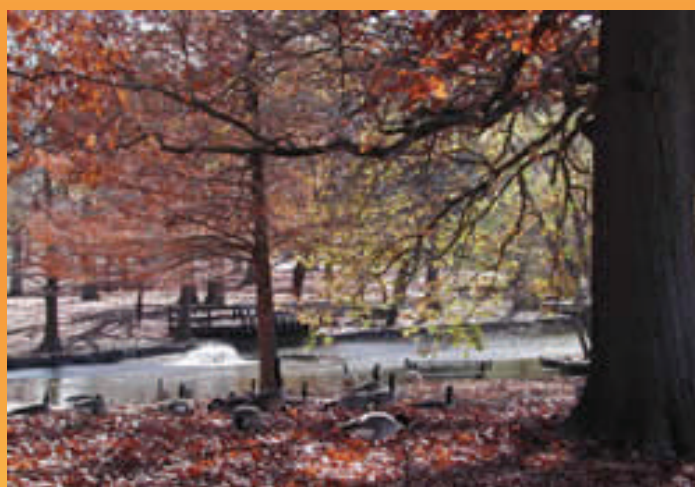


Owen Park

Recreation & Community Center
Fall/Winter 2009 Program Catalog
September - December



560 North Maybelle Avenue
Tulsa, Oklahoma 74127

(918) 596-1485
(918) 596-1488 Facsimile

www.tulsaparks.org

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OP General Information

Facility Hours:

Monday.....8:30 to-8:00p.m.
Tuesday.....8:30-to-9p.m.
Wednesday.....8:30 to-5p.m.
Thursday.....8:30 to-9p.m.
Friday..... .8:30-to 5p.m.
Saturday.....9 to 2p.m.
Sunday..... .CLOSED

Building closed for Holidays & Furloughs:

September 4 - 7, 2009
Monday, October 12, 2009
Wednesday, November 11, 2009
November 25 - 28, 2009
December 24 - 26, 2009
December 30 - January 3, 2010

**Owen Park building hours are subject to change without notice. If you have any questions, please call 596-1485.*

Staff:

Park & Facility Manager.....[Vickie](#)
Recreation Coordinators.....[Harold & Meg](#)
Resource Manager.....[Lucy](#)

Open gym: Hours vary, call ahead for availability. New gym schedule will be posted weekly. Free.

Rentals: All rooms and gymnasium are available for rent. Days and times are subject to availability and staff resources. Please make requests for rentals at least 2 weeks in advance. A deposit is required at the time the rental is reserved. Deposit does not cover time over your rental. You WILL be charged at the time of your overage for any extra time you incur.

Call Owen, 596-1485, for inside rentals.

To reserve outside shelters or patio call 596-PARK, or tulsaparks@cityoftulsa.org

- Most Programs require minimum enrollment and have limited space available. Please pre-enroll in all classes.

YOUTH SPORTS

Youth Basketball, Soccer, Flag Football, and more will be offered this fall and winter 2009. For more information, contact Sue Price (Youth Sports Coordinator, Tulsa Parks) at 596-2527, or sprice@cityoftulsa.org

Education/Misc. Life Skills

CPR (82901.204)

This life-saving skill may be one of the most important things you ever learn. Fee: \$10.00

Dates: Wednesdays September 9, October 7, or November 4, 2009

Ages: 9yrs & Older

Instructor: Henry, Vickie

Owen Mp Room E

9:00am-2:00pm

FIRST AID (83901.204)

Basic First Aid skills that everyone should know will be presented, from dealing with sprains, broken bones to severe cuts, and more. Fee: \$10.00

Dates: Fridays September 25, October 30, or November 13, 2009

Ages: 9yrs & Older

Instructor: Henry, Vickie

Owen Mp Room

9:00am-2:00pm

WOMEN'S SELF DEFENSE (84901.204)

Learn life-saving self defense techniques with martial arts instructor Rodney Thompson. We encourage you to come and bring a loved one! Time will be from 10-5 p.m., 1 hour lunch break. \$10, space is limited so please pre-register at 596-1485.

