



**WHITESIDE RECREATION CENTER
4009 S. PITTSBURG AVE.
TULSA, OK 74135**

FALL 2019



WHITESIDE RECREATION CENTER



TULSA PARKS

WWW.TULSAPARKS.ORG

GENERAL INFORMATION

BUILDING HOURS:

Monday—Thursday 8:30 a.m.-*9 p.m.
Friday 8:30 a.m.-6 p.m.
Saturday 9:00 a.m.-1 p.m.
Sunday Closed

* For the safety of our employees the building will close after the last scheduled activity in the evening.

BUILDING CLOSED

Monday, September 2	Labor Day
Monday, November 11	Veterans Day
Thursday, November 28	Thanksgiving
Friday, November 29	Thanksgiving

WHITESIDE STAFF

Park Manager	Grace Hasler
	ghasler@cityoftulsa.org
Recreation Coordinator	Sarah Gund
	sgund@cityoftulsa.org
Recreation Coordinator	Luke McCollom
	lmccollom@cityoftulsa.org
Custodian	Clarese Hunter

CLASS ENROLLMENTS

Please make a point to pre-enroll in any classes that you are interested in taking. Classes not meeting minimum enrollment requirement prior to the start date, will be cancelled. **Enroll online at www.tulsaparks.org or in person at Whiteside!**

NON-RESIDENT FEE (NRF)

A 25% additional fee will be assessed for non-residents of the City of Tulsa in all rental fees and activity fees.

OPEN GYM

Hours vary. Call for availability. Free.



TULSA PARKS

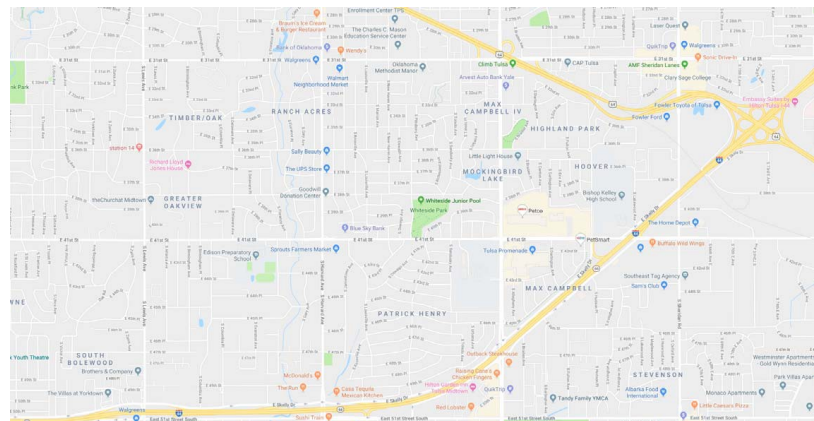
ID CARDS

Persons over the age of 10 must obtain a FREE Tulsa Parks ID card to participate in activities at the community center. Please make the front desk your first stop!

OUTDOOR WORKOUT STATION: Check out our work-out station in the park. Please use with caution and obey safety rules. Workout station is designed for people over the age of 14. years.

THINGS TO KNOW

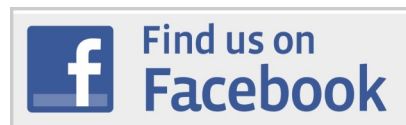
LOCATION: We are located just north of 41st street on Pittsburg Ave. Our physical address is 4009 S. Pittsburg



Contact Information:

Center: 918-596-1525

Shelter Rentals: 918-596-7275



Get updates about events, classes, closings and more at our FB page **Whiteside Park**

INCLEMENT WEATHER POLICY: *If roads are slick and hazardous please check with us at 918-596-1525 or on our Facebook page for cancellations or early closing. Some of our instructors will cancel if TPS cancels.*



NEW IDEAS: Have you got a new idea for a class or special event? Do you have talent you want to share with others by facilitating a class? Shoot us an e-mail or give us a call!

PICKLEBALL



PICKLEBALL LESSONS: You've heard of it, everyone's playing it....so come on out and learn the game at Whiteside! We would love to see more people get to love this game.

