



# FALL PROGRAM GUIDE

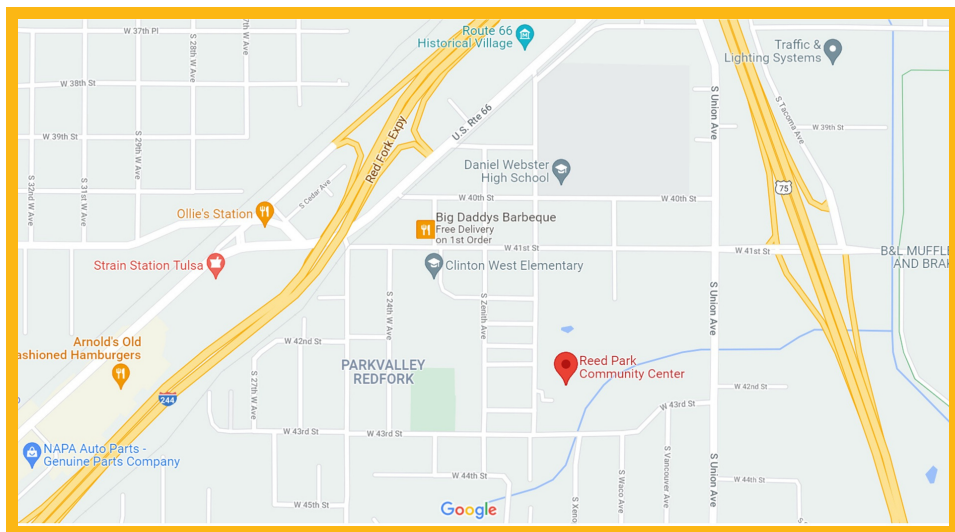
SEPTEMBER - NOVEMBER, 2022

## REED PARK COMMUNITY CENTER

4233 S Yukon Ave. | (918) 591-4307

TULSA  PARKS

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



## Reed Park Community Center

4233 S. Yukon Ave. Tulsa, OK 74107

### 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.
Sunday	CLOSED

### OUR STAFF

#### Park Manager

Suzi Marcum  
smarcum@cityoftulsa.org

#### Recreation Coordinators

Jim Feltz  
jfeltz@cityoftulsa.org

### HOLIDAY CLOSURES

Sept 3-5 | Labor Day  
Nov 11-12 | Veteran's Day  
Nov 24-26 | Thanksgiving



CITY OF TULSA PARK &  
RECREATION DEPARTMENT  
1028 E 6th St  
Tulsa, OK 74120  
tulsaparks@cityoftulsa.org  
(918) 596-7275

LIKE & FOLLOW TULSA  
PARKS ON SOCIAL MEDIA!



@ReedParkTulsa



@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](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

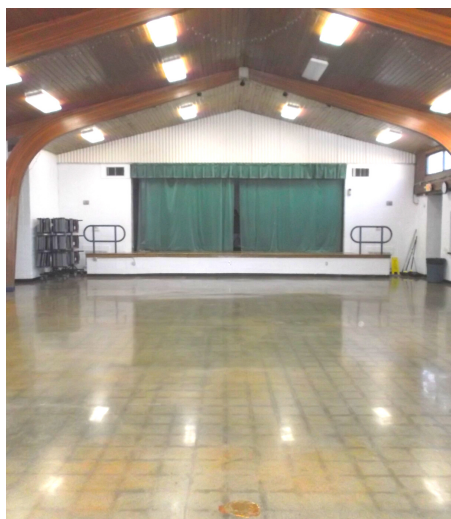
Bullying and discrimination are real and taken seriously by Tulsa Parks and the City of Tulsa. Bullying or discriminatory behavior by any patron will not be tolerated within our facilities or park grounds. You can read our full anti-bullying and discrimination policy at [www.cityoftulsa.org/park-policies](http://www.cityoftulsa.org/park-policies).

# 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 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](http://www.cityoftulsa/space-amenity-rental) for more information.



## SPACE & AMENITY RENTALS AT REED PARK COMMUNITY CENTER

	Max Capacity	Standard Rate*	Premium Rate**
<b>Full Gym</b>	60	\$50/ hour	\$80/ hour
<b>Half Gym</b>	30	\$25/ hour	not available
<b>Dance Room</b>	25	\$40/ hour	\$70/ hour
<b>Auditorium</b>	40	\$50/ hour	\$80/ hour

*\*There is a 25% fee applied to rentals for non-City of Tulsa residents. A 50% discount is available 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 may be required. Contact center staff for more information and to reserve.*



# FITNESS

## FITNESS ROOM (AGES 16+)

Open to ages 16 and older (adult supervision required if under 18). The fitness room consists of a variety of free weights, weight machines, treadmills, elliptical trainer, rowing machines and stationary bikes. We are also cross-fit equipped! Last admittance is 30 minutes before the building closes.

