



PARKS DEPARTMENT

Summer 2010

Tulsa County Parks

RECREATION & ACTIVITIES GUIDE





**Summer 2010
recreation and
activities guide**



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Tulsa County has the only County operated park system in the State of Oklahoma, existing by permissive state legislation, allowing the Board of County Commissioners to manage a park system. Our vision is to secure Tulsa as an evolved community in which to live, work, play, visit and do business.

Our recreation and leisure programs for people of all ages and abilities encourage wide participation so that everyone can benefit from our parks. From organized programs at community centers to our tranquil walking trails, Tulsa County Parks provide you with many opportunities to enhance your health and wellness.

Our care and maintenance of publicly owned trees, green spaces and parks protects and enhances Tulsa County's natural environments. Together with the community and nature's blessings, we work to preserve our entrusted lands for future generations to enjoy.

We invite you to visit us soon.

Sincerely,

Commissioner Karen Keith

Commissioner Fred Perry

Commissioner John Smaligo



Commissioners Karen Keith, Fred Perry and John Smaligo

TULSA COUNTY PARKS & RECREATION ADVISORY BOARD

This Board provides a link between the community and the Parks and Recreation department. There are two representatives from each district, appointed by the individual members of the Board of County Commissioners.

The Parks and Recreation Advisory Board meets quarterly to hear concerns, discuss issues, and provide input to the department about the operation of parks and recreation services. For more information about meeting dates and times, please feel free to contact us.

RICHARD BALES, DIRECTOR

DR. NANCY FELDMAN, MEMBER-AT-LARGE

DISTRICT #1 COMMISSIONER JOHN SMALIGO
BOB RYAN, CHAIRMAN
RUTH GAINES

DISTRICT #2 COMMISSIONER KAREN KEITH
ED WILLIAMS, VICE CHAIRMAN
BETTY BOX

DISTRICT #3 COMMISSIONER FRED PERRY
BILL LAFORTUNE
NANCY WELLS

MESSAGE FROM THE DIRECTOR

Welcome to Tulsa County's Recreation & Activities Guide. We encourage you to utilize our many programs—with five community centers open year round, we are sure you will find something to enjoy.

Connecting people to the community is what we are all about. At the heart of our organization are our volunteers. They are a vital part of the Tulsa County Parks system and we rely on their time, energy, and talents to help us create a better community.

Parks, recreation services and facilities are a very important part of enhancing the quality of life in our neighborhoods. Take time out for leisure. Visit our beautiful parks, trails, tennis and golf facilities. The benefits of parks and recreation to our community are truly endless.

Sincerely,
Richard Bales, Tulsa County Parks Director



AMERICANS WITH DISABILITIES ACT

Tulsa County Parks will make every effort to fully comply with local, state and federal statutes relating to the rights and needs of disabled citizens of Tulsa County, including but not limited to, the Americans With Disabilities Act of 1990.

COMMUNITY & PARK COUNCILS

Each of our parks and recreation/community centers has community-minded individuals who are loyal to the individualized vision of our parks. They serve on councils made up of volunteers willing to donate their time and talents.

Each Community Park Council has established a 501(c)3 non-profit organization to assist in funding their programs and events. Become part of the solution for your neighborhood park and recreation/community center and get involved!

PARKS FRIENDS, INC.

Park Friends, Inc., a non-profit organization over twenty years old, facilitates private donations to support your Tulsa County Parks: Chandler, O'Brien, Haikey Creek, South Lakes, Westbank, Bixby, Glenpool/Jenks and LaFortune. Gifts to Park Friends are tax deductible.

The mission of Park Friends, Inc. is to promote interest in the development of Tulsa's park system and encourage monetary or non-monetary gifts to the parks. We work closely with all park administrators by raising funds and making grants to fund activities that will preserve the natural beauty and historical significance of the entire Tulsa Parks System. We go beyond budgets by providing support to priority projects / activities which ensure that each park is inspiring and beautiful for all current and future generations.

Park Friends, Inc. appropriates donations to the designated County park of your choice. Making a difference for the welfare and health of our entire community is a mission not only shared by us but all of Tulsa and her sister cities. We act as an agent to receive and administer gifts, and if need be, act as the vehicle for translating monetary gifts into the structure desired by donors. Honoring a loved one or friend with a gift to the parks is one way of keeping memories forever eternal.

Park Friends, Inc. has appropriated donated gifts such as park benches, playground equipment, flower beds and other park amenities to over 100 priority projects throughout Tulsa County Parks.

SPECIAL EVENTS & RESERVATIONS

Planning a wedding, family reunion, or company appreciation day? Consider Tulsa County Parks as a unique setting. Let nature stage your event with all the beauty it has to offer. A special event at one of our parks is not only economical, but convenient. Whether you want an indoor or outdoor event, the parks offer a variety of venues, as well as affordable food service.

Remember, as a host, you are responsible for the safety and actions of your guests, not only during your event, but until they are home safely. Tulsa County policies prohibit the possession and use of beer or alcoholic beverages at rental events in community centers unless an Alcohol Use Policy and Agreement is approved in advance and all provisions of the Agreement are followed. Intoxication is prohibited at all times, but possession and use in moderation of 3.2% beer by those of legal age is generally permitted on park grounds (but prohibited inside the centers without an approved Alcohol Use Policy and Agreement).

To schedule classes or community programs, call the community center/park associated with the activity directly. Facilities available include gymnasiums, lecture rooms, arts and crafts rooms, meeting rooms, green areas, and swimming pools. To obtain

rental rates, discuss your facility needs and book the facility that best suits your needs, please give us a call. We will be happy to discuss your requirement and assist with a sensible solution. Reservations can be made up to a year in advance. We invite you to visit any or all of our facilities prior to booking your event.

CONTACT US (AREA CODE 918)

Administration Office	596.5990
Administration Fax	596.5997
Logistics	596.5977
Special Events	596.5977
Shelter Reservations	596.5990
Food Service	596.2909
Resource Development	596.5977
Richard Bales, Parks Director	596.5985
	rbales@tulsacounty.org
Mike Woody, Park Services Superintendent	596.5982
	mwoody@tulsacounty.org
Pat Ward, Recreational Superintendent	596.5977
	pward@tulsacounty.org
Rick Barnett, Maintenance Superintendent	596.5975
	rbarnett@tulsacounty.org
Frances Dodson, Public Relations Coordinator	596.5981
	fdodson@tulsacounty.org





211 N. CABANISS, BIXBY, OK 74008
P: 918.366.4841 | F: 918.366.4842

Activities Director: Celia Wetherill | cwetherill@tulsacounty.org
Recreation Leader I | Linda Boles
Recreation Leader III | Lance Beck
Activities Center Aide | Delana Bentley
bixby@tulsacounty.org

OPERATING HOURS

Monday - Thursday 9am - 9pm
Friday 9am - 4pm

CLOSED FOR HOLIDAYS

Independence Day Mon., July 5
Labor Day Mon., Sept. 6

RESERVATIONS

The Bixby Community Center has an auditorium, meeting rooms, and a kitchen area that can be reserved for group activities and organizational meetings. Call the center for information about availability.

REGISTRATION

By phone, in person or with instructor.
To insure that programs are held, you will need to register by the registration deadline if applicable.

**Children eight and under must be supervised by an adult
eighteen or older.**

ORGANIZATIONS

BIXBY COMMUNITY CENTER COUNCIL

The Bixby Community Center Council, Inc. is a 501(c) (3) organization that meets quarterly. Residents of Bixby and the surrounding area are invited to join these volunteers in the planning of structured programs and events at the Bixby Community Center. The council sponsors fund-raisers, classes and special events throughout the year. For more information call 366.4841.

BIXBY ROUNDUP CLUB

1st Monday of each month, 7:00-8:45pm
Contact Cheryl & Nick Hale at 634.7381 or Dana Fry 366.3426

HEEL CLOPPERS SQUARE DANCERS

The Heel Cloppers meet at the Bixby Community Center monthly. For more information, contact Addies & Wes Harmon, 252.5445.

N.A.Y.S. - (NATIONAL ALLIANCE FOR YOUTH SPORTS)

Training sessions can be scheduled for youth coaches and officials of baseball, cheerleading, flag football, soccer, T-Ball, football volleyball and softball. N.A.Y.S. is endorsed by the Oklahoma Recreation and Park Society. Specific sport training tapes are made available at no cost to the coach. For more information, call the Bixby Community Center.

Annual membership fee is \$20.

OKLAHOMA KIDS

Is a division of American Kids, a non-profit organization. We are a "Little League of Entertainers" which fosters families with character, faith, confidence, loyalty, honesty, and responsibility through the performing arts. We share out talent gifts of singing, dancing, and drama for the uplifting of others through entertaining performances and competition events. We are looking to add kids to our local group who are interested in the opportunity, to perform for live audiences. Oklahoma Kids performs for nursing homes, retirement centers, hospitals, festivals and a variety of other venues. We have group performances for those kids who are not yet comfortable being on stage alone, and strive to help your child gain the confidence and the ability to perform in any situation.

Session 2nd & 4th Mon. of each month
Time 6:30 - 8:30pm
Ages 4 - 18
Fee \$30/year

Contact Km & Jeff Holloway at 697.8210 For more information

PINS & NEEDLES QUILTING CLUB

If you have always wanted to learn how to quilt, come join the Pins & Needles Quilters

When Mon., 1 - 4pm
Fee \$12/year
Contact Sharon Ainsworth 247.7243 or Llona Wards 366.8770

T.O.P.S. (TAKE OFF POUNDS SENSIBLY)

If you want to lose weight and need an affordable group to attend, we are the group for you. Weekly educational meetings, support and weigh-in for accountability.

When Thurs., 9 - 11am
Contact Pam Bowden 369.9600

TULSA TABLE TENNIS CLUB

Table tennis is an official Olympic sport with clubs in most states and six clubs located in Oklahoma. Tournaments are held throughout the year in various areas. The Tulsa Table Tennis Club is sanctioned by the USA Table Tennis Association.

When Tues., 5:30 - 8:30pm
Contact Kelly Boyce 838.9821
Kelly@ambitiousweb.com

WEIGHT WATCHERS

When Tues., 5:30 - 8pm
Weigh-in 5:30pm
Meeting 6pm
Contact 1.800.374.9191

TIPPI TOES DANCE COMPANY

To develop a love of dancing in children by creating a positive experience that promotes healthy living habits, help build self-confidence, and a love for others. Classes are specifically designed to develop motor skills and body awareness while enhancing each child's self-esteem. Dance classes fuel and develop the imagination, critical thinking and sharpen both cognitive and creative skills.

Ballet, Tap, Jazz

Session 1 Wed., June 23 - July 28
Time 4:15 - 5pm
Age 3-5
Fee \$72/6 week session
Minimum 7
Maximum 20
Instructor **Brittany Friske 405.245.6741**
Brittany@tippitoesdance.com

You may enroll online at www.tippitoesdance.com or with the instructor. Brittany has been teaching 4 years with TippiToes and has been dancing since the age of three.

