

FALL 2020



WHITESIDE PARK & COMMUNITY CENTER



WWW.TULSAPARKS.ORG

**Look inside for
FUN FALL
ACTIVITIES!**

TULSA  PARKS

WHITESIDE RECREATION CENTER
4009 S. PITTSBURG AVE.
TULSA, OK 74135

GENERAL INFORMATION

STAFF

Sarah Gund.....Park Manager | sgund@cityoftulsa.org
Luke McCollom.....Recreation Coordinator | lmccollom@cityoftulsa.org
Omare Jimmerson...Recreation Program Manager | ojimmerson@cityoftulsa.org
Anna America.....Park & Recreation Director | annaamerica@cityoftulsa.org

Building Hours*:

Monday.....8:30 a.m.–8:00 p.m.
Tuesday.....8:30 a.m.–8:00 p.m.
Wednesday.....8:30 a.m.–6:00 p.m.
Thursday.....8:30 a.m.–8:00 p.m.
Friday.....8:30 a.m.–12:30 p.m.
Saturday.....9 a.m.–1 p.m. *
*2nd and 4th Saturday each month

Whiteside 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 the COVID-19 pandemic.**
**** Building will close after the last scheduled activity.**

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.

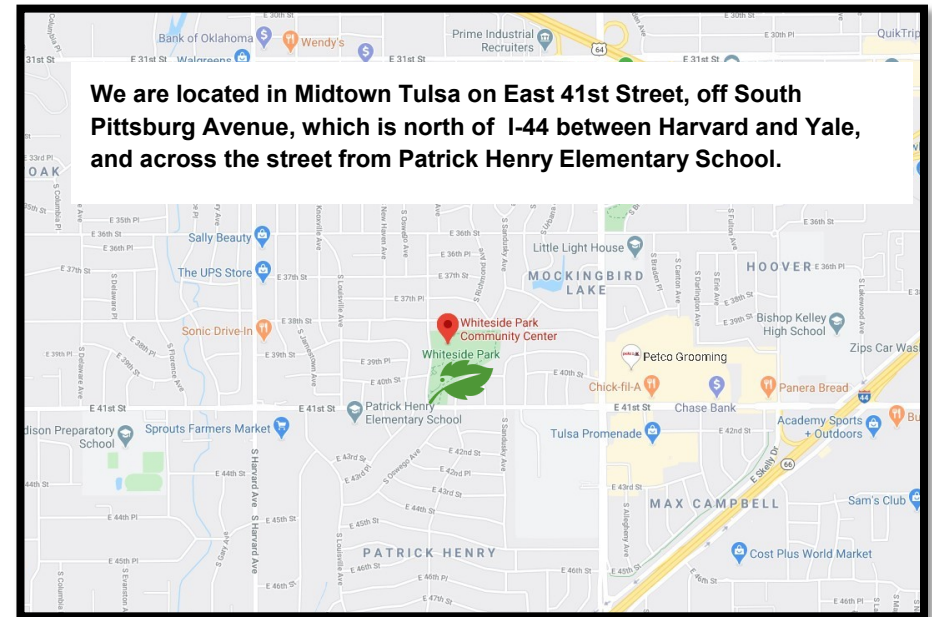
Please note the following temporary practices and protocols are in place at our center:

- 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 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 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.

THINGS TO KNOW

We are located in Midtown Tulsa on East 41st Street, off South Pittsburg Avenue, which is north of I-44 between Harvard and Yale, and across the street from Patrick Henry Elementary School.



Contact Information:

For shelter rentals, call: 311 | For Whiteside programs, call: (918) 596-1525

Get updates about events, classes, closings and more on our Facebook pages:
[@WhitesideParkTulsa](https://www.facebook.com/WhitesideParkTulsa) | [@TulsaParks](https://www.facebook.com/TulsaParks)

CLASS ENROLLMENTS

Please make a point to pre-enroll in any programs you are interested in attending. Programs not meeting minimum enrollment prior to the start date, will be cancelled. Enroll online at www.tulsaparks.org or in person at Whiteside Community Center!

NON-RESIDENT FEE (NRF)

Please note: a 25% additional fee will be assessed for non-residents of the City of Tulsa in all rental and programming fees.

