HOUSTON PARKS AND RECREATION DEPARTMENT

2026 Summer Adult Water Fitness Classes

Cool off this summer with FREE Water Fitness Classes!

- For all ages, fitness levels, and body types
- NO FEE is charged!

POOL:	LOCATION:	DAY:	CLASSES:
Emancipation	3018 Emancipation, 77004	T & TH	Adult Water Fitness
MacGregor	5225 Calhoun, 77021	W & F	Aqua Zumba
N.Wayside	9551 N. Wayside, 77078	T & TH	Adult Water Fitness
Townwood	3403 Simsbrook, 77051	T & TH	Adult Water Fitness
Westbury	10605 Mullins, 77096	T & TH	Adult Water Fitness
Alief	11903 Bellaire, 77072	W & F	Adult Water Fitness
Oak Forest	1400 Du Barry, 77018	W & F	Adult Water Fitness
Lincoln	1048 Grenshaw, 77088	T & TH	Adult Water Fitness
Sunnyside	3502 Bellfort, 77045	W & F	Silver Splash
Robinson Sr.	**1422 Ledwicke, 77029**	T & TH	Adult Water Fitness

CLASS TIME:

6:05 – 7:00 PM

START & END DATES:
6/16 - 8/7/26

Exceptions : SunnySide (4:30 - 5:15 pm) Robinson Sr. (1:05 - 2:00 pm) Westbury (5:45 - 6:45 pm)

CLASS DESCRIPTIONS :

ADULT WATER FITNESS :
A combination of cardio, strength training, and flexibility that takes you through a series of stations using effective circuit training principles and the latest aquatic equipment for a total body workout.

Intensity: light to moderate

SILVER SPLASH :
A water fitness class for mature adults to gently stretch, flex, tone, and socialize in shallow water.

Intensity: light

AQUA ZUMBA :
A class that combines high energy and Latin music with movement in the water, a combination that helps participants dance away their worries while staying in shape.

Intensity: light to moderate





All enrollments are filled on a "first-come, first served" basis : *May 26 – July 31, 2026*
(Aqua shoes, towel and a plastic bottle of water are recommended.)

Online Registration : www.houstonparks.org (click on Aquatics Section)

For More Information : (832) 395-7129

G7-008.26

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