Muskogee Community Gardens

Would you like to grow your own food?

- Free locations to plant and grow your own vegetables!
- Free water for irrigation
- Great chance to learn about gardening from others
- Social interaction with fellow gardeners
- Good exercise and stress relief

Chandler Road
Approximately 1900 Chandler Road
On south side of Chandler (at T Street)
Muskogee Parks & Recreation
918-684-6302 ext.1470

Civitan Park
3301 Gibson Street
Along east end of parking lot
Fruit trees are growing for public harvest
Civitan Club
918-682-4957

Grace Episcopal Church
Corner of North 7th and Court Streets
918-687-5416

MLK Community Center
300 W. Martin Luther King Street
At northwest corner of property
918-684-6314

Muskogee Teen Center
322 Callahan Street
On Dayton Street behind Teen Center
918-684-6345

Spaulding Park
East Okmulgee and Eastside Blvd.
At corner of Spaulding Blvd. and East Cincinnati Ave.
Fruit trees are growing for public harvest
918-684-6302 ext.1470

Visit www.muskogeeparks.com/communitygardens
for an electronic version of this flyer.
or call one of the gardens listed for more information.

4/18/2019
Over 100 Spring and Summer positions!

INFORMATION: Job descriptions, lifeguard training dates, meet facility staff, 20 hour – 40 hours per week available for seasonal and temporary positions.

River Country Family Waterpark /Spaulding Pool/ Swim and Fitness Center: Manager/Team Leaders, Swim Instructors, Lifeguards, Cashiers, and Concession workers

Papilion at Honor Heights Park: Cashiers, Concession workers, and Summer Activity Leaders

Hatbox Sports Complex: Concession workers, Umpires, Field Maintenance workers, Administrative Assistants

Hatbox Event Center: Program and Event Assistant, Maintenance Assistant

Park Maintenance: Cleaning and Grounds Crew members

Teen Center/Youth Volunteer Corps: Team Leaders and Activity Supervisors

Youth Volunteers: YVC Summer of Service participants (7th-12th grade), Jr. Lifeguard Program (age 13-15)

Contact: Kevin Anthis, Fitness & Aquatic Facility Manager
kanthis@muskogeeparks.org 918-684-6302 x1462
Basketball SKILLS & DRILLS
Spaulding Park Courts

2022 SPRING BREAK

Monday, Wednesday, & Friday
March 14th, 16th, and 18th
11:00 AM - 11:45 AM
12 Noon - 12:45 PM
1:00 PM - 1:45 PM

Sessions will be held outside and tennis shoes must be worn. Bring your basketball and bottled water. This program is ideal for Beginners and Intermediate Skill Levels.

For more information: dhickman@muskogeeparks.org 918.684.6345 Ext 1485
AZALEA FESTIVAL 2022
APRIL 1-30
HONOR HEIGHTS PARK
MUSKOGEE OK
OPEN EVERY DAY

FOR MORE INFO, GO TO
WWW.MUSKOGEEPARKS.ORG

GARDENS + EVENTS + ARTS + TRADITION
= COMMUNITY

[Logo: Muskogee Parks & Recreation]

**Presented by:**
[Logo: Saint Francis Hospital Muskogee]
**HONOR HEIGHTS PARK**

**NATURE HIKES for Kids**

**Henry Bresser Nature Trail:** ¼ mile wooded nature trail, well defined path, WPA picnic tables and seating areas built in the 1930’s. Trail is named after former Parks & Recreation Director, Henry Bresser. Trail begins in the park at the top of the hill next to the first car pull-off area (if you have just driven past the 5 Tribes Museum). A plaque marking the trailhead is next to stone steps leading you down the hill to a flat area, look north to see where the trail heads into the woods and winds around the hillside.

**HHP Waterfall Trail:** top of hill, east side of road...what kid in Muskogee does not want to climb the steep rock steps to the top of the water fall? Come on mom & dad! You can follow this rock pathway all the way down the hill to just east of the playground.

**Audubon Trail:** ½ mile nature trail, dedicated to birding. Trailhead just north and across the road (Honor Heights Drive) from the VA hospital; can also be accessed in the park near stone picnic table up the hill from the small gazebo that overlooks Kirschner Pond. This trail has both a high and low branch. Gentle elevation, steep where trail branches connect, watch out for large stones and tree roots that can cause you to trip. WPA (Works Progress Administration) picnic tables and seating areas along route were built in the 1930’s. What is now a densely wooded trail was once wide open with sweeping views across Muskogee.

**Stem Beach Trail:** 1.2 mile concrete trail that encircles the park’s largest lake with a waterfront gazebo and fully accessible fishing dock. (Fishing permitted for senior citizens, disabled persons, and children under 16.) A swim beach, restaurant and dance hall were once located at the north end of the lake.

**Woodland Garden Trail:** a branch off Stem Beach Trail, concrete walk through woods on the south end of the park, a 2022 VA building project in this area gives the opportunity to see very large construction vehicles at work!

