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# Reed Park & Community Center

## Fall Programs 2020



# NEW POLICIES & UPDATES

- Class sizes have been limited.
- Social distancing guidelines need to be followed or you will be asked to leave.
- No water fountains or showers are available.
- Reed's indoor basketball court is still closed due to the structural damage caused by the mighty oak tree in May of 2019. Estimated time of completion is December 2020.



## COVID-19 PROTOCOLS

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 all programs and events to reduce your wait time and increase safety.
- Masks are required for anyone 3 & over to enter the facility. 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.

## BUILDING HOURS

Monday | 9 a.m.-7 p.m.

Tuesday | 9 a.m.-8 p.m.

Wednesday | 9 a.m.-7 p.m.

Thursday | 9 a.m.-8 p.m.

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

Saturday | 9 a.m.-1 p.m.

Sunday | CLOSED

### Holiday Closures:

September 5-7 | Labor Day

November 11 | Veteran's Day

November 26-28 | Thanksgiving

*\*Hours are subject to change based on health and safety assessments in response to the COVID-19 pandemic.*

## STAFF

### Tulsa Parks Staff

Suzi Marcum | Park Manager

Kenneth Wilson | Recreation Coordinator

Jim Feltz | Recreation Coordinator

Vicki Harrell | Custodian

### P.A.R.K. Gymnastics Staff

Keri Jenkins | Head Coach

Office phone: (918) 591-4307

# 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.

## Fitness Room Cost:

Drop in visit .....	\$2
10 Visit Pass .....	\$10 res. / \$12.50 non-res.
30 Visit Pass .....	\$20 res. / \$25 non-res.
30 Visit Senior Pass .....	\$10 res. / \$12.50 non-res. (age 55+)



# TRAINING WITH TAMMY

**Tammy Hardy is a certified Zumba, 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:**

## Class Cost:

Drop-in Class.....	\$6
8 Visit Pass.....	\$25
20 Visit Pass.....	\$60
Monthly Pass.....	\$30



## Zumba Gold

Zumba Gold is an easy-to-follow program that lets you move to the beat at your own speed. The Zumba Gold Live it Up! System is the total-body wellness program that feels like a party while it revitalizes your mind and body. Try the first class free!

*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.*

# TEEN & ADULT PROGRAMS

## Belly Dancing with the Desert Wind Dancers (Ages 15+)

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.

**Dates:** Tuesdays, 6 - 8 p.m.

Saturdays, 9-11 a.m.



### Class Cost (Res. / Non-Res.):

Drop-in Class.....\$5 / \$7

4 Visit Pass.....\$20 / \$25

8 Visit Pass.....\$30 / \$40



## Basic Enameling (Ages 16+)

The ancient art of melting powdered glass onto metal. This can be done on flat pieces of metal or three dimensional pieces.

**Please note:** class size limited to 6 students.

**Date:** Thursday, September 24, 4:30-5:30 p.m.

**Cost:** \$10 for residents / \$12.50 for non-residents

**Registration Deadline:** September 17

## Clay Pet Dishes (Ages 12+)

Pet lovers, this is the class for you! Show your love for your pets by making a one of a kind food or water dish. In this two-part class, students will learn clay hand building techniques to create and decorate a clay dish for their pets. **Please note:** class size limited to 6 students.

**Dates:** Mondays, September 14 & 28, 4:30-5:30 p.m.

**Cost:** \$15 for residents. / \$18.75 for non-residents

**Registration Deadline:** September 21





# NATURE & OUTDOOR PROGRAMS



## Bird Feeders & Bird Houses (Ages 7+)

Would you like to have more birds around your house to look at? Well, this class can help you attract the birds. We will make a feeder and bird house in the class.

**Date:** Thursday, October 8, 3:30 - 5:30 p.m.

**Cost:** \$5 for residents / \$6.25 for non-residents

**Registration Deadline:** September 30

## Outdoor Cooking (Ages 8-12)

Have you ever wanted to learn how to cook in a firepit? We will teach you how to prepare a foil pack of food to cook, how to build your fire, and how to cook over the fire.



**Date:** Thursday, Nov. 12, 3:30-5 p.m.

**Cost:** \$6 for residents / \$7.50 for non-residents

**Registration Deadline:** November 5



## Nature Crafts (Ages 8-12)

We will let nature be our inspiration and use our imagination to design crafts with items we find in Reed park, such as wood, leaves, pine cones, etc.

