

HOUSTON PARKS AND RECREATION - ADAPTIVE

METROPOLITAN MULTISERVICE CENTER (WEST GRAY)

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

APRIL 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

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