YOUTH ACTIVITIES

AERIALS PARK & RECREATION GYMNASTICS TEAM

The Bixby Gymnastics Team represents the Bixby Community Center in competition with Coweta, Oologah, Vinita, Grand Lake, and the City of Tulsa recreation centers. Teams compete for ribbons at local meets on the uneven bars, vault, balance beam and floor exercises. Maximum team limit is forty children, however, class enrollment is unlimited. Final competition is held the first week in May at the annual All-City meet in Tulsa. Children competing in the All-City meet must have all around scores. There are three levels of competition: Beginner, Intermediate, and Advanced. This activity is open to boys and girls. **(No classes in August)**

Session **Mon. & Thurs., ongoing**
Time **.5 - 7pm**
Ages **4 - 15**
Fee **\$65/mo. + \$10 reg. fee**
Head Coaches **Cindy Sparkman 369.4381**

CHEERLEADING GYMNASTICS

Learn the basic tumbling skills: cartwheels, roundoffs, handsprings, back tucks, jumps and arm moves. This activity is open to boys and girls. **(No classes in August)**

Session **Tues., ongoing**
Time **.6 - 7pm**
Ages **5 - 12**
Fee **\$40/mo. + \$10 reg. fee**
Head Coaches **Cindy Sparkman 369.4381**

SUMMER DAY CAMP

Day Camp will be held at the Bixby Community Center for nine weeks during the summer, Monday – Friday beginning June 1st through July 30th. Campers will participate in arts & crafts, games, swimming, library visits, and field trips.

Session 1 **June 1 - June 4**
Seven Wonders of the World **Tulsa Zoo Field Trip**

Session 2 **June 7 - 11**
Voyage to the Bottom of the Sea **Jenks Aquarium**

Session 3 **June 14 - 18**
Crazy Dayz Week **Safari Animal Sanctuary**

Session 4 **June 21 - 25**
Oopy Goopy **Oxley Nature Center**

Session 5 **June 28 - July 2**
Mystery & C.S.I. week **Laser Quest Field Trip**

Session 6 **July 6 - 9**
Sock Hops, Hippies, Disco, & Rock Stars **Incredible Pizza Field Trip**

Session 7 **July 12 - 16**
Wet & Wild **River Country Water Park**

Session 8 **July 19 - 23**
The Great Outdoors **Tulsa Air & Space Museum**

Session 9 **July 26 - 30**
Camper's Choice Awards **Tulsa Shock Field Day**

No camp May 31st or July 5th

Time **9am - 4pm**
Ages **6 - 12**
Fee: **\$50/week**
(Payable to Tulsa County Parks)

Activity Fee **\$25/week**
(Payable to the Bixby Community Center.
Includes a T-shirt, speakers and field trips)

Parents needing extended hours:

Rise N' Shine Club **Mon. - Fri.**
Time **7:30 - 9am**
Fee **\$10/week**

After Camp Club **Mon. - Fri.**
Time **4 - 5:30pm**
Fee **\$10/week**

This is the sixth year that we will be offering Counselors in training (C.I.T.) for children ages 13 – 15. The Counselors in Training, under the guidance of the Camp Coordinator will be required to lead and participate in activities such as games, sports, arts and crafts, and field trips. The cost to participate in the C.I.T. program is \$50.00 per week per person.

GYMNASTICS, BEGINNING & INTERMEDIATE

Your child will be taught the basic skills in gymnastics. They will develop skill levels on the floor, beam, mats, and vault, along with developing their motor skills. Gymnastics will help your child to develop and tone their bodies along with building confidence and self-esteem. This activity is open to boys and girls. **(No classes in August)**

Session 1 Tues., ongoing
Time 5 - 6pm
Ages 4 - 13

Session 2 Tues., ongoing
Time 6 - 7pm
Ages 4 - 13

Fee \$40/mo. + \$10 reg. fee
Coaches Cindy Sparkman 369.4381

JUMP ROPE CAMP

Learn beginning, intermediate, and advanced jump rope skills. Single Rope, Partner, Long Rope, and Double Dutch skills will be taught. Jumping rope will help your child develop coordination, agility, cardiovascular endurance, strength, and self confidence. There will be a class demonstration for parents the last 30 minutes of each session on June 18.

Session 1 June 15 - 18, Beginning Jumpers
Time 9 - 10:30am
 (Program at 10am on June 18)

Session 2 June 15 - 18, Advanced Jumpers
Time 10:30 - Noon
 (Program at 11:30am on June 18)

Ages 4 - 12
Fee \$40
Minimum 10
Maximum 25
Head Coach Kristie Sullivan 284.4485
Assist. Coach Sherry Giles

For more information and class registration, contact the instructor, Kristie Sullivan.



SUMMER FUN WITH MRS. CRINER

Mom! Do you need some time to run errands? Bring your children to Mrs. Criner's Summer Fun for morning activities that will include arts & crafts, story time, learning songs, refreshments, and a chance to make new friends.

Session 1 Tues. & Thurs., June 1 & 3

Session 2 Tues. & Thurs., June 8 & 10

Session 3 Tues. & Thurs., June 15 & 17

Session 4 Tues. & Thurs., July 27 & 29

Time 10am - Noon
Age 3 - 6
Fee \$15 per week

Maximum 10 (Must be pre-registered)
Instructor Arlene Criner, 366.3090

TEAM USA CHEERLEADING

This course is designed to not only prepare students for Middle school tryouts, but to give everyone the opportunity to be a cheerleader. This program is in effect to reinforce the programs and goals within the educational system, (i.e., communication skills, improve self-esteem, non-drug use, gang prevention, etc) Students will be taught techniques designed to improve coordination, physical fitness and flexibility.

CLASS REGISTRATION WILL BE HELD ON WED. MAY 19 FROM 6 - 7:45pm. STUDENTS MAY REGISTER UP TO THE THIRD WEEK OF CLASS. THERE IS A \$5 REGISTRATION FEE.

Junior Varsity - The primary objective for beginner students is to teach the basic arm movements, jumps, leaps, kicks and dance steps along with safety awareness.

Session Wed., May 19 (registration) – August 11
Time 6 - 6:45pm
Ages 4 - 6
Maximum 60
Fee \$5/class payable weekly or monthly + \$5 reg. fee
Instructor Jennifer Teegarden 361.6039

Varsity - The primary objective for intermediate students is to perfect the basic arm movements, jumps, leaps, kicks, mounts and dance steps while continuing to learn more advanced techniques and skills in order to start preparing for team try-outs.

Session Wed., May 19 (registration) – August 11
Time 6:45 - 7:30pm
Ages 7 - 14
Maximum 60 students
Fee \$5/class payable weekly or monthly + \$5 reg. fee
Instructor Jennifer Teegarden 361.6039

TIPPI TOES DANCE COMPANY

To develop a love of dancing in children by creating a positive experience that promotes healthy living habits, help build self-confidence, and a love for others. Classes are specifically designed to develop motor skills and body awareness while enhancing each child's self-esteem. Dance classes fuel and develop the imagination, critical thinking and sharpen both cognitive and creative skills.

HIP HOP

Session 2 **Wed., June 23 - July 28**
Time **5 - 5:45pm**
Ages **6 - 11**

Minimum **7**
Maximum **20**
Fee **\$.72/6 week session**
Instructor **Brittany Friske 405.245.6741**
Brittany@tippitoesdance.com

You may enroll online at www.tippitoesdance.com or with the instructor. Brittany has been teaching 4 years with TippiToes and has been dancing since the age of three.

YOUTH AND ADULT CLASSES

BIXBY WILD BUNCH BOXING CLUB

Learn Olympic style boxing. If you are looking to get a great aerobic or anaerobic workout, get in shape or to learn self-defense, then boxing might be right for you. Boxing is a great fitness tool and can build rock solid confidence. Practitioners will learn how to slip, block, and move to avoid punches. Boxing is a combative sport and remains one of the best stand-up forms of self-defense in the world today. Sparring is optional but you will not fully learn the sport without sparring. You MUST buy proper equipment and attire if sparring or competing or you can rent equipment monthly for \$5. Private or small group lessons by appointment only. Instructor Joe Spring is a Level 1 certified coach by USA Boxing and the Native American Boxing Commission.

Session **Mon., Wed. & Thurs.**
Time **6:30 - 7:20pm**
Ages **.8 & older**
Cost **\$50/mo.**
(There is a \$5/month rental fee if you do not have your own equipment)

Price break special: Any two Wild Bunch Programs &75/month, any three programs \$100/month (Does not include equipment.)
SPECIAL PRICE: 2 months for \$100
(Includes gloves, hand wraps and mouthpiece)
10% OFF - GOOD GRADES, MILITARY, CITY, COUNTY & STATE EMPLOYEES

Call for prices for private or small group lessons for boxing, karate, or self-defense.

Instructor **Joe Spring 366-1019**
Level 1 certified coach by USA Boxing and the Native American Boxing Commission
Assist. Instructor **Wes Yazzie**
Level 1 certified coach, Level 1 USA Boxing

BIXBY WILD BUNCH KICK BOXING

This class teaches boxing mixed with Tae Kwon Do kicks and Muay Thai knees, punches, and elbows. Parring is controlled with punches, kicks and knees. Elbow will only be allowed on the bags and mitts. Competition optional, boxing gloves required, shin and foot pads required for sparring.

Session **Mon., Wed. & Thurs.**
Time **8:10 - 9pm**
Ages **.8 & older**
Cost **\$50/mo.**
(There is a \$5/month rental fee if you do not have your own equipment)

Price break special: Any two Wild Bunch Programs &75/month, any three programs \$100/month (Does not include equipment.)
SPECIAL PRICE: 2 months for \$100
(Includes gloves, hand wraps and mouthpiece)
10% OFF - GOOD GRADES, MILITARY, CITY, COUNTY & STATE EMPLOYEES

Call for prices for private or small group lessons for boxing, karate, or self-defense.

Instructor **Joe Spring 366-1019**
Level 1 certified coach by USA Boxing and the Native American Boxing Commission

KARATE

This program teaches self-respect, self-confidence and self-discipline. It mixes Tae Kwon Do with other arts learned by the instructors. They are is mostly a stand up art but also goes into some ground fighting so that the practitioner can defend themselves in most situations. The instructors also try to teach the practitioners how to avoid dangerous situations. Practitioners of this art should also see improvement in balance, conditioning and coordination. There is a\$5/mo. rental fee if you do not have your own equipment. Call for prices for private or small group lessons for boxing, karate, or self-defense.

Session **Mon., Wed. & Thurs.**
Time **.7:20 - 8:10pm**
Ages **.6 - Adult**
Fee **\$50/mo.**

Price break special: Any two Wild Bunch Programs &75/month, any three programs \$100/month (Does not include equipment.)
SPECIAL PRICE: 2 months for \$100
(includes karate uniform and mouthpiece)
10% OFF - GOOD GRADES, MILITARY, CITY, COUNTY & STATE EMPLOYEES

Call for prices for private or small group lessons for boxing, karate, or self-defense.

