LOCATIONS & HOURS

Harker Heights Wellness Center
110 Mountain Lion Rd.
Harker Heights, TX 76548

FACILITY HOURS
M–F 5:00 A.M.–9:00 P.M.
SAT 7:00 A.M.–4:00 P.M.
SUN 1:00 P.M.–5:00 P.M.
*Pool closes 30 minutes prior to COB*

CHILD WATCH HOURS
M–F 8:00 A.M.–12:00 P.M. & 4:00 P.M.–8:00 P.M.
SAT 8:00 A.M.–12:00 P.M.
SUN CLOSED

OPEN GYM HOURS
M–F 2:00 P.M. – 5:00 P.M.
SAT 11:00 A.M. – 3:00 P.M.
SUN 2:00 P.M. – 4:00 P.M.

Copperas Cove Family Center
501 Clara Dr.
Copperas Cove, TX 76522

FACILITY HOURS
THIS LOCATION IS TEMPORARILY CLOSED

Harker Heights Program Center
100 E. Beeline Ln
Harker Heights, TX 76548

FACILITY OPEN AS PROGRAMMING OCCURS

CONTACT US
254–690–9622

HOLIDAY HOURS

Sunday, Apr 4... CLOSED (Easter)
Monday, May 31... CLOSED (Memorial Day)

Many of our programs are available for online registration via WebTrac! Look for an * next to qualifying programs!

Visit us online at tinyurl.com/asyMca-killeen-webtrac or scan the QR Code with your smartphone!

WE RESERVE THE RIGHT TO CHANGE ANY PROGRAM WITHIN THIS GUIDE AT ANY TIME.

Our Digital Program Guide is updated as changes are made to programs. Access our digital program guide here to get the most up-to-date information!

WE'RE HIRING!
The ASYMCA is currently hiring in multiple departments! Apply online! Scan the QR Code to view open positions. Or visit http://qrco.de/asymcajobs
NEW Benefit!

FREE FAMILY FRIDAYS (6 Months - 12 Years)
ONLY available with Family Memberships!
Registration required!
Every Friday | 4:00 P.M. – 8:00 P.M.

Could you use a few hours to yourself? Then check out Free Family Fridays at the Harker Heights Wellness Center. This new program, only available with a family membership, lets you drop the kiddos with us while you run errands, go out with friends, or just enjoy a few hours of quiet!

- Those with family memberships may use this program once a month, and only for the children registered under the membership.
- Parents/Guardians on the membership must be the individuals registering, dropping off, and picking up the children.
- Limited spots available, must register in advance and in person. Registration for Free Family Friday opens on the 15th of each month for the next calendar month.
- Family membership must be in good standing in order to use this program. Any outstanding balances on an account will need to be resolved before registering or dropping off.
- Drop off any time after 4:00 P.M. Child pick up is 8:00 P.M. sharp.
  - A late fee will be assessed at a rate of $1 per minute, per child after 8:00 P.M.
  - Non-transferrable

Meals will be available to purchase for the kids from our Healthy Cafe at $5 per child. Must purchase by noon on the Friday of registration. Parents/Guardians are always welcome to bring a bagged meal for their child.

CHILD WATCH
ONLY available with Family Memberships!
As a benefit for our family membership holders, our Harker Heights Wellness Center offers free Child Watch for up to 2 hours per day as you work out or relax in our facility. Children are welcome between the ages of 6 months and 12 years. Staff provide loving care for your little ones giving you peace of mind and giving children a safe, fun place to play.

PROGRAM MEMBER PRICING
Let your membership pay for itself!
Signing your little ones up for swimming lessons, cooking classes, youth sports, or more? Our members, on average, save 40% off of programming!
If you haven’t already signed up for an ASYMCA Killeen Family Membership there is no better time to join. Start saving today!
For more information call our membership representatives:
254-690-9622
YOUTH PROGRAMS

ASYMCA THEATRE (6-13 Years) *
This program will allow children to explore the world of theatre. Participants will learn about line memorization and improv!
Location: Wellness Center Teaching Kitchen – 110 Mountain Lion Rd., Harker Heights, TX 76548
Mondays 5 P.M. – 6 P.M.
Members $10 / Non-Members $15 Per Class

