

Whiteside Recreation Center

4009 S. Pittsburg
Tulsa, OK 74135



SPRING PROGRAM 2018

GENERAL INFORMATION

(918) 746-5040 www.cityoftulsa.org

Building hours

Day	Open	Close
Monday	8:30 a.m.	9 p.m. *
Tuesday	8:30 a.m.	9 p.m. *
Wednesday	8:30 a.m.	7:30 p.m.
Thursday	8:30 a.m.	9 p.m. *
Friday	8:30 a.m.	6 p.m.
Saturday	9 a.m.	1 p.m.
Sunday	Closed	Closed

For the safety of our employees....the building will close in the evening after the last scheduled activity.

Holiday Closings:

Friday, March 30.....Good Friday

Monday, May 28.....Memorial Day

Whiteside Staff

Park Manager.....Grace Hasler
ghasler@cityoftulsa.org

Recreation Coordinator....Sarah Gund

Recreation Coordinator.... Marjery Murphy-McNutt

Custodian.....Clarese Hunter

ID Cards

All persons over the age of 10 must obtain a FREE Tulsa Parks ID card to participate in activities at the community center. Please make the front desk your first stop!

Make sure to scan your ID card when entering the facility.

Class Enrollments

Please make a point to pre-enroll in any classes that your are interested in taking. Classes not meeting the minimum enrollment requirement prior to the start date, will be cancelled.

Social Media

Whiteside Park



TAI CHI: Join us for this self-paced system of gentle physical exercise and stretching. Classes meet Thursdays 7-8 p.m. \$25/8 classes or \$5 drop-in fee. ONGOING Our students love it!!



STRONG by ZUMBA: Join us on Wednesdays 6-7 p.m. STRONG is an interval-based training for strength, toning and cardio. Floor mat needed. \$32/8 classes or \$5 drop-in fee. TEACHERS ARE FREE!!

Check us out on www.letszumbanow.com

Active Adult Activities



ZUMBA WITH SARAH: Zumba is an international Latin-inspired workout that feels more like dancing than aerobics.

Mondays & Fridays,

9:30-10:30 a.m. \$30/8 classes or \$5 drop-in fee. First class you attend is free. Ongoing during the school year.

OVER 40 BASKETBALL: Open basketball play is available for the over 40 year old age group. Monday, Wednesday and Friday,



11:30 a.m.-
1:30 p.m. Showers
available.

PICKLE BALL: A great game for fun, socialization and exercise!

Open, co-ed play for Adults: Tuesdays and Thursdays 11:30 a.m.-4 p.m. Open, co-ed play for 50+: Mondays, Wednesdays and Fridays 1:30-4 p.m., Thursdays 5:30-8 p.m. and two Saturdays each month from 9 a.m.-1 p.m. Sign up for our e-mails!

TENNIS LESSONS: Join Coach Keith Hinds Mondays and Wednesdays 6:30-7:30 p.m. for Beginner and Intermediate. There will be stroke practice for the beginners and point drills for the intermediates. For ages 15 years and up. \$45/4 weeks.

March 5-28

April 2-25

April 30-May 30



CO-ED VOLLEYBALL LEAGUE

ADULT RECREATIONAL VOLLEYBALL LEAGUE: Ages 16 & up. Coed Leagues. Games played Monday evenings starting 5:30 p.m. Starts March 12. Deadline to register is March 3. Season is 8 games plus tournament for top 6 teams.

\$80/team plus \$16 refundable CASH deposit



CREATIVITY FOR KIDS & ADULTS



ART CLUB: (Grades 1st –5th) This is a great opportunity for kids who love art but don't get much opportunity!

Afterschool group meets Mondays and Wednesdays from 3-4 p.m. Homeschool Club meets Wednesdays from 10-11 a.m. Fee is \$25. Clubs will begin the week of March 12 and go thru May 9. No classes March 19 or 21. Enrollment is limited.

PORTRAIT PAINTERS: For experienced adult artists who want to paint/draw portraits with a live model. Artists must furnish their own supplies. Participants split the cost of the model. Group meets Tuesdays from 11 a.m.-2 p.m.

PRESCHOOL ACTIVITIES

BIKES AND BALLS: For ages 1-5 years. This open gym time for preschoolers is a great way to socialize with other kids. Bring a riding toy. PLEASE, NO FOOD or DRINKS in the gym. Tuesdays and Thursdays 9:30-11 a.m. Cost is 50 cents per child/visit. No Bikes and Balls March 20 & 22.

BUNNY VISITS BIKES AND BALLS: A special Bikes and Balls for preschool friends. The Easter Bunny will be making a special stop at Whiteside. There will be a mini-hunt, crafts and a treat to take home. Tuesday, March 27 . Bunny will arrive @10 a.m. Regular hours for play. \$1 per child.