Instructor **Joe Spring, 4th Degree Black Belt 366.1019**
Assist. Inst. **Tom Bulloch, 3rd Degree Black Belt & John Roberts 1st Degree Black Belt**

MANDE MUDA SILAT CLASS

Beautiful yet powerful Indonesian martial art, blending 27 Silat systems to better answer the “questions” of combat. Students learn self-control, self-discipline, and respect. Jagabaya under Suwanda Academy, Indonesia

Session..... Tues. & Thurs.
Time..... 7 - 8:30pm
Age..... 14 & older
Fee..... \$50/mo.
Minimum..... 4 students
Maximum..... 10 students
Instructor..... Heath Wright 734.6404

ADULT ACTIVITIES

BRIDGE

Have fun playing bridge while meeting new friends. Let us know if you are interested in forming an evening group!

Session..... Wed.
Time..... 11:30am - 4pm
Ages..... Adults
Cost..... None
Contact..... Jim Bischoff 366.3346

BUNKO

Session..... Third Mon. of each month
Time..... .6 - 9pm
Ages..... Adults
Cost..... \$5/mo.
Contact..... Joyce McKerley 369.5608

QUILTING

If you have always wanted to learn how to quilt, come join the Pins & Needles Quilters.

Session..... Mon.
Time..... 11am - 4pm
Age..... Adult
Fee..... \$12/year
Contact..... Sharon Ainsworth 247.7243 or Llona Wards 366.8770

RHYTHMIC AEROBICS

Work out at your own level in these RHYTHMIC AEROBICS classes geared for the beginner and the advanced. In these classes we will stress working the cardiovascular system along with muscle toning. Routines developed by Nancy Kabriel of RHYTHMIC AEROBICS, INC. Celia Wetherill is a certified RHYTHMIC AEROBICS instructor, who has been teaching since 1982.

Session 1..... Mon., Wed. & Fri.
Time..... 9:30 - 10:30am
Age..... Adult
Fee..... \$20/mo.
Instructor..... Celia Wetherill 366.4841

SOFTBALL LEAGUES AT HAIKEY CREEK PARK

Spring, Summer, and Fall leagues are held at Haikey Creek Park. Call Haikey Creek Park Softball @ 366.1322 or email at haikeycreeksb@yahoo.com. The summer session begins June 1st and fall session begins September 7th,

STAMP CAMP

With 4 pre-cut projects, there is a lot of room for individual creativity. Rubber stamps are provided to create gifts, cards, packaging, etc. Please register one week in advance with the instructor.

Session..... Second Thurs. of each month
Time..... .6 - 9pm
Fee..... \$10 - \$12 (varies with project)
Deadline..... One week before class
Instructor..... Belinda Tubby 827.6148





CHANDLER PARK

6500 West 21st Street | Tulsa, OK 74107

P: 918.591.6053 | F: 918.591.6050 | 918.591.6052 (Park Maintenance)

Activities Director: Trish Gunnells | chandlerrec@tulsacounty.org

Recreation Leader I: Billy Huggins | chandlerrec@tulsacounty.org

Park Maintenance Supervisor: Pat Standingbear

pstandingbear@tulsacounty.org

Chandler Park features 192 acres of wooded area with open space in the center, has great natural beauty and panoramic views of Tulsa and Sand Springs. Facilities include hiking and bike trails, rock formations for climbing, swimming pool, gardens and nature trails, lighted baseball/softball complex, playgrounds, restrooms, picnic facilities, covered shelters, large playground structures, summer camps, horseshoe pits, 2-18 hole disc golf course with cement tees and new 16,000 sq. ft. community center.

The new Chandler Park Community Center is a 16,000 sq.ft. state-of-the-art facility that includes a regulation size gymnasium with bleacher seating, work-out room, kitchen/concession area, as well as rooms for special events, games, meetings, camps and dance classes. The Center will accommodate more youth sports, larger spring/summer youth camps and a wider variety of arts/crafts, music, dance and exercise classes for the whole family.

The community center, festival site, shelters, ball fields and wide-open spaces are available for rental for outdoor special events by calling the Tulsa County Parks Administrative Office.

PARK OPERATING HOURS:

Park Gates open	7am
Gate closes for the upper level	11pm
Gate closes for the lower level	6pm

COMMUNITY CENTER OPERATING HOURS

Mon. & Weds.	9am - 8pm
Tues. & Thurs.	9am - 9pm
Fri. & Sat.	10am - 5pm
Sun.	Closed

CLOSED FOR HOLIDAYS

Memorial Day	May 31
Independence Day	July 5
Labor Day	Sept. 6

CHANDLER PARK POOL OPENS MAY 31

HOURS OF OPERATION

Sat.	Noon - 6:30pm
Sun.-Fri.	1 - 6:30pm Closed Wednesdays
Fee	\$2.50 - ages 13 & older
	\$1.50 - ages 12 & under

Pool may be rented for private parties.

Check out the new classes we will be offering at the Chandler Park Community Center for all ages. **Since the Center has just recently opened in April, we ask that you call us for more information.** If you have experience in any of the classes listed below, let us know if you are interested in teaching.

- | | |
|---------------------------------|-------------------------|
| Acting | New Mother's Class |
| After School Program | Parent's Night Out |
| Arts & Crafts | Photography |
| Basketball (all age groups) | Pilates |
| Belly Dancing | Rock Climbing Classes |
| Boot Camp | Rugby Activities |
| Candle Making | Self-Defense |
| Cardio Fit | Senior Fit |
| Community Garden | Spa Days |
| Cooking & Nutrition | Step-Abulous |
| Dance | Step Aerobics |
| Dodgeball | Table Games |
| Drum Circle | Team USA Athletic Cheer |
| Fitness | Tutoring |
| Geo Caching | Theatre |
| Intro. to Weights for Beginners | Wedding Planning |
| Jr. Olympics | Weight Training |
| Martial Arts/Tae Kwon Do | Wii Fit |
| Maturation Program | Women & Car Care |
| Stretch & Tone | Wrestling |
| Movie Saturdays | Yoga |
| Music Lessons | Yogalates |
| NBA & WNBA Jr. Camp | Zumba |
| Bunko Bridge | Volleyball League |
| Nutritional cooking class | Personal Training |
| Tai-Chi | Begining Ballet |
| Creative Movement | |

YOUTH ACTIVITIES

CHANDLER PARK SUMMER DAY CAMP (AGES 6-12)

Session..... **Jun. 2 - Aug. 6**
Time..... **9am - 4pm**
Fee..... **\$.75/week**

Before Care **.7 - 9am**
Fee **\$.10/week**

After Care..... **.4 - 6pm**
Fee **\$.10/week**

Children need to bring a healthy sack lunch, water bottle, sunscreen, swim gear, shower items, towel, etc. Field Trips cost vary from \$5-\$20 per week. Enrollment is on a first come first serve basis.

YEAR-ROUND ADULT ACTIVITIES

Call our offices at 591.6053 to register and/or inquire about all of the activities listed here.

CO-ED BASKETBALL LEAGUE

Our co-ed basketball league will be the first to play in a newly constructed community center. Ten game guaranteed and double elimination. Hospital teams, church teams and companies are welcome.

OUTDOOR PHOTOGRAPHY

Chandler Park is the perfect backdrop for any beginning or professional photographer. This class will be taught by Gary Patton who is a PPA certified professional photographer. Cover the fundamentals of all areas of photography and learn everything you need to take a great shot. Contact Gary Patton: 918.445.1444, gpatton3@cox.net, www.garypattonphoto.com.

CHANDLER PARK CLUBS/ORGANIZATIONS

Chandler Park Climbers Coalition.....	591.6053
Chandler Park Partners.....	591.6053
Civic & Youth Group Clean-up Crew.....	591.6053
Green Country Soccer (www.gcsoccer.com).....	481.3322
OSU-Tulsa Area Prevention Resource Center.....	749.8800
(www.chs.okstate.edu)	
Tulsa Disc Sports Association (www.tulsadiscsports.org).....	459.2503
Tulsa County Sheriff's Explorer Post (www.tcso.org).....	596.5601
Tulsa Schutzhound Club (www.tulaschutzhund.org).....	357.1717
Western Neighbors (www.southwesttulsa.org).....	445.8840
Chandler Park Volunteer Group.....	591.6053

CHANDLER PARK JUNIOR COUNCIL

Chandler Park Junior Council consists of students grades 8-12 grade who would like to get involved with Chandler Park and the new Chandler Park Community Center. This group will be one of the most preeminent groups whose goals will be to increase the awareness of the park and center. The council will govern program ideas, have a voice for their age group, and will have a positive impact on other youth in the community. Must have 2.5 GPA.

SPECIAL EVENTS

SUNSET CONCERT SERIES

Free concerts from June through September. Family friendly music. Bring the kids, the dog, a lawn chair or a blanket, relax to the sounds "on the hill" at sunset.

KINGS OF CHAMPION MEDIEVAL FAIRE

September 11-12, 2010 | www.kingschampion.net

Step back to the Middle Ages and experience lords and ladies, pirates and fairies, wenches and rascals! The 3rd Annual King's Champion Medieval Faire will include exhibitions of sword fighting and swashbuckling from the "Society for Creative Anachronism". Hop aboard a real Pirate Ship and prepare to sail the high seas (with your imagination, of course). The public is encouraged to dress up and be ready for adventure. The Faire will include live music, a fine arts display, and various trinket and food vendors.

OKLAHOMA BOULDERFEST

October 22-24, 2010 | www.okboulderfest.com

Hanging off the side of a rock might not be your idea of a good time, but the organizer's of this years' Oklahoma Boulderfest will tell you differently. The Chandler Park Climbers Coalition (CPCC) is gearing up for the 3rd Annual Boulderfest. This outdoor rock climbing festival includes food, music, overnight camping, and a whole lot of "bouldering". This event is for experienced climbers only, but it's worth it to plan your day at Chandler Park and check it out! Everything you'll need to get signed up can be found at their website.

TOP OF THE HILL CAR & CRAFT SHOW

October 9, 2010 | www.indiannationsptiac.freeservers.com

This event is open to all motorized vehicles, Top 10 awards for the Best Ford, Best GM, Best Mopar, Best Foreign, Best Street Rod/Rat Rod. Specialty trophies include Coolest Rides, Best Engine, Best Paint, Best Interior, Best Truck, Best Car, Best Convertible and the Chandler Park Pick. Music, concessions, kids area, door prizes. Car parts swap meet and craft show, too! This event is held rain or shine.

