

# **CENTRAL CENTER IN CENTENNIAL PARK**

## **Fall Program Guide 2020**



**1028 E. 6th St.  
Tulsa, OK 74120  
Ph: (918) 596-1444  
[www.tulsaparks.org](http://www.tulsaparks.org)**

**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 the Tulsa Health Department and CDC guidelines.**

Please note the following temporary practices and protocols are in place at our center:

- Building hours and programs are subject to change in response to health guidance and protocols, including additional restrictions, rescheduling and/or cancellations.
- Online registration is available at [www.tulsaparks.org](http://www.tulsaparks.org) and is the preferred method of enrollment and payment for most programs and events to reduce your wait time and increase safety.
- Masks are required for anyone to enter the facility and temperature and contact information will be taken.
- Each program will have a unique set of health and safety guidelines for the activity/event.

Additional updates and policies will be communicated by center staff as well as posted online to our website and social media accounts.

Central Center in  
Centennial Park  
1028 E. 6th St.  
Tulsa, OK 74120  
Ph: (918) 596-1444  
Customer Care: 311

<b>BUILDING HOURS</b>	
<b>Monday</b>	<b>9 a.m. - 5 p.m.</b>
<b>Tuesday</b>	<b>9 a.m. - 7 p.m.</b>
<b>Wednesday</b>	<b>9 a.m. - 7 p.m.</b>
<b>Thursday</b>	<b>9 a.m. - 7 p.m.</b>
<b>Friday</b>	<b>9 a.m. - 1 p.m.</b>
<b>Saturday &amp; Sunday</b>	<b>Closed</b>
<b>Central is closed:</b>	
<b>September 7 - Labor Day</b>	
<b>November 11 - Veteran's Day</b>	
<b>November 26 &amp; 27 - Thanksgiving</b>	



# Health & Fitness

## Fitness Room (Ages 18+)

Open during regular building hours for weight lifting, toning and cardiovascular workouts.

**Cost:** \$15 for 20 visits | \$2 drop-in fee | FREE for Patrons ages 55+.

**Please Note:** Per our COVID-19 protocols, the Fitness Room will be closed to receive sanitization every two hours. Currently, the Fitness Room closes at 5 p.m. Monday– Thursday, and 1 p.m. on Friday. Contact Central for up-to-date changes regarding the Fitness Room.

## “These Feet are Made for Walking!” Park Walking Challenge (All Ages)

Log the walks you and your family take with the number of miles and Tulsa Park location, then turn in your log at the end of the program.

The family with the most miles wins a \$25 gift certificate good at any Tulsa Parks Recreation Center. Participants aged 12 and younger will receive a “foot” after their first mile, and will receive another “foot” for every 5 miles logged there after. To register, contact Central Center staff.

**September-November | Cost:** Free

## Pound (Ages 16+)

Channel your inner Rockstar with this cardio-jam session inspired by the energizing, infectious and sweat-dripping fun of playing drums. Instructed by Angela Schoenrock.

**Wednesdays, 5:30-6:30 p.m.**

**Cost:** First visit is FREE | \$5 drop-in class or \$40 for 10 classes.

## Education & Leisure

### Bird Scavenger Hunt (All Ages)

All of you bird enthusiast and photographers of all levels can take part in this fun bird photo scavenger hunt. Beginning September 1, check the Central Center Facebook event page each week for the bird that has been chosen to be photographed. Submit your photo(s) and in which Tulsa Park(s) they were taken to our Facebook event page, and that week's photos will be posted for display.

**September - November | Cost:** Free

### Osher Lifelong Learning Institute



The OSU Osher Lifelong Learning Institute (OLLI) **will not be holding their fall classes at Central Center.** Due to COVID-19, OLLI will be holding online classes only for their 2020 fall season. For more information and enrollment, visit their website: [www.okstate.edu/education/olli](http://www.okstate.edu/education/olli).

### Puppy Obedience Class (All Ages)

This family-friendly puppy training class will teach your puppy basic obedience skills and readies them for further training as they grow. Requirements are puppies up to 1 year old only and proof of vaccination at time of registration. Items needed are a leash (4-6 feet) and collar or harness. A portion of the class fee goes to the City of Tulsa spay/neuter program. Instructed by Tulsa Animal Welfare staff.

**Tuesdays & Thursdays, Sept. 8-Oct. 1, 5-6 p.m.**

**Cost:** \$30 for a puppy adopted from the Tulsa Animal Welfare | \$35 for other puppies enrolled by Sep. 1  
\$40 for other puppies enrolled after Sep. 1.