Lessons will be held on Tuesdays, September 3-24 at 6 p.m.

The first 30 minutes will be instruction followed by 30 minutes of open play. Limited enrollment.

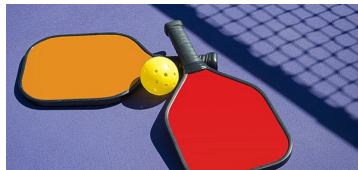
Fees: Residents: \$30 Non-residents: \$37 Sign up online or at Whiteside!



PICKLEBALL LEAGUE: Adults ages 30 and over can join our adult Pickleball League.

Beginners & Advanced will play at Whiteside. Round Robin league structure. Cost is:
Resident: \$20 per player
Non-resident: \$25 Play begins Tuesday, October 1 For more information contact

lmccollom@cityoftulsa.org



OPEN PICKLE BALL: A great game for fun, socialization and exercise! Open 50+ play Mondays, Wednesdays and Fridays from 1:30-4 p.m.

Open co-ed play Tuesdays 11:30 a.m.-4 p.m.

Open co-ed play Thursdays 11:30 a.m.-8 p.m.

Open co-ed play every other Saturday from 9 a.m.-1 p.m. **

*Ask to be put on our Pickle Ball e-mail list for monthly calendars, schedule updates, etc.

ACTIVITIES 4 ACTIVE ADULTS



ZUMBA is a fusion of Latin and International music/dance themes that create a dynamic, exciting, effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Teachers are FREE! Just show your school I.D. Ongoing. Wednesdays 6 p.m. \$32/8 classes. Please pay instructor. www.letszumbanow.com

MORNING ZUMBA w/ SARAH: Join us on Mondays and Fridays at 9:30 a.m. Classes will begin September 30. Residents: \$30/8 classes or \$5 drop in fee. Non-residents: \$37/ 8 classes or \$6 drop in fee.

YOGA- Fundamentals of Yin Yoga: This style of practice opens the joints and increases flexibility; a slow, quiet, deliberate session. Beginners welcome. Starts September 11. Wednesdays @11 a.m. \$30/month Non-residents \$37
Session 1: September 11- October 2
Session 2: October 9-30
Session 3: November 6-27

TAI CHI: Join us for this self-paced system of gentle physical exercise and stretching. Classes meet Thursdays 2:30 p.m. Residents: \$25/8 classes or \$5 drop-in fee. Non-Residents: \$30/8 classes or \$6 drop in fee. ONGOING! Our students love it!

OVER 40 BASKETBALL: Open basketball for the over 40 age group only. Showers available. Meets 11:30 a.m.-1:30 p.m. Mondays, Wednesdays and Fridays.



ADULT RECREATIONAL VOLLEYBALL LEAGUE:

Ages 16 & up. Coed Leagues. Games played Monday evenings. Sign ups begin in August. \$80/team plus \$16 refundable CASH deposit

**Does not include \$8 per game official fee. *Don't have a team? Call and get placed on our free agent list. We will try to form a team with names from that list. Games begin September 23. Deadline to register is September 16.*

TENNIS: See the Tennis page!

PICKLEBALL: See the Pickleball page!

SPECIAL EVENT

Itty Bitty Triathlon

**BIKE/RUN/WATER FUN!
KIDS AGES 3-5**



Saturday, September 7

10 a.m. @ Whiteside

**Registration Deadline:
August 16**

**Entry Fee : \$15
(includes t-shirt, award
and snacks)**



**Register online or at Whiteside
[www. tulsaparks.org](http://www.tulsaparks.org)**

**For more information contact:
Luke McCollom 918-596-1525
lmccollom@cityoftulsa.org**

**Bikes, helmets, proper shoes
and swimwear required.**



BIRTHDAY PARTIES

MESSY ART/LIL SCIENTIST BIRTHDAY PARTY: (AGES 3-6)
Kids enjoy messy art projects or fun experiments, parents enjoy not cleaning up the mess! Includes an hour of art and an hour for cake and gifts. Parents are responsible for refreshments, table/room decorations. By appointment only.
Saturdays, 10 a.m.; Residents: \$135
Non-residents \$168 for up to 10 kids



