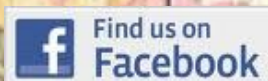


HICKS PARK COMMUNITY CENTER

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



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



@HicksParkTulsa
@TulsaParks

TULSA  PARKS

HICKS PARK COMMUNITY CENTER



TULSA PARKS

ACTIVITY GUIDE

March - May

SPRING 2021



Tulsa
A New Kind of Energy.

GENERAL INFORMATION

STAFF:

Vacant | Park Manager |
Tarah Moutray | Recreation Coordinator | tmoutray@cityoftulsa.org
Cassandra Meador | Recreation Coordinator | cmeador@cityoftulsa.org
Omare Jimmerson | Recreation Program Manager | ojimmerson@cityoftulsa.org
Anna America | Park & Recreation Director | annaamerica@cityoftulsa.org

BUILDING HOURS*:

Monday	8 a.m. - 8 p.m.	<i>*For safety, staff may close the building after the last scheduled activity of the day, so our building may close earlier than when posted time.</i>
Tuesday	8 a.m. - 6:30 p.m.	
Wednesday	8 a.m. - 8 p.m.	
Thursday	8 a.m. - 7:30 p.m.	
Friday	8 a.m. - 4 p.m.	
Saturday	Closed	
Sunday	Closed	

HOLIDAY CLOSURES:

Friday, April 2, 2021.....Good Friday
Monday, May 31, 2021.....Memorial Day

COVID-19 SAFETY PROTOCOLS

Health & Safety Policies

The City of Tulsa's Park and Recreation Department remains committed to ensuring the health and safety of our staff and residents during the current COVID-19 pandemic, 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.

YOUTH CAMPS

TULSA PARKS STUDENT SUPPORT CAMPS

Student Support Camps will be held Monday - Friday, unless otherwise stated. They require a \$25/week registration/materials fee per camper to hold your slot. Limited spots available.

Dates: March 2021

All camp locations are open for enrollment, but availability may change based on enrollment.

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 or microwaved.

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.

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 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

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.



ZUMBA with Ginger

FOR SENIORS (55+)

A relaxed-paced Zumba class that will improve balance, coordination, and stamina!

Tuesday, 10:15 a.m.

\$7/class *



A dynamic relaxed-pace class that fuses dance with maraca-weights to tone muscles the fun way!

Thursday, 10:15 a.m.

\$7/class *



FOR ADULTS

An uplifting, cheerful, and calorie scorching Zumba class. Ginger will keep you smiling and sweating too!

Tuesday, 6:35 p.m.

\$7/class *



A class that fuses Zumba dance with maraca-weights for calorie burn AND muscle toning!

Thursday, 6:35 p.m.

\$7/class *



Students pay instructor

Instructor Contact: Ginger Gregory | gtgregory@zoho.com

POLICIES

Enrollment Policies

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, and some programs may have a registration deadline that will impose late registration fees.

Enroll online for any program or location at www.tulsaparks.org or in person at Hicks Park Community Center. If a program becomes full, there may be another location available or we can place those still interested in participating on a waitlist.

Cost and Payment Policies

A 25% additional fee will be added for non-residents of the City of Tulsa on all rental and programming costs, but senior citizen discounts and scholarships are available for some programs. Speak with a park staff member for more details.

Some programs require a partial deposit to be paid immediately upon enrollment to hold your registered spot, and full payment for program is due before the program start date. Payments can be made online or in person, and we accept Visa/Mastercard/Discover credit cards or cash/check only.

Refunds

Registrants can receive a full refund if they notify Hicks Park Staff prior to the start of class. If a participant is dissatisfied with a program please contact Hicks Staff. Refunds will be issued for programs cancelled by Hicks Park.

Program Change Policies

Changes to programs are made based on current enrollment numbers, health and safety concerns or when needed by the instructor and can mean a change in day or time of program, as well as location, program size, changes or restrictions in program content or even cancellation of the program.

When a change to a program is made, we will contact all enrolled participants with information about the change as soon as possible. If a participant no longer wants to attend the changed program, a full or partial refund will be issued.

ID 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.

Anti-Bullying Policy

Bullying and discrimination are real and taken seriously by Tulsa Parks and the City of Tulsa. Bullying or discriminatory behavior by any patron will not be tolerated within our facility or park grounds. You can read more of our full bullying and discrimination policy by visiting www.cityoftulsa.org/park-policies.

FITNESS & WEIGHT ROOM

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

FITNESS ROOM COST:

Drop in visit\$3
5 Visit Pass\$10 res. / \$13 non-res.
20 Visit Pass\$25 res. / \$31 non-res.
20 Visit Senior Pass\$15 res. / \$18 non-res. (age 55+)

FITNESS ROOM HOURS:

Mondays & Wednesdays, 8 a.m. - 7 p.m.

Tuesdays & Thursdays, 8 a.m. - 6 p.m.