**C. Clay Harrell Arboretum Trail:** north end of park, dedicated in 1992 in honor of Clay Harrell, former Muskogee City Manager, founder of A More Beautiful Muskogee (AMBM) and tireless advocate for community beautification. Flat concrete trail with winding paths and a natural stream running through. The tree canopy provides welcome shade in the summer and a great opportunity to observe many different species of trees along the route. Trees planted in the arboretum are donated to the park in memory of loved ones.
How to Become a Naturalist

• A naturalist is anyone who studies nature. Naturalists use all their senses to observe and learn about the outdoors – animals, plants, insects, rocks, soil, weather – and how all these things relate to each other in their environment. Be curious about what you see, hear, smell, feel and sometimes even taste. Ask questions. Be patient. Watch and wonder.

• Explore the trails of Honor Heights Park and even your own neighborhood. Search for the treasures of nature all around you. Do you know the name of the plant or animal that you observe? If not, can you guess? With practice your nature ID skills will improve.

• Find a quiet spot. Sit for 5 minutes. What do you see, hear and smell? What caught your attention? Do you know what they are? If not, research your observations.

• As you hike the trails in Honor Heights Park, use your senses to look for clues that show an animal or insect might have been there. What do you think it was and why do you think it was there?

LOOK FOR:
A hole in the ground
Animal tracks – can you ID the animal?
Any TRASH? ...if so, please pick it up!
Berries on a branch
Birds - how many different types/ shapes?
Bird feathers
Bird nests or nesting material
Cloud shapes
Different colors of tree bark
Different shades of GREEN along a trail
Different shaped leaves – pointy or rounded edges
Find your favorite color in nature
Forest animals – squirrels, rabbits, mice, raccoon, deer
Holes or tunnels in tree bark
Insects - crawling or flying, different types
Leafy squirrel nest
Pinecones
Place that a bird could hide
Place where animals can get water
Puddles
Rocks - different colors, texture, sizes
Rolled up leaf
Running water
Seed pods or nuts on the ground
Signs of spring (blades of green grass, buds on trees )
Something prickly
Spiders and spider webs
Squirrels- what are they doing/behavior?
Sun – Moon – Stars
Watch out for poison ivy or oak -3 leaves never 5
Watch for poison sumac-red stems, grows in wet areas
Worms in the soil

SMELL:
Flowers- Pine Trees – Tree Bark
Fresh air – what makes air fresh?
Rain or snow

LISTEN FOR:
Animal sounds
Birds chirping
Crunching ice in puddles
Footsteps crunching on snow or leaves
Rivers or streams flowing
Water dripping
Wind

FEEL:
Chilly cheeks
Find something rough- something smooth
Ice
Last year’s leaves
Mud
Rain or Snow (on your fingers or tongue)
Tree bark- different textures

Helpful resources:
Allaboutbirds.org
Audubon.org
Birds.cornell.edu/k12/
ebird.org
Journeynorth.org
Kerrcenter.com (sustainable agriculture in OK
Merlin Bird ID app
Pollinator.org
Xerces.org

www.cityofmuskogee.com
Facebook: Butterfly Papilion at Honor Heights
918-684-6303
Georgia Pacific Butterfly House and Teaching Gardens

Papilion Rental Fees

www.cityofmuskogee.com

Weddings/Private Events

Sunday - Thursday  $500/evening after 3PM, up to 6 hours (includes set-up & clean-up)
Friday - Saturday  $750/evening after 3PM, up to 6 hours (includes set-up & clean-up)

*Tents for Event Lawn set-up are to be rented from an outside vendor* (A&J Tent Rental)

*NOTE: The Papilion has a limited number of tables and chairs available for rental. Please inquire.

*Staking of tents done only with staff supervision, NO staking IN the Event Lawn TURF.*

*Non-refundable $100 deposit to reserve the date

*Credit Card # kept on file and will be charged if rental exceeds agreed on time/hours.

Rental includes:

- Full access to Papilion facilities for your guests during agreed on rental hours. (Butterfly House closed at sunset. Children must be supervised at all times by an adult when in garden and/or Butterfly House)
- If allowed access to facility prior to rental hours, renter MUST be respectful to/not interfere or affect Papilion visitors and Papilion business operations.
- Use of Caterer’s Kitchen: refrigerator, freezer, microwave, sink. (You may be able to deliver food/decorations prior to your rental time. Please ask about specifics)
- Bride’s Room for bride and attendants (room size: 12’x24’)
- Two hour Pre-wedding Photography Session with your personal photographer, scheduled during regular hours of operation.
- One-hour Rehearsal - may be scheduled during regular hours of operation. (Rehearsals must not conflict with other garden activities. It may not be possible to schedule a rehearsal on the day before your wedding date.) After-hour Rehearsal charge: $50/hour
- Renter is required to pick up all trash (trash bags provided) and remove all decorations/belongings/etc. before leaving facility. If you need to make other arrangements to remove larger decorations, please discuss with us in advance.
- Each additional hour of use over 6 hours, $100/hour charge (Park curfew 11pm)
- City of Muskogee Honor Heights Park Wedding Permit ($30 fee)- fee waived
- If event cancelled for inclement weather, all fees paid will be reimbursed, except for the non-refundable $100 reservation deposit.
- RENTAL BALANCE PAID IN FULL ONE WEEK PRIOR TO RENTAL DATE.

