



2022 WINTER PROGRAM GUIDE

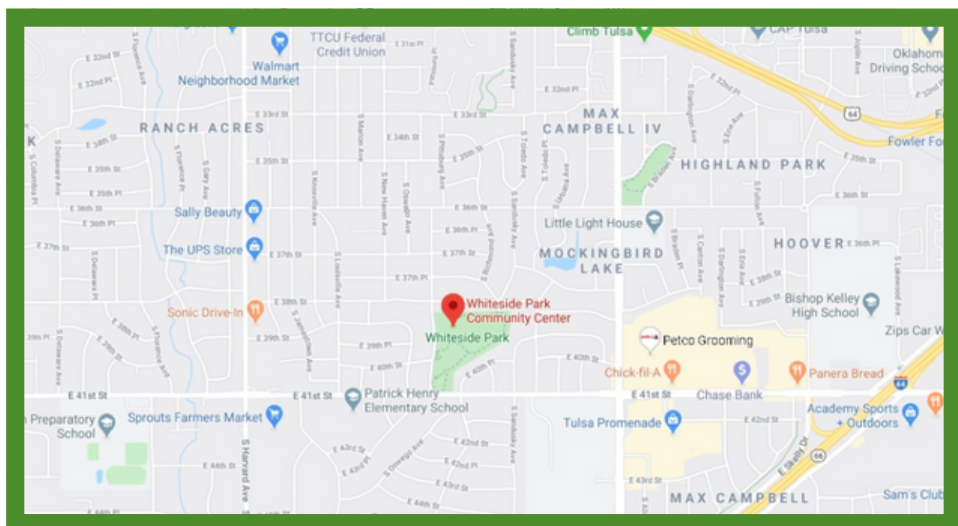
DECEMBER 2021-FEBRUARY 2022

WHITESIDE PARK & COMMUNITY CENTER

4009 S. Pittsburg Ave | (918) 591-1525

TULSA  PARKS

www.tulsaparks.org



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.

BUILDING HOURS

Monday	8:30 a.m. - 8 p.m.
Tuesday	8:30 a.m. - 8 p.m.
Wednesday	8:30 a.m. - 8 p.m.
Thursday	8:30 a.m. - 8 p.m.
Friday	8:30 a.m. - 5 p.m.
Saturday	9 am. - 1 p.m.*
Sunday	CLOSED

*2nd and 4th Saturday each month

HOLIDAY CLOSURES

Thurs-Sat, Dec 23-25 | Christmas

Fri-Sat Dec 31-Jan 1 | New Years Day

Mon, Jan 17 | MLK Day

OUR STAFF

Parks Director

Anna America,
annaamerica@cityoftulsa.org

Recreation Program Manager

Omare Jimmerson
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Park Manager

Sarah Gund
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Rec Coordinators

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Tony Martin
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Custodian

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CIT OF TULSA PARK & RECREATION DEPARTMENT
 175 E 2nd St. Ste. 221
 Tulsa, OK, 74103-3202
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 (918) 596-7275

LIKE & FOLLOW TULSA PARKS ON SOCIAL MEDIA!



@WhitesideParkTulsa
 @TulsaParks
 @tulsaparksandrec

IT'S EASY TO ENROLL!

You can enroll yourself and your family for programs, events and camps by calling or visiting a community center, or online by scanning this QR code with your phone's camera or visiting www.tulsaparks.org.



PROGRAM ENROLLMENT

Please enroll in programs as soon as possible. Programs not meeting minimum enrollment prior to their start date will be cancelled, and some programs may have an enrollment deadline that can result in late registration fees. If a program becomes full, there may be another location available or we can place those still interested in participating on a waitlist.

PRICES & PAYMENT

An additional 25% fee will be added on all rental and programming prices for patrons living outside the City of Tulsa, but senior citizen discounts, scholarships, and non-profit rates are available for some programs and services. Speak with a park staff member for more details.

Some programs and services require a partial deposit to be paid immediately upon enrollment to hold your enrollment spot. Full payment is due before the program start date or when the service is rendered. Payments can be made online or in person, and we accept Visa, Mastercard or Discover credit cards as well as cash or check.

