




Fitness & Recreation

Enjoy the benefits of staying healthy and fit by enrolling in one or more of the Harker Heights' fitness and recreation classes. Visit www.harkerheights.gov/parksandrec, the Harker Heights Recreation Center (307 Miller's Crossing) or 254.953.5657.

<p>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</p>	<p>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</p>	<p>SWORDPLAY: RECREATIONAL FENCING Thursdays, 6 pm – 7 pm \$50.00 Monthly Ages 7 – Adult Instructor Coach Jo Tye</p>
<p>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.</p>	<p>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 with Joe Friddle – 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 (local restaurant) 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!</p>	
<p>GARDNERS 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.</p>		
<p>PICKLEBALL OPEN GYM Mondays, 9 am – 11:45 am Fridays, 9 am – 11:45 am Open Gym Fee applies. (Days & hours are subject to change.) Call 254.953.5657 for up-to-date info.</p>		
<p>BASKETBALL OPEN GYM (All Ages) June 10 – August 16, 2024 Mondays, 2 pm – 4:45 pm Wednesdays, 2 pm – 4:45 pm Open Gym Fee applies. (Days & hours are subject to change.) Call 254.953.5657 for up-to-date info.</p>	<p>VOLLEYBALL OPEN GYM (AGES 10 & UNDER) June 10 – August 16, 2024 Tuesdays, 2 pm – 4:45 pm Open Gym Fee applies. (Days & hours are subject to change.) Call 254.953.5657 for up-to-date info.</p>	<p>Scan for more information and to register.</p> 
<p>BASKETBALL OPEN GYM (Ages 15 & Under) June 10 – August 16, 2024 Wednesdays, 9 am – 12:45 pm Open Gym Fee applies. (Days & hours are subject to change.) Call 254.953.5657 for up-to-date info.</p>	<p>VOLLEYBALL OPEN GYM (AGES 11+) June 10 – August 16, 2024 Thursdays, 2 pm – 4:45 pm Open Gym Fee applies. (Days & hours are subject to change.) Call 254.953.5657 for up-to-date info.</p>	<p>WHEELCHAIR BASKETBALL OPEN GYM June 10 – August 16, 2024 Fridays, 2 pm – 4:45 pm (Days & hours are subject to change.) Call 254.953.5657 for up to date info.</p>