

Reed Community Center



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**Fall Program
Guide**

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VISUAL AND PERFORMING ARTS

Orbit Initiative (Our Residents Belong in Theatre)

This **FREE** community-wide program for **ages 4-84** gives everyone the opportunity to experience the joy of theatre. Classes meet once a month Sept.-Dec. and twice a month, Jan. - May. Participants will come together to create a large-scale production at the Tulsa Performing Arts Center in June.

Movement for the Stage 1

Saturdays, 9 a.m. – 11 a.m.

This fun course will instruct students on how to move and place their body while performing on stage. Learn how to express yourself through movement using basic techniques. Class is for non-dancers and dancers alike, and anyone interested in stage acting.



Acting for the Stage 1

Saturdays, 11 a.m. – 1 p.m.

This course teaches students the fundamentals of acting. Using techniques that help develop vocabulary, emotion, and focus. Students will learn what it takes to perform on stage as an actor.

Fall dates: Sept. 15, Oct. 6, Nov. 10 and Dec. 8.

To register, call Reed Park at (918) 591-4307 or email smarcum@cityoftulsa.org

Crafting With Carla:

Let out your creative self. Classes meet the second Thursday of each month, 5 - 7 p.m. Each class will be something new. Open to ages 12 and up. Pre-registration requested. Cost \$10 per project.

Sept. 13

Tie Dye Shirts

Bring up to 3 shirts



Oct. 11

Mason Jar Candles

Two candles per person



Nov. 8

Circle Weaving

Coasters and trivets



VISUAL AND PERFORMING ARTS

Cardboard Top Hats:

In this 3 session class, we will design, create and decorate a unique top hat made from cardboard.

Day: Tuesdays **Date:** Sept. 25 - Oct. 9 **Ages:** 12 and up

Time: 4 - 5:30 p.m. **Cost:** \$10

Pre-register by: Sept. 21



Halloween Makeup Workshop:

Come out and try your hand at blending and shading with makeup to create that one of a kind look for your spooky festivities.

Day: Monday **Date:** Oct. 22 **Ages:** 12 and up

Time: 5 - 6 p.m. **Cost:** \$2

Crazy Clay Creations:

Students will explore the different techniques of hand building, starting with the fundamentals of clay and building on what we have learned each week. Examples of projects include: Cell phone holder & speaker amplifier, pencil holder, and unique mugs.

Day: Every Monday **Date:** Begins Oct. 1 **Ages:** 10 - 17

Time: 4 - 5:30 p.m. **Cost:** \$20 per month.



Pumpkin Decorating:

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

Day: Wednesday **Date:** Oct. 24 **Ages:** 5 - adult

Time: 4 - 5 p.m. **Cost:** \$1 per person.

Pre-register by: Oct. 19

Learn to Make Herbal Vinegars:

Join Karen Nelson and Angie Carpenter Pyle from the Challenger 7 Park Community Garden and Food Forest to learn how easy it is to make your own herbal vinegars using herbs from your garden. There will be several recipes available to choose from.

- Bring a clean pint jar.
- If you want to make a lemon vinegar you will need to bring a lemon and a small paring knife.

Date: Saturday, Sept 22 **Time:** 10 - 11:30 a.m.

Cost: \$10



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, an elliptical trainer, rowing machines and 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.

TRAINING WITH TAMMY

Tammy Hardy is a certified **Zumba**, **Pound**, and **HIIT** trainer.

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!*

- Mondays 6 - 7 p.m.
- Thursdays 6 - 7 p.m.



POUND Rockout Workout:

Combine the fun of playing drums and the energy from Zumba and you get the new and exciting workout called POUND. *Try the first class free!*

- Tuesdays 6 - 7 p.m.

Zumba:

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

- Tuesdays & Thursdays 12:15 - 12:45 p.m.
- Wednesdays 5:45 - 6:45 p.m.



Multiple ways to pay for the classes in this section.

- \$6 drop in visit.
- \$60 for an 20 visit pass.
- \$25 for an 8 visit pass.
- \$30 per month.

MIND, BODY, AND SPIRIT



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.

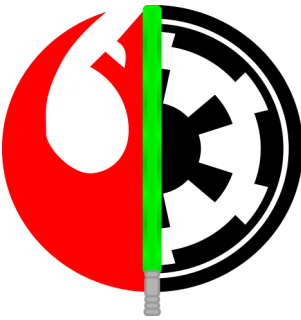


Belly Dancing (with the Desert Wind Dancers):

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 and up.

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

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



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 learn basic patterns for attack and defense then quickly move on to full speed combat. 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 - 8:00 p.m.

