

# **COMING SOON!**

# **NEW ONLINE REGISTRATION AT** WWW.OKC.GOV/PARKSIGNUP

Our new online registration system will make signing up and paying for our programs and rentals as easy as the click of a button.

#### **HOW TO REGISTER:**

- . Visit www.okc.gov/parks via your web browser or smart phone and click on the "Register Here" link. OR, go directly to www.okc.gov/parksignup and follow the prompts to create an account.
- 2. Search for the program you wish to register for. There are two ways to search:
  - a. Browse all programs
  - b. Search for programs by type (athletics, aquatics, performing arts, etc.)
  - c. Select a program using the Event ID code listed next to each individual program. If a program does not have a code listed, then either no registration is required, or onsite registration is required.
- 3. Once you have found a program you wish to sign up for, click on the "Register" **Here**" button. You will then select the program date you want.
- 4. Once you've selected your program, you can then **Create an Account** by clicking on the "Sign Up" button. Returning users can Log In using their User ID and Password.

Note: Users who had an account with our old system will need to create a new account as we were not able to transfer over the old data. Once you have created an account, you will be able to use this account for any future activity.

- **5.** Fill in the information as directed on the **Create An Account** page and follow the steps to register yourself - or others - for the program you wish. Once you have completed this information, you will be directed to the **Payment Page**.
- **6.** Follow the directions on the payment page to finalize your registration. The City of Oklahoma City accepts Visa, Mastercard, and Discover for online payment transactions.
- . Once you have submitted your registration, you will be sent a confirmation email to the address provided. Please check your spam, junk or other folders to ensure its delivery.

# WELCOME



Happy Trails and Happy New Year from your Oklahoma City Parks & Recreation! As we get ready to start another season of bringing wellness, recreation and cultural arts to the Oklahoma City community, we want to share with you the many milestones we achieved in 2016.

In May, we joined other City leaders to dedicate the opening of the new white water facility at the River Sport Adventure Park along the Oklahoma River. The MAPS3 project, located in Regatta Park, not only provides ongoing economic benefit to

the City, but brings adventure and recreation opportunities to residents and visitors alike. In August, we opened six new indoor tennis courts at the Oklahoma City Tennis Center in Will Rogers Park. The new courts bring year-round playing opportunities to this neighborhood park and improve its value as a world-class facility. In September, we broke ground on space for a Vietnam War monument and improvements in Military Park to honor the American and South Vietnamese soldiers who sacrificed their lives in service during the Vietnam War. We ended the year with the opening of the City's first-ever dedicated equestrian park on the City's south side. Less than a mile from the State Fairgrounds, and with views of the downtown skyline, the new equestrian park gives horse enthusiasts more than 20 acres of open riding space along the Oklahoma River.

More is to come in 2017, including new tournament-ready soccer fields at South Lakes Park, skate courts at Stars & Stripes and Schilling parks, improvements to the Earlywine Family Aquatic Center, plus the new MAPS3funded Will Rogers Trail, which will bring an additional 8 miles of recreational cycling and running space along the I-44 corridor. We're also making significant improvements to the visitor building at Martin Park Nature Center and the Will Rogers Garden Exhibition Center to better provide education and enrichment programs for Oklahoma City residents.

None of this could happen without the support of our Oklahoma City residents. In 2017, you will have the opportunity to vote on capital improvements to our parks through new General Obligation Bonds, helping us to continue a long-lasting legacy of quality-of-life projects for generations to come. We'll post more about the new bond program, as well as our many new recreation programs and offerings, on our website at www.okc.gov/parks.

Doylor Kupper

Douglas R. Kupper

#### City of Oklahoma City Mayor Mick Cornett

#### Oklahoma City Council

James Greiner Dr. Ed Shadid Larry McAtee, Jr. Pete White David Greenwell Meg Salyer

John Pettis, Jr. Mark Stonecipher

#### Oklahoma City Park Commission

Joe Mallonee Christine Patton

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**Gary Woods** Allen Paine, Chair

Clyde Caldwell

#### Parks & Recreation Managers

Douglas R. Kupper **Christopher Hamilton**  Melinda McMillan-Millei

Terry Ash

Michael Smith Scott Copelin

Todd Reese

#### okcparks@okc.gov

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

**Athletics Aquatics Youth Recreation Martin Park Nature Center** 18 **Fishing** 

**Will Rogers Gardens** 

**Adult & Senior Recreation** 

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### ADULT ATHLETICS

Information: (405) 297-2211

General information regarding our leagues is listed below.

- Registration is by team only.
- Individuals can be placed on a free agent list but are not guaranteed to play.
- Leagues are available for both recreational and competitive players.
- The minimum age requirement for all adult leagues is 18.

#### **ADULT LEAGUES**

**BASEBALL** 

(405) 316-6837

#### **Adult Men's Spring Competitive Baseball League**

Event ID: 5302

Register by March 5

Includes a 10-game season schedule. Games last approximately 3 hours and are played once a week on Friday evenings, Saturdays or Sundays. Game length is 7 innings.

Cost: \$450 per team Umpire fees: \$10 per inning

Games played at Wendel Whisenhunt Sports Complex, 3200 S Independence.

WW Sports Complex

Fri, Mar 17-May 19 7:00pm-10:00pm 12:00pm-9:00pm Sat, Mar 18-May 20

Sun, Mar 19-May 21

11:00am-8:00pm

#### **BASKETBALL**

(405) 681-6424

#### **Adult Men's Winter Basketball League**

Event ID: 5298

Register by January 27

Includes a 7-game schedule, followed by a league championship tournament. **Cost:** \$350 per team

Games played at Woodson Gym, 3401 S May Ave.

Woodson Gym Sun, Feb 5-Apr 2 1:00pm-5:00pm

#### **Adult Women's Winter Basketball League**

Register by January 27

Includes a 7-game schedule, followed by a league championship tournament. **Cost:** \$350 per team

Games played at Woodson Gym, 3401 S May Ave and Municipal Gym, 720 NW 8th St.

5309 Woodson Gym Sat, Feb 4-Apr 1 5:00pm-9:00pm 5576 Municipal Gym Sun, Feb 5-Apr 2 1:00pm-5:00pm

#### **Adult Men's Spring Basketball League**

Event ID: 5304

Register by March 20

Includes a 7-game schedule, followed by a league championship tournament. Cost: \$350 per team

Games played at Woodson Gym, 3401 S May Ave.

Tue, Mar 28-May 23 6:30pm-10:30pm Woodson Gym Thurs, Mar 30-May 25 6:30pm-10:30pm Sun, Apr 9-Jun 11\* 1:00pm-5:00pm \*No games on May 28

#### **Adult Women's Spring Basketball League** Register by March 20

Includes a 7-game schedule, followed by a league championship tournament. **Cost:** \$350 per team

Games played at Woodson Gym, 3401 S May Ave and Municipal Gym, 720 NW 8th St.

5310 Woodson Gym Sat, Apr 8-Jun 10\* 5:00pm-9:00pm 5600 Municipal Gym Sun, Apr 9-Jun 11\* 1:00pm-5:00pm \*No games on May 27/28

#### **Corporate Wellness Basketball Program**

Healthy, productive employees are your company's most valuable resource. Join Oklahoma City Parks & Recreation for this lunchtime basketball program to burn calories and enjoy socializing with colleagues. Choose between one to five days a week at the facilities listed below. Cost: \$25 per day

Call 405-316-6837 or email athletics@okc.gov for more information.

5730 Municipal Gym M-F, Jan 3-May 31 11:30am-12:30pm 5315 Foster Gvm M-F, lan 3-May 31 11:30am-12:30pm 5731 Woodson Gym M-F, Jan 3-May 31 11:30am-12:30pm



SOCCER

(405) 681-6424

#### **Adult Men's Spring Soccer League**

**Event ID: 5328** 

Register by March 17

This spring 8v8 league includes a 7-game schedule, followed by a league championship. Cost: \$300 per team

Games played at Wendel Whisenhunt Sports Complex, 3200 S Independence.

WW Sports Complex Fri, Mar 24-May 19 6:30pm-10:30pm

**SOFTBALL** 

(405) 316-6837

#### **Adult Spring Softball Leagues**

Register by March 5

Spring adult softball in a single-header and double-header league format. The single-header division plays a 7-game schedule, and the double-header division plays a 14-game schedule. Both seasons are followed by league tournaments.

, ,			
Single-Header Option	Cost: \$200 per team		
Coed 5436 Wheeler Park	Mon, Mar 13-May 15	6:30pm-10:30pm	
Coed 5438 Stars & Stripes	Tue, Mar 14-May 16	6:30pm-10:30pm	
<i>Men's</i> 5440 Stars & Stripes	Thurs, Mar 16-May 18	6:30pm-10:30pm	
Men's 5441 Wheeler Park	Sun, Mar 19-May 21	4:00pm-8:00pm	
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Double-Header Option	<b>Cost:</b> \$350 per	team
<i>Men's</i> 5445 Stars & Stripes	Mon, Mar 13-May 15	6:30pm-10:30pm

*Men's* 5449 Wheeler Park Tue, Mar 14-May 16 6:30pm-10:30pm Coed 5454 Wheeler Park Thurs, Mar 16-May 18 6:30pm-10:30pm Coed 5459 Stars & Stripes Sun, Mar 19-May 21 4:00pm-8:00pm

**VOLLEYBALL** 

(405) 681-6424

#### **Adult Winter Volleyball League**

Register online by January 3

Winter adult volleyball leagues will play a 7-game schedule beginning in early January, followed by a league championship tournament. **Cost:** \$175 per team

Games played at Foster Gym, 614 NE 4th St.

*WM's* 5430 Foster Gym Mon, Jan 9-Mar 6 6:30pm-10:30pm Coed 5431 Foster Gym Thurs, Jan 12-Mar 9 6:30pm-10:30pm

#### **Adult Spring Volleyball League**

Register by March 12

The spring adult volleyball league will play a 7-game schedule beginning in early March, followed by a league championship tournament. **Cost:** \$175 per team

Games played at Foster Gym, 614 NE 4th St.

*WM's* 5433 Foster Gym Mon, Mar 20-May 14 6:30pm-10:30pm Coed 5435 Foster Gym Thurs, Mar 23-May 18 6:30pm-10:30pm

Youth sports allow children from all backgrounds to learn and develop fundamental athletic skills in a supportive and non-competitive environment.

### DAGEDALI

**Youth Spring Baseball League** 

Event ID: 5472 Register by March 24

This coed league includes an 8-game season with one game per week on Monday, Tuesday or Thursday. A once-weekly team practice will be scheduled by the team coach.

Games played at Wheeler Park and Stars & Stripes Park.

Cost:

U6 U8

New Players \$55 registration, plus \$20 uniform fee. **Returning Players** \$55 registration. Uniform fee waived if player has OKC Parks & Recreation baseball jersey.

T-Ball (3-4) M/T/Th, Apr 14-Jun 22\* 6:30-8:30pm U10 M/T/Th, Apr 14-Jun 22\* 6:30-8:30pm U12 \*No games on May 29

**Youth Spring Soccer League** 

**Event ID: 5555** Register by February 24

Our Spring soccer league for boys and girls ages 11 and under teaches fundamental skills in a fun, encouraging environment. Teams practice once weekly (times determined by team coach), plus games on Saturday. League may be extended due to inclement weather.

Games played at Wendel Whisenhunt Sports Complex, 3200 S Independence.