CREATIVE CANVAS (6-17 Years) *
In this program, children will be artistically inspired with step by step guidance from an instructor as they create their very own personalized themed painting.
Location: Wellness Center Teaching Kitchen
Select Wednesdays 6:15 P.M. - 7:15 P.M.
Members $10 / Non-Members $15 Per Class

TASTY TOT (3-5 Years) *
In this class, children will learn the importance of healthy eating and how to make fun healthy snacks.
Location: Wellness Center Teaching Kitchen
Tuesdays 10:00 A.M. - 10:45 A.M.
Members $10 / Non-Members $15 Per Class

YOUTH CHEF (6-17 Years) *
In this class, children will learn how to chop, slice, dice, sauté etc. with hands on assistance. They will also learn culinary vocabulary, how to conduct themselves in a kitchen and follow a variety of recipes.
Location: Wellness Center Teaching Kitchen
Tuesdays 11:00 A.M. - 12:00 P.M.
Tuesdays 6:15 P.M. - 7:15 P.M.
Members $10 / Non-Members $15 Per Class

PRE-K P.E. (3-5 Years) *
In this class, children will improve their strength, endurance, coordination, balance, and energy levels through fitness activities while learning their alphabet and numbers.
Location: Wellness Center Studio B
Mondays 9:15 A.M. - 10:00 A.M.
Members $5 / Non-Members $10 Per Class

Myth Busters (6-13 Years)*
In this program, children will have a blast using science to test the validity of various rumors and urban legends.
Location: Teaching Kitchen
Mondays 6:15 P.M. - 7:15 P.M.
Members $10 / Non-Members $15 Per Class

TUESDAY, MAR 13
9:30 A.M. - 11:30 A.M.
MONTHLY CHEF LUNCHEON (6-17 Years) *
Join us for a cultural tour! We will be making all the recipes of the month followed by a luncheon!
Location: Wellness Center Teaching Kitchen
Saturday, Mar 13 8:30 A.M. - 11:30 A.M.
Saturday, Apr 10 8:30 A.M. - 11:30 A.M.
Saturday, May 8 8:30 A.M. - 11:30 A.M.
Members $40 / Non-Members $60 Per Class
**JUNIOR TAEKWONDO (9-15 Years)**
During the fall months training will be focused more on traditional Taekwondo. Winter and spring will be focused on sport Taekwondo, ie. Kicking combinations, footwork, and conditioning. During the summer students will also work on boxing and Hapkido for self-defense.

**Location:** Wellness Center Meeting Room
- **Tuesdays** 4:00 P.M. - 5:00 P.M.
- **Tuesdays** 5:00 P.M. - 6:00 P.M.

**Members $15 /Non-Members $30 Per Month**
One Time $30 Registration Fee
Monthly Draft Payment Only

**HYPER (6-14) * **
The HYPE program (Homeschooled Youth Physical Education) is designed to help your child’s strength, increase endurance and energy, build self-esteem, improve coordination, encourage team building, and promote healthy habits. Facilitated by trained and certified Armed Services YMCA staff, students will participate in activities that include fitness, fundamental and sport-specific skills. Classes consist of instruction, warm-up, sports/games, cool-down, and stretching.

**Location:** Wellness Center Gymnasium
- **Wednesdays** 1:00 P.M. - 2:00 P.M.

**Members $10 /Non-Members $15 Per Class**

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**PEE WEE TAEKWONDO (5-8 Years) **
During the fall months training will be focused more on traditional Taekwondo. Winter and spring will be focused on sport Taekwondo, ie. Kicking combinations, footwork, and conditioning. During the summer students will also work on boxing and Hapkido for self-defense.

**Location:** Wellness Center Meeting Room
- **Tuesdays** 4:00 P.M. - 5:00 P.M.
- **Tuesdays** 5:00 P.M. - 6:00 P.M.

**Members $15 /Non-Members $30 Per Month**
One Time $30 Registration Fee
Monthly Draft Payment Only

**KIDS NIGHT OUT (6 Months-12 Years) * **
Need a well-deserved date night, have a party to attend, or want just a quiet, relaxing evening at home? Drop your kids off at the Wellness Center where we’ll have a movie, meal, organized games, activities, and more!

