

OKC PARKS & RECREATION

ADULT & YOUTH ATHLETICS GUIDE



COME PLAY WITH US!



OKC PARKS

SUMMER 2021 ATHLETICS GUIDE

OKC Parks is located at 420 W Main St. Suite 210,
Oklahoma City, OK 73102.
Monday - Friday 8.00am - 5.00pm.
For more information please call (405) 297-3882

HOW TO READ CLASS LISTING

Course Registration ID Number	Class Location	Number of Classes	Age	Start Date	Class Day	Class Time	Class Fee
Event ID	Location	Classes	Ages	Begins	Day	Time	Fee
12345	Melrose	4	4-5	9/9	M	11a-11:45a	\$10
54321	Schilling	1	6-12	9/12	Th	4p-8p	\$5



OKC PARKS

VISION

OKC Parks seeks to inspire our community to explore, learn, play and grow.

MISSION

OKC Parks provides cultural, social and recreational experiences to our community so they can have the opportunity to cultivate wellness and enjoy a healthy lifestyle.

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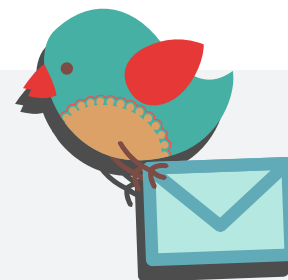
OKC Parks: facebook.com/OKCParks
Martin Park Nature Center: facebook.com/martinparkokc
Will Rogers Gardens: facebook.com/willrogersgardens



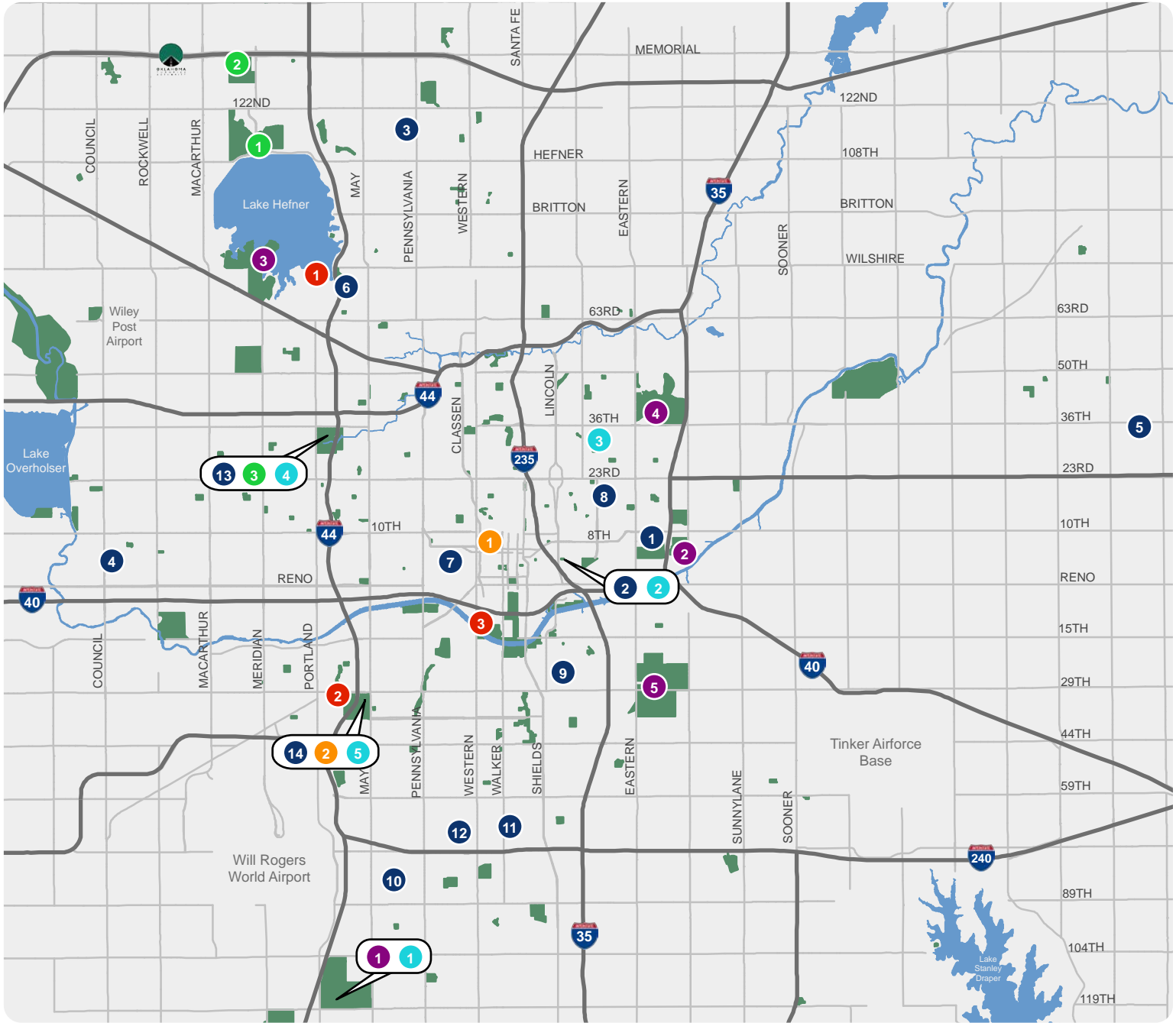
OKC Parks: @okcparks
Martin Park Nature Center: @martinparkokc



