

Lacy Park
Community Center
2134 N. Madison Pl., Tulsa, OK 74106



(918) 596-1470

TULSA  PARKS

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Staff

Park Manager Jesse Carradine.. """"j.carradine@cityoftulsa.org
Rec. Coordinator...Elaine Henderson""..ehenderson@cityoftulsa.org
Rec. Coordinator.....William Ballard wballard@cityoftulsa.org
Custodian.....Ivy Alexander....."ialexander@cityoftulsa.org

Hours

Monday~~~~+ a"m"-8 p"m"
Tuesday~~~~7 a"m"-8 p"m"
Wednesday ~~~7 a"m"-8 p"m"
Thursday~~~~7 a"m"-8 p"m"
Friday ~~~~~7 a"m"-5 p"m "
Saturday ~~~~9 a"m"-5 p"m"
Sunday ~~~~~CLOSED

Holidays (Lacy will be closed)

Friday, March 30 ~Good Friday
Monday, May 28~ Memorial Day

ID Cards

All patrons ages 10 and over must obtain a free Tulsa Parks ID card to participate in activities at all City of Tulsa Community Centers. Fill out your city of Tulsa Parks Dept. ID form today. This includes drop-in activities such as open gym. See Recreation Staff for more details.

Volunteers

We rely on volunteer instructors and coaches to make our programs successful. If you are interested come by and fill out an application.

Rentals

Rooms and gymnasium are available for rent. Days and times are subject to availability and staff resources. Please make requests for rentals at least one (1) month in advance. Call (918) 596-1470 for inside rentals.

All Classes are subject to change. Minimum enrollment numbers required for a class to start. All classes are ongoing unless otherwise stated.



Y O U T H

Heritage Choir (Ages 6-18) Tuesdays, 6-7:30 p.m. ~ Free.

Children will participate in singing cultural songs to lift the spirits of all who listen. Musical Director: Ernestine Dillard. Sponsored by Nubian Heritage Arts and Lacy Park Advisory Council. Class will be limited.



Black History Program

Saturday, March 17 1-5 p.m.

You don't know where you're going, if you don't know where you have been. Learn history from the past to the present. Sponsored by Lacy Park Advisory Council & Nubian Heritage Arts.

Crocheting (Ages 8 & over) Saturdays 10 a.m. ~ \$8.00 for 3 sessions.

Beginners and Advanced. Call for supply list.

Sewing 101 for Kids (Ages 11-17) Dates TBA ~ \$15/person. Students will learn the basics of sewing and how to use a pattern. Please check for a supply List.

Y O U T H

Activities

Children's' Culinary Arts Class (Ages 8-12) Saturdays, Dates TBA, 9:30 a.m. till 1 p.m. ~ Pre-enrollment supply Fee: \$10. Day of the class \$12.

Menu will change monthly. Children will learn to prepare breakfast, lunch and dinner meals. Parents can go shopping, and get their hair and nails done while your child is cooking a delicious meal.



Candy Making (Ages 10-17) Thursday, May 17, 6-7:30 p.m. ~ Fee: \$5. Pre-enroll by May 4.

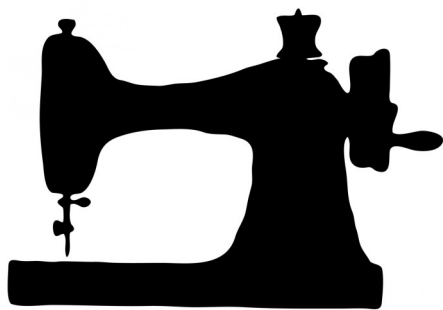
Learn how to make delicious candy suitable for gifts. Check for supply list.

Lacy Jammers (Ages 5-15) Mondays and Thursdays, 5:30-7 p.m. ~ Fee: Uniform fee (no monthly fee).

Children will learn various dance routines and travel to many area events for performances.

Cultural Story Time (Ages 3-5) Monday, March 30, 10-10:45 a.m. ~ Free. Pre-enroll by March 21.

Boys and girls will experience a variety of cultural stories and tales.



Sewing 101 for Kids (Ages 11-17) Dates TBA ~ \$15/person.