LIGHTS ON THE HILL

November 26-December 27, 2010 | www.chandlerparklights.com

Chandler Park will be ablaze with the sights and sounds of the holiday spirit during November and December with our annual "LIGHTS ON THE HILL" display. We invite the public to take a drive "on the hill" through three miles of bright lights and whimsical displays in celebration of Christmas. In addition to our lights display, we will offer horse drawn carriage rides and even a special visit from Santa!

south county recreation center



South County Recreation Center
13800 S Peoria Avenue | Bixby, OK 74008
P: 918. 746.3780 | F: 918.746.3783

Activities Director: Eddie Shackelford | eshackelford@tulsacounty.org
Recreation Leader II: Caroline Summers | csummers@tulsacounty.org
Recreation Leader I: Kelly Chase | kchase@tulsacounty.org
Receptionist: Tiger

South County Recreation Center services all communities. We offer programs for all ages and free computers that have internet access. Computer cards are issued by staff (I D required). Our Main Gym features a full-size wood basketball court. It can also be converted into a full-size regulation indoor volleyball court. Also Available are three meeting rooms that can be rented for birthday parties etc. Our game room features a pool table, air hockey, ping pong table and foosball. Only .50 cents per game.

South County Recreation Center offers a full service cardio/weight room. Containing treadmills, elliptical machines and a bicycle. We also offer a wide range of free weights and state of the art weightlifting machines that can service every part of the body.

The prices are as follows: \$25 for a single member/ \$15 for an additional member. 55+ Membership is \$15. A day pass is \$5 and all memberships are monthly.

RECREATION CENTER OPERATING HOURS

Mon- Thurs. 9am - 9pm
Fri. 9am - 5pm
Sat. 10am - 6pm
Sun. Closed

CLOSED FOR HOLIDAYS

Memorial Day May 31
Independence Day July 5
Labor Day Sept. 6

RESERVATIONS

The South County Recreation Center has 3 meeting rooms, arts and crafts room, a multi-function room, and full size gymnasium. There is also a state of the art swimming pool open during the summer season. Our facility may be reserved for groups and events.

REGISTRATION

Call our offices at 746.3780 to register and/or inquire about all of the activities listed here.

To prevent class cancellation, be sure to register by the deadline. A minimum of participants are needed to guarantee the class instruction and supply expenses are covered. Refunds will be made only for cancelled classes where the minimum number is not met within a reasonable amount of time.

CHILD AGE LIMIT
CHILDREN 8 YEARS OLD AND UNDER MUST BE ACCOMPANIED BY AN ADULT 18 YEARS OLD OR OLDER.

ORGANIZATIONS

VFW (NATIONAL VETERANS OF FOREIGN WARS)

VFW Community Involvement. 2nd Tuesday 7 – 8pm
-Keep the big flag flying in Black Gold Park
-Sponsors the local Voice of Democracy
-Participates in Black Gold, Clean Sweep

VICTORY CHRISTIAN YOUTH CENTER

Thursday 6:30 - 9:00pm

VICTIMS IMPACT PANEL OF OKLAHOMA

1st Thursday of every other month 7 - 8:30pm



HOME SCHOOL PHYSICAL EDUCATION

Physical Education class will focus primarily on group activities and games that promote teamwork, as well as basic muscular skills and development. The maximum number of students for each class is 35 children. Sign ups begin May 25.

Session 1	Tues., 1 - 2pm Aug. 31-Nov. 9
Fee	(1st Child) \$40 (each additional child) \$20
Session 2	Wed. 1 - 2pm Sept. 1-Nov. 10
Fee	(1st Child) \$50 (each additional child) \$30

- You may only register for two classes at one time
- Focuses on group activities and team work
- Taught by center staff
- Contact center for more information

BASKETBALL CLINIC

Learn the fundamentals of basketball during two-week sessions this summer. Focus on shooting, dribbling, passing, and 5 on 5 drills.

Session 1	June 14- June 17
Ages	7-10
Times	12 – 1pm
Fee	\$15/session
Session 2	June 21– June 24
Ages	11- 15
Times	12 – 1pm
Fee	\$15/session
Session 3	July 12 – July 15
Ages	7-10
Times	12 – 1pm
Fee	\$15/session
Session 4	July 19 – July 22
Ages	11- 15
Times	12 – 1pm
Fee	\$15/session

TEAM USA ATHLETICS

Team USA Athletics is dedicated to providing quality outreach programs at a cost that is affordable to everyone. The program is offered to both boys and girls ages four to fourteen. Students are not required to purchase any additional equipment to participate in our program. Awards will be presented to all students for achievement in class and for receiving good grades in school. We encourage all students to give 100% in their academic success. Contact Jenny Teegarden at 918.361.6039.

Cheerleading

Registration: Thurs., May 13
Open to boys and girls 4 - 14
Class starts May 20-Aug. 5
\$5 registration fee - \$5 per class
Pompoms are \$13 (not required)

Self-Defense

Registration: Sat., May 15
Open to boys and girls 4-14
Class starts Sat., May 22-Aug. 7
\$5 registration fee - \$5 per class
Uniform \$29 (not required)

TIPPI TOES

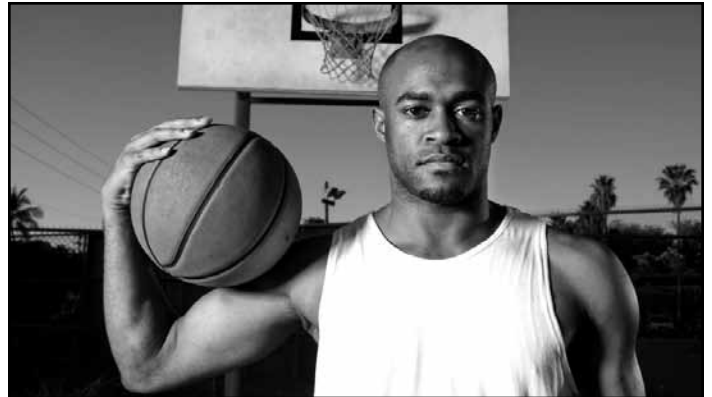
Tippi Toes offers exciting, fun and energetic dance classes for boys and girls. Classes meet once a week for 45 minutes. We will have mini shows in the fall and a dance recital.

Days	Mon.
Times	6 - 6:45pm (Mommy & Me)
Ages	18 months - 3 years
Times	7 - 7:45pm (Ballet, Tap, Jazz)
Ages	3 - 6 years
Fee	\$.72/6 week session
Contact Information.	Brittany Fiske 405.245.6741 Brittany@TippiToesDance.com
Enroll online.	www.TippiToesDance.com

TABLE GAME MADNESS

Free games, free fun! The game room will be open and all the games will be free to play. Come enjoy our pool table, foosball, table tennis, and air hockey games on us.

Days	Thurs.
Time5 - 6pm



ADULT ACTIVITIES

MEN'S 5 ON 5 COMPETITIVE BASKETBALL LEAGUE

Wednesday Night Tip-offs

Sign-up Begins	Wed., May 26
League Begins	Wed., June 9
Ages20+
Fee	\$200 per team (Roster maximum 10 players)

- There will be a \$20 referee fee per team per game.
- League will be limited to the first 8 paid entries.

MENS PICK-UP BASKETBALL

Come and play basketball every Tuesday night in a fun environment. Must Sign in at Front Desk and have Photo I.D. on file

Day	Tues.
Time6 - 8pm
Ages	18 +

BRIDGE CLUB

Come and join our fun bridge club! We are growing in members every week and look forward to adding you to our list. Bridge plays every Tuesday afternoon. There is no charge; come see what the fun is all about. Every Tuesday, 1pm - 3pm, no fee

WATER AEROBICS

Water aerobics is a therapeutic, low impact workout and is great for your heart, in addition to helping fight the battle of the bulge. Workouts help relieve weight-bearing stress from muscles, enhance muscular and cardiovascular conditioning, along with strengthening joints and bones. Classes will be conducted in both mid-chest and deep water with high, medium and low intensity

Session..... June 1-Aug. 6
 Days..... Mon., Wed. & Fri.
 Time..... 9-10am
 Ages..... 18+
 Fee..... \$25/month or \$5/class

FITNESS

WALK AND TALK

Beat the Heat! Stay cool and have fun walking and talking around our indoor basketball gymnasium. sixteen Laps equals one mile.

Days.....Mon. - Fri.
 Time..... 9am - Noon
 Fee..... No Fee

JAZZERCISE

Jazzercise is a dance fitness program that meets the cardio, strength and stretch guidelines of the American College Sports Medicine. All classes are self pacing and for all fitness levels. The class allows each participant to work out at the intensity level they are comfortable with and the cardio moves can be done either high impact or low impact. Wear good supportive athletic shoes and bring a mat or towel for the floor workout as well as hand weights.

Instructor.....Brenda Savage 504.8255
 Fee..... Call for pricing options
 Days..... Mon., Tues., Thurs. & Fri.
 Time..... 9:45 - 10:45am (Nursery provided)
 Days..... Mon. & Wed.
 Time..... 4:30 - 5:30pm
 Days..... Tues. & Thurs.
 Time..... 5:45 - 6:45pm
 Days..... Sat.
 Time..... 10:15 - 11:15am

There is a \$30 joining fee for new customers or those without an active pass in the last 3 months.

TAI CHI CHUAN

Come try the Ancient art of Tai Chi Chuan. Mind and body exercises, such as Tai Chi are increasingly replacing high-impact aerobics, such as long distance running and other body punishing exercises. Mind and body workouts are kinder to the joints and muscles, and reduce tension that often contributes to the development of disease.

Instructor.....Jim Truster 812.3033
 Fee..... \$10/class
 Session 1..... Mon., 11am - Noon, 8 - 9pm
 Session 2..... Thurs., 11am - Noon, 7 - 8pm
 Session3..... Sat., 11:30am - 12:30pm

PERSONAL TRAINING BY VICTORIA

Performing regular strength training lowers blood pressure, decreases arthritis pain; increases bone mineral density as well as increases bone strength. If you want to improve the over all health of your body call today

Instructor.....Victoria Hickman 639.0785

ZUMBA

Zumba is a fusion of Latin music and aerobic fitness that creates a dynamic, exciting and effective workout. A Zumba workout mixes body sculpting and dance derived from meringue, salsa, reggaeton, hip hop, flamenco, cumbia and tango. In a typical class you will target glutes, legs, arms, abdominals and your heart. Zumba classes are easy to follow and are designed to captivate participants of all fitness levels-novice or experienced.

Times..... Tues. 7pm & Wed 5:45pm
 Fee..... \$5/class or \$45 for 15 classes
 Instructor..... Michelle Ellis, 405.812.3605

Visit www.trifectafitness.net for more available classes.



haikey creek park



HAIKEY CREEK PARK
 11327 South Garnett Avenue | Broken Arrow, OK 74011
 P: 918.369.5998 | F: 918.396.5968

Area Maintenance Supervisor: Daryl Maxville
 dmaxville@tulsacounty.org

Haikey Creek maintains 151 acres, picnic shelter, picnic tables and grills, playground equipment (ADA accessible), rest rooms, jogging path, walking trails, fitness court, disc golf course, 3 lighted softball fields with concession building and 4 soccer fields. Park shelters and green spaces may be reserved Monday through Sunday and holidays by calling the Tulsa County Park's Administrative Office.