**Upcoming Dates:**
- Mar 6
- Mar 20
- Apr 3
- Apr 17
- May 1
- May 15
- May 29

$1 per minute per child late fee after 10:00 P.M.

**Members $15 /Non-Members $25 Per Child Per Night**

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**CO-ED INDOOR SOCCER (3-6 Years) - SUMMER**
Registration starts March 20 for Members and April 5 for Non-Members
Players will learn fundamentals and core concepts through various games and energy-burning activities. Your kiddo will build a foundation in sportsmanship and work on the all-important skills of following directions and listening to a coach.

**Location:** Wellness Center Gymnasium
- **Season will run May 24 - July 31, 2021**
- Practice/Games TBA.

**Members $35 /Non-Members $55 (season)**

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**CO-ED BASKETBALL (5-12 Years) - SUMMER**
Registration starts March 20 for Members and April 5 for Non-Members
From dribbling to lay-ups, to free throws, YMCA youth basketball teaches the fundamentals of basketball and provides kids with a positive basketball experience. Through regular practices and games, teammates gain a strong knowledge of basketball, from shooting, to passing, to blocking and more.

**Location:** Wellness Center Gymnasium
- **Season will run May 24 - July 31, 2021**
- Practice/Games TBA.

**Members $35 /Non-Members $55 (season)**

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**ALL ABOUT ME (18 mo-5 Years)**
Parents - could you use time on Fridays to run errands or just be by yourself? Then the All About Me Class is for you. This class will provide your preschooler a great opportunity to participate in crafts, games, story time and much more!

**Location:** Program Center - 100 E. Beeline Ln., Harker Heights, TX 76548
- **Wednesdays & Fridays** 9:00 A.M. - 1:00 P.M.

**Members $15 /Non-Members $25 Per Class**

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**CO-ED BASKETBALL (5-17 Years) - SUMMER**
Registration starts March 20 for Members and April 5 for Non-Members

**Location:** Wellness Center Meeting Room
- **Tuesdays** 5:00 P.M. - 6:00 P.M.

**Members $15 /Non-Members $30 Per Month**
One Time $30 Registration Fee
Monthly Draft Payment Only

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  - Apr 3
  - Apr 17
  - May 1
  - May 15
  - May 29

$1 per minute per child late fee after 10:00 P.M.

**Members $15 /Non-Members $25 Per Child Per Night**
CHILD CARE PROGRAMS

SPRING BREAK CAMP (K-5TH GRADES)
Spring Break Holiday Camp is available at the following locations: Bellaire, Cove Camp, Mountain View, Peebles, Timber Ridge, and Chisholm. Participants MUST bring meals that do not require heating.

Spring Break:  
March 15 - 19 | 7:00 A.M. - 6:00 P.M.  
Members $85/Non-Members $95 Per Child  
$40 Registration Fee for children not currently enrolled in our Before & After School Child Care Program for the 2020-2021 School Year  
To register please fill out our registration packet and visit us at our Harker Heights Wellness Center.

www.asymca.org/killeen-holidaycamps

BEFORE & AFTER SCHOOL CARE 2021-2022 REGISTRATION (K-5TH GRADES)
Registration starts May 1
Our Before & After School Care program provides you the opportunity to work with the peace of mind knowing that your child is being cared for in a safe, nurturing and structured environment. Before & After School Care will be available at select school sites. Payments must be prepaid. Limited spots available: Killeen ISD, Copperas Cove ISD, Belton ISD.
To register please fill out our registration packet and visit us at our Harker Heights Wellness Center.
www.asymca.org/killeen-schoolcare

SUMMER CAMP REGISTRATION (K-5TH GRADES)
Registration starts March 20
At the Armed Services YMCA, we offer a variety of fun, challenging, and enriching programs for your children, from all-day camps to half-day specialty camps. Each week the children enrolled in our day camps will enjoy theme-based activities from a diverse and enriching curriculum.
To register please fill out our registration packet and visit us at our Harker Heights Wellness Center.
www.asymca.org/killeen-summercamp
CHILDREN’S WAITING ROOM (6 Months–12 Years)
Children’s Waiting Room provides two hours of free childcare for military parents to attend scheduled medical appointments. This program, free in the greater Fort Hood area to all recipients of TRICARE, responds to a critical need, supporting military families’ access to health care. Military base child care centers are typically at full capacity or have limited, or no drop-in capability. Children’s Waiting Room centers allow parents to attend scheduled appointments without the need to find someone to watch their children.