ID CARDS

Patrons ages 10 and older must have a FREE Tulsa Parks ID card to participate in activities at any Tulsa Parks community center. Contact center staff for details.

REFUNDS & CREDITS

If a patron withdraws from a program prior to the start date, a credit or refund can be issued. Credits are useable at any Tulsa Parks location and refunds are issued via check and will be mailed to the recipient. Refunds are issued if a program is cancelled.

PROGRAM CHANGES

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, location, program size, program content or even cancellation of the program.

When a program change is made, staff will contact all enrolled participants with information about the change as soon as possible. A full or partial refund can be provided when programs change.

BULLYING & DISCRIMINATION

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 facilities or park grounds. You can read our full anti-bullying and discrimination policy at www.cityoftulsa.org/park-policies.

SPACE & AMENITY RENTALS

ROOMS AT OUR CENTER

Do you need a place for a family celebration, a group meeting, a classroom to teach in, or a somewhere to host your community event? Each of our community centers offer a unique variety of rooms, spaces and amenities patrons can rent by the hour.

Take a look at what's available at our center or visit our webpage: www.cityoftulsa/space-amenity-rental for more information.



SPACE & AMENITY RENTALS AT WHITESIDE PARK

	Max Capacity	Standard Rate*	Premium Rate**
Full Gym	50	\$50/ hour	\$80/ hour
Half Gym	25	\$25/ hour	\$55/ hour
Multi-purpose Activity Room	15	\$30/ hour	\$60/ hour

Birthday Party Packages

Saturdays 10:00am-Noon by appointment only

	Max Capacity	Residents Rate*	Ages
Messy Art/Lil Science Party	10 Kids	\$135	3-6
Bikes and Balls Party	15 Kids	\$130	2-6
Build it Party	10 Kids	\$130	3-6
Gymnastics Party	10 Kids	\$130	4-11

Scout Groups

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 Whiteside staff about renting a room FREE of charge.

**There is a 25% fee applied to rentals for non-City of Tulsa residents. There is also a 50% discount applied to rentals for state and nationally recognized non-profit organizations.*

***Premium rates applies when a rental is after regular building hours and/or on the weekend.*

Half of rental cost is required at the time of reservation. A refundable cleaning deposit is also required. Contact center staff for more information and to reserve.

PARK SHELTERS

Park shelters are a great place to have an outdoor event for up to 75 people. Shelters are first-come-first serve without a reservation, but reservations can be made by calling or visiting Central Center and filling a shelter rental form.

Small shelters rent for \$75 per day, larger shelters rent for \$110 per day. Please note a 25% additional fee is applied to reservation made by non-City of Tulsa residents.

Some shelters and restrooms may require a key, involving a \$25 deposit. Restrooms are available on a seasonal basis March 31-October 31. Visit our website to see a complete list of shelters and amenities as well as access the shelter rental form.



SPECIAL EVENTS

Planning a large gathering or special event? Any park or shelter reservation with more than 75 people, or that is open to the public or needs special equipment rented for it is considered a special event.

Planning a special event in one of our parks starts with contacting Marci Joha at marcijoha@cityoftulsa.org or (918) 596-2527, who can get you more information about park availability and scheduling as well as provide instructions on how to complete and submit special event forms, proof of liability insurance and payment. Please note, a \$25 processing fee applies to special events in addition to the park use fee.

EVENT EQUIPMENT

We also have larger equipment (e.g. a mobile stage, canopy tents, bleachers, concession stand, etc.) you can rent to help take your event to the next level. For availability and more information on renting, contact Marci Joha at marcijoha@cityoftulsa.org.

YOUTH PROGRAMS

WINTER DAY CAMPS (AGES 6-12)

We have a couple exciting weeks full of games and activities planned, so sign up early as these camps usually fill up quickly!

Winter Break Day Camp

December 27-30
7:30 a.m. - 5:30 p.m.
\$120 for residents

Presidents Day Camp

February 21-25
7:30 a.m. - 5:30 p.m.
\$140 for residents



FIRST STEPS IN MUSIC FOR INFANTS & TODDLERS (AGES 3 MONTHS - 3 YEARS)

A curriculum designed to expose your child to all of music's many facets in fun and attainable forms. After 12 weekly classes, parents (and babies) will have new songs and forms of play to enjoy for many years to follow.