PARK OPERATING HOURS:

Mon. - Sun. 6am - 11pm

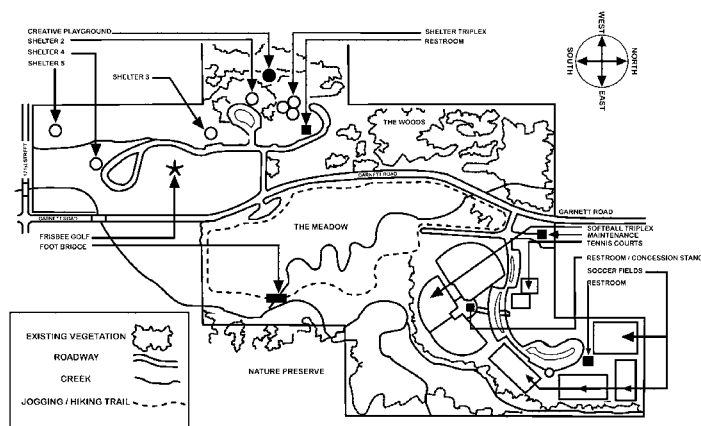
BALL FIELDS/LOGISTICAL QUESTIONS

For information regarding park structures, soccer fields or ball fields reservations, call the Haikey Creek Park Area Maintenance Supervisor.

SOFTBALL

For softball team information or reserving fields for not-for-profit fund raisers, call Bixby Community Center at 918.366.1322.

PARK FACILITIES MAP



HAIKEY CREEK PARK
 11301 S. GARNETT ROAD, BROKEN ARROW, OK.

TULSA COUNTY

TRI-PLEX

West side of Garnett, North circle

Shelter Access Paved & ramped
 Tables / Seating 12 tables, seats 96
 Grill / Fireplaces 3 double grills
 Water Yes, accessed w/ water key
 Electrical Outlets 3

Parking 80 vehicles
 Accessible Facilities 25 feet away, yearly, (3)
 Playground 29 yards away
 Pool None
 Uncovered Tables Yes

SHELTER #2

South of Tri-Plex (West side of Garnett)

Shelter Access Paved & ramped

Tables / Seating 4 tables, seats 32
 Grill / Fireplaces 1 double grill
 Water Yes, accessed w/ water key
 Electrical Outlets 1
 Parking 50 vehicles
 Accessible Facilities 125 feet away, yearly, (3)
 Playground 34 yards away
 Pool None
 Uncovered Tables Yes

SHELTER #3

West side of Garnett

Shelter Access Paved & ramped

Tables / Seating 4 tables, seats 40
 Grill / Fireplaces 4 single grills
 Water Yes, accessed w/ water key
 Electrical Outlets 1
 Parking 25 vehicles
 Accessible Facilities 1/2 mile away, yearly
 Playground 1/2 mile away at Tri-Plex
 Pool None
 Uncovered Tables No

SHELTER #4

West side of Garnett, South circle

Shelter Access Paved & ramped

Tables / Seating 4 tables, seats 40
 Grill / Fireplaces 2 single grills
 Water Yes, accessed w/ water key
 Electrical Outlets 1
 Parking 50 vehicles
 Accessible Facilities 1/3 mile away, yearly
 Playground 1/3 mile away at Tri-Plex
 Pool None
 Uncovered Tables No

SHELTER #5

West side of Garnett, South West of South circle

Shelter Access Paved & ramped
 Tables / Seating 3 tables, seats 30
 Grill / Fireplaces 2 single grills
 Water Yes, accessed w/ water key
 Electrical Outlets 1
 Parking 24 vehicles
 Accessible Facilities 1/3 mile away, yearly
 Playground 1/3 mile away at Tri-Plex
 Pool None
 Uncovered Tables Yes



Buddy LaFortune Community Center
5202 S. Hudson Avenue | Tulsa, OK 74135
T: 918.496.6220 | F: 918. 496.6222

Activities Director: Cherrie Lewallen | clewallen@tulsacounty.org
Recreation Leader II: Kimberly Light | klight@tulsacounty.org
Recreation Leader I: Julie Cohenour | jcohenour@tulsacounty.org
Maintenance Supervisor: Danny Hesterlee
dhesterlee@tulsacounty.org
T: 918.496.6235 | F: 918. 496.6236
lafortunerec@tulsacounty.org

The Buddy LaFortune Community Center demonstrates a utilitarian design with elements of creativity and a constant energy that provides the public with a half court gym, meeting rooms and catering facilities.

The facility is consistently active with sports, youth camps, exercise and art classes. The complex maintains a bustling reservation list for its facilities, used for everything from support groups and dance troops to receptions and weddings.

COMMUNITY CENTER OPERATING HOURS:

Mon. - Thurs.	9am - 9pm
Fri.	9am - 5pm
Sat.	10am - 3pm
Sun.	Closed

CLOSED FOR HOLIDAYS

Memorial Day.	May 31
Independence Day.	July 5
Labor Day.	Sept. 6

LAFORTUNE PARK POOL OPENS JUNE 1

HOURS OF OPERATION

Mon., Tues., Thurs. & Fri.	1 - 6pm
Sat. & Sun.	Noon - 6:30pm
Closed Wednesdays	
Fee	\$2.50 - ages 13 & older \$1.50 - ages 12 & under
Pool Information	496.6223

Call our offices at 496.6220 to register and/or inquire about all the activities listed here.

To ensure that programs are held, please register by the registration deadline (if applicable). A refund will be made only when a class is cancelled due to minimum class size not being met, or loss of instructor.

ORGANIZATIONS

TULSA CROQUET CLUB

Learn the art of playing croquet by the official rules. Open practices on Tuesday nights at the Gardens of LaFortune (51st and Hudson). Each year this club sponsors the Tulsa Classic Croquet Tournament. For more information call 258.5661.

SMOCKING & HEIRLOOM SEWING

Smocking and Heirloom Sewing of Tulsa is a group of women dedicated to promoting the art of smocking and fine hand sewing, and keeping these skills alive. If you have an interest in learning these stitching techniques, please join us. We meet the first Tuesday of each month from 6 - 8pm.

LOOSE THREADS

This is an open sewing group that meets to quilt and chat! The group meets on Tuesdays from 4:30 - 9pm.

TULSA WALKING CLUB

This is a membership meeting that meets on the second Wednesday of each month at 7pm. You do not need to be a member to attend meetings.

SPECIAL EVENTS

1ST FRIDAY CONCERTS

These are held at the Gardens of LaFortune located at 51st & Hudson during the months May- September from 7 – 9pm. Bring a lawn chair or blanket and enjoy a variety of music. All concerts are free.



Sponsors include: Buddy LaFortune Community Center, Tulsa County Parks, Oklahoma Arts Council, American Bank and Trust, and the Oklahoma Tourism And Recreation Department.

- May 7 Commercial Vehicle (50's to Contemporary Rock & Country)
- June 4 Three Hour Tour (Classic Rock 60's,70's)
- July 2 Steel Around (Calypso/Reggae)
- August 6 Wild Card Band (Country)
- September 10. Wanda Watson (Blues)

PRESCHOOL ACTIVITIES

MOMMY AND ME SUMMER MORNING WALKS

These walks are for mommies to be, new mommy or mommies with toddlers. This is an instructor lead walk around the trail of LaFortune Park. All the walks will begin at the LaFortune Community Center. Strollers are welcomed on all the walks.

Sessions.	Tues. & Thurs.
Dates	May – Aug.
Time	9 – 10:30am

YOUTH ACTIVITIES

BUDDY LAFORTUNE SUMMER DAY CAMP

Our campers enjoy a wide variety of activities including field trips, sports and games, swimming, and arts/ crafts. Please register in person at the Buddy LaFortune Community Center.

Day Camp

Days	Mon. - Fri.
Time	9am - 4pm
Ages	6- 11
Fee	\$50/week
Activity Fee	\$25/week

Early Birds

Days	Mon. - Fri.
Time	7:30 - 9am
Fee	\$10/week

Extended Play

Days	Mon. - Fri.
Time	4 - 5:30pm
Fee	\$10/week

Session 1 Wild Kingdom
June 7-11 Tulsa Zoo

Session 2 Play Ball
June 14-18 All star sports complex

Session 3 Somewhere out there
June 21 - 25 Tulsa Air and Space Museum

Session 4 Wet and Wild Kids
June 28 - July 2 Muskogee water park

Session 5 Ol' Gloy
July 6- 9 Movie Theater

Session 6 Incredible Edible Fun
July 12 - 16 Blue Bell Creamery

Session 7 Adventure
July 19 - 23 Will Rogers Memorial Museum

Session 8 Climbing High
July 26 - 30 New Heights Rock Gym

Session 9 Celebration!!
Aug. 2-6 Incredible Pizza

JR. COUNSELORS - TRAINING FOR TEENS - DAY CAMP

The Jr. Counselor program is designed to give more responsibility to our older campers. We will challenge them to lead by example and be eager and reliable sources of help. They will have specific duties assigned to them which will be an integral part of the summer camp experience. Jr. Counselors will enjoy all of the camp fun and reap the rewards of their extra efforts. We offer 10 Jr. Counselors spot each week. Please register in person at the LaFortune Community Center. No phone registration.

Days	Mon. - Fri.
	The same weeks as Day Camp
Ages	12-14
Time	9a-4p
Fee	\$25/week (includes field trip)
T-Shirt:	\$15/shirt

Day Camp

Days	Mon. - Fri.
Time	9am - 4pm
Ages	6- 11
Fee	\$50/week
Activity Fee	\$25/week

Early Birds

Days	Mon. - Fri.
Time	7:30 - 9am
Fee	\$10/week

Extended Play

Days	Mon. - Fri.
Time	4 - 5:30pm
Fee	\$10/week

Session 1 Wild Kingdom
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July 19 - 23 Will Rogers Memorial Museum

Session 8 Climbing High
July 26 - 30 New Heights Rock Gym

Session 9 Celebration!!
Aug. 2-6 Incredible Pizza



AMERICAN RED CROSS SWIM LESSONS

Fee \$25.00

LEVEL I – III

Open to children ages 6 years and older. No prior skills are needed to enter class.

Date June 7 – June 17
 Time 9:15 – 10am
 Date June 21 – July 1
 Time 9:15 – 10am
 Date July 6 – July 15
 Time 10:15 – 11am
 Date July 19 – July 29
 Time 10:15 – 11am

LEVEL IV

Must have Level III certificate from previous class.

Date June 7 – June 17
 Time 10:15 – 11am
 Date June 21 – July 1
 Time 10:15 – 11am
 Date July 6 – July 15
 Time 9:15 – 10am
 Date July 19 – July 29
 Time 9:15 – 10am

LEVEL V

Must have Level IV Certificate from previous class.