ID CARDS

Persons over the age of 10 must obtain a FREE Tulsa Parks ID card to participate in activities at the community center. Please make the front desk your first stop!

NEW IDEAS

Have you got a new idea for a class or special event? Do you have talent you want to share with others by facilitating a class? Shoot us an e-mail or give us a call!

PICKLEBALL

PICKLEBALL LEAGUE

Adults ages 30 and over can join our adult Pickleball League. Beginners and advanced will play at Whiteside. Round Robin league structure.

Resident: \$20 per player

Non –resident: \$25 per player

Play begins Tuesday, September 8 for Beginners and Tuesday, October 20 for Advanced. For more information contact lmccollom@cityoftulsa.org



OPEN PICKLE BALL PLAY

A great game for fun, socialization and exercise! Ask to be put on our Pickle Ball e-mail list for monthly calendars, schedule updates, etc.

Reservations by appointment only* Call for available slots within the following schedule:

Mondays and Wednesdays: 2:40-4:40 p.m.

Tuesdays & Thursdays: 10 a.m.-noon | 12:20-2:20 p.m. | 2:40-4:40 p.m. | 5:30-7:30 p.m. (Thursdays only)

***Saturdays:** 9-10:45 a.m. | 11 a.m.-12:45 p.m. (check schedule for available Saturday play).

**Reserving a time does not mean that you or your "group" has exclusive use of the court. Please make sure you are including the people waiting in the rotation.*

Health and safety guidelines for pickleball after checking in:

- Mask may be removed for physical activity but must worn when waiting on a court.
- Wash and sanitize hands frequently.
- Bring own supplies (We will supply balls).
- Wipe down equipment before and after each use.
- Maintain 6 ft physical distancing at all times.
- 12 players allowed in gym at one time.
- Reserve your court and time ahead of time, no walk-ins if gym is full.

ACTIVITIES 4 ACTIVE ADULTS

MORNING ZUMBA w/ SARAH

Start your day off right by joining us for a one-hour class of active dancing that's sure to be as fun as it is calorie-burning!

Drop-In Class: \$6 | **Residents:** \$30/8 classes | **Non-residents:** \$37/ 8 classes

Mondays and Fridays at 9:30 a.m. Classes will begin September 30.

OVER-40 BASKETBALL

Open basketball courts and games for adults over 40.* | **FREE**

Mondays, Wednesdays and Fridays: 11:30 a.m.-1:30 p.m.

** Until restrictions are lifted, we are limiting this program to practice type drills for individuals. Limited number of slots per day.*

ADULT RECREATIONAL VOLLEYBALL LEAGUE

Join our coed league for residents ages 16 and older. Don't have a team? Call and get placed on our free agent list. We will try to form teams from names on that list. **Please note:** Spectators will not be allowed in the gym at this time.

\$80 per team | \$16 refundable CASH deposit | \$8 per game for official fee

Registration Deadline: September 28

Mondays: 6 p.m. starting October 5 through November 23.

ADULT CLUBS & EVENTS

PORTRAIT PAINTERS

For experienced artists ages 18 and older who want to paint portraits with a live model. Must bring your own painting supplies | Participants split cost for model.

Tuesdays: 11 a.m. | *Please check with Whiteside prior to coming, as group has been doing virtual and outdoor sessions due to COVID-19.*

UNITED HEALTH CARE OPEN ENROLLMENT

Need advice on Open Enrollment for Medicare? A great place to get the answers you need. | **FREE**

Wednesday, October 28 10-11 a.m. | Wednesday, November 4 10-11 a.m.

TENNIS



Whiteside has a great tennis program for both kids and adults. Our coaches are experienced, patient and eager to help beginners learn the game while also working with more experienced players to gain stamina, agility and strength.

LESSONS WITH COACH KEITH (ALL AGES)

Level 1 for both kids and adults is designed for the beginner player. Level 2 is designed for kids and adults that already play and need a more advanced learning/playing session.

