

Hicks Park Community Center

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



**Online registration is now available.
To register for any Tulsa Parks class,
visit www.guide.tulsaparks.org.**



@HicksParkTulsa
@TulsaParks

TULSA

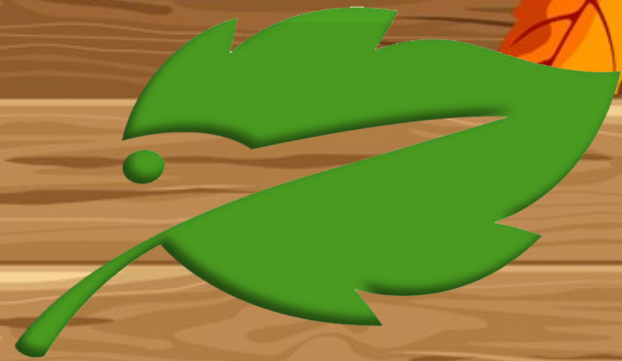


PARKS



HICKS PARK

COMMUNITY CENTER



TULSA PARKS

ACTIVITY GUIDE

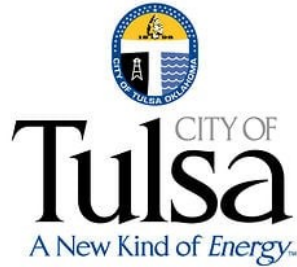
Sept. - Nov.

FALL 2020

GENERAL INFORMATION

BUILDING HOURS:

Monday	8 a.m. - 8 p.m.
Tuesday	8 a.m. - 6:30 p.m.
Wednesday	8 a.m. - 8 p.m.
Thursday	8 a.m. - 6:30 p.m.
Friday	8 a.m. - 5 p.m.
Saturday	Closed
Sunday	Closed



HOLIDAY CLOSURES:

Monday, Sept. 7	Labor Day
Wednesday, Nov. 11	Veterans Day
Wednesday, Nov. 25	Furlough 1/2 Day (Open: 8 a.m. - 12 p.m.)
Thursday, Nov. 26	Thanksgiving Day
Friday, Nov. 27	Day after Thanksgiving

STAFF:

Park Manager: Kathy Carlson | kcarlson@cityoftulsa.org
Recreation Coordinator: Tarah Moutray | tmoutray@cityoftulsa.org
Recreation Coordinator: VACANT
Building Custodian: Brian Porter | brianporter@cityoftulsa.org
Recreation Supervisor: Omare Jimmerson | ojimmerson@cityoftulsa.org
Park & Recreation Director: Anna America | annaamerica@cityoftulsa.org

NON-RESIDENT FEE

A 25% additional fee will be assessed for non-residents of the City of Tulsa in all rental and activity fees.

ID CARDS

All patrons ages 10 and over must obtain a FREE Tulsa Parks ID card to participate in activities at all City of Tulsa Community Centers. Please see recreation staff for more details.

For more information and updates on
Tulsa Parks and Recreation programs, visit:

www.tulsaparks.org

YOUTH CAMPS:

TULSA PARKS STUDENT SUPPORT CAMPS:

About Student Support Camps:

Student Support Camps will be held at five separate community centers, with pods setup at each location for students, Grades 1 - 6 (ages 6 - 12) to complete their school work while families are at work. Each pod will consist of up to 10 students and will have one counselor to monitor those students. Counselors, who will wear face masks, while providing socially distanced enrichment and play activities, as well as, providing time for children to do their online learning and schoolwork. Please note that counselors are not teachers, rather trained facilitators to ensure each student is provided a safe environment throughout the duration of the day.

Each student is responsible for bringing their coursework, including any computers and school supplies to complete that coursework. Each parent should ensure their student brings a lunch that does not have to be refrigerated.

Student drop-offs start at 8 a.m. and promptly ends at 4:30 p.m., with plans to extend hours as staffing becomes available.

The camps require a \$25/week registration/materials fee per camper to hold your slot. Limited spots available.

Dates: September 9 - December 23, 2020.

How to Sign Up:

1. Go to www.tulsaparks.org
 - A. Create an account.
 - B. Choose your preferred community center – not all requests for certain community centers may be granted due to size limitations.
2. Full payment is required at registration. Additional paperwork is required, you will need to bring the health and registration form(s) to your assigned center.

For More Information:

If you need further information on Student Support Camps, visit www.tulsaparks.org for a detailed list of FAQs. If you have further questions, email Omare Jimmerson at ojimmerson@cityoftulsa.org.