Celebration of Life/Memorial Butterfly Release

Cost based on butterfly availability. Please call for details.
Simple Wedding
The Papilion Butterfly House is perfect for simple, intimate weddings during regular hours of operation. Your rental includes convenience of nearby parking lots, large clean restrooms, and availability of Papilion staff. Rental costs based on your usage of:

- Ceremony anywhere in the Papilion Garden or Butterfly House (no chairs, standing only)
- Admission for up to 10 guests ($2-3/additional persons)
- $50 Sunday - Thursday, $75 Friday - Saturday
- Lower Garden Pavilion use, up to 4 hours, additional $50 charge
- Bride’s Room use, up to 4 hours, additional $50 charge

Group Use
The Lower Garden Pavilion can be used for meetings, luncheons or receptions. A charge of $75 provides admission for 10 guests and use of the lower garden Pavilion during regular hours of operation. ($3/additional person) Seating capacity is limited to 40.

Birthday Parties - during regular hours of operation
Simple Birthday - $75 includes admission for 10 guests and use of the Lower Garden Pavilion or Children’s Garden patio for up to 4 hours. ($2-3/additional person)
Butterfly Release Birthday - $150 includes admission for 10 guests, use of Lower Garden Pavilion for up to 4 hours, and release of 10 new butterflies in the Butterfly House. Please give 2-3 weeks advance notice. ($10/additional person, includes butterfly release)

Garden Room - after hours of regular operation
$200 for 4 hrs. $50 deposit to reserve the date.
RENTAL FEE Balance PAID IN FULL ONE WEEK PRIOR TO RENTAL DATE
Capacity: 50  Atrium: 15’x50’  Catering Kitchen: 12’x15’

- Your rental begins and ends on the agreed times as stated in your rental agreement. Rental hours include Set-Up and Clean-Up time.
- Lessee and any service providers are responsible for removing all decorations and gathering trash to an area designated by staff, at the end of your contract time. Trash bags supplied.
- Do not remove tables and chairs from building, unless you are renting them from the Papilion.
- Do not put thumbtacks, staples or tape on walls or ceiling. Dorm tape available on request.
- NO SMOKING. (By ordinance, City of Muskogee parks and facilities are Smoking and Vapor Free.)

Use of outside space can be added to this rental. Private Event guidelines/rules apply.
(Total 4hr rental cost: $350 Sunday - Thursday, $550 Friday-Saturday)

*Credit Card # kept on file and will be charged if rental exceeds agreed on time/hours.

All fees received from rental use are used to further develop and maintain this facility.
918-684-6303      Facebook: Butterfly Papilion at Honor Heights
REAL OKIE CRAFT BEER FESTIVAL

FRIDAY - JUNE 3RD
HATBOX EVENT CENTER

VISITMUSKOGEE.COM
Types of beer

**Lagers**
Lagers have a crisper taste due to their fermentation process. They are fermented for longer at lower temperatures, allowing the beer and creating a smoother taste.

- **Pilsner** (pale yellow, hoppy, slightly carbonated and low in alcohol) ABV: 4.5-5.0%
- **Oktoberfest** (full-bodied and brown, popular in October) ABV: 4.0-5.0%

**Ales**
Ales are sweet, full-bodied and vary in color depending on the grains used during brewing. Many ales contain hops, which add a bitter flavor to counteract sweetness.

- **Porter** (dark and heavy with a burnt flavor) ABV: 4.0-7.0%
- **Stout** (roasted malt, sweet with caramel aromas) ABV: 4.0-7.0%

**Bock** (sweet and dark, with widely ranging flavors) ABV: 5.5-7.5%

**Dunkel** (dark amber with smooth flavors similar to coffee) ABV: 4.0-6.0%

**Amber Ale** (sweet from excess malt and surprise) ABV: 4.0-7.0%

**Irish Ale** (deep red in color with malt and sweet aromas) ABV: 4.0-6.0%

**Pale Ale** (malty and hoppy with fruity aromas) ABV: 4.0-7.0%

**Indian Pale Ale (IPA)** (extremely bitter and amber colored) ABV: 5.5-7.5%

**Wheat Beer** (lightly carbonated and commonly fruity) ABV: 4.0-7.0%

**What is “malty”?**
“Malty” flavor is provided by malted cereal grains, which are sugars that are fermented to create the CO₂ and alcohol content. Malt contributes to beer color, flavor and mouthfeel. Malts make beer sweet, but depending on the grain used can also make the beer darker and heavier. Malts also include richer flavors like caramel and espresso. Porters are known for their malty taste.

