

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: TBA

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.

Instructor: Cathy Williams/Sherry Clark
Location: Conference Room ABC
Time: Class 1: Tuesday & Thursday, 12:00pm-1:00pm
Class 2: 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*

New Boot Camp: Challenge yourself with this fast-paced, calorie blasting workout with traditional boot camp style approach.

Instructor: Dan'Yel Swafford **405.747.6912**
Location: Aerobics/Dance Room
Times: Monday & Wednesday, 8:50am-9:50am

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. **Begins May 16, 2017**

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