

okc parks & recreation

FALL PROGRAM GUIDE 2016



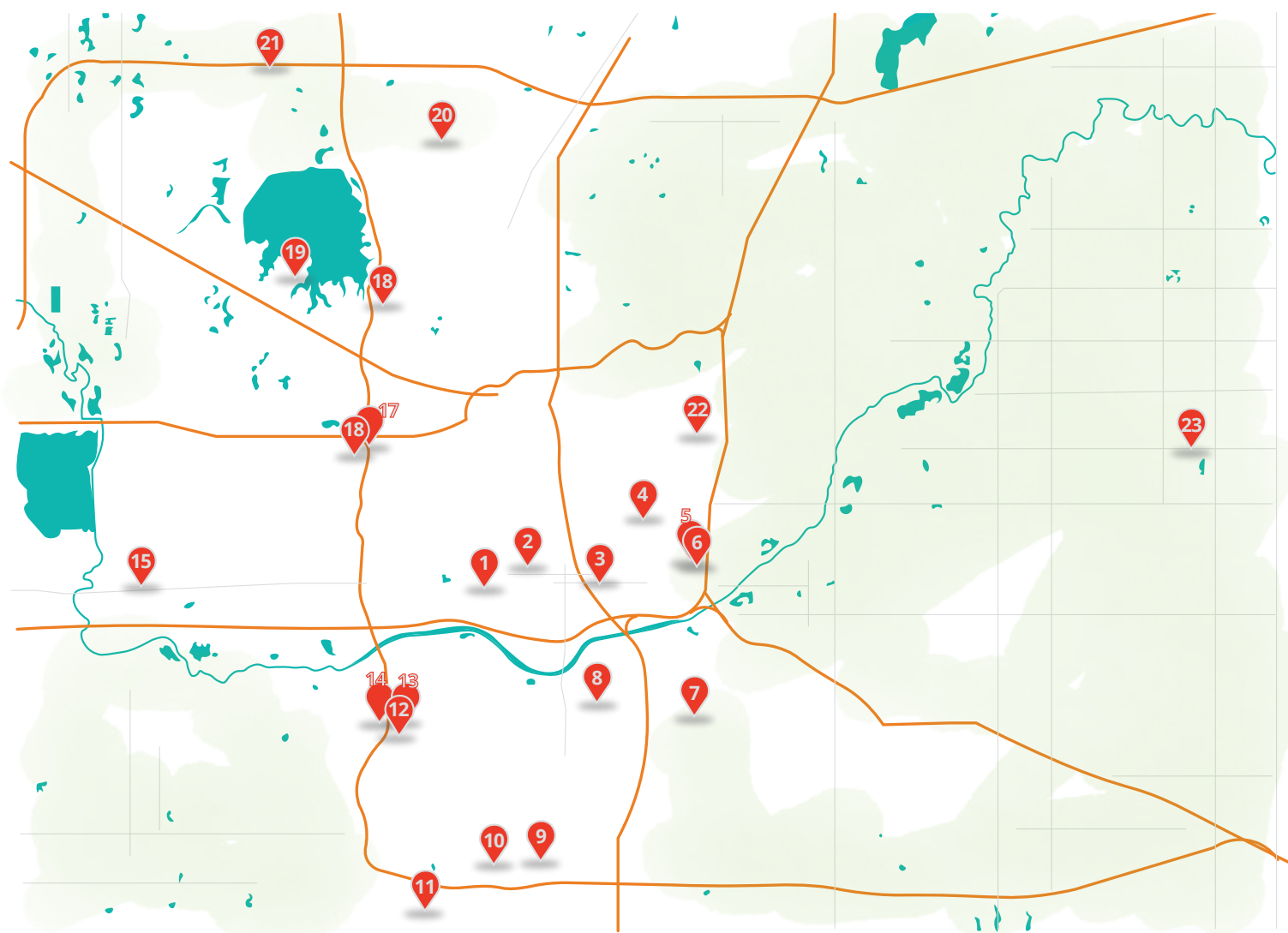
Batter Up!

- Fall Sports
- Camps
- Special Events



The City of
OKLAHOMA CITY
Parks & Recreation Department

FIND YOUR OKC PARKS & RECREATION FACILITY



- | | | | |
|---|---|---|--|
| <p>1 Pilot Recreation Center
1435 NW 2nd St 297-1438</p> <p>2 Municipal Gymnasium
720 NW 8th St 297-1433</p> <p>3 Foster Program Center
614 NE 4th St 297-1423</p> <p>4 Pitts Recreation Center
1920 N Kate Ave 297-1440</p> <p>5 Douglass Recreation Center
900 N Frederick Douglass Ave 297-1416</p> <p>6 James E Stewart Golf Course
824 Frederick Douglass Ave 424-4353</p> | <p>7 Trosper Golf Club
2301 SE 29th St 677-8874</p> <p>8 Schilling Recreation Center
539 SE 25th St 297-1442</p> <p>9 Southern Oaks Recreation Center
400 SW 66th St 297-1449</p> <p>10 Taylor Recreation Center
1115 SW 70th St 297-1460</p> <p>11 Sellers Recreation Center
8301 S Villa Ave 297-1445</p> <p>12 Woodson Senior Center
3401 S May Ave 297-1459</p> | <p>13 Woodson Gymnasium
3403 S May Ave 297-1456</p> <p>14 Wendel Whisenhunt Sports Cmpx
3200 S Independence Ave</p> <p>15 Melrose Recreation Center
7800 W Melrose Ln 297-1431</p> <p>16 Will Rogers Senior Center
3501 Pat Murphy Dr 297-1455</p> <p>17 Will Rogers Gardens*
3400 NW 36th St 297-1392</p> <p>18 NW Optimist Center
3301 NW Grand Blvd 297-1437</p> | <p>19 Lake Hefner Golf Course
4491 S Lake Hefner Dr 843-1565</p> <p>20 Macklanburg Recreation Center
2234 NW 117th St 297-1428</p> <p>21 Martin Park Nature Center*
5000 W Memorial Rd 297-1429</p> <p>22 Lincoln Park Golf Course
4001 NE Grand Blvd 424-1421</p> <p>23 Minnis Lakeview Center
12520 NE 36th St 297-1432</p> |
|---|---|---|--|
- *Expect construction closures Fall, 2016.*

GET IN TOUCH

Email: okcparks@okc.gov

Parks Administration (405) 297-3882	Recreation Main Line (405) 297-2211	Parks Rentals (405) 297-2756	Sports Line (405) 31-MOVES (316-6837)
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WELCOME

Fall is FUN-TASTIC with the Oklahoma City Parks & Recreation Department! Our line-up of nature programs, adult and youth sports, community events, aquatics fun and school break camps provide OKC families plenty of variety for everyone in the family.

Get inspired during Martin Park's "Fall Into Art," learn about nature's night-dwellers during "Haunted Hikes," or create holiday cheer for your home during the Will Rogers Gardens' "Holiday Greens" class. Moms and dads can catch a break with our "Get Ready" Fall Day Camp or "Holiday Magic" Day Camp. We also have out-of-town trips and day-travel programs for the active adult in your life.

Need an aquatic break? Grab your swimming suit and head to the Foster Indoor Pool for year-round aquatic activities. Open swim time, lessons and programmed classes keep you in swimming-good shape throughout the cooler months.

Adult and children's leagues provide plenty of play and fitness fun throughout the year. Check out pages 2-3 for our roster of programs.

Want to connect with OKC Parks? Check out our Parks pages on the City of Oklahoma City's brand new website at www.okc.gov/parks. Read about programs, rent a party space, sign up to volunteer or browse the calendar for fun program ideas. The calendar even lets you save activities straight to your computer or smart phone. You can also find us on Facebook, Twitter or Instagram at @okcparks.

We look forward to seeing you this Fall for all of our fun-tastic programs!

Douglas R. Kupper

Douglas R. Kupper
Parks & Recreation Director

Who's Who	
City of Oklahoma City	
Mayor Mick Cornett	
Oklahoma City Council	
James Greiner	Ward 1
Dr. Ed Shadid	Ward 2
Larry McAtee, Jr.	Ward 3
Pete White	Ward 4
David Greenwell	Ward 5
Meg Salyer	Ward 6
John Pettis, Jr.	Ward 7
Mark Stonecipher	Ward 8
Oklahoma City Park Commission	
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Christine Patton	Ward 2
Jeff Olbert	Ward 3
Lousie Elkins-Alexander	Ward 4
Ray Thompson	Ward 5
Janet Seefeldt	Ward 6
Lillie Buckner	Ward 7
Allen Paine-Chair	Ward 8
Clyde Caldwell	At-Large
Parks & Recreation Managers	
Douglas R. Kupper	Director
Melinda McMillan-Miller	Assistant Director
Christopher Hamilton	Recreation Manager
Michael Smith	Business Office Manager
Terry Ash	Park Planning Manager
Scott Copelin	Natural Resources Manager
Todd Reese	Parks-Ground Superintendent

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YOUTH

Fall Soccer Clinic

Registered players will learn basic soccer skills and techniques. This clinic will also be used as training for new coaches and returning coaches.

U6	WWSC	Saturday	1-2pm	9/17	FREE
U8	WWSC	Saturday	11:30a-12:30p	9/17	FREE
U10/U11	WWSC	Saturday	10-11am	9/17	FREE

Futsal Clinic

Registered players will learn basic soccer/futsal skills and techniques. This clinic will also be for used to train new and returning coaches.

U8	WWSC	Saturday	1-2pm	11/26	\$8/player
U10	WWSC	Saturday	11:30a-12:30p	11/26	\$8/player
U12	WWSC	Saturday	11:30a-12:30p	11/26	\$8/player

Futsal

Registration: October 16-November 16
Coaches Meeting: November 21 at 7pm at Woodson Senior Center
Parents Meeting: November 22 at 7pm at Woodson Senior Center

U8	Woodson G.	Sunday	6-9pm	12/4-1/29	\$300/team
U10	Woodson G.	Saturday	6-9pm	12/3-1/28	\$300/team

Indoor Soccer League

Soccer players will participate in a 7 game soccer league for youth in Pre-K through 1st Grade.

