



# 2022 WINTER PROGRAM GUIDE

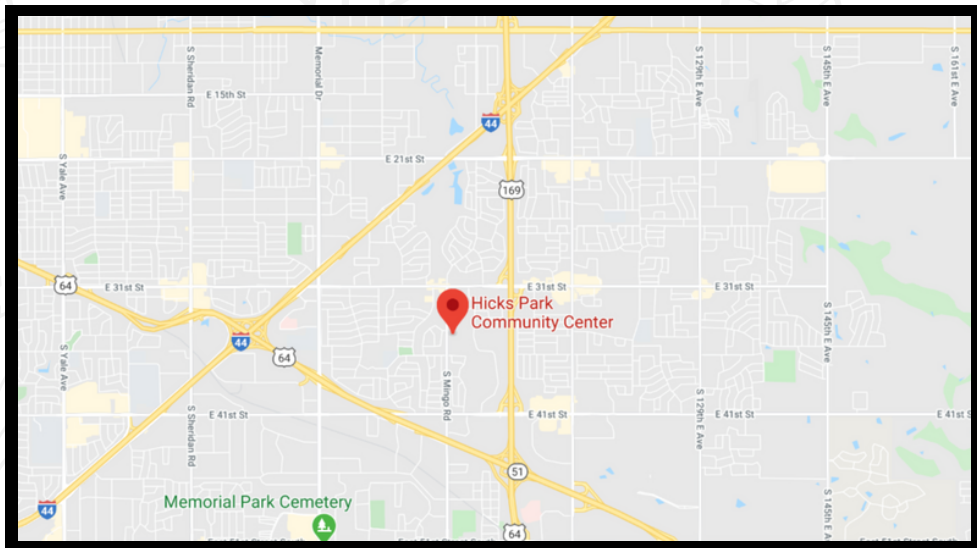
DECEMBER 2021-FEBRUARY 2022

## HICKS PARK COMMUNITY CENTER

3443 S. Mingo Rd. | (918) 596-1525

TULSA  PARKS

[www.tulsaparks.org](http://www.tulsaparks.org)



*Hicks Park is located in East Tulsa, just north of 37th Street and South Mingo Road. We're nearby to neighborhoods like Fulton, Millwood Estate and Shannon Park South, schools like Skelly and Roy Clark Elementary, and businesses like those at Briar Village, Mom's Family Diner and St. John Medical East.*

## BUILDING HOURS

Monday	8 a.m. - 8 p.m.
Tuesday	8 a.m. - 8 p.m.
Wednesday	8 a.m. - 8 p.m.
Thursday	8 a.m. - 8 p.m.
Friday	8 a.m. - 4 p.m.
Saturday	9 a.m. - 1 p.m., 3rd Saturday Monthly
Sunday	CLOSED

## HOLIDAY CLOSURES

Thu-Fri, Dec 23-24 | Christmas Holidays  
 Fri, Dec 31 | New Year's Day  
 Mon, Jan 17 | Martin Luther King Jr. Day

## OUR STAFF

### Parks Director

Anna America,  
[annaamerica@cityoftulsa.org](mailto:annaamerica@cityoftulsa.org)

### Recreation Program Manager

Omare Jimmerson  
[ojimmerson@cityoftulsa.org](mailto:ojimmerson@cityoftulsa.org)

### Park Manager

Dustin Jagers  
[djagers@cityoftulsa.org](mailto:djagers@cityoftulsa.org)

### Rec Coordinators

Tarah Moutray  
[tmoutray@cityoftulsa.org](mailto:tmoutray@cityoftulsa.org)

Cass Meador  
[cmeador@cityoftulsa.org](mailto:cmeador@cityoftulsa.org)



CIT OF TULSA PARKS,  
 CULTURE & RECREATION  
 DEPARTMENT  
 1028 E 6th St, Tulsa, OK 74120  
[tulsaparks@cityoftulsa.org](mailto:tulsaparks@cityoftulsa.org)  
 (918) 596-7275

LIKE & FOLLOW TULSA PARKS  
 ON SOCIAL MEDIA!