Date: Saturday, September 26, 2009

Ages: 12yrs & Older

Thompson, Rodney

Owen Gym

10:00am-5:00pm

"THE HOLISTIC COMMUNITY SERIES"

Dreaming and Visualization (84911.204)

What are dreams? What do they really mean? Terrance Bellows will reveal the answers to these questions as well as how you can use the wisdom of your inner awareness on a daily basis, to cure your disease, find your lost wallet, or create a new mouse trap and watch as the world beats a path to your door.

Fee: \$10.00

Nov 30 2009

Ages: 18yrs & Older

Instructor: Terrance Bellows

Owen Mp Room E

6:00pm-7:00pm

Enlightenment, Movement & Music (84915.204)

An experiential workshop exploring how to have a greater depth in life. Topics explored: what "enlightenment" means, purposeful movement, experiencing subtle energies, what music is the language of and key to, and the relationship of our thoughts and feelings. Participants will be invited to move their body and walk away with a new way of seeing and experiencing the world around them.

Fee: \$10.00

Saturday, November 14, 2009

Ages: 18yrs & Older

Instructor: Byron Parrino

Owen Craft Room

11:00am-12:00pm

The Personality of Your Choosing (84910.204)

Everyone wants to know how to understand themselves and get along with others better. Knowing who you are is priceless. Terrance Bellows gives valuable insight into the wisdom that created you. This enlightening lecture will be an enjoyable gift of how to move forward with the universal, deep, heartfelt desire to get along through understanding how we choose to be who and what we are and how we can relate to one another.

Fee: \$10.00

Sep 14 2009 or Dec 14 2009

Ages: 18yrs & Older

Instructor: Terrance Bellows

Owen Mp Room E

6:00pm-7:00pm

Education/Misc. Life Skills Continued...

"THE HOLISTIC COMMUNITY SERIES"

Harnessing Beauty- Secrets Revealed (84914.204)

A lecture like no other, Greater beauty and attractiveness really are in reach of anyone . Universal secrets to becoming beautiful and maintaining attractiveness will be disclosed simply and thoroughly. Useful resources and tools will be mentioned as well.

Fee: \$10.00

Date: Saturday, October 10, 2009

Ages: 18yrs & Older

Instructor: Byron Parrino

Owen Craft Room

11:00am-12:00pm

How I Cured My "Yeah But" Disease (4913.204)

Self improvement is a continual and fulfilling process. Join Mastery of Consciousness teacher, Byron Parrino as he shares a simple and profound step we can all take and benefit from. Participants are encouraged to bring pen and paper for this interactive workshop that will change their lives.

Fee: \$10.00

Saturday, September 26, 2009

Ages: 18yrs & Older

Instructor: Byron Parrino

Owen Craft Room

11:00am-12:00pm

What Doctors and Patients Need to Know (84912.204)

Anita Gebard shares "uncommon knowledge" from a powerful tool that improved her life and is available to anyone. Discover a new way to view your health.; physically, mentally, emotionally and spiritually. Are you up for the challenge to find how your mental thoughts can improve your health permanently?

Fee: \$10.00

Sep 22 2009 or Nov 17 2009

Ages: 18yrs & Older

Instructor: Anita Gebard

Owen Mp Room E

6:00pm-7:00pm

Performing Arts - Dance

Dance- Hip Hop (50301.204)

Looking for a fun and vigorous dance class? Are you 12 years or older? Then this Hip Hop class is just for you. Learn use of movement, gesture, and body language in a variety of styles including popping, locking, tutting, breaking, and more! \$10 per month, pre-registration required.

Fee: \$10.00 per month

Thursdays, Sep 10 2009 - Dec 17 2009

Ages: 12yrs & Up

Instructor: TBA

Owen Mp Room

7:00pm-8:00pm

Dance-Creative Movement (71000.204)

A positive and fun first movement experience for boys and girls! This class instills a love of movement and music via the creative imagination. \$10 per month.

Fee: \$10.00

Saturdays, Sep 12 2009 - Dec 19 2009

Ages: 3yrs to 3yrs 11mths

Instructor: Sherron Underwood

Owen Mp Room E

9:30am-10:00pm

Performing Arts - Dance Continued...