**Please note:** class size is limited to 6 students.

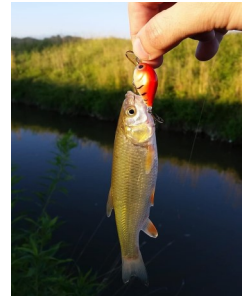
**Date:** Tuesday, November 17, 4:30-5:30 p.m.

**Cost:** \$3 for residents / \$4 for non-residents

**Registration Deadline:** November 10

## Fishing Basics (Ages 7+)

Learn about the basic skills of fishing, like how to cast a fishing pole, bait a hook, and know what kind of bait to use. We will teach you about the aquatic environment and the types of fish that live in Oklahoma.



**Date:** Thursday, October 1, 4-5 p.m.

**Cost:** \$3 for residents / \$4 for non-residents

**Registration Deadline:** September 24

## Archery (Ages 8+)

Join us for a fun filled outdoor 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.

**Dates:** Wednesdays,

September 9-30

October 7-28

**Time:** 5:30-6:30 p.m.

**Cost:** \$20 for residents / \$25 for non-residents

**Registration Deadline:** September 2 & 30



# SPOOKY CLASSES FOR FAMILIES



## **Clay Monsters (Ages 4+)**

Students will make clay monster using a variety of hand-building techniques. This class is fun for the whole family. Not appropriate for children under 4. Kids 4 -6 years old will need a parent to attend for help.

**Date:** Mondays, October 5 & 19, 4:30 - 5:30 p.m.

**Cost:** \$5 for residents / \$6.25 for non-residents

**Registration Deadline:** September 28

## **Halloween Zombie Makeup Workshop (Ages 12+)**

Want to improve your Halloween costume this year? Learn how to use household items to make fake wounds for a ghoulishly awesome ensemble.

**Date:** Tuesday, October 27, 5-6 p.m.

**Cost:** \$3 for residents / \$3.75 for non-residents

**Registration Deadline:** October 20



## **Pumpkin Decorating (Ages 6+)**

You can carve, paint or just embellish your Halloween Jack-o-Lanterns with our supplies. You must bring your own pumpkin.

**Date:** Thursday, October 29, 4:30-5:30 p.m.

**Cost:** \$2 for residents / \$3 for non-residents

**Registration Deadline:** October 22

# HOMESCHOOL FUN

Here are some great opportunities to supplement your home-school or virtual-learning curriculum that gets kids out of the house and provides in-person, hands-on activities that support fitness and learning.

We have the following programs available:



- **Fall Fitness Fun:** This personalized fitness challenge class includes strength training, balance, endurance, flexibility, games and obstacle courses.

- **S.T.E.M. Exploration:** Come explore the exciting world of S.T.E.M. We will be doing a different activity every week. This class has a variety of hands-on science and engineering experiments that are sure to captivate both young and older children.

- **Homeschool Art Projects:** Practice drawing, painting, clay, and more with Artist Kenneth Wilson, who will guide your child through the wonderful world of art. Each week we will either start a new project or complete the previous week's project.



**Educational activities sessions are suitable for ages 6-12.**

We hold multiple 4-week sessions that are held on Tuesdays and Thursdays from 12:30 -2 p.m. Students will rotate between 45 minutes of fitness activities and 45 minutes of S.T.E.M. activities on Tuesdays and art projects on Thursdays.

**Session Dates:** September 8 - October 1 | October 6-29 | November 3-December 3  
(No classes October 15 or November 24-26)

**Days & Times:** Tuesdays & Thursdays, 12:30-2 p.m. (Two 45 minute activities)

**Session Registration Deadlines:** September 1 | September 29 | October 27



**Cost (per child, per session)**

**Session with all educational activities included .....\$45**

Individual 45-minute activity:

- Fitness..... \$30 (2 days/week)
- S.T.E.M..... \$20 (1 day/week)
- Art.....\$20 (1 day/week)

*Contact the Reed Staff at (918) 591-4307 for exact times if you are choosing an individual activity.*

  
epic  
Charter Schools

Approved Vendor

Contact [smarcum@cityoftulsa.org](mailto:smarcum@cityoftulsa.org)  
if you want to use your learning fund to register.

