

# WINTER PROGRAM GUIDE

DECEMBER 2022 - FEBRUARY 2023

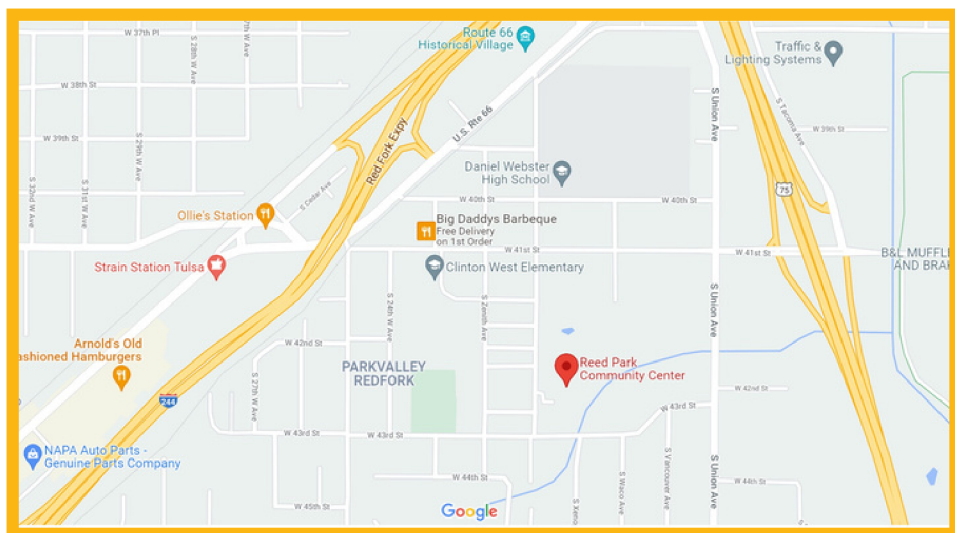


## REED PARK COMMUNITY CENTER

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



[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

## HOLIDAY CLOSURES

December 23 - Christmas Eve  
 December 26 - Christmas Day  
 January 16 - Martin Luther King Jr. Day

## OUR STAFF

### Park Manager

Suzi Marcum  
[smarcum@cityoftulsa.org](mailto:smarcum@cityoftulsa.org)

### Recreation Coordinators

Jim Feltz  
[jfeltz@cityoftulsa.org](mailto:jfeltz@cityoftulsa.org)

Nick Whitlow  
[nwhitlow@cityoftulsa.org](mailto:nwhitlow@cityoftulsa.org)



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

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 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 ROOM

Open to ages 16+ (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. Crossfit equipped! Last admittance is 30 minutes before the building closes.

**\*\*\*Starting January 2023\*\*\***

**Reed Park Community Center  
will offer personal fitness  
assessments, fitness workouts  
& challenges (Example: W.O.D.)**

**To schedule an assessment,  
contact Nick Whitlow  
(918) 591-4307 or  
[nwhitlow@cityoftulsa.org](mailto:nwhitlow@cityoftulsa.org)**

## **Drop-In Visit**

**\$2**

## **10 Visit Pass**

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

## **30 Visit Pass**

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

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

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

# FITNESS CLASSES

## 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:

### STRONG Nation®

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

STRONG Nation combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.



### 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)

**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 ACTIVITIES

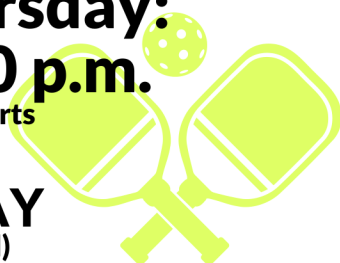
# PICKLEBALL

## Open Sessions

**Tuesday & Thursday:**  
**9:30 a.m. - 1:30 p.m.**

availability on two courts

**FREE TO PLAY**  
(equipment provided)



## **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

# WINTER FAMILY ACTIVITIES

## HERE COMES THE NEW YEAR! WINTER BREAK FUN (ALL AGES)

**Dates:** Wednesday & Thursday, Dec. 28 & 29 (Come & go event)

**Time:** Drop in anytime between 10 a.m. - 4 p.m.

**Cost:** **FREE** Please bring your own container for your time capsule  
(Example: shoebox, coffee can, etc.)

Get ready to celebrate the new year! Begin a new tradition by creating your own **time capsules** you can open every New Year's Day and see how much you've grown and changed over the past year. You can also make **noise makers, party hats**, and more.



## Valentine Craft Time (Ages 6-12)

**Date:** Thursday, February 9

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

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

Do you need a present for your valentine? This class can help you make your perfect valentine gift. We will work on 3D cards and other items for your valentine.

Must pre-register 1 week in advance.

