:00 pm - 3:00 pm		11101 South Gessner, 77071	(713) 773-7015
Marian (KM 530X)	Freeplay BB	T & Th	6:00 pm - 8:30 pm		11101 South Gessner, 77071	(713) 773-7015
Marian (KM 530X)	Freeplay BB	S	10:00 am - 2:00 pm		11101 South Gessner, 77071	(713) 773-7015
Sunnyside (KM 533X)	Freeplay BB	M - F	1:00 pm - 9:00 pm		3502 Bellfort, 77051	(713) 734-5061
Sunnyside (KM 533X)	Freeplay BB	S	10:00 am - 2:00 pm		3502 Bellfort, 77051	(713) 734-5061
Townwood (KM 572P)	Freeplay BB	M - F	1:00 pm - 9:00 pm		3403 Simsbrook,77051	(713) 434-3508
Townwood (KM 572P)	Freeplay BB	S	10:00 am - 2:00 pm		3403 Simsbrook,77051	(713) 434-3508

ADULT WALKING CLUBS

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:	Ongoing
Program Dates:	Year-round
Information:	Contact Community Center

NORTHEAST

Clark (KM 453B)	M - F	7:30 am - 7:00 pm	9718 Clark, 77076	(713) 742-1497
Clinton (KM 495U)	T - Th	10:00 am - 11:00 am	203 Mississippi, 77029	(713) 673-0955
Clinton (KM 495U)	W & F	8:00 am - 9:00 am	203 Mississippi, 77029	(713) 673-0955
Finnigan (KM 494H)	M - W	9:00 am - 10:00 am	4900 Providence, 77020	(713) 678-7385
Hobart Taylor (KM 455Q)	M, W, & F	9:00 am - 11:00 am	8100 Kenton, 77028	(713) 674-3959
Kingwood (KM 296X)	M - F	9:00 am - 10:00 pm	4102 Rustic Woods, 77345	(281) 348-2570
Shady Lane (KM 414W)	M - F	8:00 am - 11:00 am	10220 Shady Lane, 77093	(713) 742-1503
Shady Lane (KM 414W)	M - F	4:00 pm - 8:00 pm	10220 Shady Lane, 77093	(713) 742-1503
Swiney (KM 494J)	M, W, & F	6:30 am - 10:00 am	2812 Cline, 77009	(713) 238-2197
Tidwell (KM 454D)	M, W	10:00 am - 11:00 am	9720 Spaulding, 77016	(713) 636-8221

NORTHWEST

Candlelight (KM 452E)	M - F	6:00 pm - 8:00 pm	1520 Candlelight, 77018	(713) 682-3587
R L & Cora Johnson (KM 450A)	T & Th	5:30 pm - 6:00 pm	9920 Porto Rico, 77041	(713) 895-6141
R L & Cora Johnson (KM 450A)	M, W & F	9:00 am - 9:30 am	9920 Porto Rico, 77041	(713) 895-6141
Fonde (KM 493K)	T & Th	4:30 pm - 5:30 pm	110 Sabine, 77002	(713) 226-4466
Freed (KM 451Y)	M - F	5:00 pm - 7:00 pm	6818 Shady Villa, 77055	(713) 682-4467
Highland (KM 451D)	M - Th	8:30 am - 9:30 am	3316 DeSoto, 77091	(713) 956-9137
Indp Heights (KM 453N)	M & W	6:00 pm - 7:00 pm	603 East 35th, 77002	(713) 867-0373
Kendall (KM 488C)	M, W, & F	12:00 pm - 1:00 pm	609 N Eldridge, 77079	(832) 339-1897
Lincoln City (KM 412Q)	M - F	8:30 am - 11:30 am	979 Grenshaw, 77088	(281) 445-1617
Lincoln City (KM 412Q)	M - Th	6:30 pm - 8:30 pm	979 Grenshaw, 77088	(281) 445-1617
Love (KM 452Z)	M - F	1:00 pm - 2:00 pm	1000 West 12th, 77008	(713) 867-0497
Montie Beach (KM 453X)	M - F	8:00 am - 9:00 am	915 Northwood, 77009	(713) 864-6820
Montie Beach (KM 453X)	M - Th	7:00 pm - 8:00 pm	915 Northwood, 77009	(713) 864-6820
Proctor Plaza (KM 453X)	M, T & Th	5:00 pm - 6:00 pm	803 West Temple, 77009	(713) 862-6907
J Robinson, Jr. (KM 533B)	M - F	7:00 am - 9:00 am	2020 Hermann Dr., 77004	(713) 284-1997
Stude (KM 493B)	T & F	8:00 am - 9:00 am	1031 Stude, 77007	(713) 867-0497
Woodland (KM 493C)	M - F	1:00 pm - 3:00 pm	212 Parkview, 77009	(713) 867-0401





Memorial Park - Seymour Lieberman Trail

SOUTHEAST

Bessie Swindle (KM 573L)	M - F	10:00 am - 11:30 am	11800 Scott, 77047	(713) 733-4581
Beverly Hills (KM 576S)	M & W	5:00 pm - 6:00 pm	10201 Kingspoint, 77075	(713) 948-9065
Charlton (KM 535P)	T & Th	9:00 am - 10:00 am	8200 Park Place Blvd, 77017	(713) 645-3589
Charlton (KM 535P)	M, W, & F	11:00 am - 12:00 pm	8200 Park Place Blvd, 77017	(713) 645-3589
Charlton (KM 535P)	M - Th	5:00 pm - 6:00 pm	8200 Park Place Blvd, 77017	(713) 645-3589
Crestmont (KM 455G)	M, W & F	6:00 pm - 7:00 pm	5200 Selinsky, 77048	(713) 733-2236
DeZavala (KM 495S)	W	6:00 pm - 7:00 pm	907 76th st., 77012	(713) 923-5163
Eastwood (KM 494T)	F	8:30 am - 9:30 am	5020 Harrisburg, 77011	(713) 928-4801
Edgewood (KM 534X)	W & F	10:30 pm - 11:30 pm	5803 Belfort, 77033	(713) 734-8434
Garden Villas (KM 535W)	M - F	6:00 pm - 8:00 pm	6720 S Haywood, 77061	(713) 847-5168
Hartman (KM 535C)	T, W & Th	5:00 pm - 6:00 pm	9311 E Ave P, 77012	(713) 928-4803
Ingrando (KM 535F)	M - F	8:00 am - 11:00 am	7302 Keller, 77012	(713) 643-4764
MacGregor (KM 534E)	T & Th	9:00 am - 10:00 am	5225 Calhoun, 77021	(713) 747-8650
Mason (KM 535A)	M - TH	7:00 am - 8:30 am	541 South 75th, 77023	(713) 928-7055
Meadowcreek (KM 536S)	M, W & F	6:00 pm - 7:00 pm	5333 Berry Creek, 77017	(713) 946-9020
Settegast (KM 494N)	M - TH	8:30 am - 9:30 am	3000 Garrow, 77003	(713) 238-2200

SOUTHWEST

Almeda (KM 572Y)	M, Th	6:00 pm - 6:30 pm	14201 Almeda School Road, 77047	(713) 434-1909
Burnett Bayland (KM 531B)	M, W	10:00 am - 11:00 am	6200 Chimney Rock, 77081	(713) 668-4516
Burnett Bayland (KM 531B)	W	6:00 pm - 7:00 pm	6200 Chimney Rock, 77081	(713) 668-4516
Cherryhurst (KM 492V)	M, W & F	6:00 pm - 7:00 pm	1700 Missouri, 77006	(713) 284-1992
Emancipation (KM 493U)	M & T	6:30 pm - 7:30 pm	3018 Dowling, 77004	(713) 284-1302
Godwin (KM 531U) ¹	M - Th	5:30 pm - 6:30 pm	5101 Rutherglen, 77096	(713) 726-7114
Lansdale (KM 530K)	M - W	6:00 pm - 7:00 pm	8201 Roos, 77036	(713) 272-3668
Linkwood (KM 532P)	W	6:00 pm - 7:00 pm	3699 Norris, 77025	(713) 314-3107
Marian (KM 530X) ¹	M - F	6:00 pm - 7:30 pm	11101 South Gessner, 77071	(713) 773-7015
River Oaks (KM 492T)	Th	5:00 pm - 6:00 pm	3600 Locke Lane, 77027	(713) 622-5998
River Oaks (KM 492T) ²	M - F	5:00 pm - 6:00 pm	3600 Locke Lane, 77027	(713) 622-5998
Sharpstown (KM 530F)	M, W & F	9:00 am - 10:00 am	6600 Harbor Town, 77036	(713) 988-5328
Sunnyside (KM 533X) ¹	T - Th	6:30 pm - 7:30 pm	3502 Belfort, 77051	(713) 734-5061
Townwood (KM 572P)	M & W	6:30 pm - 7:30 pm	3403 Simsbrook, 77045	(713) 434-3508
Windsor Village (KM 571P)	M - W	1:00 pm - 2:00 pm	14441 Croquet, 77085	(713) 726-7113