BIRTHDAY PARTIES

Love the idea of having a Birthday Party for your child, but don't want the hassle of entertaining at your house? Whiteside has several options available for kids ages 1-11 years. Parents are responsible for all decorations, refreshments and basic clean up. All parties are by appointment only and are booked on room and instructor availability. *Parties include an instructor for an hour and a party room for an hour.



Bikes and Balls Party (Ages 1-5 years): Kids can bring their riding toys and we'll set up some other fun "gym" stuff for this open play party. An hour in the gym and an hour in the party room. \$125 Fridays 4-6 p.m and Saturdays 10 a.m.-noon. *No instructor provided.*



***Build It Party (Ages 3-6 years):** If your child and his/her friends like to build with blocks, building bricks, boxes and more.....we've got the birthday party for them! \$115 for up to 10 kids. Additional kids are \$5 each....up to 15 total.

***Messy Art/ Lil Scientist Parties (Ages 3-6 years):** Kids enjoy messy art projects or fun experiments. Parents enjoy not cleaning up the mess.\$130 for up to 10 kids. Additional kids are \$5...up to 15 total.



***Gymnastics Parties (ages 4-11 years):** Gymnastics fun with a certified coach! All parents must sign a waiver before children may participate. \$125.

DANCE



BALLET: (Ages 5-7 Years) An introduction to ballet for boys and girls. Children will need ballet shoes, tights and leotard. Classes are held Thursdays from 4:30-5:30 p.m. \$60/6 weeks.

TINY DANCERS: (Ages 3-4 Years) An introduction to ballet for our preschool age friends. Children will need ballet shoes, tights and leotard. Classes are held Thursdays from 4-4:30 p.m. \$50/6weeks. Class size is limited.

April 5 thru May 10

IRISH DANCE: (Ages 5-18 Years) Irish dance is a traditional form of dancing which comes from Ireland. Shows like "Riverdance" and Michael Flatley's "Lord of the Dance" are both Irish Dance based shows.

We invite you to learn the basics of Irish Dance in this fun filled introductory class.

Cost is \$50 per session/4 weeks

Class meets Tuesdays 6-6:45 p.m.

Session 1: April 3-24

Session 2: May 1-22

Dancers are encouraged to continue their Irish Dance experience through the Goode Academy. Group and Private Lessons are available. Contact KT at: thegoodeacademy@gmail.com



SPECIAL EVENTS



Easter Egg Hunt: Kids ages 8 and under...grab your baskets and come hunt for both candy filled and prize eggs! Thursday, March 29, at 6 p.m. Take pictures with the Easter Bunny! *Please meet in the Whiteside gym.* We will be collecting pet items (collars, leashes, pet food, blankets, pet toys, etc.) to be donated to the Humane Society.

PAWS Easter Egg Hunt: Grab a basket and your favorite canine friend for our annual dog walk and egg hunt at Whiteside. Plastic eggs will be filled with doggy treats. Prizes will be given to the pooches that find the "special" eggs plus there will be some amazing door prizes! Walk will start at 10 a.m. with an egg hunt to follow at 10:30 a.m. **Saturday, March 31.** We will be collecting pet items (collars, leashes, pet food, blankets, pet toys, etc.) to be donated to the Humane Society.



SPRING BREAK CAMPS



SPRING BREAK CAMP: (AGES 6-12) A fun-filled week is waiting for your child at Whiteside! Camp will meet March 19-23 from 7:30 a.m.-5:30 p.m. daily. Camp days will be filled with games, sports, crafts and field trips. \$125 per child. Enroll now, as spots are limited! Kids should bring a sack lunch daily and wear tennis shoes and appropriate clothing for active play...indoors and out!

Your child will love making new friends at Whiteside!

SPRING BREAK TENNIS CAMP (AGES 8-14) Enroll now for a fun-filled tennis camp! Whether your child is a beginner or more advanced, they will definitely benefit from stroke instruction, point drills and more. Camp will meet Monday thru Thursday, March 19-22 from 9 a.m.-noon. Enroll now to secure your spot! All kids should bring a water bottle daily.



Cost: \$65



TENNIS LESSONS

Whiteside has a fabulous Tennis program for youth and adults. Kids starting at age 6 will find our instructors patient, informative and knowledgeable. It's a great place to start their love of tennis or continue to excel. \$45/4 weeks

Tuesdays and Thursdays

Coach Roberta

Ages 6-8 years 4 p.m.

Ages 9 -14 years 5 p.m.



Session 1 April 3-26

Session 2 May 1-24



Mondays and Wednesdays

Coach Keith

Ages 10-14 years 5:30 p.m.

Ages 15-Adult 6:30 p.m.

Session 1 March 5-28*

Session 2 April 2-25

Session 3 April 30-May 30**

*There will be instruction during Spring Break for M/W classes

** No classes Monday May 7 or 14. Make-up day /timeTBA

SUMMER DAY CAMP

Kids! Get ready to have plenty of Day Camp Adventures at Tulsa Parks this summer! Weekly themes are explored through crafts, games, food and sports. Twice-weekly field trips are included.