Date June 7 – June 17
 Time 10:15 – 11am
 Date June 21 – July 1
 Time 10:15 – 11am
 Date July 6 – July 15
 Time 9:15 – 10am
 Date July 19 – July 29
 Time 9:15 – 10am

INTRO TO SWIMMING

These classes are for children ages 3 – 5 years old

Date June 21 – July 1
 Time 11 – 11:30am
 Date July 6 – July 15
 Time 11 – 11:30am
 Date July 19 – July 19
 Time 11 – 11:30am

BASIC ETTIQUETTE FOR CHILDREN

This class is for both boys and girls and will cover basic table manners, making eye contact, greetings and introductions, shaking hands properly, acts of kindness, using “please” and “thank you”, common courtesies, respecting your parents and others, friendship and good sportsmanship. Materials included in cost. Our classes are interactive and fun! To register, contact Lezlie Allen at 918.286.1984 or e-mail: kidsinthecastle@yahoo.com. Website: www.thekidsinthecastle.com

Session 1 June 7-10
 Time 10 – 11:30am
 Ages 5 – 10 yrs
 Fee \$110

Session 2 June 14-17
 Time 10 – 11:30am
 Ages5- 10 yrs
 Fee \$110

Session 3 July 12-15
 Time 10 – 11:30am
 Ages5- 10 yrs
 Fee \$110

Session 4 July 19 – 22
 Time 10 – 11:30am
 Ages 5-10 yrs
 Fee \$110

TEAM USA CHEERLEADING

Learn cheers, chants and pom routines. Team U.S.A Cheer is a fun and exciting cheerleading program for children. This class promotes coordination, confidence and physical fitness. Awards will be given for perfect attendance and good grades in school. This class will teach the basic skills required for middle and high school tryouts. Registration time is the same for your child’s class time and there is a \$5 registration fee. This is a 12 week class. No Classes on April 3rd and 24th. Pom-poms \$13 (Not Required)

Registration Sat., May 15
 Session I May 22 – Aug. 8
 Time 1 – 1:45pm
 Ages 4-14
 Fee \$5/lesson paid weekly

TEAM USA SELF-DEFENSE

This class is designed for self-defense purposes and will not teach “bullying tactics”. Each lesson is taught by a certified black belt instructor. Various basic self-defense/karate techniques and forms will be taught. NO physical contact will be allowed in the beginning class. Students completing the course with perfect attendance will receive a Karate medal. Registration time is the same for your child’s class time and there is a \$5 registration fee. This is a 12 week class No Classes on April 3rd and 24th. Uniforms \$29 (Not Required)

Registration Sat., May 15
 Session I May 22 – Aug. 8
 Time 1:45 – 2:30pm
 Ages 4-14
 Fee \$5/lesson paid weekly

PARENTS LOUNGE

The reception room will be opened for all parents of the Team USA participants. There will be room for reading, watching the tennis courts, or just relaxing while your child is in class.

Day **Every Sat., Starting May 8**
 Time **1 – 2:30pm**

WATER EXERCISES

Stimulating and therapeutic. Aqua exercise increase your cardiovascular endurance. Water resistance builds strength and muscle and tones the body. Swimming ability is not necessary. Great for all ages. Meets at 55th and Yale, poolside.

Session 1 **Tues. & Thurs.**
 Time **.8 - 9am**
 Where **LaFortune Pool**
 Fee **\$25/month**

Session 1 **Mon. & Wed.**
 Time **.6 - 7pm**
 Where **LaFortune Pool**
 Fee **\$25/month**

MAKING POTTERY WITHOUT A WHEEL

Making pottery without a wheel means building items by hand by coiling, carving, using slabs and pinching clay into items of your own design. This six-week class will explain those techniques – techniques the student will use to make bowls, plates, planters, masks, boxes, wall-hangings, wind chimes – almost anything else you can imagine. No experience needed, although the class is also suitable for intermediate potters. Each session will begin with a brief review of information already covered and a demonstration of that week’s project. Students should wear old clothes (clay can stain) or an apron, an old towel and a large sponge for clean-up, and a spray bottle for water (recycle one you’ve emptied!). For answers to your questions or more information, send email to susanlively@cox.net. A tentative class outline is:

Week 1 **Introduction and Pinch Pots**
 Week 2 **Coil Pots**
 Week 3 **Slabs: Masks**
 Week 4 **Slabs: Plates and Bowls**
 Week 5 **Combining Techniques**
 Week 6 **Make-up Class**
 Week 7 **Glazing**

Session **Thurs.**
 Date **June 10 - July 22**
 Time **.7 - 9pm**
 Fee **\$75**
 Ages **Adults and Teens 16+**
 Instructor **Susan Lively**

INTRODUCTION TO WATERCOLOR

Learn the basics of watercolor.

Sessions **Tues.**
 Dates **June 8,15,22,29**
 Fee **\$40 + one time \$10 fee for paper**
 Time **9:30 – noon**
 Instructor **Anne Hill**

OIL PAINTING

This class includes demonstrations, both inside and outside sketching and painting, theory and visual instruction with the option for independent work, if desired. Limited supply list.

Sessions **Wed.**
 Dates **On-going**
 Time **10am – 12:30pm**
 Fee **\$40 for 4 classes**
 Instructor **Anne Hill**



SENIOR ACTIVITIES

LAFORTUNE BRIDGE

LaFortune Bridge promotes fun and social opportunities. This group is for people ready to step in and play. This is party bridge play and there is no betting or prizes for the winners. This activity is free and open to all.

Session **Wed.**
 Time **.1 - 4pm**

NATURAL WEIGHT LOSS

Often works when nothing else will! Overweight? Addicted to food such as chocolate, soft drinks or sweets? If you are serious about gaining control over food cravings, losing weight and getting rid of stress and emotions that can lead to overeating, this class is for you. Requires no drastic dieting! This is a support group for people who want to lose weight and for people who want to gain control over their food choices. Come join us and bring your favorite food for a life altering evening!

Day **Thurs.**
 Time **6:30 – 7:30pm**
 Fee **Free**

EXERCISE CLASSES

STRETCH AND TONE

Stretch and tone your body using various choreographed routines.

Session..... Mon., Wed., & Fri.
Time..... 8 - 9am
Fee..... \$12/month
Instructor..... Cherrie Lewallen

YOGA

Yoga develops strength, flexibility and stamina in the body. It also creates focus and clarity in the mind, while releasing tension and stress. Bring your mat. Yoga blocks and strap are optional but occasionally used. Each class is taught by Janet Parachin and is \$25/month for one day, \$48/month for two days. \$8 drop in fee per class.

Session 1..... Tues.
Time..... 8:30 - 9:30am

Session 2..... Thurs.
Time..... 8:30 - 9:30am

Session 3..... Tues.
Time..... 6:30 - 7:25pm

ZUMBA

Zumba embraces all the fundamental principles of fitness, the extraordinary secret behind Zumba is how magically motivates the body to efficiently burn calories, tone all muscle groups, incorporate full range of motion, and improve the cardiovascular system. Zumba dances seamlessly flow from one move to the next. Rhythms include Salsa, Merengue, Samba, Belly Dancing, Cumbia, Flamenco, Reggaeton, and many more.

Sessions..... Mon., Thurs.
Time..... 6 - 7pm
Fee..... Single class: \$5 or a Punch Card: 8 classes for \$28
Instructor..... Christy Hays

Session..... Sat.
Time..... 10 - 11am
Fee..... Single class: \$5 or a Punch Card: 8 classes for \$28
Instructor..... Christy Hays

BASIC BELLY DANCE CLASS

Contour your body and bolster your spirit with Basic Belly Dance. Learn to move in ways you never imagined. Curious? Novice? Dedicated? All are welcomed.

Session 1..... Tues.
Time..... 1:30 - 3pm
Fee..... \$30/8 classes or \$5/class

Session 2..... Wed.
Time..... 7:30 - 9pm
Fee..... \$30/8 classes or \$5/class
Instructor..... Marva

65+ EXERCISE

Enjoy low impact exercises. Exercises will use weights, resistance bands, and chairs. This class will work on strength for the upper and lower body and help to improve balance and flexibility

When..... Mon., Wed., & Fri.
Time..... 10:30 - 11am
Ages..... 65+
Fee..... \$8/month

TAI CHI

Tai Chi is an internal martial art practiced for health purposes as well as for it's martial arts aspects. It promoting flexibility and balance. Classes will be composed of warm-ups using gentle stretching and Chi Kung (breathing exercises) followed by form movements and a cool-down of more Chi Kung breathing.

Session..... Sat.
Time..... 10 - 11am
Fee..... \$60
Instructor..... Joyce Gossom

TAI CHI CHIH

Learn how to de-stress, energize your life, and create the emotional balance you want. Tai Chi Chih consists of 20 gentle, easy-to-learn movements that help bring about physical, mental, emotional, and spiritual well-being. Specific benefits include better physical balance and concentration, improved immune system, increased bone density and a decrease in blood pressure, pain, and symptoms of arthritis. Tai Chi Chih is a contemporary Qigong-like discipline based on oriental Chi theory and principles - not a martial art. Certified instructors Barbara Dinehart and Mary Cameris will co-teach this class. Contact Barbara at 499.1441.

Session 2..... Wed., On-going
Time..... 6 - 7pm
Fee..... \$40/month

GOLF STRENGTH AND CONDITIONING FOR SENIORS

This is an exercise class for golfers who want to improve core body strength and flexibility. This class will increase the length of your life and your drive.

When..... Mon. & Wed.
Time..... 11:10am - Noon
Fee..... \$25/month
Instructor..... Jordan Doak

BABY BOOT CAMP

A premier fitness class that helps expectant women and new moms get fit and spend time with their babies. Dads, grandparents and caretakers are always welcome. To register for this class call Elizabeth at 918.269.9782, or email elizabeth.hazel@babybootcamp.com

Session..... Tues.
Time..... 6 - 7pm
Fee..... \$25/month

lafortune park golf course



LAFORTUNE PARK GOLF COURSE
5501 South Yale Avenue | Tulsa, OK 74135
P: 918.469.6200 | F: 918.496.1869

PGA Director of Golf: Patrick L. McCrate
patrick@lafortuneparkgolf.com
PGA Head Golf Professional: Christopher L. Jarrett
chris@lafortuneparkgolf.com
www.lafortuneparkgolf.com

LaFortune Park Golf Course offers two 18-hole courses. Our Championship course with four sets of tee's provides a challenge for all players. Lush Bermuda fairways and undulating bent grass greens rank LaFortune Park Golf Course as a favorite in the state. Our lighted 18-hole par-3 course offers golf for an unbeatable price and gives you the opportunity to work on your game long after the sun has gone down. It is a great way to beat the heat, sharpen the short game, and enjoy an evening under the lights.