¹ Senior Walking Club

² Dog Walking Club

PARKtrails

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

TRAIL	LOCATION	TYPE	MILES
Aron Ledet	6300 Antoine	Concrete	0.38
Alief	11903 Bellaire Blvd	Concrete	0.53
Baldwin	1701 Elgin	Granite	0.32
Bell	4800 Montrose	Granite	0.17
Bendwood	12700 Kimberly	Concrete	0.49
Beverly Hills	10201 Kingspoint	Asphalt	0.53
Boone Road	7700 Boone Road	Asphalt	1.06
Boyce-Dorian	2000 Erastus	Asphalt	0.40
Braeburn Glen	9510 Gessner	Asphalt	0.25
Brays Bayou	Gessner to M.L.K. Blvd.	Asphalt	12.50
Brays Bayou	Lawndale to Forest Hill	Asphalt	0.75
Brays Bayou	75th to Evergreen	Asphalt	0.50
Brentwood	13220 Landmark	Asphalt	0.77
Briarband	7926 Woodway	Granite	0.20
Briar Meadow	7703 Richmond	Granite	0.28
Brock	8201 John Ralston	Concrete	0.17
Buffalo Bayou	Bagby to Shepherd	Asphalt	4.50
Burnett-Bayland	6300 Chimney Rock	Asphalt	0.96
Cambridge Village	13000 Nitida	Asphalt	0.50
Candlelight	1520 Candlelight	Asphalt	0.45
Canterbury	12822 Northumb	Asphalt	0.33
Catherine Delce	5700 Collingsworth	Asphalt	0.21
Clark	9718 Clark	Asphalt	0.36
Cleveland	200 Jackson Hill	Granite-Concrete	0.35
Clinton	200 Mississippi	Asphalt	0.42
Cloverland	3801 Hickok Lane	Asphalt	0.25
Cole Creek	7200 Drowsy Pine	Concrete	0.35
Columbia Tap - N.	Union Station to S. MacGregor	Concrete	1.07
Columbia Tap - S.	Dowling to S. MacGregor	Concrete	3.09
Crain	9051 Triola	Asphalt	0.50
Cravens Parkway	5901 Main	Granite	0.50
Crestmont	5100 Selinsky	Asphalt	0.25
Cullen	19008 Saums	Asphalt	7.38
Cullinan	6700 Long Drive	Asphalt	1.06
Dodson Lake	9010 Dodson	Asphalt-Concrete	0.50
Dow	7942 Rockhill	Asphalt	0.58
Eastwood	5000 Harrisburg	Asphalt-Concrete	0.20
Edgewood	5803 Bellfort	Asphalt-Concrete	0.50
E.P. Hill	4800 Gloryland	Asphalt	0.39
Ervan Chew	4502 Dunlavy	Concrete	0.21
Fonde	5500 Carrollton	Asphalt	0.32
Forest West	5915 Golden Forest Dr.	Asphalt	0.30
Forum	9900 Sugar Branch	Asphalt	0.49
Franklow	1300 Seagler Road	Asphalt	0.50
Freed	7020 Shadyvilla	Asphalt	0.35
Freeway Manor	2241 Bronson	Asphalt-Concrete	0.47
Freshmeadow	4500 Campbell	Concrete	0.38
Gail Reeves	8800 Mullins	Concrete	0.35
Garden Villas	6720 S. Haywood	Asphalt	0.49
George T. Nelson	3820 Yellowstone	Asphalt	0.17
Glenbrook	8201 N. Bayou Drive	Asphalt	0.51
Glenshire	12100 Riceville (SR)	Asphalt	0.41
Godwin	5101 Rutherglen	Concrete	0.42
Grady	1700 Yorktown	Granite	0.20
Gulf Palms	11901 Palm Springs	Asphalt	0.41
Hackberry	7300 Dairy Ashford	Concrete	0.61
Haden	1404 Witte Road	Asphalt	0.32
Hager	12100 Landsdowne	Asphalt	0.51
Halls Bayou	Hirsch Road to Bretshire & Rebel	Concrete	2.86
Halls Bayou	Little York to Mierianne	Asphalt	1.50
Harrisburg - Sunset	Drennan to Marsden - Ave. R to Ave. H	Asphalt	2.00
Hartman	9311 Avenue P	Asphalt	0.62
Harwin	11305 Harwin	Asphalt	0.70
Haviland	11600 Haviland	Asphalt	0.28
Heights Blvd.	I-10 to 20th Street	Granite	2.00
Herman Brown	400 Mercury Drive	Asphalt-Red Dog	2.81
Hermann	6001 Fannin	Granite-Concrete	2.85
Hobart Taylor	8100 Kenton	Asphalt	0.49
Houston Garden	6901 Apache	Concrete	0.39
Hunting Bayou	Loop 610 to Lockwood	Asphalt	0.50
Hunting Bayou	US 59 to Cavalcade	Asphalt	0.50
Independence Heights	601 E. 35 Street	Concrete	0.31
Ingrando	7302 Keller	Asphalt-Concrete	0.59
J. Robinson, Sr.	1422 Ledwicke	Concrete	0.10
Karl Young	7800 Stella Link	Granite	0.20
Keith-Wiess	12300 Aldine-Westfield	Concrete	2.12

TRAIL	LOCATION	TYPE	MILES
Lake Forest	9200 Mesa	Concrete	0.43
Lakewood	8811 Feland	Asphalt	0.14
Langwood	3975 Bolin	Asphalt	0.44
Law	6100 Vassar Road	Asphalt	0.41
Lee	9025 Pitner	Asphalt	0.26
Levy	3801 Levy Park	Concrete-Granite	0.24
Linkwood	3699 Norris	Concrete	0.12
Love	000 W.12th Street	Asphalt	0.20
MacGregor	5225 Calhoun	Asphalt	1.25
Mangum Manor	5235 Saxon	Asphalt	0.29
Marian	11100 S. Gessner	Granite	0.25
Mason	541 75th Street	Asphalt-Concrete	1.40
Memorial	6501 Memorial Dr	Granite	2.90
Memorial (Outer Loop)	6501 Memorial Dr	Granite	1.50
Memorial (Timing Track)	6501 Memorial Dr	Asphalt	0.25
Metropolitan Multi-Service Ctr	1475 West Gray	Concrete	0.31
Montie Beach	915 Northwood	Asphalt	0.84
MKT Trail	26th & Nicholson to 7th to Spring Street & White Oak Bayou	Concrete	4.70
Moody	3725 Fulton	Asphalt-Concrete	0.94
Northline	6902 Nordling	Asphalt	0.42
Oak Meadow	500 Ahrens	Asphalt	0.25
Old Katy Hike & Bike Trail	236 North Dairy Ashford	Concrete	2.35
Park at Palm Center	5400 Griggs	Granite	0.22
Pleasantville Subdivision	Within Subdivision	Asphalt	1.50
Reveille	7700 Oak Vista Loop	Asphalt	0.32
River Oaks	3600 Locke Lane	Granite	0.25
Riverside	2600 S. Calument-N. Calument	Concrete	.42
R.L. & Cora Johnson	9801 Tanner	Asphalt	0.25
Robert C. Stuart	7250 Bellfort	Gravel	0.75
Rosewood	8200 Darien	Concrete	0.36
S. Main Estates	12256 Zavalla	Asphalt	0.32
Scenic Woods	7449 Lakewood	Asphalt	0.34
Schnur	12227 Cullen Boulevard	Asphalt	0.50
Schwartz	8203 Vogue	Asphalt	0.48
Scottcrest	10700 Rosehaven	Concrete	0.47
Selena Q. Perez	6402 Market	Asphalt	0.87
Shady Lane	10100 Shady Lane	Asphalt	0.50
Shepherd	4725 Brinkman	Granite	0.25
Sims Bayou	MLK Blvd. to Scott	Asphalt	2.50
Sims Bayou	White Heather to Townwood	Asphalt	0.75
Sims Bayou	S. Post Oak to Croquet	Asphalt	0.50
Song Wood	548 Westshire	Asphalt	0.33
Southcrest	5842 Southmund	Concrete	0.29
Spotts	401 Heights Blvd	Concrete	0.35
St. Lo	7335 St. Lo Rd.	Concrete	0.18
Stewart	6700 Reed Road	Concrete	0.30
Stoneybrook Esplanade	3000-3600 Stoneybrook	Asphalt	0.55
Stuebner Airline	9201 Veterans Blvd	Concrete	0.50
Sunnyside	3502 Bellfort	Asphalt	0.48
Swiney	2812 Cline	Concrete	0.15
Sylvan Rodriguez	1201 Clear Lake Blvd.	Concrete	0.37
Sylvester Turner	2800 West Little York	Asphalt-Concrete	1.02
T. C. Jester Parkway	N of 34th to 43rd Street	Granite	1.00
Tanglewood	5801 Woodway	Concrete	0.20
Timber Grove Manor	1500 West TC Jester	Asphalt	0.88
Timber Grove Trail	1500 T.C. Jester	Asphalt	0.80
Tony Marron	808 York	Concrete-Asphalt	0.46
Townwood	3403 Sims brook	Asphalt	0.39
Tuffly	3200 Russell	Asphalt	0.33
Verde Forest	8800 Brock Park Blvd.	Asphalt	0.20
Veterans Memorial	1800 Tidwell	Asphalt	0.36
Waldemar	11700 Waldemar	Asphalt	0.19
Weiss	100 North Post Oak Lane	Granite	0.70
Westside Trail	Westpark to Eldridge	Asphalt	1.90
Westwood	4045 Lemac	Asphalt-Concrete	0.38
White Oak Bayou	Houston Ave. to Studemont	Asphalt	2.25
White Oak Bayou	11th to Pinemont	Asphalt-Concrete	4.80
Windsor Village	1441 Croquet	Concrete	0.31
Willow	10400 Cliffwood	Granite	0.25
Willow Water Hole	5300 Gasmer	Granite-Concrete	1.17
Wilson Memorial	100 Gilpin	Asphalt-Concrete	0.28
Woodland Park	3501 Corder	Asphalt-Concrete	0.32
Zollie Scales	3501 Corder	Asphalt	0.23

SENIOR *programs*

HPRD Senior Programs provide a wide variety of recreation and leisure activities for seniors, ages 55 years and older, at various community centers across the Houston area.

Activities include specialty 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, Sr. Olympics competition and sports programs.

Most programming is **FREE** unless otherwise indicated. Field trips and certain programs may require a minimum fee or request that participant provide their own materials.