BIKES & BALLS BIRTHDAY: (AGES 2-6)
Guests *bring* their riding toys and we will set up slides, kid-sized basketball hoops, and more to play to their hearts delight! Saturdays 10 a.m.
Residents: \$130 Non-residents: \$162

BUILD IT PARTY: (AGES 3-6) If your child and his/her friends likes to build with blocks, building bricks, boxes and more....we've got the birthday party for them! An hour with some building fun (instructor led) and an hour in a party room for cake and gifts. Parents are responsible for refreshments, table and room decorations. By appointment only. Saturdays 10 a.m.-noon. Residents\$130 for up to 10 kids.
Non residents:\$162

GYMNASTICS PARTIES: (AGES 4-11 years) Kids enjoy an hour with a gymnastic coach and an hour in the party room. All parents must sign a waiver before children can participate. Limited to 10 children. Residents: \$130.
Non-residents: \$162 Saturdays 10 a.m.by appointment.



NINJA PARTIES: (AGES 4-8 years) Your little ninja's can start their Ninja training at Whiteside! All parents must sign a waiver before children can participate. Limited to 10 children. Residents: \$130. Non-residents: \$162 Saturdays 10 a.m.by appointment

Just want a room to rent for your party? Check out our rental options!

ADULT INTERESTS



PORTRAIT PAINTERS:
For experienced adult artists who want to paint portraits with a live model. Must furnish own supplies. Participants split the cost of the model. Meets Tuesdays at 11 a.m. Ongoing. Check us out on Facebook! [Whiteside Portrait Artists](#)

DUPLICATE BRIDGE:
Sanctioned game by certified director awarding master points. Mondays 9:45 a.m.-2 p.m. For info/reservations call 747-6979.

UNITED HEALTH CARE OPEN ENROLLMENT: Need advice on Open Enrollment for Medicare? A great place to get the answers you need.

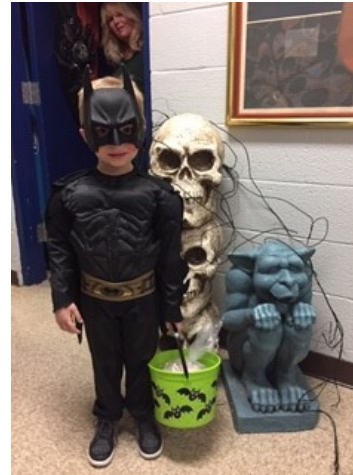
Wednesday, October 30 10-11 a.m.
Wednesday, November 13 10-11 a.m.
Wednesday, November 27 10-11 a.m.
Wednesday, December 4 10-11 a.m.



HOLISTIC BIRTH & BABY EVENT: Parents, families and parents to be, join us for this fun, FREE event and learn from naturally-minded vendors, hear expert speakers and attend mini-workshops designed with you in mind! Vendors and topics will include attachment parenting principles, baby led weaning, "baby wearing", doulas, empowered birthing and lots more! The first 50 attendees receive a swag bag filled with goodies for new parents! Visit www.tulsabirthevent.com for a full list of vendors and to see the schedule of speakers and workshops. Saturday, September 21 from 11 a.m.-4 p.m.

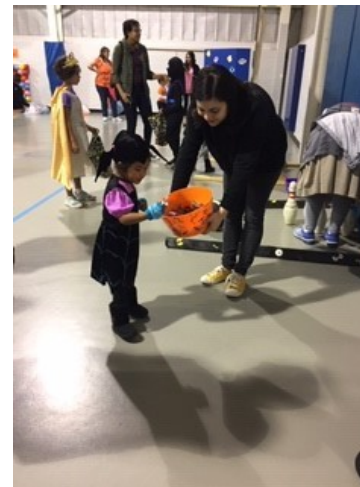


SPECIAL EVENT



**HALLOWEEN
CARNIVAL**
Tuesday
October 29
6-7:30 p.m.

Ages 8 & under
\$5 per child
unlimited play



- **Spook House**
- **Unlimited carnival games**
- **Cake walk**
- **Face painting**
- **Bounce House**



TENNIS

Whiteside has a great tennis program for both kids and adults. Our coaches are experienced, patient and eager to help beginners learn the game and also help the more experienced player gain stamina, agility and strength in their game.