## Stitching Course (Ages 12+)

Experience the art of stitching and embroidering. Design your own textile and become a master! Instructor Vicki Giger will teach the basic techniques and help your skills to grow. All supplies are included.

**Tuesdays, Sept. 15-Oct. 20, 1-2 p.m. | Cost:** \$35

## Virtual Fishing Tournament (All Ages)

This fun fishing tournament is a great way to win your "bragging rights" in the fishing community. You can fish in any of these Tulsa Parks ponds: *Braden, Centennial, Crescent, Hunter, Leake, Minshall, Mohawk, and Owen.*

Document your catch size, park location and photo, then submit it to our Facebook event page. Pre-registration and a current fishing license (for ages 16+) required. Only catch-and-release fishing allowed. Sign up at Central.

**Through the month of September | Cost:** Free

## Woodcarvers Carve-In Club (Ages 12+)

This is an activity for the novice up to the professional. Participants work on various projects. Supplies are not included.

**Thursdays, 5-7 p.m. | Cost:** Free

## Youth Fishing Derby (Ages 6-15)

A fun way for kids and parents to spend time together fishing in the Centennial Park pond. There are three age categories, 6-8 years old, 9-12 years old, & 13-15 years old. Prizes will be awarded in each age group. Competitors must provide their own fishing gear and bait/lures for this event. Registration begins at 6:15 a.m. on the morning of the derby. Pre-registration is also available at Central Center or online. For more information, or to be a volunteer, contact staff at Central Center.

**Saturday, Sept. 26, 7-10 a.m. | Cost:** Free

# Music & Dancing

## Accordion Band (All Ages)

Accordion players can learn new songs and share your interest.

**Wednesdays, 10 a.m.-12 p.m. | Cost:** Free

## Swing Dancing (Ages 12+)

Learn the steps and moves to become a great swing dancer with this no frills, easy-to-follow dance class. New social distancing and safety measures are currently in place. Instructed by Pam Butler.

**Thursdays, 6-7 p.m. | Cost:** \$5 per session

## Line Dance Class (Ages 12+)

Join this wonderful class and learn all forms of line dance styles, from country to pop styles. Instructed by Paul and Anita Hardy.

**Tuesdays, 5-6 p.m. Beginners, 6-7 p.m. Advanced**

**Cost:** \$8 per person

A number of our classes offer online enrollment. To check which classes are available and to enroll, please visit <https://guide.tulsaparks.org/default.aspx>



We are just a  Lime away from Downtown!

# Central Center in Centennial Park Event Space

Central Center is available for your event! Due to COVID-19, some of our rooms will not be available for rental. Below are the two options we have available at this time.

## **Auditorium**

(Includes Vista Deck and Atrium)

Weekdays: Mon.—Thurs.

\$125.00 / HR

Weekend: Fri. & Sat.

\$200.00 / HR

Current maximum capacity is 48 people.

## **Activity Room 2/3**

Weekdays: Mon.—Thurs.

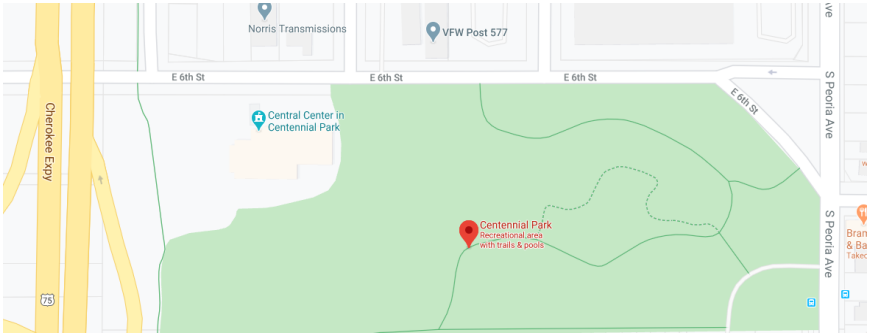
\$75.00 / HR

Weekend: Fri. & Sat.

\$125.00 / HR

Current maximum capacity is 15 people.

For more information on our policies and restrictions during COVID-19, along with amenity changes, contact Central Center or visit our website at [www.tulsaparks.org](http://www.tulsaparks.org).



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**Friday 9 a.m. - 1 p.m.**

**Saturday/Sunday Closed**

**Central is closed:**

**September 7 - Labor Day**

**November 11 - Veteran's Day**

**November 26 & 27 -Thanksgiving**



**@CentralCenterinCentennialPark**

**@TulsaParks**

Check out [TulsaParks.org](http://TulsaParks.org) for classes and programs offered for all of our parks and community centers!

