

Reed Park Summer Guide

2020

Beyond Quarantine

TULSA  PARKS

Online Registration now available

www.tulsaparks.org

Cancellations

Due to Covid-19 there are Tulsa Parks pools open this season.

Summer Day camp provided by Tulsa Parks has been canceled.

Class Sizes have been limited .

There will be weight room time limits in effect.

Social Distancing guidelines will be posted and followed or you will be asked to leave.

Each class may have their own restrictions and guidelines.



Guidelines to Enter the Center

- **Everyone 3yrs old and older must wear a mask to enter the building**
- **Temperature will be checked at the desk (over 100° F and you must leave)**
- **You must scan in at front desk if you do not have a scan card then talk to a staff member**
- **Sign in at front desk with name, contact number, time, and date for those who enter the building for other reasons like using the bathrooms and/or vending machine.**
- **Maintain 6 feet distance from others**
- **Sanitize your hands frequently**

Online & Outdoor Activities

Camping 101: This class will go over tent selection, equipment needs, food, clothing, cooking, and fire building along with state parks within one-hour Tulsa, and where you should set up your camp.

Ages: Ages 7 and up **Cost:** \$2.00

Dates: Mondays, June 29 - July 20 **Time:** 11 a.m. - 12 p.m.

Preregister by: June 22

Hanging Milk Jug Planters: Hanging planters from the store can be costly so why not make your own. We will be designing, decorating, and planting in our milk jugs. You will be able to plant flowers or vegetables.

Ages: Ages 7 and up **Cost:** \$3.00

Dates: Thursday, June 25 **Time:** 1 p.m. - 2 p.m.

Preregister by: June 18

Fishing 101: Would you like to learn how to cast a fishing pole, bait a hook, know what kind of bait to use? We will teach you all these things and more. Join us in not only how to fish but learn about the aquatic environment and that kinds of fish that live in Oklahoma.

Ages: Ages 7 and up **Cost:** \$2.00

Dates: Tuesday, July 14 **Time:** 1 - 2:30p.m.

Preregister by: July 7

Fireworks Painting: The 4th of July is just around the corner so let's make some art work to celebrate. Come paint your 4th of July master piece with us. Ages 5 and up. 7/1, 2-3pm. \$3.00 per person

Ages: Ages 5 and up **Cost:** Free

Dates: Wednesday, July 1 **Time:** 2 - 3 p.m.

Preregister by: June 24

Celebrate Park and Recreation Month: Join us and celebrate Parks and Recreation month at Reed Park. Our theme is fun summer activities and we will be decorating the park with sidewalk chalk. Let your inner artist out and have fun in the sun. All ages, 7/16, 10am.

Ages: All **Cost:** Free

Dates: Thursday, July 16 **Time:** 10 a.m.



Art and Indoor Classes



Basic Enameling:

Learn how to apply and fire enamel to metal.

Ages: 16 + (class size limited to 6 due to Covid-19)

Cost: \$10 res. / \$12.5 non-res.

Dates: Thursday July 9 **Time:** 5:30 - 6:30 p.m.

Preregister by: July 1

Clay Coin Bank:

Using slabs of clay you will make a creative and unique bank to save your spare change.

Ages: 10+ (class size limited to 6 due to Covid-19)

Cost: \$10 res. / \$12.50 non-res.

Dates: Mondays, July 6 & 20 **Time:** 5:30 - 6:30p.m.

Preregister by: June 29



Belly Dancing (with the Desert Wind Dancers):

Does exotic music, eclectic costumes and extraordinary dances come to mind? The traveling Desert Wind troupe consists of dedicated dancers and musicians offering classes to anyone with a free spirit and a desire to learn.



Ages: 15 +

Days: Tuesdays 6 - 7 p.m. and Saturdays 9 - 11 a.m.

Cost: \$5 res. / \$7 non-res. per class

\$30 res. / \$40 non-res. for 8 passes

Covid-19 Class Guideline :

Practice Social Distancing (6ft. Apart), wear a cloth face covering, and check your temperature at the door.

Art and Indoor Classes

Archery :

Join us for a fun filled class. Students will learn bow and range safety, parts of the bow and arrow, proper shooting form, and much more. Bow shooting fosters self-discipline and self-satisfaction in participants as they build confidence in a fun and instructional way.

Date: Wednesdays, July 8 - Aug 26 **Ages:** 8 and up

Time: 5:30 - 6:30 p.m. **Cost:** \$20 res. / \$25 non-res.



Fitness Room

Open to ages 16 & older (adult supervision required if under 18). The fitness room consists of a variety of free weights, weight machines, treadmills, elliptical trainer, rowing machines & stationary bikes. Crossfit equipped! Last admittance is 30 minutes before the building closes.