Minnis	Monday	5:30-7:30pm	9/12-10/24	\$50/team
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Junior Slammers Basketball League

Registration: September 26-November 4
Coaches Meeting: TBA
Parents Meeting: December 17 at 10am at Municipal Gym
Season: January 7-February 25
End of Season Tournament: March 4-5
Locations: Foster, Municipal Gym and Woodson Gym

K/1 st Grade	Saturday	8am-3pm	1/7-3/4	\$55/player
2 nd /3 rd Grade <i>Competitive</i>	Sunday	1-7pm	1/8-3/5	\$55/player
2 nd /3 rd Grade <i>Girls</i>	Saturday	9am-4pm	1/7-3/4	\$55/player
2 nd /3 rd Grade <i>Recreation</i>	Saturday	9am-4pm	1/7-3/4	\$55/player
4 th /5 th Grade <i>Competitive</i>	Sunday	1-7pm	1/8-3/5	\$55/player
4 th /5 th Grade <i>Girls</i>	Saturday	9am-4pm	1/7-3/4	\$55/player
4 th /5 th Grade <i>Recreation</i>	Saturday	9am-4pm	1/7-3/4	\$55/player
6 th Grade	Saturday	9am-4pm	1/7-3/4	\$55/player

Junior Slammers Cheerleading

Registration: September 26-November 4
Parents Meeting: December 17 at 1:30pm at Municipal Gym
Season: January 7-March 4
All Star Performance: March 4
Locations: Foster, Municipal Gym and Woodson Gym

Saturday	11am-1pm	1/7-3/4	\$55/person
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OKC Baseball Youth League

Join this developmental youth baseball league. Practice and game times vary by teams and age groups. Call 405.31.MOVES (316.6837) for more information.

Ages 4-6	T-Ball	Wheeler Park	M/T/Th	9/5-10/27	\$55/player
Ages 7-8	Coach Pitch	Wheeler Park	M/T/Th	9/5-10/27	\$55/player
Ages 9-12	Kid Pitch	Wheeler Park	M/T/Th	9/5-10/27	\$55/player

OKC Volleyball League

Join this developmental youth volleyball league. Call 405.31.MOVES (316.6837) for more information.
Locations: Foster, Municipal Gym, and Woodson Gym

Grades 1-3	Saturday	9am-3pm	9/10-10/22	\$55/player
Grades 4-6	Saturday	9am-3pm	9/10-10/22	\$55/player

Soccer League

U6	WWSC	Saturday	9am-3pm	10/1-11/12	\$65/player; \$20 uniform
U8	WWSC	Sunday	9am-3pm	10/1-11/12	\$65/player; \$20 uniform
U10/U11	WWSC	Saturday	9am-3pm	10/1-11/12	\$65/player; \$20 uniform



ADULTS

Basketball League

Co-ed teams are welcome. Games consist of (2) ten minute halves with a five minute half time.

Melrose	Wednesday	6:30-8:30pm	11/2-12/28	\$75/team or \$20/person
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Futsal League for Women

Players form their own teams and enroll in the league as a team. Individuals can be placed on a team. Game consists of (2) twenty minute halves.

Melrose	Friday	7-8pm	9/2-10/21	\$40/team
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OKC Baseball League

Join an adult open baseball league. Times vary. Call 405.31.MOVES (316-6837) for more information.

WWSC	Th-Su	9/30-10/30	\$350/team
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Softball League

A League	Wheeler Park	T/Th	7-10pm	9/20-11/22	\$350/team
B League	Wheeler Park	T/Th	7-10pm	9/20-11/22	\$350/team

Softball Tournament - Co-Ed

Participate in our slow-pitch adult co-ed softball tournament. For more information, call 405.31.MOVES (316-6837).

Wheeler Park	Saturday	Times Vary	9/24	\$50/team
	Saturday	Times Vary	10/22	\$50/team



LEAGUES & ATHLETICS

CAMPS

Christmas Break Basketball Camp

Three (3) day basketball camp to work on fundamentals and skills.
Municipal Gym Tu-Th 1-4pm 12/27-12/29 \$30/camper

Fall Break Basketball Camp

Three (3) day basketball camp to work on fundamentals and skills.
Municipal Gym Tu-Th 1-4pm 10/18-10/20 \$30/camper

Haunted Holiday 2016

It's time for spooky overnight fun during this annual lock-in event. Games, haunted house, costume contests, pizza, snacks and more are all part of the activities. For previous NW Optimist participants only.

NW Optimist M-F 8am-5pm 10/10-10/14 \$100/person

Holiday Magic 2016

Ring in glad tidings with joyful music during our Holiday Magic Day Camps. Two three-day camps give moms and dads a break while participants make crafts and learn festive song routines to perform for family and friends.

NW Optimist M-W 8am-5pm 12/19-12/21 \$75/person
Taylor W-F 8am-5pm 12/14-12/16 \$75/person

"Get Ready" Fall Day Camp

Children can learn to weather the storm during this engaging day camp focused on emergency preparedness with a curriculum by the national organization "Save the Children." Games, outdoor activities, crafts and hands-on learning will teach campers about fire safety, floods, storms and how to make a family home emergency plan.

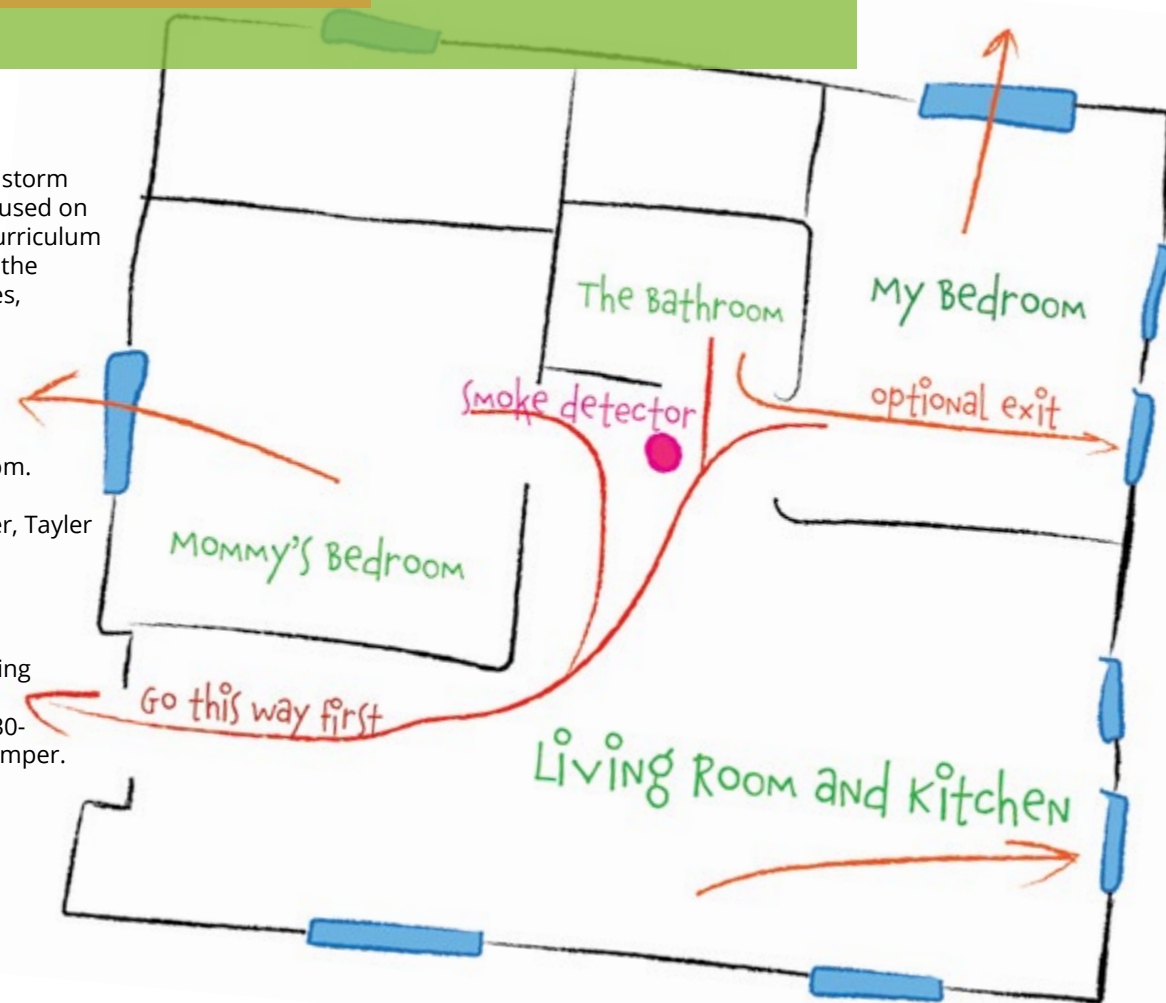
Camp runs Monday-Friday 8am-5pm.

Locations: Foster Recreation Center, Taylor Recreation Center

October 17-21

Cost: \$80 per camper, \$75 per sibling

Extended care is available from 7:30-8am and 5-6pm. Additional \$20/camper.



AQUATICS

Ai Chi

Find inner peace through Ai Chi, a combination of Qigong, water exercise and Tai Chi. For ages 16+

Foster Pool Tu/Th 12:30-1:30pm 9/6-12/29 \$3/class

Adult Open Swim

Swim laps, water walk or enjoy a relaxing dip in the pool during these open swim times. For ages 16+

Morning

Foster Pool M/W 7-10am 9/7-12/28 FREE
Friday 8-11am 9/2-12/30 FREE

Evening

Foster Pool M/W 1:30-5:30pm 9/7-12/28 FREE

Aquatic Boot Camp

Burn calories during this high-intensity class combining swimming and traditional forms of exercise.

Foster Pool M/W 5:30-7am 9/7-12/28 \$3/class

Family Open Swim

Swim laps, water walk or just enjoy a relaxing dip in the pool during these open swim times.

Foster Pool T/Th 1:30-8pm 9/1-12/29 FREE
Friday 1:30-5:30pm 9/2-12/30 FREE

Halloween Glow Swim

Join us for this spook-tacular evening of aquatic fun with music, water games and glow-in-the-dark swimming. For ages 12-17.

Foster Pool Saturday 6-9pm 10/29 \$10/person

Harvest Costume Party

Don your favorite "Harvest" or "Thanksgiving" costume and join us poolside for our indoor aquatics party. We'll have music, water games, goody bags and a costume contest. Swimming not allowed in costume.

Foster Pool Saturday 10am-2pm 11/12 \$10/person

Open Scuba Practice

Class designed for SCUBA users to openly practice in the pool.

Foster Pool Friday 5:30-8pm 9/23 \$10
Friday 5:30-8pm 10/7, 10/21 \$10
Friday 5:30-8pm 11/4, 11/18 \$10
Friday 5:30-8pm 12/2, 12/16, 12/30 \$10

Parents Night Out

Moms and dads can enjoy fun on the town while kids splash in the pool.

Foster Pool Friday 5:30-9pm 9/30 \$5/night
10/28 \$5/night

Private Swim Lessons

Private Swim Lessons for all ages, each class is \$10 per person per class, classes are only during the times listed below.