Dance-Tap & Ballet (71201.204)

For ages 4-8 years. Tap & ballet for boys and girls. The syllabus instills performing arts appreciation, introduces and reinforces the concepts of the sense of self and group cohesion, leadership and concentration. \$10 per month.

Fee: \$10.00

Dates: Saturdays, Sep 12 2009 - Dec 19 2009

Ages: 4yrs to 8yrs 11mths

Instructor: Sherron Underwood

Owen Mp Room
10:00am-10:45am

Stepping 101 (75906.204)

In this fun and energetic class, students will not only learn the precision and synchronicity of "stepping" but also the history behind it and why organizations such as African-American fraternities and sororities continue it today! Please pre-register for this class taught by instructor Harold Lee. \$5 per 4 weeks. 5:30-6:30 pm.

Fee: \$5.00

Dates: Mondays, Sep 14 2009 - Dec 21 2009

Ages: 12yrs to 30yrs

Instructor: Harold Lee

Owen Mp Room
5:30pm-6:30pm

Fitness/ Sports - Exercise

After School Fitness (56801.204)

This fitness program combines heart pumping cardio and strength training to create a fun and beneficial work out that is perfect for school administrators and faculty, as well as mom's and dad's! Only \$10 per 8 classes, or \$2 drop in.

Fee: \$10.00

Dates: Tuesdays and Thursdays, Sep 08 2009 - Dec 17 2009

Ages: 18yrs & Older

Instructor: Vickie Henry

Owen Weight Room
3:30pm-4:30pm

Beginning Yoga (50575.204)

A typical hatha yoga practice consists of a sequence of asanas, or physical poses, designed to exercise all parts of the body in the course of the practice. The asanas incorporate three basic types of movement: forward bends, backward bends, and twists. Wonderful for the regaining of strength and flexibility, as well as creating a clear stream of conscientiousness. \$10 per month. Pre-registration is required.

Fee: \$10.00

Date: Saturdays, Sep 12 2009 - Dec 19 2009

Ages: 18yrs & Older

Instructor: TBA

Owen Mp Room
9:30-10:30 a.m.

Boys Physical Training (51201.304)

Ages 5-11. Saturday mornings from 10:45-11:30 a.m. Great class for the young male athlete: incorporating exercises such as push-ups, sit-ups, and gentle yoga stretching to increase lateral movement for any and all sports. \$10 per month.

Fee: \$10.00

Date: Saturdays, Sep 12 2009 - Dec 19 2009

Ages: 5yrs to 11yrs 11mths

Instructor: Sherron Underwood

Owen Mp Room
10:45am-11:30am

Fitness/ Sports - Exercise Continued...

Downtown Tulsa Adventure Walk (52301.204)

Discover Downtown in a way you never have before! Led by leaders in Tulsa Walking Club and Owen Park Staff, this tour will begin at 6th & Main and continue through the streets of Tulsa explaining it's beautiful Art Deco history and so much more in wonderful detail for your whole family to enjoy. Grab some coffee and get ready to hit the beautiful streets of Tulsa! Pre-registration is required.

Fee: FREE

Date: Saturday, September 26, 2009

Ages: All Ages

Staff, Park

Starts at 9 a.m.

Historical Homes Walking Tour (52302.204)

Discover the beautiful and historic homes and neighborhoods of Tulsa in a way you never have before! Led by Owen Park Staff, this tour will meet at Owen Park and caravan to one of Tulsa's most historic neighborhoods explaining the homes and their histories in wonderful detail for your whole family to enjoy. Bring the whole family, even the dog! Pre-registration is required.

Fee: FREE

Date: Saturday, October 24, 2009

Ages: All Ages

Staff, Park

Starts at 9 a.m.

Owen Fitness Room (51901.204)

Owen's fitness room is open everyday during regular business hours. Exercise machines include a stair-stepper, recumbent bike, treadmills and an elliptical machine. We also have stability, BOSU & medicine balls, along with hand weights. \$10 per four weeks unlimited use or \$1drop-in fee. All children must be accompanied by an adult, at least 18 years of age.

Fee: \$11.00

Date: M-F, Sep 01 2009 - Dec 29, 2009

Ages: 16yrs & Older

Owen Weight Room

Times Vary, call for facility hours.

