

FALL FUN GUIDE 2009



About Lacy Park

Lacy Park, located at 2134 N. Madison Pl. has many leisure activities for people of all ages. Check out our latest Fun Guide of activities offered often for only a small fee.

Lacy Park has time slots available to offer new classes. If you have a class that you are qualified to teach or have an idea of one to offer, please contact the center staff at 596-1470.

Advisory Council: Lacy Park has an advisory council made up of volunteers, which meets once each month. These members assist the Tulsa Parks Department staff to provide the best recreation services

to the citizens of Tulsa and surrounding community.

The council meets on the second Tuesday of each month at 6:30 pm during the months of September through May. New members are always welcome. If you are interested in joining the Lacy Park Council, please contact the center staff at 596-1470.



Volume 1, Issue 1

Fall 2009: September, October, November and December

Special points of interest:

- *Ballet for all ages*
- *Hip Hop, beginning and competition teams*
- *Break Dance, Beginning and Intermediate*
- *Tumbling*
- *African Drum & Dance*
- *Adult Exercise*
- *Special Evens*
- *Much more—check it out!*

BUILDING HOURS:

Monday-Thursday: 7 am-8:30 pm

Friday: 7 am—6 pm

Saturday: 9 am—1 pm

Closed Sunday, Holidays and City Furlough Days

Inside this issue:

<i>Youth Activities</i>	2
<i>Adult Activities</i>	3
<i>Special Events</i>	3
<i>Fitness Facility</i>	4

YOUTH ACTIVITIES

***Hip Hop:** All ages will learn this exciting dance. Students will learn technique, pop lock-N, choreography, break dancing, and hip hop routines. \$5 per month. Tue., 6:30-7:30 pm ages 6 & up.

***Home School Hip Hop:** Beginning classes for 6-11 year olds. Kids will learn basic choreography to positive lyric songs. Fast paced. \$5 per month. Monday's, 10:30-11:30 am.

***Competitive Hip Hop Teams:** These are hand picked competition teams. Students must be at the advanced level. \$5 per month. Thurs., from 4:30-5:30 pm for older kids and Thurs., 5:30-6:15 pm for younger kids.

***Lyrical Dance:** Expressive, creative movement dance. Age 10—adult. \$5 per month. Mon., from 4:00-5:00 pm.

***Jazz:** This class, for ages 8-adult, will learn leaps & turns, illusions, double pirouettes, etc. \$5 per month. Tue, 4:30-5:30 pm.

***Ballet:** Beginning Ballet classes for ages 8 to 17. \$5 per month. Tue., 5:30-6:30 pm.



***Baby Ballet:** These 2 –6 year olds will learn basic ballet moves & turns. \$5 per month. Monday's, 9:00-9:45 am for 2 & 3 year olds; Monday's, 9:45-10:30 am for 4 & 5 year olds; Thursday's, 3:45-4:30 pm for 4-6 year olds.

***African Drum & Dance:** Come learn and know the power of exciting drumming with master drummer, dancer & teacher Maury Jenkins. Learn authentic rhythms from Mali, Congo, Nigeria & other African countries with someone who has traveled the world. All ages are welcomed! Classes start Thurs., Sept. 24 from 6:30-8:30 pm. \$5/month.

MORE YOUTH ACTIVITIES

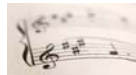
***Break Dance, Beginning:** Students will learn basic foundation steps, but will also learn philosophy behind the dance. Ages 11 & over. Students under 11 need instructor approval. \$5 per month. Call for day and time.

***Break Dance, Intermediate:** Built upon the foundation is the personal creative style. With personal creative style the instructor's role will be more of a coach than a teacher. Ages 11 & over. Instructor approval is required for this class. \$5 per month. Thurs., 5:30-6:30 pm.

***Beg. Tumbling:** Students ages 6-12 will learn the basics of floor gymnastics & tumbling \$5 per month. Mon., 6:00-7:00 pm.

***Adv. Tumbling:** For ages 7 and over. Students need to know how to do cartwheels and round offs. \$5 per month. Mon., from 5:00-6:00 pm.

Piano or Voice: Beginning piano or voice lessons for ages 6—adult. Four 30 minute private lessons for \$40. Mon., 3:30-7:00 or Thurs., 3:00-7:00 pm.



Lacy Jammers: Ages 7-17 will learn various dance routines and perform and travel to many area events. Uniform fee. Mon. & Thurs., 5:30-7:00 pm.

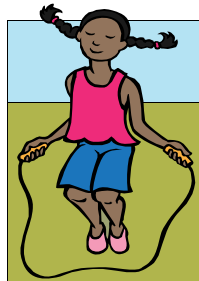
Tennis Lessons: Ages 5-17 will learn the basic fundamentals of the sport. Free. Fri., 4-5 pm and Sat. 9-10 am.

Hand Painting Class: Ages 2-10 will have fun finding their creative style! Age 2-5 must have a parent present. Minimum of 5 to start. Free. Mon. 5:00-5:45 pm.



YOUTH ACTIVITIES, CONTINUED...

Jump Rope Program: Jump rope not only keeps you fit, it improves your coordination & rhythm; teaches good sportsmanship and makes you feel good about yourself! Jumping rope can improve motor skills and is good for the heart. This class is designed for ages 5-adult. Minimum of 5 needed to begin. Free. Mon., 6:00-7:00 pm.



Jump Rope Program

***Private Competition Dance Class:** This is a class designed for those dancers who need to train on a one on one basis with the instructor for competition. This can be for solos, duets, etc. Days and times vary depending on what has been arranged with the instructor. \$5/month.