CAMP LOCATIONS:

Central Center in Centennial Park | 1028 East 6th Street
Jane A. Malone Center in Chamberlain Park | 4940 North Frankfort Avenue
Lacy Park Community Center | 2134 North Madison Place
Reed Park Community Center | 4233 South Yukon Avenue
Whiteside Park Community Center | 4009 South Pittsburg Avenue

THE YMCA GO CLUB AT HICKS PARK:

The YMCA of Greater Tulsa's signature out-of-school time program, Graduate Oklahoma [GO Club], is here to meet out-of-school time care needs while supporting remote learning. The YMCA's top priority is to keep children safe, healthy, and engaged while in our facility. While maintaining a healthy environment, students will be engaged in STEAM, movement, and literacy along with other enriching activities. We work closely with local school districts and parents/guardians to support students virtual learning while in the care of the Y. To register, visit ymcatulsa.org/go-club

SPECIAL EVENTS:

TEEN FLASHLIGHT CANDY HUNT (Ages 13-17)

All kids, regardless of age, love candy and teens are no exception. So, teens ages 13-17 (18 year-olds who are currently attending high school are allowed) are invited to an after-dark hunt for candy throughout Hicks Park using only flashlights to guide their way.

Bring your own flashlight and something to put their candy in. Masks must be worn by all participants.

Pre-registration required by October 14.

Monday, October 19, 7 p.m.
FREE

FLASHLIGHT CANDY SCRAMBLE (Ages 12 & Under)

Children will have fun searching for candy outside with a flashlight, (and maybe a little help from their parents). Bring your own flashlight and something to collect all the goodies in! Masks must be worn by all participants.

Monday, October 26, 6:30 p.m.
FREE

TURKEYS AND TREADMILLS CHALLENGE

Help get ahead of the Thanksgiving pounds with a walking competition. Participants can walk, jog or run inside on our treadmills or outside around Hicks Park. For each time you visit Hicks to log some miles, you'll be entered into a drawing for a chance to win a free turkey. The winner will be announced on Nov. 20.

November 2 - 19.
FREE



COVID-19 PARK PROTOCOL

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 at www.guide.tulsaparks.org 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. Class sizes may be limited.

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



FITNESS & WEIGHT ROOM

Residents must be 16 years or older to use the fitness and weight room.

RATES

Drop-in: \$3/day | \$10 for 5 visits (Resident) | \$13 for 5 visits (Non-Resident)
\$25 for 20 visits (Resident) | \$31 for 20 visits (Non-Resident)

Seniors 55+: \$15 for 20 visits (Resident) | \$18 for 20 visits (Non-Resident)

FITNESS ROOM HOURS:

Monday & Wednesday: 8 a.m. - 7 p.m.

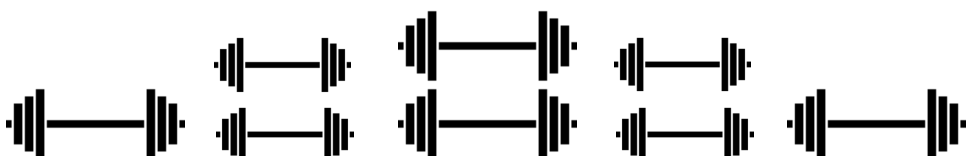
Tuesday & Thursday: 8 a.m. - 6 p.m.

Friday: 8 a.m. - 4 p.m.

(A cleaning schedule is in place to sanitize the facility throughout the day. Please be mindful of staff if they are needing access to an area in order to clean).

Health and Safety Guidelines for fitness and weight room after checking in:

- Mask must be worn at all times.
- Wash and sanitize hands frequently.
- Wipe down equipment before and after each use.
- Maximum 6 people in each room at a time.
- Maintain 6 feet physical distancing.
- Showers will not be available at this time.



COMMUNITY CLUBS:

JUVENGAF (Youth Guarantee of the Future) HISPANIC LEADERSHIP ACADEMY

This program is intended for young adults ages of 8 to 12, but not limited to only that age range. Juvengaf is a non-profit association wanting to give our children the future they deserve. The project focuses on preparing youth and building them into leaders with a high sense of responsibility that will help them adapt to the needs of society.

For more information about the organization and this program, email juvengaf@live.com for details.