### Drop-In Visit

\$2

### 30 Visit Pass

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

### 10 Visit Pass

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

### 30 Visit Senior Pass (Ages 55+)

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



## TAMMY'S TRAINING CLASSES

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:



### The Refit® Revolution

**Wednesdays 5:45 – 6:45 p.m.**

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!

### P.H.I.I.T. (Personal High Intensity Interval Training)

**Mondays & Thursdays 6-7 p.m.**

A high impact workout with quick bursts of exercise followed by short recovery periods, you'll focus on pumping your heart rate, building muscle, strength and burning those unwanted calories. PHIT will take your fitness to new heights!

#### CLASS COST

Drop in Class .....	\$6
8 Visit Pass .....	\$25
20 Visit Pass .....	\$60
Monthly Pass .....	\$30



# ADULT SPORTS & DANCE



## Belly Dancing with the Desert Wind Dancers (Ages 15+)

**Tuesdays, 6-8 p.m.**

**Saturdays, 9-11 a.m.**

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.



### CLASS COST:

(Resident / Non-Resident)

Drop-in.....	\$5 / \$7
4 Visit Pass .....	\$20 / \$25
8 Visit Pass .....	\$30 / \$40

## 7TH ANNUAL ZOMBIE ZUMBA

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

**Date:** Friday, Oct. 21

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

**Cost:** Advanced Tickets \$10,  
\$15 at the door

Costumes welcome (not required).

Door prizes, Halloween music and a spooktacular workout.

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



# TULSA PARKS YOUTH SPORTS



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>**



# FALL FAMILY ACTIVITIES

## ARCHERY (AGES 8+)

**Date:** Wednesdays, October 5 - November 2 (no class October 19)

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

**Cost:** \$20 residents / \$25 non-residents

**Registration Deadline:** Sept. 28



Join us for a fun filled outdoor 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.

## INTRODUCTION TO FISHING FOR PEOPLE WITH SPECIAL NEEDS (AGES 10+)

**Dates:** Wednesday, September 28, 1-2 p.m. at Reed Park, and Saturday, Oct. 1, 9-11 a.m., at Hunter Park Pond

**Cost:** \$5 residents / \$7 non-residents

**Registration Deadline:** September 21

Learn about the basic skills of fishing, how to cast a fishing pole, bait a hook, tie on a lure, and know what kind of bait to use. We will teach you about the aquatic environment and the types of fish that live in Oklahoma.

**Students must be accompanied by a caregiver.**



# Fall Family Activities

## HALLOWEEN FLASHLIGHT HUNT

**Date:** Tuesday, Oct. 25

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

**Ages:** 3-12

**Cost:** Free

The great pumpkin dropped a bag candy in the park and we have to pick it all up. Bring your flashlight, bag, and come and help us clean up the mess and you get to keep what you find.



## FALL BREAK DAY CAMP



**Dates:** Mon-Fri, Oct 17-21

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

**Ages:** 6-12

**Cost:** \$5 per person per day, \$1 sibling discount. You must pre-register. Space is limited

Join us during fall break for some fun, one day activities. Kids ages 6-12 can enjoy a different activity every day from 1-2:30 p.m. Activities will include archery, arts and crafts, and STEM. Watch for more details.





# MARTIAL ARTS PROGRAMS

## 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.



## 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 & Mobility**
- **Strength & Endurance**
- **Discipline & 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.

## 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.



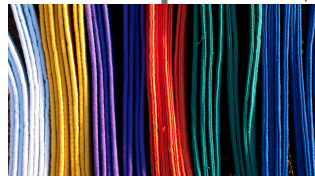
# MARTIAL ARTS

## WEEKLY PROGRAM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adult Close Combat 6 – 6:50 p.m.	Young Samurai 6 – 6:50 p.m.	No Classes	Adult Close Combat 6 – 6:50 p.m.	No Classes	Young Samurai 9 – 9:50 a.m.
Adult Weapons 7 – 7:50 p.m.	Saber Academy 7 – 7:50 p.m.		Adult Weapons 7 – 7:50 p.m.		Adult Close Combat 10 – 11:20 a.m.
					Adult Weapons 11:30 a.m. – 12:50 p.m.

## CLASS FEE RATES\*

ADULT CLASSES**			YOUTH CLASSES**		
CLASS	PRICE	DISCOUNTED†	CLASS	PRICE	DISCOUNTED†
Drop-In Class	\$8	N/A	Saber Academy (Monthly)	\$20 Res \$25 Non-Res	\$15 Res \$20 Non-Res
Martial Arts (Monthly)	\$50	\$40	Young Samurai (Monthly)	\$35 Res \$45 Non-Res	\$30 Res \$35 Non-Res
Martial Arts + Saber (Monthly)	\$60	\$50	Young Samurai + Saber (Monthly)	\$45 Res \$55 Non-Res	\$35 Res \$45 Non-Res



\*Class fees are 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 Reed Park staff at front desk.