Walk This Way (52901.204)

The Owen gym provides a quiet, temperature controlled place to walk, rain or shine. Open during all business hours, except for special events. No fee.

Dates: M-F, Sep 01 2009 - Dec 29 2009

Ages: 9yrs & Older

Owen Gym Side B

09:00am-08:00pm

Zumba (50910.204)

Zumba is a fusion of Latin & intermediate music/dance themes that create a dynamic, exciting and effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is based on the principle that a workout should be fun and easy to do.

Fee: \$10.00

Dates: Tuesdays and Thursdays, Sep 08 2009 - Dec 22 2009

Ages: 16yrs & Older

Instructor: Elizabeth Pardinias

Owen Mp Room

5:45pm-6:45pm

Tae Kwon Do (43901.204)

Ongoing. From beginners to seasoned belt holders, this class provides strengthening in the fundamentals as well as new skills, while providing aerobic exercise. \$10 per month.

Fee: \$10

Date: Mondays, Sep 14 2009 - Dec 14 2009

Ages: 7yrs & Older

Instructor: Jason McAdams

Owen Gym

6:30pm-8:00pm

Fitness/Sports - League / Team Sports

Basketball League - Men (56501.204)

Adult Men's Basketball League. 8 game season with post season tournament for top 4 teams. Awards will be given out for 1st & 2nd place teams at the end of the season. Registration deadline is August 28. Registration fee is \$80, plus a deposit of \$40 is due to Owen Park. Teams will also be responsible for paying the mandatory fee of \$20 to the referees each game.

Fee: \$80.00

Season: Thursdays, Sep 17 2009 - December 22, 2009

Ages: 18yrs & Older

Coordinator: Meg Webb

Owen Gym

6:00pm-9:00pm

Teen League Basketball (56401.204)

Teens...here's your opportunity to participate in a great 5 on 5, full court league. Games will be played on Tuesday nights at Owen Park. This 6 game season will begin on September 15th. The cost is \$80 per team. This fee will take care of your registration and referee fees for the regular season. Contact Harold Lee 596-1485 for more info.

Fee: \$20.00

Season: Tuesdays, Sep 15 2009 - Oct 27 2009

Ages: 13yrs to 17yrs 11mths

Coordinator: Harold Lee

Owen Gym

6:00pm-9:00pm

Lunch Time League (40964.204)

Come out to Owen Park and get a great work-out during your lunch break. Grab some co-workers and play some 5-on-5 full court basketball. FREE! Sep 01 2009 - Dec 31 2009

Fee: FREE

Dates: M-F, September 7- December 29, 2009

Ages: 21yrs to 99yrs

Owen Gym Side A

11:00am-2:00pm

Senior

Chair Steppers (51978.204)

Have a seat and get some exercise. This class is perfect for the 50 and better crowd who need to regain strength and to stay flexible. \$10 per month or \$2 drop-in fee.

Fee: \$10.00

Date: Mondays and Thursdays, Sep 14 2009 - Dec 31 2009

Ages: 50yrs & Older

Instructor: Vickie Henry

Owen Mp Room E

5:00pm-5:40pm

Social

Bikes, Balls & You (92001.204)

This open gym time for preschoolers is a great way to socialize with other kids. Bring a riding toy. 50 cents per child per visit.

Fee: \$0.50

Date: Tuesdays, Sep 15 2009 - Dec 31 2009

Ages: 1yrs to 5yrs 11mths

Owen Gym

9:30am-11:00am

Day Camps

Parents Holiday Drop & Shop (36201.204)

Parents, bring your children to Owen Park this holiday season for a day full of planned activities, allowing yourself that extra time to finish your holiday shopping! The same park that provides your family unbeatable Summer Day Camp service has a wonderful staff providing games, crafts, and more for your children while you have a chance to pick up those last minute gifts! Space for this half day camp is limited and requires pre-registration.

Fee: \$5.00

Saturday, December 19, 2009

Ages: 6yrs to 11yrs

Owen Gym

10:00am-02:00pm

S.O.S-School's Out Sessions (12201.204)

School is out, and Owen Park Community Center is open for fun! Arts & crafts, sports & recreation, and indoor & outdoor games will be played throughout the day. Bring your own sack lunch. October 15th. 7:30am-5:30pm. \$10 per child. Space is limited so pre-register early!

