

# WHITESIDE RECREATION CENTER



SUMMER 2018  
JUNE-JULY-AUGUST

[www.TulsaParks.org](http://www.TulsaParks.org)  
(918) 746-5040

TULSA PARKS



WHITESIDE RECREATION CENTER  
4009 S. PITTSBURG AVE.  
TULSA, OK 74135

# GENERAL INFORMATION

(918) 746-5040 www.cityoftulsa.org

<u>DAY</u>	<u>OPEN</u>	<u>CLOSE</u>
MONDAY	7:30 a.m.	8 p.m.
TUESDAY	7:30 a.m.	8 p.m.
WEDNESDAY	7:30 a.m.	6 p.m.
THURSDAY	7:30 a.m.	8 p.m.
FRIDAY	7:30 a.m.	6 p.m..
SATURDAY	9 a.m.	1 p.m.
SUNDAY	Closed	

**\*FOR THE SAFETY OF OUR EMPLOYEES....THE BUILDING WILL CLOSE IN THE EVENING AFTER THE LAST SCHEDULED ACTIVITY.**

## CLOSED FOR HOLIDAYS

**Monday, May 28**

**Wednesday, July 4**

**Monday, September 3**

**Memorial Day**

**Independence Day**

**Labor Day**

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

**ID CARDS** Persons over the age of 10 must obtain a FREE Tulsa Parks ID card to participate in activities at the community center.

## WHITESIDE STAFF

**GRACE HASLER**—Park Manager ghasler@cityoftulsa.org

**SARAH GUND**—Recreation Coordinator

**MARJERY MURPHY-McNUTT**— Recreation Coordinator

**CLARESE HUNTER** — Custodian

# ADULT ACTIVITIES

**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!!



**OPEN VOLLEYBALL:** Wednesdays in May from 5-7 p.m.



**OVER 40 BASKETBALL** Open basketball for the over 40 age group. Showers available. Mondays, Wednesdays and Fridays from 11:30 a.m.-1:30 p.m.

**ZUMBA WITH SARAH**-Mondays meets at 9 a.m. \$5 drop-in. Starts June 11.

**PICKLEBALL:** A great game for fun, socialization and exercise! Open, co-ed play on Tuesdays and Thursdays from 11:30 a.m.-4 p.m. Thursdays (adults) 5:30-8 p.m. and on alternate Saturdays from 9 a.m.-1 p.m.



**TEEN/ADULT TENNIS:** Coach Keith will offer group lessons on Monday and Wednesday evenings from 6-7:30 p.m. Cost: \$65/8 lessons

Session 1: June 4-27

Session 2: July 9-Aug. 1



## YOUTH ACTIVITIES



**INTRO TO IRISH DANCE:** Irish dance is a traditional form of dancing which originates from Ireland. Shows like “Riverdance” and Michael Flatley’s “Lord of the Dance” are both Irish Dance based shows. Come learn the basics of Irish Dance in this fun filled introduction class.

Cost: \$50 per session /4 weeks

For ages 4 to adult. Tuesdays from 6-6:45 p.m.

**Session 1 : June 5-26**

**Session 2: July 10-31**

**Session 3: August 7-28**



**HOP DANCE**– Amber Green from Elevate Dance will hold classes for ages 6-adult on Mondays from 3-4 p.m. Cost is \$15 per class. Contact Amber at (918)221-7183 [elevatedance918@gmail.com](mailto:elevatedance918@gmail.com)  
**June 4 -July 16.**

**ARCHERY CLINIC :** Join the professionals from Tulsa Archery Coach for a free clinic on Thursday, June 21 from 6-8:30 p.m. A great family event! Sign up by calling us at 918-746-5040. Space is limited.



**NEW!**

### BIKES AND BALLS (AGES 1-5)

Open gym time for preschoolers is a great way to socialize with other kids. Bring a riding toy. NO FOOD OR DRINKS in the gym! Tuesday and Thursdays from 9:30-11 a.m. **STARTS AUGUST 14.2018**

## YOUTH ACTIVITIES



### TEAM TENNIS (Ages 6 and Older)

Kids participate in the Team Tennis program with Coach Roberta and Coach Keith. Prizes, awards and lots of FUN!!

Practices Starting June 5, **Tuesdays and Thursdays:**

6-7 p.m. (6-8 years)

7-8 p.m. (9 and older)

Practices Starting June 4, **Mondays and Wednesdays:**

9-10 a.m. (9-13 years)

10-11:30 a.m. (14-18 years)

Matches: June 30, July 7 and July 14 Saturday mornings in addition to regular practices. **Cost is \$45 for the season.**

## WHITESIDE TWISTERS



The Whiteside Twisters Gymnastics team competes in the Tulsa Parks Recreational League. Girls and boys from all over Green Country participate in this great program. Interested in trying it out? Practices will be held throughout the summer. Call for more information.

