

# HOUSTON PARKS AND RECREATION - ADAPTIVE

METROPOLITAN MULTISERVICE CENTER (WEST GRAY)

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

MAY 2025

## MONDAY

12-1PM LINE DANCING

1-2PM BOCCIA

2-4PM AIR RIFLE SHOOTING

5-7PM POWER SOCCER

5-7PM SIT VOLLEYBALL

6-8PM TRACK AND FIELD

7-9PM WHEELCHAIR

BASKETBALL



## TUESDAY

10AM-12PM CYCLING

1-2PM TABATA

ADAPTIVE

FITNESS

6-9PM KIDS

SPORTS NIGHT



## WEDNESDAY

1-2PM BINGO

4-5PM WHEELCHAIR

SOCCER

5-7PM POWER SOCCER

7-9PM

WHEELCHAIR

BASKETBALL



## THURSDAY

10-11AM FITNESS ROOM

WORKOUT

1-2PM DANCE FITNESS

2-3PM MINDFULNESS AND

MEDITATION

5-7PM SIT VOLLEYBALL

6-10PM WHEELCHAIR TENNIS

7-9PM WHEELCHAIR RUGBY



## FRIDAY

12-2PM POOL

VOLLEYBALL

6-8PM YOUTH

WHEELCHAIR TENNIS

6-8PM WHEELCHAIR

LACROSSE



## SATURDAY

9-11AM WHEELCHAIR

RUGBY

11AM-2PM POWER

SOCCER

2-4PM DEAF

BASKETBALL



## SUNDAY

7:30AM-12PM

WHEELCHAIR

TENNIS

BUILDING

CLOSED



## EXTRAS!

WATER AEROBICS MWF 9-10AM

FITNESS ROOM - 7AM-7PM



**HPARD**  
HOUSTON PARKS  
AND RECREATION DEPARTMENT  
A CAPRA Accredited Agency

[WWW.HOUSTONTX/PARKS/ADAPTIVESPORTS-RECREATION.HTML](http://WWW.HOUSTONTX/PARKS/ADAPTIVESPORTS-RECREATION.HTML)

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