LESSONS WITH COACH KEITH: Level 1 for both kids and adults is designed for the beginner player. Level 2 is designed for kids and adults that already play and need a more advanced learning/playing session.

Mondays and Wednesdays:

Session 1: September 9-October 2

Session 2: October 21-November 18 (No class 11/11)

Level 1 (ages 7-15 years) 4:30-5:30 p.m. \$50/\$62 NRF

Level 2 (ages 9-15 years) 5:30-6:30 p.m. \$50/\$62 NRF

Level 2 (ages 16-Adult) 6:30-8 p.m. \$65/\$81 NRF

LESSONS WITH COACH ROBERTA: Coach Roberta is looking forward to coaching your child, whether beginner or advanced.

Tuesdays and Thursdays

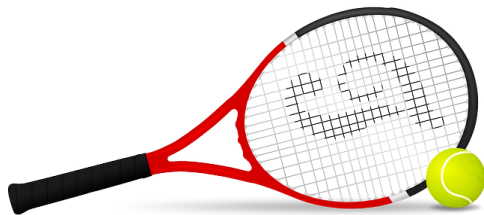
Session 1: September 10-October 3

Session 2: October 22-November 19 (No class 10/31)

Level 1 & 2 (ages 6-8 years) 4-5 p.m. \$50/ \$62 NRF

Level 1 (age 9-14 years) 5-6 p.m. \$50/ \$62 NRF

Level 2 (age 9-14 years) 6-7 p.m. \$50/ \$62 NRF



FALL BREAK ACTIVITIES



FALL BREAK CAMP:

Sign up for Fall Break Camp will begin on September 1st!

Camp will be held October 14 –18. This camp fills quickly.

Sign ups are for full week only.

Cost: Residents: \$140

Non-Residents: \$175.

For kids ages 6-12.

Enrollment is available online but you must fill out a set of paperwork before your child may be left at camp.

Limited enrollment.

We have an exciting week planned, so sign up early!

THANKSGIVING BREAK CAMP: Whiteside is offering a two-day camp prior to the Thanksgiving holiday on Monday, November 25 and Tuesday, November 26.

Cost: Residents: \$60/ Non-residents \$75. Sign up by November 20. Limited enrollment.



PRESCHOOL ACTIVITIES



LIL BIT SPORTS CLASSES: Kids ages 3 & 4 along with a parent helper can participate in our 3 week sport classes. A new sport each month! Tuesdays 4 p.m. and 5 p.m. Classes are 45 minutes. Residents \$30/ Non-residents \$37

- SOCCER: September 10-24
- T-BALL: October 1-22 (no class Oct. 15)
- BASKETBALL: November 5-19

Sign up at any Tulsa Park or online!



BIKES, BALLS & YOU (AGES 1-5) This open gym time for preschoolers is a great way to socialize with other kids. Bring a riding toy. NO FOOD or DRINKS in the gym please. Tuesdays & Thursdays 9:30-11 a.m. Cost is 50 cents/child per visit. **No Bikes and Balls during school holidays.**

GYMNASTICS: Check out our options for gymnastics classes for your preschooler on our gymnastics page. Classes are available Tuesdays thru Fridays for age 18 months and up.

TINY DANCERS: (AGE 3 & 4) An introduction to ballet for our preschool age friends. Children will need ballet shoes. Wednesdays 4-4:30 p.m. \$50/6 weeks Non-residents \$62



DANCE

TINY DANCERS: (AGE 3 & 4) An introduction to ballet for our preschool age friends. Children will need ballet shoes. Wednesdays 4-4:30 p.m. \$50/6 weeks. Non -Residents \$62

BALLET: (AGES 5 –7) An introduction to ballet for boys and girls. Children will need ballet shoes. Wednesdays, 4:30-5:30 p.m. Cost is \$60/6 weeks. Non-Residents \$75