Appointments MUST BE SCHEDULED IN ADVANCE.
CALL: 254-458-1015
Locations:
ASYMCA Harker Heights Program Center
100 E. Beeline Lane
ASYMCA Copperas Cove Family Center
501 Clara Drive
Carl R. Darnall Army Medical Center
360635 Santa Fe Ave
Fort Hood, TX

Monday - Friday 0745 – 1500
FREE for TRICARE recipients

OPERATION KID COMFORT (0-17 Years)
The Armed Services YMCA of Killeen strives to make deployments as easy as possible on military families. Upon request, we provide every child, age 6 and under, with an original quilt made from photos submitted by his or her parent. For children age 7 and older, a standard-size, custom pillow case is made. Each keepsake is hand-made by a volunteer and donated with love and good wishes for the recipient child.

Apply online: www.asymca.org/killeen-okc

Free - requests must be submitted by an active duty, guard, or reserve service member with current orders to deploy, or by one of their immediate family members.

OPERATION HOLIDAY JOY
Armed Services YMCA’s Holiday Joy Program supports active duty military families during the holiday season. This program provides toys for Christmas and baskets of food for Thanksgiving and Christmas for the family with an emphasis on serving the junior enlisted.

Thanksgiving and Christmas Holidays

OPERATION LITTLE LEARNERS (18 mos–5 yrs)
This FREE parent-child interactive class is available for Active-Duty military personnel and their children ages 18 mos - 5 years. Activities include: learning centers, circle time, arts & crafts, storytime, music, snacks, and more!
Those wishing to participate MUST register. Register in person at any of our locations.

Location: ASYMCA Harker Heights Program Center – 100 E. Beeline Ln., Harker Heights, TX 76548

Thursday: 9:00 - 10:00 A.M. (18 mos - 2 yrs)
10:15 - 11:15 A.M. (2 - 3 yrs)
11:30 - 12:30 P.M. (4 - 5 yrs)
FREE for Active Duty Military Families
FITNESS PROGRAMS

STRONGER (14+)
Participants learn proper lifting technique for main strength-building lifts & follow an 8 week program that will get participants stronger! Also learn basic nutritional recommendations for increasing muscle mass, as well as receive workouts for off days. Finally achieve the physical gains you’ve always wanted. May pay 1/2 upfront, then remaining balance at 4 week mark.
Location: Wellness Center
$99 Members / $149 Non-Members

FITNESS CLASSES

Our fitness classes are included with your membership!
To discover days and times for our fitness classes check out
www.asymca.org/killeen-fitnessschedule
or visit through the QR code here!

AQUA

WATER AEROBICS (18+)
A shallow water, medium intensity workout, using water and equipment for resistance to strengthen muscles and increase endurance.

TABATA WATER (18+)
Utilize the 4 min. High Intensity Interval Training protocol of TABATA in the water. Get your heart pumping and calories burning while benefiting from low impact in the pool.

TWINGES IN THE HINGES (18+)
Designed to improve range of motion, flexibility, and muscular strength. Low impact and low intensity. Takes place in the heated therapy pool. Registration is required. Participants may register for one class a week due to limited class size.

LAND

BOOTCAMP (18+)
Utilizing primarily body weight exercises, this class challenges your cardiovascular and muscular stamina. All exercises can be modified to fit all ages and fitness levels.

SPIN (18+)
Get a great sweat in with 60 minutes of fun and hard work on the bike. Utilizing various pedal speeds and intensity levels, this class will provide participants with a great cardio-respiratory workout.

CHAIR YOGA (18+)
This gentle yoga practice consists of using a chair for seated poses, as well as a balance point for standing poses. Perfect for anyone who has balance issues or are not comfortable with getting onto & up off the floor.