Fridays, 8 a.m. - 3 p.m.

**Last admittance into fitness room is 30 minutes prior to closing time.*

(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.



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 & Fridays, 8:20 - 9:20 a.m.
\$25 for 12 classes (Resident) | \$31 for 12 classes (Non-Resident)

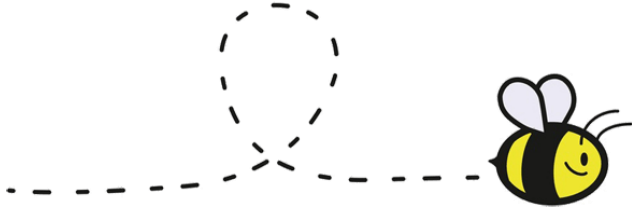


TEEN PROGRAMS

SPRING FEVER CARNIVAL (Ages 15 - 19)

Hicks Park is having a carnival! Join us outside for carnival games, booths, and more focused on sexual health, healthy relationships, and general wellbeing. Young adults can get everything needed to feel empowered to make healthy and informed decisions around sexuality. Oh, and did we mention there are prizes to win. Don't miss out!
Pre-register by May 13.

Thursday, May 20, 5:30 - 6:30 p.m.
FREE



MARTIAL ARTS 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)

SPECIAL EVENTS

ST. PATRICK'S SCAVENGER HUNT (Ages 6 - 12)

Nothing says St. Patrick's Day like a good 'ol treasure hunt. Stop by Hicks Park and pick up an activity sheet and find the items on the list outside! Bring back your finished sheet for a prize. *Please pre-register by March 12.*

Wednesday, March 17, 10 a.m. - 2 p.m.
FREE

DOG PICTURES WITH THE EASTER BUNNY

Bring your pup to get a *FREE* photo with the Easter Bunny. All pictures will be posted on Hicks Park Facebook Page (@HicksParkTulsa).
Pre-register by March 24.

Monday, March 29, 5:30 - 7:00 p.m.
FREE

EASTER EGG HUNT (Ages 12 & under)

Ages 12 and under will have fun hunting for the colorful candy and toy filled eggs. Bring something to collect the eggs and a canned good donation for a local food bank.

Monday, March 29, 6:30 p.m.
FREE

JELLY BEAN HUNT (Ages 3 - 9)

Each jelly bean color is assigned a point value and children will try to grab as many as they can that are scattered on the floor. Points will be tallied up to determine the winner. *Pre-register by March 25.*

Tuesday, March 30, 6:30 p.m.
FREE

DONATION BIN GRAND OPENING

Hicks Park is installing a new donation bin, just in time for spring cleaning! Bring in your gently used clothes, blankets, new socks and underwear, shoes, water bottles, and sleeping bags. For a full list of what to donate check out @hicksparktulsa on Facebook. To celebrate the bin's "grand opening", everyone who donates at least one item can have their pick of one free day-pass to the weight room, OR have their name entered in a drawing to win a basket of Easter goodies!! All items will be donated to the Mental Health Association of Oklahoma.

March 1 - 31
FREE



ALL AGES FITNESS

SPRING TRAINING WALK/RUN CHALLENGE

Shake off the winter blues and get your body moving. 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 prize bag. The winner will be announced on April 30.

March 1 - April 30
FREE

OPEN PICKLEBALL GAMES

Pickleball is a combination of tennis, badminton, ping pong and racquetball. It's one of the fastest growing sports in America. A fast-paced game that's easy to learn, great exercise and lots of fun. Good for all ages, so come see what the excitement is all about! Bring your own racquet.

Mondays, 11 a.m. - 2 p.m.
FREE



YOUTH PROGRAMS

BALLET & JAZZ COMBO (Ages 6 - 15)

Students will learn ballet & jazz concepts including turn out, coordination, spatial awareness and a specific focus on class etiquette. In ballet, students will begin with positions of the feet and arms, and introductory movement vocabulary as well as French terminology and musicality. Jazz dancing is a form of dance that showcases a dancer's individual style and originality. This type of dancing is energetic and fun, consisting of unique moves, fancy footwork, big leaps and quick turns. Bring your own water bottle.

Tuesday, 4:15 - 5:15 p.m.
\$25 per month (Resident) | \$31 per month (Non-Resident)

ADULT PROGRAMS

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 & Fridays, 8:20 - 9:20 a.m.
\$25 for 12 classes (Resident) | \$31 for 12 classes (Non-Resident)

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

This class will focus on healing and restorative, more yin than yang. 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

MARRIAGE MATTERS (Sponsored by Marriage and Family Initiative)

Marriage Matters Mondays is for anyone who wants a better marriage. This is an on-going, drop-in marriage workshop. A new topic will be explored each week. No pressure to share. Registration is not required.
www.MarriageAndFamilyTulsa.org

Mondays, 7 - 7:50 p.m.
FREE