**What is “hoppy”?**
“Hoppy” flavor is provided by—yes you guessed it—hops. This flower is the bitterness that balances the malt’s sweetness. The flavor depends on where the hops are grown, which must have a fruity, herbal or citrus flavor. Beers with strong hoppy flavors come from hops being left in the barrel longer. The IPA specifically began with leaving hops in the barrel as beer was shipped from India to England.
ALL ABOARD THURSDAY
DEPOT DISTRICT & DEPOT GREEN

MAY 19
JUNE 16
JULY 21
6PM-9PM

LIVE MUSIC
FOOD TRUCKS
STREET VENDORS
STREET PERFORMERS
KIDS ZONE
TRAIN RIDES

Visit Muskogee.com
Muskogee Parks & Recreation
Three Rivers Museum
REAL Okie
MLT

MUSKOGEE 1872-2022 150 years
LOCALMOTION
FALL ARTS FESTIVAL
10AM SEPTEMBER 24, 2022 9PM
DEPOT GREEN, MUSKOGEE

FUN
FOOD TRUCKS  ART SHOW & SALE
ARTS & CRAFTS  ‘PAINTED PIANOS’
CLASSIC CAR ‘SHOW & SHINE’

INSPYRAL CIRCUS

11:00 AM - 1:00 PM
‘OPEN STREETS’
PLAY ZONE AND RELAXATION ZONE

MUSIC & LOCALMOTION STAGE
NOON - 1:00 PM TRAVIS FITE w/ Cole Siegel
1:15 - 2:15 PM MICHEAL RAPPE w/ Sugar Bear
2:30 - 3:30 PM BLAINE BAILEY BAND
3:45 - 4:45 PM SUSAN HERNDON
& the Bella Counsel
5:00 - 6:30 PM AHNA JENNINGS
& the Palomino Playboys

and at 7:00 PM Nightingale

Visit MUSKOGEE.com
MUSKOGEE BOARD OF VISITORS  
OPEN STREETS MUSKOGEE  
MLT  
OKLAHOMA MUSIC HALL OF FAME & MUSEUM

ZOMAC SCHOOL OF MUSIC  MORE INFO: FACEBOOK at LOCALMOTION, MUSKOGEE PARKS & REC 918-684-6302-1+0
Movie Night at the Green
Friday, July 15th  8:30pm-10:30pm

FREE COMMUNITY EVENT
Popcorn Concessions & Beverages for purchase.

Bring a lawn chair or blanket.
The Muskogee Parks and Recreation Department hires 100+ additional employees during the summer months. We hire a lot of students and it's a good way to gain job experience while having fun working in the recreation field. Positions: Managers/Team Leaders, Swim Instructors, Lifeguards, Cashiers, Concession workers, and more.

3600 Arline Ave, Muskogee, OK 74401
Birthday Party Locations

**Party Island** is located on the lazy river behind the big slides. This area has tables and bench seating; ideal for parties of 20 or fewer people.

**Party Pavilion** is a covered patio area located on the west end of the park close to the “kiddie pool”. This area has picnic tables available for reservation. This area is recommended for groups of 20 or more.

Party locations are semi-private with a designated area and tables for your group. Reservations are available daily, during operating hours. Payment must be received to secure your reservation, phone reservations are accepted with credit card.

For reservation or information you may email this form to rcpinfo@muskogeeparks.org or call 918-684-6399.

**Party Information:**

Party Host must provide the front gate attendant with a guest list the day of the party. A Non-Swimmer Wrist Band is available at no charge for adults entering during the Party Time only. All other family or friends not on the guest list must pay gate admission for entry into the park. (No exceptions)

Only a birthday cake/cupcakes/cookies may be brought inside the park for party reservations. Guests without a party reservation will not be allowed to enter park with any outside food, drinks, or birthday cake.

The Party Form and full payment must be received to secure your party reservation.

---

### River Bash Party

**3600 Arline Ave. Muskogee, OK 74401**

**918-684-6399**

<table>
<thead>
<tr>
<th>River Bash Party:</th>
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<tr>
<td>• 1.5 hour Party Reservation</td>
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<tr>
<td>• Party Island or Pavilion may be reserved</td>
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<tr>
<td>• Party host may bring their own cake (No outside food or drinks are allowed)</td>
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<tr>
<td>• All-day gate admission for 10 guests (additional guests $6.00 each can be paid day of party)</td>
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<tr>
<td>• Party Paper Supplies for 10 guests</td>
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COST: $120

**Party Add-ons:**

- 2 - 16" Single Topping Pizza (8 slices/pizza)  
  COST: $10
- 2 - 60oz Pitchers (your choice drink)  
  COST: $33
- Each Additional 16" Single Topping Pizza  
  COST: $10
- Each Additional 60oz Pitcher (choice of drink)  
  COST: $5
- Sno Cones - 10 small 12oz  
  COST: $15
- Additional Party Paper Supplies for 10  
  COST: $5

| Party Cost: $120.00 |
| Total Add-ons |
| Total Paid |

Additional guests and Add-ons can be paid the day of the party.

### AVAILABLE PARTY TIMES:

**Tuesday Wednesday Friday Saturday:**

12:30pm-2:00pm  
2:30pm-4:00pm  
4:30pm-6:00pm

**Thursday:**

12:30pm-2:00pm  
2:30pm-4:00pm  
4:30pm-6:00pm  
6:30pm-8:00pm

**Sunday:**

1:30pm-3:00pm  
3:30pm-5:00pm

---

**Host & Child's Name**

**Address**  
**City**  
**ZIP**  
**Phone**

**PARTY INFORMATION: PARTY DATE**

**# of guests expected**  
**Age**

**EMAIL ADDRESS**

**TIME: (check) Sunday**

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<th>1:30-3:00pm</th>
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**T/W/F/SAT:**

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**Thurs:**

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<th>Payment Date</th>
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<td>Type: Visa MC Dis Cash Check Receipt #</td>
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ACTIVE OKIE
YOUTH TRIATHLON
Muskogee, OK.

