

Lacy Park & Community Center



Fall Program Guide 2020

**2134 N. Madison Pl.
Tulsa, OK 74106
(918) 596-1470**

TULSA  PARKS

GENERAL INFORMATION

Staff

Elaine Henderson.....Recreation Coordinator | ehenderson@cityoftulsa.org
William Ballard.....Recreation Coordinator | wballard@cityoftulsa.org
Ivy Alexander.....Custodian | ialexander@cityoftulsa.org
Omare Jimmerson.....Recreation Program Manager | ojimmerson@cityoftulsa.org
Anna America.....Park & Recreation Director | annaamerica@cityoftulsa.org

Building Hours*:

Monday.....9:00 a.m.-5:30 p.m.
Tuesday.....11:30 a.m.-8:00 p.m.
Wednesday.....9:00 a.m.-5:30 p.m.
Thursday.....11:30 a.m.-8:00 p.m.
Friday.....8:00 a.m.-12:00 p.m.
Saturday & Sunday.....CLOSED

Lacy is Closed:

Mon., Sep. 7.....Labor Day
Wed., Nov. 1.....Veterans Day
Thu.-Fri., Nov. 26-27.....Thanksgiving

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

Tulsa Parks Response to the COVID-19 Pandemic

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 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.

Volunteers

We rely on volunteer instructors and coaches to make our programs successful. If you are interested in volunteering your time to help our center, please come by and fill out an application.

Non-City Resident Fees

A 25% additional fee will be assessed for non-residents of the City of Tulsa.

I.D. Cards

All patrons ages 10 and over must obtain a FREE Tulsa Parks ID card to participate in activities at any Tulsa Parks Community Center. Please ask recreation staff for more details.

FITNESS ROOM



Visit our fitness room for weight lifting, toning and cardiovascular workouts. You must be at least 16 years old to use. Hours vary, so please call ahead before visiting.

Please Note: Per our COVID-19 protocols, the fitness room will be closed to receive sanitization and cleaning every two hours. Please contact Lacy staff for the current cleaning time as these times are subject to change.

Workout Rates

Daily, weekly, monthly and quarterly passes are provided for visits to our fitness room.

Quarterly rates span 3 months:

January-March | April-June | July-September | October-December

Patrons Ages 16-54

Daily Rate.....	\$2
Weekly Rate.....	\$7
Monthly Rate.....	\$12
Quarterly Rate.....	\$25

Patrons Ages 55+

Daily Rate.....	\$1
Weekly Rate.....	\$4
Monthly Rate.....	\$7
Quarterly Rate.....	\$15

Private Weight Training (Ages 18+)

Get one-on-one training to help you focus on building strength in the areas of your body that need it the most. Non-certified trainer.

By appointment only.

Pre-registration required.

Cost: \$2 for a 30 minute session



ADULT FITNESS ACTIVITIES

Breaktime Workout (Ages 18+)

Come in on your lunch break and work every major part of your body. Private and group sessions available. Non-certified trainer.

By appointment only.

Pre-registration required.

Cost: \$2 for a 30 minute session

Stretching Only (Ages 18+)

Join other adults for stretching to easy listening music! Great to do on your lunch break! Non-certified trainer.

Pre-registration required.

Cost: \$1 per class

Tae Kwon Do (Ages 18+)

A martial arts class focusing on self-defense, discipline, respect and self-control. Instructed by Anthony Hervey.

Thursdays, 6:00-7:30 p.m.

Cost: \$10 per month



Neighborhood Walk (Ages 18+)

If you want to get your heart rate elevated come and walk in the neighborhood for a fast and steady pace.

Call for dates and times

FREE

Walk & Talk (Ages 21+)

Adults and senior citizens are welcome to walk in the gym and chart their miles.

Mondays, Thursdays & Fridays, 8-10:30 a.m.

FREE

Weigh In & Win Challenge (Ages 18+)

Come and weigh yourself once a week at your convenience and record your weight. After 6 months, the person who loses the most weight wins a free monthly membership for the Lacy fitness room.

Call or visit for more information

FREE



Please Note:

All Classes are subject to change. Minimum enrollment numbers required for a class to start. All programs are ongoing unless otherwise stated.

