### **HICKS PARK**

### COMMUNITY CENTER

3443 S. Mingo Rd., Tulsa, OK 74146

(918) 669-6355

www.tulsaparks.org





#### Rentals (during building hours):

Small Room	\$25/hour	Up to 35 people	For outdoor shelter
Large Room	\$30/hour	Up to 75 people	rentals call:
Gymnasium	\$40/hour	Full-Court	(918) 596-2100
Kitchen	\$5/hour	w/another room	

There is an additional \$25/hour charge for after-hours rentals. In addition, a (refundable) \$75 **<u>cash</u>** cleaning deposit may be required depending on the size of the event. Call for more information, availability, and "for-profit" rates.

# HICKS PARK COMMUNITY CENTER



ACTIVITY GUIDE September- November





#### **Building Hours:**

Monday	7 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 1 p.m.	
Sunday	Closed	

<u>Closed Holidays:</u> Sept. 3 (Labor Day), Nov. 12 (Veteran's Day), Nov. 22 & 23 (Thanksgiving)

#### Staff:

Park Manager	Kathy Thompson (kthompson@cityoftulsa.org)
Recreation Coordinator	Nicole Brannon (nbrannon@cityoftulsa.org)
Recreation Coordinator	Vacant
Building Custodian	Brian Porter (brianporter@cityoftulsa.org)
Recreation Supervisor	Marci Joha (marcijoha@cityoftulsa.org)
Parks Director	Anna America (aamerica@cityoftulsa.org)

Online registration is now available. To register for any Tulsa Parks class, visit <u>www.tulsaparks.org</u>.

# **Adult Programs**

SELF-DEFENSE Monday & Wednesday, 6 - 7 p.m. \$25/month TAE KWON DO Monday & Wednesday, 5 - 6 p.m. \$25/Month SHOTOKAN KARATE Monday & Wednesday, 6 - 7:30 p.m. Saturday 9:30 - 11:30 a.m. \$25/Month **FITNESS ROOM** Ages 16 & over: \$3/day \$10/5 visits \$25/ visits (Senior 55+) \$15/20 visits

### All Ages

#### ORBIT INITIATIVE (Our Residents Belong in Theatre) NEW!

Ages 4-84 Acting, Art, and Movement

Saturday, 10 a.m. - 12:00 p.m.

September 15, October 13, November 10, and December 8

Complete form: <u>https://goo.gl/forms/GGjOBvrpYp4hl08J2</u> Free

### Adult Programs

LOW IMPACT AEROBICS

Monday, Wednesday, & Friday

8:20 - 9:20 a.m.

\$25/12 visits

#### YOGA

Thursday, 6 - 7:15 p.m.

\$30/month. Begins September 20

(\$15 for September). Minimum of 5

#### PRENATAL YOGA NEW!

Tuesday, 6:30 - 7:30 p.m.

September 18 - October 23, \$30

October 30 - December 4, \$30

#### ZUMBA

Tuesday, 6:30 - 7:30 p.m.

\$25/month, \$7 drop - in

#### **OPEN CO-ED VOLLEYBALL**

Tuesday & Thursday, 12 - 3 p.m.

Free

#### **OPEN PICKLEBALL**

Monday & Wednesday, 12 - 3 p.m.

Free

#### CERAMICS

Wednesday, 10 a.m. - 12 p.m.

\$5/month firing fee

## **Senior Programs**

#### FALL BINGO

Thursday, September 27, 1 - 2 p.m. Bring a snack to share Free

#### CERAMICS

Wednesday, 10 - 12 p.m. \$5/month firing fee

#### SENIOR EXERCISE

Monday, Wednesday, & Friday

9:30 -10:30 a.m.

\$25/12 visits

#### YOGA

Thursday, 6:00 - 7:15 p.m.

\$30/month. Begins September 20

(\$15 for September) Minimum of 5

#### BUNCO

1st & 3rd Monday, 10 a.m. - 12 p.m.

Free

#### HILLTOPPERS

Wednesday, 1 - 4 p.m.

Free



### Youth Programs

ZUMBA KIDS (ages 6 - 12) NEW! Tuesday, 5:30 - 6:15 p.m. \$25/month BIKES & BALLS (ages 1 - 5) NEW! Tuesday & Thursday, 10 - 11 a.m. Free CREATIVE MOVEMENT (ages 3 - 5) Tuesday, 4 - 4:45 p.m. \$25/month. Begins September 18 Half-price for September BALLET & JAZZ (ages 6-10) NEW! Tuesday, 4:45 - 5:45 p.m. \$25/month. Begins September 18 Half-price for September TAE KWON DO (ages 5 and up) Monday & Wednesday, 5 - 6 p.m. \$25/month SHOTOKAN KARATE (ages 9 and up) Monday & Wednesday, 6 - 7:30 p.m. Saturday 9:30 - 11:30 a.m. \$25/month YOUTH VOLLEYBALL (grades 4 - 8) Register by September 7 \$45/player

### **Education & Special Events**

MARRIAGE MATTERS NEW! Monday, 7 - 7:50 p.m. Drop-in's welcome Free SELF-DEFENSE SEMINAR Saturday, October 6, 10 - 12 p.m. \$5, minimum of 5 pre-registered by October 2 QUARTERLY INDOOR SALE Saturday, October 13, 8 a.m. - 1 p.m. \$15/booth FINANCIAL LITERACY NEW! Third Thursday of each month, 6 p.m. Please pre-register. Free TRAVEL & NETWORKING NEW! Second Saturday, 10 a.m. September 8, October 13, & November 10 Please pre-register. Free FALL BREAK CAMP (ages 6 - 12) October 18 & 19, 7:30 a.m.- 5:30 p.m. Minimum of 10 paid by October 10, \$40 FLASHLIGHT CANDY SCRAMBLE (ages 3 - 12) Monday, October 22, 6:30 p.m. Bring a canned good donation for local food bank. Free APPRECIATION DINNER Dinner honoring our instructors & volunteers

Tuesday, November 6, 6 - 7:30 p.m.