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



MONDAY

Clark (KM 455Q)	9718 Clark, 77076	(713) 742-1497
Hobart Taylor (KM 455Q)	8100 Kenton, 77028	(713) 674-3959
Ingrando (KM 535F)	7302 Keller, 77012	(713) 643-4764
Judson Robinson, Sr. (KM 455Q)	1422 Ledwicke, 77029	(713) 674-2401

TUESDAY

Clark (KM 453B)	9718 Clark, 77076	(713) 742-1497
Edgewood (KM 534X)	5303 Bellfort, 77033	(713) 734-8434
Selena Quintanilla Perez/Denver Harbor (KM 494H)	6402 Market, 77020	(713) 675-2151

WEDNESDAY

Crestmont (KM 574J)	5200 Selinsky, 77048	(713) 733-2236
DeZavala (KM 495S)	7521 Avenue H., 77012	(713) 923-5163

THURSDAY

Crestmont (KM 574J)	5200 Selinsky, 77048	(713) 733-2236
Eastwood (KM 949T)	5020 Harrisburg, 77011	(713) 928-4801

FRIDAY

Edgewood (KM 534X)	5803 Bellfort, 77033	(713) 734-8434
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Houston Parks & Recreation Department - (832) 395-7000

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 & older
Registration: Ongoing
Fees: FREE
Program Dates: Ongoing
Times: Various by Community Center
Information: (832) 395-4512
 (832) 395-4517

NORTHEAST

Clark (KM 453B)	Arts & Crafts	T	12:00 pm - 2:00 pm	9718 Clark, 77076	(713) 742-1497
Clark (KM 453B)	Ceramics	W & F	12:00 pm - 2:30 pm	9718 Clark, 77076	(713) 742-1497
Clark (KM 453B)	Hat Making	M	10:00 am - 1:00 pm	9718 Clark, 77076	(713) 742-1497
Clinton (KM 495V)	Crafts	M & W	10:00am - 3:00 pm	203 Mississippi, 77029	(713) 673-0955
DenverHarbor (KM494H)	Sr Artist Crafts	T	10:00 am - 1:00 pm	6402 Market, 77020	(713) 675-2151
Finnigan (KM 495H)	Crafts	M	9:00 am - 12:00 pm	4900 Providence, 77020	(713) 678-7385
Hobart Taylor (KM 455Q)	Crochet	M	12:00 pm - 2:00 pm	8100 Kenton, 77028	(713) 674-3959
Hobart Taylor (KM 455Q)	Arts & Crafts	M	12:00 pm - 3:00 pm	8100 Kenton, 77028	(713) 674-3959
Hobart Taylor (KM 455Q)	Jewelry Making	T	12:00 pm - 2:00 pm	8100 Kenton, 77028	(713) 674-3959
Hobart Taylor (KM 455Q)	Ceramics	W	11:00 am - 1:30 pm	8100 Kenton, 77028	(713) 674-3959
Hobart Taylor (KM 455Q)	Flower Aranging	M	12:00 pm - 2:00 pm	8100 Kenton, 77028	(713) 674-3959
Hobart Taylor (KM 455Q)	Quilting	Th	3:00 pm - 5:00 pm	8100 Kenton, 77028	(713) 674-3959
Judson Robinson, Sr.	Quilting	F	11:00 am - 1:00 pm	1422 Ledwicke, 77029	(713) 674-2401
Judson Robinson, Sr.	Crafts	F	11:00 am - 1:00 pm	1422 Ledwicke, 77029	(713) 674-2401
Kingwood (KM 296X)	Minor Board Games	W	10:00 am - 12:00pm	4102 Rustic Woods, 77345	(832) 348-2570
Kingwood (KM 296X)	Bunko	Th	1:00 pm - 3:00 pm	4102 Rustic Woods, 77345	(832) 348-2570
Kingwood (KM 296X)	Bridge	W & Th	6:00 pm - 9:00 pm	4102 Rustic Woods, 77345	(832) 348-2570
Kingwood (KM 296X)	Bingo Night	Th	6:00 pm - 9:00 pm	4102 Rustic Woods, 77345	(832) 348-2570
Shady Lane (KM 414W)	Arts & Crafts	M - W	10:30 am - 12:00 pm	10220 Shady Lane, 77096	(713) 742-1503
Tidwell (KM 454D)	Crafts & Quilts	T	10:00 am - 11:30 am	9720 Spaulding, 77016	(713) 636-8221
Tidwell (KM 454D)	Senior Computer Lab	M, W	1:00 pm - 2:00 pm	9720 Spaulding, 77016	(713) 636-8221
Tuffly (KM 454X)	Ceramics	F	10:00 am - 1:00 p.m	3200 Russell, 77026	(713) 674-2355

NORTHWEST

Carverdale (KM 450A)	Quilting	T	10:00 am - 1:00 pm	9920 Porto Rico, 77041	(713) 895-6141
Carverdale (KM 450A)	Book Club	4th T	6:00 pm - 7:00 pm	9920 Porto Rico, 77041	(713) 895-6141
J Robinson, Jr. (KM 533B)	Computer Class	W	2:00 pm - 3:00pm	2020 Hermann Drive, 77004	(713) 284-1997
J Robinson, Jr. (KM 533B)	Bridge	W	10:30 am - 12:30 pm	2020 Hermann Drive, 77004	(713) 284-1997
Kendall (KM 488C)	Board Games	M, W, F	1:00 pm - 3:00 pm	609 N Eldridge, 77079	(832) 393-1897
Lincoln (KM 412Q)	Writing	M	11:30 am - 12:30 pm	979 Grenshaw, 77088	(281) 445-1617
Lincoln (KM 412Q)	Computer Class	T	10:30 am - 12:30 pm	979 Grenshaw, 77088	(281) 445-1617
Lincoln (KM 412Q)	Gardening	2nd & 4th W	10:00 am - 11:00 am	979 Grenshaw, 77088	(281) 445-1617
Lincoln (KM 412Q)	Sr Game Day	W	10:00 am - 12:00 pm	979 Grenshaw, 77088	(281) 445-1617
Love (KM 452Z)	Scrapbooking	T & Th	11:00 am - 1:00 pm	1000 W. !2th, 7708	(713) 867-0497
Milroy (KM 452Z)	Ceramics	T	12:00 pm - 2:00 pm	1205 Yale, 77008	(713) 867-0397
Milroy (KM 452Z)	Jewelry Making	T	10:00 pm - 12:30 pm	1205 Yale, 77008	(713) 867-0397
Milroy (KM 452Z)	Quilting	W	10:00 am - 12:30 pm	1205 Yale, 77008	(713) 867-0397
Montie Beach (KM 453X)	Crafts	M - F	10:00 am - 11:30 am	915 Northwood, 77009	(713) 864-6820
Proctor Plaza (KM 453X)	Scrapbooking	M	10:00 am - 12:00 pm	803 West Temple, 77009	(713) 862-6907
Tidwell (KM 454D)	Senior Computer Lab	M, W	1:00 pm - 2:00 pm	9720 Spaulding, 77016	(713) 636-8221
Woodland (KM 493C)	Quilting	F	5:00 pm - 6:00 pm	212 Parkview, 77009	(713) 867-0401

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

SOUTHEAST

Beverly Hills (KM 576S)	Ceramics	M & W	10:00 am - 2:00 pm	10201 Kingspoint, 77075	(713) 948-9065
Bessie Swindle (KM 573L)	Bridge	T & W	10:00 am - 4:00 pm	11800 Scott, 77047	(713) 733-4581
Bessie Swindle (KM 573L)	Scrapbooking	M & F	10:00 am - 3:00 pm	11800 Scott, 77047	(713) 733-4581
Charlton (KM 535P)	Ceramics	M & F	9:00 am - 12:00 pm	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Family Night Ceramics	T	6:00 pm - 7:30 pm	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Adult Jewelry (Seniors)	W	1:00 pm - 2:30 pm	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Adult Jewelry	W	6:00 pm - 7:00 pm	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Adult Art 101	M	1:00 pm - 2:30 pm	8200 Park Place, 77017	(713) 645-3589
Charlton (KM 535P)	Senior Social	T & Th	12:00 pm - 3:00 pm	8200 Park Place, 77017	(713) 645-3589
Crestmont (KM 574J)	Flower Arranging	T & Th	9:00 am - 1:00 pm	5200 Selinsky, 77048	(713) 733-2236
Crestmont (KM 574J)	Crafts	W & Th	11:00 am - 2:00 pm	5200 Selinsky, 77048	(713) 733-2236
Crestmont (KM 574J)	Quilting	M	11:00 am - 3:00 pm	5200 Selinsky, 77048	(713) 733-2236
Crestmont (KM 574J)	Social Club	T - Th	12:00 pm - 4:00 pm	5200 Selinsky, 77048	(713) 733-2236
Eastwood (KM 494T)	Ceramics	M, T & F	10:00 am - 2:00 pm	5020 Harrisburg, 77011	(713) 928-4801
Edgewood (KM 534X)	Hat Making	Th	10:00 am - 2:00 pm	5803 Bellfort, 77033	(713) 734-8434
Edgewood (KM 534X)	Jewelry Making	F	9:00 am - 2:00 pm	5803 Bellfort, 77033	(713) 734-8434
Hartman (KM 535C)	Ceramics	W	10:00 am - 12:00 pm	9311 E Ave P, 77012	(713) 928-4803
Ingrando (KM 535F)	Ceramics	W	9:00 am - 12:00 pm	7302 Keller, 77012	(713) 643-4764
Mason (KM 535A)	Ceramics	T	10:00 am - 12:00 pm	541 South 75th, 77023	(713) 928-7055
Meadowcreek (KM 535A)	Senior Aerobics	M, T, & W	10:00 am - 11:00 am	5333 Berry Creek, 77017	(713) 946-9020
Meadowcreek (KM 535A)	Line Dance	F	10:00 am - 12:00 pm	5333 Berry Creek, 77017	(713) 946-9020
Meadowcreek (KM 535A)	Board Games	F	10:00 am - 12:00 pm	5333 Berry Creek, 77017	(713) 946-9020
Meadowcreek (KM 535A)	Senior Game Day	F	11:00 am - 12:00 pm	5333 Berry Creek, 77017	(713) 946-9020
Settegast (KM 494N)	Ceramics	T	9:00 am - 11:00 am	3000 Garrow, 77003	(713) 238-2200
Settegast (KM 494N)	Scrapbooking	Th	9:00 am - 11:00 am	3000 Garrow, 77003	(713) 238-2200