ADULT DANCE GROUPS

Line Dancing (Ages 18+)

A fun and energetic class that's great for socializing as well as learning the latest line dance moves.
Instructed by Angela Craven.

Meets twice a month on Tuesdays, 6-7:30 p.m.
Cost: \$5 per class



MVP Swing Dancing (Ages 18+)

Come learn this popular dance style instructed by Howard Barnes. Both beginner and advanced classes available.

Beginners class meets Thursdays, 6:00-7:30 p.m.
Advanced class meets Thursdays, 6:00-7:30 p.m.
Cost: \$5 per class

SENIOR PROGRAMS (AGES 55+)



Card Table Games

Come play a variety of card games and feast on a delicious meal. Patrons must bring their own food and drinks.
Tuesdays and Thursday, 1:00 p.m.
FREE

Exercise Class for Seniors

This program focuses on building and maintaining strength, balance, flexibility and mobility. All seniors welcome, including those with health conditions and limitations.
Thursdays, 4-4:45p.m.
FREE

Older & Bolder Dance Group

This energetic team for seniors that practices both the latest and vintage dance moves, and is often invited to perform at local events.
Mondays, 12:30-1:30 p.m.
FREE



YOUTH DANCE GROUPS



Lacy Jammers (Ages 5-15)

Children will learn various dance routines and travel to local area events to perform for the community.

Practices Tuesdays & Thursdays, 5:30-7 p.m.

Cost: Uniform Fee

YOUTH SPORTS

Golf (Ages 9+)

Boys and girls learn the rules and fundamental skills needed to start playing golf.

Mondays & Thursdays, 6:15-7:15 p.m.

Fee: \$12/ 6 lessons

Students will learn this Korean style of martial art. This includes beginners and seasoned belt holders.

Thursdays, 6:00-7:30 p.m.

Cost: \$10 per month

Fall Tennis Lessons (Ages 5-17)

Learn the fundamentals of tennis, such as the forehand, backhand and more!

Wednesday, 4-5 p.m.

FREE



Jiu-Jitsu & Shotokan (Ages 4+)

These class focuses on two traditional Japanese martial arts. Beginners and seasoned belt-holders are welcome.

Shotokan classes held Tuesdays, 5-7 p.m.

Jiu-Jitsu classes held Thursdays, 5-7 p.m.

No Pre-registration required.

FREE

Tae Kwon Do (Ages 9+)



ARTS & CULTURAL CLASSES

Black History of Oklahoma (All Ages)

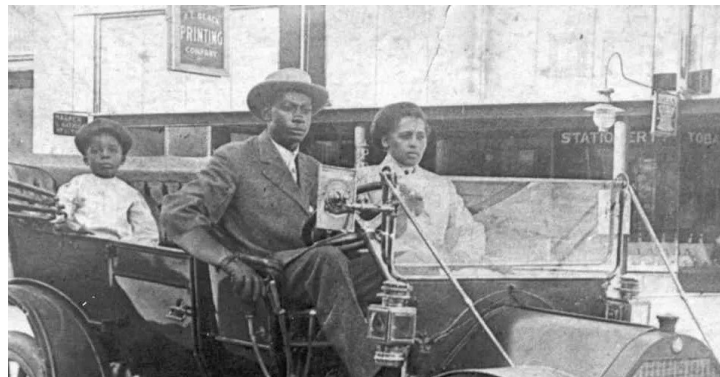
Explore Oklahoma's black history from Indian territory to 2021. Taught by Roberta Clardy. Limited enrollment. And pre-registration required.

Wednesdays, 2-3 p.m. in October
Cost: \$10 per class

Baking Bread 101 for Children (Ages 9+)

Learn how to bake as good as your grandmother made.
Taught by Amelia Henderson.

Wednesday, 10:00 a.m. in October
Cost: \$10



Crochet Class (All Ages)

Discover the peace and tranquility of crotchet and make something beautiful with your hands. Beginners and advanced classes taught by Sammye Hitchye.