PGA Director of Golf, Patrick L. McCrate and PGA Head Golf Professional, Chris Jarrett utilize the best in classic and new golf instruction techniques using the Vector Launch monitor and the V1 Digital Coaching Software, and their instruction is state of the art. If you're looking to improve or have a question, talk with our pros. It could be the best thing you ever do for your golf game. Individual instruction, corporate clinics, group lessons and schools are also available and can be catered to your specific needs. With three Class A PGA Professionals and five assistant golf professionals, we're sure to get you in the game!

If you have friends that have never played we are proud to roll out the newest instructional program from the PGA of America - Get Golf Ready! This is a five day introduction to the game designed to get you on the course as soon as possible. Register on-line.

WE ARE CLOSED DURING THE FOLLOWING HOLIDAYS:

New Year's Day Jan. 1
Thanksgiving Day Nov. 25
Christmas Day Dec. 25

ORGANIZATIONS

JOINT SOUTH LAKES AND LAFORTUNE GOLF ASSOCIATIONS:

Senior Men's Golf League for 60+ meets Mondays, Wednesdays and Fridays to play the Tulsa County courses rotating between LaFortune & South Lakes. See website for information.

Women's 18-hole Golf Association meets Thursdays to play the Tulsa County courses rotating between LaFortune & South Lakes. Contact Patricia Walker: 742.2743

Women's 9-Hole Golf Association meets Thursdays to play the Tulsa County Courses rotating between LaFortune & South Lakes. Contact Gail Eshom: 296.0414

GET GOLF READY

Learn to play golf in 5 days! Register online at playgolfamerica.com

When May 10-14 & 24-28
Time 5:30-6:30pm
Fee \$99

LAFORTUNE PARK JUNIOR GOLF CAMPS

5 : 1 student to teacher. No equipment needed. Tennis shoes allowed. Instructed by LaFortune Park golf professional staff, ORU players and coaches. Call the pro shop for details. Visit our website to register.

Session 1 June 7-10
Session 2 June 24-28
Session 3 July 5-8
Session 4 July 19-22

Ages 6-8 8-9:15am
fee \$85
Ages 9-11 9:30-10:45am
fee \$95
Ages 12-17 11am-12:15pm
fee \$105

PGA FREE LESSON MONTH-MAY

10-minute free lessons with a member of the LaFortune Park teaching staff. Visit our website for details.

TULSA GOLF ASSOCIATION-CITY CHAMPIONSHIPS

The best amateur golf in the greater Tulsa Area (flighted). Register at tulsagolfassociation.com

When June 26-27

FAMILY GOLF-KIDS PLAY AND EAT FREE!

When Every Wednesday in June, July & Aug.
Time All day

When playing with a paying adult, kids 16 & under play free on the Par3 Course and eat free in the grill. Call the pro shop for details.

LADIES NIGHT

When Thursday Nights-June, July & August
Time 5:45pm

Two separate groups offering clinics, golf and a social hour. Professional instruction and great networking for beginners /experienced players. Call the pro shop for details. Limited availability.



LAFORTUNE TENNIS CENTER
5302 South Hudson Avenue | Tulsa, OK 74135
P: 918.496.6230

Director: Melissa McCorkle | meltennis@att.net
www.lafortunetennis.com

LaFortune Tennis Center has numerous activities to offer; tennis camps, private and group lessons, USTA league tennis, non-competitive recreational leagues, open public drills/clinics for all levels, 20 tournaments (USTA & social), Junior tennis, and facility usage for area schools.

Currently the LaFortune Tennis Center has 21 lighted outdoor courts, with plans to build 3 indoor courts and a new clubhouse. The Tennis Center is open from March – November. Adult drills are held year-round dependent upon the weather. Everything you need to know about LaFortune Tennis Center can be found at their website, www.lafortunetennis.com

2010 TOURNAMENTS

May 1	Satellite Circuit
May 21	USTA MV Futures
May 28	USTA MV 12s Team Event
June 1	Tulsa World Jr.
June 3	Tulsa World Adult
June 11	USTA MV Super
June 18 – 20	District Public Park Jr & Adult
July 9	Outdoor Futures
July 20	Satellite Circuit
July 21	Tulsa Jr. Open
July 23	Tulsa Adult Open
August 7	Satellite Circuit
August 12	Summer Section Championships
September 10	MV Outdoor Futures
September 18	CTC All Star Event
September 25	Satellite Circuit

ADULT TENNIS

INTERMEDIATE & ADVANCED ADULT DRILLS*

Mon / 5p - 6p	\$5
Tues / 6p - 7p	\$5
Weds / 9a - 10a	\$5
Thurs / 6p - 7p	\$5
Sat / 10a - 11:30a	\$10
Sun / 3p - 4p	\$5

Call 496.6230 for cancellation recording if weather is questionable. If no cancellation is on machine, then drill will take place. No registration or sign-up needed. Just show up! *(There must be at least 4 players for the \$5 rate. If less than 4 players, then the BUILD-A-DRILL rate applies.)

BUILD-A-DRILL

1 hour drill (Please call LTC to schedule.)
 Players / Cost per player

2	\$20
3	\$13
4	\$10

5	\$8
6	\$7
7	\$6
8+	\$5

ADULT GROUP BEGINNER & GROUP INTERMEDIATE LESSONS

Mon / 6p - 7p - (Intermediates & Beginner players)
 Thurs / 10a - 11a (Beginner players only!)
 Six Sessions - \$60
 We will prorate for late-comers! Call LTC for adjusted fee.
 Registration required.

JUNIOR TENNIS

JUNIOR TEAM TENNIS

USTA Jr. Team Tennis brings kids together in teams to play singles, doubles and mixed doubles against other teams. It promotes social skills and important values by fostering a spirit of cooperation and unity, as well as individual self-growth. Also, it's a fun environment for kids in which they learn that succeeding is really more about how they play the game – win or lose.

HOW DOES IT WORK?

USTA Jr. Team Tennis is designed for kids ages 5-18. They are immediately placed on teams. All you need to start a league are two teams. Matches can be held anywhere from a local park or school to a commercial or private club. Teams are preferably co-ed but can also be single gender (boys only or girls only). They are divided by the following age and play levels:

Age Groups U18, U16, U14, U12, U10 and U8 (U=Under)
Play Levels Beginner, Intermediate, Advanced

TENNISLINK

All players have access to TennisLink, the USTA's online player registration system. TennisLink allows registered players to keep track of their records and stats, as well as scout their competition. Whether on the court or online, USTA Jr. Team Tennis builds a passion for a sport kids will be able to play for life.

USTA

You must be a member of USTA to participate.

COSTS

There is a \$35 fee to participate in Jr. Team Tennis at LaFortune Tennis Center. This does not include your USTA membership. Fee includes costs for the official uniform, plus nominal shipping and processing fees.

You can still register on our website for Jr. Team Tennis, even if you have not registered with USTA.

Please make sure you get registered with USTA, bring us your membership number and pay for fees before you begin play.

JUNIOR GROUP LESSONS

Beginner Ages 5+ Tues./Thurs. 4p-5p
 Intermediate Ages 10+ Tues./Thurs. 5p-6p
 \$60/month-Tues. & Thurs. or \$10/lesson
 Registration & fee due first day of class
 Players must email us for availability prior to registering.
 Registration required.

o'brien park and recreation center



O'BRIEN PARK AND RECREATION CENTER
6149 N. Lewis Avenue | Tulsa, OK 74130
P: 918.591.6008 | obrienrec@tulsacounty.org

Activities Director: Linda Taylor
Recreation Leader 2: Jimmie S, Foster, Jr.
Recreation Leader 1: Nolan Richardson, III
Area Maintenance Supervisor: Reuben Boxley

Known for its tranquility and peace, O'Brien Park provides patrons with a weight room, baseball fields, indoor & (2) outdoor basketball courts, tennis courts, outdoor (summer season) swimming pool, in addition to an easy walking/jogging path. The park also maintains two picnic shelters, playground equipment, grills, and open green spaces. The center has space available for groups, organizations, reunions, parties and meetings. Shelters may be reserved 7 days a week by calling the Parks Office.

RECREATION CENTER OPERATING HOURS

Mon., Weds., & Fri. 8am - 6pm
Tues., & Thurs. 8am - 8pm
Sat. & Sun. Closed

CLOSED FOR HOLIDAYS

Memorial Day May 31
Independence Day July 5
Labor Day Sept. 6

Call our offices at 591.6008 to register and/or inquire about all of the activities listed here.

FACILITIES

Weight Room- The center has free weights and multi-sport 5000 weight machine. Must have valid driver's license or ID to sign in. Fee is \$1 per visit or \$15 per month.

ORGANIZATIONS

500 MILE CLUB

Will you walk, jog or bicycle 500 miles in three months? Go at your own pace. Tips and charts available.

N.A.Y.S.(NATIONAL YOUTH SPORT COACHES ASSOCIATION)

The N.A.Y.S. training sessions promote their attitude of making youth sports fun for kids. A \$1,000,000 liability insurance policy and specific sports training video are some of the benefits of being a certified coach. Cost per clinic is \$20 per coach.

O'BRIEN EDUCATION & ADVISORY BOARD

A planning and advisory board for O'Brien Recreation Center.

O'BRIEN QUILTING CLUB

This club meets Mondays and Wednesdays from 1-3pm.

P.A.Y.S. (PARENTS ASSOCIATION FOR YOUTH SPORTS)

Developed to help youth leagues to provide the best possible sports experience for young people and children.

TURLEY COMMUNITY ASSOCIATION

Get involved in your community. Meetings are held on the last Tuesday of the month at 7pm.

SENIOR VAN TOURS 55*

Join us for educational and exciting excursions. Call Linda Taylor; 591.6008.

SPOT (SAVING PETS OF TURLEY)

Please join us for this important cause! For more information contact Bob Cooper, Jr. 794.4637.

WHEELCHAIR BASKETBALL

Competitive team play for persons with permanent physical limitation. Contact Larry Salyers 835.6381.



YOUTH ACTIVITIES

SUMMER DAY CAMP

Session June 7 - Aug. 6
BASIC Camp 9am - 4pm
Cost \$25/week plus \$5 field trip fee per child

Breakfast with Nature 7:30 - 9am
Cost \$15/week per child

Aftercare Wed., 4 - 5:30pm
Cost \$5/child

TEAM USA CHEERLEADING

Learn cheer, chants and pom routines.

Session..... May 4-Aug. 24
Day..... Tues.
Time..... 6 - 6:45pm
6:45 - 7:30pm
Ages..... 4 - 6
Fee..... \$5/child per lesson

TEAM USA SELF DEFENSE

Promotes safety awareness, self-discipline, physical fitness, self confidence and its a lot of fun!

