

HICKS PARK COMMUNITY CENTER

3443 S. Mingo Rd., Tulsa, OK 74146

(918) 596-1520 | www.tulsaparks.org



HICKS PARK COMMUNITY CENTER



ACTIVITY GUIDE March - May

SPRING 2020

GENERAL INFORMATION

BUILDING HOURS:

Monday	7 a.m. - 8 p.m.
Tuesday	7 a.m. - 8 p.m.
Wednesday	7 a.m. - 8 p.m.
Thursday	7 a.m. - 8 p.m.
Friday	7 a.m. - 5 p.m.
Saturday	9 a.m. - 1 p.m.
Sunday	Closed

BUILDING CLOSED:

Friday, April 10	Good Friday
Monday, May 25	Memorial Day

STAFF:

Park Manager: Kathy Carlson | kcarlson@cityoftulsa.org
 Recreation Coordinator: Tarah Moutray | tmoutray@cityoftulsa.org
 Recreation Coordinator: Jennifer Therrien | jtherrien@cityoftulsa.org
 Building Custodian: Brian Porter | brianporter@cityoftulsa.org
 Recreation Supervisor: Omare Jimmerson | ojimmerson@cityoftulsa.org
 Park & Recreation Director: Anna America | annaamerica@cityoftulsa.org

NON-RESIDENT FEE

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

ID CARDS

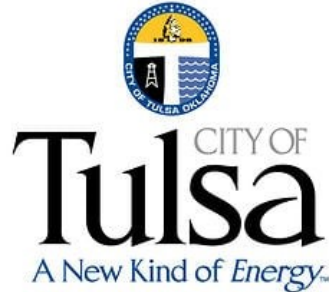
All patrons ages 10 and over must obtain a FREE Tulsa Parks ID card to participate in activities at all City of Tulsa Community Centers. Please see recreation staff for more details.

**Online registration is now available.
 To register for any Tulsa Parks class, visit
www.tulsaparks.org.**



@HicksParkTulsa @TulsaParks

@TulsaParksSports @TulsaParksPools



RENTALS

Do you need a room to host a birthday party, baby shower or meeting? We have plenty of rooms available to rent.

(during building hours):

Small Room	Resident: \$30/hour	Non-Resident: \$38/hour	Up to 35 people
Large Room	Resident: \$35/hour	Non-Resident: \$44/hour	Up to 75 people
Gymnasium	Resident: \$50/hour	Non-Resident: \$63/hour	Full-Court
Kitchen	Resident: \$5/hour	Non-Resident: \$5/hour	w/another room

There is an additional \$30 per hour charge for after-hours rentals.

**In addition, a (refundable) \$75 cash cleaning deposit may be required depending on the size of the event.
 Call for more information and availability.**

For outdoor shelter rentals call:

(918) 596-1444



SPECIAL EVENTS

SENIOR SPRING BINGO (Ages 55 & older)

Bring a snack to share!

Thursday, March 12, 1-2:15 p.m.

FREE

ST. PATRICK'S SCAVENGER HUNT (Ages 6-12)

Children will decorate their own treasure chest and hunt for gold! Please pre-register by March 12.

Tuesday, March 17, 1-3 p.m.

FREE

EASTER EGG HUNT (Ages 12 & younger)

Ages 12 and under will have fun hunting for the colorful candy and toy filled eggs.

Monday, April 6, 6:30 p.m.

Bring a canned good donation for a local food bank.

DOG PICTURES WITH THE EASTER BUNNY

Bring your pup to get a *FREE* photo with the Easter Bunny. All pictures will be posted on Hicks Park Facebook Page (@HicksParkTulsa).

Monday, April 6, 5:30 - 8 p.m.

FREE

JELLY BEAN HUNT (Ages 3-9)

Each jelly bean color is assigned a point value and children will try to grab as many as they can that are scattered on the floor. Points will be tallied up to determine the winner.

Tuesday, April 7, 6:30 p.m. Pre-register by April 2.

FREE

COMMUNITY INDOOR GARAGE SALE

Hicks Park is hosting a community garage sale! Booth space is approximately 8' X 10' and includes one table and chair. Come into Hicks to complete paperwork and to select your space.

Friday, April 3

⇒ Booth set-up is Friday, April 3, noon-7 p.m.

Saturday, April 4

⇒ Doors open Saturday, April 4, at 7:30 a.m. for vendors

⇒ Garage sale is open to the public 8 a.m.-1 p.m.

⇒ Clean-up is 1-2:30 p.m.

Booths are available for \$15 (residents) or \$19 (non-resident). A limited number extra tables are available for \$5 (Tulsa residents) or \$6 (non-residents).

FITNESS ROOM

Our fitness room is open during regular building hours. Must be at least 16 years older.