YOGA (18+)
An all levels class incorporating yoga postures, breath connected with motion, and a focused mind to improve balance & flexibility. Tone the body, tune the mind, and dampen your stress response. Learn calmness, focus energy, and regain inner peace. Bring mat.

ZUMBA (18+)
Grooving to beats of salsa, flamenco, and merengue music feels more like a dance party than a workout. This Latin-inspired dance workout is one of the most popular group exercise classes in the world. You don’t need to be a great dancer to feel welcome.

STRONG BY ZUMBA (18+)
STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

TRX (18+)
A new category of exercise for all fitness levels that leverages one’s own bodyweight and gravity using the TRX to develop strength, balance, core stability, and flexibility simultaneously.

STEP (18+)
Need a calorie busting, total body workout that will have you pouring sweat? Then come join this party, with a fresh mix of music and fun moves. You’ll never experience a class like this!
**GROUP EXERCISE**

**SENIOR SCHEDULE**

**FITNESS CLASSES**

**Twinges in the Hinges**
Designed to improve range of motion, flexibility, and muscular strength. Low impact and low intensity. Takes place in the heated therapy pool.

**Silver Sneaker Classic**
Geared toward increasing strength and range of motion in daily exercises. Hand-held weights, stretch bands, and balls are used in seated and standing exercises with a chair for support.

**WEEKLY SCHEDULE**

**MONDAYS**
Twinges in the Hinges
8:00am–9:00am
Registration Required.

**TUESDAYS**
Silver Sneaker Classic
1:00pm–2:00pm

**WEDNESDAYS**
Twinges in the Hinges
8:00am–9:00am
Registration Required.

**THURSDAYS**
Silver Sneaker Classic
10:30am–11:30am

**FRIDAYS**
Twinges in the Hinges
8:00am–9:00am
Registration Required.
**AQUATICS PROGRAMS**

Our pools are included with your membership!
To discover days and times for our open swim and lap swim check out www.asymca.org/killeen-aquaticsschedule or visit through the QR code here!

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**NEW**

**DIVE-IN MOVIE (ALL AGES) ***

Bring the whole family for an evening of swimming and a movie! A giant screen will be set up on the pool deck. Every movie will be family-friendly. Only Coast Guard approved floatation devices allowed.

**Location:** Wellness Center – Lap Pool

Dates and Movies TBA

Adult (18+) $5 / Child $2 (Children 2 yrs and under FREE)

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**SWIM LESSONS – SPRING SESSIONS (6 Mo+)**

*Summer Registration Opens March 20*

Each session is made up of eight 30-minute lessons. Classes run Monday/Wednesday, Tuesday/Thursday, or Saturday Only. All skill levels!

**Location:** Wellness Center – Lap/Therapy Pool

See our current session schedule at asymca.org/killeen-swimlessonschedule or scan the QR code!

**Members $35 / Non-Members $75 Per Session**

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**PHANTOM PHINS (5-14 Years)**

Refine your child’s swimming skills and increase his or her physical fitness in the water. Our swim team prep will prepare your child for competitive swim team.

**Location:** Wellness Center – Lap Pool

- Group A: Saturdays | 11:00 A.M. - 12:00 P.M.
- Group B: Saturdays | 12:00 P.M. - 1:00 P.M.

Tryouts are held 15 minutes before practice starts.

**Members $45 / Non-Members $85 Per Session**

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**PRIVATE SWIM LESSONS (3+)**

Struggling to master a skill? Have special needs? The ASYMCA Killeen offers one-on-one swim lessons with our Water Safety Instructors! Each 30-minute lesson is catered around your schedule for you or your child’s specific needs and goals. Private swim lessons are available to all ages over 3!

**Lesson Package Selection** *(The more you purchase the more you save - up to 20% off!)*

<table>
<thead>
<tr>
<th>Class</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Class</td>
<td>$40</td>
<td>$50</td>
</tr>
<tr>
<td>5 Classes</td>
<td>$180</td>
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<td>$425</td>
</tr>
<tr>
<td>15 Classes</td>
<td>$480</td>
<td>$600</td>
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</tbody>
</table>

- Fill out a Private Lesson Information form at the Wellness Center Front Desk
- We will reach out to you with an instructor based on your availability.
- On your first day, fill out a Private Lesson Registration form and pay at the Front Desk.
- Children below Level 4 swimming skills are required to have a parent in the water to assist.