SOUTHWEST

Burnett Bayland (KM 531B)	Dominos	T & Th	1:00 pm - 3:00 pm	6200 Chimney Rock, 77081	(713) 668-4516
Burnett Bayland (KM 531B)	Quilting	M	11:00 am - 1:00 pm	6200 Chimney Rock, 77081	(713) 668-4516
Burnett Bayland (KM 531B)	Scrapbooking	W	11:00 am - 1:00 pm	6200 Chimney Rock, 77081	(713) 668-4516
Burnett Bayland (KM 531B)	Scrapbooking	W	6:00 pm - 7:00 pm	6200 Chimney Rock, 77081	(713) 668-4516
Burnett Bayland (KM 531B)	Senior Social Club	T, Th	1:00 pm - 3:00 pm	6200 Chimney Rock, 77081	(713) 668-4516
Emancipation (KM 493Y)	Sewing	T	8:00 pm - 12:00 pm	3018 Dowling, 77004	(713) 284-1302
Emancipation (KM 493Y)	Sewing	T	1:00 pm - 5:00 pm	3018 Dowling, 77004	(713) 284-1302
Godwin (KM 531U)	Ceramics	T & Th	10:00 am - 1:00 pm	5101 Rutherglen, 77096	(713) 726-7114
Lansdale (KM 530K)	Ceramics	W	11:00 am - 1:00 pm	8201 Roos, 77036	(713) 272-3668
Linkwood (KM 532P)	Quilting	T - Th	11:00 am - 1:00 pm	3699 Norris, 77025	(713) 314-3107
Marian (KM 830X)	Senior Games	Th	12:30 pm - 5:00 pm	11101 S Gessner, 77071	(713) 773-7015
Platou (KM 571B)	Senior Games	Th	12:30 pm - 2:30 pm	11655 Chimney Rock, 77053	(713) 726-7107
Platou (KM 571B)	Quilting	M & T	10:00 am - 12:00 pm	11655 Chimney Rock, 77053	(713) 726-7107
Sharpstown (KM 530F)	Knitting / Crochet	T	11:30 am - 1:30 pm	6600 Harbor Town, 77036	(713) 988-5328
Sharpstown (KM 530F)	Quilting	W	12:30 pm - 3:30 pm	6600 Harbor Town, 77036	(713) 988-5328
Sharpstown (KM 530F)	Chess Club	T	5:30 pm - 7:30 pm	6600 Harbor Town, 77036	(713) 988-5328
Sunnyside (KM 533X)	Quilting	M	11:00 am - 2:00 pm	3502 Bellfort, 77051	(713) 734-5061
Sunnyside (KM 533X)	Senior Games	F	11:00 am - 1:00 pm	3502 Bellfort, 77051	(713) 734-5061
Townwood (KM 572P)	Sewing	T	10:00 am - 2:00 pm	3403 Simsbrook, 77045	(713) 434-3508
Windsor Village (KM 530K)	Ceramics	T & Th	9:30 am - 12:00 pm	14441 Croquet, 77085	(713) 726-7113

HOUSTON PARKS AND RECREATION DEPARTMENT AND U.S. PARALYMPIC MILITARY SPORTS PROGRAM

PRESENT

THE 5TH ANNUAL METAL & MUSCLE EXPO



SATURDAY, OCTOBER 5, 2013

9:00 A.M. - 5:00 P.M.

GEORGE R. BROWN CONVENTION CENTER | 1001 AVENIDA DE LAS AMERICAS, 77010

This **U.S. PARALYMPIC MILITARY PROGRAM** is for military men and women who have returned from Iraq & Afghanistan with a permanent physical disabilities, including blind and visually impaired. All veterans with a physical disability are invited to participate.

The **METAL & MUSCLE EXPO** will feature paralympic and other disabled sport clinics as well as individual and team competitions. Paralympic athletes and other expert sport instructors will teach the clinics. Those with a new injury will be introduced to a new way of participating in competitive sports. Exhibitors who provide sports, recreation or other services to people with a physical disability will also be on hand.

For more information contact Chuck French, (713) 562-4089 or charles.french@houstontx.gov



Sponsors include: The Mayor's Office of Veterans Affairs, The Lonestar Veterans Association, Michael E. DeBakey VA Hospital, Memorial Hermann TIRR, and The Verne Cox Center.

Grant funding for this program is awarded by U.S. Paralympics, a division of the U.S. Olympic Committee, through funding provided by Veterans Affairs. The grants are provided to facilitate the growth of Paralympic-sport programming for disabled Veterans and disabled members of the Armed Forces. Metal & Muscle is funded in part by a grant from the Parks: Return & Restore grant program to provide resources at the local level that will increase adaptive physical activity opportunities for injured service members and injured veterans.

Parks: Return & Restore is administered by the National Recreation and Parks Association with funding from the United States Olympic Committee, Paralympic Division.

ADAPTIVE SPORTS & RECREATION

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



Friends of the Park Council at MMSC

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

The Friends of the Park Council at MMSC meets every two months on the second Tuesday of the month.

Date: Every month
2nd Tuesday of the month
Time: 4:30 pm - 6:00 pm
Location: Metropolitan Multi-Service Ctr
1475 West Gray
Information: (713) 284-1973
charles.french@houstontx.gov

Adult Recreation Fitness Center

The Adaptive Fitness center provides a convenient, comfortable and accessible exercise environment designed specifically for adults with a disability who are able to function independently.

The facility is equipped with a complete line of accessible strength training machines, free weights and cardiovascular machines.

Pre-registration and a safety briefing are required before using this facility.

Ages: 18 - older
Registration: Required
Program Dates: 8:00 am - 7:00 pm, M - Th
8:00 am - 4:00 p.m., F
Fee: FREE
Location: Metropolitan Multi-Service Ctr
1475 West Gray
Information: (713) 284-1973



Adaptive Yoga

This Adaptive Yoga class modifies traditional Kundalini Yoga for persons with physical disabilities based on students abilities.

This 60 minute class, led by a certified Kundalini Yoga instructor, combines seated, standing and floor postures, and incorporates guided meditation and creative visualization.

Ages: Youth & Adult
Registration: Required
Program Dates: Ongoing; 1st and 3rd Fridays of each month
Time: 9:00 am - 10:30 am
Fee: FREE
Location: Metropolitan Multi-Service Ctr
1475 West Gray
Information: (713) 284-1973

Art Class

In partnership with the Houston Civic Arts Association, HPARD's Adaptive Recreation Section will host an art class with professional instruction in watercolor and acrylic based paints for people with disabilities.

Ages: All Ages
Registration: Required
Program Dates: Jan 23 – March 27, 2013, W
Time: 2:00 pm – 4:00 pm
Fee: FREE
Location: Metropolitan Multi-Service Ctr
 1475 West Gray
Information: (713) 284-1973

Adult Wheelchair Basketball

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

Beginning in January, Mondays are league nights while Wednesdays will continue to be open gym play. Sports chairs are available to check out. Registration is required.

Ages: 16 - Older
Registration: Required
Fee: FREE
3 on 3 League Play: Jan 21 – March 25, M
Open Gym for Wheelchair BB: Ongoing, W
Location: Metropolitan Multi-Service Ctr
 1475 West Gray
Information: (713) 284-1973

Adult Wheelchair Rugby

Get ready for fast, full-court action when adults clash metal to metal in this fast paced wheelchair sport.

Rugby is for people who have impairments in all four limbs and must have independent functioning skill to participate. Motorized chairs not permitted in this game.

Ages: 16 - Older
Registration: Required
Fee: FREE
Program Dates: Jan 3 – March 28, 2013
Times: 6:00 pm - 9:00 pm, Th
Program Dates: Jan 5 – March 30, 2013
Times: 8:00 am – 11:00 am, Sat
Location: Metropolitan Multi-Service Ctr
 1475 West Gray
Information: (713) 284-1973





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: All Ages
Registration: Required
Fee: FREE
Program Dates: Jan 5 – March 30, 2013

Times: 12:00 pm – 2:00 pm. Sat
Location: Metropolitan Multi-Service Ctr
 1475 West Gray

Information: (713) 284-1973

Wheelchair Tennis

Wheelchair tennis is one of the fastest growing sports in the United States for children and adults with physical disabilities. Not only does it offer a great workout, it can be a life-long family activity. And it is fun! With a few minor adjustments, tennis can be enjoyed by everyone.

Ages: All Ages
Registration: Required
Fee: FREE
Program Dates: Ongoing Evenings
Times: 7:00 pm – 8:30 pm. T
Location: Metropolitan Multi-Service Ctr
 1475 West Gray
Information: (713) 284-1973

Greater Houston Athletic Association for Physically Disabled

The Greater Houston Athletic Assoc for Physically Disabled's mission 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
Information: (713) 521-3737
www.ghaapd.org



Paralympic Military Program

This US Paralympic Military Program is for Military men and women who have returned from Iraq and Afghanistan with a permanent physical disability, including the blind and visually impaired.

All veterans with a physical disability and other local people with a physical disability are invited to participate.

Paralympic sports include sitting volleyball, power soccer, judo, goal ball, air guns, and rugby.

If you are a veteran or know someone who might be interested in participating please contact us.

Registration:	Required
Program Dates:	Year Round
Time:	Vary
Fee:	FREE
Location:	Metropolitan Multi-Service Ctr 1475 West Gray
Information:	(713) 284-1983 charles.french@houstontx.gov



Adolescent Bariatric Surgery Program Support Group

The support group is hosted monthly for adolescents 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.

Date: 2nd Tuesday of every month
Time: 5:00 pm - 7:00 pm
Fee: FREE
Location: Metropolitan Multi-Service Ctr
 1475 West Gray
Information: (832) 822-4868
 Kari Turybury, MS, RD, LD
 Program Coordinator
 Bariatric Surgery Program,
 Texas Children's Hospital



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 & their families in the community.

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

Adaptive Aquatics Program

Fulltime lifeguards and trainers lead water fitness classes and free exercise periods in our indoor heated pool equipped with pool lifts and a zero depth entry ramp.

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 getting in the pool. HPARD staff will conduct initial safety screening in the water.

Ages: Youth & Adult
Registration: Required
Program Dates: Year round
Time: Vary, call for schedule
Fee: FREE
Location: Metropolitan Multi-Service Ctr
 1475 West Gray
Information: (713) 284-1983



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: 55 - up
Date: 2nd & 4th Wednesday
 Of Every Month May - Aug
Time: 9:00 am - 12:00 pm
Location: Metropolitan Multi-Service Ctr
 1475 West Gray
Information: (281) 656-2576
 Nancy Morris

Houston Area Parkinson Society

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

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

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



**The River Performing & Visual Arts Center
 An affiliate of Theater Under the Stars**

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 & dance. Scholarships are available.

Ages: 2 - 19
Registration: Required
Times: 7:00 pm - 8:30 pm. T
Location: Metropolitan Multi-Service Ctr
 1475 West Gray
Information: (713) 521-2358
 education@tuts.com

WATER SPRAYGROUNDS

The **Houston Parks & Recreation Department's** water spraygrounds 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 to three minute cycle.

H-E-B Grocery Company has generously donated more than \$1.1 million to the Houston Parks & 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.



Aron Ledet Park (H.E.B.)

6500 Antoine

The Aron Ledet Park water sprayground opened in June 2005. The design of the play area appeals to park visitors with its brightly colored play surface and the inventive design of its spray fixtures.

Blueridge Park (H.E.B.)