Drop-in: \$3/day

\$10 for 5 visits (Resident) | \$13 for 5 visits (Non-Resident)

\$25 for 20 visits (Resident) | \$31 for 20 visits (Non-Resident)

Seniors 55+: \$15 for 20 visits (Resident) | \$18 for 20 visits (Non-Resident)

SENIOR PROGRAMS

SENIOR EXERCISE

Whole body workout that includes low-impact aerobics choreographed to music, with hand-held weights for strength, and floor and chair moves for balance and flexibility. Come make new friends and enjoy a healthy lifestyle.

Mondays, Wednesdays & Fridays, 9:30-10:30 a.m.

\$25 for 12 classes (Resident) | \$31 for 12 classes (Non-Resident)

LOW-IMPACT AEROBICS

Get your day started right! This class includes low impact aerobics to burn calories and improve stamina, use of weights to tone and build strength, and floor exercises for flexibility. Join the fun!

Mondays, Wednesdays & Fridays, 8:20 -9:20 a.m.

\$25 for 12 classes (Resident) | \$31 for 12 classes (Non-Resident)

BUNCO GAMES

First & third Mondays of each month, 10 a.m. -noon

FREE

HILLTOPPERS

Come join this social group of seniors for dominoes and cards.

Tuesdays, 12:30-4 p.m.

FREE



ALL-AGE PROGRAMS

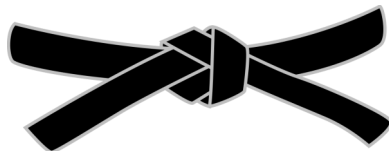
SHOTOKAN (Ages 9 & older)

This class focuses on traditional Japanese karate principles and disciplines of character, etiquette, effort, sincerity, self-control and resolution to refrain from violent behavior. Training consists of basic movements, individual workouts and partner practice in defensive tactics.

Mondays & Wednesdays, 6-7 p.m. | Saturdays, 9:30-10:30 a.m.
\$25 per month (Resident) | \$31 per month (Non-Resident)

TAE KWON DO (Ages 5 & older)

A martial arts class focusing on self-defense, discipline, respect and self-control.



Mondays & Wednesdays, 5-6 p.m.
\$25 per month (Resident) | \$31 per month (Non-Resident)

YOGA

Learn the fundamentals of yoga that can open the body and promote proper breathing techniques.

Thursdays, 6-7:15 p.m.
\$30 per month (Resident) | \$37 per month (Non-Resident)

ORBIT INITIATIVE (Ages 4-84)

Also known as "Our Residents Belong in Theatre," an acting, art and movement class.

Saturdays, 10 a.m.-noon
March 7 & 21, April 11 & 25, May 9 & 23
FREE

WALK & JOG DRAWINGS

Too cold or too wet to exercise outside? Our gym is open every morning for walking or jogging. Keep track of how much you walk and turn into staff monthly for a chance to win free visits to the fitness room.

Weekdays, 7-10 a.m.
FREE

OPEN GYM

Tuesdays, 10-11:30 a.m.
Other hours vary. Call for availability
FREE



YOUTH CAMPS

SUMMER CAMP:

Summer Day Camp for kids ages 6-12 years. Kids participate in activities including sports, games, crafts, field trips, swimming and special events. Paperwork needs to be completed and turned in with a copy of their shot record and a small photo. Sign-ups are for full weeks only. Don't miss out!*

Camp hours are from 9 a.m. to 4 p.m., Monday through Friday. Children may be dropped off as early as 7:30 a.m. and picked up no later than 5:30 p.m. at no extra cost. Children will need to bring their own non-refrigerated lunch each day unless otherwise instructed.

ENROLLMENT

Full payment is required at registration for the first session of camp in which your child is enrolled. We accept cash, check, VISA and MasterCard as forms of payment.

Please note:

- Each week costs \$120
- A non-refundable and non-transferable deposit of \$25 per week session reserves your child's spot in any additional sessions.
- Multi-child discounts are available for children in the same family household.
- Discounts are available to current City of Tulsa employees.
- In-person enrollment begins Saturday, March 28 at 9 a.m.
- Online enrollment will be available Tuesday, March 31. Full payment of all sessions is due when enrolling online.

CAMP DATES:

June 1-5
June 8-12
June 15-19
June 22-26
June 29-July 2**

July 6-10
July 13-17
July 20-24
July 27-31
August 3-7

\$120 per child (Residents) | \$150 per child (Non-Residents)

**Limited spots available. ** \$10 Discount for week of June 29-July 2.*

For more information about Tulsa Parks day camps visit: www.tulsaparks.org.

YOUTH CAMPS

SPRING BREAK CAMP:

March 16-20

A fun-filled week for kids ages 6-12. There is a \$20 sibling discount when enrolling multiple children from the same family. If you register online, you must come into Hicks to complete the paperwork. Please bring a copy of their shot record and a small photo. Sign-ups are for the full week only.

Camp hours are from 9 a.m. to 4 p.m., Monday through Friday. Children may be dropped off as early as 7:30 a.m. and picked up no later than 5:30 p.m. at no extra cost. Children will need to bring their own non-refrigerated lunch each day unless otherwise instructed.