Cost: \$2/visit or purchase a pass for \$10/10 visits or \$20/30 visits. *Ages 55 & older: \$10/30 visits.*



Covid-19 Weight Room Guidelines :

- We are limiting the number of people in the WR to 8 at a time
- We are restricting your time to 30 minutes for you work out (you may stay longer if no one is waiting)
- You must wipe the equipment down before and after your use
- Sanitize your hands frequently
- WR will close from 2 - 2:30 p.m. daily for cleaning

Gymnastics

KinderKids:

Ages 3 - 5. A beginner gymnastics class for young athletes to build strong fundamental skills. They will train on bars, beam, floor and vault to improve flexibility, coordination, balance & strength.

Thursdays 3:30 - 4:15 p.m.

Saturdays 9:30 - 10:15 a.m.

Jam & Slam:

Ages 6 - 17. A beginner and advanced beginner gymnastics class for athletes new to gymnastics. They will train on bars, beam, floor and vault to improve flexibility, coordination, balance & strength.

Tuesdays 4:15 - 5:15 p.m.

Saturdays 10:30 - 11:30 a.m.

Ninja Warrior:

Ages 4 & up. A beginner class for active athletes who want to train their inner ninja. They will move through drills, skills, challenges and obstacle courses to learn agility, speed, strength and endurance.

Mondays 4:45 - 5:30 p.m.

Basic Tumbling:

Ages 6-17. Learn basic tumbling skills for routines and competitions.

Cheerleaders will learn basic jumps, cartwheels, round-offs, handsprings, splits and more!

Thursdays 4:15 - 5:15 p.m.

**All Class Fees: \$35 res. / \$45 non-res. per month.
One class per week. Join anytime!**

Competitive Team Training:

We offer team gymnastics for athletes interested in competition. Acceptance decisions for our competitive team are made by Coach Keri, team head coach. For details on how to join the Reed Park Warriors, contact Coach Keri at keepsakesbykeri@live.com.

Join the Reed Park Warriors and compete in the Park & Rec Gymnastics League!

Level 1 & 2 - \$75 res. / \$95 non-res. per month

Level 3 & up - \$85 res. / \$105 non-res. per month

League fees and uniform costs are extra.

Day	Time	Class Name	Levels
Mondays	4:15 - 5:45 p.m.	Zola Warriors	Level 2
	5:15 - 6:45 p.m.	Mana Warriors	All Xcel Levels
Tuesdays	4:30 - 6 p.m.	Zola Warriors	Level 1
	5:45 - 7:45 p.m.	Koa Warriors	Levels 3, 4, Optional/Xcel
Wednesdays	4:15 - 5:45 p.m.	Zola Warriors	Level 2
	5:15 - 6:45 p.m.	Mana Warriors	All Xcel Levels
Thursdays	4:30 - 6:00 p.m.	Zola Warriors	Level 1
	5:45 - 7:45 p.m.	Koa Warriors	Levels 3, 4, Optional/Xcel

Covid-19 Gymnastics and Team Guidelines :

- Drop-offs for athletes are highly encouraged due to social distancing restrictions.

Entering the Gym

- Everyone is required to sanitize their hands before entering the gym and wear a mask.
- Gym seating will be limited and only one adult per athlete is allowed during class sessions.

Class Session Details

- Athletes should bring a labeled water bottle labeled and personal hand sanitizer (if available).

Exiting the Gym

- Everyone is required to exit the gym through the back door.
- Re-entry into the facility is only allowed through the front doors of the main building.

Any questions or concerns regarding the summer guidelines and procedures for Reed Park Gymnastics should be directed to the front desk unless otherwise discussed with a coach.



Martial Arts Program Guide

- Traditional Japanese martial arts for adults (15+)
- Basic martial art program for children (6+)
- Light Saber martial arts for all ages.

Kobujutsu: (Adult weapons)

A universal study of weapons for self-defense. Students study universal weapon characteristics to develop the skills to use nearly any object as a weapon.

Kenjutsu: (Adult weapons)

The study of Japanese swordsmanship and fencing. Students work to master the katana (long sword) and other weapons of the samurai.

Gojukido:

An internal and personal conditioning martial art. It teaches breath control, balance, and precise movement, and meditation to improve health, focus, strength, range of motion and mental well-being.

Kenpo: (Adult close combat)

A relentless form of self-defense that uses fast targeted hand strikes and low destructive kicks to disable and subdue a target.

Aikijujutsu: (Adult close combat)

An elegant grappling art focused on self-defense through taking control of a target's attacks and body structure using joint manipulation, locks, and throws.

The Saber Academy: (All Ages)

Founded in 2017 by the instructors of Five Circles Martial Arts. Combining sci-fi light sabers and martial arts, this exciting and fun class teaches real martial arts technique to adults, students, and families with one of the coolest weapons in the galaxy! Work for fun, work for health, or even work to fight in saber competitions around the world. The Saber Academy will help you master the saber and discover a force within you.