Mondays and Wednesdays:

Session 1: September 9-October 5

Session 2: October 12-November 4

** Adults interested in Level 1 Tennis can contact the coach directly at 918-951-5350*

CLASS LEVEL	AGE	TIME	COST (R/NRF)
Level 1 & 2	8-10	4:15-5:p.m.	\$50 / \$62
Level 1 & 2	10+	5:05-5:50 p.m.	\$50 / \$62
Level 2	Adults	6-7:30 p.m.	\$75/\$90

LESSONS WITH COACH ROBERTA:

Coach Roberta is looking forward to coaching your child, whether beginner or advanced.

Tuesdays and Thursdays

Session 1: September 8-October 1

Session 2: October 13-November 5

CLASS LEVEL	AGE	TIME	COST (R/NRF)
Level 1 & 2	6-8	4-4:45 p.m.	\$50 / \$62
Level 1	9-14	4:50-5:35 p.m.	\$50 / \$62
Level 2	9-14	5:40-6:25 p.m.	\$50/\$62

TENNIS DRILLS FOR ADULTS:

Sign up online for free Tennis drills on Fridays at 9 a.m.
Instructor: John Lieber. For Advanced and Intermediate players.

PRESCHOOL ACTIVITIES

LIL BIT SPORTS CLASSES (AGES 3-4)

Our youngest athletes, along with a parent-helper, can participate in our three-week sport classes. A new sport is practiced each month!

Residents: \$30 | **Non-Residents:** \$37

Soccer Class: September 15-29 | **Basketball Class:** October 13-27

Tuesdays: 4-4:45 p.m.



BIKES, BALLS & YOU (AGES 1-5)

This open gym time for preschoolers is a great way to socialize with other kids. Families must bring their own riding toy and NO FOOD or DRINKS are allowed in the gym. | **FREE Starts September 8.**

Tuesdays & Thursdays: 9-10 a.m. | 10:10-11:10 a.m.

Bikes and Balls is cancelled on school holidays.

Please note: Due to health protocol a limited number of people will be allowed in the gym during each session. Please call ahead for reservations. Adults are required to wear masks at all times. It is also recommended, but not required of children between the ages of 2 and 5 years.

YOUTH DANCE CLASSES

TINY DANCERS BALLET (AGES 3-11)

A 6-week introductory class to ballet for preschool through elementary school-age dancers. Children will need to bring their own ballet shoes.

All ballet classes are held on Wednesdays:

Session 1: September 2-October 7

Session 2: October 21-December 2 (no class 11/25)



AGE	TIME	COST (R/NRF)
3-4	4-4:30 p.m.	\$50 / \$62
5-7	4:35-5:35 p.m.	\$60 / \$75
8-11	5:40-6:40 p.m.	\$60 / \$75

FRIDAY FUN DAYS

Join the Whiteside staff on Friday mornings for crafts, games and lots of fun! Each Friday, kids will participate in active games either in the gym or outside, we'll do a craft or STEM activity. Kids should be prepared to actively participate in all activities.

COSTS PER CHILD

1st child in family	2nd child in family
\$8 per class	\$5 per class



Fridays: September 11- November 20 from 10 a.m.-noon

- Enrollment will be limited to 20 participants so that small groups can be maintained during activities.
- Temperatures will be taken each day upon arrival.
- Drop-off and pick-up will be outside at the door. Staff will be present to sign your child in

and out.

- Masks will be required for all staff and kids. There will be times when masks may be removed, including when playing outside and physical activities where social distancing is possible.
- Physical distancing will be practiced to the best of our ability.
- Separate craft supplies will be issued for each child

MARTIAL ARTS



Brazilian Jujitsu is coming to Whiteside! Tuesday & Thursday at 6:30 p.m.-7:45 p.m. Adult and Children class are available. Contact Redcloud Anguoe at 918-923-7520 for registration information or call 918-596-1525 for more information.

COSTS

Adult	Child
\$50/ month	\$35/ month

KIDS' FALL BREAK DAY CAMPS

Registration for Kids' Fall Break Day Camps begins September 1 and this year, Whiteside is offering two fall break camps: Wednesday-Friday, October 14-16, and the two days before Thanksgiving, Monday-Tuesday, November 23-24.