October 2-November 13

RENTALS

Do you need a room to host a birthday party, baby shower or meeting? Wanting to teach a class but need a space? The following rooms are available to rent. **Premium hours are subject to staff availability.**

ROOM	PER HOUR RESIDENT	PER HOUR NR	PREMIUM RESIDENT	PREMIUM NR
GYM-FULL	\$50	\$63	\$80	\$93
GYM-HALF	\$25	\$31	\$55	\$61
MULTI PURPOSE ROOMS	\$30	\$38	\$60	\$68

SERVICE GROUPS



Did you know that Scout troops and Camp Fire groups can have their meetings at Whiteside...at no charge? If you're a leader of a troop and need a place to meet on a weekly or monthly basis, please contact the Whiteside staff. We would be happy to help you find a convenient time and space.

MOMS & SONS LASER TAG



Boys....grab your mom's and come out for a fabulous time playing Laser Tag in our gym. The folks from Bad Wolf Ops will be here with all of their cool laser tag stuff!

Must pre-enroll by Friday, November 8!

For age boys ages 5-12 years and their moms/aunts/ babysitter...even grandma!

Enroll online www.tulsaparks.org or at Whiteside
\$15 per couple/ \$5 each additional person

* In the event of low registrationevent will be canceled.

Light refreshments will be served. No food or drink will be allowed in the gym.

DADDY DAUGHTER DANCE



Join us for our annual event! Girls age 4-12 can bring their dad, grandpa, uncle or other significant male to dance the night away.

TICKET SALES:

Purchase your tickets ONLINE at www.tulsaparks.org
Your receipt will be your ticket in. You must purchase a ticket for each person. \$8 per person until **December 5**.

PRESALE @ Whiteside: Pick up your pre-sale tickets at Whiteside \$8 each until **December 5**.

AT THE DOOR: Tickets at the door will be \$10 per person.

*No charge for photos this year! Several selfie stations with selfie –sticks, props and backdrops will be available.....so bring your phones, cameras, etc.

YOUTH SPORTS LEAGUES

YOUTH SOCCER: Grades K-6th

YOUTH VOLLEYBALL: Grades 4th-8th

Sign up at any Tulsa Parks Recreation Center or online at www.tulsaparks.org

Cost is \$45 per player/ non-resident \$56

These are non-competitive leagues designed to get your child involved in a healthy and active lifestyle.

Sign up thru September 9!

SPORTS CLINICS 4 KIDS

PRE-SEASON SOCCER CLINIC: Come out and train before the Fall season starts! Drills, skills and scrimmage in this fun and informative clinic. Coaches are welcome and encouraged to help! **Deadline to register is September 11.**

- Saturday, Sept. 14 9-10:30 a.m. (k-3rd grade)
- Saturday, Sept. 14 10:45 a.m.-12:15 p.m. (4th -6th grade)
- **Early bird special.** Free registration for the clinic with your paid Tulsa Parks soccer league registration. Must register for clinic by August 31
- Cost \$5 per player. Sign up online or at your nearest park office.
- Players should wear shin guards and bring a soccer ball and water.

PRE-SEASON COACHES

CLINIC : Tulsa Parks is offering a clinic for new coaches and any coach interested in any training tips. Date to be announced.



HOWL-O-WEEEN

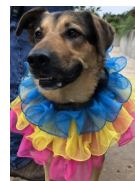
Gather the dogs, the kids, the neighbors and come out for a howling good time at Whiteside!

- **Adoptions!**
- **Vendors!**
- **Parade and treat hunt**



SATURDAY, OCTOBER 26

10 A.M.-1P.M.



- ♦ 10 a.m. Dog Parade & Hunt for Treats
- ♦ 11 a.m. Puppy Yoga & Costume contest
- ♦ 12 p.m. Agility run

DOG TRAINING CLASSES

PUPS-N-PARTNERS, LLC– DOG TRAINING:

Experienced trainer DJ Willis will conduct the following classes at Whiteside. Complete requirements and class descriptions available at www.pupsnpartners.com Contact DJ at K9trndj@gmail.com or 918-277-6747

