

Appendix D

Acres Homes Out-of-School Time Child and Family Physical Activity Resource Guide

Last updated: 8/12/2025





Acres Homes Physical Activity Resources

The following resources provide physical activity opportunities in or around the Acres Homes community for children and families.

| Organization | Programs Offered | Cost | Location / Time of Year | Age Group |
|---|---|--------------------------------------|---|---|
| <u>Acres Homes Multi-Service Center</u> | Wide range of classes and activities provided for all age groups | Varies | <ul style="list-style-type: none"> 6719 W Montgomery Rd, Houston, TX 77091 All Year (Classes Vary) | All Ages |
| <u>Astros Youth Academy at Sylvester Turner Park</u> | Baseball, Softball, and T-Ball | FREE | <ul style="list-style-type: none"> 2801 S. Victory Dr., Houston, TX 77088 (Sylvester Turner Park) Fall Semester | 2 nd -12 th grade |
| <u>Beauty's Community Garden</u> | Gardening and Nutritional Planning | \$10 per class | <ul style="list-style-type: none"> 3201 Airline Drive, Houston, TX 77022 All Year (Classes Vary) | Adults ages 18+. |
| <u>BE FIT Youth Exercise Camp</u> | Dance, Biking, Skating, Walking, Running, Flag Football, Soccer, Yoga | FREE | <ul style="list-style-type: none"> The Community of Faith Church: 1024 Pinemont Dr. Houston, TX 77091 All Year: Wednesday evenings from 6pm-7pm, and Second Saturdays of month 9:30am-10:30am | Children, Youth, College Students |
| <u>BenCheri Educational Center</u> | In-School and After-school Tutorials | FREE (select programs may have fees) | <ul style="list-style-type: none"> 6427 W. Montgomery Road Houston TX 77091 United States or Virtual All Year | K-12 Students |
| <u>Get N'Fit</u> | Exercise activities vary | FREE | <ul style="list-style-type: none"> The Community of Faith Church: 1024 Pinemont Dr. Houston, TX 77091 June 18-20th | N/A |
| <u>Nature & Eclectic Outdoors</u> | NEO works on a wide range of activities including educational clinics, geocache problem-solving hunts, educational field trips, adventure field trips including kayaking, fishing, and more, overnight or multi-night camps (even to other states), on-campus family events such as camping or picnics. | FREE (select programs may have fees) | <ul style="list-style-type: none"> Location Varies All Year (Classes Vary) | All Ages |

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| <u>Soccer for Success</u> | Soccer for Success is an after-school program, that promotes healthy habits through instructional soccer lessons | FREE | <ul style="list-style-type: none"> Highland Park: 3316 Desoto, 77091 Other Houston Parks offered Fall and Spring Semesters | 5-14 years |
| <u>The Houston Parks and Recreation Department Community Center Classes</u> | Activities such as walking club, pickleball, volleyball, gardening, crafts, nutrition, fun fitness, nature exploration, instructional sports, and games are offered at various Acres Homes community centers. | FREE | <ul style="list-style-type: none"> <u>Candelight</u>: 1520 Candelight, 77018 <u>Highland</u>: 3316 Desoto, 77091 <u>Lincoln</u>: 979 Grenshaw, 77088 All Year (Classes Vary) | All Ages |
| <u>The Houston Parks and Recreation Department Summer Enrichment Program</u> | A 10-week-day camp program with crafts, nutrition, fun fitness, nature exploration, recycling awareness, and bird watching. | \$30/Week | <ul style="list-style-type: none"> Various HPARD Parks Summer Months | 6-13 years |
| <u>The Houston Parks and Recreation Department HPARD Community Centers</u> | Activity search and registration portal for a wide range of activities provided at HPARD Community Centers. | Varies | <ul style="list-style-type: none"> <u>Candelight</u>: 1520 Candelight, 77018 <u>Highland</u>: 3316 Desoto, 77091 <u>Lincoln</u>: 979 Grenshaw, 77088 All Year (Classes Vary) | All Ages (Varies) |
| <u>The Houston Parks and Recreation Department HPARD Youth Tennis Program</u> | Beginners and intermediate tennis lessons | FREE | <ul style="list-style-type: none"> Highland Park 3316 De Soto Houston, TX, 77091 All Year | After-school: Ages 6-18 Homeschool : Ages 6-18 Summer Program: Ages 4-18 |
| <u>The Houston Parks and Recreation Department HPARD/Rockets/GH PAL Youth Sports League</u> | Youth will learn at practices sport-specific skills, such as throwing, catching, dribbling, shooting, defense, agility, and speed. In addition, they will learn motor skills development, fitness conditioning, and have opportunities for healthy competition. | FREE | <ul style="list-style-type: none"> Highland Park 3316 De Soto Houston, TX, 77091 All Year (Varies based on Sports Seasons) | 9-14 yrs |
| <u>Tiger-Rock Martial Arts of Houston</u> | Provides martial arts training for children | Varies | 7303 Antoine Dr A, Houston, TX 77088 | 4-12yrs |