Ages: 8 years and up welcome.

For more details visit

www.thesaberacademy.com

or email

info@thesaberacademy.com.



GYMNASTICS CLASSES

FALL



Cost: \$35 per month.
One class per week. Join anytime!
Enroll in person or online at
tulsaparks.org.

GYMNASTICS

Mommy & Me:

Ages 6 - 36 months. A parent-assisted class designed for sensory exploration and muscle development..

Wednesdays 9:15 - 9:45 a.m.

Tumbling Tots:

Ages 1.5 - 3. This parent-assisted class focuses on sensory exploration and muscle development.

Saturdays 9:15 - 10 a.m.

KinderKids:

Ages 3 - 5. This class teaches tumbling basics and gymnastic fundamentals. Students learn flexibility, balance, and creative movement.

Wednesdays 10 - 10:45 a.m.

Thursdays 4:30 - 5:15 p.m.

Saturdays 10 - 10:45 a.m.

Jam & Slam:

Ages 6 - 17. This program is designed to enhance confidence, flexibility, strength, and coordination. Students will learn bars, beam, vault, and tumbling skills. All levels welcome.

Mondays 5:30 - 6:30 p.m.

Wednesdays 11 a.m. - noon

Saturdays 10 - 11 a.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 WARRIORS

Join the Reed Park Warriors and compete in the Park & Rec Gymnastics League!

Level 1 & 2 - \$75 per month

Level 3 & up - \$85 per month

League fees and uniform costs are extra. For more info, speak with Coach Keri.

Team Practice Times: (choose two of the listed times)

Tuesdays

Level 1 - 2 5:30 - 7 p.m.

Level 3 or higher 5:30 - 7:30 p.m.

Thursdays

Level 1 - 2 5:30 - 7 p.m.

Level 3 or higher 5:30 - 7:30 p.m.

Saturdays

All levels 11 - 12:30 p.m.



Celebrate National Gymnastics Day!

Saturday, Sept. 15, 10 a.m. - noon.

Activities include: try it free "mini class", handstand competition, photo area, spin the wheel to win discount coupons, free classes and prizes.

JR. NINJA WARRIORS

Ages 6 & up. (boys only) Discover your inner Ninja! This coach-led class for boys works on strength, speed, stamina, and basic tumbling training.

Tuesdays 4:30 - 5:15 p.m.

CHEERNASTICS

Ages 6-17. Learn basic tumbling skills for routines and competitions. Cheerleaders will learn basic jumps, cartwheels, round-offs, handsprings, splits and more!

Mondays 6:30 - 7:30 p.m.

SPORTS

Youth Leagues

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

Fall Leagues: Register through Sept. 7. Games “will be” played in October and November.

- **Soccer:** Kindergarten through 6th grade. Shin guards required.
- **Volleyball:** League is for 4th - 8th grade. Knee pads required.

Winter League: Register in November.

- **Basketball:** Kindergarten through 5th grade. Games “will be” played in January and February.

Adult Leagues

\$80 per team plus a refundable deposit and official fees. All adult leagues are 8-10 games.

Co-Ed Dodgeball:

Mondays beginning Oct. 1 at 6 p.m. Games played at Reed Community Center, 4233 S. Yukon. Official fee is \$5/game.

Registration Deadline: September 28, 2018

Contact: Suzi Marcum (918) 591-4307 or smarcum@cityoftulsa.org

Co-Ed Volleyball:

Mondays beginning Sept. 24 at 5:45p.m. Games played at Whiteside Community Center, 4009 S. Pittsburg. Official fee is \$8/game.

Registration Deadline: Sept. 17, 2018

Contact: Marjery Murphy (918) 746-5040 or mmurphy@cityoftulsa.org

Womens Basketball:

Thursdays beginning Sept. 27 at 6 p.m. Games played at Hicks Community Center, 3443 S. Mingo Rd. Official fee is \$20/game.

Registration Deadline: Sept. 21, 2018

Contact: Nicole Brannon (918) 669-6355 or nbrannon@cityoftulsa.org

Mens Basketball:

Saturdays beginning Sept 29 at 9a.m. Games played at Lacy Community Center, 2134 N. Madison Pl. Official fee is \$20/game.