Mondays/Thursdays 9 a.m.- noon Level 3's & up

Tuesdays/Fridays 10 a.m. –noon Upcoming Level 1's & 2

- Summer sessions are open to any gymnast 5 & up that have basic gymnastics skills mastered. \$75 per month.

*Want to come but taking a vacation for part of the month? Pay the drop in rate of \$12 per visit (team only) .*

**Do you have a child interested in competitive gymnastics? Come to our Open Gym Day on Saturday, May 26 from 10 a.m.-noon. FREE! This will run like a typical team practice, so please be prepared for your child to remain the full 2 hours.**

## BIRTHDAY PARTIES



**MESSY ART/LIL SCIENTIST BIRTHDAY PARTY (AGES 3-6)** Kids enjoy messy art projects or fun experiments, parents enjoy not cleaning up the mess! Includes an hour of art and an hour for cake and gifts. Parents are responsible for

refreshments, table/room decorations. By appointment only. Saturdays, 10 a.m.-12 p.m.; \$130 for up to 10 kids

**BUILD IT PARTY (AGES 3-6)** If your child and his/her friends likes to build with blocks, building bricks, boxes and more....we've got the birthday party for them!

\$115 for up to 10 kids. An hour with some building fun (instructor led) and an hour in a party room for cake and gifts. Parents are responsible for refreshments, table and room decorations. By appointment only. Saturdays at 10 a.m.-12 pm.



**BIKES AND BALLS BIRTHDAY 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 (Limited bookings due to gym availability)



### SUPER SATURDAYS!

Ever wonder what some our birthday parties are like? Try a preview class this summer and see what type of activities we do. Class size is limited so enroll early!

#### MESSY ART SATURDAY (AGES 2-5)

Saturday, June 16 at 10 a.m. Please enroll by Wednesday, June 13. Cost is \$5

**BUILD IT SATURDAY (AGES 2-5)** Saturday, July 14 at 10 a.m. Cost is \$5 per child. Please enroll by Wednesday, July 11.

**LIL SCIENTIST SATURDAY (AGES 2-5)** Saturday, August 4 at 10 a.m. Please enroll by Wednesday, August 1. Cost is \$5 per child.

## SPECIAL EVENTS

**TRY-IT DAY OPEN HOUSE:** Stop by and let your kids try out a new activity before you sign them up! Or try one of our adult classes! Instructors will be on site to give mini-sessions of their classes! Love it? Sign up that day! Check out our on schedule at [www.tulsaparks.org](http://www.tulsaparks.org) after August 1.

**SATURDAY, AUGUST 26**



Patrick Henry Neighborhood Association will be hosting a gubernatorial candidate forum on Tuesday, June 19 from 6 - 8 pm. The forum will be held in the Whiteside Park Gym. All gubernatorial candidates are invited. Surrounding neighborhood associations and their members will be invited..

## 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 typically unavailable during Summer months.**

ROOM	PER HOUR FOR REGULAR HOURS	PREMIUM HOURS
	Mon.-Thurs 9-9 Fri 9-6 Sat. 9-1	Fri 6-11; Sat 1-11
Gym	\$40 full court; \$20 half court	\$65/hour
Multi-purpose rooms	\$25 /hour	\$50/hour
Kitchen	\$5 with additional room	

# WHITESIDE POOL & SPLASH PAD



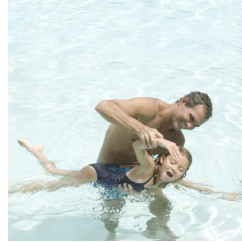
The pool is open for children ages 14 & under. A responsible caregiver (over age 16) must accompany all swimmers 9 years and younger. Open Monday-Saturday, 11 a.m-5:30 p.m. Pool will be open Monday, June 4. Splash pad opens May 26. Splash pad hours are 12-8 p.m.

## LEARN TO SWIM

Tulsa Parks offers a variety of swim lesson levels at our pools. Cost for the Red Cross certified lesson is \$30 for a two-week session. Pre-enrollment is required. Please see the LTS information for information on swim levels.

### SESSION DATES

- Session 1 June 12-21
- Session 2 June 26-July 5
- Session 3 July 10-19
- Session 4 July 24-August 3



**Ages 6 months-3 years (Parent/Child)**

**Ages 4-5 (PA 1,2,3) (T,W,TH) Ages 6 & up (B1) (T,W,TH,F)**

Session 1	Session 2	Session 3	Session 4
PA1 10 am	Lvl 1 9 a.m.	Lvl 2 9:30 a.m.	PA1 10 a.m.
PA3 10:30 am	PA1 10 a.m.	PA1 10:30 a.m.	Parent/Child 10:30 am
Lvl 1 6 pm	PA 2 5:30 p.m.	PA2 6 p.m.	PA2 5:30 p.m.
			Lvl 1 6 p.m.

Due to pool depth, Whiteside only offers the most basic level of swim. Please check out the lessons offered at McClure and Reed Pools for more advanced levels.