Mondays, January 14 - April 8 (No Class 3/18)
10:00 a.m. - 10:40 a.m.

\$150 for 12 weeks or \$15 per class

Enroll by emailing: sara.thornton16@gmail.com

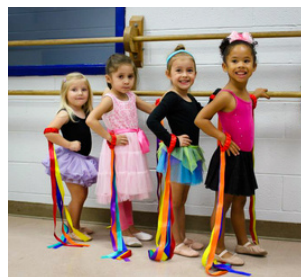
BIKES & BALLS (AGES 1-5)

This open-gym time for toddlers and preschoolers is a great way to socialize with other kids. Families must bring their own riding toy. Please no food or drinks in the gym.

Wednesdays morning starting January 5th

9:30 a.m.- 11:00 a.m.

\$1 per child drop-in fee



BALLET (AGES 3-7)

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

Thursdays January 13 - February 17

- 4-4:30 p.m. (Age 3-4)
- 4:40-5:40 p.m. (Age 5-7)

\$50 for residents | \$70 for residents

ADULT ACTIVITIES

TAI CHI FOR ARTHRITIS AND FALL PREVENTION (AGES 60+)

Sponsored by Ability Resources, Inc

Tuesdays & Thursdays, January 18- April 14

2:00p.m. - 3:00p.m.

FREE

Preview day on January 11th, 2022

Register by January 18th



MORNING ZUMBA WITH SARAH (AGES 18+)

Start your day off right by joining us for an hour of active dancing that is sure to be fun and calorie burning!

Mondays & Fridays

9-10 a.m.

\$30 per 8visits

OVER-40 BASKETBALL (AGES 40+)

Feel like shooting some hoops? Join us at Whiteside Community Center for open basketball games and courts for adults over 40.

Mondays & Wednesdays & Fridays

11:30 a.m. - 1:30 p.m.

FREE



"D.E.E.P." - DIABETES EMPOWERMENT EDUCATION PROGRAM (AGES 60+)

Sponsored by Ability Resources, Inc

This FREE workshop will teach you practical skills on managing your diabetes. It will give you the confidence and motivation you need to manage the challenges of living with a chronic health condition.

Tuesdays, January 11-February 15

Preview day on January 4

10-11:30 a.m.

FREE



ADULT ACTIVITIES

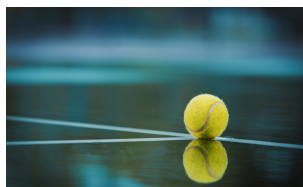
OPEN PICKLEBALL

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

Monday- Friday

A schedule is published each month

FREE



ADULT TENNIS - DRILLS

Tennis drills for intermediate to advanced players.

Fridays (weather permitting)

10 a.m.

FREE

TOPS CLUB WEIGHT LOSS GROUP

Experience group support, with informational meetings about proven weight loss methods, wellness info and more.

Thursdays

5-7 p.m.

FREE to try | \$28 to Join



PICKLEBALL LEAGUE (AGES 18+)

A 7-week round robin style league for beginner and intermediate players.

Tuesdays January 11- February 22

Beginners- 6:00 p.m. - 7:30 p.m.

Intermediate- 7:30 p.m. - 9:00 p.m.

\$20 for residents

PORTRAIT PAINTERS (AGES 18+)

For experienced painters who want to work with a live model. Must bring your own painting supplies.

Tuesdays

10 a.m.

Participants split cost for model.



PROGRAMS CALENDARS

ADULT WEEKLY PROGRAM SCHEDULE (SUNDAYS CLOSED)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba 9-10 a.m.	Pickleball 9 a.m.-1 p.m.		Pickleball 9 a.m.-1 p.m.	Zumba 9-10 a.m.	Pickleball 9 a.m.-1 p.m. (Dates may vary)
Over-40 Basketball 11:30 a.m.-1:30 p.m.	D.E.E.P 10-11:30 a.m.	Over-40 Basketball 11:30 a.m.-1:30 p.m.	Tai Chi 2-3 p.m.	Tennis Drills 10-11 a.m.	
Pickleball 1:30-3:30 p.m.	Portrait Painters 10 a.m.-1 p.m.		T.O.P.S. 5 p.m.-7 p.m.	Over-40 Basketball 11:30 a.m.-1:30 p.m.	
	Tai Chi 2-3 p.m.		Pickleball 5:30 p.m.-8 p.m.	Pickleball 1:30-3:30 p.m.	
	Pickleball League 6- 9 p.m.				