@TulsaParks



@HicksParkTulsa  
 @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](http://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

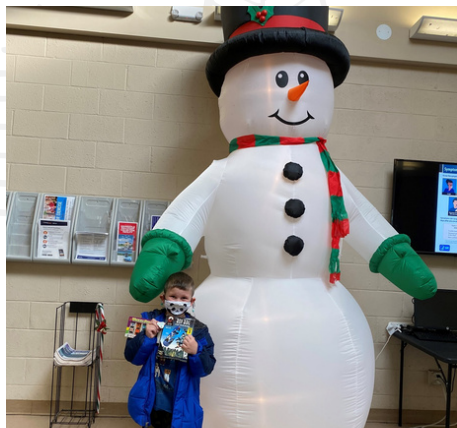
Bullying and discrimination are real and taken seriously by Tulsa Parks and the City of Tulsa. Bullying or discriminatory behavior by any patron will not be tolerated within our facilities or park grounds. You can read our full anti-bullying and discrimination policy at [www.cityoftulsa.org/park-policies](http://www.cityoftulsa.org/park-policies).

## 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](mailto: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](mailto:marcijoha@cityoftulsa.org).





# FITNESS ROOM



Our fitness room is open to residents ages 16 and older. The fitness room has a variety of equipment for both cardio and strength-training exercises, including:

- free weights
- Weight machines,
- Treadmills
- Elliptical trainer
- Rowing machine
- Stationary bikes

Last admittance is one hour before the building closes.



## FITNESS ROOM PASSES

**Drop In Visit:**  
\$3

**5-Visit Pass:**  
\$10 resident | \$13 non-resident

**20-Visit Pass:**  
\$25 resident | \$31 non-resident

**20-Visit Senior Pass (Ages 55+)**  
\$15 resident | \$18 non-resident

# SPECIAL EVENTS

## Senior Holiday Bingo (Ages 55+)

Please bring your own snack and drink (no shareable snacks). Thank you to Oak Street Health for sponsoring this event. *Please pre-register by Tuesday, Dec. 7.*

**Date:** Thursday, December 9

**Time:** 1 - 2:30 p.m.

**Cost:** FREE



OAK  
STREET  
HEALTH

## Christmas with Cass (Ages 0-4)

Enjoy stories and sounds of the season, just for you and your little one! Join Hicks' own recreation coordinator, Cass, for a holiday-themed Story-time session, followed by a sing-a-long with some of our favorite festive music! Pre-register before December 3rd.

**Date:** Friday, December 10

**Time:** 10 a.m.

**Cost:** FREE

## Letters from Santa (Ages 11-2)

Children will receive a personalized letter from Ole Saint Nick! Parent needs to complete an information sheet on each child that can be picked up from Hicks or emailed.

**Date:** November 29 - December 10

**Cost:** \$3/ letter



## Stargazing at Hicks Park

(All Ages)

Calling all families and astronomy lovers! Grab a picnic blanket and come down to Hicks Park to learn all about the science, history, and culture in the night sky. Learn how to recognize constellation and the stories behind them, fun facts about outer space, and other secrets of the universe! Free hot chocolate will be provided! *Must pre-register by January 27.*

**Date:** Thursday, February 3

**Time:** 7 p.m.

**Cost:** FREE



## Operation Kindness (All Ages)

Throughout the month of February, Hicks Park is challenging you to spread positivity and encouragement in your community with 28 days of random acts of kindness! Every week we'll post a different idea for small acts of kindness, as well as an opportunity to submit pictures of completed challenges or participation. Each submission will count as an entry for a prize so be sure to complete as many as you can! Check out our Facebook page (@HicksParkTulsa) for daily prompts.

# YOUTH PROGRAMS

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## 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.

**Date:** Tuesdays

**Time:** 4:15 - 5:15 p.m.

**Cost:** \$25 per month



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## Tae Kwon Do (Ages 5+)

A martial arts class focusing on self-defense, discipline, respect and self-control.

