



# Case Community Center Classes



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

**Contact:** Jack Younger 918.698.2494

**Location:** Gym *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, 6:00pm-7:30pm

**Tai Chi-RSVP:** Seniors 55+ exercise program that helps reduce blood pressure, improve muscular strength, balance & postural control. **Program is FREE but Pre-Registration is required. Contact Sherry Clark:**

[sherry@rsvptulsa.org](mailto:sherry@rsvptulsa.org)

**Prog Dir:** Sherry Clark 918.280.8656

**Location:** Conf Rooms ABC

**Time:** Mind and Body:

Tues & Thurs, 11am-12pm

Moving for Better Balance (beginners):

Tues & Thurs, 12pm-1pm

**Boogie with Boonie:** 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

Friday, 8:45am-9:45am



**Zumba® 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.

Program is FREE.

**Instructor:** Dawn Bodi 918.810.2588

**Location:** Gymnasium

**Times:** Monday & Wednesday, 5:45pm-6:45pm



**Zumba® 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

**Yoga:** Slow flow class suitable for both beginners & advanced. Will focus on movements connected to breath & full body training. Designed to be relaxing & challenging. Must be able to get down & up from mat.

**Instructor:** Cindy Henson 918.261.1126

**Location:** Sports Room

**Times:** Saturday, 10am-11am

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

**Location:** Gymnasium

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

**Case Comfort Crafters:** This is a crafty group that makes comfort items for people in need in the Sand Springs community. Any crafty person may participate; whether you sew, knit, crochet, or quilt, you are all welcome! Program is FREE

**Location:** Conference Rooms ABC

**Times:** Friday, 11:30am-1:00pm

**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

**Home School Workshops:** This program consists of oral communications, homesteading, science, and life skills provided throughout the school year. (Program does not meet during the summer.) Class is FREE.

**Instructor:** Juhls Spencer 918.859.6443

**Location:** Sports Room

**Time:** Thurs, 12pm-1pm *Class runs Sept-May*

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

**Instructor:** Juhls Spencer 918.859.6443

**Location:** Sports Room

**Time:** Thurs, 1pm-2pm *Class runs Sept-May*

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

**Instructor:** Vonda Maples 918.865.3624

**Location:** Gymnasium

**Time:** Thurs, 2pm-3pm *Class runs Sept-May*

**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](http://www.tulsacpr.com) 918.596.3600

[Click on the "Save-A-Life Summer" link](#)

**Time:** TBA