



ENROLLMENT
NOW OPEN!

2022 FALL PROGRAM GUIDE

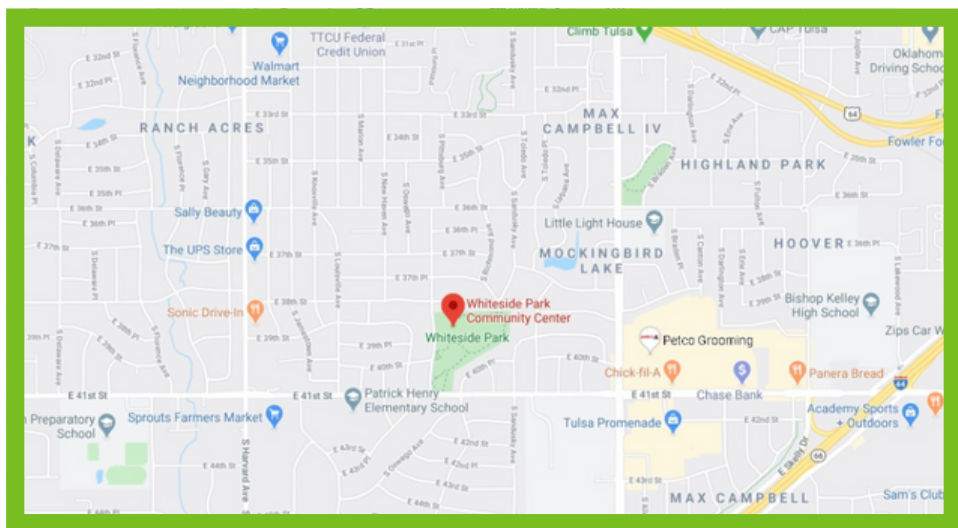
SEPTEMBER - NOVEMBER 2022

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	8:00 a.m. - 8:00 p.m.
Tuesday	8:00 a.m. - 8:00 p.m.
Wednesday	8:00 a.m. - 8:00 p.m.
Thursday	8:00 a.m. - 8:00 p.m.
Friday	8:00 a.m. - 5:30 p.m.
Saturday	9:00 am. - 1:00 p.m.*
Sunday	CLOSED

**Second and fourth Saturday each month.*

BUILDING CLOSURES

Monday, September 5 | Labor Day
 Friday, November 11 | Veterans Day
 Thursday-Friday, November 24-25 |
 Thanksgiving Holiday

OUR STAFF

Parks Director

Anna America,
annaamerica@cityoftulsa.org

Deputy Parks Director

Omare Jimmerson
ojimmerson@cityoftulsa.org

Park Manager

Sarah Gund
sgund@cityoftulsa.org

Recreation Coordinators

Elaine Henderson
ehenderson@cityoftulsa.org

Tony Martin
raonmartin@cityoftulsa.org

Custodian

Clarese Hunter
chunter@cityoftulsa.org



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

FOLLOW US 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
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

Tulsa Parks has large and small shelters that are great for parties, picnics, or family gatherings up to 75 people. All Tulsa Parks shelters are first-come-first-served, but you can also reserve a park shelter to guarantee it's available when you want to use it.

Normally, small shelters rent for \$70/day for residents and large shelters rent for \$110/day. Please note, November 1 through March 30, shelters are considered "winterized" and discounted to \$25 since the public is responsible for any cleaning before and after their reservation.

Some shelters have restrooms and/or electrical boxes that may require a key and a \$25 deposit. Restrooms are available on a seasonal basis March 31-October 31. Call or visit our website to get a complete list of shelters and amenities as well as start a shelter reservation.



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 Rose at marcirose@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 Rose at marcirose@cityoftulsa.org.

YOUTH PROGRAMS

FALL BREAK DAY CAMP (AGES 6-12)

**Monday-Friday
October 17-21
7:30 a.m. - 5:30 p.m.
\$140 for residents**

THANKSGIVING BREAK DAY CAMP (AGES 6-12)

**Monday-Wednesday
November 21-23
7:30 a.m. - 5:30 p.m.
\$90 for residents**

Whiteside is offering two fall day camps: one during TPS' fall break in October and the other in November before Thanksgiving. Sign-up online or in person.



SPARKY'S SPOOKTACULAR TRUNK-OR-TREAT

Tulsa Parks presents Sparky's Spooktacular Trunk-or-Treat. Dress up in your Halloween costumes and gather candy and toys in a fun and safe environment. There will be games, Bounce Houses, food trucks, and more.