VIRTUAL PROGRAMS

TULSA PARKS VIRTUAL FREE PLAY

Every Wednesday check out our Facebook page [@HicksParkTulsa](#) & join our [Tulsa Parks Youth Sports Facebook group](#) for weekly interactive posts and videos about different sports and activities for kids to try in a free-play environment that exposes them to different sports and fun ways to stay active!

FREE

HALLOWEEN PET COSTUME CONTEST

Halloween fun is not just for humans! If you have a cute, scary, silly costume for your pet—we want to see it! Submit a photo of your pet in their best Halloween costume to our Facebook group/Event page at Hicks Halloween Pet Costume Contest Facebook Event page, and the best costume with the most “likes” WINS!



Participants must post a photo of their pet to our Hicks Halloween Pet Costume Contest Facebook Event page, include your pet's name, and brief description of your photo. And start voting!

We will be accepting submissions Oct. 1 - Oct.28. Winners will be announced Wednesday, October 28 and will receive a gift card for your pet! For more information visit our Facebook page, [@HicksParkTulsa](#).

FREE

ALL-AGE PROGRAMS

SHOTOKAN (Ages 9 & older)

This class focuses on traditional Japanese karate principles and disciplines of character, etiquette, effort, sincerity, self-control and resolution to refrain from violent behavior. Training consists of basic movements, individual workouts and partner practice in defensive tactics. Bring your own water bottle.

Mondays & Wednesdays, 6 - 7 p.m.
\$25 per month (Resident) | \$31 per month (Non-Resident)



TAE KWON DO (Ages 5 & older)

A martial arts class focusing on self-defense, discipline, respect and self-control. Bring your own water bottle.

Mondays & Wednesdays, 5 - 6 p.m.
\$25 per month (Resident) | \$31 per month (Non-Resident)

SENIOR PROGRAMS

SENIOR EXERCISE

Whole body workout that includes low-impact aerobics choreographed to music, hand-held weights for strength, and floor and chair moves for balance and flexibility. Come make new friends and enjoy a healthy lifestyle.

Mondays, Wednesdays, & Fridays, 9:30 - 10:30 a.m.
\$25 for 12 classes (Resident) | \$31 for 12 classes (Non-Resident)



LOW-IMPACT AEROBICS

Get your day started right! This class includes low impact aerobics to burn calories and improve stamina, use of weights to tone and build strength, and floor exercises for flexibility. Join the fun!

Mondays, Wednesdays, 10:45 - 11:45 a.m.
Fridays, 8:20 - 9:20 a.m.
\$25 for 12 classes (Resident) | \$31 for 12 classes (Non-Resident)



SENIOR FALL BINGO

Ages 55 and over.
Please bring your own snack and drink (no shareable snacks).
Must wear a mask.
Please RSVP.

Thursday, October 8, 1 - 2:15 p.m.

YOUTH PROGRAMS

YOUTH VOLLEYBALL CAMP (Grades 4th - 8th)

Must have knee pads and bring your own water bottle. *Limited spots available.*

Thursday, Oct. 1, 8, 22, 29 & Nov. 5

Beginners: 5 - 6:15 p.m.

Advanced: 6:30 - 7:45 p.m.

\$25 (Resident) | \$31 (Non-Resident)



ADULT PROGRAMS

SELF-DEFENSE

In this class you will learn: how to protect yourself from frontal and rear attacks, how to strike, what to do if you are grabbed from the front, how to escape out of a chokehold, and much more!

Mondays & Wednesdays, 6 - 7 p.m.

\$25 per month (Resident) | \$31 per month (Non-Resident)



GENTLE YOGA

Learn the fundamentals of yoga that can open the body and promote proper breathing techniques, asana, and meditation. Bring your own mat, strap, blankets, blocks and water bottle.

Thursdays, 6 - 7:15 p.m.

\$30 per month (Resident) | \$37 per month (Non-Resident)

ZUMBA

Fun dance routines to upbeat music that incorporates interval training—alternating fast and slow rhythms—along with resistance training. Bring your own water bottle.

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

\$7 drop-in class | \$35 for 8 classes (Resident)

\$44 for 8 classes (Non-Resident)

DANCE 2FIT with Jessica Smith

A fun, energetic, high intensity workout that uses popular hip-hop music and aerobics dancing mixed with fitness to create a rewarding full-body workout. Bring your own water bottle.

Mondays & Wednesdays, 7 - 8 p.m.

\$5 per class | Students pay instructor

Contact Jessica Smith on Facebook at @Dance2fit