



# FALLPROGRAM GUIDE

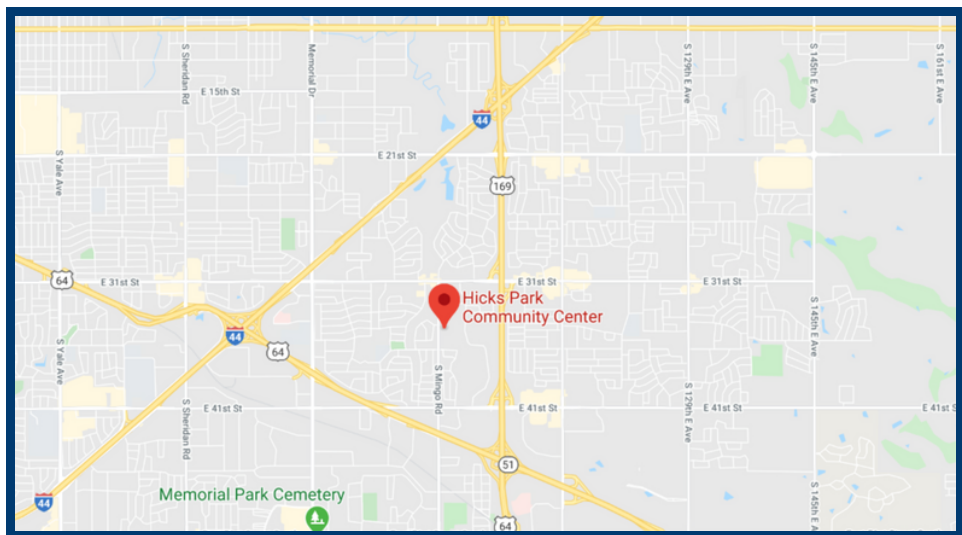
SEPTEMBER - NOVEMBER 2022

## 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

<b>Monday</b>	8 a.m. - 8 p.m.
<b>Tuesday</b>	8 a.m. - 6:30 p.m.
<b>Wednesday</b>	8 a.m. - 8 p.m.
<b>Thursday</b>	8 a.m. - 6:30 p.m.
<b>Friday</b>	8 a.m. - 5 p.m.
<b>Saturday</b>	9 a.m. - 1 p.m., 3rd Saturday Monthly
<b>Sunday</b>	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)



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: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 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



# YOUTH PROGRAMS

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## Ballet & Jazz Combo (Ages 6-15)

Students will learn ballet and jazz concepts including the turnout, body coordination, spatial awareness and a specific focus on class etiquette.

**Date:** Thursdays

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

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



## 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)

## 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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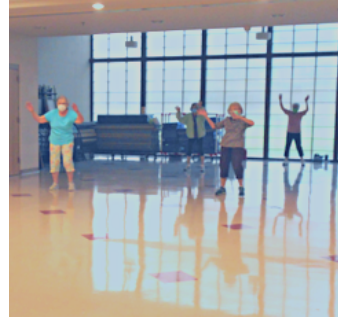
## Low-Impact Aerobics

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



## 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 (Ages 18+)

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



## Open Volleyball (Ages 16+)

Play pick up games, enjoy quality time with your family and friends or meet new people! Participants of all skill levels are welcome to play. A net & balls will be set up and available.

**Date:** Mondays & Wednesdays

**Time:** 5:30 - 7:45 p.m.

**Cost:** FREE

# ADULT PROGRAMS

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## Shotokan Karate (Ages 9+)

This mixed ages 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

## Self Defense

In this class you'll learn: how to protect yourself from front 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

Women ages 50+ can play half-court, 3-on-3 basketball on a team with others as well as compete. No experience required. You can learn more and contact the team via Facebook: Tulsa Area Senior Women's Basketball

**Practices:** Wednesdays & Fridays

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

**Cost:** FREE





# FALL YOUTH SPORTS LEAGUE



TULSA  PARKS



## 2022 FALL SOCCER LEAGUE BOYS & GIRLS GRADES K-5



**GAMES RUN:  
OCT 1 - NOV 19**

**REGISTER BY  
SEPTEMBER 2**

LATE REGISTRATION COSTS INCREASE BY \$10



**REGISTRATION  
IS \$65 PER CHILD**

**INCLUDED IN YOUR  
REGISTRATION:**

- Game t-shirt
- Referee fees
- Pre-season clinic on  
Tuesday, September 27 with  
Tulsa Athletic & FC Tulsa

***\*A 25% fee is added to all prices  
for residents living outside City  
of Tulsa limits.***

Limited scholarships available. Please contact Tarah Moutray for questions at [tmoutray@cityoftulsa.org](mailto:tmoutray@cityoftulsa.org). Register in person at any recreation center or online at <http://guide.tulsaparks.org>

# OTHER TULSA PARKS SPORTS

TULSA



PARKS

Adult Pickleball League at Whiteside Park

4009 S. Pittsburg Ave

Tuesdays

September 13 - October 25

Beginners 6-7:30 p.m.

