

REED PARK FALL CLASSES



SEPT

OCT

NOV

TULSA



PARKS

GYMNASTICS

Class Fees: \$35 per month. One class per week.
Make checks payable to "City of Tulsa".
Join anytime!

KinderKids: Ages 2 - 6.

This class introduces & improves gymnastics and tumbling fundamentals. Age appropriate activities enhance gross and fine motor skills on pint size equipment designed just for them! Athletes develop strength & flexibility, increase balance & coordination, learn how to use gym equipment, follow routines & demonstrate basic milestone skills.

- Monday 5:35 - 6:20 p.m. (ages 3 - 6)
- Thursday 4:40 - 5:25 p.m. (ages 3 - 6)
- Saturday 9:15 - 10 a.m. (ages 2 - 3)
- Saturday 10:10 - 10:55 a.m. (ages 4 - 6)

Open Gym: Ages 6-17.

Want extra practice time? Work on your gymnastics and tumbling skills in a supervised gym. Sign up at least 24 hours prior to class. \$5 current students, \$10 drop-in only participants.

- Tuesday 4:10 - 5:10 p.m.
- Thursday 6:30 - 7:30 p.m.

Jam & Slam: Ages 6-17.

This beginner and advanced beginner class is for athletes new to gymnastics or who want to improve their basic skills. Learn bars, beam, floor & vault. They will improve their flexibility, speed, agility, coordination, timing and strength.

- Monday 4:25 - 5:25 p.m.
- Tuesday 5:20 - 6:20 p.m.
- Thursday 3:30 - 4:30 p.m.
- Saturday 11 a.m. - noon

CHEERLEADING

Cheernastics: Ages 6-17.

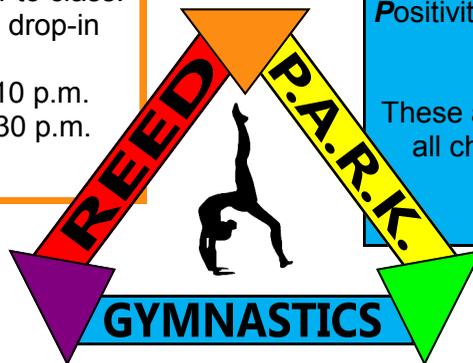
Learn basic tumbling skills for routines and competitions. Cheerleaders will learn basic jumps, forward rolls, cartwheels, round-offs, handsprings, tucks, splits and so much more!

- Monday 6:30 - 7:30 p.m.
- Tuesday 4:10 - 5:10 p.m.

P.A.R.K. stands for
our core values:

Positivity, Accountability, Respect & Kindness

These are the values we instill in all children that come through our program.



GYMNASTICS

Team Gymnastics:

Join the Reed Park Warriors and compete in the Park & Rec Gymnastics League! Open to ages 5-17. This recreation based league is designed to improve gymnastics skills, build self-confidence and create lasting friendships in a fun, competitive environment.

Pick 2 practice times per week:

- Monday 5:15 - 6:45 p.m.
- Tuesday 5:15 - 6:45 p.m.
- Thursday 5:15 - 6:45 p.m.
- Saturday 11 a.m. - 12:30 p.m.

\$75 per month. League fees, meet fees and uniform costs are extra.



Talk to Coach Keri for more info.



National Gymnastics Day:

Saturday, Sept. 16, 11 a.m. - 1 p.m. Try it free “mini class”, handstand competition, photo area, spin the wheel to win discount coupons, free classes, prizes, etc.

CHEER SQUADS: by appt. only

Does your cheer squad need additional practice on their tumbling skills? Private groups can schedule dates to use our state of the art facility and get the assistance from a certified coach to help them improve their tumbling. Call Reed Park (918)591-4307 to reserve a spot for your practice for your team. Tuesdays, 6:30 - 7:30 p.m.

\$8 per person. Min: 6 cheerleaders.