SWIM ✦ BIKE ✦ RUN

TRI FOR FUN

September 10th 2022
Entry $20 Start 9am

Swim 25yd - Bike 1mi - Run .75mi
Youth Age 6-14

Registration: runsignup.com/activeokie (Race Day 7:30am $25)
Location: River Country Waterpark & Love-Hatbox Sports Complex
3601 Arline Muskogee, OK
You and your furry friends are invited to Muskogee's 7th Annual

**DOG DIVE**

Swimming, dog contests, prizes, and more!

**SEPTEMBER 10, 2022 • 2:00 PM - 4:00 PM**

RIVER COUNTRY WATER PARK
3600 ARLINE AVE, MUSKOGEE, OK 74401

$5 PER DOG, ONE FREE HUMAN
Muskogee Parks and Recreation

2022 Summer Youth Tennis Clinic

Who: Youth Age 8-13
When: July 4th-8th & July 11th-15th
Where: Spaulding Park
Clinic Fee: Free

Be sure to Register Early!!!
(Space is limited & spots will not be held)

Advance Registration Open:
Please Call 918-684-6345 Ext. 1485
Leave voice message for:
Denise Hickman – Program Coordinator MPR/SYTC
Email: dhickman@muskogeeparks.org

On-site registration July 4th
(if space is available)
Hatbox Field - Muskogee
August 26-28, 2022

Friday & Saturday Gates Open at 5pm - $10 per car
Live on Stage 7:30pm-9:00pm
Friday-John Fullbright  Saturday-Grady Nichols Band
For event details and schedule of events visit: muskogeeparks.org or Facebook "Oklahoma Festival of Ballooning"
**Friday, August 26**

5:00PM Festival gates open to the public (4000 Border Ave)  
Food trucks, vendors, beverage stand, Kids Zone, helicopter rides

6:00PM Balloon Activities & tethered rides

6:45PM National Anthem (performed by Trico Blue) and Flag Jump presented by American Bank of Oklahoma

7:30PM John Fullbright - live on the Firstar Bank Stage

8:00PM Balloon Glow presented by Love Bottling

9:00PM Fireworks Finale presented by Bravado Wireless

**Saturday, August 27**

7:00AM* Balloon Activities begin - competition flights (Gate open-free entry)

7:30AM "Up Up and Away" 5k and Fun Run presented by Saint Francis Hospital Muskogee

9:00am-5:00pm Balloon Field Closed

5:00PM Festival gates open to the public (4000 Border Ave)  
Food trucks, vendors, beverage stand, Kids Zone, helicopter rides

6:00PM Balloon Activities and tethered rides presented by Georgia Pacific

6:45PM National Anthem (performed by Grady Nichols) and Flag Jump presented by American Bank of Oklahoma Firstar Bank

7:30PM Grady Nichols Band - live on the Firstar Bank Stage

8:00PM Balloon Glow presented by Love Bottling

9:00PM Fireworks Finale presented by Bravado Wireless

**Sunday, August 28**

7:00AM* Balloon activities - competition flights  
*No cost to park or attend morning balloon activities

**Festival Activities**

- **Food Trucks**  
  **Beverage Stand**  
  **Live Music**  
  **Balloon Glow**  
  **Fireworks Finale**

- **$10 PER CAR ENTRY FEE**
- **$10 INFLATABLE WRIST BAND** (AGE 10 AND UNDER)
- **$40+ HELICOPTER RIDE/PERSON**

Balloon flights, tethered rides, and evening glow are extremely sensitive to wind and are weather permitting.
AUGUST 26-27
HATBOX FIELD - MUSKOGEES
GATES OPEN @ 5PM
4000 BORDER AVE

Event entry fee:
$10 per car

FESTIVITIES 6-9PM
TETHERED BALLOON RIDES
LIVE ENTERTAINMENT
INFLATABLES
HELICOPTER RIDES
FOOD TRUCKS AND VENDORS
BALLOON GLOW
FIREWORK FINALE
(SEE SCHEDULE FOR MORNING ACTIVITIES)

Okahoma Festival of Ballooning
Thank you to our 2022 Sponsors

Depot District-Downtown Muskogee
Depot Green, our newest park located in the heart of downtown Muskogee serves as a green space with an event lawn and covered pavilion. The main trail head for Centennial Trail begins here. The Depot District is home to Three Rivers Museum, the Oklahoma Music Hall of Fame, and Muskogee Little Theater. Local shops, restaurants and bars are all within blocks of the Depot District, making downtown a great place to stop during your visit.

