

**Glenpool/Jenks Recreation Center**  
**13800 S Peoria Avenue | Bixby, OK 74008**  
**P: 918. 746.3780 | F: 918.746.3783**

**Activities Director: Eddie Shackelford | [eshackelford@tulsacounty.org](mailto:eshackelford@tulsacounty.org)**  
**Recreation Leader I: Nick Sample | [nsample@tulsacounty.org](mailto:nsample@tulsacounty.org)**  
**Receptionist: Tiger**

Glenpool/Jenks recreation center services all communities. We offer programs for all ages and free computers that have internet access. Computer cards are issued by staff (I D required). Our Main Gym features a full-size wood basketball court. It can also be converted into a full-size regulation indoor volleyball court. Three meeting rooms that can be rented for birthday parties etc. our game room feature a pool table, air hockey, ping pong table and foosball only .50 cents per game.

Glenpool/Jenks recreation center also offers a full service cardio/weight room. The room contains treadmills, elliptical machines and a bicycle. We also offer a wide range of free weights and state of the art weightlifting machines that can service every part of the body.

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

### RECREATION CENTER OPERATING HOURS

Mon- Thurs.	9am - 9pm
Fri.	9am - 5pm
Sat.	10am - 7pm
Sun.	Closed

### WE ARE CLOSED DURING THE FOLLOWING HOLIDAYS:

New Year's Day	Jan. 1
Martin Luther King Jr	Jan. 18
Presidents Day	Feb. 15
Easter Holiday	Apr. 2
Memorial Day	May 31

### RESERVATIONS

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

### REGISTRATION

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

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

#### CHILD AGE LIMIT

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

### ORGANIZATIONS

#### VFW (NATIONAL VETERANS OF FOREIGN WARS)

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

#### CUB SCOUTS PACK # 188 DEN # 5

Thursday ..... 4:30 - 6pm

#### JR GIRL SCOUTS TROOP # 154

Every other Wednesday ..... 6 - 8:30pm

#### GLENPOOL CUB SCOUTS # 188 TIGER CUBS

Monday ..... 6 - 7pm

#### GIRL SCOUTS TROOP # 698 - 1 AND - 2

Wednesday ..... 6 - 7:30pm

#### GIRL SCOUTS TROOP # 533

Tuesday ..... 6 - 7:30pm

#### BOY SCOUTS PACK # 188 DEN # 4

Monday ..... 6 - 7pm

#### WEBLOS PACK # 188

Tuesday ..... 6 - 7pm

#### GIRL SCOUTS # 497

Thursday ..... 4 - 5pm

#### CUB SCOUTS PACK # 188 DEN # 6

Monday ..... 6:30 - 7:30pm

#### CUB SCOUTS PACK # 188 DEN # 7

Monday ..... 7 - 8pm

#### VICTORY CHRISTIAN YOUTH CENTER

Thursday ..... 6:30 - 9:00pm

#### VICTIMS IMPACT PANEL OF OKLAHOMA

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

## SPECIAL EVENTS

### EASTER EGG HUNT

Come have a hopping good time at the Easter Egg hunt with the Glenpool/Jenks Recreation Center

**When** ..... Sat., Mar. 27th, 2010  
**Age** ..... 11 & under  
**Time** ..... 10am – until it is over.  
**Prizes** ..... First, second and third place prizes given according to age groups 0-3, 4-6,7-8,9-11  
**Cost** ..... Free

## YOUTH ACTIVITIES

### SPRING BREAK CAMP

Spring Break Camp is fun for everyone. We have arts and crafts, gym games, movie day, outside adventures and much more. So don't miss out this spring break and come join the fun at the Glenpool/Jenks Spring Break Camp.

**When** ..... Mar. 15th - 19th, 2010  
**Where** ..... Glenpool/Jenks Recreation Center  
 13800 S. Peoria Ave Bixby, Ok 74008  
**Cost** ..... \$45 ( includes field trips)  
**Times** ..... 7am - 6pm, Mon. - Fri.  
**Ages** ..... 6 – 12 years old

Participants need to bring their own lunch, drink and snack each day, except field trip day. For more info please contact Eddie Shackelford 746.3780



### SUMMER DAY CAMP

Summer day camp is full of excitement, with games, activities, arts and crafts, field trips, movies and new challenges you won't have time to lose your cool.

**Sessions** ..... Jun. - Jul. 30th, 2010  
**Time** ..... 9am - 4pm  
**Ages** ..... 6-11 years old  
**Fee** ..... \$75

For all those parents that have to still be at work on time, we offer a early and a late program called Rise N' Shine and After camp club.

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

**After Camp Club:** ..... Mon. - Fri.  
**Time** ..... 4 - 6pm  
**Fee** ..... \$10

### SWIM LESSONS

The Tulsa County Parks learn to swim program and instructors are certified through the American Red Cross Water Safety Program. Class will be held on Monday, Tuesday, Wednesday and Thursday. Program will run in two week sessions. Sign-up for lessons will be May, 2010. Swim lesson fees are \$35 per session. Classes start in June and run through July.

