

Hicks Park Community Center

3443 S. Mingo Rd., Tulsa, OK, 74146 - (918) 596-1520

SUMMER ACTIVITY GUIDE 2020

General Information

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 and Recreation Director | Anna America (annaamerica@cityoftulsa.org) |



TULSA PARKS

OUR HOURS HAVE TEMPORARILY CHANGED:

Monday & Wednesday:

8 a.m. - 8 p.m.

Tuesday & Thursday:

8 a.m. - 6:30 p.m.

Friday:

8 a.m. - 12 p.m.

Saturday & Sunday:

CLOSED

REVISED FITNESS ROOM HOURS:

Monday & Wednesday:

8 - 10:30 a.m.

11 a.m. - 2 p.m.

2:30 - 5 p.m.

5:30 - 7 p.m.

Tuesday & Thursday:

8 - 10:30 a.m.

11 a.m. - 2 p.m.

2:30 - 6 p.m.

Friday: 8 a.m. - 11 a.m.

(The fitness room will shut down in between sessions for mandatory cleaning and sanitization).

BUILDING CLOSED:

Friday, July 3 City Holiday

Due to the COVID-19 pandemic, additional health and safety guidelines must be followed by patrons while visiting our facility. The City of Tulsa's Park and Recreation Department remains committed to ensuring the safety of our staff and residents, and continues to consult with CDC guidance, the Tulsa Health Department and City leadership to monitor, assess and update our health and safety guidelines as needed. Building hours are subject to change without notice. Please call us ahead of arrival or visit www.tulsaparks.org for updates on policies and programs.

Requirements upon entering facility:

- Face covering must be worn (may be removed for physical activity).
- Must sign in at front desk.
- Temperature checks for anyone entering.
- Must wash hands with soap and water or use hand sanitizer.
- Maintain physical distancing of 6 ft.
- No group gatherings allowed.



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Tulsa
A New Kind of Energy.



@HicksParkTulsa
@TulsaParks

FITNESS ROOM (AGES 16+)

Must be 16 years or older.

Drop-in: \$3/ day

Resident Fee: \$10 for 5 visits

Non-Resident Fee: \$13 for 5 visits

Resident Fee: \$25 for 20 visits

Non-Resident Fee: \$31 for 20 visits

Seniors 55+:

Resident Fee: \$15 for 20 visits

Non-Resident Fee: \$18 for 20 visits

ALL-AGES PROGRAMS

Tae Kwon Do (ages 5 & up)

Mondays & Wednesdays, 5 - 6 p.m.

\$25 per month (Resident);

\$31 per month (Non-Resident)

Shotokan Karate (ages 9 & up)

Mondays & Wednesdays, 6 - 8 p.m.

\$25 per month (Resident);

\$31 per month (Non-Resident)

ADULT PROGRAMS

Zumba

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

\$7 drop-in class,

\$35 for 8 classes (Resident)

\$44 for 8 classes (Non-Resident)

Self Defense

Mondays & Wednesdays, 6 - 7 p.m.

\$25 per month (Resident);

\$31 per month (Non-Resident)

Dance 2 Fit with Jessica Smith

Mondays & Wednesdays, 7 - 8 p.m.

\$5 per class

Students pay instructor

Contact: Jessica Smith on Facebook @

Dance2Fit with Jessica Smith.

Open Pickleball Play

Mondays, 12 - 3 p.m. **Free.**

Open Volleyball Play

Tuesdays & Thursdays, 12 - 3 p.m. **Free.**

Open Gym

Pre-registration required, please call ahead.

Must bring your own ball. **Free.**

ARTS & CRAFTS

Glass Pendant Workshop

July 22 & August 19, 6 - 8 p.m.

Create your own glass pendants with your favorite color designs. Great gift ideas!

\$20 (Residents); \$25 (Non-Resident)

YOUTH PROGRAMS

Tulsa Parks Free Play

Starting July 1 every Wednesday.

Check out our Facebook page (@HicksParkTulsa)

and join our Tulsa Parks Youth Sports Facebook

group for weekly posts about different sports

and activities for kids to try multiple sports and

have fun while staying active!

Free.

Kids Science Class (ages 10-12)

July 29, 4 - 5 p.m.

Kids will learn how to make rock candy for an edible, and hands on activity.

\$5 (Resident); \$6 (Non-Resident)

Limited to 10 students.

Kids Leadership and Inclusion Workshop (ages 10 - 15)

August 26, 4 - 5 p.m.

This workshop teaches leadership skills that help kids develop and practice how to welcome, embrace and include others, as well as seek inclusion for themselves.

\$5 (Resident); \$6 (Non-Resident)

Limited to 10 students.

SENIOR PROGRAMS

Low-Impact Aerobics

Mondays & Wednesdays,

11:50 a.m. - 12:50 p.m.

Fridays, 8:20 - 9:20 a.m.

\$25 for 12 classes (Resident);

\$31 for 12 classes (Non-Resident)

Senior Exercise

Mondays & Wednesdays, 1 - 2 p.m.

Fridays, 9:30 - 10:30 a.m.

\$25 for 12 classes (Resident);

\$31 for 12 classes (Non-Resident)