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**Location:** Wellness Center – Lap Pool

Dates and Movies TBA

Adult (18+) $5 / Child $2 (Children 2 yrs and under FREE)

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Bring the whole family for an evening of swimming and a movie! A giant screen will be set up on the pool deck. Every movie will be family-friendly. Only Coast Guard approved floatation devices allowed.

**Location:** Wellness Center – Lap Pool

Dates and Movies TBA

Adult (18+) $5 / Child $2 (Children 2 yrs and under FREE)
CERTIFICATIONS

ADULT & PEDIATRIC FIRST AID/CPR/AED CERTIFICATION (15+ Years) *
This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants. This is a blended learning course including an online portion and an instructor-led classroom skill session. Limited spots available in each class.

Third Wednesday of every month
6:00 P.M. - 8:00 P.M.

Location: Wellness Center Teaching Kitchen
Members $75 / Non-Members $90 Per Class

BABYSITTER CERTIFICATION (11+ Years) *
Students will learn how to provide care for infants and children; how to stay safe; what to do in an emergency; how to choose age-appropriate activities; and how to recognize and handle a variety of behaviors. Upon completion of the course, students will be Red Cross CPR certified and will also learn the financial basics of starting a babysitting business.

Select Saturdays
8:30 A.M. - 3:30 P.M.

Location: Wellness Center Teaching Kitchen
Members $90 / Non-Members $110 Per Class

LIFEGUARD CERTIFICATION COURSE (15+)
The purpose of the American Red Cross Life-guarding course is to provide entry-level lifeguard participants with knowledge and skills to prevent, recognize and respond to aquatics emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over. Participants must attend all four days. This blended learning course includes 20 hours of pool/classroom time and 7 hours of online time. Please allow yourself time to complete all online work before the first day of class.

Course Prerequisite
- 300 Swim
- 2-Minute Tread
- Retrieve 10 lb. brick and tow 25 yards

Location: Wellness Center Pool/Teaching Kitchen
$150 Members / $175 Non-Members

WATER SAFETY INSTRUCTOR CERTIFICATION COURSE (16+)
The purpose of the American Red Cross Water Safety Instructor Certification Course is to train instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety Program. These programs include Parent and Child Aquatics, Learn-to-Swim, Adult Swim, Private Lessons, Water Safety Courses, and Water Safety Presentations. Participants must attend all session days. This blended learning course includes 24 hours of pool/classroom time and 6 hours of online time. Please allow yourself time to complete all online Pre-Course Sessions before the first day of class.

Course Prerequisite
- Demonstrate the ability to perform all competitive and resting strokes, tread water, and float on back in deep water.

Location: Wellness Center Pool/Teaching Kitchen
$225 Members / $250 Non-Members
5K The 2nd Annual ASYMCA and USAA

April 24, 2021 | Race starts at 8:00 A.M.

Join us for the 2nd Annual ASYMCA and USAA 5K! For ALL ages!

Set your goals and race to the finish line! The race starts and finishes in the Wellness Center parking lot. This race will be officially chipped and timed. An awards ceremony will follow the conclusion of the 5k. This event will follow all state, local, and CDC guidelines. Fun for the whole family! Race shirt included!

- **Event Location:**
  Armed Services YMCA Wellness Center
  110 Mountaion Lion Rd, Harker Heights, TX 76548

- **Fee:**
  $25 Pre-Registration (Closes on April 23, 2021)
  $30 Race Day Registration

- **Registration:**
  In-person at ASYMCA facility
  Online at runsignup.com/asymca5k
  Race day morning from 6:30 A.M. to 7:30 A.M. at the facility
  Register by April 9 to guarantee a race shirt!

This event will offer a Virtual 5K option. Please contact us for details.

This race is sponsored by:

[Images of logos: Cen-Tex Race Series, Carlson Law Firm, and USAA]

PLEASE CONTACT JUSTIN DINMAN FOR MORE INFORMATION
jingman@asymca.org | 254.690.9622