Greater Houston Physical Activity Resources



The following resources provide physical activity opportunities in the Greater Houston Area for various children and families.

| Organization | Programs Offered | Cost | Location / Time of Year | Age Group |
|--|---|--------------------|--|----------------------|
| <u>Amazing Athletes Southwest Houston</u> | Sport Discovery, Amazing Athlete Tots, Amazing Athletes, Karate Zoo, Amazing Athletes PE, and more. The website search tool allows you to find a class near you geographically, for age and activity type you are interested in. | Varies (\$25-67\$) | Varies depending on program | 18 months - 10 years |
| <u>Houston Gymnastics Academy</u> | Gymnastics classes are tailored for children (ages 12 months+) and all skill levels, offering a dynamic and inclusive environment where every flip, jump, and stretch is celebrated. Ninja classes are meticulously crafted for all ages and skill levels, offering an electrifying fusion of strength, agility, and excitement. Summer camp campers enjoy open gym, event training, and team games. Full-day campers will also participate in daily arts and crafts, weekly themed special events, and guided skill-building with our certified coaches. | Varies | 5201 Gulfton St, Houston, TX 77081 | 12 months and up |
| <u>Houston Parks and Recreation</u> | Many different activities offered including sports, enrichment programs, and achievement programs | Free | Various Parks/Rec Centers including Highland Park Community Center, Lincoln Park Community Center, and Sylvester Turner Park | 4-18 years |
| <u>19 Sports</u> | Flag Football, Soccer, Basketball, Multi Sport, Baseball, Volleyball, Tennis and Cheerleading. Feature to search by location is available. | Varies | Varies depending on program | All ages 3 years+ |

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| <u>Kings Bike n Hike Community</u> | Promoting biking and hiking and health workshops among youth | Free | Varies | 4-18 years |
| <u>SHAPE Community Center</u> | After School Enrichment Program (ASEP): Provides life skills, cultural enrichment, recreation, homework assistance, and academic activities for kids (Homework Enrichment; CAD/3D Printing; Life Skills; Robotics; Art Therapy; African Dance; Music; Creative Writing; Arts and Crafts; Field Trips; Basketball) . Nutritious snacks (fruits, juices, etc.) are provided daily. Twice-monthly parent sessions are held to build and strengthen our village. | | 3815 Live Oak St, Houston, TX 77004 | School-aged children 5-13 |
| <u>YMCA of Greater Houston</u> | Various after school activities including soccer, pickleball, and other sports | Varies | 1331 Augusta Dr, Houston, TX 77057 | All Ages |
| <u>Young Audiences Houston</u> | Art and education programs including dance, theater, culinary arts, and other creative arts | Varies (Schools/orgs can host programs for their students) | Varies depending on program | PK-12 |

Places to Go in Acres Homes



The locations listed below are spaces in or around Acres Homes that are accessible for the community to use for physical activity.