OKC Parks: @okcparks



FACILITY LOCATIONS



- Recreation Centers
- Gymnasiums
- Aquatics Facilities
- Nature Programs
- Baseball/Softball Facilities
- Golf Courses

- 1 Douglass Recreation Center**
900 N Frederick Douglass Ave, OKC 73117
(405) 297-1416
- 2 Foster Recreation Center**
614 NE 4th St, OKC 73104
(405) 297-1424
- 3 Macklanburg Recreation Center**
2234 NW 117th St, OKC 73120
(405) 297-1428
- 4 Melrose Recreation Center**
7800 Melrose Ln, OKC 73127
(405) 297-1431
- 5 Minnis Lakeview Recreation Center**
12520 NE 36th St, OKC 73084
(405) 297-1432
- 6 NW Optimist Performing Arts Center**
3301 NW Grand Blvd, OKC 73116
(405) 297-1437
- 7 Pilot Recreation Center (Closed)**
1435 NW 2nd St, OKC 73106
(405) 297-1438
- 8 Pitts Recreation Center**
1920 N Kate Ave, OKC 73111
(405) 297-1440
- 9 Schilling Recreation Center**
539 SE 25th St, OKC 73129
(405) 297-1442
- 10 Sellers Recreation Center (Closed)**
8301 S Villa Ave, OKC 73159
(405) 297-1445
- 11 Southern Oaks Recreation Center**
400 SW 66th St, OKC 73139
(405) 297-1449
- 12 Taylor Recreation Center**
1115 SW 70th St, OKC 73139
(405) 297-1460
- 13 Will Rogers Senior Center (WRSC)**
3501 Pat Murphy Dr, OKC 73112
(405) 297-1455
- 14 Woodson Senior Center**
3401 S May Ave, OKC 73119
(405) 297-1459
- 1 Johnnie L. Williams Municipal Gymnasium**
720 NW 8th St, OKC 73102
- 2 Woodson Gymnasium**
3403 S May Ave, OKC 73119
- 1 Earlywine Family Aquatic Center**
3101 SW 119th St, OKC 73170
(405) 297-1418
- 2 Foster Indoor Pool**
614 NE 4th St, OKC 73104
(405) 297-1423
- 3 Northeast Pool**
1226 NE 33rd St, OKC 73111
(405) 297-1436
- 4 Will Rogers Family Aquatic Center (WRFAC)**
3201 N Grand Blvd, OKC 73112
(405) 297-1451
- 5 Woodson Pool**
3405 S May Ave, OKC 73119
(405) 297-1458
- 1 H.B. Parsons Fish Hatchery**
10940 N Meridian Ave, OKC 73120
(405) 297-1426
- 2 Martin Park Nature Center**
5000 W Memorial Rd, OKC 73142
(405) 297-1429
- 3 Will Rogers Gardens (WRGX)**
3400 NW 36th St, OKC 73112
(405) 297-1392
- 1 Stars & Stripes Park**
3701 S Lake Hefner Dr, OKC 73116
- 2 Wendel Whisenhunt Sports Complex**
3200 S Independence Ave, OKC 73119
- 3 Wheeler Park**
1120 S Western Ave, OKC 73108
- 1 Earlywine Golf Club**
11600 S Portland Ave, OKC 73170
(405) 691-1727
- 2 James E. Stewart Golf Course**
824 Frederick Douglass Blvd, OKC 73117
(405) 424-4353
- 3 Lake Hefner Golf Course**
4491 S Lake Hefner Dr, OKC 73116
(405) 843-1565
- 4 Lincoln Park Golf Course**
4001 NE Grand Blvd, OKC 73116
(405) 424-1421
- 5 Trospen Golf Course**
2301 SE 29th St, OKC 73129
(405) 677-8874

DROP-IN ATHLETICS

18+



Drop-In Basketball

Drop-in Basketball is for those who love the game. We set aside these dates and times to cater to anyone who wants to find a place to play. Whether you have a group and want to play some pick up games, need a place to practice your skills or just want get in a good aerobic workout, this is the place for you.