7000 Avenue Q

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

Burnett Bayland Park

6200 Chimney Rock

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

Cullen Park (H.E.B.)

19008 Saums Road

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

Dodson Lake Park (H.E.B.)

9010 Dodson

The H-E-B Water Playground at Dodson Lake Park was the seventh addition to the company's Water Playground legacy. Its design includes a unique concentric circle splash pad that creates the illusion of ripples with geysers, pop-up sprays, tulip sprays and a fan jet spray.

Edgewood Park (H.E.B.)

5803 Belfort

The Edgewood Park sprayground was built as part of the H-E-B Water Playground legacy and has brought a splash of fun to southeast Houston since June of 2003. Its design includes a brightly colored concrete play area, geysers, spray elements, and a curving seat wall.

Gutierrez Park (H.E.B.)

7900 Flaxman

Located at the entrance to Gutierrez Park, the water playground features a large plaza with multiple ground sprays. The plaza is surfaced with colored concrete and features a seat wall along one edge.

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 children to run through. Two large beaches create a sand play zone adjacent to the water play area.

Hidalgo Park (H.E.B.)

7000 Avenue Q

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



Jaycee Park (H.E.B.)

1300 Seamist

The sprayground at Jaycee Park opened to the public on May 21, 2011. The water facility's timed spouts are surrounded by colorful, oversized butterflies and leaves in the paved surface. There are benches around it for the enjoyment of parents who want to stay dry while watching their youthful charges play.

Marian Park

11000 S. Gessner

The Marian Park sprayground is a welcome addition to this important and much-used community center. It includes three different areas of play, with individually operated spray features. An adjacent shade structure with seating makes it easy to supervise everyone playing in the water jets.

Melrose Park

12200 Melrose Park Road

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

Montie Beach Park (H.E.B.)

915 Northwood

Appropriately for the name of the park, the design for the Montie Beach water sprayground includes a beach theme, including a palm island, a whale design in its colorful play surface sporting a spout spray at its hump, and multiple wave sprays that create a rolling "wave" effect. It opened in 2006

Nieto Park (CLOSED UNDER RENOVATION)

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.

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.

Tony Marron Park (H.E.B.)

808 N. York

The water play area at Tony Marron Park is located at the pavilion plaza. It features a variety of ground sprays. A seat wall curves around the area, offering great views of the park and downtown, as well as access to the cooling water. The project was funded through the Park People.

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.

LAKE HOUSTON WILDERNESS PARK

25840 FM1485, New Caney, TX. 77357

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department**
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LAKE HOUSTON WILDERNESS PARK

Lake Houston Wilderness Park (LHWP) is a beautiful, lushly forested expanse of nearly 5,000 acres located 4 miles east of New Caney (approximately 30 miles north of Houston off of I-59). Lake Houston Wilderness Park is the only park in the department's inventory that allows overnight camping. It offers a variety of outdoor learning experiences for people of all ages including: camping, hiking, trail running, mountain biking, canoeing, kayaking and horseback riding (visitors must bring own bikes, watercraft and horses). Most of the park is heavily forested with beautiful trails which provide a perfect setting for photography, nature study, bird watching and relaxing.

The Lake Houston Wilderness Park Nature Center is an incredible place to visit and learn about some of the woodland creatures that call LHWP home. Tour the Ecosystem Displays which include the Wetlands Ecosystem Room featuring live turtles and amphibians, the Invertebrate Room featuring mounted insects of all types including moths, butterflies, spiders, beetles and more. The Reptile Room contains live specimens of both venomous and non-venomous snakes as well as several lizards. The LHWP Nature Center offers classes and programs for all ages; please see below for a listing or contact the LHWP Park Headquarters for more information.

Program Dates:

Year Round

Location:

25840 FM 1485

New Caney, Texas 77357

Gates Open/Office Hours:

9:00 am - 6:00 pm, Sun - Th

Closed On Tuesdays

9:00 am - 9:00 pm, Fri & Sat

(281) 354-6881

Information/Reservations:

www.houstonparks.org

Fees

Park Entry Fee - Per Person Ages 13 -64	\$3.00
Forest Lodge - Occupancy Up To 12	\$ 180 / night *
Lazy Creek Lodge - Occupancy Up To 26	\$ 250 / night *
Lakeside Cabins - Occupancy Up To 6	\$ 125 / night *
Lakeside Tent Platforms - Occupancy Up To 6	\$ 35 / night
Screen Shelters - Occupancy Up To 6	\$ 25 / night
Group Campsites - Occupancy Up To 50	\$ 40 / night
Walk - in Campsites - Occupancy Up To 8	\$ 7 / night
Backpacking Campsites - Occupancy Up To 8	\$ 7 / night
Pine Grove Dioning Hall	\$ 100 / night

* Holiday Weekends Add \$50 To Nightly Rate.



Lake Houston Wilderness Park Nature Center Programs

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

Hours: 9:00 am – 5:00 pm, Thur - Sun
Closed Monday & Tuesday

**Program & Day Camp Information/
Reservations, Field Trips &
Presentations:** (281) 354-0173

Sat, Jan 5 - 2:00 pm - 3:00 pm
Campfire 101 – All Ages *

Join us here at the park while we demonstrate how to build and start a campfire, keep it going strong, and safely put it out!

Sat, Jan 12 - 9:30 am - 10:30 am
Birding Walk – Ages 14 and Up *
No Reservation Required

Bring your binoculars, if you have some, and join our LHWP Park Naturalist at the LHWP Nature Center and go on a trek through the park looking for our resident birds.

Sat, Jan 12 - 2:00 pm - 3:00 pm
Birding 101 For Kids – All Ages *

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

Sat, Jan 19 - 10:00 am - 11:00 am
Turtle Program - All Ages *
No Reservation Required

There are more turtles than you think! Come get a close up look while you learn about these fascinating creatures.

Sat, Jan 19 - 2:00 pm - 3:00 pm
Snake Program - All Ages
No Reservation Required

Come find out why snakes are important to the ecosystem and why a good snake ISN'T always a dead snake!

Sat, Jan 26 - 2:00 pm - 3:00 pm
Animal Evidence - All Ages *
No Reservation Required

What was that? Did you see it? Learn how to track animals by finding animal prints, discovering burrows and identifying scat.

Sat, Feb 2 - 12:30 pm - 2:00 pm
Archery 101 – Ages 7 - 11 *

Learn the basics of archery! We will discuss the equipment appropriate use & correct form. See how an outdoor range is set up & become successful at shooting a target!

Sat, Feb 2 - 2:15 pm - 3:45 pm
Archery 101 – Ages 12 and Up *

Learn the basics of archery! We will discuss the equipment appropriate use and correct form. See how an outdoor range is set up and become successful at shooting a target!

Sat, Feb 9 - 2:00 pm - 3:00 pm
Animal Eyes – All Ages
No Reservation Required

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

Sun, Feb 16 - 2:00 pm - 3:00 pm
Geocaching 101 – All Ages *

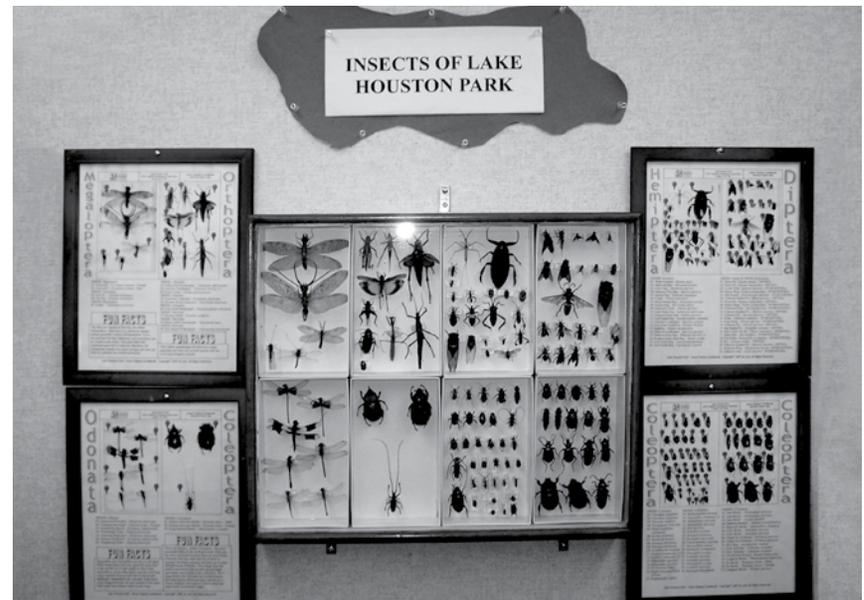
Learn the basics of geocaching with a GPS and then try your skills on a course here at the park!

Sat, Feb 23 - 2:00 pm - 3:00 pm
Amazing Amphibians– All Ages
No Reservation Required

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

Sun, March 2 - 2:00 pm - 3:00 pm
Owl Pellets - All Ages

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



* An Adult Is Required To Attend This Program With Youth Ages 17 & Younger.



Sat, March 9 - 2:00 pm - 3:00 pm
Orienteering for Beginners - All Ages *

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

Sat, March 16 - 2:00 pm - 3:30 pm
Swamp Tromp - All Ages *

Join us as we take a ride down to rarely seen parts of the park and dipnet for invertebrates!

Sun, March 23 - 12:30 pm - 2:00 pm
Intermediate Archery - Ages 7 - 11 *

Already taken Archery 101 and ready to take your skill to the next level? This program will help you work on form and accuracy.

Sun, March 30 - 7:30 pm - 8:30 pm
Owl Prowl - All Ages *

Who? Who? Who wants to go on a night hike in search of owls? We are taking Magnolia Trail and using owl calls to see if our resident owls to talk back.



*** An Adult Is Required To Attend This Program With Youth Ages 17 & Younger.**

TENNIS

HPARD operates three centers each complete with a pro shop as well as locker and shower facilities that are available for a nominal fee. Lessons can be scheduled with center staff. Tournaments, leagues, corporate outings services and other events can be scheduled by calling any of the centers.

For general tennis information as well as information on youth tennis programs, call (713) 803-1112.

PLEASE NOTE: Prices are subject to change without notice. Hours are as indicated unless otherwise posted.