**Date:** Mondays & Wednesdays

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

**Cost:** \$25 per month



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## Shotokan Karate (Ages 9+)

This class focuses on traditional Japanese karate principles and disciplines of character, etiquette, effort, sincerity, self-control and resolution to refrain from violent behavior.

**Date:** Mondays & Wednesdays

**Time:** 6 - 7 p.m.

**Cost:** \$25 per month



# 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!

**Date:** Mondays, Wednesdays, & Fridays

**Time:** 8:20 - 9:20 a.m.

**Cost:** \$25 for 12 classes



## Senior Exercise (Ages 55+)

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.

**Date:** Mondays, Wednesdays, & Fridays

**Time:** 9:30 - 10:30 a.m.

**Cost:** \$25 for 12 classes

## ZUMBA

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

**Date:** Tuesdays & Thursdays

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

**Cost:** \$7 drop-in class | \$35 for 8 classes



## ZUMBA Gold (Ages 55+)

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

**Date:** Tuesdays & Thursdays

**Time:** 10:15 - 11:15 a.m.

**Cost:** \$7/ Class (Students pay instructor)



# ADULT PROGRAMS

## Gentle Yoga

This class will focus on healing and restorative, more yin than yang. Bring your own mat, blankets, blocks and water bottle.

**Date:** Thursdays

**Time:** 6-7:15 a.m.

**Cost:** \$30/ month



## Shotokan Karate (Ages 9+)

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.

**Date:** Mondays & Wednesdays

**Time:** 6-7 p.m.

**Cost:** \$25 per month (residents) | \$31 per month (non-residents)

## 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!

**Date:** Monday & Wednesday

**Time:** 6-7 p.m.

**Cost:** \$25 per month



## Women's Senior Basketball Team

Senior women aged 50+ play half court, 3 on 3 basketball. No experience required. Contact via Facebook: Tulsa Area Senior Womens Basketball

**Practices:** Wednesdays & Fridays

**Time:** 10 a.m. - 12:30 p.m.

**Cost:** FREE

# COMMUNITY PARTNERSHIP PROGRAMS



## ["Juvengaf" Hispanic Leadership Academy](#)

Our Mission is to mentor Hispanic youth in the east Tulsa community and provide the necessary skills to succeed in school and in life so children can reach their full potential. This program is offered free of charge to students ages 8-15. Students are given assistance with schoolwork, participate in organized physical activity, eat lunch and occasionally listen to a speaker or have a special activity. We celebrate the accomplishments of our peers and offer support to those dealing with difficulties. The field trips are the most popular part of the program.

**Date:** Saturdays

**Time:** 9 a.m. - 3 p.m.

**Cost:** FREE

For more information about this program, contact Ricardo Rivera by email at [juvengaf@live.com](mailto:juvengaf@live.com)

## [Marriage Matters](#)

[www.marriageandfamilytulsa.org](http://www.marriageandfamilytulsa.org)

**Date:** Mondays

**Time:** 7 - 7:50 p.m.

**Cost:** FREE



## [YWCA English Classes for Adults](#)

New classes begin January 18. In-person and virtual class options available. Student takes a placement test, then is assigned a class.

For more information, visit: [www.ywcatulsa.org](http://www.ywcatulsa.org)

**Date:** Weekly, Monday-Thursday

**Time:** 6-8 p.m.

## [ORBIT INITIATIVE: Tulsa Performing Arts Center \(All Ages\)](#)

Visual Arts and Acting activities for families.

**Date:** 3rd Saturday Monthly

**Time:** 10 a.m. - 12 p.m.

**Cost:** FREE



# YOUTH SPORTS



## GRADES K-5 YOUTH BASKETBALL LEAGUES

We believe every kid deserves a fun, safe space to play where they feel like they belong. Our winter youth basketball league is an exceptional program for both first-time players who want to learn the fundamentals of basketball and pre-formed teams who want to continue growing their skills and teamwork together.

