

HOUSTON PARKS AND RECREATION - ADAPTIVE

METROPOLITAN MULTISERVICE CENTER (WEST GRAY)

1475 WEST GRAY, HOUSTON TX 77019. 832-395-7333

OCTOBER 2025

MONDAY

12-1PM LINE DANCING
1-2PM BOCCIA
5-7PM SIT VOLLEYBALL
4-7PM POWER SOCCER
7-9PM WHEELCHAIR BASKETBALL PRACTICE
6-10PM WHEELCHAIR TENNIS(COLLEGIATE)

TUESDAY

1-2PM TABATA
ADAPTIVE FITNESS
6-9PM KIDS WHEELCHAIR SPORTS NIGHT
6-10PM WHEELCHAIR TENNIS(COLLEGIATE)



WEDNESDAY

1-3PM AIR RIFLES
4-5PM WHEELCHAIR SOCCER
7-9PM WHEELCHAIR BASKETBALL
7-9PM WHEELCHAIR TENNIS (COMMUNITY)

THURSDAY

10-11AM FITNESS ROOM WORKOUT
1-2PM DANCE CREW
6-10PM WHEELCHAIR TENNIS(COLLEGIATE)
6-9PM WHEELCHAIR RUGBY



EXTRAS!

POOL CLOSED FOR RENOVATIONS
FITNESS ROOM - 7AM-7PM

FRIDAY

6-8PM YOUTH WHEELCHAIR TENNIS
6-8PM WHEELCHAIR LACROSSE



SATURDAY

9-11AM WHEELCHAIR RUGBY
11AM-2PM POWER SOCCER
*CALL AHEAD



SUNDAY

7:30AM-12PM WHEELCHAIR TENNIS

BUILDING CLOSED



HPARD
HOUSTON PARKS AND RECREATION DEPARTMENT
A CAPRA Accredited Agency

WWW.HOUSTONTX/PARKS/ADAPTIVESPORTS-RECREATION.HTML

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