FITNESS



Weight Room:

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

Cost: \$2/visit or purchase a pass for \$10/10 visits or \$20/30 visits. *Ages 55 & older: \$10/30 visits.*

H.I.I.T. (High Intensity Interval Training)

H.I.I.T is a total body, cardio and strength training class. This interval based class combines full body strength training with high intensity cardio bursts designed to tone, improve endurance, and increase metabolism. *Try the first class free!*

Cost: \$25/8 visits, \$6 drop in or \$30/month

- Mondays 1:05 - 1:50 p.m. & 6 - 7 p.m.
- Tuesdays 1:05 - 1:50 p.m. & 6 - 7 p.m.
- Thursdays 1:05 - 1:50 p.m. & 6 - 7 p.m.



Belly Dancing (with the Desert Wind Dancers):

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. Ages 15 - 95.

Days: Tuesdays 6 - 7 p.m. and Saturdays 9 - 11 a.m.

Cost: \$5 a class / \$20 for 4 passes / \$30 for 8 passes

FITNESS



Flow Yoga:

Flow yoga is a gentle yoga that focuses on flexibility. This class is great for all age groups and fitness levels. You will be flowing through and holding different yoga poses.

Try the first class free!

Tuesdays: 11:30 a.m. - 12:15 p.m.

Thursdays: 10 - 10:45 a.m.

Cost: \$25/8 visits or \$5 drop-in.

Zumba with Tammy Hardy:

Come out to dance those calories away with this high-paced aerobic dance class. *Try the first class free!*

Cost: Evening \$6 (1 hour), Lunchtime classes (30 min)
\$25/8 visits or \$5 drop in.

- Wednesdays 12:15 - 12:45 p.m. & 5:45 - 6:45 p.m.
- Friday, 12:15 - 12:45 p.m.



Light Saber Martial Arts:

Do you have what it takes to be a Jedi or Sith master? Defeat your enemies in honorable combat! This class fuses ancient martial arts techniques and futuristic LED Sabers to teach the newest combat sport in the universe.

Students start out learning basic patterns for attack and defense and quickly move on to full speed combat. This is a great class for kids, adults, and families. Stop watching your heroes on screen and join in the battle!

Cost: \$25 a month or \$8 drop-in.

Dates: Thursdays

Time: 6:30 - 8 p.m.

Ages: 8 years and up welcome.

For more details visit www.thesaberaacademy.com

or contact us at info@thesaberaacademy.com



OTHER ACTIVITIES



Haunted Houses:

In the spirit of Halloween, we are making clay haunted houses in a gingerbread style. Two- part class. Must pre-register by Monday, Oct. 2. Ages 10 - adult

Date: Thursday, Oct. 5 and 19

Time: 4 - 6 p.m.

Cost: \$15

Pumpkin Decorating:

You can carve, paint or just embellish your Halloween Jack-o-Lanterns with our supplies. *Bring your own pumpkin.* Ages 5 - adult. Pre-register by Friday, Oct. 20.

Date: Tuesday, Oct. 24

Time: 4 - 5 p.m.

Cost: \$1 per person.



Flashlight Spook Hunt:

Ages 3 - 12. Thursday, Oct. 26 @ 7:15 p.m. Search for goodies in the park. Bring a bag and a flashlight. Free.

Zombie Zumba:

This special Zumba class/party pairs Zumba fitness with the popular theme of zombies. Costumes not required but very welcome. Open to all ages.

Date: Friday, Oct. 27

Time: 6 - 8 p.m.

Cost: \$8

Souvenir T-shirts and Zumba wear on sale, while supplies last. Tickets go on sale Oct. 1.



Jack - o - Fling:

Bring your old pumpkins and Halloween jack-o-lanterns join us on Wednesday, Nov. 1 @ 4:30 p.m. Fling your pumpkins with our chunking catapult and smash it! \$1 to participate. Open to all ages. Don't miss the fun.

ARTS FOR EVERYONE



Marvelous Mugs:

Just in time for Oktoberfest, create your own large volume mug in this two-part class. Ages 10 - adult.

Date: Thursday, Sept. 14 and 28

Time: 4-6 p.m.

Cost: \$15

Creative Crafting with Kenneth:

1st Tuesday each month at 4 p.m. Each month we will be learning something new. Open to all ages. Pre-registration requested.



Rock Painting with Carla:

Join the 918-rocks craze! Come join us on Mondays to paint rocks, exchange ideas and techniques. Open to all ages.

Date: Mondays, Sept. 18 - Oct. 9. Join anytime.

Time: 4:30 - 6 p.m.