Foster Pool M/W 10-11:30am 9/12-12/28 \$10/person/
5:30-7pm 9/12-12/28 class

NEW! Swim Fit

Take your swimming to the next level in this class that focuses on stroke technique, turns and speed work. Perfect for Masters', Triathlon or other fitness training.

Foster Pool M/W/F 12:30-1:30pm Dates \$3/class

Swim with Santa

Join us for this family friendly tradition where kids can swim with Santa and his helpers. Pool games, music and a photo with the Big Guy himself are part of the fun.

Foster Pool Saturday 10am-2pm 12/17 \$10/person



Water Aerobics

Promote health through light aerobic water exercise classes.

Foster Pool M-F 11:30a-12:30p 9/1-12/30 \$3/class

Youth Learn to Swim

Learn swimming fundamentals through instruction and engaging water activities during group lessons. For toddlers-15 years.

Foster Pool M/W 5:30-7pm 9/12-12/28 \$30/session
10-11am 9/12-12/28 \$30/session

NATURE & GARDENING



WILL ROGERS GARDENS

3400 NW 36th St (405) 297-1392



Winter Vegetable Gardening

Saturday, September 3 10am-noon All Ages
Grow a bounty of vegetables this winter with tips from our winter vegetable workshop. We'll discuss plant selection, watering and how to shelter your plants in Oklahoma's dry climate. Bring home your own plant for some winter practice!
Cost: \$15
Register in advance at okc.gov/active

Landscape with Stone

Saturday, September 10 12:30-2pm All Ages
Landscape stones add elegance and interest to any home. Learn to create paths, dry rivers and other garden features using stone. Sam Minick from Minick Materials will show us the way as we explore hardscapes in the arboretum and color garden.
Cost: FREE
No registration required.



The Ways of the Willow Class A

Saturday, September 17 8:30am-noon All Ages
Learn about decorative and functional garden structures made from willow. We'll explore various forms, then get to weaving during this hands-on class. Children ages 8 and older are welcome to join in the fun. Make sure to bring a vehicle that can accommodate at least a 3' x 8' willow structure.
Cost: \$35 per structure
Register in advance at okc.gov/active

Autumn Wreath

Saturday, October 1 noon-2pm All Ages
Celebrate Autumn with a beautiful handmade wreath for your front door. Make a natural willow wreath form, then attach accessories as well as a beautiful ribbon and bow. Materials supplied.
Cost: \$30 per wreath
Register in advance at okc.gov/active

All About Acorns

Saturday, October 8 10am-noon All Ages
Learn about the mighty Oak Tree and its acorn, a favorite among squirrels, while venturing into the Margaret Annis Boys Arboretum. We'll collect different types of acorns, then move inside to create acorn art. Participants will also learn basic felting techniques.
Cost: \$5 per person
Register in advance at okc.gov/active

The Ways of the Willow Class B

Saturday, October 15 8:30am-noon All Ages
Create interest in your garden when you learn to make willow hurdles, edging and more during this hands-on class. We'll discuss different weaving techniques, then get to work building. Please bring a vehicle that can accommodate at least a 3' x 8' willow structure.
Cost: \$35 per structure
Register in advance at okc.gov/active

Halloween at the Green

Saturday, October 29 10am-2pm All Ages
Join us for some Fall-tastic Family Fun during "Halloween on the Green." We'll decorate sugar skulls, paint faces, create spooky crafts and even pot a plant to take home.
Cost: \$5 per person
No registration required.



Arboretum Tree Crafts

Saturday, November 5 10:30am-noon All Ages
Create original art using leaves and twigs we gather ourselves. We'll trek through the Margaret Annis Boys Arboretum to see what we can find, then head inside to create nature-inspired tree crafts.
Cost: \$5 per person
Register in advance at okc.gov/active

Terrific Terrarium

Saturday, November 12 12:30-2pm All Ages
Build your own terrarium to take home. We'll discuss which soil types, plant selection, and terrarium maintenance. Class cost includes a standard terrarium, plus potting materials and plants. You're also welcome to bring items from home to liven up your little world.
Cost: \$25 per terrarium
Register in advance at okc.gov/active

Holiday Greens Wreath Workshop

Thursday, December 1 6-8pm All Ages
Friday, December 2 9-11am
Deck your halls, walls and tables with fresh and fragrant natural décor during the Will Rogers Gardens' Holiday Greens Workshop. Instructors will show you how to make traditional wreaths using fresh evergreen boughs. You can also incorporate seeds and fruit found in the Margaret Annis Boys Arboretum. Materials supplied.
Cost: \$35 per wreath
Register in advance at okc.gov/active

Faerie Gingerbread House Decorating

Saturday, December 3 9am-noon All Ages
Ever wonder how faeries would decorate their homes for Christmas? Come find out when you take part in our gingerbread house class - with a spritely twist! We'll provide the pre-assembled house, then you can decorate away using royal icing and other fun candies.
Cost: \$35 per house
Registration is limited! Register in advance at okc.gov/active

Mini Kids Wreath

Saturday, December 10 noon-2pm All Ages
Take a winter walk to collect greens and berries that we'll use to create a miniature wreath for your dinner table or door. We'll teach you basic wreath-making skills while you have fun putting together your creation as a family.
Cost: \$7 per wreath
Register in advance at okc.gov/active

ON GOING SERIES

Third Thursdays

Thursdays 7-9pm All Ages

Join us the third Thursday of each month for this seasonal floral arranging series. Each month, learn different techniques to turn your backyard blooms (or flowers from the store) into table-top masterpieces. Materials supplied.
Cost: \$25 per person
Register in advance at okc.gov/active

September 15	All About Flowers and Plants
October 20	All About Fall
November 17	Holiday Bouquets

Faerie Discovery Tour

Fourth Saturday* 11am-noon All Ages

Do faeries dwell in the arboretum woods? Find out during our monthly Faerie Discovery Tour, where you can search for these mythical woodland sprites while learning about native trees in the Margaret Annis Boys Arboretum.
Cost: FREE
Register in advance at okc.gov/active

August 27	November 19
September 24	December 17
October 22	

Faerie Gardening

Fourth Saturday* noon-2pm All Ages

Bring luck to your home with your very own Faerie Garden. We'll teach you everything you need (and provide a pot, starter soil and plants) to create a sprite-sized faerie home. Bring trinkets or treasures to customize your home. A great family activity. Children 10 and under must be accompanied by an adult.
Cost: \$25 per garden
Register in advance at okc.gov/active

August 27	November 19
September 24	December 17
October 22	

*Dates may change in months where fourth Saturday is on a holiday weekend.

MARTIN PARK NATURE CENTER

5000 W Memorial Rd (405) 297-1429

ON GOING PROGRAMS

Archery for Beginners

1st & 3rd Sundays/Month 3pm Family
Teach your child to shoot straight with our beginning archery classes. Using guidelines from the National Archery in Schools Program (NASP), classes instruct students on proper form, safety, equipment techniques and mental preparation. Preregistration required, space is limited.
Cost: \$5 per person
Register in advance at okc.gov/active

Critter Crunch

2nd & 4th Sundays/Month 2pm All Ages
Join park staff for a demonstration feeding inside the Visitor Center and learn about the food sources of various animals in the wild, including snakes, turtles, fish and other reptiles.
Cost: \$2 per person
Register in advance at okc.gov/active

Nature for Adults

2nd & 4th Sundays/Month 3pm Ages 18+
Join the staff at Martin Park Nature Center for a night of exploration that's for adults only. Hikes, nature talks, art exhibits and more are geared toward fun and socialization. Visit okc.gov/parks for individual program info.
Cost: Varies per activity
Register in advance at okc.gov/active

National Wildlife Day

Saturday, September 3 2-3:30pm All Ages
Grab your friends and join us for this celebration of all things WILD. We'll have crafts, kids' activities, and local wildlife experts to teach visitors about conservation and wild animal life. Visitors can also track CSI-style during "Critter Scenes Investigations." Rumor has it there may be a big-footed creature roaming about.
Cost: \$5 per person
Register in advance at okc.gov/active

Blackland Prairie Raptor

Saturday, September 10 3pm Ages 6+
Get an up-close look at common birds of prey with the Blackland Prairie Raptor Center from Lucas, Texas. Learn about these fascinating birds from the people who care for them. What are their lives in the wild, and why are they important to our ecosystem?
Cost: \$8 per person
Register in advance at okc.gov/active

Tree Masks

Saturday, September 17 1-4pm Family
Do trees have faces? Find out as you explore the Martin Park woods to see the "personalities" of our park trees, and then join a local artist in making tree masks that embrace the characteristics of each tree. Masks will be on display through October.
Cost: FREE
No registration required

Take a Child Outside Day

Saturday, September 24 1-4pm Family
Researchers have long held that nature and outdoor play have positive benefits for children. Come celebrate the outdoors while learning about outdoor safety during "Take a Child Outside" day. Learn how to take the kids on a day hike, a scavenger hunt, outdoor family games and safety lessons, crafts, healthy snacks and more. In partnership with Oklahoma Department of Human Services, Oklahoma Fosters, Whole Foods Market and Backwoods of Oklahoma City.
Cost: FREE to the public.
No registration required.

Fall Into Art

Saturday, October 8 11am-3pm Family
Join Martin Park Nature Center for our annual celebration of art and nature during "Fall Into Art." We'll have art exhibitions, hands-on activities, kids' nature creations, hikes, food trucks and more! An inspiring outing for everyone in the family.
Cost: FREE
No registration required

Bigfoot and Werewolves and Chupacabras, Oh My!

Saturday, October 15 3pm Ages 6+
Does Bigfoot roam the Arbuckles? Was a Chupacabra found in Edmond? Discover the "most likely" truth behind popular wildlife myths as we sort the creature from the tale.
Cost: FREE
Register in advance at okc.gov/active

Night Time is the Right Time for Scorpions

Saturday, October 22 3pm Ages 6+
Scorpions are mysterious nocturnal animals that have captured human imagination for centuries. Come learn about these ancient arachnids—the scary and the fun—and find out how these secretive and mysterious animals make their way through their environment. Hosted by Dr. Gaffin of Oklahoma University.
Cost: FREE
Register in advance at okc.gov/active

Haunted Hike

Saturday, October 29 Ages 6+
What mysteries lie deep in the woods of Martin Park? Come find out during Haunted Hikes, where you'll learn about the animals both friend and foe that have such a spooky reputation. You'll learn about snakes, spiders, bats, and more during this nighttime hike filled with Halloween treats. Close-toed shoes required.

Hikes begin at 6:30pm and take off from the Visitor Center every 30 minutes through 9:30pm.