There are no try-outs! We try to limit teams to 10 players to maximize playing time and participation for everyone. Each player will receive both a game shirt and participation award.

The season runs January 22 through March 15, with weekly games held on weekends and/or weeknights in a 5-on-5, full court recreational format. Each league will play an 7-game season, with a 6-game guarantee. League games could be played at Hicks Park, Reed Park, Lacy Park, Jane Malone Center in Chamberlain Park, or Whiteside Park.

Learn more and register online at [www.tulsaparks.org](http://www.tulsaparks.org) or in person at any recreation center mentioned above. For questions about leagues or coaching opportunities, please contact Tarah Moutray at [tmoutray@cityoftulsa.org](mailto:tmoutray@cityoftulsa.org) or (918) 596-1520.

### ENROLLMENT DATES & COSTS

- *Enroll before December 13: \$50 per child*
- *Late Enrollment: \$60 per child*
- *Plus fees for game officials*

*Please note, scholarships available for families needed financial support.*

### VOLUNTEER COACHES NEEDED

*Our youth sports leagues' success relies on volunteers to coach our teams and referee our games. Contact us about becoming a coach or referee*

*Please note, all coaches and referees must fill out an application and complete a background check. Referees will also need to go through a short game officials training provided by Tulsa Parks or their sports league partners.*

# OTHER TULSA PARKS PROGRAMS TO CHECK OUT

TULSA PARKS  
THE JANE A. MALONE CENTER IN  
CHAMBERLAIN PARK PRESENTS

## WINTER SILENT DISCO

FOR GRADES 6-8  
School ID required

JOIN US AS WE CLOS-OUT 2021  
WITH A SURF-B-GANCE PARTY.  
EXPERIENCE MUSIC WILL BE  
PLAYED THROUGH WIRELESS  
HEADPHONES

WEDNESDAY, DECEMBER 15 @ 6 PM  
4940 N RAINBOW AVE | 918.592.4355

LEARN MORE & REGISTER IN PERSON  
OR ONLINE AT [GUIDE.TULSAPARKS.ORG](http://GUIDE.TULSAPARKS.ORG)

TULSA PARKS

## CHRISTMAS ON WHEELS CONTEST!

Saturday, December 18, 11 a.m.

Let's have some holiday fun on wheels with our free drive-thru Christmas parade! Come one come all and decorate your vehicle with your favorite Christmas theme!

Registration Required

3025 East 6th St. Tulsa, OK 74120  
If you have any questions please contact us at  
(918) 596-1444 or visit our Facebook page:  
Central Center in Veterans Park



TULSA PARKS

## COATS FOR KIDS

Join Central Center as we gather coats for our 2021 "Coats for Kids" youth coat drive. Just drop off new or gently used coats that can fit a child or teen at Central Center during our regular building hours, and a young person in need can have a warmer winter.

Coats will be accepted through December 31.

Central Center in Veterans Park  
1028 East 6th St., Tulsa, OK 74120  
P: (918) 596- 1444 | FB: @CentralCenterTulsa

TULSA PARKS

## 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 PM

4009 S. PITTSBURG AVE  
TULSA, OK 74125


Learn more and pre-register at [www.whitesidepark.org](http://www.whitesidepark.org)

TULSA PARKS

## LACY PARK COMMUNITY CENTER FAMILY KWANZAA WORKSHOP

Umoja/Unity: Collective Work & Responsibility

Bring your family and join us at Lacy Park Community Center for a cultural workshop focusing on the meaning of the Kwanzaa principle "Umoja," translated as "Unity," and how to build and maintain our community to solve problems together.



TUESDAY, DECEMBER 28  
6-7:30 PM | FREE  
ALL AGES WELCOME  
2134 N MADISON PL  
TULSA, OK 74106

Learn more and pre-register by filling out online registration form at [lacycenter.org](http://lacycenter.org) or email at [public@lacycenter.org](mailto:public@lacycenter.org)



## SIGN UP FOR EMAILS FROM TULSA PARKS!

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:

<https://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>

