

# Fitness & Recreation



**Harker Heights  
Parks & Recreation**  
*Creating Community*

\*Information subject to change\*

Enjoy the benefits of staying healthy and fit by enrolling in one or more of the Harker Heights' fitness and recreation classes.

## Tae Kwon Do - House of Discipline

Tuesdays & Thursdays

Beginner 5:30 pm – 6:15 pm

Advance 6:45 pm – 7:30 pm

\$40.00 Non-Resident – Monthly

\$35.00 Resident – Monthly

Ages 6 – Adult

Instructor Grand Master James McMurray

## Swordplay: Recreational Fencing

Thursdays

6 pm – 7 pm

\$50.00 Monthly

Ages 7 – Adult

Instructor Coach Jo Tye

## Get Outdoors (GO) Heights Program Series

Join us to learn a variety of outdoor skills!

Activities are open to all ages and skill levels. Visit the Parks & Rec website and click the link Outdoor Recreation under Quick Links for more information.

## Hapkido - House of Discipline

Tuesdays & Thursdays

8 pm – 8:45 pm

\$40.00 Non-Resident – Monthly

\$35.00 Resident – Monthly

Ages 17 – Adult

Instructor Grand Master James McMurray

## Beg. Mexican Folklorico Dance

Session 1: Aug. 19 – Sept. 16, 2024

Session 2: Sept. 23 – Oct. 21, 2024

Ages 9 – 13 6 pm – 7:15 pm

Ages 14 – Adult 7:30 pm – 8:45 pm

\$45.00 per person per session

Ages 10 – Adult

Instructor Ruby Novoa

## Life Skills & Mental Health Series

Choose from a variety of mental health and life skills classes. Topics, dates, and times vary. Visit the Parks & Rec Civic Rec website and click on

Fitness/Rec/Education Classes tab for a listing of current classes to register.

All Ages / Instructor Ailsa Jackson



## Instructors Wanted

Call 254.953.5657 or stop by the Recreation Center for information.

## Senior Recreation Program

Designed for ages 50 & up, the program offers activities and events that will provide services that empower the seniors to focus on what matters most: their goals, hopes, and dreams.

**Granny Basketball** – Mondays & Fridays, 12 pm – 1:45 pm

**Pinochle** – Mondays & Wednesdays, 12 pm – 3 pm

**Stretchercise** – Tuesdays & Thursdays, 9:30 am – 10:30 am

**Beginner Line Dancing** – Tuesdays, 10 am – 11 am

**Advance Beginner Line Dancing** – Tuesdays, 11 am – 12 pm

**Armchair Travelers** – Tuesdays, 11 am – 12:30 pm

**Ping Pong: Table Tennis** – Tuesdays, 2 pm – 4 pm

**Watercolor** – Wednesdays, 10 am – 12 pm (\$5 fee per class)

**Scrabble** – Wednesdays & Fridays, 10 am – 2 pm

**Bunco** – Wednesdays, 1 pm – 4 pm

**Active Seniors** – Thursdays, 11 am – 12:45 pm

**Canasta** – Thursdays, 1 pm – 4 pm

**Special Programs:** (dates and times varies)

**BINGO** – 3rd Thursday of the month, 1 pm – 2:30 pm

**Ladies Night Out** – 3rd Thursday of the month, 5 pm

**Lunch & Learn** – 3rd Friday of odd # months, 11:45 am – 1:30 pm

**Crafty Connection** – 4th Monday of even # months, 2 pm – 4 pm

**More to come!**

## Gardeners Education Series

Enjoy a series of gardening topics offered by presenters throughout the year. Visit the Parks & Rec Civic Rec website and click on Fitness/Rec/Education Classes tab for a listing of current classes to register.

## Online Registration - Civic Rec

<https://secure.rec1.com/TX/harker-heights-tx/catalog>