Cost: \$10
Advanced registration is required at okc.gov/active

GPS/Geocaching

Saturday, November 5 3pm Ages 6+
Hunt for hidden treasure with your GPS or smart phone app. Follow clues throughout Martin Park to find hidden caches.
Cost: \$5 per person
Register in advance at okc.gov/active

America Recycles Day

Saturday, November 12 3pm Ages 6+
What can you make from a milk jug? Find out during America Recycles Day when you bring in a gallon jug and learn to upcycle it into a piggy bank or watering can. You can also bring in a 20 oz plastic pop bottle with lid to turn into a backyard bird feeder. Let's have some recycled fun!
Cost: \$5 per person
Register in advance at okc.gov/active



Things That Go Bump in the Night

Saturday, October 1 3pm Ages 6+
After the sun sets, many of our animal friends are beginning to start their day. Join us to learn about the nighttime happenings of Oklahoma's nocturnal creatures and why for some animals, life is better when the lights are turned out.
Cost: FREE
Register in advance at okc.gov/active





LEARNING WITH NATURE

Nature Play Group

Wednesdays 10am Ages 2-6
Hands-on nature fun is the objective of our Nature Play Group. This weekly program encourages nature interaction in a safe, fun environment. Activities include games, crafts and other fun. The play group is not a drop-off program and we ask that parents stay in the park while the group is in session.
Cost: \$10 per month
Register in advance at okc.gov/active

Nature Smart Starts

Wednesdays 11:15am Ages 6-10
It's arts and science gone WILD! Join us for nature stories, games and activities planned especially for elementary-age children. Wear sturdy shoes and dress for mess! Part of our "Learning with Nature" series of programs.
Cost: \$10 per month
Register in advance at okc.gov/active

Nature Tales

Thursdays & Saturdays 10am Ages 3-7
Our popular Nature Tales introduces young adventurers to the world of nature using stories and hands-on activities. A different book is read each week followed by an activity based on that book's theme.
Cost: FREE
No registration required.

GREEN EARTH PROGRAMS

Green Earth Scouts

Saturdays 11am-noon Ages 7-9
Green Earth Scouts bridges the gap between our Nature Tales program and the Green Earth Guides. Scouts learn about nature and conservation by helping with our exhibit animals and participating in other park activities under the guidance of a park naturalist.

Green Earth Guides

Saturdays 2-4pm Ages 9-13
Green Earth Guide youth volunteers assist park naturalists in a variety of ways. From helping to set up for weekly education programs to assisting with animal feeding and care, Guides get a hands-on look at the work of a park naturalist.

Green Earth Rangers

Sundays 2-5pm Ages 14-18
Rangers provide an in-depth assistance to park staff by helping with program preparation, animal care, public education and light trail maintenance. They also help with larger special events held at the park and serve as park liaisons with the public.

Orienteering

Saturday, November 19 3pm Ages 8+
How did explorers navigate their world before GPS? Join park naturalists as we step back in time and learn to navigate using only a compass and a map. It's a handy skill to have in cell-free zones. Dress for the weather and come prepared to get dirty. Close-toed shoes are required.
Cost: \$5 per person
Register in advance at okc.gov/active

Knot Tying

Saturday, November 26 3pm Ages 6+
Do you know your Double Bolin from a Figure 8? Learning knot basics can come in handy the next time you're out fishing or on the trail. Join park naturalists as they give you step-by-step instructions on how to tie common knots. Participants will receive their own length of cord and metal eyelet to take home and practice.
Cost: \$5 per person
Register in advance at okc.gov/active

Winterfest Games

Saturday, December 3 2-4pm Ages 6+
Bundle up and try your hand at outdoor games perfect for the winter weather! We'll have a Sleigh Relay, Festive Lights Tangle and Winter Dress Race, plus plenty of indoor fun with popcorn and cranberry garlands for your backyard birds.
Cost: \$5 per person
Register in advance at okc.gov/active

FISHING

FREE FISHING DAYS

Join the City of Oklahoma City for FREE FISHING DAYS the first Saturday of each month.

No City permit required on the following dates in 2016 (a State fishing license is required):

September 3
November 5

October 1
December 3

TROUT SEASON

December 1, 2016 - February 28, 2017

Dolese Youth Park Pond
5105 NW 50th St.

State Fishing License and OKC Fishing Permit required. For details, including trout regulations, trout fishing clinic info and permit fees, visit okc.gov/parks.

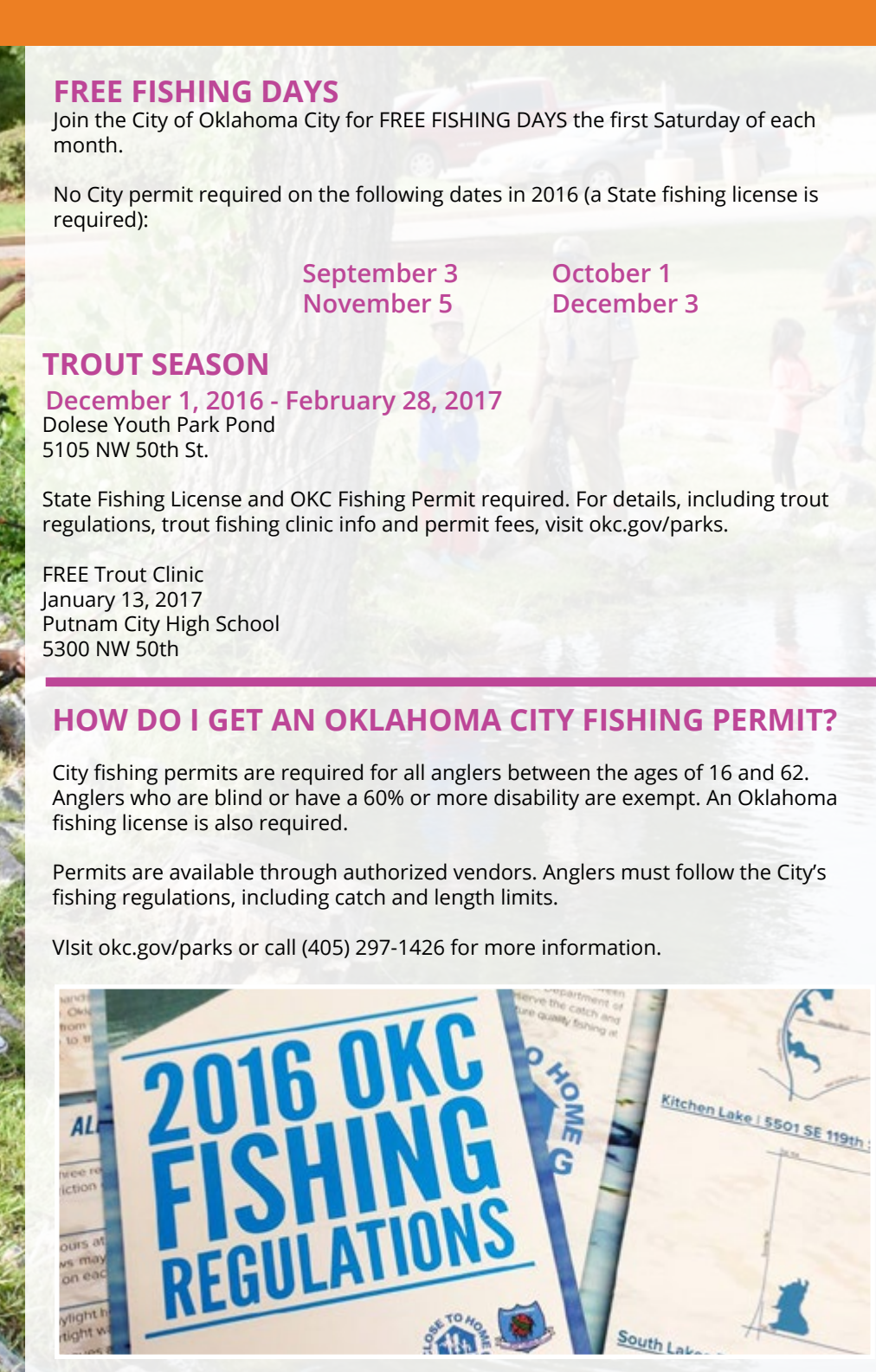
FREE Trout Clinic
January 13, 2017
Putnam City High School
5300 NW 50th

HOW DO I GET AN OKLAHOMA CITY FISHING PERMIT?

City fishing permits are required for all anglers between the ages of 16 and 62. Anglers who are blind or have a 60% or more disability are exempt. An Oklahoma fishing license is also required.

Permits are available through authorized vendors. Anglers must follow the City's fishing regulations, including catch and length limits.

Visit okc.gov/parks or call (405) 297-1426 for more information.





RECREATION



TINY TOTS *ages 3-5*

SPORTS & FITNESS

Tiny Tumblers

Roll out the good times! Tots will learn basic tumbling movements as well as basic gymnastics.

Schilling	Thursday	10-11am	9/8-12/15	\$16/session
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PERFORMING ARTS

Dance for Musical Theater

Children ages 3-5 will participate in fun creative movements as they learn basic dance steps and coordination. Participants will learn a basic dance to perform at the end of the session.

NW Optimist	Monday	4:30-5:30pm	9/12-12/5	\$25/month
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Demke's Tiny Dancers

Learn basic ballet and tap steps in a fun, engaging setting. For ages 2-5.

NW Optimist	Tuesday	5:30-6:15pm	9/13-12/20	\$25/month
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Irish Dance

Introduction to Irish dance basics.

NW Optimist	Wednesday	10-10:30am	8/10-12/14	\$25/month
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Tiny Tots Creative Dramatics

Introduction to basic acting through imaginative play. Class will act out nursery rhymes, fairy tales and learn how to "play pretend."

NW Optimist	Tuesday	10:45-11:30am	9/6-12/6	\$25/month
Taylor	Wednesday	10:45-11:30am	9/7-12/7	\$25/month

Tiny Tots Creative Movement

Combination of dance, gymnastics and free form movement to music that encourages creative expression and confidence.

NW Optimist	Monday	3:45-4:30pm	9/12-12/5	\$25/month
S. Oaks (3-4)	Saturday	10:30-11:15am	9/10-12/3	\$25/month
S. Oaks (5-6)	Saturday	11:15am-noon	9/10-12/3	\$25/month
Taylor	Monday	6-6:45pm	9/12-12/5	\$25/month

YOUTH *ages 6-12 and 13-17*

SPORTS & FITNESS

3 on 3 Teen Basketball League

Teams consist up to 5 players. For ages 14-17. Two sessions available.