Cost:

\$65 registration, plus \$20 uniform fee. New Players Returning Players \$65 registration. Uniform fee waived if player has OKC Parks & Recreation

soccer jersey.

U4 Sat, Apr 1-May 20 10:00am-4:00pm U6 10:00am-4:00pm Sat, Apr 1-May 20 U8 Sat, Apr 1-May 20 9:00am-4:00pm U10 Sat, Apr 1-May 20 9:00am-4:00pm Sat, Apr 1-May 20 9:00am-4:00pm

#### **Oklahoma City Police Athletic League 6th Grade Youth Soccer Program**

Online registration not available. See event description.

Join the OKC Police Athletic League and OKC Parks & Recreation for this 6th grade soccer league for students in Oklahoma City Public Schools. Games are played at the Wendel Whisenhunt Sports Complex, 3200 S Independence. Call the Oklahoma Police Athletic League at 405-632-2240 for more information, or visit www.okcpal.org.

6th Grade \*No games on April 16

Saturday

Mar 25-May 6

9am-2pm

# ACCIDATION AT FOSTER PROGRAM POOL 614 NE 4TH ST (405) 297-1424

## REGULATIONS

- Parents/guardians are responsible for actively supervising children while using Oklahoma City Aquatic facilities.
- Proper swimming attire required at all facilities.
- No smoking allowed at OKC Aquatic Facilities.
- Lifeguards on duty have the authority to enforce these and any additional rules.

#### **Open Swim**

T/Th, Jan 3-May 25 1:30pm-8:00pm Event ID: 5583 1:30pm-5:30pm Fri, Jan 6-May 25 **Event ID: 5583** 

Swim laps, water walk or just enjoy a relaxing dip in the pool during these open swim times. Cost: \$2 per day or \$10 per month. Youth 17 and under are FREE!



#### **WATER FITNESS**

Find your fitness during our dynamic and fun aquatics classes. No registration required.

Information: (405) 297-1424

#### Aqua Ai Chi

T/Th, Jan 3-May 25 12:30pm-1:30pm No registration required

Find inner peace through Ai Chi, a breath-focused exercise that combines Qigong and Tai Chi to help you gain strength, quiet your mind and recharge your spirit. For ages 18+. Cost: \$3 per class

#### **Aquatic Boot Camp**

M/W, Jan 4-May 24 5:45am-6:45am

No registration required

A high-intensity class that combines lap swimming with aquatic exercise stations to help burn calories and improve cardiovascular endurance. For ages 18+. Cost: \$3 per class

#### Fitness and Lap Swim

7:00am-10:00am & 1:30pm-5:30pm M/W, Jan 4-May 24 8:00am-11:00am Fri, Jan 6-May 26

No registration required

Enjoy lap swimming, water walking or your own fitness regimen. Admission includes use of the weight and cardio rooms at the Foster Recreation Center. For ages 18+. Cost: \$2 per day or \$10 per month

#### Swim to Be Fit

M/W/F, Jan 4-May 26 12:30pm-1:30pm

No registration required

This program bridges the gap between swim lessons and becoming an effective fitness swimmer. Perfect for those who are looking to define their strokes as well as learn how to use swimming as a method of physical conditioning. For ages 18+. Cost: \$3 per class

#### **Water Aerobics**

M-F, Jan 3-May 26 11:30am-12:30pm No registration required

Water aerobics offers a complete cardiovascular workout using water resistance. Movements are safe and gentle, yet strenuous enough to tone your muscles. For ages 18+. Cost: \$3 per class

#### **SWIMMING LESSONS**

Information: (405) 297-1424

#### **Group Swim Lessons**

Starguard group swim lessons are designed to teach students to swim at their own pace and comfort level with water safety being emphasized in each class. Students are evaluated on the first day of class for placement. All classes are taught by Starfish Aquatic Institute certified instructors. Each session includes six 45-minute classes, with multiple daily class times available.

#### Star Babies/Star Tots

6 months-4 years

Star Tots classes introduce infants and toddlers (with parents) to the water, and help them become comfortable in the water. As students get older, they learn basic swimming techniques, including water safety. Infant and toddler classes require parent participation.

#### 4+ years Swim School

This class teaches basic swimming skills, including floating, kicking on the wall, holding breath underwater, and learning to swim unassisted for 30 feet.

#### Stroke School

4+ years

Students learn freestyle, backstroke, butterfly and breast stroke and learn to swim longer distances. Students must pass Swim School or similar program to participate. **Cost**: \$30 per session.

Cost: \$30 per session (6 classes per session).

Each class is available from 10-10:45am, 10:45-11:30am, 5:30-6:15pm, or 6:15-7pm. A minimum of 3 students is required for each class to take.

Session 1: Mon/Wed, Jan 23-Feb 8 Event ID: 5556 Event ID: 5557 Session 2: Mon/Wed, Feb 13-Mar 1 Session 3: Mon/Wed, Mar 6-Mar 22 **Event ID: 5558** Session 4: Mon/Wed, Mar 27-Apr 12 Event ID: 5559 Session 5: Mon/Wed, Apr 17-May 3 Event ID: 5561

#### **Private Swim Lessons**

Looking to improve your swimming strokes with one-on-one instruction? We offer 30-minute private lessons for all ages. Call for information or to schedule a class: (405) 297-1424. Cost: \$20/lesson

#### **My First Swim Lesson**

Sat. lan 21 9:00am-9:45am Event ID: 5562 Event ID: 5562 Sat, Jan 21 10:00am-10:45am

Join Starfish Aquatics Certified Swim Instructors as we introduce your child to water in a safe, friendly environment. Class will focus on water exploration and learning basic aquatic skills. A great introduction to our group swim lesson program. For ages 6 months-4 years. Cost: \$5 per class

## LIFEGUARDING



#### **Lifeguard Certification Class Event ID: 5711**

This course will provide you with the certifications necessary to become a professional lifeguard: CPR/AED, First Aid and Lifeguard Training. Certification is through the Star Guard Aquatics

Institute. If you are hired by the City of Oklahoma City and meet specific training and employment requirements, you will receive a training \$200 rebate.

Cost: \$235 per session. Includes class materials.

#### Age Requirements

To enroll, candidates must be 15 years old before the final scheduled class session. They must be at least 16 years old to work for the city of Oklahoma City.

#### Qualifications

Applicants must be able to:

- Swim 300 yards continuously using the front crawl and/or breaststrokes while demonstrating breath control and rhythmic
- Swim 50 yards head-up to sigh for victim without stopping and swim 50 yards head-up with a rescue tube.
- Tread water for 2 minutes using legs only.
- Complete a timed swim and underwater brick retrieval.
- Retrieve a 10-pound weighted object from the bottom of the pool (9-feet deep).

#### Sessions

Jan 23-27	Mar 6-10	Apr 10-14
Jan 30-Feb 3	Mar 13-17	Apr 17-21
Feb 6-10	Mar 20-24	Apr 24-28
Feb 13-17	Mar 27-31	May 8-12
Feb 20-24	April 3-7	May 15-19





#### **AQUATIC EVENTS**

Information: (405) 297-1424

#### **Parents' Night Out**

 Fri, Jan 20
 5:30-9:00pm
 Event ID: 5563

 Fr, Feb 17
 5:30-9:00pm
 Event ID: 5563

 Fri, Mar 17
 5:30-9:00pm
 Event ID: 5563

 Fri, Apr 28
 5:30-9:00pm
 Event ID: 5563

Kids can enjoy three and a half hours of open swimming fun, plus aquatic and recreation activities while parents enjoy time away. For ages 6-14. **Cost:** \$10 per person

#### **Sunken Treasure Easter Egg Hunt**

Sat, Apr 15 9:00am-12:00pm Event ID: 5591

Our eggs have sunk and we need help picking them off the swimming pool floor! Join OKC Parks & Recreation for this aquatics egg-stravaganza complete with an Easter Egg Hunt inside the pool. Three age groups available. Cost: \$5 per person

 Ages 4-6
 9-10am

 Ages 7-9
 10-11am

 Ages 10-12
 11am-noon

#### **SPECIALTY AQUATICS**

Information: (405) 297-1424

#### **Open SCUBA Practice**

Fri, Jan 27-Apr 21 5:30pm-8:00pm Event ID: 5595 Class designed for open dive practice in the pool. The Foster Center Pool ranges in depth from 3-9 feet. Participants must present a valid driver's license and SCUBA certification. Lifeguards present, but no SCUBA instructor. Classes run select Fridays from 5:30 until 8 pm. Cost: \$10 per class

Class Dates: January 27, February 10, February 24, March 10, March 24, April 7, and April 21

## NEED POOL SPACE?

Looking for a place to host pool parties, birthdays, Boy or Girl Scout certifications, home school groups, special group lessons, corporate events or other activities?

Let us help you customize a program or class to meet your needs. For more information, call (405) 297-1424.





#### "Get Ready" OKC Camp

Registration required

**Event ID: 5721** 

Learn to weather the storm during this fun and engaging emergency preparedness camp with curriculum by the national "Save the Children" organization. Games, outdoor activities, crafts and hands-on learning will teach campers about fire safety, floods, storms, and how to make a home emergency plan. For ages 6-14. Cost: \$80 per camper, \$75 per each additional sibling.

Monday, March 13 - Friday, March 17 8:00am-5:00pm Foster Recreation Center, 614 NE 4th St.

Extended care is available Monday through Friday, 7:30-8am and 5:00pm-6:00pm. Cost: \$25 per camper

For more information, call (405) 297-2211.

#### **Outdoor Wilderness Camp**

#### Registration required

Event ID: 5723

Experience the great outdoors right in the heart of OKC! Campers will climb into the world of outdoor fun with camping and hiking basics, outdoor safety, orienteering, plant and animal identification, Two Camp Sessions and Locations: outdoor survival skills and more. Camp includes field trips to Bluff Creek Park, Lake Stanley Draper and Climb UP climbing silos! \*Bring Monday, March 6 - Friday, March 10 a sack lunch, sunscreen, and shoes that can get wet. For ages 8-15. Cost: \$175 per camper

Monday, March 13 - Friday, March 17 8:00am-5:00pm Southern Oaks Recreation Center, 400 SW 66th St.

Extended care is available Monday through Friday, 7:30am-8:00am and 5:00pm-6:00pm. Cost: \$25 per camper

For more information, call (405) 297-2211.

#### **Outdoor Skills Camp**

Registration required

Event ID: 5710

Young explorers will dig this week-long camp with an emphasis on wilderness and outdoor adventure. We'll kayak, learn plant and animal identification and hone camping skills by setting up a campsite and cooking over a campfire. For ages 13-17. **Cost:** \$250 per camper.

Monday, May 29 - Friday, June 2 7:30am-5:00pm Martin Park Nature Center, 5000 W Memorial Rd

#### **Spring Fling 2017**

Registration required

Boys and girls ages 6-17 will shine bright during this performing arts camp that teaches music, dancing and stage performance - all culminating with an end-of-week performance for family and friends. Campers should bring a sack lunch. Cost: \$100 per camper.

Taylor Performing Arts Center, 1115 SW 70th St

Monday, March 13 - Friday, March 17 NW Optimist Center, 3301 NW Grand Blvd

For more information, call (405) 297-2211.