YOUTH WEEKLY PROGRAM SCHEDULE (SUNDAYS CLOSED)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Bike & Balls 9:30 a.m. - 11 a.m.		Baby Music Class 10-10:40 a.m.	
		Gymnastics 10:15 a.m.-Noon	Ballet 4-5:40 p.m.		
	Gymnastics 5-8 p.m.		Gymnastics 5-8 p.m.		
Open Gym* 4- 5p.m.		Open Gym* 4-5 p.m.			
Team Gymnastics 4:30-6:30 p.m.		Team Gymnastics 4:30-6:30 p.m.			

****Call in advance to check availability***

WINTER GYMNASTICS

TUESDAY CLASSES

WITH COACH AUTUMN

- Kinderplus (Ages 3-5): 5:15-5:55 p.m.
- Beginner (Ages 6-8): 6-6:55 p.m.
- Beginner (Ages 9-12): 7-7:55 p.m.

WEDNESDAY CLASSES

WITH COACH AUTUMN

- Kinderplus (Ages 3-5): 10:15-11 a.m.
- Homeschool Gymnastics (Ages 6-14): 11-11:55 a.m.
- Beginner (Ages 9-12): 7-7:55 p.m.

THURSDAY CLASSES

WITH COACH AUTUMN

- Jr. Beginners (Ages 4-6): 5-5:55 p.m.
- Beginners (Ages 6-12): 6-6:55 p.m.
- Intermediate (Ages 8-12): 7-7:55 p.m.

GYMNASTICS CLINICS

COACH AUTUMN - DECEMBER 14TH

- Trampoline & Vault (Ages 6+): 5-6 p.m.
- Beam & Bars (Ages 6+): 6-7 p.m.
- Floor & Tumbling (Ages 6+): 7-8 p.m.

CLASS DETAILS

TWO WINTER SESSIONS:

January 4-25

February 1-22

COST PER SESSION:

\$45 for residents

\$54 for non-residents

CLINIC DATE:

December 14

CLINIC COST:

\$15 per session



COVID-19 PROTOCOLS:

- Parent Watch Week will be the last class and will be limited to immediate family only to maintain social distancing.
- Everyone must wear a mask while inside the center. Equipment is wiped down before and after each use.

GYMNASTICS TEAM WITH COACH AMBER

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/ month. Additional charges for uniforms, meet fees and league fees.

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



SPECIAL EVENTS



WHITESIDE PARK & COMMUNITY CENTER SANTA'S SURPRISE VISIT AT BIKES & BALLS AGES 5 & UNDER

EVENT DETAILS

Wednesday, December 15, 2021

9:30 am- 11:00 am

Santa will visit 10-10:30 a.m.

Learn more & register online at
guide.tulsaparks.org!



WHITESIDE PARK COMMUNITY CENTER

CANDY CANE HUNT



Bring a flashlight & wear something warm. The hunt will be outdoors depending on the weather. Cookies and Hot Cocoa will be served afterwards.

FRIDAY, DECEMBER 17
HUNTS STARTS @ 5:30 P.M.

4009 S. PITTSBURG AVE
TULSA, OK 74135

Learn more and pre-register at www.tulsaparks.com!

COVID-19 HEALTH & SAFETY POLICIES

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.
- 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.



Stay connected and in the know about news, projects, programs and events by Tulsa Parks sent directly to your email inbox.

Use your phone's camera to scan the QR code or visit sign up with our online form at:



<http://qrco.de/TulsaParksEmails>.

GIVE BACK TO THE PARKS & PROGRAMS YOU LOVE



We have a wide variety of volunteer opportunities, from gardening and landscaping to litter clean-up, supporting recreation programs, and more. Speak with a staff member for more information.

Fill out our Volunteer Interest Form by scanning the QR Code with your phone's camera or visiting:



<https://qrco.de/TulsaParksVolunteer>.