Camp hours are 9 a.m. to 4 p.m. Children may be dropped off as early as 7:30 a.m. and picked up as late as 5:30 p.m. at no extra cost. Each camper will need to bring their own non-refrigerated lunch, eating utensils and water bottle each day unless otherwise instructed. We have exciting weeks full of games and activities planned, so sign up early as these camps usually fill up quickly!

CAMP COSTS PER CHILD

Fall Break: October 14-16	Thanksgiving Break: November 23-24
Residents: \$90 Non-Residents: \$110	Residents: \$60 Non-Residents: \$75

Full payment is required at registration. If you can register and pay for your child(ren) online, that is preferred, but you will still need to come in to the center to complete additional paperwork. Please bring a copy of their shot record and a small photo at that time. There is a \$10 sibling discount when enrolling multiple children from the same family.

COVID-19 DAY CAMP PROTOCOLS

- Enrollment will be limited to 20 participants so that small groups can be maintained during camp activities.
- Temperatures will be taken each day upon arrival at camp.
- Drop-off and pick-up will be outside at the door. Staff will be present to sign your child in and out.
- Masks will be required for all staff and campers. There will be times when masks may be removed, including when playing outside, physical activities, lunch and snack time.
- Separate craft supplies will be provided for each child.
- Physical distancing will be practiced to the best of our ability.
- Field trips are planned, but may be canceled based on health restrictions that may be in effect at the time of camp.



BIRTHDAY PARTIES

MESSY ARTIST OR LIL SCIENTIST BIRTHDAY PARTY(AGES 3-6)

Kids can enjoy messy art projects or fun science experiments while parents enjoy NOT cleaning up the mess afterwards! This party package includes an hour of activities and an hour for cake and gifts. Parents are responsible for bringing all food and drinks as well as table/room decorations.

Residents: \$135 | **Non-Residents:** \$168 | 10 child maximum

Saturdays: 10 a.m. to Noon | By appointment only



BIKES & BALLS BIRTHDAY PARTY (AGES 2-6)

We will set up slides, child-sized basketball hoops, and more so kids can play to their little hearts' delight! Parents are responsible for bringing all food and drinks as well as table/room decorations.

Residents: \$130 | **Non-Residents:** \$162 | 15 child maximum

Saturdays: 10 a.m. to Noon | By appointment only

BUILD IT PARTY (AGES 3-6)

If your child likes to build with blocks, toy bricks, boxes and more, we've got the perfect birthday party for them! An hour with some building fun lead by an instructor and an hour in a party room for cake and gifts. Parents are responsible for bringing all food and drinks as well as table/room decorations.

Residents: \$130 | **Non-Residents:** \$162 | 10 child maximum

Saturdays: 10 a.m. to Noon | By appointment only

GYMNASTICS PARTIES (AGES 4-11)

Kids enjoy an hour with a gymnastic coach and an hour in the party room. All parents must sign a waiver before children can participate. Parents are responsible for bringing all food and drinks as well as table/room decorations.



Residents: \$130 | **Non-Residents:** \$162 | 10 child maximum

Saturdays: 10 a.m. to Noon | By appointment only

RENTALS

Do you need a room to host a birthday party, baby shower or meeting? Wanting to teach a class but need a space? Whiteside has a variety of rooms and amenities that can help you host a great event!



The following rooms are available to rent. Premium hours are subject to staff availability.

Please note: due to COVID-19 restrictions large gatherings are not permitted at this time, as well as party sizes and available amenities may be limited.

ROOMS	STANDARD RATE RESIDENT	STANDARD RATE NR	PREMIUM RATE RESIDENT	PREMIUM RATE NR
FULL GYM	\$50	\$63	\$80	\$93
HALF OF GYM	\$25	\$31	\$55	\$61
MULTI-PURPOSE ROOMS	\$30	\$38	\$60	\$68

SERVICE GROUPS

Did you know that Scout troops and Camp Fire groups are able to host their meetings at Whiteside...**FREE OF CHARGE?!**

If you're a leader of a troop and need a place to meet with your troop on a weekly or monthly basis, please contact the Whiteside staff. We would be happy to help you find a convenient time and space for your group!



HALLOWEEN CARNIVAL on the COURTS



- Spooky Walk-through
- Unlimited Carnival Games
- Costume Contest
- Trunk or Treat
- Mask Making

Please note, masks must be worn by all and social distancing measures will be maintained throughout the event.