8:00am-5:00pm Event ID: 5727

8:00am-5:00pm

Event ID: 5725

# SUMMER-PREVIEW

#### **Fit For Youth Day Camp**

Fill your school break with fun, fitness and friendship! Join OKC Parks this weekly day camp with sports, arts, recreational games and field trips around the OKC metro. For ages 6-14. Cost: \$80 per camper per week, \$75 per each additional sibling.

Monday, June 5 - Friday, July 28 8:00am-5:00pm Foster Recreation Center, 614 NE 4th St

Extended care is available Monday through Friday, 7:30am-8:00am and 5:00-6:00pm. Cost: \$25/camper

For more information, call (405) 297-2211.

Summer specialty camps at additional locations will be available for registration this Spring. Keep an eye out for our Summer Program Guide for more info!

#### **Summer Performing Arts Camps**

Your young star will shine with our summer Performing Arts Day Camp, where campers will put on a musical while learning acting, singing, dancing and more. Each session ends with a performance for family and friends. For boys and girls ages 6-17. Camp sessions run from 8:00am-5:00pm. Cost: \$190 per camper.

Four sessions available at two locations:

Monday, June 12 - Friday, July 23 Monday, June 26 - Friday, July 7 Monday, July 10 - Friday, July 21 For ages 12-18 only NW Optimist Center, 3301 NW Grand Blvd

Monday, July 10 - Friday, July 21 Taylor Performing Arts Center, 1115 SW 70th St

#### **Garden Explorers Camp**

Learn about nature through garden exploration and fun.

Plant container gardens - learn about insects - design and build a garden - explore the outdoors! Camp includes field trips to OKC locations. For ages 8-12. Cost: \$180 per camper

Two sessions available:

Monday, June 12 - Friday, June 16 7:30am-5:00pm Monday, July 17 - Friday, July 21 7:30am-5:00pm Will Rogers Gardens, 3400 NW 36th St

#### **Outdoor Skills Camp**

Teen explorers love this week-long camp with an emphasis on wilderness and outdoor survival.

Camping and hiking basics - cooking over a campfire - knot tying kayaking - more! For ages 13-17 only. Cost: \$250 per camper

Monday, June 5 - Friday, June 9 7:30am-5:00pm Martin Park Nature Center, 5000 W Memorial Rd

#### **Nature Art Camp**

Discover your creative side during this nature-inspired day camp.

Explore the outdoors - learn about wildlife - create naturethemed art projects. For ages 8-12. Cost: \$175 per camper

Monday, June 19 - Friday, June 23 8:00am-4:30pm Martin Park Nature Center, 5000 W Memorial Rd

#### **Nature Career Camp**

Is your child a budding botanist or biologist? Let them learn about potential careers in the field of natural sciences during our Nature Career Camp.

Outdoor fun and exploration – field trips to meet with personnel of OKC Zoo, OKC Animal Welfare, OCU, National Parks Service and more! For ages 8-12. Cost: \$215 per camper

Two sessions available:

7:30am-5:30pm Monday, June 26 - Friday, June 30 Monday, July 24 - Friday, July 28 7:30am-5:30pm Martin Park Nature Center, 5000 W Memorial Rd



#### **Natural Resources Camp**

Go wild this summer with Martin Park Nature Center's Natural Resources Camp. Young explorers can gain hands-on learning while enjoying nature and the outdoors.

Hiking and outdoor exploration – plant and animal ID – wildlife conservation – archery and fishing. For ages 8-12. Cost: \$215 per camper

Monday, July 10 - Friday, July 14 7:30am-5:30pm Martin Park Nature Center, 5000 W Memorial Rd



#### TINY TOTS ages 3-5

#### **PERFORMING ARTS**

#### **Demke's Tiny Dancers**

Registration required

Event ID: 5308

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

2-5. **Cost:** \$25 per month

**NW Optimist** Tue, Jan 10-May 2 5:30pm-6:15pm

#### **Irish Dance for Preschool**

Registration required

Event ID: 5299

Introduction to Irish dance with basic steps. Cost: \$25 per month Wed, Feb 1-May 24 **NW Optimist** 6:00pm-6:30pm

#### **Tiny Tots Creative Dramatics**

Registration required

Introduction to basic acting through imaginative play. Class will act out nursery rhymes, fairy tales and learn how to "play pretend." Cost: \$25 per month

5303 NW Optimist Tue, Jan 10-May 2 10:45am-11:30am Sat, Jan 14-May 6 10:30am-11:15am 5035 Southern Oaks 5307 Taylor Wed, Jan 11-Apr 26 10:45am-11:30am

#### **Tiny Tots Creative Movement**

Registration required

Event ID: 5301

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

Cost: \$25 per month

Taylor Mon, Jan 9-May 1 4:00pm-4:45pm

#### YOUTH ages 6-12 and 13-17

#### **SPORTS & FITNESS**

#### 3 on 3 Teen Basketball Tournament

Register at Melrose Recreation Center

Grab your friends for this 3 on 3 recreation tournament. For boys and girls ages 13-17. No maximum roster. **Cost:** \$45 per team Melrose Sat, Feb 18 12:00pm-4:00pm

#### **Basketball (Open Gym)**

No registration required

FREE

Pitts M/W, Jan 10-May 30 5:30pm-8:30pm

#### **Basketball Basics**

Registration required

Nothing but net! Learn ball handling, shooting and defense in this beginning level class. Cost: \$10 per month

5409 Macklanburg (5-8)Tue, Feb 7-May 23 4:00pm-6:00pm 5411 Pilot (Ages 6-12) Wed, Jan 11-May 24 6:00pm-7:00pm 5412 Pilot (Ages 13-17) Tue, Jan 10-May 23 6:00pm-7:00pm

#### **Basketball Skills Training**

Registration required

Cost: \$10 per month

5411 Pilot (Ages 6-12) Wed, Jan 11-May 24 6:00pm-7:00pm 5412 Pilot (Ages 13-17) Tue, Jan 10-May 23 6:00pm-7:00pm

#### **Chivalric Competition**

Registration required

Event ID: 5415

Learn fighting techniques from the Renaissance and middle ages.

Cost: \$2 per class

Wed, Jan 11-May 24 7:00pm-9:00pm

#### **Enhanced Gymnastics**

Registration required

Event ID: 5417

Improve your gymnastics skills including forward and backward rolls, headstands and front layovers. Instructor will determine level of students at the first class. For Intermediate/Advanced levels.

Cost: \$15 per month

Sellers Thurs, Jan 12-May 25 7:00pm-9:00pm

#### **Fencing**

Sellers

Registration required

Event ID: 5434

Renaissance sword fighting techniques create a real-life

swashbuckling experience. Cost: \$2 class

Sellers Tue, Jan 10-May 23 7:00pm-9:00pm

#### **Fitness and Fun**

Registration required

Event ID: 5418

This program includes gym activities and sports schedules to meet Home School Administrative requirements. For ages 6-12.

Cost: \$20 per session

Pitts Thurs, Feb 9-Mar 30 10:00am-11:00am

#### **Free Throw Contest**

No registration required

Contestants in two age groups (6-9 and 10-12) compete in a freethrow shooting contest. FREE

Minnis Fri, Jan 13 6:00pm-7:00pm Pitts Fri, Feb 10 6:00pm-7:00pm



#### **Futsal Tournament (Co-Ed)**

Register at Melrose Recreation Center

Recreational tournament for boys and girls ages 6-17. No maximum roster. Cost: \$40 per team

Melrose Sat, Jan 21 12:00pm-4:00pm

#### **Horseshoe Tournament**

Register at Melrose Recreation Center

Cost: \$10 per player

Melrose Sat, May 6 12:00pm-3:00pm



#### **Hot Shot Contest**

**Event ID: 5420** Registration required

Test your shooting skills against other participants in a hot shot contest for boys and girls ages 6-12. Cost: \$5 per person Pitts Fri, Mar 3 6:00pm-7:00pm

#### Pom

Registration required Event ID: 5422

Learn basic pom routines and how to put together cheers. For ages 6-10. **Cost:** \$25 per month

**NW Optimist** Sat, Jan 14-May 6 1145:am-12:30pm

#### **Soccer Skills Training**

Registration required

Learn, develop, and strengthen your skills and knowledge in the game of soccer. Cost: \$10 per month

Ages 6-12

5424 Pilot Wed, Jan 11-May 24 7:00pm-8:00pm

Ages 13-17 5425 Pilot Fri, Janu 13-May 26 6:00pm-7:00pm

**Team USA Cheerleading** 

Registration required Event ID: 5426

Learn basic stunts and cheer routines in this program that emphasizes positive reinforcement and rewards. For ages 6-12. Cost: \$5 per class

Sellers Mon, Jan 9-May 22 5:30pm-8:00pm

**Team USA Self Defense** 

Registration required Event ID: 5428

Learn self-defense safety awareness techniques. For beginners and intermediates. No experience required. For ages 6-12. Cost: \$5 per class Fri, Jan 13-May 26 Sellers 5:30pm-8:00pm

Tennis 101

No registration required

Learn the fundamentals of the game of tennis. For boys and girls

ages 6-17. FREE

Pitts Tue, Apr 4-25 5:00pm-6:00pm

**Tumbling** 

Registration required

Tumble your way to fun with this basic gymnastics and tumbling program. Cost: \$10 per month

5442 Pilot (Ages 6-12) Mon, Jan 9-May 22 6:00pm-7:00pm 5447 Pilot (Ages 13-17) Mon, Jan 9-May 22 7:00pm-8:00pm

#### **Volleyball Basics**

Registration required Event ID: 5455

Learn basic volleyball skills such as passing, setting, spiking and serving. Cost: \$10 per session

Schilling Fri, Apr 7-May 5 6:30pm-7:30pm

**Walking Club** 

No registration required

Join Center friends and support each other while walking in the park for health and wellness. Go at your own pace and chart your distance. FREE

Melrose M/W/F, Jan 9-May 1 5:00pm-6:00pm

#### **CREATIVE ARTS**

**Basic Sewing** 

Registration required

Event ID: 5311

Learn to sew in this easy class just for beginners. Class focuses on patterns, needles, threads, fabrics and fibers. For ages 6-12. Cost: \$5 per session

Minnis Lakeview Tue, Feb 7-Mar 28 4:30pm-6:00pm

**Jewelry Makers** 

Registration required

Create one-of-a-kind beaded jewelry pieces using a variety of bead types. All materials supplied. Cost: \$10 per month or \$20 per session at Melrose Recreation Center.

Ages 6-12

6:00pm-7:00pm 5312 Pilot Thurs, Jan 12-May 25 5318 Schilling Thurs, Jan 5-May 23 4:00pm-5:00pm

Ages 13-17

5320 Melrose Wed, Jan 18-Feb 8 6:30pm-7:30pm 5321 Pilot Thurs, Jan 12-May 25 6:00pm-7:00pm

Macramé

Registration required Event ID: 5327

Make bracelets and plant hangers using macramé knots, square knots and twirl knots. No experience required. For ages 6-12.

Cost: \$20 per session

Sellers Mon, Jan 9-Feb 6 5:30pm-7:30pm



**Oragami for Beginners** 

Registration required **Event ID: 5313** 

Learn to create art projects using the ancient Japanese art of paper folding. For ages 6-12. Cost: \$3 per class

Melrose Mon, Jan 16-Mar 6 5:30pm-6:30pm

**Pillow Creations** 

Registration required Event ID: 5325

Make decorative pillows using a variety of fabrics. Materials supplied. For ages 6-12. Cost: \$3 per class

Sellers Fri, Jan 13-May 26 5:30pm-7:30pm

Let It Snow!

