



**ENROLLMENT  
NOW OPEN!**

# SUMMER PROGRAM GUIDE

JUNE-AUGUST 2022

## HICKS PARK COMMUNITY CENTER

3443 S. Mingo Rd. | (918) 596-1520

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. - 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	9 a.m. - 1 p.m., 3rd Saturday Monthly
Sunday	CLOSED

## HOLIDAY CLOSURES

Monday, May 30 | Memorial Day  
 Monday, June 20 | Juneteenth  
 Monday, July 4 | Independence Day

## OUR STAFF

### Parks Director

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

### Deputy Parks Director

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)



CITY 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 JRose at [marcirose@cityoftulsa.org](mailto:marcirose@cityoftulsa.org) or [\(918\) 596-2527](tel:9185962527), 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 Rose at [marcirose@cityoftulsa.org](mailto:marcirose@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



**GILCREASE MUSEUM**  
*Thomas Gilcrease Institute of American History and Art*

Hicks Park Community Center  
3443 S Mingo Road Tulsa OK, 74105  
918-596-1520

# Arts & Parks!

**We're  
celebrating all  
things self-  
expression!!**

*Come enjoy food trucks,  
art workshops, and  
community partners and  
vendors!! Don't miss it!!*

**July 16, 9am-12pm**

**Free to All!**



# 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\*

*\*Moving to Thursdays in August!*

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

*\*Moving to 4:30-5:30 in August!*

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

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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 (residents) | \$31 per month (non-residents)



# ADULT PROGRAMS

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## Low-Impact Aerobics

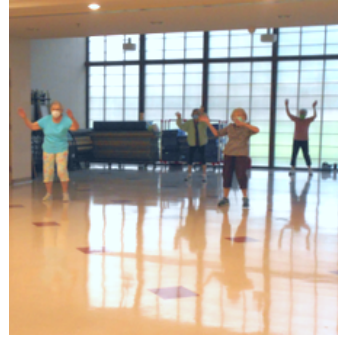
Get your day started right! This class includes low impact aerobics to burn calories and improve stamina, use of weights to tone and build strength, and floor exercises for flexibility. Join the fun!

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

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

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

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## 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

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## 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 OR \$35 for 8 classes



# ADULT PROGRAMS

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## Gentle Yoga

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

**Date:** Will resume in Fall!

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

**Cost:** \$7 drop in OR \$30/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. 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

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## 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

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## 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

# OTHER TULSA PARK PROGRAMS TO CHECK OUT

## GYMNASTICS AT REED PARK Summer Classes June - Aug. 2022

**Little Kinder Kids (Ages 2-4)**  
Saturdays, 9:20 - 10:05 a.m.  
Parent-assisted, coach-guided class for our little ones. Exploration, learning and fun for everyone.

**Kinder Kids (Ages 4-6)**  
Days: (Choose 1)  
• Tuesdays, 5:15 - 6 p.m.  
• Saturdays, 10:20 - 11:05 a.m.  
Bars, beam, floor, vault, rope, rings and many other fun things for our young beginners.

**Jam & Slam (Ages 6-17)**  
Days: (Choose 1)  
• Tuesdays, 4:30 - 5:30 p.m.  
• Thursdays, 4:30 - 5:30 p.m.  
• Saturdays, 11:15 a.m. - 12:15 p.m.  
Pre-Team Bars, beam, floor, vault, rope, rings, tumble track and much more for beginner athletes of all levels.

### NEW TUMBLING CLASSES

**Tiny Tumbling (Ages 3-6)**  
Mondays, 4:30 - 5:15 p.m.  
Cartwheels, Round-Offs, Bridges, Limbers, Rolls, and Walkovers

**Beginner Tumbling (Ages 6-17)**  
Mondays, 6 - 6:45 p.m.  
Cartwheels, Round-Offs, Bridges, Limbers, Rolls, and Walkovers

**Advanced Tumbling (Ages 6-17)**  
Thursdays, 5:30 - 6:15 p.m.  
Handsprings, Aerials, Tucks, Layouts, and Tumbling Passes  
**Pre-requisite Skills:** Round Offs, Back and Front Walkovers

### CLASS COST

**Resident:**  
\$40 per month  
**Non-Resident**  
\$50 per month

All classes are one day per week for a 4-week session. Classes are ongoing throughout the year. Join anytime!

Enroll in person or online at:  
<https://guide.tulsaparks.org>

Contact Coach Keri  
[keri@warrior-gymnastics.com](mailto:keri@warrior-gymnastics.com)



**BACK TO SCHOOL**  
**Block Party**  
Join us at Lacy Park  
August 13th | 11 am - 2pm  
Free Food  
Laser Tag  
Jupiter Jump  
Painting Rocks  
2134 N. Madison Place  
918.596.1470  
Free boys hair cuts  
JENKS BEAUTY COLLEGE  
Free basic hair styles for girls  
Metropolitan Baptist Church  
TULSA PARKS



WHITESIDE COMMUNITY CENTER  
**FAMILY GLOW-IN-THE-DARK PICKLEBALL NIGHT**  
AUGUST 2ND 6-9PM

TULSA PARKS

## JANE A. MALONE CENTER IN CHAMBERLAIN PARK



### SECOND SUNDAY SKATE

Join us on second Sundays of the month all summer long for a fun, family skate!  
**Must bring your own skates.**

**Date:** June 12, July 10, August 14  
**Time:** 2-5 p.m.

## 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](http://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.
- 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.