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
Time: 6:00 am - 9:00 pm, M-F
 7:00 am - 6:00 pm, Sat - Sun
Location: Memorial Park (KM492F)
 1500 Memorial Loop Drive, 77007
Information: (713) 867-0440

Fees

Weekday Reserved (M-F) : <i>Before 6:00 pm</i>	\$ 4.00
Evening & Weekend Reserved :	\$ 6.00
Tournaments & Leagues :	\$ 7.00

Lee LeClear Tennis Center

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

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

Fees

Weekday Reserved (M-F) : <i>Before 6:00 pm</i>	\$ 4.00
Evening & Weekend Reserved:	\$ 6.00
Tournaments & Leagues:	\$ 7.00

Homer Ford Tennis Center

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

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

Fees

Weekday Reserved (M-F) : <i>Before 6:00 pm</i>	\$ 3.00
Evening & Weekend Reserved:	\$ 5.00
Tournaments & Leagues:	\$ 6.00



HPARD Neighborhood Tennis Courts

Tennis Office (713) 803-1112

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

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

Park	Location	No.	Lights	Wall	Park	Location	No.	Lights	Wall
Alief (KM 529E)	11903 Bellaire Blvd, 77072	4	Yes	1	Oak Forest (KM 452N)	2100 Judiway, 77018	2	Yes	
Anderson (KM 491X)	5701 Beverlyhill, 77057	2	Yes		Proctor Plaza (KM 453X)	803 W. Temple, 77009	1	Yes	
Bendwood (KM 489D)	12700 Kimberley, 77024	2	Yes	1	Gail Reeves (KM 531N)	8800 Mullins, 77096	2	Yes	1
Beverly Hills (KM 576S)	10201 Kingspoint, 77075	1	No		River Oaks (KM 492S)	3600 Locke Lane, 77027	4	No	
Bonham (KM 530Q)	8401 Braes Acres, 77074	2	Yes		J Robinson, Sr. (KM 495L)	1422 Ledwicke, 77029	1	Yes	
R.L. & Cora Johnson (KM 450A)	9920 Porto Rico, 77041	2	Yes		Sagemont (KM 576Y)	1507 Hughes, 77089	2	Yes	
Charlton (KM 535P)	8200 Park Place, 77017	2	Yes		Scenic Woods (KM 415W)	449 Lakewood, 77017	2	Yes	
Herman Brown (KM ???)	400 Mercury Drive, 77013	4	Yes		Schwartz (KM 451N)	8203 Vogue, 77055	2	Yes	
Cherryhurst (KM 492V)	1700 Missouri, 77006	1	Yes	1	Settegast (KM 494N)	3001 Garrow, 77003	1	Yes	
Chimney Rock (KM 571B)	11655 Chimney Rock, 77035	2	Yes		Sharpstown (KM 530F)	8200 Bellaire Blvd, 77036	2	Yes	
Cleveland (KM 492M)	200 Jackson Hill, 77007	2	No		Smokey Jasper (KM 415A)	13400 River Trail Rd, 77050	2	Yes	
Clinton (KM 495U)	200 Mississippi, 77029	2	Yes		Spotts (KM 493J)	401 S. Heights Blvd, 77007	2	Yes	
Cloverland (KM 573L)	3801 Hickok, 77047	2	Yes		Sunnyside (KM 533X)	3502 Bellfort, 77051	2	Yes	
Cole Creek (KM 411W)	7200 Drowsy Pine, 77092	2	No		J Robinson, Sr. (KM 495L)	1422 Ledwicke, 77029	1	Yes	
Crestmont (KM 574J)	5100 Selinsky Rd, 77048	2	Yes	1	Sagemont (KM 576Y)	1507 Hughes, 77089	2	Yes	
Dodson Lake (KM 454F)	9010 Dodson, 77093	2	Yes	1	Scenic Woods (KM 415W)	449 Lakewood, 77017	2	Yes	
Dow (KM 535X)	7942 Rockhill, 77061	3	Yes	1	Schwartz (KM 451N)	8203 Vogue, 77055	2	Yes	
Eastwood (KM 494T)	5000 Harrisburg, 77011	2	Yes		Settegast (KM 494N)	3001 Garrow, 77003	1	Yes	
Emancipation (KM 493U)	3018 Dowling, 77004	2	Yes	1	Sharpstown (KM 530F)	8200 Bellaire Blvd, 77036	2	Yes	
Finnigan (KM 494G)	4900 Providence, 77020	2	Yes		Smokey Jasper (KM 415A)	13400 River Trail Rd, 77050	2	Yes	
Fleming (KM 532D)	1901 Sunset Blvd, 77005	2	Yes		Spotts (KM 493J)	401 S. Heights Blvd, 77007	2	Yes	
Freeway Manor (KM 576F)	2241 Bronson/2300 Theta, 77034	1	Yes		Sunnyside (KM 533X)	3502 Bellfort, 77051	2	Yes	
Grady (KM 491Q)	1700 Yorktown, 77056	1	Yes		Tanglewood (KM 491K)	5801 Woodway, 77057	2	Yes	
Graham (KM 452R)	540 West 34th St, 77018	1	Yes		Tidwell (KM 454D)	9720 Spaulding, 77016	2	Yes	
Greenwood (KM 497A)	602 Beresford, 77015	2	Yes		Townwood (KM 572P)	3403 Simsbrook, 77045	1	Yes	
Grimes (KM 573D)	5150 Reed Rd, 77033	2	Yes		Walter Jones (KM 575T)	8000 Coastway Lane, 77075	2	Yes	
Hager (Lee) (KM 571A)	12100 Landsdowne, 77035	1	Yes	1	Westbury (KM 531W)	5635 Willowbend, 77096	2	Yes	
Halbert (KM 453S)	200 East 23rd St, 77008	1	Yes		Westwood (KM 532S)	4045 Lemac, 77025	2	Yes	
Hartman (KM 535C)	9311 Avenue P, 77012	2	Yes		Willow (KM 531Z)	10400 Cliffwood, 77035	2	Yes	1
Haviland (KM 570H)	11600 Haviland, 77035	2	Yes		Wilson Memorial (KM 576G)	100 Gilpin, 77034	2	Yes	
Highland (KM 451D)	3316 DeSoto, 77091	2	Yes	1	Windsor Village (KM 571P)	14441 Croquet, 77085	2	Yes	
Hutcheson (KM 454U)	5400 Lockwood, 77026	1	Yes		Winzer (KM 412S)	7300 Carver/Dolly Wright, 77088	2	Yes	
Independence Heights (KM 453N)	601 East 35th St., 77022	1	Yes		Woodland (KM 493C)	212 Parkview, 77009	1	Yes	
Ingrando (KM 535E)	7302 Keller, 77012	2	Yes		Zollie Scales (KM 533P)	501 Corder, 77021	1	Yes	
Jaycee (KM 452W)	1300 Seamist, 77008	2	Yes	1					
Karl Young (KM 532J)	7800 Stella Link, 77025	1	Yes						
Keith-Wiess (KM 413M)	12300 Aldine-Westfield, 77093	2	Yes						
Law (KM 534Y)	6200 Scarlet / 6100 Vassar, 77033	2	Yes	1					
Lincoln (KM 412Q)	979 Grenshaw, 77088	1	Yes						
Linkwood (KM 532P)	3699 Norris, 77025	2	Yes	1					
Mangum Manor (KM 451L)	5235 Saxon, 77092	1	Yes	1					
Mason (KM 535A)	541 South 75th St./Tipps, 77023	2	Yes						
Meadowcreek Village (KM 536S)	5333 Berry Creek, 77017	2	Yes						
Melrose (KM 413T)	12200 Melrose Park Rd., 77076	4	Yes						
Meyerland (KM 531Q)	5151 Jason, 77096	2	Yes						
Milby (KM 535G)	2001 Central, 77017	2	Yes						
Milroy (KM 452Z)	1205 Yale, 77008	1	Yes						
Montie Beach (KM 453X)	915 Northwood, 77009	2	Yes	1					
Moody (KM 453Y)	3725 Fulton, 77009	2	Yes						
Nieto (KM 495A)	500 Port, 77020	1	Yes						
Northline (KM 413W)	6902 Nordling, 77076	2	Yes						
Nottingham (KM 489E)	14205 Kimberley, 77079	2	Yes	1					





Awesome Courses... Affordable Prices

Remember when you played with real woods? Golf was a lot cheaper then. Take a step back in time at the City of Houston's fine group of municipal courses and enjoy modern golf courses with prices that make you feel as if it's still 1976.

You can enjoy a round for as little as \$10.00 at many of our courses.

Give us a shot. We are close in on the North, East, South and West sides of town.

visit our website at www.houstonparks.org for more details



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



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



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



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

GOLF courses

The Houston Parks & 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 part of the city, offers a chance to practice short-game skills with its 18 par -3 holes. All courses except Glenbrook have driving ranges. 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 (under 18) and Senior (65 – older) rates are offered on weekdays only. Twilight start times vary by season. Please call courses for current Twilight and Super Twilight hours.

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, Brock and Gus Wortham. For tee times at other courses call the pro shop. For information on all the courses, visit www.houstonparks.org. Lessons from qualified instructors are available at all courses. Tournament and corporate outings may be scheduled by calling any of the courses.

(Note: Prices are subject to change 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 1935, in an ambitious effort to enhance parks across the city, the Houston Parks & Recreation Department began constructing an illustrious 18-hole golf course. In July of 1936, the first ball was teed off on what architect John Bredemus called his "greatest golf course ever."

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

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

Location: Memorial Park (KM 492F)
1001 Memorial Loop, 77007

Information: (713) 862-4033

Yardage / Par: 7309 / 72

Hours: Dawn - 10:00 pm

Fees

Junior (Mon - Thur Only):	\$10.00
Senior/Disabled (Mon - Thur):	\$15.00
Mon - Thur:	\$30.00
Fri - Sat & Holidays:	\$38.00
Mon - Thur Twilight:	\$21.00
Fri - Sun Holiday Twilight:	\$28.00





Hermann Park Golf Course



Hermann Park Golf Course is a jewel nestled in the center of the Bayou City. Since 1922, this lush parkland course has been at the center of a rich tradition of golfing excellence. The

course was fully renovated in 1998. The new clubhouse is located at the corner of Almeda and North MacGregor, and from there you set out on this short, but challenging and enjoyable course. Water toughens the course, coming into play on half the holes.

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

Hermann has a driving range, practice putting green, pro shop and complete snack bar.