Registration required

It's cold, it's flaky and we can make it using just a little bit of science. Join us as we learn to make snow! For ages 6-12. Cost: \$1 per person

Minnis Lakeview T/Th, Jan 10 & Jan 12 4:00pm-5:00pm

**Wearable Art** 

Registration required

Bring new life to old jeans and t-shirts with modern fashion trends. Cost: \$10 per month

5326 Pilot (Ages 6-12) Fri, Jan 13-May 26 6:00pm-7:00pm 5342 Pilot (Ages 13-17) Fri, Jan 13-May 26 7:00pm-8:00pm 5329 Minnis (All Ages) Tue, Apr 4-May 23 6:00pm-8:00pm

#### **PERFORMING ARTS**

**Acting and Production** 

Registration required

Learn acting basics including auditioning, characterization and rehearsal in preparation for a theatrical production. Cost: \$25 per month

Ages 6-12

5343 NW Optimist Mon, Jan 9-May 12 4:00pm-5:30pm 5344 Taylor Thurs, Jan 12-May 5 4:00pm-5:30pm Ages 13-17

5346 NW Optimist

Mon, Jan 9-May 12 5348 Taylor Thurs, Jan 12-May 5

5:30pm-7:30pm 5:30pm-7:30pm

Event ID: 5314

**Apollo at Minnis** 

Registration required Event ID: 5350

Work as individuals or in groups to prepare your act for the Minnis Lakeview Talent Show on May 25. Prizes will be awarded to 1st, 2nd and 3<sup>rd</sup> place. **Cost:** \$10 per person

Minnis Lakeview Thurs, May 4-May 25 5:00pm-6:00pm

**Dance 2017** 

Registration required

Learn the latest dance moves! Class emphasizes coordination, confidence and physical fitness. **Cost:** \$10 per month

5353 Pilot (Ages 6-12) Wed, Jan 11-May 24 6:00pm-7:00pm 5355 Pilot (Ages 13-17) Wed, Jan 11-May 24 6:00pm-7:00pm

**Dance Combo** 

Registration required

Learn beginning jazz and ballet in this fun 16-week program. Program ends with a mini-recital for family and friends. For ages 9-13. Cost: \$25 per month

5351 NW Optimist Thurs, Jan 12-May 4 6:30pm-7:30pm 5352 Taylor Thurs, Jan 12-May 4 6:30pm-7:30pm

**Dance for Musical Theater** 

Registration required

Event ID: 5357

Learn about the history of dance in musical theater while learning classical and modern dance steps. Participants will showcase their know-how in an end-of-semester performance. For ages 6-12. Cost: \$25 per month

**NW Optimist** Mon, Jan 9-May 8 4:30pm-5:30pm

**Demke's Petite Competitive Troupe** 

Registration required

**Event ID: 5359** Learn competitive routines in a small class setting. Participants to be

approved by instructor prior to class. For ages 4-9. **Cost:** \$15 per month Tue, Jan 10-May 2 **NW Optimist** 5:00pm-5:30pm

**Demke's Ballet and Tap Combo** 

Registration required

**Event ID: 5361** 

Learn basic ballet and tap in a small class setting. For ages 6-9. Cost: \$30 per month

**NW Optimist** Tue, Jan 10-May 2 6:30pm-7:30pm

ONLINE REGISTRATION COMING SOON!

#### Registration required

Introduction to Hip Hop basics, also current dance trends in this contemporary dance genre. For ages 8-17.

Costs: NW Optimist \$25 per month Sellers \$10 per month

5367 NW Optimist Sat, Jan 14-May 6 12:45pm-1:45pm 5368 Sellers Thurs, Jan 12-May 25 6:00pm-7:00pm

#### **Homeschool Drama**

#### Registration required

Learn basic acting and produce a full-stage production for family and friends. **Cost:** \$25 per month

Ages 6-12

5370 NW Optimist Tue, Jan 10-May 9 10:00am-11:15am Wed, Jan 11-May 3 12:30pm-2:00pm 5371 Southern Oaks Ages 13-17

Tue, Jan 10-May 5

Irish Dance Level I/II/III

#### Registration required

5373 NW Optimist

Event ID: 5375 Dancers will learn traditional Irish Dance basics. Instructor will

place students in proper class level upon first class meeting. Cost: \$40 per month

**NW Optimist** Thurs, Jan 10-May 9 11:30am-1:00pm

#### **Lights, Camera, Action!**

#### Registration required

Event ID: 5376

11:30am-1:00pm

Learn to role play, read scripts, memorize lines, and get into character in this engaging class that helps participants understand the process of storytelling through acting. For ages 6-12. Cost: \$15 per session

Schilling Wed, Jan 11-Mar 29 5:00pm-6:00pm

#### Middle Eastern Dance Movement

Registration required

Event ID: 5381

Students will explore the music and movement of various types of Middle Eastern dance. No experience required. For ages 13+.

Cost: \$25 per month

**NW Optimist** Wed, Jan 11-May 24 7:00pm-8:00pm

#### **Salted Ideas Dance Class**

#### Register at Macklanburg Recreation Center

Learn the fundamentals of different styles of dance with OKC-based dance studio, Salted Ideas. Located at Macklanburg Recreation Center. Cost: \$36 per month

Ballet/Tap (For ages 3-5)

This dynamic class helps young dancers build confidence through creative movement by learning basic steps in ballet and tap.

5444 Sapphire Level Mon, Jan 9-May 29 4:45pm-5:30pm 5471 Amethyst Level Wed, Jan 11-May 31 5:25pm-6:25pm

Ballet (For ages 6-12)

This beginning class focuses on ballet terminology, positions, alignment, balance and artistry using the Ballet Source curriculum. Students will learn basic barre routines and choreography to progress in their ballet development.

Mon, Jan 9-May 29 5457 Onyx Level 5:30pm-6:30pm 5465 Ruby Level Wed, Jan 11-May 31 3:30pm-4:45pm

Popping, locking, breakdancing and artistry are all part of our fun and dynamic Hip-Hop classes. Students will also learn about the history of Hip-Hop and its place in society.

Mon, Jan 9-May 29 5461 Ruby Level 6:30pm-7:30pm 5471 Onyx Level Wed, Jan 11-May 31 4:25pm-5:25pm



#### **Tap Dance**

Registration required

For ages 9-13. Beginner/Intermediate level. Cost: \$25 per month Thurs, Jan 12-May 11 7:30pm-8:30pm 5383 NW Optimist

5384 Taylor

Thurs, Jan 12-May 11 7:30pm-8:30pm

#### SPECIAL INTEREST

#### **After School Kids Club**

#### Register at your local recreation center

Sign up for our FREE After School Kids Club and get help with homework, take part in gym activities, play games and make crafts from 3 until 6 p.m. ASKC members will receive discounts on field trips and special classes. Program runs Monday-Friday, January 9-May 31. Hours vary per center.

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

#### **Armpit Fudge**

#### Registration required

Event ID: 5385

Mix ingredients for this delicious fudge confection, then cook it under your armpits. Part of the STEM curriculum using science and math in a fun, practical way. For ages 6-12. **Cost:** \$5 per person Fri, Feb 10 6:00pm-8:00pm

#### **Chess Tournament**

#### Registration required

Event ID: 5385

Challenge yourself during this chess tournament for age groups 8-10, 11-13, and 14-16.

Melrose Sat, Apr 1 12:00pm-4:00pm

#### **Classic Model Car Building**

Registration required

Have fun while socializing with other participants and learning to build model cars. Bring your own car to build, or purchase one from the center. A great family project. Materials supplied. Ages 9 and up. Cost: \$15/project with car purchase or \$25/project with car supplied by center.

Southern Oaks Tue, Jan 3-May 16 5:00pm-6:30pm

#### **Community Brunch**

No registration required

Grab your friends and family and join us for a friendly game of Bingo while sampling delicious potluck dishes. Bring a dish to share with others. Cost: Potluck Dish

Minnis Fri, Jan 20 3:00pm-5:00pm

#### **Game Room Night**

No registration required

Check out our large-screen televisions and play your favorite Xbox and Wii games with friends! Cost: \$2 per night

Pilot (Ages 6-12) Mon, Jan 9-May 22 6:00pm-8:00pm Tue, Jan 10-May 23 Pilot (Ages 13-17) 6:00pm-8:00pm Pilot (Ages 18+) Thurs, Ian 12-May 25 6:00pm-8:00pm Pilot (Family) Wed, Jan 11-May 24 6:00pm-8:00pm

#### **Game Night Tournament**

Registration required Event ID: 5390

Cost: \$5 per visit

Pilot Fri, Jan 12-May 26 6:00pm-8:00pm

#### Girls' Night In

Registration required

Event ID: 5391

Join center friends for crafts, games, baking and character-building exercises during this positive community program. Special activities include a talent/fashion show and dance party. For girls ages 6-17 only. Every other Friday beginning 2/3/16. Cost: \$5 per night Southern Oaks Fri, Jan 3-May 12 6:00pm-8:00pm

#### **Guys' Night**

Registration required

Event ID: 5392

Join other youth in the community for sports, video games, character building and more! Program goal is to provide positive influence among the community. For boys ages 6-17 only. Every other Friday beginning 2/10/16. Cost: \$5 per night

Southern Oaks Fri, Feb 10-May 19 6:00pm-8:00pm

#### **Parents' Night Out**

Registration required

While mom and dad hit the town or enjoy a restful night in, kids can play games and sports, do arts & crafts and enjoy time with center friends. Pre-registration required. Cost: \$10 per child. Fees apply per child per class.

Macklanburg Fri, Mar 17 & Mar 24 6:00pm-10:00pm

#### **Teen Night**

Registration required

Event ID: 5393

Come out to enjoy music, dancing, refreshments and some freestyle rap during this community event meant to develop positive character interactions. Last Friday of every month. For ages 13-17. Cost: \$4 per person

Fri, Jan 27-Apr 28 7:00pm-10:00pm Melrose

#### **SPECIAL EVENTS**

#### Do You Have Game?

Registration required

Event ID: 5407

Come out and compete in a friendly 2K NBA tournament. Cost: \$3 per person

Pitts Fri, Apr 7 7:00pm-8:00pm

#### **Earth Day Celebration**

No registration required

A community-wide event designed to show appreciation for our beloved planet. Families will participate in a variety of naturethemed activities. FREE

Southern Oaks 10:00am-2:00pm Sat, Apr 22

#### Egg-stravaganza

No registration required

Hop on over for some Easter-themed fun. We'll look for candy filled eggs until we're done. Don't forget to bring your basket! For ages 0-12. **FREE** 

Pitts Fri, Apr 14 4:30pm-5:30pm Schilling Fri, Apr 14 4:30pm-5:30pm Thurs, Apr 13 6:00pm-7:30pm Southern Oaks

#### **Family Night at Minnis**

Registration required

Event ID: 5395

Event ID: 5477

Enjoy a night of board games and movies with your family! Cost: \$5 per family of four

Minnis Fri, Feb 3-Apr 21 6:00pm-8:00pm

#### **Fire Safety and Prevention**

No registration required

Join the OKC Fire Department for safety and fire prevention tips.