Cost: Varies. Determined by supplies used, starting at 4 rocks/\$1



Paracord Bracelets:

Learn the basics in knot tying and create a unique bracelet. Ages 7 and up welcome.

Date: Tuesday, Sept. 19

Time: 4-5 p.m.

Cost: \$3



CAMPS

Fall Break Camp:

Open to kids ages 6-12. Enjoy arts & crafts, sports & games and a field trip.

Dates: Oct. 18 - 20 **Cost:** \$60 for all 3 days or \$25 drop in for each day. (\$5 discount for additional siblings, excluding drop-ins) **Time:** 9 a.m. to 4 p.m. Children may be dropped off as early as 7:30 a.m. but must be picked up no later than 5:30 p.m.

Pre-register by: Oct. 9.

SPECIAL INTEREST

Medicare Made Clear:

Learn the basics of Medicare eligibility, coverage under Part A Hospital and Part B Medical Services, Part C Medicare Advantage, Part D Prescription plans and Medicare Supplement options. Eligibility and benefits for the Extra Help program will also be discussed. Presented by Cindy Johnson of United Healthcare Medicare Solutions. There will be no sales solicitation at this presentation.

Tuesday, Sept. 19, 9 -10 a.m. Free to the public. For questions or if you need a translator, contact Cindy at (918) 619-5919 (cell).

2018 AARP Medicare Plan Community Sales Meeting:

Includes sales and more in depth information about available plans from United Healthcare Medicare Solutions for 2018.

Dates: Thursday, Oct. 5 and Tuesday, Oct. 17

Time: 9 - 11a.m.

ROOM RENTAL RATES

Gymnasium—Volleyball, Basketball, Soccer Practice

- Full court rental \$40 an hour during normal building hours
- Half court rental \$20 an hour during normal building hours
- After hour rental \$65 an hour

Auditorium—Luncheons, Dances, Birthday Parties, High School Reunions

- \$40 an hour during normal business hours
- \$65 an hour after normal business hours

If you are interested in teaching a class at Reed Park or renting one of the spaces listed above, please email smarcum@cityoftulsa.org.

YOUTH SPORTS

Youth Leagues

Tulsa Parks youth leagues focus on player development, equal play, sportsmanship and fun. **Register through Sept. 8. All leagues cost \$45 per player (includes game shirt and participation award). Referee fees are extra. All leagues consist of an 8-game season. Games are played in Oct. and Nov.** Registration accepted for both teams and individuals.



Fall Leagues:

- **Flag Football:** Kindergarten through 6th grade. Mouth piece required.
- **Soccer:** Kindergarten through 6th grade. Shin guards required.
- **Volleyball:** This league is for 4th - 8th grade. Knee pads required.

Winter League:

- **Basketball:** Kindergarten through 5th grade. Sign-ups will begin in November and games will be played in January and February.

ADULT SPORTS

Co-Ed Dodgeball: Register now through Sept. 18. Games begin Sept. 26. Games played at Reed on Tuesday nights starting at 6 p.m.



Cost: \$80 league fee plus \$10 refundable deposit and a \$5 per game official fee. Ages 16 and up. For info contact: Suzi , (918) 591-4307, smarcum@cityoftulsa.org

Co-Ed Volleyball: Register now through Sept. 18. **Cost:** \$80 league fee plus \$16 refundable deposit and a \$8 per game official fee. Ages 16 and up.

- **Recreation League** at Whiteside Park on Monday nights beginning Sept. 25. For info contact: Marjery (918) 746-5040, mmurphy@cityoftulsa.org
- **Intermediate League** at Hicks Park on Tuesday nights beginning Sept. 26. For info contact: Dustin, (918) 669-6355, djaggers@cityoftulsa.org



ADULT SPORTS



Men's Basketball: Register now through Sept. 9. Games begin Sept. 19. Games played at Lacy Park on Saturdays starting at 10 a.m. Cost: \$80 league fee plus \$40 refundable deposit and a \$20 per game official fee. Ages 18 and up.