Intermediate 7:30-9 p.m.

\$20 for residents



YOUTH GYMNASTICS TEAMS AT WHITESIDE & REED PARKS

Girls and boys ages 5-16 from all over Green Country can join one of two gymnastic teams, one at Whiteside Park Community Center and the other at Reed Park Community Center. Contact one of these centers to learn more about their programs, costs, and how to join one of these teams.





FAMILY FALL FISHING DERBY

SATURDAY, OCTOBER 15 | 8:30-11:30 A.M.

HUNTER PARK | 5804 E 91ST ST

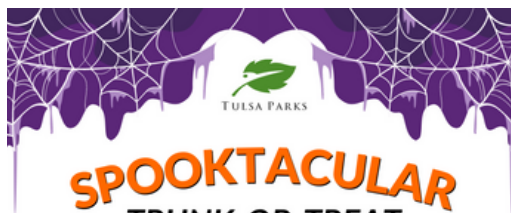
REGISTER ONLINE @ [WWW.TULSAPARKS.ORG](http://WWW.TULSAPARKS.ORG)

CONTACT [JFELTZ@CITYOFTULSA.ORG](mailto:JFELTZ@CITYOFTULSA.ORG) TO LEARN MORE.

This time, kids and their caregiver can compete for the prize together!



# TULSA PARKS SPECIAL EVENTS



## SPOOKTACULAR TRUNK-OR-TREAT FREE & OPEN TO ALL!

Thursday October 27  
6-8 p.m.

Hicks Park  
3443 S Mingo Rd,  
Tulsa, OK 74146



Bring the whole family to enjoy candy, games, bounce house and more!

## MOVIE IN THE PARK

MOVIE: THE WIZ  
DATE: OCT 18TH  
TIME: 5:30 P.M.

WWW.TULSAPARKS.COM  
@JANEAMALONECENTER

4940 N. FRANKFORT AVE.  
TULSA, OK 74126  
918.591.4155

A movie poster for 'The Wiz' featuring a woman in a white dress and a man in a red and white striped shirt. The poster is framed by a decorative border. Below the poster is a small logo that says 'BLACK VIBE'.

WHITESIDE RECREATION CENTER

## Howl-O-Ween

Tricks for Treats  
&  
Dog Costume Contest

OCTOBER 22 • 10:00 A.M.- 11:00 A.M.

Halloween Event for your Dogs!  
Come enjoy:

- Scavenger hunt for treats
- Costume Contest
- Raffle Prizes

Donations Accepted

Whiteside Park  
4009 S. Pittsburg Ave  
918.596.1525

A graphic of a dog in a skeleton costume, standing next to a stylized house with orange windows and a black roof. There are also orange bats flying around the house.

## GONE FISHIN' PARENT & CHILD WORKSHOP

A fun clay-building workshop  
for all ages to make two  
matching clay fish.

Saturday, November 5  
Noon - 3 p.m.

\$45 per parent/child,  
includes materials

WaterWorks Art Center  
1710 Charles Page Blvd.

# OTHER TULSA PARK PROGRAMS



The flyer for Junior Naturalists features a red banner with the text "JUNIOR NATURALISTS" and "AGES 8-12". Below the banner are three small photographs showing children participating in nature activities: one in a field, one in a forest, and one in a stream. The background includes illustrations of birds, a snail, and a river. At the top, the Tulsa Parks logo is visible, along with a quote: "Through hands-on learning experiences and hikes along the trails, we hope to nurture a sense of wonder about the natural world and teach children to appreciate, protect, and preserve our unique and diverse wildlife and their habitats."

*"Through hands-on learning experiences and hikes along the trails, we hope to nurture a sense of wonder about the natural world and teach children to appreciate, protect, and preserve our unique and diverse wildlife and their habitats."*

**JUNIOR NATURALISTS**  
**AGES 8-12**

**Two Sessions Available**  
One Saturday per month | 10 a.m. - 1 p.m.  
September 2022 - May 2023

**Oxley Nature Center in Mohawk Park**  
6700 Mohawk Blvd, Tulsa, OK 74115

**Regular Cost:** \$100 for program or \$10 per session  
**For ONCA Members:** \$50 for program or \$5 per session

**Learn more & enroll now by contacting Oxley staff at (918) 596-9054 or emailing [oxley@cityoftulsa.org](mailto:oxley@cityoftulsa.org).**

## FOOD ON THE MOVE COMMUNITY RESOURCE FAIRS

Malone Center in Chamberlains Park  
4940 N Frankfort Ave.

Days: Tuesdays, 8/16, 9/20, 10/18  
Time: 5:30 - 7:30 p.m. | Cost: FREE



## LUNCH AT LACY WITH CHEF SHAY



Lacy Park  
2134 N Madison Pl,  
Tulsa, 74106

Days: Tuesdays  
Time: Noon - 2 p.m.  
Cost: FREE

**Adult Meals Only.**  
**Must call ahead for a reservation.**

## 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.