Students will learn the basics of sewing and how to use a pattern. The student will make one project. Check for supply list.

Activities



Tae Kwon Do (Ages 9 & over) Saturdays,

10~11:30 a.m. ~ Fee: \$10/month per person.

Students will learn this Korean style of martial art. This includes beginners and seasoned belt holders.

Tennis Lessons (Ages 5-17) Saturdays, 9:30~11:30 am ~ Free. Learn the fundamentals of tennis such as the forehand, backhand and more.

H.O.O.P. (Helping others obtain purpose) formerly Living Well Ministries

(Ages 16 & over) Tuesday, 6~ 8 p.m. ~ Free.

Each night you will hear a three to five minute devotional followed by pick up style basketball game and ending the night with prayer. All skill levels welcomed.

You must be present by 6 p.m .to be guaranteed to play.

Basketball Tuesdays and Wednesday, 5-8pm Grades K thru 6th. Boys and girls. Boy teams, girl teams and even co-ed teams.. Teams are pre-formed generally by school.

Shotokan (Ages 4 & over) Mondays, 5:30~7 p.m. & Saturdays, 1~2:30 p.m. ~ Free.

Students will learn Shotokan style martial art for beginners which also includes seasoned belt holders. Saturday classes are Ju Jit Su. Parents must register their children for lessons.

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Activities

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Card Table Games (Ages 55 & over) Tuesdays The group plays a variety of card games, as well as feasting on delicious buffets.

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Black History Program Saturday, March 17, 1–5 p.m. Sponsored by Lacy Park Advisory Council & Nubian Heritage Arts.

U

You don't know where you're going, if you don't know where you have been. Learn history from the past to the present. Sponsored by Lacy Park Advisory Council & Nubian Heritage Arts.

L

Line Dance Tuesdays, 6~7:30 p.m. Fun and energetic class. Great for socializing as well as learning the latest line dance moves. Angela Cravens is the instructor. \$5 per class.

T

Older & Bolder Dance Group (Ages 55 & over) Mondays, 12:30~1:30 p.m. and Saturdays, 11:30 a.m.~1:00 p.m. ~ Free.

This energetic team practices the latest and vintage dance moves and performs at local events.

MVP Swing Dance Mondays and Thursdays 5:45~7:45 p.m. Beginners meet on Mondays and Advanced class meet on Thursday. Classes led by Howard Barnes.

Warrior Sisters Wednesdays 6:30~7:45 p.m. Women self-defense class. Class is growing weekly.~ Free

Tae Kwon Do (Ages 18 & over) Saturdays, 10~11:30 a.m. ~ Fee: \$10/month. Learn this Korean style of martial art. James McGill, Instructor.

H.O.O.P. (Helping others obtain purpose) formerly Living Well Ministries (Ages 18 & over) Tuesday, 6~7:45 p.m. ~ Free

Activities

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Organic Container Gardening (Ages 18 & over)

Monday, April 20, 6:30~8 p.m. or Saturday, April 25

Pre-enroll by April 11 ~ Fee: \$3.

Learn how to grow your own vegetables. All organic and Non-GMO. Purchase starter plants & seeds from the instructor. Call for supply list. Minimum of 5 students.



Personal Tribute (Ages 18 & over) Monday, April 9 and

16, 10 a.m.-Noon ~ Fee: \$10.

Learn how to write a tribute to yourself : your own personal story.

Culinary Arts Classes

Learn how to prepare delicious culinary classic dishes with a new twist, healthy cooking, and education. How to utilize, shop organic products, grains, and more. Sit down to a wonderful meal!

Adult classes: 5:45~8:45 p.m. ~ Supply Fee: early enrollment \$7 day of class \$9.

Tuesday, March 31

Tuesday, April 21

Tuesday, April 28

Tuesday, May 5

Tuesday, May 19



Jewelry for Adults (Ages 18 & over) Wednesday, May 20, 10 a.m.-

Noon ~ Fee: \$8. Pre-enroll by May 6.

Learn how to make your own personal styled jewelry. Buy supplies from the instructor. Minimum of 5 students.

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Exercise Class for Seniors..... Strength Balance Flexibility Mobility
All older adults welcome, including those with health conditions and limitations. **Thursdays**
4-4:45 p.m.