Melrose	Monday	6-8pm	10/3-10/24	\$25/team
			11/7-11/28	\$25/team

Basketball Basics

Nothing but net! Learn ball handling, shooting and defense in this beginning level class.

Ages 6-12				
Municipal Gym	Tuesday	4:30-5:30pm	9/6-10/4	\$5/session
Municipal Gym	Tuesday	4:30-5:30pm	11/1-12/6	\$5/session
Ages 13-17				
Municipal Gym	Tuesday	5:30-6:30pm	9/6-10/4	\$5/session
Municipal Gym	Tuesday	5:30-6:30pm	11/1-12/6	\$5/session
Ages 6-17				
Schilling	Monday	4-5pm	9/12-12/5	\$10/session

Basketball Skills

Basketball training including cone drills, conditioning drills, shooting drills, dribbling drills, passing drills, etc. For ages 13-18

Macklanburg	Tu/Th/F	5-6pm	9/6-10/14	\$2/person
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Basketball Skills Training

Learn, develop, and strengthen your basketball skills.

Ages 6-10				
Pilot	Tu/Th	6-7pm	9/6-12/29	\$10/month
Ages 11-13				
Pilot	Tu/Th	7-8pm	9/6-12/29	\$10/month
Ages 14-17				
Pilot	Tu/Th	8-9pm	9/6-12/29	\$10/month

Buck Down Dance Class

Join the hot new trend in dance and learn the basics of Majorette Bucking styles of dancing/performing. For ages 10-17. Four sessions available.

Melrose	Thursday	6:30-7:30pm	9/8-9/29	\$20/session
	Thursday	6:30-7:30pm	10/6-10/27	or \$10/week
	Thursday	6:30-7:30pm	11/3-12/1	
	Thursday	6:30-7:30pm	12/8-12/29	

Chivalric Competition

Learn fighting techniques from the Renaissance and middle ages.

Sellers	Wednesday	7-9pm	9/7-12/21	\$2/class
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Dodgeball Tournament

Minnis	Tuesday	1-3pm	10/11	\$12/team of 5 or \$3/person
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Fantastic Gymnastics

Learn basic gymnastics skills such as forward and backward rolls, headstands and front layovers. Instructor will determine level of students at the first class.

Beginner/Intermediate				
Sellers	Thursday	6-7:30pm	9/8-12/22	\$10/month
Intermediate/Advanced				
Sellers	Thursday	7:30-9pm	9/8-12/22	\$10/month

Fencing

Renaissance sword fighting techniques create a real-life swashbuckling experience. Beginner/Intermediate Youth/Adult

Sellers	Tuesday	7-9pm	9/6-12/20	\$2/class
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Free Throw Contest

Participants compete in a free throw shooting contest. Two age groups are available. For ages 6-9 and 10-12.

Pitts	Thursday	5-6pm	11/10	\$3/person
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Futsal Tournament

U10				
Woodson Gym	Sunday	9am-7pm	Feb 5	\$200/team
U12				
Woodson Gym	Saturday	9am-7pm	Feb 4	\$200/team

Golf Lessons - Beginner

Beginning Golf Lessons
Learn golf basics in this 3-week class geared toward boys and girls ages 10-17. You'll learn basic stroke work including teeing off and putting, plus proper form. Registered participants will receive a manual. Some equipment provided during class time.

Douglass	Saturday	10am-noon	9/10-9/24	\$25/session
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Home School Gym/P.E.

This program includes gym activities and sports schedules to meet Home School Administrative requirements. For ages 6-15

Pitts	Thursday	11am-noon	11/3-12/15	\$20/month
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Hot Shot Tournament

Test your shooting skills against other participants in a hot shot contest. For ages 6-12

Pitts	Thursday	5-6pm	10/13	\$5/person
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Kickball Tournament

Minnis	Tuesday	noon-3pm	10/18	\$12/team of 5 or \$3/person
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Mack Sports

Learn the basics in a variety of recreational sports including basketball, flag football and volleyball.

Macklanburg	M/W/F	4-5pm	9/7-10/14	\$2/class
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Sports Skills

Improve your game with this weekly class focused on skills training and drills in basketball, football and baseball.

Ages 6-10				
Macklanburg	Tu/Th/F	4-5pm	9/6-10/14	\$2/class
Macklanburg	Tu/Th/F	4-5pm	11/1-12/6	\$2/class

Team USA Cheerleading

Join "Team USA." This youth sports organization promotes coordination, confidence and physical fitness. Emphasis is placed on achievement through positive reinforcement and rewards.

Sellers	Monday	5-8pm	9/12-12/19	\$5/class
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Team USA Self Defense

Learn self-defense safety awareness techniques. For beginner to intermediate.

Sellers	Friday	5-8pm	9/2-12/16	\$5/class
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Tennis

Learn the fundamentals of tennis. For ages 10-15

Pitts	Tuesday	5-6pm	9/6-10/11	\$2/class or \$10/session
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Tumbling

Tumble your way to fun with this basic gymnastics and tumbling program.

Pilot	Thursday	7-8pm	9/8-11/17	\$10/month
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Pom

Learn basic pom routines and how to put together cheers. For ages 6-1.

NW Optimist	Monday	6:15-7:30pm	9/12-12/5	\$25/month
Pilot	Tuesday	5-6pm	9/6-11/22	\$10/month

Soccer Skills Training

Develop and strengthen soccer skills and knowledge.

Ages 6-10				
Pilot	Wednesday	6-7pm	9/7-11/23	\$10/month
Ages 11-13				
Pilot	Wednesday	7-8pm	9/7-11/23	\$10/month
Ages 14-17				
Pilot	Wednesday	8-9pm	9/7-11/23	\$10/month

Ultimate Frisbee - Open Play/Practice

Learn the hot game of Ultimate Frisbee, combining football, soccer and Frisbee. For ages 14-21.

Melrose	Thursday	6-7pm	8/18-9/8	FREE
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Volleyball Tournament

U12				
Foster	Saturday	8am-5pm	10/29	\$100/team
U14				
Foster	Saturday	8am-5pm	10/29	\$100/team



CREATIVE ARTS

Creative Station Crafts and More

Create different arts and crafts projects twice a week.

Douglass	Tu/Th	3-4pm	9/13-12/20	FREE
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Glass Bottle Art

Decorate a glass bottle using a bottle from the class or one you bring from home.

Melrose	Wednesday	6-7pm	9/28-10/19	\$8/session
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Jewelry Makers

Use your imagination to create beautiful and unique jewelry. Materials supplied.

Ages 6-10				
Pilot	Thursday	5-6pm	9/8-12/1	\$10/month
Ages 11-13				
Pilot	Thursday	6-7pm	9/8-12/1	\$10/month
Ages 14-17				
Pilot	Thursday	7-8pm	9/8-12/1	\$10/month

Nail Art

Learn creative ways to clean, polish and decorate nails. For ages 6+

Pilot	Friday	6-7pm	9/9-12/9	\$2/person
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Native American Art Institute

Monthly art classes to enhance the understanding of Native American culture.

S. Oaks	Thursday	4-6pm	8/18-11/17	FREE
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Paint & Pastry Night

Paint pictures using acrylics or watercolors while enjoying pastries and the company of other center participants.

NW Optimist	Tuesday	6:30-9pm	9/20	\$15/wksp
Melrose	Thursday	6:30-9pm	11/17	\$15/wksp

Pictures with Santa

Take a picture with Santa Claus, then create a decorative frame to take home.

Pitts	Thursday	3:30-5:30pm	12/15	\$3/project
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Seasonal Art

Make seasonal art based on a theme using a variety of materials.

Halloween Art

Melrose	Friday	5-6pm	10/14-10/28	\$10/session
Schilling	Wednesday	5-6pm	10/12-10/26	\$10/session

Thanksgiving Art

Melrose	Friday	5-6pm	11/4-11/18	\$10/session
Schilling	Wednesday	5-6pm	11/2-11/16	\$10/session

Christmas Art

Melrose	Friday	5-6pm	12/2-12/16	\$10/session
Schilling	Wednesday	5-6pm	12/7-12/21	\$10/session

Tie Dye Art

Choose from a visor, back pack or hat, or bring a white article of clothing from home.

Melrose	Thursday	4-5pm	9/15-10/20	\$12/session or \$5/week
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Universal Arts & Crafts

Make cards, posters and other craft items.

Macklanburg	Tu/W	6-7pm	9/6-10/12	\$2/class
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Wearable Art

Make old jeans and t-shirts look like the new by adding trendy styles of 2016.

Ages 6-10				
Pilot	Wednesday	6-7pm	9/7-11/23	\$10/month
Ages 11-14				
Pilot	Wednesday	6-7pm	9/7-11/23	\$10/month

PERFORMING ARTS

Acting and Production

Learn acting basics including auditioning, characterization and rehearsal in preparation for a theatrical production. Two (2) age groups available.

Ages 6-12

NW Optimist	Monday	4-5:30pm	9/12-11/28	\$25/month
Taylor	Thursday	4-5:30pm	9/15-12/8	\$25/month

Ages 12-17

NW Optimist	Monday	5:30-7:30pm	9/12-12/5	\$25/month
Taylor	Thursday	5:30-7:30pm	9/15-12/8	\$25/month

Dance Combo

Learn beginning jazz and ballet in this fun program. Program ends with a mini-recital for family and friends.

Ages 7-12

Schilling	Tuesday	4-5pm	9/6-12/6	\$10/month
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Ages 10-13

NW Optimist	Thursday	6:30-7:30pm	9/8-12/8	\$25/month
Taylor	Thursday	7-8pm	9/8-12/8	\$25/month

Ages 13-18

Schilling	Wednesday	5-6pm	9/7-12/7	\$10/month
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Dance Trends

Learn the latest dance moves! Class emphasizes coordination, confidence and physical fitness.

Ages 6-11

Pilot	Friday	5-6pm	9/9-12/9	\$10/month
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Ages 12-17

Pilot	Friday	6-7pm	9/9-12/9	\$10/month
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Demke's Petite Competitive Troup

Learn competitive routines in a small class setting. Participants must be approved by instructor prior to class. For ages 4-9.

NW Optimist	Tuesday	5-5:30pm	9/13-12/20	\$15/month
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Demke's Ballet and Tap Combo

Learn basic ballet and tap in a small class setting. For ages 6-9.

NW Optimist	Tuesday	6:30-7:30pm	9/13-12/20	\$30/month
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Hip Hop

Introduction to Hip Hop basics, and current dance trends.

Macklanburg	Friday	6:30-8:30pm	9/9-10/14	\$20/session
Melrose	Monday	6:30-7:30pm	9/12-10/31	\$30/session
S. Oaks	Tuesday	6:30-7:30pm	9/6-12/6	\$25/month

Homeschool Drama

Learn basic acting and produce a full-stage production for family and friends.