Registration Deadline: Sept. 21, 2018

Contact: William Ballard (918) 596-1470 or wballard@cityoftulsa.org

Register at a Tulsa Parks community center, or online at tulsaparks.org

CAMP AND FAMILY FUN

National Gymnastics Day:

Saturday, Sept. 15, 10 a.m. - noon. Activities include: try it free “mini class”, handstand competition, photo area, spin the wheel to win discount coupons, free classes and prizes. **Free**

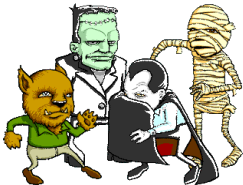


Fall Break Camp:

Ages 6 - 12. Tulsa Parks offers a great day camp experience. Camps include games, crafts and a field trip. Early drop off 7:30 a.m. Pick up by 5:30 p.m. Activities 9 a.m. - 4 p.m. Bring a lunch daily. Please register early. Minimum number must be met by Oct. 8. For more info, contact the Reed staff or email Suzi at smarcum@cityoftulsa.org. Camps are accredited by the American Camping Association.

Dates: Oct. 17 - 19

Cost: \$60 for all three days or \$25 per day.



Flashlight Spook Hunt:

Ages 3 - 12. Search for goodies in the park. Bring a bag and a flashlight. Tuesday, Oct. 30, 7 p.m. **Free.**

America Recycles Day:

Ages 5 - adult. Reed Park is collecting unwanted/broken crayons to recycle them into new crayons. Bring the family out and join us in upcycling discarded items into crafts and crayons. Create fun recycled projects including a cell phone holder & speaker amplifier, plastic flowers & recycled crayons.

Thursday, Nov. 15, 4-5 p.m. **Free.**



Candy Cane Hunt:

Ages 2 - 12. Santa dropped a bag of candy canes and littered the park with them. Come help the elves clean up the mess and you can keep what you find. Includes cookies, cocoa and crafts. Thursday, Dec. 6, 4 p.m. **Free.**

HEALTH AND WELLNESS

Lifeline Health Screenings:

Community-based preventive health screenings will be held on Friday, November 2, at Reed. Ultrasound screenings to identify risk factors for Cardiovascular disease include; **Carotid Artery** (plaque buildup-a leading cause of stroke), **Abdominal Aortic Aneurysm** (an enlargement or weak area in the main blood vessel that carries blood from the heart to the rest of the body), **Peripheral Arterial Disease** (hardening of the arteries in the legs), a **Heart Rhythm Screening** (an EKG to detect Atrial Fibrillation-irregular heartbeat) and an **Osteoporosis Risk Assessment**. Being proactive about your health by knowing your risks helps you and your doctor address problems early.

Get all 5 tests for \$149. Register online at www.lifelinescreening.com.



Let's Be Healthy Together!



Become a POUND Instructor

Join us at our upcoming POUND Pro Training and learn to teach the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

Date: Saturday, Oct. 13 **Cost:** \$249 now until Sept. 13
9 a.m. - 5 p.m. \$289 regular online
\$315 at the door

Register and receive:

- Discover POUND's history, tools and results-based formula for leading a safe and addictive class for participants of any age, level or ability.
- Listen to incredible music and break down choreography and key teaching concepts.
- The Official POUND Pro Training guide, a set of Ripstix and CECs from the world's top fitness accreditations.

Register at PoundFit.com

SPECIAL EVENTS

This special Zumba class party pairs Zumba fitness with the popular theme of zombies.

Oct. 26, 6 - 8 p.m.

Advance Tickets: \$10 go on sale Oct. 1

Tickets: \$15 at door

T-Shirts: \$25

Costumes welcome (not required)

Door prizes, Halloween music and a spooktacular workout.

For more info contact

Reed Park or Tammy Hardy at (918) 584-9607.

3RD ANNUAL ZOMBIE ZUMBA



POUND in the Park:

Ages 7 - adult. Experience the exciting POUND Rockout Workout. Enjoy the morning air while you beat the ground and sweat your way to a healthier you. This cardio jam session inspired by drumming will be held out in the park on Saturday, Sept. 29. 10-11 a.m. **Free.**

Ripstix (POUND brand drumsticks) will be provided while supplies last. If you have a yoga mat, please bring it.



Gymnasium - Volleyball, Basketball, Soccer Practice

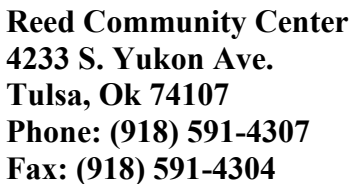
- Full court rental \$40 an hour during normal building hours
- Half court rental \$20 an hour during normal building hours
- After hour rental \$65 an hour

Auditorium - Luncheons, Dances, Birthday Parties, Reunions

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

RENTAL INFO

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



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!

Building Hours

Suzi Marcum (Manager)
Kenneth Wilson (Recreation Coordinator)
Vicki Harrell (Maintenance Engineer)

Keri Jenkins (Head Coach)

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

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