

REED PARK

COMMUNITY CENTER

TULSA  PARKS

2021

FALL PROGRAM GUIDE

Online enrollments now open at www.tulsaparks.org

Reed Park Updates

- Basketball gym is now open, but you must wear a mask.
- Reed Park pool has been demolished and a new pool and water playground will be built. Completion date to be announced.

Guidelines to Enter the Center

Tulsa Parks 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.
- In response to the recent rise of COVID-19 cases and related health concerns, effective immediately, Tulsa Parks is again requiring all staff and residents (ages 4 or older) to wear a face covering while inside any of our community centers or recreation facilities regardless of their vaccination status or activity participating in unless otherwise notified by Tulsa Parks staff
- 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. - 8 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. - 5 p.m.
Saturday	9 a.m. - 1 p.m.

*Due to Covid-19 hours/programs may be changed/cancel as new health guidance arises.

Holiday Building Closures:

Monday, September 6, for Labor Day
Thursday, November 11, for Veterans Day
Thursday-Friday, November 25-26, for Thanksgiving

Staff

Tulsa Parks Staff

Suzi Marcum (Manager)
Kenneth Wilson (Recreation Coordinator)
Jim Feltz (Recreation Coordinator)
Vicki Harrell (Custodian)

P.A.R.K. Gymnastics Staff

Keri Jenkins (Head Coach)

Contact Details

Email: smarcum@cityoftulsa.org
Phone: (918) 591-4307
Social: @ReedParkTulsa
Website: www.cityoftulsa.org/reed

Fitness Room

The fitness room is open to ages 16+ (adult supervision required if under 18) and consists of a free weights, weight machines, treadmills,

elliptical trainer, rowing machines and 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



Strong Nation

This style of cardio exercise combines HIIT with the science of Synced Music Motivation. Music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Using your own body weight, you will improve muscular endurance, tone and definition. 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.



The Refit® Revolution

REFIT® is a workout you can feel good about! With powerful moves and positive music, you'll discover an inspiring workout that changes your body, mind and soul. This cardio-focused class is effective and FUN -- perfect for beginners and challenging for fitness enthusiasts (which means it's a workout designed for everyBODY!) Try the first class free!

Wednesdays, 5:45 - 6:45 p.m.

Adult Classes

Belly Dancing (with the Desert Wind Dancers):

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. Ages 15 and up.

Days: Tuesdays 6 - 7 p.m. and Saturdays 9 - 11 a.m.

Fees:

- Daily Pass ————— \$5 res. / \$7 non-res.
- 4 Visit pass ————— \$20 res. / \$25 non-res.
- 8 Visit Pass ————— \$30 res. / \$40 non-res.



Basic Enameling:

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

Ages: 16 +

Cost: \$10 res. / \$12.50 non-res

Date: Thursday, Sept. 23

Time: 4:30 - 5:30 p.m.

Pre-register by: Sept. 17



Fall Break Fun for Kids

During Fall break, kids ages 6-12 can enjoy a different activity everyday at 1 p.m.

- **Monday, Oct. 11: Wooden Robots**

Using scrap wood, glue and random scrap electrical pieces we will make non-functioning robots.

- **Tuesday, Oct. 12: Halloween Art Activities**

We will make ghosts and spider webs. Ghosts will need to be picked up on Wednesday.

- **Wednesday, Oct. 13: Archery**

This one day class will introduce archery to the first time Archer. We will talk about the parts of the bow and arrow, how to hold the bow, and finally how to shoot the bow.

- **Thursday, Oct. 14: Halloween STEM Experiments**

Ghost, goblins, and dry ice. Discover the spooky side of science.

- **Friday, Oct. 15: Halloween Snacks**

Mudpies and caramel apples. Learn to make and munch.

Classes will last approximately 1 hour. Must pre-register. Space is limited.



Family Fun Programs



Me & My Lil' Buddy Story Time Art:

Do you like to hear stories and make art? We will read a themed book and make art related to the story. Adults will need to attend the class with their child.

Ages: 2 - 4 **Cost:** \$5 per class

Date: Wednesday, Sept. 29 / Oct. 27 / Nov. 17

Time: 10 - 11 a.m. **Pre-register:** 1 week in advance.

Sand Art:

Do you like to play with sand? We do! We will be making colorful art out of sand. You will be able to make a picture or design a bottle with sand in it.

Ages: 7 - 12

Cost: \$5 **Date:** Wednesday, Sept. 22

Time: 4:30 - 5:30 p.m. **Pre-register by:** Sept. 15



Santa's Workshop & Cookies:

Come make a present for your family and have a snack.

Ages: 6 - 12

Cost: \$5 **Date:** Wednesday, Dec. 8

Time: 4:30 - 5:30 p.m. **Pre-register by:** Dec 1

Archery:

Join us for a fun filled 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.