Fee: \$2 drop-in - 18+
Free - 17 and under

ID	Location	Starts	Day	Time
35186	Municipal	3/2	T-F	3:30p-5:30p
36855	Municipal	4/1	T-F	3:30p-5:30p
36857	Municipal	5/4	T-F	3:30p-5:30p
35245	Woodson	3/2	T-F	3:30p-5:30p
36859	Woodson	4/1	T-F	3:30p-5:30p
36860	Woodson	5/4	T-F	3:30p-5:30p

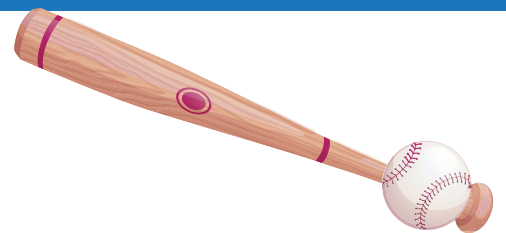
Drop-in Pickleball

Join the growing number of people playing Pickleball, the fun sport played with a paddle combining elements of badminton, tennis, and table tennis. The sport offers aerobic exercise without being as strenuous as other racquet sports. The play for doubles or singles will be indoors on the badminton-sized court. Beginners are welcome and can borrow a paddle or bring their own.

ID	Location	Starts	Day	Time	Fee
35307	Woodson	3/2	T-F	12p-3p	\$2 Drop-in
36862	Woodson	4/1	T-F	12p-3p	\$2 Drop-in
36864	Woodson	5/4	T-F	12p-3p	\$2 Drop-in
35404	Municipal	3/2	T/F	12p-3p	\$2 Drop-in
36866	Municipal	4/1	T/F	12p-3p	\$2 Drop-in
36868	Municipal	5/4	T/F	12p-3p	\$2 Drop-in

ADULT ATHLETICS | 18+

BASEBALL



Adult Men's Baseball - Competitive

The adult competitive baseball league is a truly unique program allowing competitive baseball players to continue to play the game that they love. Teams will play doubleheaders on Saturdays or Sundays with games lastly approximately three hours. Game length will be 7 innings and umpire fees will be \$10/inning, which are paid directly to the umpires at game time. The season will consist of a 14-game schedule (doubleheaders), followed by a double elimination end of the year championship tournament.

ID	Location	Starts	Games	Day	Time	Fee
36354	WWSC	5/15	14	Sa-Su	9a-9p	\$900/team

Registration Deadline: April 19th

ADULT ATHLETICS | 18+

BASKETBALL



Adult Summer Basketball League - Recreational

Do you want to get on the court while having fun with friends? This recreational basketball league is for you! The season will consist of a 7-game schedule with a single-elimination tournament to follow. We have a maximum of 8 teams, so do not miss out on this season!

Event ID	Games	Begins	Day	Time	Cost
36832 - Men's	7	6/19	Sa	5p-9p	\$350/team
36831 - Women's	7	6/18	F	6p-10p	\$350/team

Adult Summer Basketball League - Competitive

If you are a true Hooper, this is the league for you! This league is for the more competitive player that wants top notch competition. Teams will play a 7-game regular season, followed by a single-elimination championship tournament. We have a maximum of 8 teams so do not miss out on this season!

Event ID	Games	Begins	Day	Time	Cost
36833 - Men's	7	6/19	Sa	1p-5p	\$350/team
36834 - Women's	7	6/20	Su	2p-6p	\$350/team

Location: Municipal Gym
Registration Deadline:
May 28th, 2021

OKC 3 Adult Basketball League

Are you a basketball player looking for new and fun ways to participate in basketball? OKC Parks and Rec is excited to announce our first OKC 3 Basketball League. Teams will play 14 games (two games a night). The season will be 7 weeks plus a single elimination tournament. Games will be played to 21 with a 30-minute time limit.

Event ID	Games	Begins	Day	Time	Cost
36835 - Men's	14	6/9	W	6:30p-10:30p	\$280/team
36836 - Women's	14	6/10	Th	6:30p-10:30p	\$280/team

Location: Woodson Gym
Registration Deadline:
May 24th, 2021

ADULT ATHLETICS | 18+

FUTSAL

Adult Summer Futsal Leagues **NEW!**

This league is for individuals 18+ who want to continue to play soccer at a competitive level. Teams will play a 7-game schedule, followed by a single elimination playoff based on the total number of points accumulated in the season. Referee fees are included in the registration fee.

Event ID	Games	Begins	Day	Time	Cost
36932 - Men's	8	6/13	Su	1p-7p	\$400/team
36931 - Women's	8	6/12	Sa	1p-7p	\$400/team

Location: Woodson Gym
Registration Deadline:
May 24th, 2021

SOFTBALL

All Games played at Wheeler Park
 Umpire fees are included in the registration fee.
Registration Deadline: May 24th, 2021

Singleheader

The summer coed singleheader leagues play an 8-game schedule, followed by a single elimination championship league tournament.

Event ID	Games	Begins	Day	Time	Fee
36838	8	6/7	M	6:30p-10:30p	\$350/team

Wednesday Metro Business League Singleheader

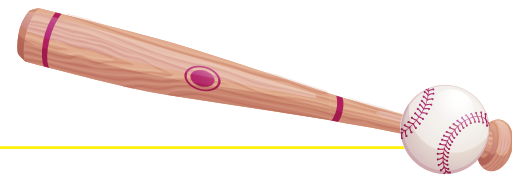
The OKC Metro Business League was created to allow employees from metro businesses an opportunity to play coed, slow pitch softball with fellow employees from work! We would like to invite all city departments, state agencies and metro businesses to form a team to compete against other OKC metro businesses. League will consist of an 8-game schedule, followed by a single-elimination championship playoff tournament.