# YOUTH GYMNASTICS CLASSES

## Tumbling Tots (Ages 1-3)

A parent-assisted gymnastics class for toddlers to build strong fundamental skills. They will explore bars, beam, floor and vault to establish flexibility, coordination, balance & strength.

**Dates:** Saturdays, 9:30-10:15 a.m.

## 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.

**Dates:**

Wednesdays 4:30-5:15 p.m.

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

Saturdays, 10:30-11:15 a.m.

## Ninja Warriors (Ages 6+)

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.

**Dates:** Mondays, 4:45-5:30 p.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.

**Dates:**

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

Saturdays, 11 a.m.-Noon

## Totally Tumbling (Ages 6-17)

Learn beginning and advanced tumbling skills. Beginning skills like jumps, cartwheels, and splits. Advanced skills such as handsprings, tucks layouts, aerials, etc.

**Dates:**

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

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

Saturdays, 11:30 a.m.-12:30 p.m.

**Cost:**

All classes are one day per week for a 4-week session. Classes are ongoing throughout the season. **Join anytime!**

**Resident.....\$35 per session**

**Non-resident..... \$45 per session**

Enroll in person or visit Warrior Gymnastics website at <https://warriorgymnastics.com>.

**COVID-19 Protocols To Note:**

- Drop-offs for athletes are highly encouraged to maintain social distancing restrictions.
- Gym seating will be limited and only one adult per athlete is allowed in the gym during class.
- Everyone must sanitize their hands before entering the gym, and wear a mask while inside the gym. Masks may only be removed by athletes during physical activity.
- Equipment is wiped down before and after each use.
- Showers will not be available at this time.



# MARTIAL ARTS PROGRAMS



## Martial Arts Program Guide

**Traditional Japanese martial arts for adults (Ages 15+)**

**Basic martial art program for children (Ages 6+)**

**Light Saber martial arts (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 PROGRAMS

## Martial Arts Class Schedule

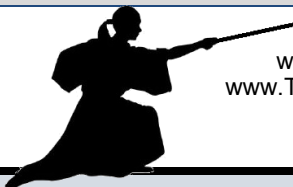
Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
6 - 6:50 p.m.	6 - 6:50 p.m.	No Classes	6 - 6:50 p.m.	No Classes	9 - 9:50 a.m.
Adult Close Combat	Young Samurai		Adult Close Combat		Young Samurai
7 - 7:50 p.m.	7 - 7:50 p.m.		7 - 7:50 p.m.		10 - 11:20 a.m.
Adult Weapons	Saber Academy (All Ages)		Adult Weapons		Adult Close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

## Class Costs

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 are 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](http://www.FiveCirclesMA.com) | [Info@FiveCirclesMA.com](mailto:Info@FiveCirclesMA.com)  
[www.TheSaberAcademy.com](http://www.TheSaberAcademy.com) | [Info@TheSaberAcademy.com](mailto:Info@TheSaberAcademy.com)  
 (918) 510-0006



# SPECIAL EVENTS

Join us for very special Zumba class party!

**Date:** Friday, October 23, 6 - 8 p.m.,

**Tickets:** \$10 for advanced | \$15 at the door

**T-Shirts:** \$25

Costumes welcome (not required). Come for the door prizes, Halloween music and a SPOOK-tacular workout.

**Please note:** class size is limited to 40 students, and other COVID-19 restrictions apply.

**For information, contact:** Tammy Hardy at (918) 584-9607.

## 5th Annual ZOMBIE Zumba



### Trunk or Treat at Reed Park

Join us Friday, October 23, 6 - 8 p.m.  
Dress up and search for goodies in the park.  
**FREE | Ages 3-12**

### Have You Taken Control of Your Health Today?

Life Line Screening will be at Reed Park Community Center on Thursday, November 5, offering five safe, painless, non-invasive preventive health screenings that are typically not a part of a routine physical.

Appointments are limited, so please sign up now by calling 1-800-640-6307 and receive a \$10 discount off the package or text the word circle to 797979.