Event includes touch-a-truck! FREE

Southern Oaks Tue, Mar 28 3:30pm-4:30pm

#### Pet Festival 2017 Registration required

Pets love our pet festival, and so do their human companions. Bring your Fido or Fifi for this pet-filled afternoon of fun include a Pet Costume Contest, Best Trick and Best Look-a-Like contests. Vendor booths are available for \$5. Cost: \$5 entry fee per contest

Melrose Sat, Apr 29 11:00am-1:00pm

#### **Police Safety Talk**

No registration required

Join members of the Oklahoma City Police Department for a discussion on community and personal safety. FREE

Southern Oaks Thurs, Mar 30 3:30pm-4:30pm

#### **Southern Oaks Bake-Off**

Registration required

**Event ID: 5479** 

Are you the local Betty Crocker? Join us for this community contest to see who can bake the best goods. Compete head to head for 1st, 2nd or 3<sup>rd</sup> prize. Contact center for more information. **Cost:** \$5 per entry

Southern Oaks Fri. Feb 10 6:00pm-8:00pm

#### **Summer Send Off**

No registration required

Celebrate summer break with other families from the community and center. Open House event to see art work and play family friendly games. FREE

Southern Oaks Fri, May 12 4:00pm-6:30pm



5000 W MEMORIAL RD | (405) 297-1429

\* The Visitor Education Center at Martin Nature Park is closed for construction through mid-May 2017. For program location, visit online at okc. gov/parks or call (405) 297-1429.

## ON-GOING PROGRAMS

#### Archerv

First & Third Sat 3:00pm-4:30pm Event ID: 5696

Your child can learn to shoot straight with our beginning archery class using guidelines from NASP (National Archery in Schools Program). Students learn proper form, safety, equipment techniques and mental preparation. Equipment provided. For ages 8+ and arm strength to pull back 12 pounds. **Cost:** \$5 per class

#### **Nature Tales**

**Event ID: 5577** 

Thurs, 10:00am-10:45am 1st & 3rd Sat, 2:00pm-2:45pm 2nd & 4th Sat, 2:00pm-2:45pm

NW Library, 5600 NW 122nd Village Library, 10307 N Penn Belle Isle Library, 5501 Villa Ave

Our popular Nature Tales program 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. For ages: 3-7. FREE

#### **Archery for Homeschoolers**

First & Third Thurs

2:00pm-3:30pm Event ID: 5560

Your child can learn to shoot straight with our beginning archery classes using NASP (National Archery in Schools) guidelines. Students learn proper form, safety, equipment techniques and mental preparation. Equipment provided. For ages 8+ and arm strength to pull back 12 pounds. Classes run 1st and 3rd Thursdays between February 2 and May 18. Cost: \$50 per session

#### **Speak for the Trees**

Sat, Feb 25

3:00pm-3:45pm Event ID: 5694

Join us as we explore the park through the eyes of Dr. Seuss. We'll hike the Martin Park woods while staff read excerpts from "The Lorax." Will you become the Once-ler, cutting down every Truffula Tree as far as the eye can see, or will you become the Lorax, who speaks for the trees? For ages: 6+. FREE

#### St. Patrick's Day Scavenger Hunt

No registration required

Do you have the luck of the Irish? Come find out during this familyfriendly scavenger hunt where you'll search for natural treasure in the woods of Martin Park. The last scavenger hunt begins at 3:30 p.m. All Ages. Cost: \$2

#### **Bird Egg Hunt**

Sat, Mar 25

3:00pm-3:45pm (Ages 2-6) 4:00pm-4:45pm (Ages 7-10)

Event ID: 5699 Event ID: 5701

Celebrate Easter with an egg hunt of a different nature! Replica eggs representing different bird species will be scattered throughout the Martin Park meadow and it's up to you to find one of each. You'll also learn about the eggs' unique characteristics. Cost: \$2

#### **Earth Fest**

Sat, Apr 29

1:00pm-5:00pm

Event ID: 5704

Join us for Martin Park's annual "Party for the Planet" with eco-friendly games, crafts and activities for everyone in the family. Information booths will also teach you how to help keep Mother Earth healthy. All Ages. FREE

#### **Citizen Science Day - Snakes 101**

Sat, May 13

3:00pm-3:45pm

Event ID: 5707

Interested in science, but can't give up your day job? Then join Martin Park as a citizen scientist, where you can contribute to scientific studies by collecting and analyzing data used for national science programs. Contact us at (405) 297-1429 for more information. All ages. FREE

FREE FISHING DAYS is continuing through 2017! No City permit is required the first Saturday of each month. (State fishing license is required).

NEED A NEW HONEYHOLE? Visit okc.gov/parks to find a Oklahoma City Fishing Water near you!

#### **ADULT NATURE NIGHT**

Join the naturalists of Martin Park Nature Center for this adventure lecture series – just for grownups. We'll have learning workshops, field trips, hands-on activities and more. Great for church, college club or other social groups. Rates vary depending upon activity. Pre-registration required. Call (405) 297-1429 for more info.

#### **Adult Nature Night - Climb-Up Outing**

**Event ID: 5691** Tue, Jan 10 6:30pm-9:00pm Discover new heights as you join us at OKC Climb-Up to learn the ropes of rock climbing and rappelling. Fee includes entry, plus equipment. Program location: OKC Climb-Up, 200 SE 4th. For ages 18+. **Cost:** \$20

#### **Adult Nature Night - Reading Tree Rings**

Tue, Jan 24

6:30pm-8:00pm

Event ID: 5692

How do trees tell us their story? Through their rings! Join UCO biologist Dr. Chad King as we explore the history and mystery of trees. Call (405) 297-1429 for meeting location. For ages 18+. FREE

#### **Adult Nature Night - Full Moon Lovers' Walk**

Tue, Feb 14 6:30pm-8:00pm Event ID: 5693 Fall in love with the full moon during Martin Park's Full Moon

Lovers' Walk. We'll see the park as our nocturnal animals do – under the glow of the moonlit sky. Dress for the weather so you can enjoy the moon's brilliance. For ages 18+. Close-toed shoes required. **Cost:** \$10

#### **Adult Nature Night - Prairie Dogs**

Tue. Feb 28 6:30pm-9:00pm

Prairie Dogs are a keystone species on which other species are dependent. Come learn about these mischievous and intelligent creatures during this lecture with Larry Weimers, biologist with the Oklahoma Department of Wildlife Conservation. Program location: Northwest Library, 5600 NW 122nd. For ages 18+. FREE

#### **Adult Nature Night - Tree Planting**

Tue, Mar 14 6:30pm-8:00pm Event ID: 5697

Planting a tree may seem easy, but if done improperly, could create a lifetime of problems – including tree illness and even tree death. Learn the tips of the trade with Oklahoma State Forester Mark Bays. Program located at NW Library, 5600 NW 122nd St. For ages 18+. **FREE** 

#### **Adult Nature Night - Edible Harvest**

Tues, Mar 28 6:30pm-7:30pm Event ID: 5702

How did our pioneer predecessors fill their medicine cabinets, store food, and build shelter? With plants, of course! Follow park naturalists through the Martin Park woods as we learn about the various plants and trees that were vital to early American life. For ages 18+. **Cost:** \$5

#### **Adult Nature Night - Tree Climbing**

Tue, Apr 11 6:30pm-8:00pm

Want to swing from the tree-tops? Then join Martin Park naturalists as they show you the ropes during our adult tree-climbing program. We'll harness you up, teach you our techniques, then get you climbing! Equipment provided. For ages 18+. Cost: \$10

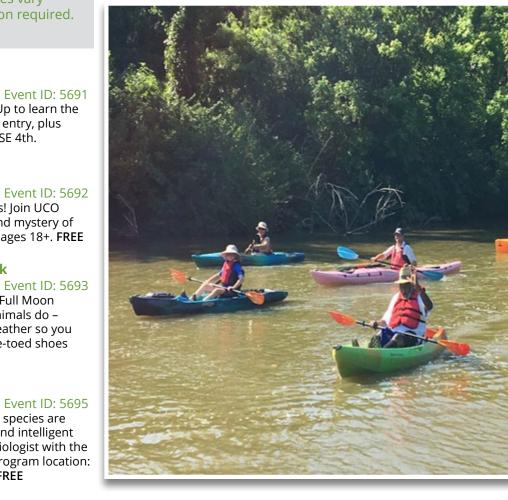
#### **Adult Nature Night - Kayaking**

Tue, Apr 25

6:30pm-8:00pm

Event ID: 5703

Life's smooth sailing when you learn to kayak. Beginners will learn kayaking basics, including balancing, paddling and easy in-and-out techniques. More experienced floaters can also join in on the fun. For ages 18+. **Cost:** \$15



#### **Adult Nature Night - Slacklining**

Tue, May 9

6:30pm-8:00pm

Test your mettle with slacklining, this low-to-the ground balance activity where you learn to move between trees walking only on a webbed nylon rope. For ages 18+. Cost: \$5

#### **Adult Nature Night - Ask the Archaeologist**

Tue, May 16

7:00pm-8:45pm

Event ID: 5708

Event ID: 5706

Spend an evening with an Oklahoma Archaeologist as Martin Park partners with Preservation Oklahoma for this fun evening of Oklahoma history. Participants may bring an item that they have uncovered for the archaeologist to examine. Light snacks provided. For ages 18+. **Cost:** \$12

#### **Adult Nature Night - Archery**

Tue, May 23

Event ID: 5705

6:30pm-8:00pm

Event ID: 5709

Learn to shoot straight when you learn beginning archery techniques using the National Archery in Schools Program guidelines. Equipment is provided. For ages 18+. Cost: \$5

#### **Nature Chi**

Sun, Tue, & Thurs 9:30am-10:30am Event ID: 5719 5:15pm-6:00pm

Embrace the energy of nature with Nature Chi, a new practice combining the ancient practice of Tai Chi with healing touch and deep breathing. Enjoy the serenity of nature while working toward mental and physical balance and strength. Morning and evening classes available. Minimum Age 14. Cost: \$40 per month

#### **Winter Worm Wonders**

Sat, Jan 14 10:00am-12:00pm Event ID: 5379

Why are worms awesome? Join us to find out during this class where you'll learn about vermicomposting. You'll even make your own small batch of vermicompost to take home (needs to be kept indoors). Materials supplied. All ages. **Cost:** \$10

#### **Propagating by Cuttings**

Sat, Jan 21 12:30pm-2:00pm Event ID: 5429
Plant propagation is the process of creating new plants from seeds, cuttings, bulbs and other plant parts. Learn how to grow plants

cuttings, bulbs and other plant parts. Learn how to grow plants using rooted cuttings from the Will Rogers Gardens. Materials supplied. All ages. **Cost:** \$15

#### **Winter Indoor Herbs**

Sat, Feb 4 10:00am-11:30am Event ID: 5443

Create a tender herb garden with plants you can use for winter stews and soups. We'll get our hands dirty while potting up herbs in this hands-on class. Materials supplied. All ages. **Cost:** \$12

#### **Heart-y Succulent Wreath Workshop**

Sat, Feb 11 10:00am-12:00pm Event ID: 5448

Bring your sweetheart to help create your own succulent wreath masterpiece to take home. Materials supplied. All Ages. **Cost:** \$35 per wreath

#### Winter Plant/Tool Care

Sat, Feb 18 12:00pm-2:00pm Event ID: 5452

Learn tree pruning basics while we give you safe and practical tips to sharpen your garden tools. Bring in one tool and we'll sharpen it for you. Class is hands-on and will include time spent outdoors. Dress for the weather. All ages. **Cost:** \$7