Honor Heights Park
One of the oldest parks and most celebrated public parks in the southwest and the "crown jewel" of Muskogee, the idyllic setting of the 32-acre park makes it a must see year round. There are ponds for fishing, hiking trails, a playground and splashpad. The Papilion Gardens and Butterfly House are open through September and a must see for summer visitors in the park.
OKLAHOMA
FESTIVAL OF BALLOONING
& GOVERNOR'S TROPHY CHAMPIONSHIP

Competition Flights-Hatbox Field
Saturday & Sunday 7AM

Visit Muskogee
SATURDAY, AUGUST 27
5K & FUN RUN - 7:30 AM
HATBOX - MUSKOGEE, OK
get in touch.
today.

566 N. 6th Street
Muskogee, OK 74401
(Corner of MLK & 6th Street)
918-684-6304
Hours of Operation:
M-F 5:30am-9:00pm
Sat 8:00am-6:00pm
Sun 1:00pm-6:00pm

muskogeeparks.com

Friendly Fitness
For all

Full Facility Memberships
No Contract
Memberships available for ages 16 and older with a photo ID. NO CONTRACT required memberships are available monthly, 6 month, or annual. Senior memberships are available to those ages 60+. A Muskogee Swim & Fitness Center membership includes use of the fitness center, land and aquatic group fitness classes, lap swim, lockers rooms, Sauna, & Open family swim on the weekends.

**Group Classes**
- Combo Step Aerobics, Joint Flex, Pilates
- Tabata, Spin, Tai Chi, Yoga, Power Circuit, Zumba, Transform
- Water Aerobics & Aqua Zumba

**Working Out Should Be Something To Look Forward To.**

**Membership**

- **$336 ANNUAL**
- **$240 SENIOR ANNUAL**
  - NO JOINING FEE
- **$38.00 MONTHLY**
- **$32.00 EFT**
  - $25 Joining Fee
  - FIRST MONTH

**Aquatics**

**Pools**
- **Lap Pool:** The 25 meter 6 lane lap pool is heated to maintain a temperature of 83 degrees. Lap swim, water aerobics classes & water jogging
  - **Therapy Pool:** The therapy pool is a small heated pool with a 1' to 3' depth. This 93 degree pool offers a perfect environment for stretching and relaxing after a workout.

**ADDITIONAL AQUATIC PROGRAMS**
- **Swim Lessons $50**
  - We offer swim lessons year round. AM Sessions are held Monday-Thursday for two weeks only in the Summer. PM Sessions are held on Tuesday & Thursday evenings for four weeks (year around). If you are interested in swim lessons see front desk for more details.
- **Swim Team $120**
  - The Muskogee Sharks Swim Team accepts swimmers age 6-18. Practices are held at Muskogee Swim and Fitness Center. Anyone interested may try out on Tuesdays or Thursdays from 6:00-6:45pm.

**Pool Parties**
- **Private Parties:** $250.00
  - Wednesday, Friday & Saturday. Private Parties include two tables setup on the pool deck and swim during chosen party time. A maximum of 100 swimmers can attend party.
- **Sunday Open Swim Parties:** $100.00
  - Open Swim Parties include a table setup on the bleachers and swim during chosen party time. This party is not private and is open to the public.

  - A maximum of 20 kids can attend party.

Visit our website or call for more details.
# Muskogee Swim and Fitness Center
## Pool Schedule