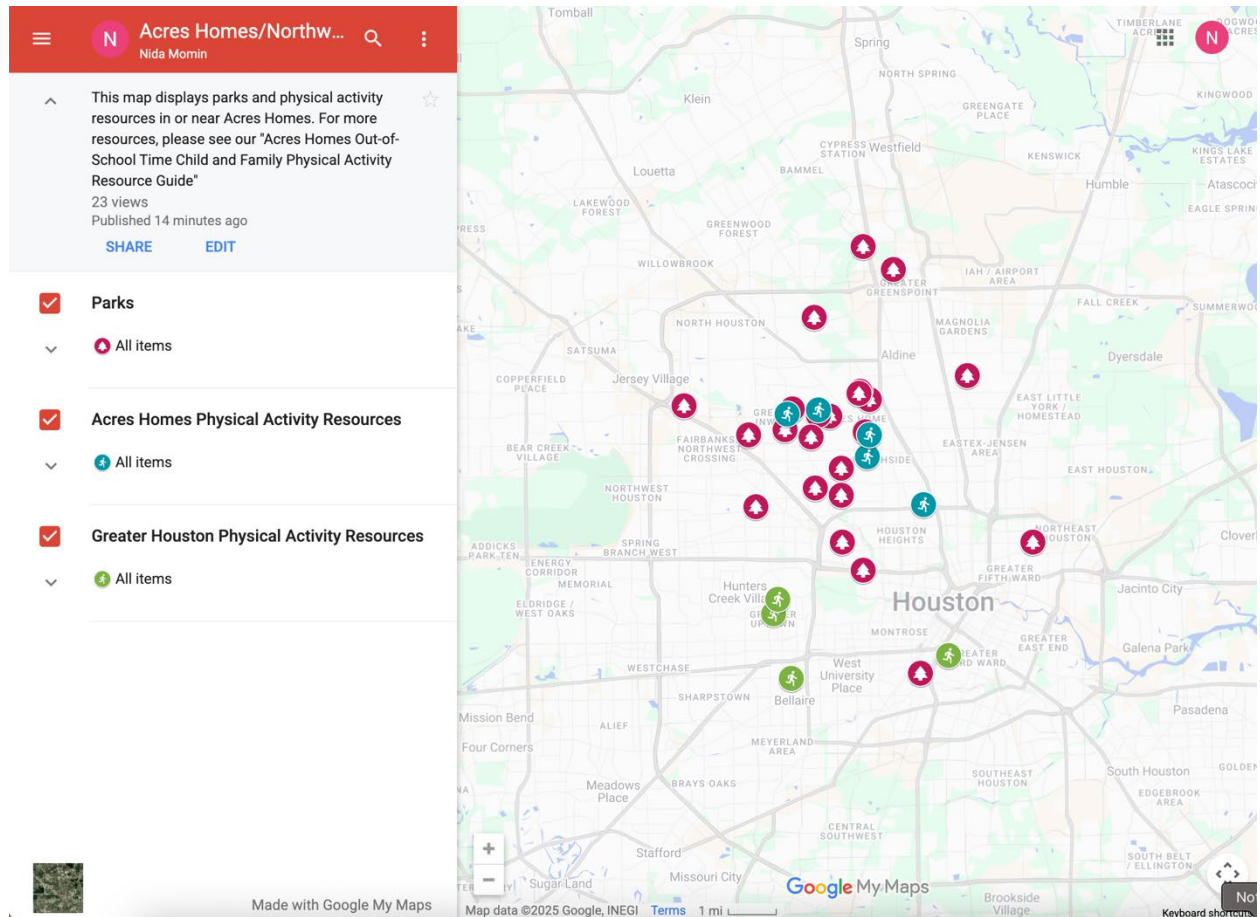
| Name | Amenities | Location | Hours |
|--|---|---|---|
| Acres Homes Multi-Service Center | <ul style="list-style-type: none"> • Fitness Classes • Rental Space • Seniors' Program • Farmers Market • Community Garden • Outdoor fitness equipment | 6719 W Montgomery Rd, Houston, TX 77091 | Mon-Fri: 8am-5pm Sat-Sun: Closed |
| Aron Ledet Park | <ul style="list-style-type: none"> • Playground • Sprayground (Water Fixtures) | 6323 Antoine Dr, Houston, TX 77091 | Mon-Sun (All Week): 7:30am-9pm |
| Bane Park | <ul style="list-style-type: none"> • Barbecue Grills • Picnic Pavilions • Picnic Tables • Fishing Lake • Gazebo • Playground • Rock Climbing Wall • Sand Volleyball Court • Ball Fields • Paved Trail | 9600 W Little York Rd, Houston, TX 77040 | Mon-Fri: 7am-10pm Sat-Sun: 8am-10pm |
| Candlelight Park and Community Center | <ul style="list-style-type: none"> • Playground • Basketball Court • Picnic Tables • Community Center | 1520 Candlelight Ln, Houston, TX 77018 | Mon-Fri: 12-8pm Sat: 10am-2pm Sun: Closed |
| Cole Creek Park | <ul style="list-style-type: none"> • Walking Trail • Tennis Courts • Playground • Picnic Tables and Grills | 7200 Drowsy Pine Dr, Houston, TX 77092 | Mon-Sun (All Week): 24 hours |
| Cottage Grove Park | <ul style="list-style-type: none"> • Basketball Court • Baseball Field • Playground • Picnic Tables | 2100 Arabelle St, Houston, TX 77007 | Mon-Sun (All Week): 24 hours |
| Delce (Catherine) Park | <ul style="list-style-type: none"> • Barbeque Pits • Soccer Mini-Pitch Court • Basketball Court | 5902 Collingsworth St, Houston, TX 77026 | N/A |
| Doss Park | <ul style="list-style-type: none"> • Softball Field • Tennis Courts • Batting Cages/Little League Team Practices • Walking Trail • Grills and Picnic Tables | 2500 Frick Rd, Houston, TX 77038 | Mon-Fri: 7am-10pm Sat-Sun: 9am-10pm |
| Dylan Park | <ul style="list-style-type: none"> • Wheelchair Accessible Playground • Mosaics/Art • Braille Signage • Shaded Picnic Tables | 12351 Kuykendahl Rd, Houston, TX 77090 | Sun-Mon, Wed-Fri: 10am-9pm Tues: Closed Sat: 8am-10pm |