Event ID	Games	Begins	Day	Time	Fee
36839	8	6/9	W	6:30p-10:30p	\$350/team

Doubleheader

The summer doubleheader league will play a 16-game schedule, followed by a single elimination championship tournament.

Event ID	Games	Begins	Day	Time	Fee
36840	16	6/8	T	6:30p-10:30p	\$650/team - Women's
36841	16	6/10	Th	6:30p-10:30p	\$650/team - Coed
36842	16	6/13	Su	5p-10p	\$650/team - Men's



Five Inning Friday's Coed Doubleheader

The summer "Five Inning Fridays" will consist of a 16-game scheduled, followed by a single elimination championship league tournament. Each game will consist of five (5) innings, no time limit. At the end of five innings, the game is over. If the game is tied at the end of five innings, there will be only one (1) extra inning.

Event ID	Games	Begins	Day	Time	Fee
36843	16	6/11	F	6:30p-10:30p	\$650/team

Sunday Coed Draft Doubleheader

Do you enjoy adult slow-pitch softball, but do you not have a full team to register? If so, we have the league for you! The 2021 summer adult draft softball league will form teams by pulling individual names out of a hat until each team has a full roster. This is a coed, low rec league, where the overall goal is to have fun, meet new people, and of course, play softball. Teams are responsible for game balls and uniforms.

Event ID	Games	Begins	Day	Time	Fee
36844	16	6/13	Su	12p-5p	\$45/player



ADULT ATHLETICS | 18+



Men's Flag Football **New!**

Does your team have what it takes to be the champion of the gridiron? Find out this summer at Wendel Whisenhunt Sports Complex. This contact on the line flag football league will be 8v8 (roster max 12). The season will consist of 7 games plus a single elimination tournament.

ID	Location	Starts	Day	Time	Fee
36837	Edwards	6/7	M	6:30p-10:30p	\$630/team

Registration Deadline: May 24th, 2021

Summer Pickleball League

Each league will be comprised of 12 players who will play nine games in 90 minutes across three courts. Matches will consist of three games to 15 points using rally scoring (receiving or serving side will make a point). Player rankings will be based on individual winning percentage.

ID	Location	Starts	Day	Time	Fee
36933	Woodson	6/8	T	6:15p-7:45p	\$35/individual
36937	Woodson	6/8	T	8p-9:30p	\$35/individual
36939	Woodson	6/10	Th	6:15p-7:45p	\$35/individual
36972	Municipal	6/7	M	8-9:30p	\$35/individual
36941	Woodson	6/10	Th	8-9:30p	\$35/individual

Beginners (3.0)
Intermediate (3.0-3.5)
Intermediate (3.5-4.0)
Intermediate (3.5-4.0)
Advanced (4.0+)

Registration Deadline: May 24th, 2021

Summer Coed Wiffle Ball

Come join us this summer at Route 66 for some old school Wiffle Ball. This is a 6v6 coed league. The season will consist of 7 regular season games plus a single elimination tournament. Teams will umpire their own games.

ID	Location	Games	Starts	Day	Time	Fee
35506	RT66	7	6/4	F	6:30p-10:30p	\$280/team

Registration Deadline: May 24th, 2021

Adult 7v7 Spring Soccer League

Come play on the best fields in the state by participating in our adult summer soccer league. This league is for individuals 18 and older who want to continue to play soccer at a competitive level. Teams will play an 8-game schedule, followed by a 4-team playoff based on the total number of points accumulated in the season. Referee fees are included in the registration fee.

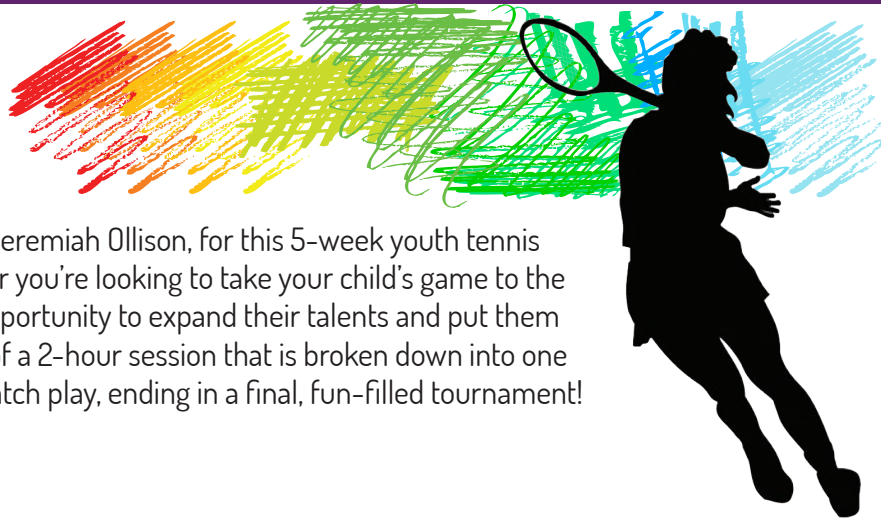
ID	Location	Games	Starts	Day	Time	Fee
36946	WWSC	8	6/13	Su	1p-7p	\$525/team
36944	WWSC	8	6/13	Su	1p-7p	\$525/team