Please Note: *The children's classes have an additional \$2 charge per program period to pay for National Background Checks on our instructors and volunteers. The classes with the additional charge have an asterisk next to the class title.*

ADULT ACTIVITIES



Aerobics & Line Dance: This free class will welcome people from all walks of life regardless of shape, size or ability. Aerobics on Tuesday and Wednesday; Line Dance on Thursday. Time: 6:15-7:15 pm.

30 Minute Workout: Come in on your lunch break and work every major part of your body. Private or group. \$2.00/class. Tue.-Fri.: Call for time.

Stretching Only: Join other adults for some good long stretching to easy listening music! \$1/class. Great to do on your lunch break! Wednesdays, 12:00-12:30 pm.

Walk & Talk: Enjoy a sociable conversation while exercising your body! Free. Mon., Wed., & Fri., 8:00-10:30 am.

Piano or Voice: Beginning lessons for the adult who never had the opportunity to take lessons! Private 30 minute lessons. Four 30 minute lessons for \$40. Mon.-3:30-7:00 or Thurs., 3:00-7 pm.

Older & Bolder Dance Group: This energetic team practices the latest and oldest dance moves and performs at local events. Ages 55 and over. Free. Sat., 11:00-1:00 pm .

Senior Citizen Connection: Enjoy a game of cards or dominoes and make new friends! Ages 50 and over. Free. Thurs. & Fri, 10 am—4 pm

Over 40 Basketball: The older crowd can fellowship as well as play basketball. Free. Thurs., 9:00-10:30 am.

Dance Aerobics: This is a dance aerobics class put on by the Older & Bolder Dance Group. Instructor will also cover nutrition tips. Ages 30 and over. Tue. & Thursday's from 11:00-12:30 pm. Free!

Adult Beginning Ballet: This class is designed for those who want to learn basic beginning ballet. \$5/month. Tuesday's from 7:30-8:30 pm.

***African Drum & Dance:** Come learn and know the power of exciting drumming with master drummer, dancer & teacher Maury Jenkins. Learn authentic rhythms from Mali, Congo, Nigeria & other African countries with someone who has traveled the world. All ages are welcomed! Classes start Thurs., Sept. 24 from 6:30-8:30 pm. \$5/month.

SPECIAL EVENTS

Community Garage Sale: Lacy will have another quarterly garage sale on Sat., Oct. 3 from 8 am to 1 pm. Booth space is available to rent for only \$10. Deadline for booth rental is Sept. 30. If we have enough booths rented at this time we will continue to rent space until it they are all rented. Booth set up is on Fri., Oct. 2 from Noon to 7:00 pm.

Swap & Shop: Lacy Park is accepting donations of unwanted and outgrown *clean* clothes, toys, *working* household appliances and any other dis-cards. These items will be on display in which the public will be invited to pick out any items they want at no cost beginning Wednesday, October 7 during building hours. All donated items must be delivered to Lacy by Oct. 6. Any leftover items will be donated to a local charity.

Homeschool Halloween T-Shirt Painting: Decorate your very own shirt for Halloween. Bring your own t-shirt to paint. Ages 6-11. Need 5 pre-enrolled & pre-paid by Sept. 14. \$3. Wed., Oct. 7 from 4:15-5:15 pm.

Flashlight Candy Scramble: Kids ages 12 and under will have fun hunting for wrapped candy in the dark. Prizes. Bring a flashlight and container for your goodies! Bring a canned good donation for a local food pantry. Thursday, Oct. 29, 7:30 pm.

MORE SPECIAL EVENTS

Fall Carnival: Children will enjoy our second annual Fall Carnival. Inexpensive games, prizes and loads of fun! Day and time to be announced.

Homeschool Christmas Ceramics: Children ages 6-11 will paint one pre-fired ceramic piece. Please pre-enroll by Nov. 13. \$4.00. Thursday, December 3 from 10:30 am—Noon.

Letter from Santa: Children will be thrilled when they receive a personalized letter from Ole Saint Nick! Parent needs to complete an information sheet on each child. \$2/letter. Between Nov. 23-Dec. 11.

Kwanzaa Program: Come experience your heritage and culture in motion in Lacy's second annual Kwanzaa program. Day and time to be announced.

Children's Holiday Party: Children ages 12 and under are invited out for a fun time with Santa, games and refreshments. All children will receive a goodie bag. Numbers are limited, so please pre-register by December 10. Please bring a canned food donation for a local food bank. Thurs., December 17 from 6:00-7:30 pm.



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Lacy Park Lacy Park



“The U.S. Department of Interior strictly prohibits discrimination on the basis of race, color, national origin, age, sex or handicap in its federally funded programs and activities. If anyone believes he or she has been discriminated against in any program, activity or facility, he or she may file a complaint alleging discrimination with our department of the Office for Equal Opportunity, U.S. Department of Interior, Washington, D.C. 20240.”

**We're on the web:
www.tulsaparks.org**

FITNESS FACILITY



The **weight room** is open during Lacy build-
ing hours. You must be
16 years of age or over
to use the facility.
Drop-In fee is \$1.00 for
ages 16-54 and 50¢ for
ages 55 and over.

Weight Room Memberships

Money saving memberships are
available that provide unlimited use.

The membership periods are:

January 1—March 31

April 1—June 30

July 1—September 30

October 1—December 31

Membership Fees:

\$20 (Ages 16-54)

Ladies Private Weight Training

Keep your body lean and
fit with this healthy and
fun class. Get one-on-one
training and work the ar-
eas of your body that need
it the most. \$2.00 per 30
minute lesson.