Art started his golf career in 1948 at the Bellevue Golf Club after serving in the Korean War under one of the finest golf professionals in the golf business, Phil Friel. He worked at the Bellevue Golf Club for two years and followed Phil to Nashua Country Club. Art worked at Nashua CC for only one year before a major back injury forced him to discontinue working in the golf business and required a significant operation. Following a successful surgery Art returned to golf and joined Friel once again at Nashua Country Club. After three years he was hired as the Head Golf Professional at Meadow Brook Golf Club. In 1954 Art was courted and hired at Mount Pleasant Country Club in Boylston, MA where he remained until his retirement in 1994.

Art served the New England PGA on the Section Board of Directors and many committees for several years and was instrumental in the hiring of the NEPGA's first Executive Director, George Wemyss, to help run the organization.

Art was an accomplished player, winning the NEPGA Assistant Professional Championship in 1953 and 1954 as well as the Pro-Assistant Championship with Phil Friel in 1953. He also won the Pro Assistant Championship 10 years later with Jim O'Leary in 1963. Art's greatest playing accomplishment came in 1965 when he won the NEPGA Section Championship at Indian Ridge Country Club. Art was also honored to represent the New England PGA in four National PGA Championships.

Art made eight holes-in-one throughout his career and shot a course-record 7-under par 29 for nine holes during the first round of the Maine Open at Riverside Golf Course in 1956. As the long time host professional of the New England PGA Pro-Pro Stroke Play Championship, the Section named the championship trophy in his honor and it will forever be the Art Harris Trophy.

Art became a PGA Member on April 14, 1954, and throughout his career he was very appreciative of his many assistants and extremely proud that 17 of them went on to become Head Professionals under his tutelage.

Art married his wife Marilyn DeLouis in 1954 and together had three children, Robert, Richard and Janet.