Women's League
Men's League

Registration Deadline: June 6th, 2021

YOUTH ATHLETICS

TENNIS



Youth Tennis **NEW!**

Come join OKC Parks and PTR Certified Professional, Jeremiah Ollison, for this 5-week youth tennis program! Whether this is the first exposure to tennis or you're looking to take your child's game to the next level, this program gives your child the perfect opportunity to expand their talents and put them to the test. This program is once a week and consists of a 2-hour session that is broken down into one hour of instructional practice and then one hour of match play, ending in a final, fun-filled tournament! No equipment required!

Registration Deadline: May 3rd, 2021

Event ID	Location	Games	Ages	Begins	Day	Time	Fee
36369	Memorial Park	5	5-10	5/10	M	6-8p	\$25/player

FLAG FOOTBALL

7v7 Passing League **NEW!**

This 3-week plus playoff, 7-on-7 Passing League is a fun competitive, non-contact way to play football for incoming 5th & 6th, 7th & 8th, 9th & 10th, and 11th & 12th graders! League play offers every-down passing on a 40-yard field with all players participating on offense and defense. Football has become dominated by the pass as offenses and defenses become more complex. This league provides proper training to thrive and adapt to the constant changes of the sport. Passing Leagues provide a fun, encouraging, and safe environment for the next generation of athletes in the passing game to polish their skills on both sides of the ball and to prepare for their upcoming season! Passing also provides for fast improvement, increased passing offense, boost in skills and is a minimum time commitment.

Registration Deadline: May 17th, 2021

Event ID	Location	Games	Ages	Begins	Day	Time	Fee
36453	WWSC	8	12-17	6/19	Sa	9a-3p	\$50/player



SOCCER

405 Soccer Club Tryouts

This program is for boys or girls who have played in the travel rec leagues and who think they are ready to try out for competitive soccer. To play competitive soccer or to be placed on a team, you will have to try out at one of our competitive team sessions that is led by the Club's competitive coaches. For more information on pricing and the competitive season, please visit www.teamsideline.com/okc or contact Ryan Richter at ryan.richter@okc.gov or 405-297-3169.

Event ID	Location	Games	Ages	Date Range	Day	Time	Fee
36947	WWSC	8	11-19	5/22 & 6/5	Sa	6-8p	Free

SOCCER

OKC Youth Summer Soccer League (4v4) - Competitive **NEW!**

The youth 4v4 soccer league provides the opportunity to develop fundamental skills in a safe, fun, and competitive environment. Teams will play a 7-game schedule beginning June followed by a single-elimination tournament. All games will be played at the Wendel Whisenhunt Sports Complex. League may be extended, or have games played on different days of the week based on continued inclement weather. Teams are responsible for their own uniforms.

Registration Deadline: May 29th, 2021

Event ID	Location	Games	Ages	Begins	Day	Time	Fee
36949-U12	WWSC	8	10-11	6/12	Sa	9a-5p	\$300/team
36949-U14	WWSC	8	12-13	6/12	Sa	9a-5p	\$300/team
36949-U16	WWSC	8	14-15	6/12	Sa	9a-5p	\$300/team
36949-U19	WWSC	8	16-19	6/12	Sa	9a-5p	\$300/team

OKC Youth Summer Soccer League (4v4) - Recreational **NEW!**

The youth 4v4 soccer league provides the opportunity to learn and develop fundamental skills in a safe, fun, and noncompetitive environment. Teams will play a 7-game schedule beginning June followed by a single elimination tournament. All games will be played at the Wendel Whisenhunt Sports Complex. League may be extended, or have games played on different days of the week based on continued inclement weather. Teams are responsible for their own uniforms.

Registration Deadline: May 29, 2021

Event ID	Location	Games	Ages	Begins	Day	Time	Fee
36953-U10	WWSC	8	9-10	6/12	Sa	9a-5p	\$300/team
36953-U8	WWSC	8	7-8	6/12	Sa	9a-5p	\$300/team
36953-U6	WWSC	8	5-6	6/12	Sa	9a-5p	\$275/team

OKC Parks/OKC Futbol Factory Summer Soccer Camp **NEW!**

Join experienced trainers from the OKC Futbol Factory for four days filled with fundamentals, fun, and FUTBOL. This camp will balance success with challenge, and ultimately creates a fun and safe environment for learning, growing, and developing through the beautiful game of soccer. Campers will be placed in small groups based on age and ability and will focus on the development of fundamental skills.

Registration Deadline: July 12th, 2021

Event ID	Location	Ages	Begins	Day	Time	Fee
36954	WWSC	6-12	7/19	M-Th	6:30p-8:30p	\$50/player





BOOTCAMP | 18+

Ladies, you take care of everyone else. Now it is time to take care of YOU! Add some "Spice" to your life with this 6-week boot camp, hosted by I Am Spiced Fitness, that includes cardio, weights and resistance bands. All fitness levels are welcome. Make your health a priority today! Discount for returning clients.