# WEEKLY YOUTH ACTIVITIES

## **ARCHERY (AGES 8+)**

**Cost:** \$20 resident / \$25 non-resident per month

**Dates:** Wednesday,

- January 11 - February 1
- February 8 - March 1

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

### **Home School Archery**

**Date:** Wednesday,

- January 11 - February 1
- February 8 - March 1

**Time:** 10 - 11 am



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.

## **Home School Super Fun (Ages 6 - 12)**

**Dates:** Tuesday,

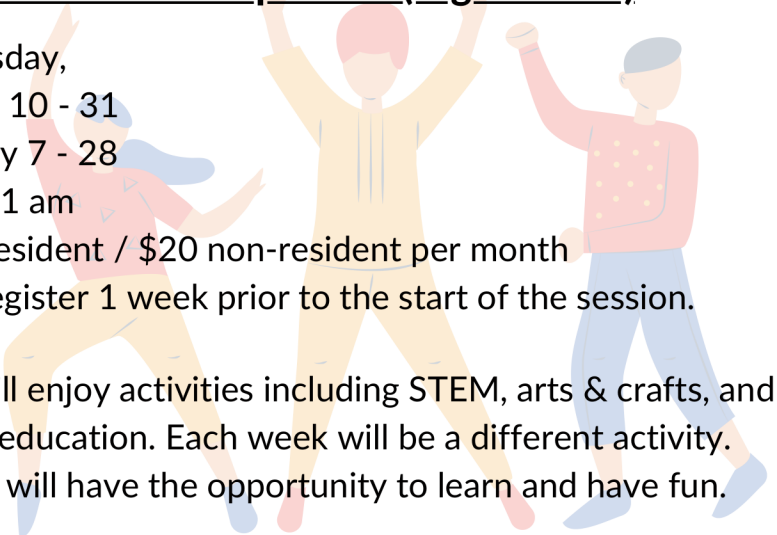
- January 10 - 31
- February 7 - 28

**Time:** 10 -11 am

**Cost:** \$15 resident / \$20 non-resident per month

Must pre-register 1 week prior to the start of the session.

Students will enjoy activities including STEM, arts & crafts, and outdoor education. Each week will be a different activity. Students will have the opportunity to learn and have fun.





**VOLUNTEER  
COACHES  
NEEDED!**



# HURRICANE YOUTH BASKETBALL LEAGUE

**GRADES  
K-5**

**Season Starts  
January 14**

**REGISTRATION  
INCLUDES:**

- Team T-Shirt
- Referee Fees

**\$65\***

Limited Scholarships are available, contact Tarah Moutray at (918) 288-8524 or [tmoutray@cityoftulsa.org](mailto:tmoutray@cityoftulsa.org), for more information.

\*\$10 Late registration fee applied after Dec 2

\*25% fee added for residents outside City of Tulsa limits  
Register to play at [guide.tulsaparks.org](http://guide.tulsaparks.org)

TULSA  PARKS

*Tulsa*

# 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.

## AIKIJJUTSU (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.



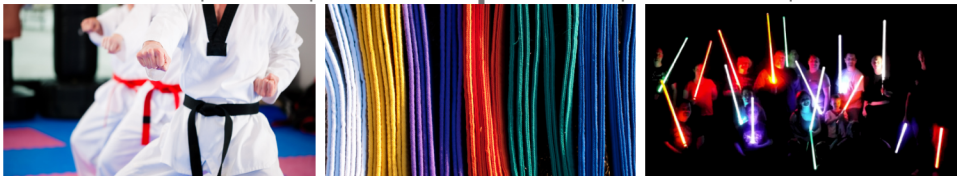
# MARTIAL ARTS

## 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 – 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)	\$45Res \$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 two students 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, 5:30 - 6:15 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.

## 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.

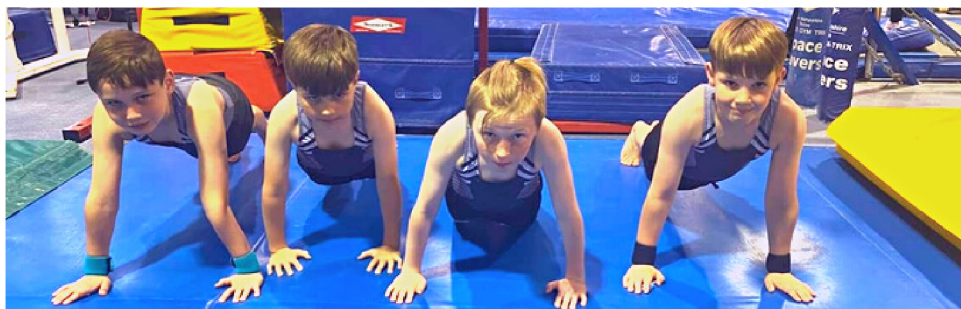
*Not valid for team or pre-team programs.*

***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.