Ages 6-12				
NW Optimist	Tuesday	10-11:30am	9/6-12/6	\$25/month
Ages 13-17				
NW Optimist	Tuesday	11:45a-1:45p	9/6-12/6	\$30/month
Ages 6-17				
S. Oaks	Wednesday	5:30-7pm	9/7-12/7	\$25/month

Irish Dance Level I/II

NW Optimist	Thursday	7-8pm	8/11-12/15	\$60/month
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Irish Dance Level III

NW Optimist	Wednesday	6:15-7:45pm	8/10-12/14	\$60/month
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Irish Dance Level IV/V

NW Optimist	Wednesday	6:15-7:45pm	8/10-12/14	\$60/month
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Middle Eastern Dance Movement

Students will explore the music and movement of various types of Middle Eastern dance. For ages 13+.

NW Optimist	Wednesday	6-7pm	9/7-12/7	\$25/month
		7-8pm	9/7-12/7	\$25/month

Open Poetry

Explore different styles of poetry and create poems to make people laugh. Can be set to music or in a rap style rhythm.

Pitts	Tuesday	5-6pm	9/13-10/18	FREE
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Puppets

Create stories, then use stick puppets to perform a play based upon participants' ideas.

Macklanburg	Wednesday	6-7pm	9/7-10/12	\$20/session
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Tap Dance

Beginning/Intermediate

NW Optimist	Thursday	7:30-8:30pm	9/8-12/8	\$25/month
Taylor	Thursday	7:30-8:30pm	9/15-12/8	\$25/month

SPECIAL INTEREST

After School Tutoring

Need extra help in English, Writing, Math, Science, Social Studies or other subjects? Then sign up for tutoring classes to help you make the grade. Personal finance classes also available.

Douglass	M/Tu/Th	3-6pm	9/6-12/13	\$10/class
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Algebra 101 (Beginner to Intermediate Level)

For current students as well as adult learners, class will cover the basics including algebraic functions and formulas, linear equations and more in an encouraging, welcoming environment.

Douglass	M-F	10am-noon	10/17-10/21	\$25/week
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All Natural Body Care

Make soaps, oil, lotions, lip balm and other items using natural ingredients.

Ages 6-13

Pilot	Monday	5-6pm	9/12-11/21	\$5/class
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Ages 14+

Pilot	Monday	6-7pm	9/12-11/21	\$5/class
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After School Kids Club

Gym activities, games, homework help, and crafts all for children after school. Special field trips and classes will be scheduled at a discount for ASKC Members. (After school hours vary per center, program lasts until 6pm.)

All Centers	M-F	After School- 6pm	8/1-12/16	FREE
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Black Light Bowling

Bring a friend and enjoy a fun-filled evening of bowling in the dark.

Minnis	Tu/F	6-7pm	9/6-9/30	\$5/person
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Board Games

Improve your skills while you play various board games, then compete against friends in an end-of-session tournament. For ages 6-18.

Macklanburg	M/W/F	6-8pm	9/5-10/14	FREE
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Cooking 101

Learn easy-to-follow recipes while making simple party foods, healthy snacks, vegetables and handmade pizza.

Minnis (8-12)	Monday	4-5pm	9/12-10/3	\$10/session
Pitts (10-15)	Monday	4-5pm	9/12-10/3	\$5/session

EMBARK OKC

EMBARK Transportation Services will offer workshops to inform residents on city transportation programs, as well as the current OKC bus schedule. Transportation for field trips to locations the bus routes will be planned at different centers. Fees apply.

State Fair of Oklahoma	September 22	Entry Fee
Movie Theater	October 14	Entry Fee
Roller Skating	November 10	Entry Fee
Ice Skating	December 19	Entry Fee

Participating Locations: Douglass, Pilot, Pitts, Schilling, Southern Oaks

Contact your recreation center for more information.



Game Room Night

Check out our large-screen televisions and play your favorite Xbox and Wii games with friends!

Ages 6-10				
Pilot	Monday	7-9pm	9/12-11/28	\$2/night
Ages 11-13				
Pilot	Tuesday	7-9pm	9/13-11/29	\$2/night
Ages 14-17				
Pilot	Wednesday	7-9pm	9/7-11/30	\$2/night

Girls Night In

Enjoy a variety of girls-only activities with center friends. We'll have crafts, games, baking activities, character-building programs, a fashion show and more. No boys allowed! For ages 6-17

S. Oaks	Friday	6-8pm	8/5-12/9	\$5/night
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Homework Helper

Get help with school work.

Macklanburg	M-F	4-5pm	9/6-10/14	FREE
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Kids Connection - School Days Out Program

Contact your center for individual program information.

Locations: Douglass, Macklanburg, Melrose, Minnis, Pilot, Pitts, Schilling, Sellers, Southern Oaks

M-F	9am-5pm	\$10/day
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Life Math Skills

Learn to apply math skills in everyday life, including budgeting, balancing a bank account, bill paying and more.

Schilling	Friday	6-7pm	9/9-11/4	FREE
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Parents Night Out

While mom and dad hit the town or enjoy a restful night in, kids can get together to play games and sports, arts & crafts or enjoy time with center friends. Pre-registration required.

Cost: \$25 per child per class, \$20 each additional child per class

Douglass	Friday	6-10pm	9/16-12/16
Pilot	Friday	6-10pm	9/9-12/9

Reading Club

Students ages 6-12 will be able to read books in a quiet environment and have an opportunity to improve reading skills.

Macklanburg	M/W/F	5-6pm	9/7-10/14	FREE
Schilling	Friday	5:30-6:30pm	9/9-12/16	FREE

Santa's Helper

Fun activities planned while parents are holiday shopping.

Pilot	Saturday	10am-4pm	12/3, 12/10, 12/17	\$20/child/night
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Uno Tournament

Pitts (6-12)	Thursday	5-6pm	11/10	FREE
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XBOX Games

Ages 7-17				
Macklanburg	W/F	4-6pm	9/7-10/14	\$2/class
Ages 17+				
Macklanburg	W/F	4-6pm	9/7-10/14	\$2/class



SPECIAL EVENTS

Christmas Classic Basketball Tournament

For grades 1st-6th. Adult Admission \$5, Children (6-16) Admission \$3.

Municipal Gym	Th-F	5:30-9:30pm	12/29-12/30	\$100/team
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Fall Festival

Celebrate the bounty of Fall (and the cool weather) during this outdoor family festival at various community centers. We'll have games, kids' activities, crafts, refreshments and prizes for everyone to enjoy. Activities may vary per center.

Locations: Douglass, Melrose, Minnis, Pilot, Pitts, Schilling, Sellers, Southern Oaks

Monday	3:30-5:30pm	10/31	FREE
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Fire Prevention & Safety Day

Join the Oklahoma City Fire Department for this community outreach event. Activities will include touch-a-truck, fire prevention, fire safety and more.

Melrose	Friday	4-6pm	9/30	FREE
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Halloween Hullabaloo 2016

It's time for spooky overnight fun during this annual lock-in event. Games, haunted house, costume contests, pizza, snacks and more are all part of the activities. For previous NW Optimist participants only.

NW Optimist	F-Sa	6:30pm-9am	10/14-10/15	\$30/person
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KidScope 2016

Join Oklahoma City Parks & Recreation, the Girl Scouts and other community partners for this event promoting youth wellness.

Crafts and hands-on activities are part of the fun.

Free to the public.

Booth rental \$5/space.

S. Oaks	Saturday	11am-1pm	9/10
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Monster Mash at the Mack

Get your Halloween on with a costume contest, games, talent show and candy give-away.

Macklanburg	Friday	5:30-8:30pm	10/28	\$5/person
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NFL Pass Punt Kick

Woodson Park	Thursday	6-7pm	9/1	FREE
TBA	Saturday	9am-noon	10/15	FREE

Turkey Shoot

Our Annual Turkey Shoot is a fun, energetic Thanksgiving activity held in Recreation Centers with a gymnasium. Four (4) age groups compete in a basketball free throw contest, the winners of each category receive a frozen turkey. The Regional Food Bank of Oklahoma will partner with P&R to provide the frozen turkeys.

For ages 6-8, 9-12, 13-17 and 18+

Locations: Douglass, Foster, Macklanburg, Melrose, Minnis, Pilot, Pitts Schilling, Sellers, Southern Oaks

Tuesday	4-6pm	11/15	FREE
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Fall Lock-In 2016

Join friends for this overnight lock-in with group games, gym games, movies and dancing. For ages 8-12

Pilot	F-Sa	7pm-8am	9/16-9/17	\$30/child
Pitts	F-Sa	8pm-8am	9/16-9/17	\$30/child

Winter Party

Join our center holiday party for refreshments, games, crafts and a visit from Santa.

Minnis	Friday	4-6pm	12/2	\$1/picture
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ADULTS *ages 18+*

SPORTS & FITNESS

3 on 3 Basketball Tournament

Municipal G.	Saturday	10am-3pm	10/8	\$40/team
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Basketball

Melrose	Wednesday	7-9pm	9/7-12/7	\$2/class
Minnis	T/Th	1-5pm	9/1-12/29	\$2/class
Municipal G.	Tu-F	3:30-5:30pm	9/6-10/7	\$2/class
	Tu-F	3:30-5:30pm	11/1-12/9	\$2/class
Pilot	M-Th	11:30a-2:30p	9/6-12/1	\$2/class
	Friday	7-9pm	9/9-12/2	\$2/class
Pitts	M/W	3:30-5:30pm	9/12-12/21	\$2/class
Schilling	Wednesday	7-9pm	9/7-12/7	\$2/class
Woodson G.	Tu-F	3:30-5:30pm	9/6-12/9	\$2/class
<i>Night Game</i>				
Douglass	Friday	8-11pm	10/7-10/28	\$5/player \$2/spectator

Body Sculpting/Tabata

Class focuses on basic weight training and body sculpting instruction using Tabata timing techniques.

Civic Center	M/W	noon-1pm	8/1-12/21	\$5/class
Music Hall				

Boot Camp

Douglass	Saturday	10am-noon	11/5-11/19	\$10/class
S. Oaks	T/Th	6:30-7:30pm	8/16-10/6	\$3/class

Dodgeball Tournament

Pitts	Saturday	1-3pm	9/17	\$50/team
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Fit Body Bootcamp

Burn calories and improve your fitness during this high-intensity cardio class.

Municipal G.	T/Th	9-10am	9/6-10/6	\$10/month
	T/Th	9-10am	11/1-12/8	\$10/month

Fitness Center

Supervised weight rooms with new equipment including cardio machines and free weights. Contact facility for individual gym hours.