#### **Braided Living Willow Tree**

Sat, Mar 4 10:00am-12:00pm Event ID: 5717

This potted braided willow tree is unlike anything you've seen in a pot, and will make a beautiful addition to any patio ensemble. Materials supplied. All Ages. **Cost:** \$25 per tree

#### **Cool Season Gardening**

Sat, Mar 11 10:30am-12:00pm Event ID: 5482 Get your spring garden started with seedlings from the Will Rogers Gardens. We'll teach you what seeds and seedlings to plant right now in order to enjoy a vibrant and texture-filled garden this Spring. All Ages. Cost: \$10

#### **Going Vertical - Pallet Gardening**

Sat, Mar 18 9:30am-12:00pm Event ID: 5487

Do you have limited space to get things growing? Then go vertical during this pallet gardening class. We'll build a vertical garden for you to take home, then fill it with plants for you to take home. The perfect planting solution for small spaces and balconies. Materials supplied. Bring a vehicle to accommodate a 2' x 2' x 1' planted pallet. Bring a hammer or staple gun if you have one. All ages. **Cost:** \$25 per pallet

#### The Pruning of Roses

Wed, Mar 22 1:00pm-2:30pm Event ID: 5712

Join us as we take the mystery out of rose pruning. Learn do's and don'ts, then take your new skills home and get to work in your own garden. All ages. **Cost:** \$10

#### **Tips on Gardening with Allan Storjohann**

Wed, Mar 29 12:00pm-1:00pm Event ID: 5738 Get your gardening started off right with helpful tips and garden know-how with radio host Allan Storjohann the garden guru. All ages. Cost: \$5

#### **Spring Flower Crown for Children**

Sat, Apr 1 10:00am-2:00pm Event ID: 5491 Learn to make the perfect flower crown with the child in your life – or even yourself. Materials supplied. All ages. **Cost:** \$10

#### **Community Tree Planting**

Fri, Apr 7 11:00am-12:00pm Event ID: 5492

Give back to the community while helping to beautify our gardens during this tree planting day in celebration of National Arbor Month. We'll plant trees in the Margaret Annis Boys Arboretum and along the way, teach you about proper tree planting, pruning and care. All ages. FREE



#### **Beginning Bonsai**

Sat, Apr 8 9:30am-12:00pm Event ID: 5713

Watch as a Bonsai expert transforms a regular nursery plant into a newly-trained Bonsai. We'll share the tips of the trade so you can create your own trained Bonsai wonder at home. Bring your own Bonsai from home for expert advice. All Ages. **Cost:** \$10

#### **Easter on the Green**

Sat, Apr 15 9:30am-12:00pm Event ID: 5493 Join the Easter Bunny during this celebration featuring children's crafts and activities. Hop along trails of the Color Garden for Easter Egg Hunts, or visit inside the Ed Lycan Conservatory for face painting, Easter plantings, nature crafts and photographs. Easter Egg hunts will take place at 9:30 and 11 a.m. All ages. Cost: \$2

#### **The Amazing 50-Plant Barrel Garden**

Sat, Apr 29 10:00am-2:00pm Event ID: 5495

Learn to build a barrel planter capable of holding up to fifty plants during this learn-by-watching workshop. We'll take you step-by-step through the building process then talk about soil composition, composting and planting tips. One lucky participant will take the demonstration planter home, along with soil and plant plugs to assemble at home. All ages. **Cost:** \$15

#### Using Color in the Landscape by Allan Storjohann

Wed, May 3 12:00pm-1:30pm Event ID: 5739

Here are some ideas for you to use in your own yard. Radio show host and OKC's garden guru, Allan Storjohann, will answer your questions and inspire you to take your home landscape to the next level. All Ages. **Cost:** \$5

#### **Garden Photography**

Sat, May 6 9:00am-1:00pm Event ID: 5496

Put your shutterbug skills to the test during this garden photography session in the Charles E. Sparks Color Garden. Experiment with composition, focus and other aspects of digital photography, then have your shots critiqued by local photography experts. All Ages. **Cost**: \$10

#### **Mother's Day Flower Arranging**

Sat, May 13 10:30am-12:00pm Event ID: 5497

Don't buy a bouquet this Mother's Day – make one – at the Will Rogers Gardens. Grab your young ones and join in celebration as you make a beautiful bouquet to take home to mom, grandmom or any other special "mom" in your life. All ages. Materials supplied. **Cost:** \$12

#### **Orchids for Beginners**

Sun, May 14 1:00pm-2:30pm Event ID: 5716

Think Orchids aren't easy? Think again! Join us for this demonstration workshop where you'll learn about the best ways to get started growing orchids at home. We'll talk about plant selection, growth and watering. Once you get started with these exotic beauties, you won't want to stop! All ages. **Cost:** \$5

#### Terrarium Fun!

Sat, May 20 10:00am-12:00pm Event ID: 54

Create your own terrarium to take home. We'll share our tips of the trade on building fun and colorful terrariums, including plant selection, soil media 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. All ages. Materials supplied. **Cost:** \$25



## ON-GOING PROGRAMS

#### **Faerie Discovery Tour**

Fourth Sat 11:00am-12:00pm

Event ID: 5437

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. All Ages. FREE

Sat, Jan 28 Sat, Feb 25 Sat, Mar 25 Sat, Apr 22 Sat, May 27

#### **Faerie Gardening**

Fourth Sat 12:00pm-2:00pm Event ID: 5439

Bring luck to your home with your very own Faerie Garden. We'll teach you everything - and provide a pot, starter soil and plants - so you can go home with your own sprite-sized faerie home. Bring personal trinkets to customize your home. Children under 10 must be accompanied by an adult. All Ages. **Cost:** \$25 per garden

Sat, Jan 28 Sat, Feb 25 Sat, Mar 25 Sat, Apr 22

Sat, May 27

#### **NEW!** Rustic Garden Wood Crafts

Quarterly (Dates Below) 8:00am-12:00pm Event ID: 5715

Give visual interest to your home or garden. We'll demonstrate how to take wooden pallets, green willow and Oklahoma-milled lumber to create a variety of projects. One lucky participant will get to take home the model. Part of a new quarterly series. Materials supplied. All Ages. **Cost:** \$15

Sat, Feb 25 Rustic Table Top Sat, May 6 Wooden Arbors

#### **Third Thursdays**

Third Thursdays 10:00am-12:00pm

Join us for our series of floral arranging classes focusing on seasonal and easy-to-create bouquets for your home. Each month, we'll feature a new way to turn cut flowers into floral masterpieces. Materials supplied. All Ages. **Cost**: \$15

Thurs, Jan 19 All About Bouquets Event ID: 5432
Thurs, Feb 16 All About the Centerpiece Event ID: 5458
Thurs, Mar 16 All About Spring Bouquets Event ID: 5484
Thurs, Apr 20 All About Greens Event ID: 5494
Thurs, May 18 All About Daisy Bouquets Event ID: 5498



# 

#### **SPORTS & FITNESS**

3 on 3 Basketball League

Registration required **Event ID: 5488** 

Cost: \$30 per team or \$5 per person

Wed, Jan 18-Feb 15 6:00pm-8:00pm Melrose

**Baseball Workshop** 

Registration required

Bring a friend and join us for this skills workshop just for beginners. Learn the basics of hitting, running, catching and throwing. Cost: \$5 per player

**Event ID: 5490** 

Pitts Sat, Feb 18 & Feb 25 10:00am-12:00pm

**Basketball (Open Gym for Adults)** 

Register at your local recreation center

Cost: \$2 per player

Minnis M/F, Jan 9-May 26 6:00pm-8:00pm Fri, Jan 13-May 26 7:00pm-8:00pm Pilot M/W, Jan 9-May 31 5:30pm-8:30pm Pitts Schilling Wed, Jan 11-Apr 26 6:00pm-8:00pm T/Th, Jan 9-May 26 Sellers 10:00am-2:00pm

#### **Basketball League**

Registration required **Event ID: 5565** 

Join us for this Saturday recreational basketball league. No max rosters. Co-ed teams are welcome. Games consist of (2) ten minute halves with a five minute half time. Cost: \$150 per team

Sellers Sat, lan 14-Mar 3 9:00am-5:00pm

**Boot Camp for Women** 

Registration required

Burn calories and increase muscle tone during this high energy class designed for women. No experience necessary. Cost: \$3 per class

Southern Oaks M/W, Jan 23-Mar 1 5:30-6:30pm

**Dodgeball Tournament** 

Registration required

Cost: \$50 per team, \$75 per team at Melrose Recreation Center

5566 Melrose Sat, Feb 25 12:00pm-4:00pm 5567 Pitts (All Ages) 12:00pm-3:00pm Sat, Mar 4 5568 Pitts (Adults) Sat, Apr 1 12:00pm-3:00pm

#### **Sculpting Exercise**

Registration required

**Event ID: 5508** 

7:00pm-8:00pm

Sculpt your figure as you burn calories to an energetic hip-hop beat. **Cost:** \$3 per class

Melrose T/Th, Jan 17-Mar 9

Volleyball (Open Gym)

Register at your local recreation center

Cost: \$2 per player

Minnis Thurs, Jan 12-May 25 7:00pm-8:00pm Mon, Jan 9-May 22 7:00pm-8:00pm Pilot Southern Oaks M/Th, Jan 5-May 29 7:00pm-9:00pm

**Volleyball Tournament** 

Registration required

Event ID: 5509

5-on-5 single elimination volleyball tournament. **Cost:** \$4 per person Southern Oaks Thurs, May 25 6:00pm-9:00pm



#### **Walking Club**

No registration required

Participants can walk their own pace and whatever distance they

choose. FREE

5624 Melrose M/W/F, Jan 9-May 1 5:00pm-6:00pm 5625 Minnis M/W, Jan 9-May 24 5:30pm-6:30pm

Women's 6 on 6 Basketball Tournament

Registration required Cost: \$100 per team

Event ID: 5489

Melrose Sat, Mar 18 12:00pm-4:00pm

#### **CREATIVE ARTS**

#### **Jewelry Makers**

Registration required Event ID: 5397

Use your imagination to create beautiful and one-of-a-kind jewelry pieces using colorful beads and wire. Materials supplied.

Cost: \$10 per month

Pilot Thurs, Jan 12-May 25 7:00pm-8:00pm

#### **PERFORMING ARTS**

#### **Fancy Feet**

Registration required **Event ID: 5399** 

Learn line dancing basics while moving to the latest beats.

Cost: \$5 per class

Sellers Fri, Apr 7-May 12 5:30pm-6:30pm

#### **Demke's Dancers**

Event ID: 5401 Registration required

Learn the basics of clogging. This Appalachian folk dance that has its roots in Irish Dance and other forms of American folk dancing. Cost: \$15 per month

**NW Optimist** Thurs, Feb 2-May 25 8:00pm-9:00pm



**Irish Dance** 

Registration required Event ID: 5403

Cost: \$40 per month

**NW Optimist** Thurs, Feb 2-May 25 8:00pm-9:00pm

#### SPECIAL INTEREST

#### **Backbone of Personal Finance**

#### Registration required

Event ID: 5404

Help yourself get free of debt and take control of your finances. One-on-one help available. Classes run 2x/week during this eightweek session. Cost: \$45 per session

T/Th, Apr 11-May 30 6:00pm-7:00pm Southern Oaks

#### **Classic Model Car Building**

#### Registration required

Event ID: 5480

Have fun while socializing with other participants and learning to build model cars. Bring your own car to build, or purchase one from the center. A great family project, Materials supplied, Ages 9 and up. Cost: \$15/project with car purchase or \$25/project with car supplied by center.

