



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.</p> <p>Granny Basketball – Mondays & Fridays, 12 pm – 1:45 pm Pinocle – 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>	<div data-bbox="115 1171 526 1457" style="border: 1px solid black; padding: 10px; text-align: center;"> <p>We are looking for new classes and instructors. If interested, call 254-953-5657.</p> </div>	
<p>PICKLEBALL OPEN GYM Mondays & 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 style="text-align: center;">Scan for more information and to register.</p> <div data-bbox="1203 1520 1393 1705" style="text-align: right;"> </div>	
<p>BASKETBALL OPEN GYM Mondays - 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>12U OPEN GYM 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 Wednesdays, 9 am – 12:45 pm Fridays, 2 pm – 4:45 pm (Days & hours are subject to change.) Call 254.953.5657 for up to date info.</p>