Locations: Douglass, Foster, Schilling. Contact facility for more information.

	M-F		9/5-12/30	\$2/visit or \$10/month
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Get Fit Club

Participants will work on treadmills to burn calories, work with weights on muscles on various workout machines.

Schilling	Friday	6-7pm	9/2-12/30	\$2/visit
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Kickball Tournament

Pitts	Saturday	noon-3pm	9/17	\$50/team
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Pickle Ball

Woodson G.	Monday	6-9pm	9/12-10/31	\$30/player
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Ping Pong Tournament

Pitts	Friday	5-7pm	10/7	\$5/person
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Ultimate Frisbee League

Come join us as we enjoy this exciting new sport. Put your own team together or sign up to join a team. 6 players per team, up to 12 on a roster

Melrose	Saturday	6-7pm	9/10-10/29	\$50/team or \$20/player
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BOOK YOUR EVENT

Book your next event at your local recreation center. For more information, visit okc.gov/parks.

PERFORMING ARTS

Demke's Dancers

Learn basic clogging techniques in a fun, welcoming environment.

NW Optimist	Tuesday	7:30-8pm	9/13-12/20	\$15/month
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Irish Dance

NW Optimist	Wednesday	7-8pm	8/10-12/14	\$40/month
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SPECIAL INTEREST

Backbone of Personal Finance

Learn to get free of debt and take control of your personal finances. One-on-one help available. Eight-week session.

S. Oaks	T/Th	6-7pm	8/16-10/4	\$45/session
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Classic Model Car Building

Have fun while socializing with other participants and learning to build model cars. Bring your own car to build, or purchase from the center.

S. Oaks	Tuesday	5-6:30pm	8/9-12/6	\$15/project \$25/project w/ car purchase
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Domino Tournament

Pitts	Friday	5-7pm	9/23	\$5/person
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Game Night

Play your favorite Xbox, Playstation and Wii games.

Pilot	Thursday	7-9pm	9/8-12/1	\$2/visit
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Nutrition Class 101

Learn how to prepare healthy meals on the go.

Municipal G.	Friday	6-7pm	9/9-10/7	FREE
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Special Events

Community Garage Sale

Enjoy the company of neighbors and friends during this multi-family community sale. \$20 per booth space.

Pilot	Saturday	9am-3pm	9/3
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Ultimate Frisbee - Open Play/Practice

Learn the hot game of Ultimate Frisbee, combining football, soccer and Frisbee. For ages 14-21.

Melrose	Thursday	6-7pm	8/18-9/8	FREE
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Volleyball

Pilot	Monday	7-9pm	9/12-12/5	\$2/class
Pitts	Friday	6-7pm	11/4-12/9	\$2/class
S. Oaks	M/Th	7-9pm	8/1-12/15	\$2/class

Weightlifting

Learn proper weightlifting techniques.

Municipal G.	T-F	4:30-5:30pm	9/7-10/7	\$10/month
Municipal G.	T-F	4:30-5:30pm	11/1-12/9	\$10/month

Yoga

Practice gentle stretching, breathing, mental focus and relaxation techniques to improve health and posture. Personal yoga mat required.

Civic Center	Tu/Th	11:30a-12:30p	8/2-12/22	\$5/class
Music Hall				

Zumba

Sculpt your body with simple Latin dance steps, plus interval and resistance training during this fun-filled rhythmic workout.

Pilot	M/W/F	7-8pm	9/7-11/2	\$3/class
Schilling	Tuesday	6:30-7:30pm	9/6-12/6	\$3/class
S. Oaks	M/W/F	6:30-7:30pm	8/1-12/16	\$3/class

CREATIVE ARTS

Floral Fun

Create beautiful floral arrangements using silk and dried flowers. Participants will present their floral arrangements to the class.

Macklanburg	Friday	7-8pm	9/9-10/14	\$10/class
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Paint and Pastries

Paint a picture using acrylics or watercolors while enjoying delicious pastries and the company of other artists.

NW Optimist	Tuesday	6:30-9pm	9/13	\$15/wksh
Pilot	Tuesday	6:30-9pm	11/15	\$15/wksh
Taylor	Saturday	6:30-9pm	8/20	\$15/wksh
	Tuesday	6:30-9pm	10/18	\$15/wksh
WR Senior	Tuesday	6:30-9pm	12/13	\$15/wksh



ACTIVE ADULTS ages 55+

SPORTS & FITNESS

Arm Chair Exercise

Gain upper body and core strength with this specialty fitness class using chairs. Participants may sit or stand during workout. Taught by volunteers from the INTEGRIS Pacer Center.

Will Rogers Sr. Friday 1:30-2:30pm 9/2-12/16 FREE

Arthritis Exercise

Exercise class targeted to persons with arthritis.

Woodson Sr. M 11am-noon 9/2-12/29 FREE
F 9:30-11am 9/1-12/29 FREE

Pickle Ball

Douglass Saturday 10am-noon 10/8-11/5 \$2/class

S.A.I.L Staying Active and Independent for Life

Exercise body and mind during this class that helps seniors with both physical and cognitive fitness. Class combines cardio, stretching plus brain and memory games to help you stay asleep.

Woodson Sr. M/W/F 2-3pm 9/7-12/14 FREE

Tai Chi for Balance

Clear the mind and lower stress levels with this exercise class that aids in balance and mental clarity.

Will Rogers Sr. W/F 2:30-3:30pm 9/2-12/16 FREE
Woodson Sr. T/Th 9-10am 9/6-12/29 FREE

Walking Club

Participants can walk their own pace and whatever distance they choose.

Will Rogers Sr. M/T/Th 8-9am 9/1-12/15 FREE
Woodson Sr. T/W/Th 8:45-9:45am 9/15-12/22 FREE

Yoga

Gentle stretching, breathing and balancing with relaxing and flexible movements.

Will Rogers Sr. W/F 9-10am 9/2-12/16 \$10/month
Woodson Sr. M 9:30-10:30am 9/12-12/22 \$10/month
Woodson Sr. T/Th 10-11am 9/1-12/22 \$10/month

CREATIVE ARTS

Adult Coloring Book

Color your world using adult coloring books, a relaxing and stress-free way for seniors to socialize and be creative. Bring your own supplies.

Will Rogers Sr. Tuesday 10am-noon 9/6-12/13 FREE

Art Studio - All Media

Students meet to work on Art projects suitable for exhibiting in annual art show. No formal instruction.

Woodson Sr. T/W/Th 9am-noon 9/1-12/29 \$5/month

Beginner Ceramics

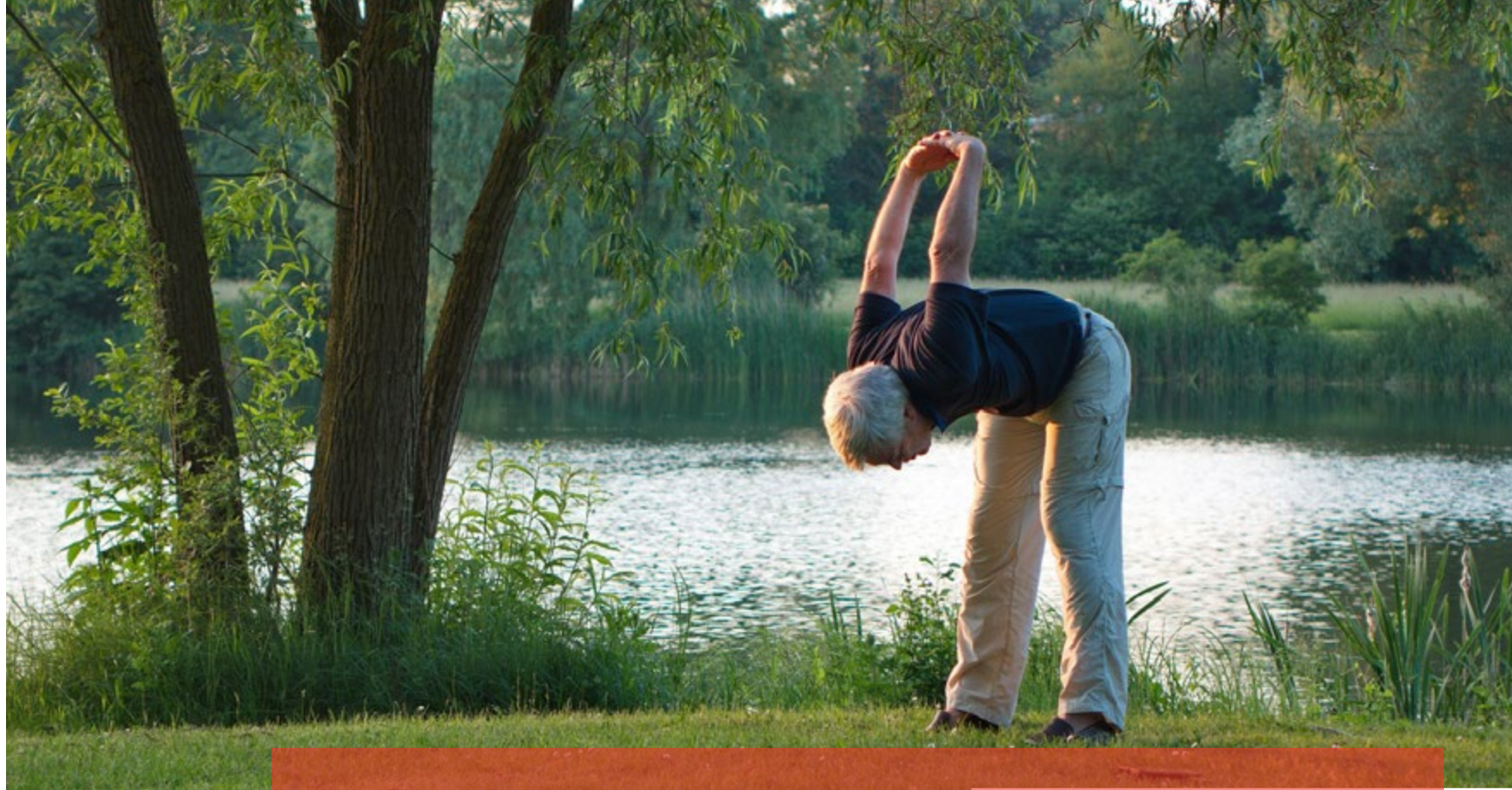
Basic ceramic instruction and design. No experience required.

Will Rogers Sr. Monday 9am-noon 9/12-12/12 \$5/month

Beginner Clay Sculpting

Basic skills class in sculpting clay figures.