October 27, 2022
6 p.m. - 8 p.m.
Hicks Park

PARENTS NIGHT OUT (AGES 6-12)

Need a night out? Let your kids join us for a fun night with TPD's Project Engage while parents get a night out. Event includes pizza, video games, laser tag and much more. Sign-up by November 16!

Friday, November 18
6 p.m - 8 p.m.
\$15 per child



BIKES & BALLS (AGES 1-5)

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

Wednesday mornings, starting August 10
9:30 a.m. - 11 a.m.
\$1 per child

TENNIS AT WHITESIDE PARK

LESSONS WITH COACH ROBERTA:

Tuesdays and Thursdays: 8 lessons

Session 1: September 6 - 29

Session 2: October 4 - Nov 3

(no classes Oct. 18 and 20)

Ages 6-8: 4:15-5 p.m.

Beginner Ages 9-14: 5-6 p.m.

Intermediate Ages 9-14: 6-7 p.m.

Adult: 7-8 p.m.

\$50 for residents | \$62 for nonresidents

LESSONS WITH COACH KEITH : Middle School (Ages 12-15)

Mondays and Wednesdays : 16 lessons

Session 1: September 12- November 9, 4:30-6 p.m.

(no classes Oct. 17 and 19)

\$100 for residents | \$118 for non-residents

TENNIS DRILLS WITH COACH JOHN: Adult Classes (18+)

Fridays at 10 a.m.

September 2 - November 18

FREE for residents



ADULT ACTIVITIES



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!

Monday & Fridays, 9 a.m. - 10 a.m.
\$30 for 8 classes

OPEN BASKETBALL (AGES 40+)

Feel like shooting some hoops? Join us at Whiteside Community Center for pick-up basketball games and open courts for adults ages 40 and older.

Mondays, Wednesdays & Fridays
11:30 a.m. - 1:30 p.m.
FREE



OPEN PICKLEBALL

Pickleball is a great game for fun, socialization and exercise! So, come join the thriving Pickleball community at Whiteside.

You can also ask to be put on our Pickleball e-mail list for monthly calendars, schedule updates, special events and more.

Monday - Friday
A schedule is published each month
FREE





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 or (918) 596-1520. Register in person at any recreation center
or online at <http://guide.tulsaparks.org>**

ADULT ACTIVITIES

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

Sponsored by Ability Resources, Inc
Preview Day: Wednesday, September 21st

Monday & Wednesdays,
September 26- November 30
6 p.m. - 7 p.m.

FREE

Contact Antonio to enroll:
918-592-1235 ext. 109

TOPS CLUB WEIGHT LOSS GROUP

TOPS can help you reach your weight-loss goals by providing you with the tools, information, support and accountability you need to be successful. These weekly meetings can help you take an honest look at the changes you need to make. Visit www.tops.org for more information.

Thursdays, 5 p.m. - 7 p.m.
FREE to try | \$28 to join



**TAKE OFF POUNDS
SENSIBLY**

UNITED HEATH CARE OPEN ENROLLMENT

Need advice on Open Enrollment for Medicare? This is a great place to get the answers you need!

October 26 & November 9
10-11:00 a.m.

Contact Stacy White for more information:
stacywhite023@gmail.com
918-808-0997

PORTRAIT PAINTERS (AGES 18+)

Join this group of intermediate and experienced painters for weekly sessions painting portraits with a live model. Must bring your own painting supplies.

\$5 per session

Tuesdays, 10 a.m.

For more information follow Whiteside Portrait Artists on Facebook



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



TULSA  PARKS

PROGRAMS CALENDARS

ADULT WEEKLY PROGRAM SCHEDULE (SUNDAYS CLOSED)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba 9:00 a.m.-10:00 a.m.	Pickleball 9:00 a.m.-1:00 p.m.		Pickleball 9:00 a.m.-1:00 p.m.	Zumba 9:00-10:00 a.m.	Pickleball 9:00 a.m.-1:00 p.m. (Dates may vary)
Over-40 Basketball 11:30 a.m.-1:30 p.m.	Portrait Painters 10:00 a.m.-1:00 p.m.	Over-40 Basketball 11:30 a.m.-1:30 p.m.	Bridge 11:00 a.m.-3:00 p.m.	Tennis Drills 10:00-11:00 a.m.	
Pickleball 1:30 p.m.-3:30 p.m.	Tennis Lessons 7:00 pm-8:00 pm	Beginner Pickleball 1:30 p.m.-3:30 p.m.	T.O.P.S. 5:00 p.m.-7:00 p.m.	Over-40 Basketball 11:30 a.m.-1:30 p.m.	
Tai Chi 6:00 p.m.-7:00 p.m.	Pickleball League 6:00 p.m.-9:00 p.m.	Tai Chi 6:00 p.m.-7:00 p.m.	Pickleball 5:30 p.m.-8 p.m.	Pickleball 1:30 p.m.-3:30 p.m.	
			Tennis Lessons 7:00 p.m.-8:00 p.m.		