† Discounted rates will be provided to families or groups or families enrolling and paying for more than one student in a given month.

# YOUTH GYMNASTICS

## 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.

## Tumbling Classes

### Tiny Tumbling

**(Co-Ed Ages 3-6)**

**Mondays, 4:30-5:15 p.m.**

Learn the tumbling basics of cartwheels, round-offs, bridges, limbers, rolls, and walkovers.

### Beginner Tumbling

**(Co-Ed Ages 6+)**

**Mondays, 6-6:45 p.m.**

Learn the tumbling basics of cartwheels, round-offs, bridges, limbers, rolls, and walkovers.

### Advanced Tumbling

**(Co-Ed Ages 6+)**

**Thursdays, 5:30-6:15 p.m.**

Handsprings, Aerials, Tucks, Layouts, and Tumbling Passes

## CLASS COST

### Resident:

\$40 for 4 visits

\$55 for 6 visits

\$100 for 12 visits

### Non-Resident:

\$50 for 4 visits

\$70 for 6 visits

\$125 for 12 visits

Classes are ongoing throughout the year. Join anytime!

Use your flexible visit pass to attend any age appropriate gymnastics or tumbling class that fits your schedule each week.

You also have the option to attend multiple classes each week.

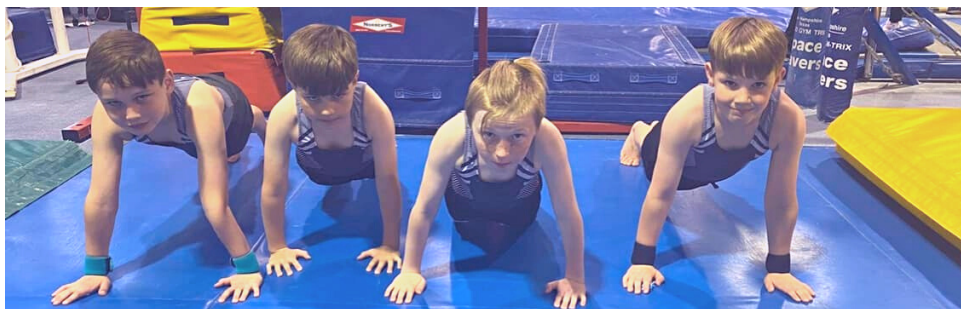
All family members can share the same pass.

*Not valid for team or pre-team programs.*

***All passes expire 6 months after purchase.***



# YOUTH GYMNASTICS



**JOIN THE REED PARK WARRIORS & COMPETE IN THE PARK AND RECREATION GYMNASTICS LEAGUE!**

## TEAM COST

### Level 1, 2, & Boys

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

### Level 3

\$95 res./ \$120 non-res. per month

### Level 4/ Xcel/Opt

\$115 res./\$140 non-res. per month

### Girls Pre-Team

\$75 res./\$90 non-res. per month

### Boys Pre-Team

\$50 res./\$60 non res. per month

*Meet fees and uniform cost are extra.*



We offer team gymnastics for athletes interested in competition.

Acceptance decisions for our competitive team are made by Coach Keri, team head coach.





# **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, and more!





# KIDS/ADULT TEAM FALL FISHING DERBY

**SATURDAY, OCTOBER 15TH | 8:30-11:30 A.M.**  
**HUNTER PARK | 5804 E. 91ST STREET**



**Registration: 8:30-9 a.m.**  
**Fishing Derby: 9-11:30 a.m.**  
**Winners Announced: 11:45 a.m.**

**Bring the whole family and enjoy a fun morning along with educational activities! This is a child/guardian team fishing event.**

*Please note, participants are responsible for bringing their own chairs, fishing equipment and tackle. Limited fishing equipment and worms will be available for those who need them.*

*This is a free event open to ages 6 and up, but space is limited. Please pre-register online at [guide.tulsaparks.org](http://guide.tulsaparks.org). Email [jfeltz@cityoftulsa.org](mailto:jfeltz@cityoftulsa.org) with questions or accommodation requests.*

## POOL & WATER PLAYGROUND UPDATE



The pool and water playground are almost complete. Due to construction delays, unfortunately, we won't get to use them this year but they will be ready for Summer 2023! It is going to be awesome and will be worth the wait.

## Lifeline Health Screening

Life Line Screening will be at Reed Park Community Center on Thursday, November 5, 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.



## COVID-19 HEALTH & SAFETY POLICIES

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.

- 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 may 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.