Southern Oaks Tue, Jan 3-May 16 5:00pm-6:30pm

#### **CPR Certification**

#### Registration required

Event ID: 5405

Learn to save a life with this American Red Cross CPR training program for participants ages 16 and over. Groups can also schedule a class upon request (must have at least 4 per class). Cost: \$55 per person

Southern Oaks Sat, Feb 11 9:00am-2:00pm

#### **Competitive Bridge Tournaments**

Registration required

Event ID: 5481

Are you eager to pit your bridge skills against others? Come out and enjoy the fun on Saturdays! Cost: \$10 per person

Sat, Mar 18-Apr 29 Sellers 9:00am-5:00pm

#### **Ping Pong Tournament**

Registration required

Event ID: 5406

Test your basic ping-pong skills in this single elimination tournament at Pitts Center. 1st, 2nd, and 3rd place trophies will be given. USA rules will be used in this tournament. **Cost:** \$5 per person

Pitts Fri, Mar 3 6:30pm-8:30pm

#### **Recreation Activities**

Registration required

Event ID: 5483

Participate in open recreation activities including card games, board games, and dominoes. Cost: \$2 per person

Sellers M/W/F, Jan 9-May 26 10:00am-2:00pm

#### Resumé Builder

Registration required

Event ID: 5486

Build a professional resumé or have your current resumé reviewed. Cost: \$2 per person

Sellers M/W/F, Jan 9-May 26 10:00am-2:00pm

#### **ACTIVE ADULTS** ages 55+

#### **SPORTS & FITNESS**

#### **Arm Chair Exercise**

#### No registration required

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. FREE

Will Rogers Sr. Fri. lan 6-Apr 28 1:30pm-2:30pm

#### **Arthritis Exercise**

#### No registration required

Gentle joint exercises to help with ease of movement and range of motion for persons with arthritis. FREE

Woodson Sr. Mon, Jan 9-May 29 11:00am-12:00pm Fri, Jan 6-May 19 9:30am-10:30am Woodson Sr.

#### **NEW!** Hatha Yoga For Beginners

#### Registration required

Event ID: 5510

This introductory Hatha Yoga practice helps you increase strength while improving balance and flexibility. No experience required. Cost: \$10 per month

Mon, lan 9-May 22 9:30am-10:30am Woodson Sr.

#### S.A.I.L. - Staying Active and Independent for Life No registration required

Exercise mind and body 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 alert. FREE

Woodson Sr. M/W/F, Jan 4-May 31 2:00pm-3:00pm

#### **Tai Chi for Balance**

#### No registration required

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

Will Rogers Sr. W/F, Jan 4-Apr 28 2:30pm-3:30pm Woodson Sr. T/Th, Jan 3-May 30 9:00am-10:00am

#### **Total Wellness**

#### No registration required

This 8-week wellness program addresses all aspects of better health, including weight management, nutrition and exercise. In partnership with the Oklahoma City-County Health Department. FREE

Thurs, Jan 19-May 3 5:15pm-6:15pm Woodson Sr.



#### **Video Workout**

No registration required

Join center friends and work out to a variety of exercise videos. FREE Will Rogers Sr. M/W, Jan 9-May 24 1:30pm-2:30pm

#### **Walking Club**

#### No registration required

Enjoy the outdoors with a walk in the park with center friends. Walk at your own pace/distance. FREE

Will Rogers Sr. M/T/Th, lan 9-Apr 20 1:30pm-2:30pm

#### Yoga

#### Registration required

Learn to stretch and breathe into your body with specific poses to help you gain strength and flexibility, while reducing stress. Cost: \$10 per month

5513 Will Rogers Sr. W/F, Jan 4-Apr 28 9:00am-10:00am 5514 Woodson Sr. T/Th, Jan 3-May 30 10:00am-11:00am

#### **CREATIVE ARTS**

#### **Coloring for Adults**

#### No registration required

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

Will Rogers Sr. Tue, lan 10-Apr 25 10:00am-12:00pm

#### **Acrylics for Beginners**

#### Registration required

#### Event ID: 5644

Learn basic acrylic painting under the guidance of an experienced instructor. Bring your own supplies. FREE

Will Rogers Sr. Tue, Jan 10-Apr 25 10:00am-12:00pm

#### **Art Studio - All Media**

#### Registration required

#### **Event ID: 5517**

Students meet to work on art projects suitable for exhibiting in annual art show. All skill levels welcome. No formal instruction provided. Cost: \$5 per month

Woodson Sr. T/W/Th, Jan 3-May 31 9:00am-12:00pm

#### **Buddies with Brushes**

#### No registration required

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

Will Rogers Sr. 1:00pm-3:00pm Tue, Jan 3-Apr 25

#### **Ceramics**

#### Event ID: 5520 Registration required

Basic ceramic instruction and design. No experience required. Cost: \$5 per month

Will Rogers Sr. M/Th, Jan 9-Apr 27 9:00am-12:00pm

#### Clay Sculpting for Beginners

#### Registration required

**Event ID: 5521** 

Learn to sculpt easy-to-make clay figures. No experience required. 10:00am-12:00pm Wed, Mar 1-29 Will Rogers Sr.

#### **Crochet and Knitting Club**

#### Registration required

**Event ID: 5522** 

Gather to share ideas and patterns, get help with unfinished projects and get ideas for new projects. Participants are responsible for their own materials. Cost: \$10 per session Woodson Sr. Mon, Jan 9-May 30 4:30pm-6:00pm

#### **Jewelry and Crafts**

#### Registration required

#### Event ID: 5648

Share ideas with others and choose craft projects to work on with the group. Students bring own materials/supplies. FREE Will Rogers Sr. Tue, lan 3-Apr 25 9:00am-12:00pm

**Open Studio** 

#### Registration required

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

5650 Will Rogers Sr. M/F. lan 2-Apr 28 8:00am-4:00pm 5651 Woodson Sr. Fri, Jan 6-May 26 9:00am-12:00pm

#### **Painting Life Stories**

#### Registration required

#### Event ID: 5517

Use stories from your own life experience, or choose one from the writing class as inspiration for a painting, drawing or sculpture. Cost: \$10 per session

Woodson Sr. Mon, Feb 6-27 10:00am-11:30am

#### **Plein Air Painting**

#### Registration required

#### **Event ID: 5518**

A class visiting various landscapes for outdoor painting, a different location will be chosen for each class. Cost: \$10 per session

Woodson Sr. Mon, Apr 3-24 10:00am-11:30am

#### **Slumping Workshop**

#### Registration required

#### Event ID: 5551

Learn to apply water decals to different glass bottles to make cheese/cracker dishes and/or spoon rests. This class will meet only two times, April 17 and April 24. Cost: \$10 for the first bottle, \$5 for each additional bottle

Woodson Sr. Mon, Apr 17 & Apr 24 10:00am-3:00pm

#### **Watercolor for Beginners**

#### Registration required

Learn how to paint using watercolors. Each student is responsible for painting supplies. Cost: \$20 per session

Will Rogers Sr. Thurs, Jan 12-Apr 27 1:00pm-3:00pm Wed, Mar 29-May 17 1:00pm-3:30pm Woodson Sr.

#### **Woodson Woodcarvers**

#### No registration required

Participants meet to work on carving art objects in wood. FREE

Wed, Jan 4-May 24 9:00am-12:00pm Woodson Sr.

#### **PERFORMING ARTS**

#### **Acting for Seniors**

#### Register at your Senior Center

Learn basic acting techniques, movement and exercise to enhance performances. Class concludes with a play performed for others. Cost: \$10 or cost of the script

Will Rogers Sr. Tue, Jan 3-Apr 4 10:00am-12:00pm Woodson Sr. Thurs, Jan 5-Feb 23 1:00pm-3:00pm

#### **Ballet for Beginners**

#### Registration required

**Event ID: 5528** 

Learn basic positions and ballet choreography. Cost: \$10 per session Will Rogers Sr. Wed, Jan 11-Apr 26 10:30am-11:30am

#### **Guitar for Beginners**

#### Registration required

#### Event ID: 5529

Learn simple chords and rhythm patterns to play favorite songs on acoustic guitar. **Cost:** \$5 per session

Woodson Sr. Fri, Jan 6-May 26 2:00pm-2:30pm

#### **Hula Dancing for Beginners**

#### Registration required

Event ID: 5531

Learn the art of Hula and story-telling with hands through dance. Cost: \$10 per session

Will Rogers Sr. Fri, Mar 10-Apr 14 10:30am-11:30am

#### **Line Dancing**

#### Registration required

Event ID: 5532

Learn beginning line dance steps and routines. **Cost:** \$15 per session Woodson Sr. Mon, Jan 9-May 29 1:00pm-2:00pm



#### **Square Dance**

#### No registration required

Swing your partner round and round during this class for more experienced students. Veteran callers will lead dancers through the steps as dancers perform for local churches and retirement homes. Shoes and supplies required, but no partner needed! FREE

Will Rogers Sr. Thurs, Jan 5-Apr 27 1:00pm-3:00pm

#### Tap and Jazz

#### Registration required

Learn basic tap and jazz steps, then practice with more experienced dancers to develop your dancing skills. Students bring their own shoes/ supplies. Cost: \$10 per session

#### Beginner

5533 Will Rogers Sr. Tue, Jan 10-Apr 25 Intermediate

5534 Will Rogers Sr. Mon, Jan 9-Apr 24

11:00am-12:00pm

#### SPECIAL INTEREST

Register at Will Rogers Senior Center

#### **AARP Safe Driving Course**

Learn safe driving techniques from an AARP instructor. Participants will take an exam and may qualify for a discount on their auto insurance. Cost: \$15 for AARP Members, \$20 for non-members

9:00am-4:00pm Will Rogers Sr. Fri, Apr 28

#### **BINGO**

#### No registration required

Play group BINGO for a chance to win donated prizes. Played on the last Friday of each month following the potluck luncheon. **Cost:** Prize Donation

Woodson Sr. Fri, Jan 27-May 26 1:00pm-2:00pm

#### **Book Club**

#### No registration required

Enjoy a lively discussion about a variety of books during this monthly club. Contact centers for book list. FREE

Will Rogers Sr. Mon, Jan 9-Apr 10 10:00am-11:00am Wed, Jan 4-May 3 Woodson Sr. 1:30pm-2:30pm

#### **Bridge Club**

#### No registration required

Bridge group for established players. Participants bring own supplies. FREE

Will Rogers Sr. M/W/Th/F, Jan 4-Apr 27 12:15pm-3:15pm Woodson Sr. Tue, Jan 3-May 30 12:00pm-3:00pm

#### **Diabetes Empowerment Education Program**

#### No registration required

Learn how to manage diabetes through this program offered through the Oklahoma Healthy Aging Initiative. FREE

Woodson Sr. Tue, Feb 7-Mar 14 1:30pm-3:00pm

#### Discover your Genealogy

#### Registration required

Event ID: 5536

In celebration of National Genealogy Day, an expert will help senior adults understand available tools for genealogy study. Class will explore different genealogy websites, and participants can share personal findings based upon their own research. Cost: \$2 per person

Woodson Sr. Mon, Mar 13 1:00pm-2:30pm

#### **Dominoes**

#### No registration required

#### FREE

Woodson Sr. M-F, Jan 3-May 31 8:00am-11:00am

#### **Faithful Friends**

#### No registration required

Join this fun group of ladies who visit and support each other and their community. Participants provide supplies as needed. FREE Will Rogers Sr. Thurs, Jan 5-Apr 27 1:00pm-2:00pm

#### **Fresh Eats Nutrition**

#### No registration required

Gather for a quarterly meeting to introduce better nutrition for senior adults. There will be a food prep demonstration and samples. Recipes included. 1st Wednesday each quarter. FREE

Wed, Feb 15 & May 17 12:00pm-1:00pm Will Rogers Sr. Wed, Feb 1 & May 3 1:00pm-2:00pm Woodson Sr.