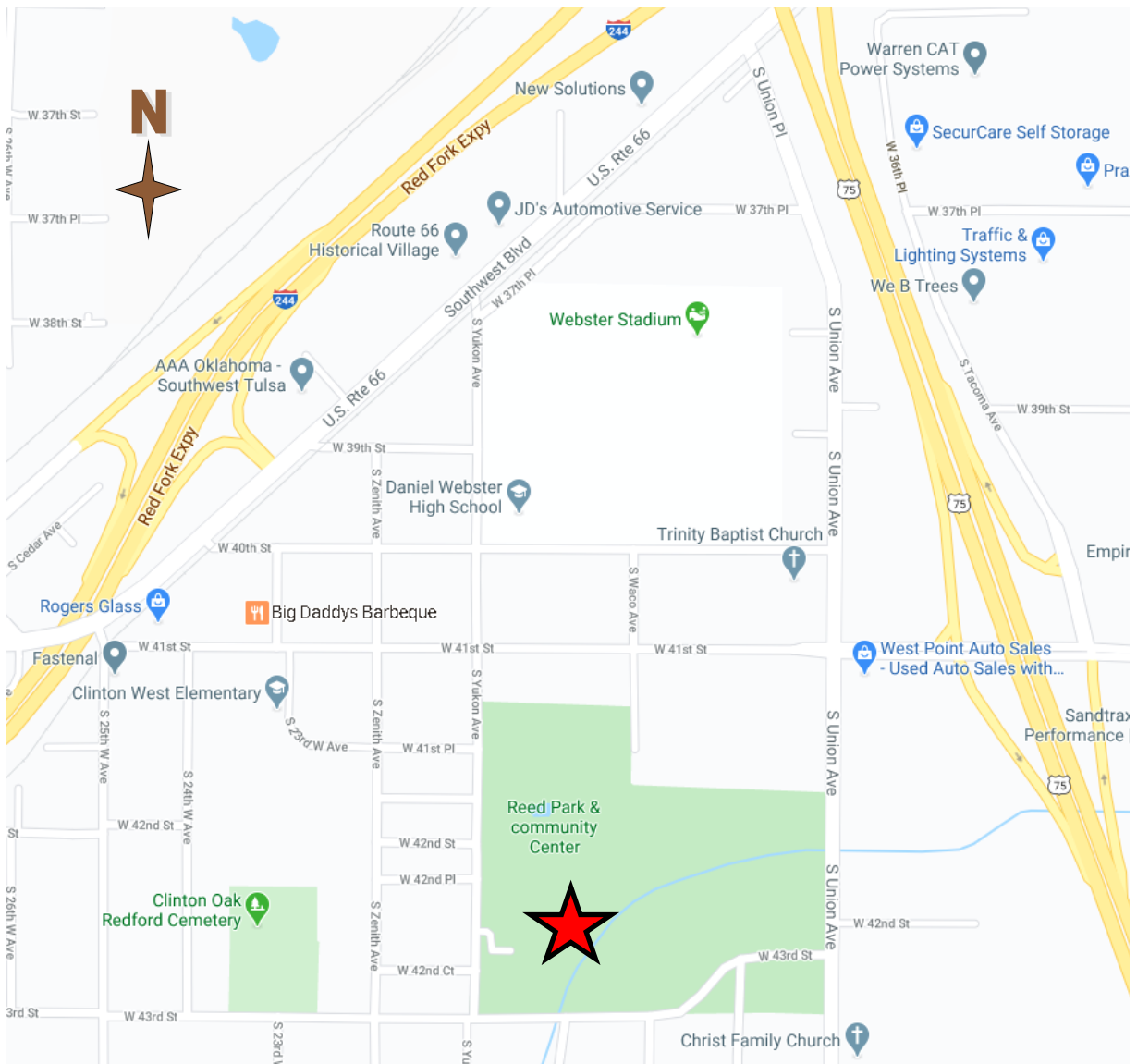


## ROOM RENTALS

Room	Res.	Non-Res
Auditorium (max. 40)	\$40 per hour	\$55 per hour
Dance Room (max. 25)	\$40 per hour	\$55 per hour
Staffing fee for after hours		\$30 per hour

**Please note:** The maximum capacity shown is limited due to COVID-19 restrictions.

If you are interested in teaching a class at Reed Park or renting one of the spaces listed above, please email [smarcum@cityoftulsa.org](mailto:smarcum@cityoftulsa.org).



**Reed Community Center**  
**4233 S. Yukon Ave.**  
**Tulsa, Ok 74107**  
**Phone: (918) 591-4307**  
**Fax: (918) 591-4304**



**Like & follow our Reed Park & Community Center Facebook page!**

Get updates and reminders on our current and future activities, events and opportunities, as well as the latest weather information and park closings.

@ReedParkTulsa | @TulsaParks