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| Greenspoint Family YMCA | <ul style="list-style-type: none"> • Youth Exercise Programs • Swimming Pools • Basketball Courts • Adaptive programming based on membership | 500 Greens Rd, Houston, TX 77060 | Mon-Fri: 9am-6pm Sat-Sun: Closed |
| Harris Health Acres Homes Health Center | <ul style="list-style-type: none"> • Teaching Kitchen • Walking Trail | 818 Ringold St Houston, TX 77088 | <u>Health Center</u> : Mon-Fri: 8am-5pm <u>Walking Trail</u> : Mon-Fri: 7am-5pm |
| Hermann Park | <ul style="list-style-type: none"> • Golf Course • Picnic Areas • Playgrounds • Trails for Biking and Hiking • McGovern Centennial Gardens • Japanese Garden • Miller Outdoor Theatre | 1700 Hermann Dr, Houston, TX 77004 | Mon-Sun (All Week): 8:30am-5:30pm |
| Highland Park | <ul style="list-style-type: none"> • Meeting rooms • Community garden • Tennis • Basketball • Walking/jogging trail + walking group • Playground • Fitness Classes | 3316 De Soto St, Houston, TX 77091 | Mon-Fri: 8am-6pm Sat-Sun: Closed |
| Jaycee Park | <ul style="list-style-type: none"> • Swings • Playground • Jogging Trail • Tennis Court • Basketball Court • Baseball Field • Splashpad | 1300 Seamist Dr, Houston, TX 77008 | Mon-Sun (All Week): 7am-9pm |
| Keith-Weiss Park | <ul style="list-style-type: none"> • Ball Fields • Tennis Courts • Trails • Picnic Areas | 12300 Aldine Westfield Rd, Houston, TX 77093 | Mon-Sun (All Week): 6am-11pm |
| Lincoln Park | <ul style="list-style-type: none"> • Tennis • Baseball • Community Center • Playground • Walking/jogging trail • Pickle Ball • Meeting rooms and indoor recreation areas | 979 Grenshaw St, Houston, TX 77088 | Mon-Thurs: 8am-7pm Fri: 8am-6pm Sat-Sun: 8am-8pm |
| Lincoln Pool | <ul style="list-style-type: none"> • Aquatic Center | Lincoln Park, 1048 Grenshaw St, Houston, TX 77088 | Mon, Wed, Fri, Sun: Closed Tues, Thursday: 1-8pm Sat: 1-7pm |
| Oak Forest Park | <ul style="list-style-type: none"> • Picnic Tables • Park Benches • Shaded Areas • Bike Rack • Toddler Swing Set • Climbing Structure • Tennis Courts | 2100 Judiway St, Houston, TX 77018 | Mon-Sun (All Week): 9am-9:30pm |