Ladies Private Weight Training (Ages 18 & over) ~ Fee: \$2/30-minute lesson.
Pre-registration required.

Keep your body lean and fit with this healthy and fun class. Get one-on-one training and work the areas of your body that need it the most. Non-certified trainer.

Walk & Talk (Ages 21 & over) Mon., Thurs., & Fri., 8-10:30 a.m.
~ Free.

Adults & Senior Citizens are welcome to walk in the gym and chart their miles.



Stretching Only (Ages 18 & over) ~ Fee: \$1 per class. Join other adults for stretching to easy listening music! Great to do on your lunch break! Pre-registration required. Non-certified trainer.

30 Minute Workout (Ages 18 & over) ~ Fee: \$2 per class.

Come in on your lunch break and work every major part of your body. Private persons or groups are welcome. Non-certified trainer.



Walk in the Neighborhood (Ages 18 & over) ~ Free.

If you want to get your heart rate elevated come and walk in the neighborhood for a fast and steady pace. Call for time and dates. ~ Free.

Weigh-In Time (Ages 18 & over) ~ Free.

Come and weigh yourself once a week at your convenience and record your weight. After 6 months, the person who loses the most weight wins a free monthly membership for the Lacy fitness room. For more information, please attend.

All classes are ongoing unless otherwise stated.

Activities

Upcoming Events

Lacy's Egg Hunt - Thursday, March 29, 6:30 p.m. ~ Free

Ages 12 and under

Bring a basket to collect your eggs and one can good which will be donated to a local charity.

Annual Easter Egg Hunt and Car Seat Check

Saturday, March 31, Ages 3 -17 ~ Free

The Tulsa Black Police Officers' Coalition will hold their annual car seat check starting at 10 a.m. ~ Noon.

The Egg Hunt starts at noon.

Indoor Marketplace

Saturday, April 7

8 a.m. until 2:30 p.m.

Free admission. Come by and shop or be a vendor.

Booth rental available / Enroll Early.

Prices are \$16 for 8'x10' space (includes 1 table, 1 chair)

Each extra table is \$6 each. Limit 2 table.

Let Us Take Back Our Health presents How To Start Your Organic Garden

Tuesday, February 27th

6 p.m. Free

How to get started. Preparing your ground. What you need as equipment and more. Why is organic food important. Organic vs GMO.

Louri Payne, facilitator of class..

Fast foods/ Organic Vegetables

Tuesday, March 27

6 p.m. Free

What are you eating ? Nutritional value plus more.

Louri Payne, facilitator of class..

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S P E C I A L E V E N T S

Upcoming Events

Diabetes ~ What can I eat ?

**Learn more about diet and exercise. Recipes will be provided.
Co-sponsored by Lacy Park, Life Senior Services and Let us
Take Back our Health. (Ages 18 & older) Tuesday, April 17th
6 p.m. ~ Free**

Indoor Marketplace

Saturday, April 7 ~ 8 a.m. until 2:30 p.m. ~

Come by and shop or be a vendor. Booth rental available.

**Prices are \$16 for 8'x10' space (include 1 table, 1 chair).
Extra table is \$6. Limit 2 tables.**

Fitness (hours may vary)

Open to men & women 16 & older
Drop-In fees for adults ages 16-54:

\$2 daily rate (Mon.-Sat.)
or

Monthly Membership rate ~ \$12
Starting the 1st of every month
or

Quarterly Membership rate ~ \$25
January 1– March 31
April 1—June 30
July 1– September 30
October 1—December 31
or

New: 6 day pass for \$8 (must be for Monday-Saturday).



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## **Senior Fees:**

Drop In fees for adults age 55 and older

**\$1 daily rate (Mon.-Sat.)**  
**or**

**Monthly Membership rate ~ \$7**  
Starting the 1st of every month.  
**or**

**Quarterly Membership rate ~ \$15**  
January 1– March 31  
April 1—June 30  
July 1– September 30  
October 1—December 31  
**or**

*New: 6 day pass for \$5 (must be for Monday-Saturday).*

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**Make Lacy Park your next Stop!**