

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

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

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!

Open Gym

Check in card required.

HH Residents: FREE

Non-Residents: Ages 3-17 \$3

Ages 18-49 \$5 / Ages 50+ \$3

Pickleball (All Ages)

Mondays & Fridays, 9 am - 11:30 am

Basketball (17 & Under)

Mondays, 2 pm - 4:30 pm

Basketball (16 & Up) Full Court

Tuesdays, 2 pm - 4:30 pm

Wheelchair Basketball

Wednesdays, 9 am - 11:30 am

Fridays, 2 pm - 4:30 pm

Volleyball (17 & Under)

Wednesdays, 2 pm - 4:30 pm

Volleyball (16 & Up)

Thursdays, 2 pm - 4:30 pm

Instructors Wanted

Call 254.953.5657 or stop by the Recreation Center for information.

Online Registration - Civic Rec

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