Last Updated 10.3.2022 KA

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lap Swim</strong></td>
<td><strong>Lap Swim</strong></td>
<td><strong>Lap Swim</strong></td>
<td><strong>Lap Swim</strong></td>
<td><strong>Lap Swim</strong></td>
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</tr>
<tr>
<td>5:30am - 8:50am</td>
<td>5:30am - 8:50am</td>
<td>5:30am - 8:50am</td>
<td>5:30am - 8:50am</td>
<td>5:30am - 8:50am</td>
<td>5:30am - 8:50am</td>
<td>8:00am - 10:00am</td>
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<tr>
<td>2 lanes for non-lap swimmers</td>
<td>2 lanes for non-lap swimmers</td>
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<td>2 lanes for non-lap swimmers</td>
<td>2 lanes for non-lap swimmers</td>
<td>2 lanes for non-lap swimmers</td>
<td><em>Membership PERK…</em></td>
</tr>
<tr>
<td><strong>Aqua Zumba</strong></td>
<td><strong>H2O Aerobics</strong></td>
<td><strong>H2O Aerobics</strong></td>
<td><strong>H2O Aerobics</strong></td>
<td><strong>H2O Aerobics</strong></td>
<td><strong>H2O Aerobics</strong></td>
<td>Member's may bring their</td>
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<tr>
<td>9:00am-10:00am</td>
<td>9:00am-10:00am</td>
<td>9:00am-10:00am</td>
<td>9:00am-10:00am</td>
<td>9:00am-10:00am</td>
<td>9:00am-10:00am</td>
<td>spouse, kids and/or</td>
</tr>
<tr>
<td>Jeananne</td>
<td>Cindy</td>
<td>Inette</td>
<td>Cindy</td>
<td>Inette</td>
<td>Cindy</td>
<td>grandkids (age 18 or under)</td>
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<td></td>
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<td></td>
<td>for FREE to swim during</td>
</tr>
<tr>
<td><strong>Lap Swim</strong></td>
<td><strong>Lap Swim</strong></td>
<td><strong>Lap Swim</strong></td>
<td><strong>Lap Swim</strong></td>
<td><strong>Lap Swim</strong></td>
<td><strong>Lap Swim</strong></td>
<td>our OPEN FAMILY SWIM</td>
</tr>
<tr>
<td>10:00am-1:00pm</td>
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<td>times!</td>
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<tr>
<td>2 lanes for non-lap swimmers</td>
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<tr>
<td><strong>H2O Aerobics</strong></td>
<td><strong>H2O Aerobics</strong></td>
<td><strong>H2O Aerobics</strong></td>
<td><strong>H2O Aerobics</strong></td>
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<td>12:00pm-1:00pm</td>
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<td>12:00pm-1:00pm</td>
<td>12:00pm-1:00pm</td>
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</tr>
<tr>
<td>Sherry</td>
<td>Cindy</td>
<td>Inette</td>
<td>Cindy</td>
<td>Inette</td>
<td>Cindy</td>
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</tr>
<tr>
<td><strong>Swim Lessons</strong></td>
<td><strong>Swim Lessons</strong></td>
<td><strong>Swim Lessons</strong></td>
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<td>5:15pm - 6:45pm</td>
<td>5:15pm - 6:45pm</td>
<td><strong>Open Family Swim</strong></td>
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<td>10:00am - 11:30am</td>
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<td><del>All Ages</del></td>
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<tr>
<td><strong>Swim Team</strong></td>
<td><strong>Swim Team</strong></td>
<td><strong>Swim Team</strong></td>
<td><strong>Swim Team</strong></td>
<td><strong>Swim Team</strong></td>
<td><strong>Swim Team</strong></td>
<td><strong>Private Party Rental</strong></td>
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<tr>
<td>No Mini-Sharks</td>
<td>No Mini-Sharks</td>
<td>No Mini-Sharks</td>
<td>No Mini-Sharks</td>
<td>No Mini-Sharks</td>
<td>No Mini-Sharks</td>
<td>Available!</td>
</tr>
<tr>
<td>Sharks - 6:30pm-8:15pm</td>
<td>Mini-Sharks - 6:00pm-6:45pm</td>
<td>Private Party Rental</td>
<td>Mini-Sharks - 6:00pm-6:45pm</td>
<td>Swim Team</td>
<td>Private Party Rental</td>
<td>6:45pm - 8:45pm</td>
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<tr>
<td></td>
<td>Sharks - 6:30pm-8:15pm</td>
<td>Available!</td>
<td>Sharks - 6:30pm-8:15pm</td>
<td></td>
<td>Available!</td>
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<tr>
<td><strong>PM Lap Swim</strong></td>
<td><strong>PM Lap Swim</strong></td>
<td><strong>PM Lap Swim</strong></td>
<td><strong>PM Lap Swim</strong></td>
<td><strong>PM Lap Swim</strong></td>
<td><strong>PM Lap Swim</strong></td>
<td><strong>Lap Swim</strong></td>
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<tr>
<td>8:15pm-8:45pm</td>
<td>8:15pm-8:45pm</td>
<td>7:45pm-8:45pm</td>
<td>8:15pm-8:45pm</td>
<td>8:15pm-8:45pm</td>
<td>8:15pm-8:45pm</td>
<td>8:00am - 10:00am</td>
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<tr>
<td>2 lanes for non-lap swimmers</td>
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<td>2 lanes for non-lap swimmers</td>
<td>2 lanes for non-lap swimmers</td>
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</tr>
</tbody>
</table>

*If the Swimming Pool is not being used by a private group, special program, maintenance, or cleaned/vacuumed; lap swim will be available from 1:00pm-4:00pm M-F . This is subject to change without notice.

**Green Country - Clients ONLY**

2:00pm-3:00pm
3 lanes open for lap swim

**MHS SWIM TEAM**

3:00pm-4:30pm

**H2O Aerobics**

5:30pm-6:30pm

**Swim Team**

Start September 6th
End December 23rd

**Private Party Rental**

Available!

**Open Family Swim**

11:30am - 1:30pm
~All Ages~

1:45pm - 3:45pm

4:00pm - 6:00pm

**Lap Swim**

4:30pm - 5:45pm

Visit www.muskogeeparks.com for a detailed list of all aquatic programs or call (918) 684-6304.
Muskogee Swim & Fitness Center offers swim lessons year around. The swim program consists of six levels, each level teaching water safety and skill development. The first four levels focus on basic swimming skills. The next two levels build on these skills as well as endurance and technique. An evaluation is given at the completion of each level. AM Sessions are held Monday-Thursday for two weeks only in the summer. PM Sessions are held on Tuesday & Thursday evenings for four weeks (year around). If you are interested in evening swim lessons see front desk for more details.

Cost is $50 per enrollment (See back for descriptions of skill levels.)