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| Schwartz Park | <ul style="list-style-type: none"> • Playground Equipment • Basketball Court • Swimming Pool (only during summer months) • Tennis Courts | 8203 Vogue Ln, Houston, TX 77055 | Mon-Sun (All Week): 24 hours |
| Sylvester Turner Park | <ul style="list-style-type: none"> • Baseball • Community Center • Playground • Walking/jogging trail • Rock-climbing wall | 2800 W Little York Rd, Houston, TX 77091 | Mon-Sun (All Week): 6am-9pm |
| TC Jester Park | <ul style="list-style-type: none"> • Playground • Baseball Field • Dog Park • Disc Golf Course • Walking Trails • Public Pool | 4201 T C Jester Blvd, Houston, TX 77018 | Mon-Sun (All Week): 6:30am-10pm |
| Terrace-Brook Park | <ul style="list-style-type: none"> • Walking and Biking Trails | Address Not Provided | N/A |
| Vogel Creek Greenway | <ul style="list-style-type: none"> • Walking/jogging trail • Bicycle trail • Picnic areas • Playground | 7823 Streamside Dr., Houston, TX 77088 | N/A |
| Winzer (Carver) Park | <ul style="list-style-type: none"> • Tennis courts • Shaded outdoor exercise areas • Picnic areas • Walking trails • Playground • Splash-ground | 7300 Carver Rd, Houston, TX 77088 | Mon-Sun (All Week): 7am-8:30pm |

Acres Homes/Northwest Houston Parks and Physical Activity Resource Map

The map below displays parks and physical activity resources in or near Acres Homes.



Please note, physical activity resources with varying locations may not be charted on the map, but their websites are linked in the tables above.

To view an interactive version of the map, please visit:

<https://www.google.com/maps/d/u/0/edit?mid=1cDaJrtumCfYoWpOcWLj9SDQ1DuHFstk&usp=sharing>



Coalitions and Supports

The coalitions, collaboratives, and supports listed below aim to promote health and community initiatives in the Acres Homes and the Greater Houston Area.

| Name | Type | Purpose |
|---|---------------------------------|---|
| <u>Acres Homes Cancer Prevention Collaboration</u> | Collaborative | The Acres Homes Cancer Prevention Collaboration (Acres Homes CPC) is an MD Anderson-led initiative that aims to mitigate cancer risk and improve health in Acres Homes. |
| <u>Acres Homes Community Advocacy Group</u> | 501(c)(3) non-profit | The Acres Homes Community Advocacy Group focuses on health and wellness promotion in Acres Homes by providing the community with educational resources, activities, and strategies to reduce cancer risk. |
| <u>Be Well Acres Homes</u> | Community-based organization | Be Well™ Acres Homes is an initiative of MD Anderson in collaboration with various organizations in Houston. Be Well Acres Homes partners with community members to lead health promotion and wellness initiatives in Acres Homes. |
| <u>Child Care Council of Greater Houston Inc.</u> | Private non-profit 501(c)(3) | The Childcare Council aims to provide high-quality, affordable early care and educational programs to help children reach their full potential. They support families through strong partnerships, resources, and collaborations with public and private organizations |
| <u>Harris Transition Coalition</u> | | The Harris Transition Coalition aims to prevent abuse, neglect, criminal justice involvement, and homelessness among Texas youth by strengthening services and support for young people and their families. The Harris Transition Coalition primarily focuses on improving services for teens and young adults with mental health conditions in Houston. While their main initiatives include mental health, employment, education, and housing services. |
| <u>Houston Complete Communities-Acres Homes Community Action Plan</u> | 501(c)3 non-profit | Complete Communities works with ten historically under-resourced neighborhoods in the City of Houston to advance equity and opportunity amongst the community. They work to promote resilience and alleviate socioeconomic and environmental barriers. |
| <u>Texas Department of State Health Services: Texas Youth Action Network</u> | Coalition | The coalition for youth health focuses on Positive Youth Development (PYD) and Youth-Adult Partnerships (YAPs) to empower young people and support their growth into contributing adults. By promoting PYD and YAPs, the Texas Youth Action Network (TYAN) helps communities organize youth services, engage youth in meaningful ways, and build programs responsive to youth needs, ultimately fostering safer environments and new policies. |
| <u>The Big Cities Health Coalition</u> | Coalition | A coalition of 35 major health departments across the United States, serving over 61 million people, aims to promote a unified, actionable vision for transforming urban health. Houston is part of this coalition. |

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