NOVEMBER 2026

Houston Parks and Recreation- Adaptive Division

MONDAY

- 9am-10am Water Fitness Class
- 12pm-1pm Line Dance Class
- 1pm-2pm BOCCIA
- 6pm-9pm Wheelchair Basketball

TUESDAY

- 8AM-12PM Pickleball
- 9am-11am Handcycling
- 1PM-2PM Tabata Tuesday
- 6PM-8PM Junior Wheelchair Basketball

WEDNESDAY

- 9am-10am Water Fitness Class
- 1pm-2pm Bingo
- 1pm-3pm Air Rifles
- 6pm-9pm Wheelchair Basketball

THURSDAY

- 1PM-2PM Dance Class
- 6pm-8pm Wheelchair Rugby
- 7pm-9pm Wheelchair Tennis

FRIDAY

- 9am-10am Water Fitness Class
- 12pm-2pm Pool Volleyball
- 6pm-8pm Wheelchair Lacrosse
- 7pm-9pm Wheelchair Tennis

SATURDAY

- 9am-11am Wheelchair Rugby
- 11am-2pm Powerchair Soccer
- 2pm-4pm Deaf Basketball
- 6pm-8pm Wheelchair Tennis



Questions? Email:
hannah.walker@houstontx.gov

HPARD
HOUSTON PARKS
AND RECREATION DEPARTMENT
A CAPRA Accredited Agency