Event ID	Location	Classes	Begins	Day	Time	Fee
35960	Macklanburg	13	4/1	M/T/Th	6-7p	\$75/month
35961	Macklanburg	12	5/3	M/T/Th	6-7p	\$75/month*

*no class on 5/31

OUTDOOR FITNESS COURT

Ages: 14+
Time: 6a - 11p
Fee : free

LOCATIONS:

Douglass Park
Wiley Post Park
Woodson Park
Stars & Stripes Park
Boathouse District

The Fitness Court® is designed for adults of all ages and abilities, fully accessible, and home to premiere outdoor fitness classes and training programs. To access these free workouts and programs, download the Fitness Court app on your phone. Fitness Courts are available daily on a first come, first serve basis. If you would like to reserve the court for a large group or class, call 405-297-2279.



Xtreme Hip Hop with EZ-Werk is a cardio class that combines dance and fitness moves while utilizing a step board.

ID	Location	Classes	Ages	Starts	Day	Time	Fee
36477	Douglass	9	18+	4/1	W/Th	6:30-7:30p	\$10/class
36478	Douglass	8	18+	5/5	W/Th	6:30-7:30p	\$10/class



ATHLETICS

Cornhole Tournaments

Cornhole is a fun, easy game almost anyone can play. Players toss four specialized bean bags at angled boards set up 27 feet apart, alternating turns. A bag that lands on and stays on the board scores 1 point. A bag that goes in the hole scores 3 points. Your opponent can cancel your score by matching points. The player with the most points scores the difference. All bags must be thrown from behind or even with the front of the board. Games are played to 21. Tournament is set as a double-elimination format.

Registration Deadline: March 20th, 2021

ID	Location	Games	Ages	Starts	Day	Time	Fee
35988	Woodson	2+	50+	3/20	Sa	10a-1p	\$10/player - Singles
35990	Woodson	2+	50+	3/20	Sa	1:30p-4:30p	\$10/player - Doubles

Horseshoe Tournaments

Horseshoes is the ultimate old school yard game. Players will alternate throwing horseshoes at stakes 40 feet apart. A ringer scores 5 points, a leaner scores 3 points and closet to the stake within the width of the open end of the horseshoe scores one point. Your opponent can cancel your points by matching your throws. The player with the most points scores the difference. All throws must start even with or behind the stake and players may take a step as they throw. Tournament is set as a double-elimination format.

Registration Deadline: April 26th, 2021

ID	Location	Games	Ages	Starts	Day	Time	Fee
35991	Wheeler	2+	50+	5/8	Sa	10a-1p	\$10/player - Singles
35992	Wheeler	2+	50+	5/8	Sa	1:30p-4:30p	\$10/player - Doubles

Senior Softball Tournament

This double-elimination softball tournament has age categories of 50-59, 60-69 and 70+. Each team must have 10 players to start a game and nine players to continue. Games will be seven innings with a cap of eight runs scored per team per inning. The run rule will be 10 runs after five innings. Each game has a one-hour time limit from the first pitch and each batter starts with a 3-ball and 2-strikes count. Each batter can foul off two pitches, the third foul is strike three.

Registration Deadline: May 3rd, 2021

ID	Location	Games	Ages	Starts	Day	Time	Fee
35994	Stars & Stripes	2+	50-59	5/22	Sa	10a-4p	\$200/team
36143	Stars & Stripes	2+	60-69	5/22	Sa	10a-4p	\$200/team
36145	Stars & Stripes	2+	70+	5/22	Sa	10a-4p	\$200/team

Senior Pickleball Doubles Tournament

This doubles only tournament is for players 55 and older. The tournament is double elimination, and each match will be best two out of three games. Games will be played to 21 using rally scoring. Teams will keep their own scores. Pick your partner and come enjoy this unique style of Pickleball tournament.

Registration Deadline: May 24th, 2021

ID	Location	Games	Ages	Starts	Day	Time	Fee
35993	Woodson	2+	55+	6/5	Sa	10a-2p	\$10/player

SENIORS | 50+

FITNESS

Woodson Walkers

Did you know the most popular form of exercise in the United States is walking? Experts suggest walking 6,000 steps a day to improve health and 10,000 steps a day to lose weight. Join this friendly and relaxed walking program which includes a warm-up and cool down stretch. Participants walk at their own pace. Class will walk indoors at Woodson Gym.

ID	Location	Classes	Starts	Day	Time	Fee
36496	Woodson SC	9	4/1	T/Th	11a-12p	Free
36498	Woodson SC	8	5/4	T/Th	11a-12p	Free

Zumba Gold

Move to the music and have fun dancing. Zumba Gold modifies the moves and pacing of Zumba to suit the needs of active older participants. Get inspired by a variety of musical styles and rhythms that focus on balance, range of motion and coordination. Enjoy calorie and fat burning effects of the aerobic activity, along with a total body workout.