#### **History Class**

#### No registration required

Settle down with this informal group to discuss American and Oklahoma history. FREE

Will Rogers Sr. Tue, Jan 10-Apr 25 2:00pm-3:00pm

#### Meditation

#### No registration required

Practice relaxation, breathing techniques and meditation as a group. FREE

Will Rogers Sr. Thurs, Jan 5-May 18 11:15am-11:45am

#### **Melrose Active Adult Club**

#### Registration required

#### Event ID: 5545

Join us Tuesdays for our Active Adult Club. We'll alternate between fitness and art activities each week. Contact center for individual program details. Cost: \$2 per person

Melrose Tue, Jan 3-May 16 11:00am-1:00pm

#### **Monthly Luncheon**

#### No registration required

Socialize with center friends while enjoying a potluck luncheon. Luncheon is followed by a 20-30 minute educational or entertainment program. Contact center for specific topics. Luncheon dates: Jan 27, Feb 24, Mar 31, Apr 28, May 26

Pitts Fri, Jan 27-May 2612:00pm-1:30pm **\$2 per person** Fri, Jan 27-May 2611:30am-1:00pm **FREE** Woodson Sr.

#### **Monthly Potluck/BINGO**

#### No registration required

Bring a covered dish to share and a prize item for the BINGO game. After lunch, participants will play BINGO. Cost: Dish or Prize Donation Potluck dates: Jan 9, Feb 13, Mar 13, Apr 10

Will Rogers Sr. Mon, Jan 9-Apr 10 11:00am-1:00pm

#### **National Handwriting Day and Pie Day Party**

#### Registration required

Event ID: 5540

A guest speaker will discuss handwriting analysis and playfully interpret handwriting samples from participants. We'll also serve pie in celebration of National Pie Day! Cost: \$3 per person Woodson Sr. Mon. lan 23 1:00pm-2:30pm

**National Love Our Pets Day** 

#### Registration required

#### Event ID: 5542

A social gathering to learn how pets enrich our lives. We'll play a variety of pet-themed games. Bring a photo of your pet to share sorry, no pets allowed in the center. **Cost:** \$2 per person

Woodson Sr. Fri, Feb 17 12:00pm-1:30pm

#### **National Trivia Day with Hot Cocoa**

#### Registration required

Event ID: 5543

Gather for this winter day to enjoy hot chocolate and sit down for some trivia fun. Cost: \$2 per person

Woodson Sr. Wed, Ian 4 1:00pm-2:30pm

#### **New Ideas Think Tank**

#### No registration required

Join other center participants to listen to interesting and informative TED (Technology, Entertainment, Design) radio talks related to aging. Discussion to follow. FREE

Think Tank Dates: Jan 31, Mar 28, May 30

Woodson Sr. Tue, Jan 31, Mar 28, May 30 1:30pm-3:00pm

#### Pinochle

#### No registration required

#### FREE

Woodson Sr. T/Th, Jan 3-May 30 12:30pm-3:00pm

#### **Red Hat Club**

#### No registration required

Join this fun group of ladies who visit and support each other as well as the community. Participants will provide their own hats/ supplies. FREE

Woodson Sr. Wed, Jan 25-May 31 1:30pm-3:00pm

#### Rummikub

#### No registration required

Enjoy a day playing Rummikub and socializing. Participants will provide their own lunch. FREE

Wed, Jan 4-Apr 26 Will Rogers Sr. 10:00am-3:00pm Woodson Sr. Mon, Jan 9-May 22 12:30pm-2:30pm

#### **Spanish Conversation Immersion**

#### Registration required

#### Event ID: 5547

Habla Espanol? Then join us for this conversational Spanish class where we'll work on individual speaking skills. Focus will be on improving conversation with very little English spoken. Cost: \$20 per session or \$5 per month

Woodson Sr. Wed, Jan 4-May 31 1:30pm-2:45pm

#### No registration required

The third Thursday of each month, a representative from the Oklahoma City Police Department or Oklahoma County Sheriff's Department will join us to talk about safety and educational programs for seniors. FREE

Woodson Sr. Thurs, Jan 19-May 18 1:00pm-3:00pm

#### **Writing Your Life Story**

#### No registration required

Learn to capture your life's history in written form through prompts and encouraging instruction. Participants may share their work with the group should they choose. FREE

Woodson Sr. Thurs, Jan 5-May 25 2:15pm-3:45pm

#### **SPECIAL EVENTS**

#### **Aging Well Fair**

#### No registration required

Wellness Fair for all ages includes a variety of health-related exhibits at the Will Rogers Garden Exhibition Center, 30-minute education sessions include topics such as posture, meditation, memory, creativity and more. Vendor tables available for \$20. Organized by the Woodson Senior Activity Center. FREE Location: Will Rogers Gardens Exhibition Center

WRG Exhibition Ctr Sat, Apr 15 10:00am-3:00pm

#### **Domino Tournament**

**Event ID: 5549** Registration required

Cost: \$3 per person

Pitts Fri, Apr 21 10:00am-12:00pm

#### **Will Rogers Annual Art Show** No registration required

Annual Art Exhibit highlighting works by students/participants completed from June 2016-May 2017. FREE

Will Rogers Sr. Fri, May 19 4:00pm-6:00pm Sat, May 20 10:00am-2:00pm

#### Bluebonnets and BBQ in the Texas Hill Country Registration required

Join us for this 3-day trip through the Texas Hill Country. A tour guide will host our group through the small towns and scenic highways of Texas. Stops include Luchenbach, Boerne, Fredricksburg, along with the LBJ Ranch, Ladybird Johnson Wildflower Center and more! Dining stops will be the top-rated BBQ joints in Texas. **Cost:** \$315 per person

Woodson Sr. Th-Sa, Mar 30-Apr 1 7:30am-6:30pm



#### **Spring Bicycle Tours of OKC**

#### Registration required

**Event ID: 5544** 

A leisurely bicycle tour through OKC Historic Preservation Neighborhoods with periodic stops as guests from neighborhoods share highlights of significant points. Refreshment stop mid-tour. Cost: \$20 per person

Sat, May 6 Woodson Sr. 9:00am-2:00pm



#### **Spring Garden Tour in NE Oklahoma**

#### Registration required

Luxury chartered bus to famous gardens in NE Oklahoma, tour of the Philbrook Museum Garden in Tulsa, Oklahoma Gardening TV show site in Stillwater and Iowa Tribe Grey Eagle Sanctuary. Lunch included. Cost: \$85 per person

Woodson Sr. Thurs, May 25 7:30am-6:00pm

# VOLUNTEER



Parks add value to our community by providing green spaces and recreation services to residents and visitors. But we can't do it alone! Join us by sharing your time and talents with the community through the OKC Parks volunteer programs.

Individuals as well as churches, corporate, neighborhood and school groups welcome! Programs are available in the following areas:

#### Youth and Adult Recreation

Work at a recreation center, assist with youth sports or performing arts programs, teach a recreation program or class.

#### **Martin Park Nature Center**

Facilitate nature programs or help serve as a community liason.

#### Will Rogers Gardens

Assist with planting beds or in the arboretum.

#### Other

Bring a large group for a neighborhood or trail clean-up project, or for a long-term program, join the City's "Adopt a Park" program and help with ongoing maintenance of a park throughout the year.

For more information call (405) 297-3882 or visit okc.gov/parks.

# CELEBRATE

RENT a picnic shelters, party house, recreation center or the Martin Park shelter for your next birthday, reunion, quinceañera, or graduation.

For availability and pricing, call one of our reservation specialists at (405) 297-2756. For Martin Park rentals, call (405) 297-1429.

Locations throughout Oklahoma City. Amenities and pricing varies per location. More information at okc.gov/parks

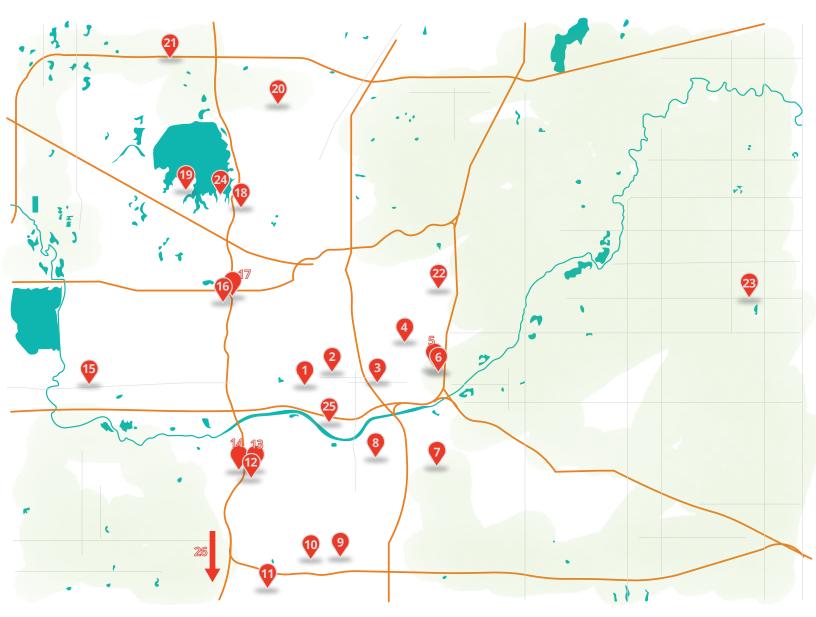
## RECREATION REGISTRATION FORM

Bring in or mail this completed form to the OKC Parks & Recreation office at 420 W Main St, Suite 310 Oklahoma City, OK 73102. You can also register online at okc.gov/active. Registration for Will Rogers Gardens and Martin Park Nature Center programs is online at okc.gov/active.

Sign me up for Parks 8 By checking this box, I am updates on related events  CLASS NAME  1	& Recreation e	Cell Phone e-updates! Parks & Recreati	ion Department permissior ss will neither be loaned no	Work I	Phone	
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—AUTHORIZATION—						
l agree to release, indemnify, and hold the claims, actions, judgments, damages, or in her property, when that damage or injury that I have familiarized myself with the and knowingly assume all risks. I acknowinderstand that I am waiving any claim registering or for which I am registering [Initial].	juries of every larises from par description of wledge I have re that may aris g a minor child	kind and nature witicipation in active factivities, under add and understate against the Ci	whatsoever to myself, the p rities for which the participa erstand that hazards and and this Liability Waiver, Rel	articipant(s) I am int is registered. I the participant's ease and Indemn I as a result of ai	authorizing, an further ackno personal limi ity Agreement, ny activity for	d/or his or wledge tations and
PARTICIPANT SIGNATURE		DATE	PARENT/GUARDIAN SIGN (If participant is under 18 year			DATE



-REGISTER-



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