AKC S.T.A.R.PUPPY	MONDAYS 6:30 P.M.	8/12-10/7 10/21-12/16	\$140
BASIC MANNERS	SATURDAYS 11 A.M.	8/17-10/5	\$135
BASIC MANNERS 2	WEDNESDAYS 6:30 P.M.	8/14-10/9	\$135
STOP JUMPING!	SEE WEBSITE	SEE WEBSITE	\$75
FESTIVE FIDO	SATURDAYS 11 A.M.	10/12-11/16	\$135
A BAG OF TRICKS	TUESDAYS 6:30 P.M.	10/8-11/29	\$140

GYMNASTICS

TUESDAYS : Session 1: September 10-October 22
Session 2: November 5—December 17

CLASS	TIME	AGE	INSTRUCTOR
KINDERPLUS	4:15-5 P.M.	3-5 YEARS	MS. MEGAN
JUNIOR BEGINNER	5-5:55 P.M.	4-6 YEARS	MS. MEGAN
BEGINNER	6-6:55 P.M.	6-14 YEARS	MS. MEGAN
ADV.BEGINNER & INTERMEDIATE	7-7:55 P.M.	6-14 YEARS	MS. MEGAN
Parent Watch Days	OCT. 22 DEC..17	No classes	OCT. 15 OCT. 29 Nov. 26

WEDNESDAYS : Session 1: September 11-October 23
Session 2: November 6-December 18

CLASS	TIME	AGE	INSTRUCTOR
TUMBLING TOTS	9:30-10:10 A.M.	18-36 MONTHS	MS. CAROLYN
KINDER-PLUS	10:15-11 A.M.	3-5 YEARS	MS. CAROLYN
HOMESCHOOL GYMNASTICS	11-11:50 A.M.	6-14 YEARS	MS. CAROLYN
Parent Watch Days	Oct. 22 Dec. 17	No Classes	Oct. 16, 30 Nov. 27

THURSDAYS: Session 1: September 12-October 24
Session 2: November 7-December 19

CLASS	TIME	AGE	INSTRUCTOR
JUNIOR BEGINNER	4-4:55 P.M.	4-6 YEARS	MS. MEGAN
JUNIOR BEGINNER	5-5:55 P.M.	4-6 YEARS	MS. MEGAN
BEGINNER	6-6:55 P.M.	6-14 YEARS	MS. MEGAN
Parent Watch Days	Oct. 23 Dec. 19	No Classes	Oct. 17, 31 Nov. 28

FRIDAYS: Session 1: September 13-October 25
Session 2: November 8-December 20

CLASS	TIME	AGE	INSTRUCTOR
KINDERPLUS	3:15-3:55 P.M.	3-5 YEARS	MS. CAROLYN
INTERMEDIATE	4-4:55 P.M.	6-14 YEARS	MS. CAROLYN
BEGINNER	5-5:55 P.M.	6-14 YEARS	MS. CAROLYN
Parent Watch Days	Oct. 20 Dec. 20	No classes	Oct. 18, Nov. 1, 29

****New students need instructor permission to enroll in Advanced and Intermediate classes. Parents are not allowed in classroom during instruction. There will be a parent watch week the last class of each session.**

Cost for Gymnastics is \$70 for a 6 week session. NRF \$85.00
 You must pay in full for Session 1 when enrolling. You may reserve your child's spot in Sessions 2 by placing a \$20 deposit **only** if you are enrolled in Session 1. Payment due at time of enrollment. Must be done in person at Whiteside Recreation Center. Sorry, no phone enrollments. **Online enrollments will only accept full payments and must be done prior to class starting. It will not pro-rate if your child is joining late to a class.**

****SIBLING DISCOUNT !! \$5 off the 2nd child enrolled from the same family.**

TEAM GYMNASTICS

The Whiteside Twisters Gymnastics team competes in the Tulsa Parks Recreational League . Girls and boys from all over Green Country participate in this great program.

Team 1 M/W 3:30-5:30 \$80 per month/ NRF \$100
Team 2 M/W 5:30-7:30 p.m. \$80 per month/ NRF \$100

Please contact Whiteside to set up a try out period for your child.