Session 1	June 4-8	Session 6	July 9-13
Session 2	June 11-15	Session 7	July 16-20
Session 3	June 18 - 22	Session 8	July 23 - 27
Session 4	June 25- 29	Session 9	July 30 - August 3
Session 5	July 3-7*	Session 10	August 6-10



*no camp July 4
**A \$10 discount will be applied to Session 5 due to the holiday.

- Full payment is required at registration for the first session of camp in which your child is enrolled. Check, cash, VISA and MasterCard are accepted forms of payment.
- A non-refundable deposit of **\$25 per session** reserves your child’s spot in any *additional* sessions for Traditional camps.
- A \$10 discount per child will be offered for each additional child from the same, immediate family.

Tulsa Parks offers a great day camp experience for kids ages 6-12. Our days consist of sports, games, arts & crafts, special events and field trips. Our camps make trips to Main Event, Big Splash, skating, the movies, bowling and anywhere else we can find some FUN! All trips are included in the camp fees as well as a camp t-shirt which kids are required to wear on field trips.

Camp hours are from 9 a.m.-5 p.m., Monday through Friday.

Extended hours are available at no extra cost. Children may be dropped off as early as 7:30 a.m. and can be picked up as late as 5:30 p.m.

Children need to bring their own lunches daily unless otherwise instructed.

Our professional recreation staff has planned a safe, fun summer for your kids! Let your kids come play with us!



SUMMER DAY CAMP SIGN UP....APRIL 7 @ 9 a.m.

ROOM RENTALS

Do you need a room to host a birthday party, baby shower or meeting? The following rooms are available to rent. Premium hours are subject to staff availability.

<u>ROOM</u>	<u>PER HOUR FOR REGULAR HOURS</u>	<u>PREMIUM HOURS</u>
	Mon.-Thurs 9 a.m.-9 p.m	Fri 6-11 p.m.; Sat 1-11 p.m.
	Fri 9 a.m.-6 p.m.	
	Sat. 9 a.m.-1 –p.m.	
Gym	\$40 full court; \$20 half court	\$65/hour
Multi-purpose	\$25 per hour	\$50/hour



GYMNASTICS SCHEDULE

Tuesdays: February 27-April 10
April 17-May 22

Class	S-1	S-2
Junior	4-4:55 p.m.	4-4:55 p.m.
Junior	5-5:55 p.m.	5-5:55 p.m.
Beginner	6-6:55 p.m.	6-6:55 p.m.
Advanced & Intermediate	7-7:55 p.m.	7-7:55 p.m.
NO CLASS	March 20	May 8

Wednesdays: February 28-April 11
April 18-May 16

Class	S-1	S-2
Tumbling Tots	9:30-10:10 a.m.	9:30-10:10 a.m.
Kinder Plus	10:15-11 a.m.	10:15-11 a.m.
Beginner/ Homeschool	11:05 a.m.- 12 p.m.	11:05 a.m.- 12 p.m.
Junior	12:05-1 p.m.	12:05-1 p.m.
NO CLASS	March 21	

Thursdays: March 1-April 12
April 19-May 24

Class	S-1	S-2
Kinder Plus	4:15-5 p.m.	4:15-5 p.m.
Junior	5-5:55 p.m.	5-5:55 p.m.
Beginner	6-6:55 p.m.	6-6:55 p.m.
NO CLASS	March 22	May 10

Fridays: March 2-April 20
April 27-May 25

Class	S-1	S-2
Kinder Plus	3:15-4 p.m.	3:15-4 p.m.
Intermediate	4-5 p.m.	4-5 p.m.
Beginner	5-6 p.m.	5-6 p.m.
NO CLASS	March 23 or 30	



CLASS DESCRIPTION:

- TUMBLE TOTS

AGES 18–36 MONTHS

parent participation
- KINDER PLUS

AGES 3-5 YEARS
- JUNIOR BEGINNER

AGES 4-6 YEARS
- BEGINNER,

**ADVANCED

**INTERMEDIATE

**New students need instructor permission to enroll.

WHITESIDE TWISTERS

Whiteside Twisters is a competitive gymnastics team that competes in the Tulsa Park gymnastics league. Competition season starts in December and goes through May. Practices are held Monday and Wednesday afternoon/evenings. If you are interested in having your child become part of our Whiteside Twisters team, call the office at 918-746-5040 and we'll have the coach contact you. Team fees are \$75 per month, plus additional fees for uniforms, league and meet fees.

- Session1 is 6 weeks long. Session 2 is 5 weeks long. Please note the days classes will not meet during your session. Class fees are due upon enrollment.

• Class fees are \$65/6 weeks (Session 1)

• Class fees are \$55/5 weeks (Session 2)

• There is a \$5 discount for a sibling

• Parents are not allowed in classroom during instruction. There will be a ‘parent watch’ week the last class of each session.