Ages: 8 and up

Cost: \$20 res. / \$25 non-res.

Date: Wednesdays, Oct. 6 - 27 and Nov. 3 - Dec. 1

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

Preregister by: Sept. 29 / Oct. 27



(No class Nov. 24)

Spooky Classes



Clay Haunted House:

Using a technique called hard slab, students will work with stiffened clay to make spooky houses. We will paint them on the second day.

Ages: 8 and up

Cost: \$5

Date: Mondays, Oct. 4 & 18

Time: 4:30 - 5:30 p.m.

Pre-register by: Sept. 27

Halloween Makeup Magic:

Zombies will be on the move for this class. We will learn how to apply wound make up and look like a Zombie.

Ages: 7 and up.

Cost: \$5

Date: Tuesday, Oct. 19

Time: 4 - 5 p.m.

Pre-register by: Oct. 12



Pumpkin Decorating:

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

Ages: 6 and up **Cost:** \$2

Date: Thursday, Oct. 28

Time: 4:30 - 5:30 p.m.

Pre-register by: Oct. 22

Gymnastics Classes

Little Kinder Kids (Ages 2 - 4)

Parent-assisted, coach-guided class for our little ones. Exploration, learning and fun for everyone. Saturdays, 9:20 - 10:05 a.m.

Kinder Kids (Ages 4 - 6)

Bars, beam, floor, vault, rope, rings and many other fun things for our young, school-age beginners.

Days: (choose 1)

- Tuesdays, 5:15 - 6 p.m.
- Saturdays, 10:20 - 11:05 a.m.

Jam & Slam (Ages 6 - 17)

Bars, beam, floor, vault, rope, rings, tumble track and much more for beginner athletes of all levels.

Days: (choose 1)

- Tuesdays, 4:30 - 5:30 p.m.
- Thursdays, 4:30 - 5:30 p.m.
- Saturdays, 11:15 a.m. - 12:15p.m.

All gymnastics classes are one day a week, 4-week sessions. **Join anytime!** City of Tulsa resident and non-resident fees are as follows:

Session Fees: \$40 Res.
 \$50 Non-Res.

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

Team Gymnastics

Competitive Team Gymnastics: (Ages 6 & Up)

Join the Reed Park Warriors and compete in the Park & Rec Gymnastics League!

We offer team gymnastics for athletes interested in competition. Acceptance decisions for our competitive team are made by Coach Keri, team head coach.

For questions about our team, please contact Coach Keri at keri@warriorgymnastics.com

Level 1 & 2

\$75 res./ \$95 non-res. per month

Level 3 & up

\$85 res./ \$105 non-res. per month

Pre-Team

\$65 res./ \$80 non-res. per month

**League fees & uniform costs
are not included.**

Martial Arts



Martial Arts Program Guide

- Traditional Japanese martial arts for adults (15+)
- Basic martial art program for children (6+)
- Light Saber martial arts for 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

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 Fees*

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 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 | Info@FiveCirclesMA.com
www.TheSaberAcademy.com | Info@TheSaberAcademy.com
 (918) 510-0006



TULSA PARKS



Special Events

SPARKY'S SPOOKTACULAR

Presented by Tulsa Parks

- Trunk or Treat
- Inflatables

Tuesday, Oct 26
6-8 p.m.
At Hicks Park

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



FREE



918 Day at Reed Park

Celebrate 918 Day with a **FREE** gymnastics class! Come out to Reed Park Community Center on Saturday, Sept. 18, and try on of our Gymnastics classes.

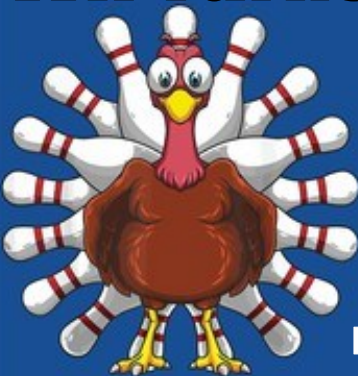
Little Kinder Kids (Ages 2-4)
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Jam & Slam (Ages 6 - 17)
Saturdays, 11:15 a.m. - 12:15 p.m.



Wii Turkey Bowl



It's turkey time and if you're the top bowler, you win a turkey. We will bowl on the Wii and have two age divisions.

1st place wins a Turkey

2nd place wins a Pie

Pre-register by: Nov. 10

Saturday, Nov. 20

10:30 a.m. - 1 p.m. \$2 per entry

Age Divisions: 6 - 12 and 13 +



Special Events

This special Zumba class party pairs Zumba fitness with a ghoulishly fun zombie theme!

6th Annual Zombie Zumba

Date: Friday, Oct. 22

Time: 6 - 8 p.m.

Advanced Tickets: \$10, On sale now.

Tickets: \$15 at door

T-Shirts: \$25

Costumes welcome (not required).