Session..... May 4 - Aug. 24
Day..... Tues.
Time..... 6 - 7:30pm
Ages..... 7+
Fee..... \$5/child per lesson
Instructor..... J. Teegarden, Team USA

YOUTH BASEBALL

O'Brien League. Fall league begins in August. Ages 8 to high school. Contact: Jim Mull, 446.0508

TEACH-A-READER

Includes writing, some Math, English course help, adjectives, adverbs, sentence structure. By appointment only. Instructor Jimmie S. Foster, Jr.

ADULT ACTIVITIES

CERAMICS

You pour, paint and fire your very own holiday creations.

Session..... June 2 - Aug. 25
Day..... Wed.
Time..... 11am - 1pm

LET'S JOURNAL

Creative writing to open emotions and your mind. This can be the beginning of awareness and expressions through writing.

Session..... June 1 - Aug. 24
Day..... Tues.
Time..... 5 - 5:30pm

OIL PAINTING

Enjoy creating your work, leisure expression for the painters. Facilitator Jimi Lou Pryor.

QUILTING

Learn this traditional craft of quilting pieces and sewing. No experience necessary. (This activity is year-round)

Session..... June 2 - Aug. 25
Day..... Mon. & Wed.
Time..... 1-3pm

RHYTHMIC AEROBICS FOR SENIORS

Session..... June 1- Aug. 30
Day..... Tues. & Thurs.
Time..... 9:30 - 11am
Fee..... \$5/month
Age..... 55+

WATER WORKS

Tone your body with a refreshing workout in the water. Swimming skills are not required. For ages 55+. Please call for more information.

Session..... June 1 - Aug.
Day..... Mon., Tues., Thurs. & Fri.
Time..... 11am - Noon

WEIGHT TRAINING

Tone, firm and define muscles using weight machines and isometric exercises. Emphasis on warm-up and stretching. By Appointment only.

WHEELCHAIR BASKETBALL

Competitive team for persons with any physical limitation. Wheelchair basketball at its best!

Session..... June 3-Aug.26
Day..... Thurs.
Time..... 6 - 8pm

SENIOR ACTIVITIES

BADMINTON

Session..... June 1-Aug. 24
Day..... Tues.
Time..... 11am-12:30pm

BASKETBALL

Session..... Begins June 7
Day..... Mon.
Time..... 9:30-10:30am

EIGHT BALL

Pool table use for seniors.

PICKLEBALL

Session..... June 3-Aug. 26
Day..... Thurs.
Time..... 11am-12:30pm

SHUFFLEBOARD

Session..... Begins June 7
Day..... Wed.
Time..... 9:30-10:30am

TENNIS

Session..... June 7-Aug. 23
Day..... Mon.
Time..... 9:30-10:30am

WATER WORKS

Session..... June 1-Aug. 27
Day..... Mon., Tues., Thurs. & Fri.
Time..... 11am-Noon
Fee..... \$10/month or \$2/class
55+ \$5/session

WOMEN ON WEIGHTS

Session..... By appointment
Age..... 55+
Call for more information.

SPECIAL EVENTS

JUNETEENTH GARDENING EVENT

Join us for a Whole Foods Week and learn about sustainable products, fitness & food.

NAYS COACHES CERTIFICATION CLINICS

Call and register the week before scheduled clinic.

Basic and Flag Football..... Aug. 19 & Sept. 9
Basic Cheerleading..... Aug. 26 & Sept. 16
Basic and Tackle Football..... Aug. 12 & Sept. 16
Time..... 6 - 9pm
Cost..... \$20 per coach

THE NEW TURLEY RESOURCES CENTER

Need help? Got problems? Maybe we can get you connected with the right place, at A Third Place Community Center, 6145 N.Peoria Ave. 794.4637.

Coordinator..... Ron Robinson
Day..... Tues.
Time..... 1 - 4pm
Day..... Fri.
Time..... 9am - noon

*“Doing Small Things With Great Love To Change Lives
And Our Community”*

Free library & Wi-Fi internet center & bargain room & more. A safe place to relax, chat, read, connect with others and the community, surf the net, read the newspaper, play chess and games, watch cable tv, free swap fi<6 items, recycle, listen to music, look at art. The Third Place Community Center, 6145 N.Peoria. Do you need a doctor? is the fear of the cost keeping you away? insured and uninsured are welcome, call 660.3614 for an appointment.



o'brien golf training center



O'BRIEN GOLF PRACTICE & TRAINING CENTER
6201 North Lewis Avenue | Tulsa, OK 74130
P: 918.591.6047 | F: 918.591.6049

Golf Director: Ernie Lanini | obriengolf@tulsacounty.org

The O'Brien Golf Training Center was constructed by Vision 2020 funds as approved by the voters of Tulsa County and commissioned through the Tulsa Board of County Commissioners. The facility opened in the fall of 2006, with the goal of serving North Tulsa County by providing a facility at a fair price for people to learn and improve their skills in the game of golf. The facility provides a non-intimidating environment for golfers of all ages and skill levels. Group lessons are available for the beginning golfer, as well as a number of golf camps for junior golfers ages 8-17. Introductory clinics are available for players of every age group and level. Individual lessons can be scheduled by calling the golf shop.

O'Brien has a three-hole layout with 14 tee box locations incorporating par 3's, 4's and a par 5. The driving range has an elevated tee box of over an acre of real grass (no mats). Additionally there is a practice bunker, chipping target green and a large putting green. The entire facility is surrounded by three lakes and a stream that all come into play. Take advantage of our "combo special" and receive a bucket of balls for the driving range and play three holes for only \$5. There is an air-conditioned club house where beverages and snacks are available.

O'Brien Golf Training Center believes that a proper introduction to the game of golf has the potential to positively impact the life of a child long-term. Our facility implements "no child turned away", regardless of their financial circumstances.

Qualified on-site golf instructor is available.

OPERATING HOURS:

Monday-Friday Noon until 1 hour before sunset
Saturday-Sunday 10am until 1 hour before sunset

Services available at no cost to players include:

ADULTS

Weekly scheduled evening clinics for adults (in-season).

JUNIORS

Monthly scheduled Kid's Clinics lasting 4-5 days each (in-season).

During the school year, clinics (and sometimes transportation) are provided for elementary/middle school age students from public schools in Tulsa County by request. Some of the schools serving some of Tulsa's most economically disadvantaged children have participated and some have developed on-going programs.

Many Junior High and High School golf programs use O'Brien as their practice facility.





SOUTH LAKES GOLF COURSE
9253 South Elwood Road | Jenks, Oklahoma 74037
P: 918.746.3760 | F: 918.299.0178

PGA Director of Golf: Patrick L. McCrate | patrick@southlakesgolf.com
PGA Head Professional: Paul Ridings | paul@southlakesgolf.com
www.southlakesgolf.com

South Lakes Golf Course is located in the Tulsa suburb of Jenks, Oklahoma. The course designed by Oklahoma native, Randy Heckenkemper, opened in 1989 and has become one of the most popular public golf courses in the area. In addition to an 18-hole layout, there is a driving range, putting greens and chipping green with 6 scenic ponds. Book a tee time at www.PlayTulsa.com or call the proshop directly for reservations and green fee information. Visit our website for more detailed information. No golf workshop, school, clinic or individual lesson will take you beyond the skill and experience of the instructor. We have assembled a team of instructors that is unparalleled in the area. They continue to test their skills each week and do their utmost to utilize the best in classic and new golf instruction techniques. Visit our full-service pro shop, talk to one of our pros then grab a bite to eat in our clubhouse grill.

WE ARE CLOSED DURING THE FOLLOWING HOLIDAYS:

New Year's Day **Jan. 1**
Thanksgiving Day **Nov. 25**
Christmas Day **Dec. 25**

ORGANIZATIONS

South Lakes Association for Men B.Fisher@valornet.com or call the golf shop.

JOINT SOUTH LAKES AND LAFORTUNE GOLF ASSOCIATIONS:

Senior Men's Golf League for 62+ meets Mondays, Wednesdays and Fridays to play the Tulsa County courses rotating between LaFortune & South Lakes.

Contact Jim Proszek 524.0411

Women's 18-hole Golf Association meets Thursdays to play the Tulsa County courses rotating between LaFortune & South Lakes.

Contact Patricia Walker 742.2743

Women's 9-Hole Golf Association meets Thursdays to play the Tulsa County Courses rotating between LaFortune & South Lakes.

Contact Gail Eshom 296.0414

OPERATING HOURS

6am - 6pm (closed major holidays)

COUPLES NIGHT

Call the Pro Shop to sign up. Fee includes greens fees, cart, range, drinks and prizes.

When **Fridays, May 7-June 25**
Time **5:30pm**
Fee **\$60/couple**

GEORGE PHILLIPS MEMORIAL JUNIOR TOURNAMENT

Contact South Central Section Junior Tour 357.3332 or call the Pro Shop.

When **Tues., June 29**

SOUTH LAKES PARENT/CHILD TOURNAMENT

Contact South Central Section Junior Tour 357.3332 or call the Pro Shop.

When **Sat., July 17**

FREE LADIES CLINIC

Sign up at playgolfamerica.com

When **Sat., June 12**
Time **1pm**

JENKS TROJAN JUNIOR CAMP

Contact Jenks Athletic Department 299.4415 ext. 2214 or Coach Bill Roller 299.0476

Session 1 **June 1-4**
Ages **Grades 3-6**
Time **8-10am**
Fee **\$80**

Session 2 **June 7-10**
Ages **Grades K-2**
Time **8-10am**
Fee **\$80**

Session 3 **June 7-10**
Ages **Grades 7-12**
Time **10:30am-12pm**
Fee **\$80**

PGA FREE LESSON MONTH-MAY

10-minute free lessons with a member of the South Lakes teaching staff. Visit our website for details.

BIXBY COMMUNITY CENTER

211 N. Cabaniss • Bixby, OK 74008
P: 918.366.4841 • F: 918.366.4842
bixby@tulsacounty.org

CHANDLER PARK COMMUNITY CENTER

6500 W. 21st St. • Tulsa, OK 74107
P: 918.591.6053 • F: 918.591.6050
chandlerrec@tulsacounty.org

SOUTH COUNTY RECREATION CENTER

13800 S. Peoria Ave. • Bixby, OK 74008
P: 918.746.3780 • F: 918.746.3783
southcountyrec@tulsacounty.org

HAIKEY CREEK PARK

11327 S. Garnett Ave. • Broken Arrow, OK 74011
P: 918.369.5998 • F: 918.369.5968
dmaxville@tulsacounty.org

LAFORTUNE PARK GOLF COURSE

5501 S. Yale Ave. • Tulsa, OK 74135
P: 918.496.6200 • F: 918.496.1869
www.lafortuneparkgolf.com

LAFORTUNE TENNIS CENTER

5302 S. Hudson Ave. • Tulsa, OK 74135
P: 918.496.6230
www.lafortunetennis.com

BUDDY LAFORTUNE COMMUNITY CENTER

5202 S. Hudson Ave., Ste. A • Tulsa, OK 74135
P: 918.496.6220 • F: 918.496.6222
lafortunerec@tulsacounty.org

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