# ADULT ACTIVITIES & WORKSHOPS

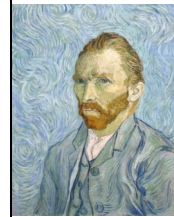


**CITIZENS CPR:** Learn basic CPR skills to ease your mind in a crisis. Enroll thru Citizens CPR (918)596--3600 or go to [www.tulsacpr.com](http://www.tulsacpr.com)  
**Saturday, June 9 at 9:30 a.m.**

\*These free classes are designed for people who do NOT need certification for their job.

The goal is to increase public awareness, education and training in:

- CPR and other lifesaving techniques
  - Prevention of cardiovascular disease
  - Recognition of heart attack and stroke warning signs
  - Identification of situations requiring emergency action
- Activation of the EMS system



### PORTRAIT PAINTERS

For experienced adult artists painting portraits with a live model. Must furnish own supplies. Participants split the cost of the model. Tuesdays from 11a.m.—2 p.m.

### PLATE by ZUMBA: MANAGING INFLAMMATION CLASS:

Join instructor Christy Hays for this informative class.

What we'll cover: What is inflammation

- Diagnoses from Inflammation
- What Inflammation looks like/feels like
- Primary Causes of Inflammation
- 5 ways to Reduce Inflammation
- Ways to Implement

Wednesday, May 16 5:30-7:30 p.m. Cost is \$24 per person (\$17 for teachers)....2nd family member 1/2 price

To reserve your spot [www.letszumbanow.com](http://www.letszumbanow.com) and follow the link to Plate Class

# GYMNASTICS

MONDAYS **S1:** JUNE 4– 25 **S2:** JULY 9-30 **S3** AUG.6-27

CLASS	S-1	S-2	S-3
JUNIOR	4-5 p.m.	4:15-5 p.m.	4:15-5 p.m.
JUNIOR	5-6 p.m.	5-6 p.m.	5-6 p.m.
BEGINNER	6-7 p.m.	6-7 p.m.	6-7 p.m.



WEDNESDAYS **S1:** JUNE 6-27 **S2:** JULY 11-AUGUST 1 **S3** AUGUST 8-29

CLASS	S-1	S-2	S-3
TUMBLING TOTS	9:30-10:10 a.m.	9:30-10:10 am	9:30-10:10 am
KINDERPLUS	10:15-11 a.m.	10:15-11 a.m.	10:15-11 a.m.
BEGINNER & HOMESCHOOL	11 a.m.-12 p.m.	11 a.m.-12 p.m.	11 a.m.-12 p.m.
JUNIOR	12 –1 p.m.	12 –1 p.m.	12 –1 p.m.
TUMBLING	1-2 p.m.	1-2 p.m.	

PLEASE SEE AGE REQUIREMENTS BELOW TO SEE WHICH CLASS BEST MEETS YOUR CHILD'S NEEDS.

AGES 18 –36 MONTHS

AGES 3-5 YEARS

AGES 4-6YEARS

AGES 7-14 YEARS

TUMBLE TOTS (PARENT/CHILD )

KINDERPLUS

JUNIOR BEGINNER

BEGINNER , ADV. BEGINNER & INTERMEDIATE

Do you have a child interested in competitive gymnastics? Come to our Open Gym Day on Saturday, May 26 from 10 a.m.-noon. FREE! This will run like a typical team practice, so please be prepared for your child to remain the full 2 hours.

# GYMNASTICS

THURSDAYS **S1:** JUNE 7-28 **S2:** JULY 12-AUGUST 2 **S3:** AUGUST 9-30

CLASS	S-1	S-2	S-3
KINDERPLUS	4:15-5 p.m.	4:15-5 p.m.	4:15-5 p.m.
JUNIOR	5-6 p.m.	5-6 p.m.	5-6 p.m.
BEGINNER	6-7 p.m.	6-7 p.m.	6-7 p.m.
ADV. BEGINNER	7-8 p.m.	7-8 p.m.	7-8 p.m.

FRIDAYS **S1:** June 1– 29 **S2:** JULY 13-AUG 3 **S3:** AUG.10-31

CLASS	S-1	S-2	S-3
Kinder-Plus	3:15-4: p.m. No class June 15	3:15-4:p.m.	3:15-4 p.m.
INTERMEDIATE	4-5 p.m. No class June 15	4-5 p.m.	4-5 p.m.
BEGINNER	5-6 p.m. No class June 15	5-6 p.m.	5-6 p.m.

PLEASE MAKE SURE YOU ARE PRE-ENROLLED FOR CLASS! CLASSES NOT MEETING MINIMUM ENROLLMENT REQUIREMENTS WILL BE CANCELLED.

Gymnastics is \$45 for a 4 week session.  
A \$20 deposit can hold Session 2 or 3 for your child if you they are currently enrolled in Session 1 of summer.

SIGN UP BEGINS MAY 1!