Fee: \$10.00

Thursday, October 15, 2009

Ages: 6yrs to 11yrs 11mths

Owen Open Space

7:30am-5:30pm

S.O.S-School's Out Session (12202.204)

School is out, and Owen Park Community Center is open for fun! Arts & crafts, sports & recreation, and indoor & outdoor games will be played throughout the day. Bring your own sack lunch. October 16th. 7:30am-5:30pm. \$10 per child. Space is limited so pre-register early!

Fee: \$10.00

Friday, October 16, 2009

Ages: 6yrs to 11yrs 11mths

Owen Open Space

7:30am-5:30pm

Special Events

Mother & Son Dance (91901.204)

Mothers...here's a wonderful opportunity for you and your son to share in a fun & special night! If mom is not available...grandmother, aunt, older sister or even a family friend can be an escort. Enjoy arts & crafts, cookies, punch and of course...dancing! October 23rd.

6:30-8pm. \$5 per couple.

Fee: \$5.00

Friday, October 23, 2009

Ages: All ages

Owen Mp Room

6:30pm-8:00pm F

Super Star Story Time (12204.204)

Come and be read classic American stories by stars from local TV, Radio, Sports, and Government throughout the Spring with this fun new series at Owen Park! Free, children ages 5-11. Space is very limited so please call 596-1485 for guest reader information and to pre-register today!

Fee: FREE

Tuesday, October 20, 2009

Ages: 5yrs to 11yrs

Owen Mp Room E

3:30pm-4:15pm

Super Star Story Time (12205.204)

Come and be read classic American stories by stars from local TV, Radio, Sports, and Government throughout the Spring with this fun new series at Owen Park! Free, children ages 5-11. Space is very limited so please call 596-1485 for guest reader information and to pre-register today!

Fee: FREE

Tuesday, November 17, 2009

Ages: 5yrs to 11yrs

Owen Mp Room E

3:30pm-4:15pm Tu

Visual Arts

Fuse Beads Craft (28203.204)

Create little works of art using Fused Beads.

Fee: \$2.00

Date: Tuesday, September 15, 2009

Ages: 5yrs to 11yrs

Owen Craft Room

3:30pm-4:30pm

Magic Leaves Scratch (28202.204)

Scratch patterns to create a colorful piece of art.

Fee: \$2.00

Date: Thursday, September 24, 2009

Ages: 5yrs to 11yrs

Owen Craft Room

3:30pm-4:30pm

Youth

Basic Tumbling-Gymnastics (41101.204)

Kids will have fun learning tumbling skills even if they have never tumbled before! Emphasis will be on developing coordination, flexibility and self-confidence. \$10 per month.

Fee: \$10.00

Date: Wednesdays, September 9– December 16, 2009

Ages: 3-4 years

Instructor: Meg Webb

Owen Mp Room

9:45am-10:30am

Social - Birthday Parties

Gym Time Birthday Party (90212.204)

Come have your child's next birthday party at Owen Park. We have a great "Gym Time Party" theme that involves playing different games, sports & activities led by one of our instructors. Your child and their friends will have an exciting and energetic time! Call and speak to Owen Park Staff to schedule your party today!

Fee: \$60.00

Ages: 5yrs to 12yrs

Owen Gym

Hip Hop Birthday Party (90210.204)

Get all your friends together and celebrate your special day with a fun Hip Hop Dance lesson! Have a birthday party that you'll never forget! Call and speak to Owen Park Staff to schedule your party today!

Fee: \$60.00

Ages: 10yrs & Older

Owen Mp Room

Tap & Ballet Birthday Party (90211.204)

Looking for a great birthday party theme...try out our Tap & Ballet Birthday Party! We'll have our dance instructor teach some Tap & Ballet dance moves, which is sure to make the party fun and exciting.

Fee: \$60.00

Ages: 4yrs to 8yrs

Instructor: Underwood, Sherron

Owen Mp Room

Holiday

Halloween- Pumpkin Weave (05201.204)

Weave a colorful paper pumpkin for Halloween decorations.