ID	Location	Classes	Starts	Day	Time	Fee
36493	Will Rogers SC	9	4/1	T/Th	10a-11a	\$3/class
36494	Will Rogers SC	8	5/4	T/Th	10a-11a	\$3/class



FITNESS

Meditation-Kriya Yoga

This group meets for the physical and mental health benefits of meditation. Meditation is proven to be nourishing to the mind, body and spirit. The instructor provides guidance in the practice of relaxation, breathing techniques and meditation.

ID	Location	Classes	Starts	Day	Time	Fee
36486	Woodson SC	5	4/5	F	10:45a-11:30a	Free
36487	Woodson SC	4	5/7	F	10:45a-11:30a	Free

Seated Hula

We bring Hawaii to you in this easy flowing dance class. This class is performed primarily in a chair, though you may be on your feet. All levels welcome.

ID	Location	Classes	Starts	Day	Time	Fee
36488	Will Rogers SC	4	4/7	W	12p-1p	\$5
36489	Will Rogers SC	4	5/5	W	12p-1p	\$5

Senior Chair Drumming

Move to the beat in this class, no drum experience necessary. This class combines rhythm, stretching and exercise to create a fun group environment.

ID	Location	Classes	Starts	Day	Time	Fee
36578	Woodson SC	4	4/7	W	1:15p-2p	Free
36579	Woodson SC	4	5/5	W	1:15p-2p	Free

Stay Active and Independent for Life (SAIL)

SAIL is a strength, balance, and fitness program for active adults. This program's purpose is to stay active and reduce the chance of falling. SAIL exercises can be done standing or sitting.

ID	Location	Classes	Starts	Day	Time	Fee
36510	Woodson SC	13	4/2	M/W/F	11a-12p	Free
36512	Woodson SC	12	5/3	M/W/F	11a-12p	Free*

*no class on 5/31

Gentle Yoga

Yoga practice benefits the body and mind. In our class, participants are led through gentle stretching, breathing and balancing movements for flexibility and relaxation. Beginners as well as experienced yogis are welcome.

ID	Location	Classes	Starts	Day	Time	Fee
36499	Will Rogers SC	13	4/2	M/W/F	9a-10a	\$10
36502	Woodson SC	13	4/2	M/W/F	9:30a-10:30a	\$10
36500	Will Rogers SC	12	5/3	M/W/F	9a-10a	\$10*
36504	Woodson SC	12	5/3	M/W/F	9:30a-10:30a	\$10*

*no class on 5/31

Chair Yoga

Develop core strength and flexibility while sitting in a chair! Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of motion. This class is set to soft music to provide a feeling of relaxation and serenity.

ID	Location	Classes	Starts	Day	Time	Fee
36505	Will Rogers SC	5	4/2	F	11a-12p	Free
36506	Will Rogers SC	4	5/7	F	11a-12p	Free

Tai Chi for Better Balance

Join this gentle, low impact, slow moving exercise commonly referred to as meditation in motion. This beginner class promotes flowing movements to improve balance, coordination, strength, flexibility and reduce stress.

ID	Location	Classes	Starts	Day	Time	Fee
34148	Woodson SC	4	4/6	T	10a-10:45a	Free
36483	Will Rogers SC	9	4/2	W/F	2:30p-3:30p	Free
36482	Woodson SC	4	5/4	T	10a-10:45a	Free
36484	Will Rogers SC	8	5/5	W/F	2:30p-3:30p	Free

T'ai Chi Chih

T'ai Chi Chih consists of 19 simple, easy-to-learn movements that can be practiced at any age to reduce stress and promote serenity, flexibility, and balance. It is not a martial art, but is a moving meditation for gathering, circulating, and balancing your Chi.

ID	Location	Classes	Starts	Day	Time	Fee
34152	Woodson SC	5	4/1	Th	9a-9:45a	Free
36485	Woodson SC	4	5/6	Th	9a-9:45a	Free

Parks and Recreation Policies

Rental Permits

- Permittee assumes all responsibility for any music usage on the permitted premises and all responsibility for any violations of federal music copyright laws.
- Permittee hereby agrees to comply with all Federal, State and City of Oklahoma City laws, rules and regulations. Permittee further agrees to hold harmless, defend, and indemnify the City of Oklahoma City (City) and its Trusts, employees and agents for any loss, damage, liability, cost, expense, personal injury or property damage arising from the use or occupation of public property identified in this permit.
- The City reserves the right to assess late fees for reservations made less than seven calendar days prior to the event.
- All permits issued are subject to regulations of the Parks and Recreation Department.
- **PERMITTEES WHO ARE UNABLE TO ACCESS THEIR RESERVED FACILITY SHOULD IMMEDIATELY CALL 405-297-2255 FOR ASSISTANCE.**

Rental's

- Permittee must always retain a copy of the approved permit on-site.
- There is no additional set-up or move out time beyond the time frame in the approved permit.
- Permits with key access; key must be picked-up from the Parks Dept. Central Business Office prior to your event.
- For shelters and pavilions, restrooms are winterized from Oct. 30 until Apr. 15 each year and are not available for use.