The Hermann Park Golf Course is managed for HPARD by BSL Golf Corp. Sales tax is additional on all fees. Carts are required weekend mornings. Tee times are available online at www.houstonparks.org. Click on the golf link and choose Calendar of Events: Hermann Park Golf Course to access the Hermann Park Golf Course website.

Location: Hermann Park (KM 533A)
2155 N. MacGregor, 77030

Information: (713) 526-0077

Yardage / Par: 6014 / 70

Hours: 7:00 am - 9:00 pm

Fees

Junior (Mon - Thur Only):	\$ 8.00
Senior/Disabled (Mon - Thur):	\$12.00
Mon - Thur:	\$16.50
Fri - Sun & Holidays:	\$26.50
Mon - Thur Twilight:	\$13.00
Mon - Thur Twilight 2:	\$10.50
Fri - Sun Holiday Twilight:	\$21.00
Fri - Sun Holiday Twilight 2:	\$16.50



Gus Wortham Park Golf Course



Come play on living history. Gus Wortham Golf Course 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 pro shop staff is available for lessons. Gus Wortham has a fully stocked pro shop and full snack bar.

Tee times are available online at www.houstonparks.org. Click on the golf link and choose "Online Tee Times" to access the tee time reservation system.

Location: Gus Wortham Park (KM 494Z)
7000 Capital, 77023

Information: (713) 928-4261

Yardage / Par: 6447 / 72

Hours: Dawn - Dusk

Fees

Junior (Mon - Thur Only):	\$ 7.00
Senior/Disabled (Mon - Thur):	\$10.00
Mon - Thur:	\$16.00
Fri - Sun & Holidays:	\$23.00
Mon - Thur Twilight:	\$13.00
Mon - Thur Twilight 2:	\$10.00
Fri - Sun Holiday Twilight:	\$17.00
Fri - Sun Holiday Twilight 2:	\$13.00



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 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, cafe and beverage cart and golf professionals who are available for lessons.

Tee times are available online at www.houstonparks.org. Click on the golf link and choose "Online Tee Times" to access the tee time reservation system.

Location: Sharpstown Park (KM 530F)
6660 Harbor Town, 77036

Information: (713) 988-2099

Yardage / Par: 6600 / 70

Hours: Dawn - Dusk

Fees

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



Brock Park Golf Course

Welcome to Houston's "Best Kept Secret," Brock Park Golf Course, quietly tucked in northeast Houston, far from the noise, but less than 20 minutes from downtown. Brock Park is managed and maintained by the Houston Parks & 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. Brock Park is a non-metal spike facility with a fully stocked pro shop and snack bar.

Tee times are available online at www.houstonparks.org. Click on the golf link and choose "Online Tee Times" to access the tee time reservation system.

Location: Brock Park (KM 456E)
8201 John Ralston Road

Information: (281) 458-1350

Yardage / Par: 6427 / 72

Hours: Dawn - Dusk

Fees

Junior (Mon - Thur Only):	\$ 7.00
Senior/Disabled (Mon - Thur):	\$10.00
Mon - Thur:	\$16.00
Fri - Sun & Holidays:	\$23.00
Mon - Thur Twilight:	\$13.00
Mon - Thur Twilight 2:	\$10.00
Fri - Sun Holiday Twilight:	\$17.00
Fri - Sun Holiday Twilight 2:	\$13.00



Melrose Park Golf Course

Melrose Park Golf Course is one of the few 18 hole par-3 golf courses in the state and it is lighted for night play! Located on Canino Road, between Airline Drive and the Hardy Toll Road, Melrose also offers a lighted driving range with a grass hitting area, chipping green, practice bunker and practice putting green.

With holes ranging in length from 70 yards to 145 yards, you will get the opportunity to work on all aspects of your short iron game. Imagine being able to play 18 holes in less than 2 hours and have a chance for a hole-in-one on every hole!

Melrose is managed for HPARD by Walton Golf Enterprises. Individual lessons and group clinics are available. Contact the course for further information.

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

Fees

Junior (Weekday Only):	\$ 6.50
Senior/Disabled (Weekday Only):	\$ 6.50
Weekday (Mon - Thur):	\$10.00
Weekday/Holiday (Fri - Sat):	\$12.00



Glenbrook Park Golf Course

Glenbrook Park Golf Course is located south/southeast of downtown Houston in the Hobby Airport area.

Located along Sims Bayou, Glenbrook has 7 holes that cross the waterway. Recent improvements at Glenbrook include new tees on many holes, expanding the distance from the rear tees.

Glenbrook is managed for HPARD by Lopez Golf Management. Tee times are available by phone 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

Fees

Junior (Mon - Thur Only):	\$ 7.00
Senior/Disabled (Mon - Thur):	\$10.00
Mon - Thur:	\$16.00
Fri - Sun & Holidays:	\$23.00
Mon - Thur Twilight:	\$13.00
Fri - Sun & Holiday Twilight:	\$17.00

PERMITS & RESERVATIONS

Permits and Reservations

HPARD 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 HPARD's Permits Section 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 rentals and reservations, are also available year round at nominal fees for weekdays and weekends. When planning your event it is very important to contact HPARD's Permits Office as early as possible to receive the most current information on the park or facility of your choice.

You can make online reservations by visiting activenet011.active.com/houstonparks.

For information regarding permits for large public events, call the Mayor's Office of Special Events at (832) 393-0868.

Office Hours: 8:00 am - 4:00 pm, M-F
Location: 1002 Washington Ave
 Houston, TX 77002
Outdoor Permits: (832) 394-8805
Sportsfield Permits: (832) 394-8804
Rain-Out Line: (713) 865-4105



GARDENS

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.

The center is located across from the Miller Outdoor Theatre and just east of the Houston Museum of Natural Science.

Visit www.houstonparks.org for a listing of horticultural groups that meet at the Houston Garden Center throughout the year. For rental information, contact the Houston Garden Center Office during normal business hours.

Office Hours: 8:00 am - 5:00 pm, M-F
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 US, and to recognize Houston's thriving Japanese community.

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

THE JAPANESE GARDEN IS NOT AVAILABLE FOR RENTALS.

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



PARK VOLUNTEER programs

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

Greenspace Volunteer Programs

Green Team Volunteer Program

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

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

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

Internship Program

HPARD provides a professional environment in which undergraduate, graduate and post-graduate students may acquire experience, which relates to their academic course of study. The internship program is open to all students from an accredited college or university who are seeking and actively pursuing a career in the fields of recreation, park management or other related professions.

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

Eagle Scout Projects

HPARD welcomes project submission from Eagle green spaces, youth sports programs and our community centers.

Ages: 18 - older
Registration: (281) 460-2586

Facilities, Management & Development

Internship Program

HPARD provides a professional environment in which graduate, undergraduate & 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 a career in the fields of park management, landscape architecture, planning, GIS & other related fields.

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





Recreation & Wellness Volunteer Programs

Teen & Adult Volunteer Programs

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.

Teen Volunteer Programs

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

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

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



Adult Volunteer Program

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

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

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

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



Athletic Team Volunteer

Team volunteers serve as coaches, assistant coaches or provide support to youth participating in baseball, basketball, flag football, golf, soccer, track and field and volleyball.

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

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

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.

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

Ages: 18 - older
Location: All HPARD Community Ctrs
Information: (832) 395- 7264
 (832) 395- 7294

PARTNERING *with parks*

The Houston Parks & Recreation Department (HPARD) oversees 369 developed parks & more than 200 green spaces totaling over 38,959 acres of land. We are committed to providing the public 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 that support the City's parks.

Partnering with Parks can help your group meet organization's goals while improving the city's quality of life & 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: Luci Correa
Information: (832) 395-7057

Lake Houston Wilderness Park

Lake Houston Wilderness Park (LHWP) 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 & 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).

LHWP provides camping facilities; hiking, biking & equestrian trails; water activities for kayaks & canoes; and natural areas for nature lovers & birders alike.

Partnership and funding opportunities exist in many areas including 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.

Trails in Parks

A survey of Houstonians for the Houston Parks & Recreation Master Plan showed recreational walking is the number one fitness activity. Trails in parks provide a simple outlet for physical activity to improve fitness and mental health. Trails in parks also make our parks safer & reduce vandalism by increasing park use throughout the day.

Opportunities exist to develop loop trails within existing parks as well as dedicated trails along linear parks. To meet the recommended national standards, new trails totaling 428 miles are needed to serve the 2020 population.

Playgrounds without Limits

Playgrounds Without Limits is a campaign to build inclusive playgrounds in HPARD parks. 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. We have this Playground featured at Alief Park, Eastwood Park, Memorial Park, the Metropolitan Multi-Service Center and Tidwell Parks.

Park Playgrounds

Playgrounds provide kids with an opportunity for free unstructured play. Play is an important factor in how they develop both socially and physically. Kids who play build their confidence & learn the social skills that help them become happy, well-adjusted adults. Approximately 200 new or replacement 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.

Lighted Sports Fields

The rapid growth of Houston soccer in recent years has created a citywide shortage of fields, leaving many teams and leagues to vie for play space every day. Lighting existing sports fields is a cost effective alternative to acquiring, developing, and maintaining new facilities because it extends hours of play, especially during the shortening days of the fall & winter seasons. In summertime, lighted fields provide an escape from the hot Texas sun, making games safer for players and more enjoyable for fans. Increased recreational opportunities have a direct impact on the success of our youth, and as a result, the future success of our entire community.

Funding will be used to purchase Musco Lighting's energy efficient Light-Structure Green™ lighting system. This state-of-the-art technology offers key benefits including:

- 50% savings in operating costs through reduced energy consumption and an automated control and monitoring system
- 50% less spill and glare, protecting the environment and keeping neighbors happy
- 100% of maintenance costs eliminated for 25 years, including lamp replacements through a comprehensive warranty program
- Light levels guaranteed to remain constant for 25 years

PARK & GREENSPACE *adoption*

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 to improve the quality of our park system & public land. There are 5 different Adoption Programs for you to choose from, Adopt-A-Park, Adopt-An-Esplanade, Adopt-A-Sports Field, Adopt-A-Trail and Adopt-A-Library Greenspace.

Regardless of the program you choose your involvement helps us maintain green spaces that we're all proud of!

Contact: Marilu De La Fuente

Information: (832) 395-7029

marilu.delafuente@houstontx.gov

Adopt-A-PARK

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

Term of agreement minimum of 2 years.