Fee: \$2.00

Monday, October 5, 2009

Ages: 5yrs to 11yrs

Owen Craft Room

6:30pm-7:30pm

Halloween- Dragon Mask (05204.204)

Create your very own dragon mask.

Fee: \$2.00

Thursday, October 8, 2009

Ages: 5yrs to 11yrs

Owen Craft Room

6:30pm-7:30pm

Halloween- Eatable Spider Art (05203.204)

Create a piece of art that will be hard to resist eating.

Fee: \$2.00

Tuesday, October 13, 2009

Ages: 5yrs to 11yrs

Owen Craft Room

6:00pm-7:00pm

Halloween- Magic Color Scratch Mask (05202.204)

Scratch colorful patterns on a Halloween mask.

Fee: \$2.00

Monday, October 26, 2009

Ages: 5yrs to 11yrs

Owen Craft Room

6:30pm-7:30pm

Halloween- Pumpkin Bash (05301.204)

Toss your pumpkin, watch it explode--and win prizes for the biggest mess! No fee, but requires pre-enrollment. Pumpkins will be provided.

Thursday, October 9, 2009

Ages: 5yrs to 11yrs

Owen Open Space

4:30pm-5:30pm

Thanksgiving- Eatable Turkey Art (06201.204)

Create art that is good enough to eat.

Fee: \$2.00

Thursday, November 5, 2009

Ages: 5yrs to 11yrs

Owen Craft Room

6:30pm-7:30pm

Christmas- Christmas Puzzles (07203.204)

Create a holiday puzzle with your favorite holiday scene.

Fee: \$2.00

Tuesday, December 1, 2009

Ages: 5yrs to 11yrs

Owen Craft Room

6:30pm-7:30pm

Christmas- Gingerbread House (07201.204)

Build your very own Gingerbread house for the holidays.

Fee: \$2.00

Thursday, December 3, 2009

Ages: 5yrs to 11yrs

Owen Craft Room

6:00pm-7:00pm M

Christmas- Santa Paws Pictures (07282.204)

Bring your pup and get your picture taken with the big man himself-Santa! Pictures are \$3.00.

Fee: \$3.00

Tuesday, December 8, 2009

Ages: 1yrs to 99yrs

Owen Mp Room

6:00pm-7:30pm

Christmas- Charm Bracelet (07204.204)

Create a festive bracelet for the holiday season.

Fee: \$2.00

Thursday, December 10, 2009

Ages: 5yrs to 11yrs

Owen Craft Room

6:00pm-7:00pm

Christmas- Candy Cane Hunt (07401.204)

Fresh air fun for the whole family! Decorate your own sack, hunt in the park, win prizes, enjoy hot cocoa. Ages 10 yrs and under join the hunt. Parents and grandparents welcome. FREE!

Saturday, December 12, 2009

Ages: 3yrs to 10yrs

Owen Gym

1:00pm-2:00pm

Christmas- Pictures with Santa (07902.204)

Time once again to get your picture taken with the jolly old fat man! Ages 10 and under, come on down! \$2 per picture.

Fee: \$2.00

Saturday, December 12, 2009

Ages: 1yrs to 10yrs

Owen Gym

2:00pm-2:30pm

**REGISTRATION FORM
OWEN PARK COMMUNITY CENTER
WINTER 2009 PROGRAMS**

Name: _____ Guardian/Parent: _____

Address: _____

City _____ State _____ Zip Code _____ Phone: _____

Email: _____

Class or Classes: _____ Code: _____ \$ _____

_____ Code: _____ \$ _____

_____ Code: _____ \$ _____

_____ Code: _____ \$ _____

Form of Payment: (make checks and money orders payable to City of Tulsa)

Cash _____ total Money Order _____ total Check _____ total

Print this page and mail this registration & form of payment to:

Owen Park Community Center
560 North Maybelle Avenue
Tulsa, Oklahoma 74127

You may also register online at www.tulsaparks.org or at Owen Park Community Center in person. Credit or Debit cards may be used to pay for classes online or at Owen Park.



TULSA PARKS

Owen Park Community Center

560 North Maybelle Avenue

Tulsa, Oklahoma 74127