Wednesday, 10 a.m. & Thursdays, 12 p.m.
starting in October
Cost: \$10

Sewing Class (All Ages)

Learn how to sew your own face mask. Students must call for list and bring their own supplies. Class taught by Sammye Hitchye

Wednesday, 10 am & Thursdays, 12 p.m.
starts in September
Cost: \$10

Tulsa Counts: Take the U.S. Census at Lacy Community Center



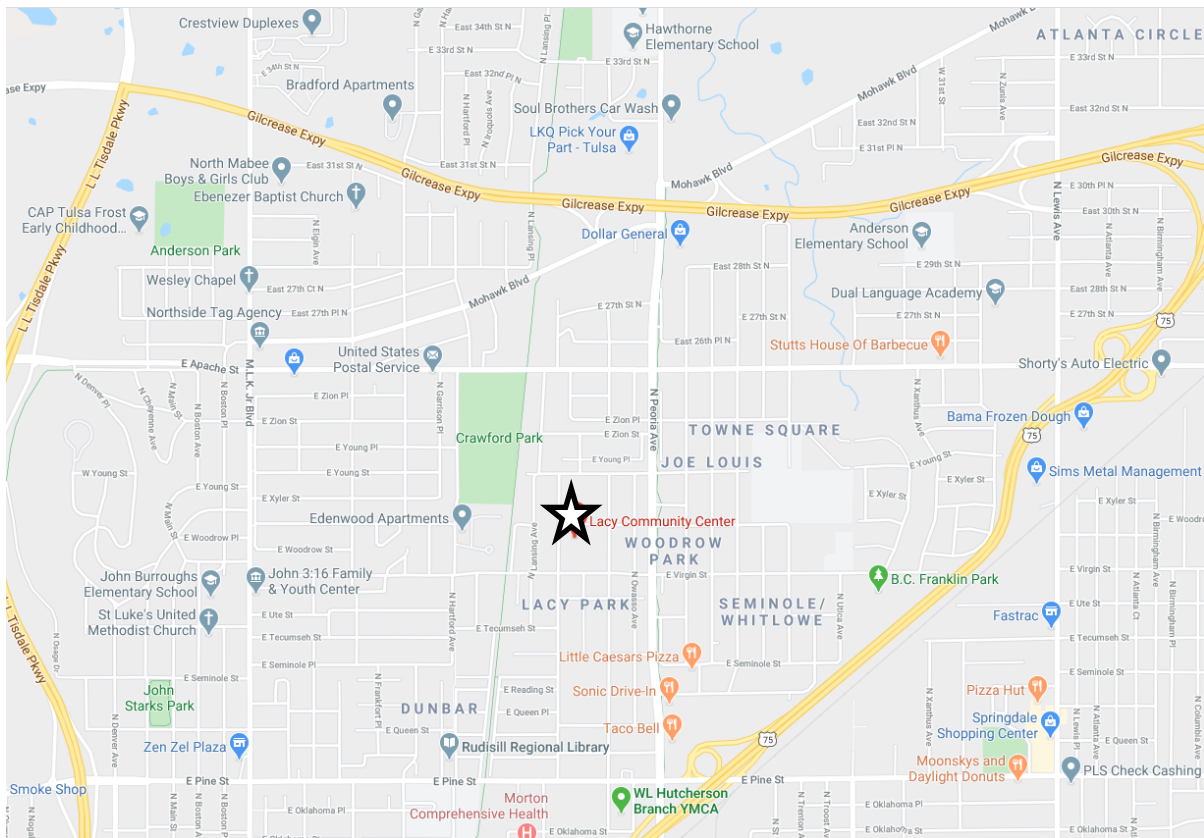
United States®
Census
2020

The primary goal of the 2020 Census is to count every resident in the U.S. and territories, only once, and in the right place.

When you respond, Tulsa can get more funding for local services and representation. Residents can still complete the U.S. Census online at Lacy Park & Community Center during regular building hours.

Lacy Park & Community Center

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Follow Lacy Park & Community Center on Facebook!

Get reminders on upcoming events, activities, sports and other opportunities, as well as updates on the latest weather information and park closings.

@LacyParkTulsa | @TulsaParks

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