Adopt-A-SPORTS FIELD

This adoption program welcomes organizations who wish to adopt a sports field in lieu of paying permitting fees associated with the use of ballfields. **This adoption is available for youth leagues only.**

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

Adopt-An-ESPLANADE

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

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

Adopt-A-TRAIL

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

Term is a 2 year minimum.

Adopt-A-LIBRARY GREEN SPACE

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

Term of agreement minimum of 2 years.



HPARD Community Centers Phone Numbers

NORTHEAST

NORTHWEST

SOUTHEAST

SOUTHWEST

Clark (KM 453B)

9718 Clark, 77076
(713) 742-1497

Clinton (KM 495U)

200 Mississippi, 77029
(713) 673-0955

Finnigan (KM 494H)

4900 Providence, 77020
(713) 678-7385

Hobart Taylor (KM 455Q)

8100 Kenton, 77028
(713) 674-3959

J Robinson, Sr (KM 495L)

1422 Ledwicke, 77029
(713) 674-2401

Kingwood (KM 296X)

4102 Rustic Woods, 77345
(281) 348-2570

Lakewood (KM 455G)

8811 Feland, 77028
(713) 636-8217

Melrose (KM 413T)

1001 Canino, 77076
(281) 447-0514

Moody (KM 453Y) CLOSED FOR RENOVATION

3725 Fulton, 77009
(713) 692-6925

Selena Quintanilla Perez (KM 494H)

(Denver Harbor)
6402 Market, 77020
(713) 675-2151

Shady Lane (KM 414W)

10220 Shady Lane, 77093
(713) 742-1503

Swiney (KM 494T)

2812 Cline, 77020
(713) 238-2197

Tidwell (KM 454D)

9720 Spaulding, 77016
(713) 636-8221

Tuffly (KM 454X)

3200 Russell, 77026
(713) 674-2355

Candlelight (KM 452E)

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

Highland (KM 451D)

3316 DeSoto, 77091
(713) 956-9137

Independence Heights (KM 453N)

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

J Robinson, Jr. (KM 533B)

2020 Hermann Drive, 77004
(713) 284-1997

Kendall (KM 488C)

609 North Eldridge, 77079
(832) 393-1897

Lincoln (KM 412Q)

979 Grenshaw, 77088
(281) 445-1617

Love (KM 452Z)

1000 West 12th, 77008
(713) 867-0497

Milroy (KM 452Z)

1205 Yale, 77008
(713) 867-0397

Montie Beach (KM 453X)

915 Northwood, 77009
(713) 864-6820

Proctor Plaza (KM 453X)

803 West Temple, 77009
(713) 862-6907

R L & Cora Johnson (KM 450A)

9920 Porto Rico, 77041
(713) 895-6141

Stude (KM 493E)

1031 Stude, 77007
(713) 867-0496

Woodland (KM 493C)

212 Parkview, 77009
(713) 867-0401

Bessie Swindle (KM 573L)

11800 Scott, 77047
(713) 733-4581

Beverly Hills (KM 576S)

10201 Kingspoint, 77075
(713) 948-9065

Charlton (KM 535P)

8200 Park Place, 77017
(713) 645-3589

Crestmont (KM 574J)

5200 Selinsky, 77048
(713) 733-2236

DeZavala (KM 495S)

907 76th St., 77012
(713) 923-5163

Eastwood (KM 494T)

5020 Harrisburg, 77011
(713) 928-4801

Edgewood (KM 534X)

5803 Bellfort, 77033
(713) 734-8434

Garden Villas (KM 535W)

6720 S. Haywood, 77061
(713) 847-5168

Hartman (KM 535C)

9311 E. Ave. P., 77012
(713) 928-4803

Ingrando (KM 535F)

7302 Keller, 77012
(713) 643-4764

MacGregor (KM 534E)

5225 Calhoun, 77021
(713) 747-8650

Mason (KM 535A)

541 South 75th., 77023
(713) 928-7055

Meadowcreek (KM 536S)

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

Alief (KM 529E)

11903 Bellaire, 77072
(281) 564-8130

Almeda (KM 572Y)

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

Burnett Bayland (KM 531B)

6200 Chimney Rock, 77081
(713) 668-4516

Cherryhurst (KM 492R)

1700 Missouri, 77006
(713) 284-1992

Emancipation (KM 493Y)

3018 Dowling, 77004
(713) 284-1302

Godwin (KM 531U)

5101 Rutherglen, 77096
(713) 726-7114

Hackberry (KM 528M)

7777 S. Dairy Ashford, 77072
(281) 776-9908

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



Important HPARD Phone Numbers

Frequently Called Numbers

Houston Parks and Recreation Department Main Phone No.	2999 S. Wayside Dr.	(832) 395-7000
HPARD Urban Park Rangers Dispatch	2999 S. Wayside Dr.	(832) 395-7100
HPARD Park Maintenance Problems		3-1-1

HPARD Program / Administration Phone Numbers

Adoption Programs	2999 S. Wayside Dr.	(832) 395-7029
Adult Sports	6200 Wheeler, Bldg. 3, Bldg. 3	(832) 395-7130
Adult Sports Bulletin Board	(Phone Message Only)	(713) 865-4105
After School Enrichment Program	6200 Wheeler, Bldg. 3, Bldg. 3	(832) 395-7294
After School Enrichment Program Administration	6200 Wheeler, Bldg. 3, Bldg. 3	(832) 395-7270
Athletes Seeking Knowledge Program	6200 Wheeler, Bldg. 3, Bldg. 3	(832) 395-7293
Aquatics	6200 Wheeler, Bldg. 3, Bldg. 3	(832) 395-7129
Community Centers Information	6200 Wheeler, Bldg. 3, Bldg. 3	(832) 395-7294
D-Tag (Information)	6200 Wheeler, Bldg. 3, Bldg. 3	(832) 395-7297
D-Tag (Administration)	6200 Wheeler, Bldg. 3, Bldg. 3	(832) 395-7270
First Tee of Houston at FM Law Park	8400 Mykawa Road	(713) 264-2100
Golf – Brock Park 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
Lake Houston Wilderness Park Reservations	22031 Baptist Encampment Rd. New Caney, Texas 77357	(281) 354-6881
Lee and Joe Jamail Skatepark	103 Sabine Street	(713) 222-5500
Mayor's Office of Special Events (Special Events Permits)		(832) 393-0868
Mayor's Office of Special Events (Parade and Street Function Permits)		(832) 393-0868
Memorial Park Bike Trail Message Line	(Phone Message Only)	(713) 437-6588
Memorial Park Fitness Center	6402 Amot, 77007	(713) 802-1662
Metropolitan Multi-Service Center	1475 West Gray	(713) 284-1973
Nature Programs (HPARD Venues)	6200 Wheeler, Bldg. 3	(832) 284-7132
Nature, Teen and Senior Programs Administration	6200 Wheeler, Bldg. 3	(832) 395-7270
Partnership Programs	2999 S. Wayside Dr.	(832) 395-7056
Permits and Rentals (Outdoors)	1002 Washington Ave.	(832) 394-8805
Permits and Rentals (Sports fields)	1002 Washington Ave.	(832) 394-8804
Senior Programs (Information)	6200 Wheeler, Bldg. 3	(832) 395-7133
Senior Programs (Administration)	6200 Wheeler, Bldg. 3	(832) 395-7270
Senior Programs and Summer Enrichment Program (Administration)	6200 Wheeler, Bldg. 3	(832) 395-7270
Summer Food Service Program	6402 Market Street	(713) 676-6832
Teen Programs (Information)	6200 Wheeler, Bldg. 3	(832) 395-7131
Tennis - Homer Ford Tennis Center	5225 Calhoun	(713) 842-3460
Tennis - Lee LeClear Tennis Center	9506 S. Gessner	(713) 272-3697
Tennis - Memorial Park Tennis Center	1500 Memorial Loop Dr.	(713) 867-0440
Tennis - Youth Tennis Office	1500 Memorial Loop Dr.	(713) 803-1112
The Houston Garden Center at Hermann Park Reservations	Hermann Circle Drive	(713) 284-1989
Volunteer Programs HPARD	2999 S. Wayside Dr.	(832) 395-7280

HOUSTON PARKS AND RECREATION DEPARTMENT AND U.S. PARALYMPIC MILITARY SPORTS PROGRAM

PRESENT

THE 5TH ANNUAL METAL & MUSCLE EXPO



SATURDAY, OCTOBER 5, 2013

9:00 A.M. - 5:00 P.M.

GEORGE R. BROWN CONVENTION CENTER | 1001 AVENIDA DE LAS AMERICAS, 77010

This **U.S. PARALYMPIC MILITARY PROGRAM** is for military men and women who have returned from Iraq & Afghanistan with a permanent physical disabilities, including blind and visually impaired. All veterans with a physical disability are invited to participate.

The **METAL & MUSCLE EXPO** will feature paralympic and other disabled sport clinics as well as individual and team competitions. Paralympic athletes and other expert sport instructors will teach the clinics. Those with a new injury will be introduced to a new way of participating in competitive sports. Exhibitors who provide sports, recreation or other services to people with a physical disability will also be on hand.

For more information contact Chuck French, (713) 562-4089 or charles.french@houstontx.gov



Sponsors include: The Mayor's Office of Veterans Affairs, The Lonestar Veterans Association, Michael E. DeBakey VA Hospital, Memorial Hermann TIRR, and The Verne Cox Center.

Grant funding for this program is awarded by U.S. Paralympics, a division of the U.S. Olympic Committee, through funding provided by Veterans Affairs. The grants are provided to facilitate the growth of Paralympic-sport programming for disabled Veterans and disabled members of the Armed Forces. Metal & Muscle is funded in part by a grant from the Parks: Return & Return grant program to provide resources at the local level that will increase adaptive physical activity opportunities for injured service members and injured veterans.

Parks: Return & Restore is administered by the National Recreation and Parks Association with funding from the United States Olympic Committee, Paralympic Division.



Awesome Courses... Affordable Prices

Remember when you played with real woods? Golf was a lot cheaper then.

Take a step back in time at the City of Houston's fine group of municipal courses and enjoy modern golf courses with prices that make you feel as if it's still 1976.

You can enjoy a round for as little as \$10.00 at many of our courses.

Give us a shot. We are close in on the North, East, South and West sides of town.

visit our website at www.houstonparks.org for more details



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



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



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



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

Save The Date 2013 Arbor Day January 26, 2013



For more information visit www.houstonparks.org