**Saturday,
October 31
1-3 p.m.**



HOWL-O-WEEN

Gather the dogs, the kids, the neighbors and come out for a howling good time at Whiteside!

- Adoptions!
- Vendors!
- Parade and treat hunt



**SATURDAY, OCTOBER 24
10 A.M.-1P.M.**

FAMILY DODGEBALL NOVEMBER 20

OK, kids....grab your parents and come out for a some fast moving, dodgeball at Whiteside!

Must pre-enroll by Friday, November 13!



Time: 6-7:30 p.m.

Cost: \$5 per family

Ages: 6 years and up

Enrollment will be limited. Masks must be worn into the facility and while waiting to play.

YOUTH GYMNASTIC CLASSES

TUESDAY CLASSES

Session 1: September 1-October 6 | **Session 2:** October 20—December 1

CLASS	TIME	AGE	INSTRUCTOR
KINDERPLUS	4:15-5 P.M.	3-5 YEARS	Coach Amber
JUNIOR BEGINNER	5-5:55 P.M.	4-6 YEARS	Coach Amber
BEGINNER	6-6:55 P.M.	6-10 YEARS	Coach Amber
BEGINNER PLUS	7-7:55 P.M.	10-14 YEARS	Coach Amber
Parent Watch Days	TBA	All	November 24

WEDNESDAY CLASSES

Session 1: September 2-October 7 | **Session 2:** October 21-December 9

CLASS	TIME	AGE	INSTRUCTOR
TUMBLING TOTS	9:30-10:10 A.M.	18-36 MONTHS	Coach Autumn
KINDER-PLUS	10:15-11 A.M.	3-5 YEARS	Coach Autumn
HOMESCHOOL GYMNASTICS	11-11:50 A.M.	6-12 YEARS	Coach Autumn
Parent Watch Days	TBA	ALL	November 11 & 25

THURSDAY CLASSES

Session 1: September 3-October 8 | **Session 2:** October 22 -December 3

CLASS	TIME	AGE	INSTRUCTOR
JUNIOR BEGINNER	4-4:55 P.M.	4-6 YEARS	Coach Autumn
JUNIOR BEGINNER	5-5:55 P.M.	4-6 YEARS	Coach Autumn
BEGINNER	6-6:55 P.M.	6-10 YEARS	Coach Autumn
Parent Watch Days	TBA	ALL	November 26

FRIDAY CLASSES

Session 1: September 4-October 9 | **Session 2:** October 23-December 4

CLASS	TIME	AGE	INSTRUCTOR
KINDERPLUS	3:15-3:55 P.M.	3-5 YEARS	Coach Autumn
INTERMEDIATE	4-4:55 P.M.	7-14 YEARS	Coach Autumn
BEGINNER	5-5:55 P.M.	6-10 YEARS	Coach Autumn
Parent Watch Days	TBA	ALL	November 27

Cost per 6-week session: \$70 for residents | \$85.00 for non-residents

Sibling Discount: \$5 off the 2nd child enrolled from the same family

Payment is due in full when enrolling for Session 1. You may reserve your child's spot in Sessions 2 by placing a \$20 deposit, but **only if** they are currently enrolled in Session 1.

Enrollment can only be done in-person at Whiteside Community Center or online. **Please note:** online enrollment will only accept full payments and must be done prior to class starting. It will not pro-rate if your child is joining late to a class.

For children's safety, students must have instructor permission to enroll in Intermediate classes. Parents are not allowed in gym during classes. There will be a parent watch week the last class of each session. Based on the current COVID-19 health and safety assessment for the scheduled day, Parent Watch Day may be canceled or modified.

YOUTH GYMNASTICS TEAM

WHITESEIDE TWISTERS COED GYMNASTICS TEAM



Girls and boys ages 5-16 from all over Green Country come to participate in this great program and compete in the Tulsa Parks Recreational League

Cost: \$80 per month Additional fees for uniforms, meet fees and league fee.

Practice days are Mondays and Wednesdays

Please note: parents must contact Whiteside to set up a try-out period for their child before they can join this team.