Young Samurai: (Ages 6-14)

The Young Samurai program uses the Kimaru Ryu Karate (Basic Circles Style Martial Arts) curriculum and is designed to take students as young as 6 (basic reading skills are preferred) and provide them with a broad background of martial arts skills.

Young Samurai's learn basic striking, grappling, and weapon use. This program helps to improve young students with:



**Confidence
Coordination and Mobility
Strength and Endurance
Discipline and Focus**



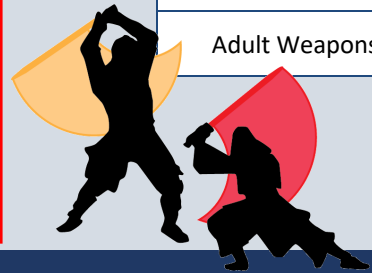
Students progress through a standard belt curriculum from White Belt to Junior Black Belt. Upon completion of the curriculum, they are welcomed into the adult martial arts program as intermediate students and are allowed to wear a black stripe over their Modal Arts Belts.

Martial Arts Class Schedule

Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
6 - 6:50 p.m.	6 - 6:50 p.m.	No Classes	6 - 6:50 p.m.	No Classes	9 - 9:50 a.m.
Adult Close Combat	Young Samurai		Adult Close Combat		Young Samurai
	7 - 7:50 p.m.		7 - 7:50 p.m.		10 - 11:20 a.m.
	Saber Academy (All Ages)		Adult Weapons		Adult Close Combat
					11:30 a.m. - 12:50 p.m.
					Adult Weapons

Covid-19 Class Guide :

- Check your temperature at the door
- Practice Social Distancing (6ft. Apart)
- Sanitize Hands frequently



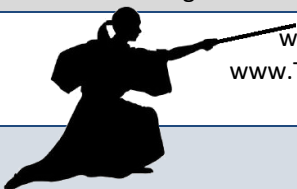
Class Fees*

Class	Reg.	Disc.**	Class	Reg.	Disc.**
Drop-In (Per Class)	\$8	\$6	Saber Academy (Monthly)	\$20 Res \$25 Non-Res	\$15 Res \$20 Non-Res
Adult Martial Arts (Monthly)	\$50	\$40	Young Samurai (Monthly)	\$35 Res \$45 Non-Res	\$30 Res \$35 Non-Res
Adult Martial Arts + Saber (Monthly)	\$60	\$50	Young Samurai + Saber (Monthly)	\$45 Res \$55 Non-Res	\$35 Res \$45 Non-Res

*Class fees charged per calendar month. No reductions to the monthly fees will be given for partial months. Adult fees are to be paid to Five Circles Martial Arts Staff. Children's fee are to be paid to the Reed Park front desk staff.

**Discounted rates will be provided to families or groups or families enrolling and paying for more than one student in a given month.

www.FiveCirclesMA.com | Info@FiveCirclesMA.com
www.TheSaberAcademy.com | Info@TheSaberAcademy.com
 (918) 510-0006



Training with Tammy

Tammy Hardy is a certified **Zumba, Pound, HIIT, and Strong Nation** trainer. She has dedicated herself to her trade and has been working hard to get to where she is. She is now offering the following classes:



Strong Nation:

This style of cardio exercise combines HIIT with the science of Synced Music Motivation. In every class music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Using your own body weight, you will improve muscular endurance, tone and definition.

- Mondays 6 - 7 p.m.

H.I.I.T. (High Intensity Interval Training):

H.I.I.T is a total body, cardio and strength training class. This interval based class combines full body strength training with high intensity cardio bursts designed to tone, improve endurance, and increase metabolism. *Try the first class free!*

- Thursdays 6 - 7 p.m.

Zumba:

Come out to dance those calories away with this high-paced aerobic dance class. *Try the first class free!*

- Wednesdays 5:45 - 6:45 p.m.



Multiple ways to pay for the classes in this section.

- | | |
|--|--|
| <ul style="list-style-type: none">• \$6 drop in visit.• \$25 for an 8 visit pass. | <ul style="list-style-type: none">• \$60 for an 20 visit pass.• \$30 per month. |
|--|--|

Covid-19 Class Guide :

Social distancing, and hand sanitizer before and after classes.

Residents are allowed to remove their masks during participation in this class.

Inspiration

“Hope

Smiles from the threshold of the year to come,
Whispering 'it will be happier'...”

— Alfred Lord Tennyson



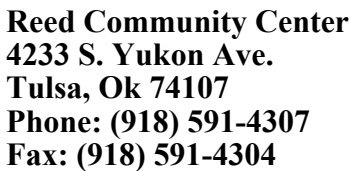
“It is not enough that we do our best; sometimes we must do what is required.”

— Winston S. Churchill



“It is good to love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is well done.”

— Vincent Van Gogh



Like Reed Park on Facebook! Get reminders on upcoming activities, sports and opportunities. Also get updates on the latest weather information and park closings.

*Please note that hours are subject to change. Reed Park will close after the last scheduled activity.