

Fitness & Recreation

Information subject to change - Revised 8.6.2026



Harker Heights
Parks & Recreation
Creating Community

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

Fridays

6 pm - 7 pm

\$50.00 Monthly

Ages 7 - Adult

Instructor Coach Jo Tye

Get Outside (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

Dance - Mexican Folklorico

Parent Information Meeting:

Monday, August 10, 2026

6 pm

Strongly recommended to attend info meeting if planning to register.

Session:

Mondays, August 24 - October 5, 2026

5:45 pm - 7 pm Ages 7 - 12

7:05 pm - 8:25 pm Ages 13 - Adult

\$65.00 - per Session

Instructor Ms. Ruby

cnrctx@gmail.com

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, & Fridays, 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

Mahjong - Tuesdays, 1 pm - 4 pm

Ping Pong: Table Tennis - Tuesdays, 2 pm - 4 pm

Dive into Watercolor - Wednesdays, 10 am - 12 pm, \$10 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 - 4th Monday of odd # months, 11:45 am - 1:30 pm

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

Special Events - variety of events throughout the year

Open Gym

Pickleball, Volleyball, & Basketball

Check in card required.

HH Residents: FREE

Non-Residents Fee per visit:

Ages 3-17: \$3, Ages 18-49: \$5 Ages 50+: \$3

Meet at the gym for pick up games during the week. Visit the Parks & Rec website, under Facilities and click on Recreation Center. On the Recreation Center page click on the Open Gym Hours for an up-to-date schedule.

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>

Instructors Wanted

Call 254.953.5657 or stop by the Rec Center for info.



307 Miller's Crossing
Harker Heights, TX 76548



254.953.5657



www.harkerheights.gov/parksandrec



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