YOUTH WEEKLY PROGRAM SCHEDULE (SUNDAYS CLOSED)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Bike & Balls 9:30 a.m. - 11:00 a.m.			
		Gymnastics 10:15 a.m.-1:00 p.m.			
Tennis 4:30 p.m. -6:00 p.m.	Tennis 4:15 p.m -7:00 p.m.		Tennis 4:15 p.m.-7:00 p.m.		
	Gymnastics 5:00 p.m. -8:00 p.m.	Tennis 4:30 p.m.-6:00 p.m.	Gymnastics 5:00 p.m.-8:00 p.m.		
Team Gymnastics 4:30 p.m. -6:30 p.m.		Team Gymnastics 4:30 p.m. -6:30 p.m.			

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

Whiteside Park and Community Center

HALLOWEEN CARNIVAL

AGES 8 & UNDER

OCTOBER 28, 2022 | 6-8PM
WHITESIDE TENNIS COURTS

ACTIVITIES:

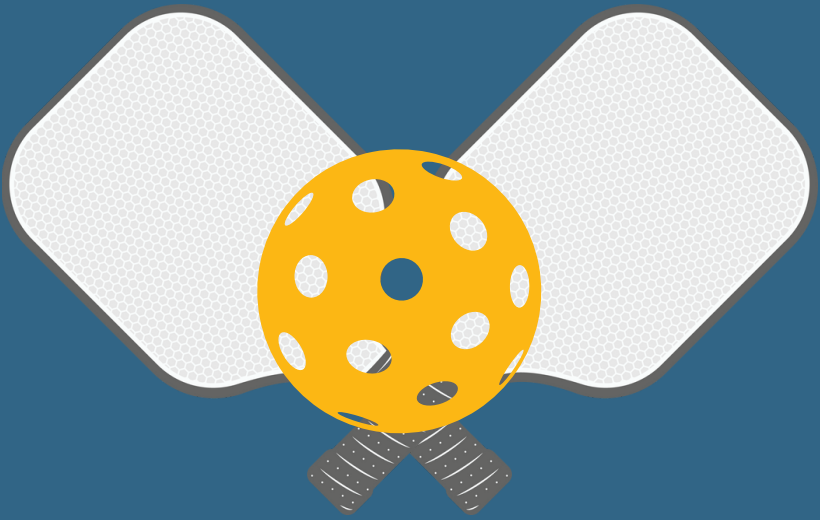
- UNLIMITED CARNIVAL GAMES
- COSTUME CONTEST
- FOOD TRUCKS

Admission is FREE!



HOSTED BY WHITESIDE RECREATION
CENTER 4009 S. PITTSBURG
918.596.1525
WWW.TULSAPARKS.ORG

TULSA  PARKS



Pickleball League

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

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

Tuesdays, September 13th-October 25th
\$20 for residents

Whiteside Park
Community Center
4009 S. Pittsburg Ave

www.TulsaParks.org

FALL GYMASTICS

TUESDAY CLASSES WITH COACH AUTUMN

- Kinderplus (Ages 3-5): 5:15-5:55 p.m.
- Beginner (Ages 6-8): 6:00- 6:55 p.m.
- Pre-Team (Ages 9-12): 7:00-7:55 p.m.

WEDNESDAY CLASSES WITH COACH AUTUMN

- Kinderplus (Ages 3-5): 10:15-11 a.m.
- Kinderplus (Ages 3-5) 11:00-11:45 a.m.
- Beginner/Homeschool (Ages 6-14): 11:45-12:40p.m.

THURSDAY CLASSES WITH COACH AUTUMN

- Jr. Beginners (Ages 4-6): 5:00-5:55 p.m.
- Beginners (Ages 6-12): 6:00-6:55 p.m.
- Intermediate (Ages 8-12): 7:00-7:55 p.m.



CLASS DETAILS

THREE FALL SESSIONS:

September 6-29

October 4-27

November 1-December 1

(NO CLASSES NOV. 22-24)

COST PER SESSION:

\$45 for residents

\$54 for non-residents

*\$5 sibling discount for 2nd child enrolled.

OPEN GYM

DATES:

Saturday, September 24th

Ages 3-5*

10:00 a.m. - 10:45 a.m.

Ages 6+

11:00 a.m. - 12:00 p.m.

Cost per Session:

\$7 for residents

\$8 for non-residents

*Parent Participation Required.

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.



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.guide.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.



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>.