### HOME SCHOOL PHYSICAL EDUCATION

Physical Education class will focus primarily on group activities and games that promote teamwork, as well as basic muscular skills and development. The maximum number of students for each class is 35 children. Sign ups begins January 5th

**Session 1** ..... Tues., 1 - 2:30pm  
 Jan. 26 - May 11  
**Fee** ..... (1st Child) \$40  
 (each additional child) \$20

**Session 2** ..... Wed. 1 - 2:30pm  
 Jan. 27 - May 12  
**Fee** ..... (1st Child) \$40  
 (each additional child) \$20

**Session 3** ..... Thurs. 1 - 2:30pm  
 Jan. 28 - May 13  
**Fee** ..... (1st Child) \$40  
 (each additional child) \$20  
**Fee for two classes** ..... (1st Child) \$40  
 (each additional child) \$20

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

**LEARN HOW TO PLAY PING-PONG**

If you have ever wanted to learn how to play ping-pong competitively or just for fun and recreation. This class is for beginners and to get a basic feel for the game of ping-pong. Will include learning various different games.

**Session**..... **Thurs.**  
**Time**..... **4 - 4:45pm**  
**Date**..... **Mar. 1 - Apr. 2**  
**Cost**..... **\$5**  
**Ages**..... **10 and up**

**TEAM USA ATHLETICS**

Team USA Athletics is dedicated to providing quality outreach programs at a cost that is affordable to everyone. Each program costs \$5 to register and then \$5 per class attended. The program is offered to both boys and girls ages four to fourteen. Students are not required to purchase any additional equipment to participate in our program. Awards will be presented to all students for achievement in class and for receiving good grades in school. We encourage all students to give 100% in their academic success. Team USA Athletics offers programs in Cheerleading, Soccer and Self Defense if you have any questions please contact Jenny Teegarden at 918.361.6039.

**Cheerleading:**

**Registration: Thurs., Jan. 21**  
**Open to boys and girls 4 - 14**  
**Class starts Jan. 28**  
**\$5 registration fee - \$5 per class**  
**Pompoms are \$13 (not required)**

**Self-Defense:**

**Registration: Sat., Jan. 16**  
**Open to boys and girls 4-14**  
**Class starts Sat., Jan. 23**  
**\$5 registration fee - \$5 per class**  
**Uniform \$29 (not required)**

**TIPPI TOES**

Tippi Toes offers exciting, fun and energetic dance classes for boys and girls, 18 months – 12 years. We offer ballet, tap, and jazz combo classes, Mommy & Me classes and Hip-Hop classes.

Classes meet once a week for 45 minutes. We will have mini shows in the fall and a dance recital in May.

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

**TABLE GAME MADNESS**

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

**Days**..... **Thurs.**  
**Time**..... **5 - 6pm**  
**Fee**..... **Free**

**YOUTH AND ADULT ACTIVITIES**

**MOMMY AND ME**

Mommy and Me is a fun-filled thirty minute class offering parents and toddlers ages 2-4 years old an opportunity to interact together with an array of activities with music, workout routines, finger painting, seasonal crafts, bubble time and much more.

**MOMMY AND ME ARTS AND CRAFTS**

**Fee**..... **\$20/session**  
**\$35/session combined with other class**  
**When**..... **Tues., Feb. 2 - Mar. 9**  
**Time**..... **10 - 10:30am**

**MOMMY AND ME EXERCISE**

**Fee**..... **\$20/session**  
**\$35/session combined with other class**  
**Days**..... **Thurs.**  
**Time**..... **10 - 10:30am**  
**Begins**..... **Feb. 4 - Mar. 11**

**ADULT ACTIVITIES**

**MEN'S 5 ON 5 COMPETITIVE BASKETBALL LEAGUE**

Wednesday Night Tip-offs  
**Fee**..... **\$200 per team (Roster maximum 10 players)**  
**Sign-up Begins**..... **Wed., Jan. 13**  
**League Begins**..... **Wed., Jan. 27**  
**Contact**..... **Nick Sample 746.3780, nsample@tulsacounty.org**  
**Ages**..... **.20+**

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



**MENS PICK-UP BASKETBALL**

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

Day ..... Tues.  
 Time ..... 6 - 8pm  
 Ages ..... 18 +

**JUST ABS!!!**

This class is for men and women 18 years and older. It focuses primarily on the core region of the body, through abdominal excercises.

When ..... Thurs., Mar. 4 - Apr. 1  
 Time ..... 5 - 5:20pm  
 Ages ..... 18+  
 Fee ..... \$15  
 Instructor ..... Staff

**BRIDGE CLUB**

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

**FITNESS**

**WALK AND TALK**

Don't let winter stop you from your early morning walks! Come keep fit, keep warm, and keep having fun walking and talking around our indoor basketball gymnasium.

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

**JAZZERCISE**

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

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

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



**TAI CHI CHUAN**

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

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

**PERSONAL TRAINING BY VICTORIA**

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

Instructor ..... Victoria Hickman 918.639.0785

**ZUMBA**

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

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

Visit [www.trifectafitness.net](http://www.trifectafitness.net) for more available classes.