ENROLLMENT DEADLINE: March 5, 2020 (10 Minimum)

\$120 per child (Residents) | \$150 per child (Non-Residents)



ADULT PROGRAMS

SELF-DEFENSE

A boot-camp style class that will make you stronger and more confident.

Mondays & Wednesdays, 6-7 p.m.

\$25 per month (Resident) | \$31 per month (Non-Resident)

OPEN PICKLEBALL GAMES

Pickleball is a combination of tennis, badminton, ping pong and racquetball. It's one of the fastest growing sports in America. A fast-paced game that's easy to learn, great exercise and lots of fun. Good for all ages, so come see what the excitement is all about! Equipment is provided.

Mondays, Noon-3 p.m.

FREE

OPEN CO-ED VOLLEYBALL GAMES

Join others in some friendly drop-in play.

Tuesdays & Thursdays, Noon-3 p.m.

FREE



ZUMBA

Fun dance routines to upbeat music that incorporates interval training—alternating fast and slow rhythms—along with resistance training.

Tuesdays & Thursdays, 5:30-6:30 p.m.

\$7 drop-in class | \$35 for 8 classes (Resident) |

\$44 for 8 classes (Non-Resident)

ADULTS 40+ BASKETBALL LEAGUE

Play three-on-three half-court games, with a six-game season and possible post-season. Registration deadline is March 6 and games start March 25.

Wednesdays 6-8 p.m.

\$30 per team (Resident) | \$38 per team (Non-Resident)

\$40 cash refundable deposit | \$20 Ref fee per team, per game

MARRIAGE MATTERS

This on-going, drop-in marriage workshop explores a new topic each week; no pressure to share. Sponsored by Marriage & Family Initiative.

Mondays, 7-7:50 p.m.

FREE

DANCE 2FIT with Jessica Smith

A fun, energetic, high intensity workout that uses popular hip-hop music and aerobics dancing mixed with fitness to create a rewarding full-body workout.

Mondays & Wednesdays, 7 - 8 p.m.

\$5 per class | Students pay instructor | Contact Jessica Smith on Facebook at @Dance2fit

YOUTH PROGRAMS

BALLET & JAZZ COMBO (Ages 3-5)

Students will learn the basics of ballet and jazz. A great class for beginners to teach proper ballet positions and body awareness.

Thursdays, 4:15-5 p.m.
\$25 per month (Resident) |
\$31 per month (Non-Resident)



BALLET & JAZZ COMBO (Ages 6-12)

Students will learn ballet and jazz concepts, including turnout, coordination, and spatial awareness, with a specific focus on class etiquette.

Tuesdays, 4:30-5:30 p.m.
\$25 per month (Resident) | \$31 per month (Non-Resident)

BEGINNING TUMBLING (Ages 3-5)

This class that will focus on building strength and flexibility. Students will have the opportunity to try new skills while working on mastering the basics of tumbling.

Thursdays, 5-5:45 p.m.
\$25 per month (Resident) | \$31 per month (Non-Resident)

BEGINNING TUMBLING (Ages 6-12)

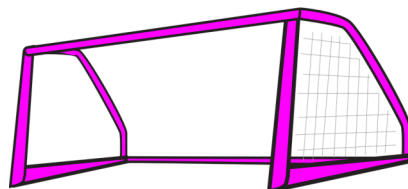
This tumbling class is for beginners to intermediate and will focus on building upper and lower body strength while maintaining flexibility.

Tuesdays, 5:30-6:30 p.m.
\$25 per month (Resident) | \$31 per month (Non-Resident)

SOCCER FOR TOTS (Ages 2-4)

A class specifically designed for the beginner player. This program is an introduction to teach our youngest players the very basics of soccer. Parents are invited to join their children.

Tuesdays, March 24-April 28
2-3 year-olds: 5:30-6:15 p.m.
4 year-olds, 6:15-7 p.m.
\$45 per player (Resident) | \$56 per player (Non-Resident)



YOUTH PROGRAMS

JUVENGAF (Youth Guarantee of the Future) HISPANIC LEAD ACADEMY

This program is intended for young adults between the ages of 8 to 12, but not limited to only that age range. This is a non-profit association wanting to give our children the future they deserve. The project's main focus is to prepare youth and build them into leaders with a high sense of responsibility that will help them adapt to the needs of society.



Email juvengaf@live.com for details.

OPEN GYM FOR TOTS (Ages 1-5)

Our gym is open for tots to play with mini basketball, hula hoops, tunnels, etc. Bring your own riding toys!

Thursdays, 10-11:30 a.m.
FREE

ARTS & CRAFTS

BEGINNERS GLASS FUSING WORKSHOP

Students create their very own glass pendant through the exploration and use of dichroic, frit and sheet glass.

Wednesdays, March 25, April 22 & May 20, 6-7 p.m.
\$20 per class