Door prizes, Halloween music and a spooktacular workout.

For more info contact: Tammy Hardy (918) 584-9607.

Have You Taken Control of Your Health Today?

Life Line Screening will be at Reed Community Center on **Thursday, November 3rd**, 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.

Time: 8 a.m. - 5 p.m. **Price:** \$149

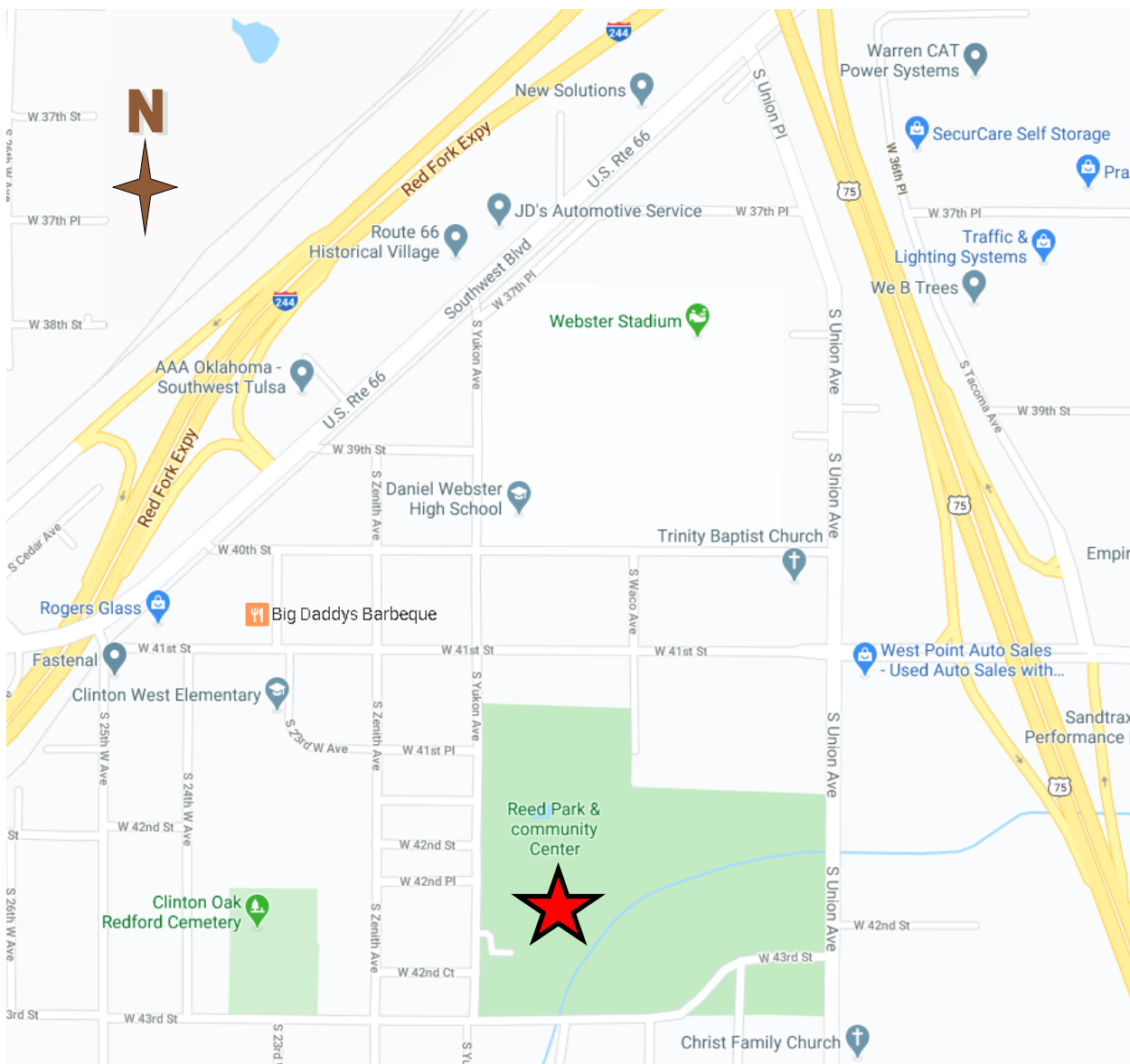


Room Rentals

Room	Res.	Non-Res
Auditorium (max. 40)	\$50 per hour	\$65 per hour
Dance Room (max. 25)	\$40 per hour	\$55 per hour
Basketball Court (Max. 60)	\$50 per hour	\$65 per hour
Staffing fee for after hours		\$30 per hour

(The maximum capacity shown are due to Covid-19 social distancing.)

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



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



Like Reed Park Community Center on Facebook! Get reminders on upcoming activities, sports and opportunities. Also get updates on the latest weather information and park closings.
 @ReedParkTulsa | @TulsaParks