Rental Refund's

- Key must be returned 3-days after your event. Your deposit refunds will only be issued unless the key is picked-up prior to the event and returned no later than 3 days after the event.
- Cleaning and/or damage deposit refunds will not be issued unless the facility permitted is left clean, undamaged, and is in a condition suitable to allow operations to continue as scheduled.
- Permittee shall be responsible for any damage to public property, real or personal, caused by the permittee or others, in connection with or arising out of the conduct of the permitted activity including the cleaning or damage cost exceeding the deposit amount.
- Compensation for any such damage shall be made within 14 calendar days of written demand from the Parks Director.
- For event centers and pavilions, no refund will be issued for cancellations received less than 7 calendar days in advance of the event.

Inclement Weather

- Refunds are not given for inclement weather.
- Parks Administration reserves the right to determine the severity of inclement weather and the opportunity to reschedule.
- In case of severe inclement weather on the date of the rental, the applicant must call the Parks Administration office by the next business day to reschedule.
- An alternate date within one year must be chosen within fourteen calendar days.

League cancellations

- A refund may be granted for youth leagues, less a \$25 administrative charge, if requested in writing after the registration, but prior to the first game.
- A refund may be granted for adult leagues, less one-half the registration fee, if requested in writing after the registration, but prior to the first game.
- No refunds will be given for leagues if it is after the second game or league's second scheduled meeting date.

Once a written request is received, it is reviewed, and the refund or credit account is determined based on the request date. Refunds may take up to four weeks to process.

Unpermitted Leagues and Concessions

- No leagues or concessions can be held on public property without an agreement between the group and the Parks Department.
- Leagues, teams, or concession that are unpermitted found on public property without an agreement, are each subject to any applicable permit costs, fines, fees, and/or the prevailing agreement rate.

I understand that the Parks Department may take photographs or video footage of Parks Department programs for purposes of publicizing the Parks Department's programs. I waive the right to inspect or approve the finished product, including written or electronic copy, wherein the likeness of my minor child appears. I understand and agree that any photograph or video footage taken of my child will become the sole property of the Parks Department and that I will have no claims of ownership of said photos.

Recreation Refund's

Classes/Camps/Leagues canceled by OKC Parks due to low enrollment or unexpected circumstances will receive a full refund/credit. If your event is canceled, we will attempt to notify you by phone or email prior to the first class. You may also apply the fee to another event.

Requests to cancel:

- Must provide written request to cancel or withdraw from a class/camp/league Five (5) business days or more prior to the start of the first class/camp/league.
- Written cancellations are reviewed on a case-by-case basis.
- If written notice is not given and a request for a refund is after the end of the class/camp/league, NO refund/credit will be given.

Class/Camp cancellations

- You may receive a refund/credit minus a \$5 admin fee if a written request is provided.
- Two business days prior of the start of the class/camp will incur a \$10 administrative fee.
- After the first class/camp and before the second class/camp, there will be a \$15 admin fee.
- Refunds/Credits are not available for one-day workshops or one-day specialty camps.



Parks & Recreation Registration Form

Bring in or mail this completed form to the OKC Parks & Recreation office at 420 W Main St, Suite 210, Oklahoma City, OK 73102. You can also register online for activities by visiting us online at www.okc.gov/parksignup.

REGISTER

Parent/Guardian Name (If enrolling a child) _____ Adult Birth Date _____

Address _____ City _____ Zip _____

Home Phone _____ Cell Phone _____ Work Phone _____

Email Address _____

Sign me up for Parks & Recreation e-updates!
 By checking this box, I am giving the OKC Parks & Recreation Department permission to send me e-mail updates on related events and activities. My e-mail address will neither be loaned nor sold to outside parties.

Emergency Contact Name _____ Phone Number _____

	Class Name	Event ID	Participant name	Gender	Birth date	Fee
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
						Total amount due

Mail check or money order to OKC Parks & Recreation Department, 420 W Main St, Suite 210, Oklahoma City, OK 73102.

AUTHORIZATION

I agree to release, indemnify, and hold the City of Oklahoma City, its agents, officers and employees (City) harmless from any and all liability claims, actions, judgments, damages, or injuries of every kind and nature whatsoever to myself, the participant(s) I am authorizing, and/or his or her property, when that damage or injury arises from participation in activities for which the participant is registered. I further acknowledge that I have familiarized myself with the description of activities, understand that hazards and the participant's personal limitations and knowingly assume all risks. I acknowledge I have read and understand this Liability Waiver, Release and Indemnity Agreement, and understand that I am waiving any claim that may arise against the City for any harm sustained as a result of any activity for which I am registering or for which I am registering a minor child.

_____ (Initial) For publicity purposes, I give permission to take and use photos of people I am registering.

 PARTICIPANT SIGNATURE

 DATE

 PARENT/GUARDIAN SIGNATURE
 (If participant is under 18 years of age)

 DATE





OKC PARKS

420 W Main St. Suite 210,
Oklahoma City, OK 73102