

Case Community Center Classes



Citizen CPR "Save-A-Life Saturday": The American Heart Association and Emergency Medical Services Authority (EMSA) proudly bring you free CPR training during Save-A-Life Summer. The free class teaches CPR and basic First Aid response.

Contact: www.tulsacpr.com **918.596.3600**
Click on the "Save-A-Life Summer" link
Time: **July 8, 2017**

Home School PE: This free program consists of a variety of organized physical education activities provided throughout the school year. (Program does not meet during the summer.)

Location: **Gymnasium**
Time: **Thursday, 2:00pm-3:00pm** *Class runs Sept-May*

Home School Art: This free program consists of a variety of arts & crafts activities provided throughout the school year. (Program does not meet during the summer.)

Location: **Sports Room**
Time: **Thursday, 1:00pm-2:00pm** *Class runs Sept-May*

Sand Springs Youth Basketball: Participants will compete in a youth basketball league.

Contact: **Jack Younger** **918.698.2494**
Location: **Gymnasium** *League runs December-March*

Team USA Self Defense: Participants (age 4-14) will learn self-defense, self discipline, control and respect.

Instructor: **Jesse Teegarden** **918.361.6039**
Location: **Conference Rooms**
Time: **Wednesday, 5:30pm-8:30pm**

Tiny Tots in Training: Toddlers (age 2-5) will engage in activities such as miniature basketball, hula-hoops, tri-cycle riding with the support of their parent(s). Program is FREE.

Location: **Gymnasium**
Time: **Wednesday, 10:00am-11:30am**

Tai Chi - Moving for Better Balance: Seniors 55+ exercise program that helps reduce blood pressure, improve muscular strength, balance & postural control. Program is FREE.

Three Classes: **Basics 10 wks (for beginners) – Practice (must complete basics) – Body & Mind (must complete basics)**

Instructor: **Cathy Williams/Sherry Clark**
Location: **Conference Room ABC**
Time: **Basics: Tues & Thurs, 12:00pm-1:00pm**
Practice: Tues & Thurs, 11:00am-11:45am
Body & Mind: Thursday, 1:00pm-2:00pm

PRE-REGISTRATION IS REQUIRED:
sherry@rsvptulsa.org – **918-280-8656**

Pickleball: Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Pickleball was invented in the mid 1960s as a children's backyard pastime but has become popular among adults as well.

Location: **Gymnasium**
Time: **Friday, 8:00am-11:00am** *League runs Sept-May*

Senior Exercise: Participants will engage in mild stretching and exercise. Program is FREE.

Location: **Gymnasium**
Times: **Tuesday & Thursday, 9:30am-10:00am**

Boogie with Boone: Combination Zumba® inspired dancing with additional core workout.

Instructor: **Dana Boone** **918.527.0903**
Location: **Aerobics/Dance Room**
Times: **Wednesday & Friday, 12:00pm-1:00pm**



Classes: The Zumba® fitness program is an exhilarating, effective, easy-to-follow, Latin inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. *Thursday class is FREE.

Instructor: **Dawn Bodi** **918.810.2588**
Location: **Gymnasium**
Times: **Monday & Wednesday, 5:45pm-6:45pm**
***Thursday, 5:30pm-6:30pm** *Class runs Mar-Nov*
Sunday, 4:00pm-5:00pm



Classes: It is an easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults. Program is FREE.

Instructor: **Joy Turner** **918.740-9262**
Location: **Gymnasium**
Times: **Tuesday & Thursday, 10:05am-11:00am**

Fit Happens!: A bodyweight focused high intensity interval training program designed to torch fat & boost metabolism in a fun group setting.

Instructor: **Carter Simmons** **918.924.6495**
Location: **Sports Room**
Times: **Tues, 7:00pm-8:00pm & Sat, 8:00am-9:00am**

Square Dancing Classes: This FREE class teaches the basic moves and positions for square dancing. Anyone between the ages of 10-75 may participate.

Instructor: **Jim Reese** **918.740.5419**
Location: **Conference Rooms ABC**
Times: **Tues/Thurs 6:45pm-9:50pm (August to 8:50pm)**