

HOUSTON PARKS AND RECREATION - ADAPTIVE

METROPOLITAN MULTISERVICE CENTER (WEST GRAY)

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

MARCH 2026

MONDAY

12-1PM LINE DANCING
4-7PM POWER SOCCER
6-8PM TRACK AND FIELD
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

5-7PM POWERSOCCER
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



FRIDAY

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



SATURDAY

9-11AM WHEELCHAIR
RUGBY
11AM-2PM POWER
SOCCER
2-4PM DEAF BBALL



SUNDAY

7:30AM-12PM
WHEELCHAIR
TENNIS

BUILDING
CLOSED



EXTRAS!

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



HPARD
HOUSTON PARKS
AND RECREATION DEPARTMENT
A CAPRA Accredited Agency

WWW.HOUSTONTX/PARKS/ADAPTIVESPORTS-RECREATION.HTML

CHUCK FRENCH

HANNAH WALKER

CHARLES.FRENCH@HOUSTONTX.GOV

HANNAH.WALKER@HOUSTONTX.GOV