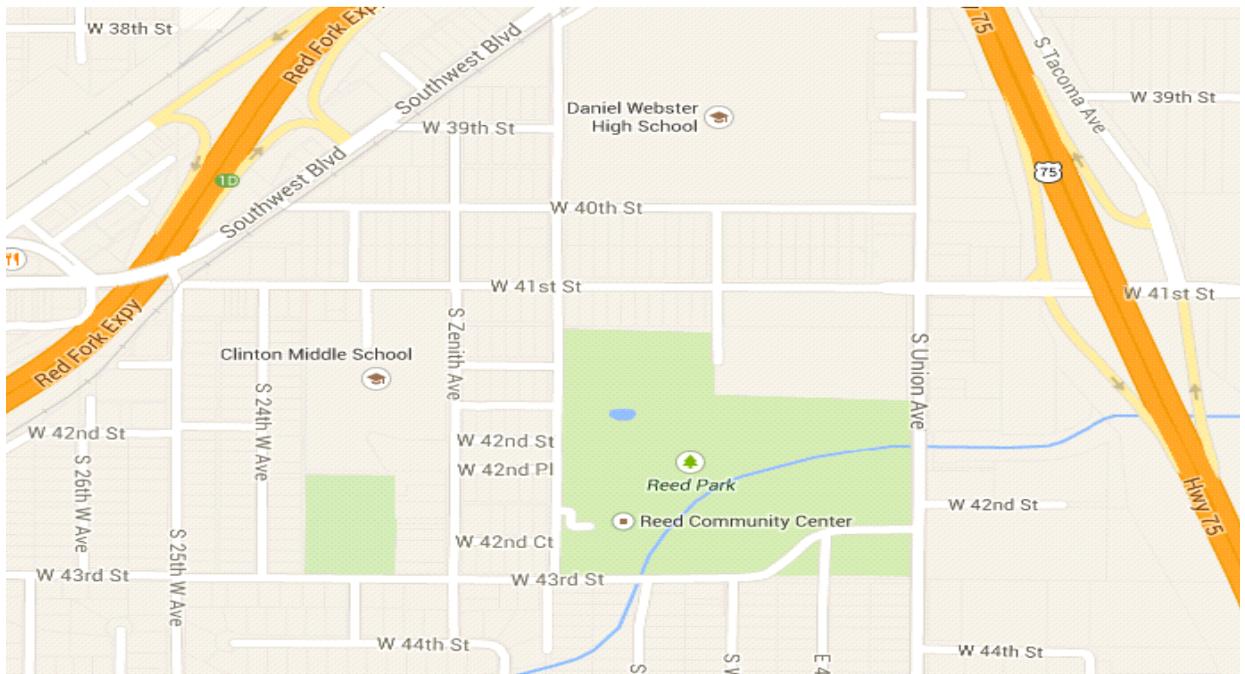
For info contact: Will Ballard, (918) 596-1470,
wballard@cityoftulsa.org

Women's Basketball: Register now through Sept. 15. Games begin Sept. 28. Games played at Hicks Park on Thursday nights starting at 6 p.m.

Cost: \$80 league fee plus \$40 refundable deposit and a \$20 per game official fee. Ages 18 and up.

For info contact: Nicole Brannon, (918) 669-6355,
nbrannon@cityoftulsa.org





Reed Community Center
4233 S. Yukon Ave.
Tulsa, OK. 74107
Phone: (918) 591-4307
Fax: (918) 591-4304



Like Reed Park on Facebook! Get reminders on upcoming activities, sports and opportunities. Also, get updates on the latest weather information and park closings.
REMEMBER: Just because Tulsa Public Schools are closed does not mean that Tulsa Parks are!

REED PARK STAFF

Permanent Staff

Suzi Marcum (Manager)
Kenneth Wilson (Recreation Coordinator)
Mark Linholm (Recreation Coordinator)

Instructors and Coaches

Keri Jenkins (Head Gymnastics Coach)
Tammy Hardy (Zumba / HIIT)
Miriam Benzel (Yoga)

PARK HOURS

Hours of Operation

Monday 8:30 a.m. - 8:00 p.m.
Tuesday 8:30 a.m. - 8:00 p.m.
Wednesday 8:30 a.m. - 7:00 p.m.
Thursday 8:30 a.m. - 8:00 p.m.
Friday 8:30 a.m. - 6:00 p.m.
Saturday 9:00 a.m. - 1:00 p.m.

*Please note that hours are subject to change and Reed Park will close after the last scheduled activity.