Will Rogers Sr. Wednesday 10am-noon 9/14-10/12 \$10/session
Woodson Sr. Tuesday 1-3pm 9/20-10/18 \$25/session



Beginning Painting

Learn basic painting techniques with supplies you bring from home.

Will Rogers Sr. Thursday 1-3pm 9/8-12/15 \$10/session
Woodson Sr. Thursday 9am-noon 9/6-12/13 \$10/session

Beginning Pottery

This class will introduce elementary materials, methods and tools used in pottery.

Will Rogers Sr. Wednesday 1-3pm 9/14-12/14 Supplies

Buddies with Brushes

Meet once a week to work on various paintings, share ideas and socialize. Bring your own materials and supplies. For advanced painters only.

Will Rogers Sr. Tuesday 1-3pm 9/6-12/13 Supplies

Composition and Color

Learn how to use color to create light effects and mood in your painting.

Woodson Sr. Monday 10am-noon 9/12-10/17 \$10/session

Intermediate Ceramics

Instruction and practice in pouring, firing and detailing ceramics for intermediate participants.

Will Rogers Sr. Monday 9am-noon 9/12-12/12 \$5/month

Jewelry and Crafts

Share ideas with others and choose craft projects to work on with the group. Students bring own materials/supplies.

Will Rogers Sr. Tuesday 9am-noon 9/6-12/13 FREE

Open Studio

Use the art/craft room to work on various projects. Students must bring their own supplies.

Will Rogers Sr. M/F 8am-4pm 9/2-12/16 FREE
Woodson Sr. Friday 9am-noon 9/2-12/30 FREE



Painting Life Stories

Use stories from life experiences, or use one from the writing class as inspiration for a painting, drawing, or sculpture.

Woodson Sr. Monday 10am-noon 10/24-11/7 \$10/session

Slumping Workshop

Learn to apply water decals to different glass bottles to make cheese/cracker dishes and/or spoon rests.

Will Rogers Sr. W/Th/F 10am-noon 10/17 \$10/first bottle \$5 each addt.

Watercolor for Beginners

Learn how to paint using watercolors. Each student is responsible for painting supplies.

Will Rogers Sr. Thursday 1-3pm 9/8-12/15 \$10/session
Woodson Sr. Thursday 1-3pm 9/28-11/17 \$20/session

Woodson Woodcarvers

Participants meet to work on carving art objects in wood.

Woodson Sr. Wednesday 9am-noon 9/7-12/28 FREE

PERFORMING ARTS

Acting for Seniors

Learn basic acting techniques, movement and exercise to enhance performances. Class concludes with a play.

Will Rogers Sr. Tuesday	12:30-2:30pm	9/13-12/13	\$10 or cost of script
Woodson Sr. Thursday	1:30-3:30pm	10/6-12/22	script

Beginning Ballet

Learn basic positions and ballet choreography.

Will Rogers Sr. Wednesday	10:30a-11:30p	9/14-12/14	\$10/session
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Beginning Guitar

Learn simple chords and rhythm patterns to play favorite song.

Woodson Sr. Friday	1:30-2pm	9/16-10/21	\$10/session
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Beginning Hula Dancing

Learn the art of Hula dance, and story-telling with hands through dance.

Will Rogers Sr. Friday	10:30-11:30am	9/23-10/28	\$10/session
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Guitar Sing-A-Long

Bring a song for the group to learn, then play and sing together.

Woodson Sr. Friday	2-3:30pm	9/2-12/16	FREE
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Line Dancing

Learn beginning line dance steps and routines.

Woodson Sr. Monday	1-2pm	9/12-12/26	\$10/session
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Square Dance

Swing your partner round and round during this class for experienced square dancers. Class performs for local retirement homes and other groups. Shoes and supplies required, but no partner needed!

Will Rogers Sr. Thursday	1-3pm	9/1-12/15	FREE
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Tap and Jazz

Learn basic tap and jazz steps, then practice with more experienced dancers to develop your dancing skills.

Beginner

Will Rogers Sr. Tuesday	10:30am-noon	9/6-12/13	\$10/session
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Intermediate

Will Rogers Sr. Monday	10:30-11:30am	9/12-12/12	\$10/session
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BINGO

Play group BINGO for a chance to win donated prizes. Played each month following the monthly luncheon. Last Friday each month.

Woodson Sr. Friday	1-2pm	9/30-12/23	FREE
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Fresh Eats Nutrition

Gather for a quarterly meeting to introduce better nutrition to senior adults. There will be a demo for preparing food and samples. Recipes included.

Will Rogers Sr. Wednesday	noon-1pm	11/9	FREE
Woodson Sr. Wednesday	1-2pm	11/2	FREE



Book Club

Enjoy a lively discussion about a variety of books chosen by the book club monthly.

Will Rogers Sr. 2 nd Mon/month	10-11am	9/12-12/12	FREE
Woodson Sr. Wednesday	1:30-2:30pm	9/7-12/7	FREE

Bridge Club

Bridge group for established players. Participants bring own supplies.

Will Rogers Sr. M/W/Th/F	12:15-3:15pm	9/1-12/16	FREE
Woodson Sr. Tuesday	noon-3pm	9/6-12/27	FREE

Dominoes

Woodson Sr. M-F	8am-noon	9/1-12/30	FREE
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Faithful Friends

Join this fun group of ladies who visit and support each other and their community. Participants provide supplies as needed.

Will Rogers Sr. Thursday	1-2pm	9/8-12/15	FREE
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History Class

Settle down for an interesting discussion about American and Oklahoman history.

Will Rogers Sr. Tuesday	2-3pm	9/13-12/13	FREE
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Living with Alzheimers

Join this 7-week educational program to help understand Alzheimer's, including behavior changes and treatment options. Programs for individuals wanting to learn and caregivers giving support.

Woodson Sr. Monday	1-2:30pm	9/12-10/24	FREE
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Monthly Luncheon

Enjoy socializing while sharing a meal with friends. Followed by a 20-30 minute presentation.

Woodson Sr. Friday	11:30am-1pm	9/23-12/23	FREE
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Oklahoma Retired Citizen Travel Club (Executive Meetings)

Monthly meeting of the ORCTC Board to organize trips close to home and around the world for its members.

Will Rogers Sr. Monday	2-3pm	9/12-11/28	FREE
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SPECIAL INTEREST

AARP Safe Driving Course

Learn safe driving techniques from an AARP instructor. Participants will take an exam and may get a discount on their auto insurance.

Will Rogers Sr. Friday	9am-4pm	10/21	\$15/members
Woodson Sr. Friday	9am-4pm	12/2	\$20/non

Pinochle
Woodson Sr. T/Th 12:30-2:30pm 9/1-12/29 FREE

Potluck Bingo
Participants will bring a covered dish and enjoy a lunch together, then play bingo. Bring an item to be a prize for the bingo game. Second Monday of every month.
Will Rogers Sr. Monday 11am-1pm 9/12-12/12 FREE

Red Hat Club
Join our Red Hat Society group the last Wednesday of every month for luncheons, socials, field trips, travel and more!
Woodson Sr. Wednesday 1:30-3pm 9/28-12/28 FREE

Rummikub
Enjoy a day playing Rummikub and socializing. Participants will provide their own lunch.
Will Rogers Sr. Wednesday 10am-3pm 9/7-12/14 FREE

Spades Tournament
Minnis Monday 1-3pm 9/12 \$5/person

Spanish Conversation Immersion
Spanish class taught with little English spoken, as if living in the country. Focus will be on conversation skills, speaking to one another.
Will Rogers Sr. Monday 11am 10/10, 12/12 FREE
Woodson Sr. Wednesday 1:30-3pm 9/7-12/7 FREE

TRIAD
Every third Thursday of the month, representatives from OKC Police and Oklahoma County Sheriff's Department present safety and educational programs for seniors.
Woodson Sr. Thursday 1-2:30pm 9/15-11/17 FREE

Writing Your Life Story
Create your own autobiography through journaling and other writing techniques.
Woodson Sr. Thursday 2:15-3:45pm 9/8-12/15 FREE

Woodson Calendar Release Party
Annual gathering to celebrate the release of the 2017 edition Art Calendars, coinciding with hanging of art for the Art Show. Refreshments served.
Woodson Sr. Friday 10am-noon 11/4 FREE

Fall Bicycle Tours of OKC
Bring or rent a bicycle for an organized tour. The group has the option of (2) two led tours, Historic Church stained glass windows and OKC Historic neighborhoods. Tour booklets will be provided. Call Woodson Senior Center at (405) 297-1459 for dates and info.
Woodson Sr. Saturday 1pm 10/1-10/22 \$10/tour

Fall Foliage Trip to Hot Springs Arkansas
Join us for a two (2) day trip touring the vibrant foliage of Eastern Oklahoma and Arkansas. Talimena Drive, Garden tour in Hot Springs, evening magic show and more! We will stay overnight at historic Arlington Hotel in Hot Springs.
Woodson Sr. Th-F 7am 10/27-10/28 \$230/person

Holiday Light Tour in Chickasha
The evening begins with dinner at legendary Ken's Steak House in Amber, OK. The group will travel to Chickasha and ride through "Festival of Lights." Then back to Woodson Center for dessert, a hot beverage, music and socializing.
Woodson Sr. Thursday 4-9pm 12/1 \$80/person



SPECIAL EVENTS

Will Rogers Variety Show
Center participants will entertain friends while showcasing their talents during this annual variety show. Dessert will be served at intermission.
Will Rogers Sr. F-Sa 7pm 9/16-9/17 \$7/ticket

Woodson Annual Art Show
Come out and enjoy our 15th annual art exhibit featuring the art work of center participants. Show will be judged for awards.
Woodson Sr. Saturday 10am-2pm 11/5 FREE

Matisse: Trip to OKCMOA
Join other center participants for a day trip to visit the OKC Museum of Art for the exclusive North American engagement Matisse-In His Time. Lunch on your own at a downtown restaurant.
Woodson Sr. Friday 9am-1pm 9/9 \$10/person

recreation registration form

Bring in or mail this completed form to the OKC Parks & Recreation office at 420 W. Main Street, Suite 310, Oklahoma City, OK 73102. To register for programs at the Will Rogers Gardens or Martin Park Nature Center, visit okc.gov/active.

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 Oklahoma City 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.

Class Name	Date	Location	Participant Name	Gender	Birth Date	Fee

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.

Signature of Participant _____ Date _____

Signature of Parent/Legal Guardian _____ Date _____
(if participant is under 18 years of age)

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

 Payment Information: **Mail Check or Money Order to: OKC Parks & Recreation**
420 W Main, Ste 310
Oklahoma City, OK 73102



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