Please choose from the following session dates & times for ages up to 16:

<table>
<thead>
<tr>
<th>Session 1: June 6-16</th>
<th>Session 2: June 20-June 30</th>
<th>Session 3: July 11-21</th>
<th>Session 4: July 25-August 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00am-10:30am Parent Toddler, Aqua Tot, Tadpole, Guppy</td>
<td>10:00am-10:30am Parent Toddler, Aqua Tot, Tadpole, Guppy</td>
<td>10:00am-10:30am Parent Toddler, Aqua Tot, Tadpole, Guppy</td>
<td>10:00am-10:30am Parent Toddler, Aqua Tot, Tadpole, Guppy</td>
</tr>
<tr>
<td>10:30am-11:00am Tadpole, Guppy, Minnow, Trout &amp; Striper</td>
<td>10:30am-11:00am Tadpole, Guppy, Minnow, Trout &amp; Striper</td>
<td>10:30am-11:00am Tadpole, Guppy, Minnow, Trout &amp; Striper</td>
<td>10:30am-11:00am Tadpole, Guppy, Minnow, Trout &amp; Striper</td>
</tr>
</tbody>
</table>

Parent/Toddler:
This class is offered for parent and child (age 6 months to 2 years of age). The beginning class focuses on water orientation. Parents learn basic skills to teach swimming and safe behavior around the water.

Private Swim Lessons:
All ages and skill levels, the cost is $20.00 per swimmer for a 30min swim lesson, see the front desk for separate enrollment form and instructor information.

SWIM TEAM IS AVAILABLE FOR AGES 6-18 YEARS ASK FRONT DESK FOR MORE DETAILS

2022 Summer AM Swim Lesson Enrollment Form:

Circle Session Level/Time/Date

<table>
<thead>
<tr>
<th>10:00-10:30am</th>
<th>10:30-11:00am</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Parent Toddler) (Aqua Tot) (Tadpole) (Guppy)</td>
<td>(Tadpole) (Guppy) (Minnow) (Trout/Striper)</td>
</tr>
</tbody>
</table>

Swimmer’s Name: __________________________ Age: ______ Date of Birth: __________ Phone #: _________________

Address: __________________________________ City: __________________ State: _______ Zip: __________

Swim Level _______________ Swim Time _______________ Swim Session _______________

Parent Name: ___________________________ Email: ___________________________ Date: ________________

Please make checks payable to: Muskogee Swim & Fitness Center. Check request refunds are only available prior to the class start date.

Cost: $45.00 per person/per session  Paid: Cash/Check/CC  Payment Date: ___________ Receipt #: ___________ Staff IN ___________

*Front Desk Staff – Do not forget to log this enrollment into the Swim Lesson Binder!
2022 Winter Evening Swim Lessons

Muskogee Swim & Fitness Center offers swim lessons year around. The swim program consists of six levels, each level teaching water safety and skill development. The first four levels focus on basic swimming skills. The next two levels build on these skills as well as endurance and technique. An evaluation is given at the completion of each level. PM Sessions are held on Tuesday & Thursday evening for four weeks. Classes could be altered or cancelled due to enrollment.

All Classes are held at Muskogee Swim & Fitness Center – 566 N. 6th Street (918) 684-6304.

Cost is $45 per enrollment (See back for descriptions of skill levels)

Please choose from the following session dates & times for ages up to 16:

<table>
<thead>
<tr>
<th>Tuesdays &amp; Thursdays</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PM SESSION 1:</strong> February 1-February 24</td>
</tr>
<tr>
<td>5:15pm - 5:45pm Parent Toddler, Aqua Tot, Tadpole</td>
</tr>
<tr>
<td>5:45pm - 6:15pm Tadpole, Guppy, Minnow</td>
</tr>
<tr>
<td>6:15pm - 6:45pm Guppy, Minnow, Trout&amp;Striper</td>
</tr>
<tr>
<td><strong>PM SESSION 2:</strong> March 1-March 31</td>
</tr>
<tr>
<td>(No classes during Spring Break)</td>
</tr>
<tr>
<td>5:15pm - 5:45pm Parent Toddler, Aqua Tot, Tadpole</td>
</tr>
<tr>
<td>5:45pm - 6:15pm Tadpole, Guppy, Minnow</td>
</tr>
<tr>
<td>6:15pm - 6:45pm Guppy, Minnow, Trout&amp;Striper</td>
</tr>
<tr>
<td><strong>PM Session 3:</strong> April 5-April 28</td>
</tr>
<tr>
<td>5:15pm - 5:45pm Parent Toddler, Aqua Tot, Tadpole</td>
</tr>
<tr>
<td>5:45pm - 6:15pm Tadpole, Guppy, Minnow</td>
</tr>
<tr>
<td>6:15pm - 6:45pm Guppy, Minnow, Trout&amp;Striper</td>
</tr>
</tbody>
</table>

**Parent/Toddler:**
This class is offered for parent and child (age 6 months to 2 years of age). The beginning class focuses on water orientation. Parents learn basic skills to teach swimming and safe behavior around the water.

**Private Swim Lessons:**
Recommended for all ages and skill levels. The individual instruction costs $20 for a 30min swim lesson or $30 per hour long lesson. Six-packs are available at discounted rates: $108 for six 30 minute or $162 for six of the hour long lessons. See the front desk for separate enrollment form and instructor information.

**SWIM TEAM IS AVAILABLE FOR AGES 6-18 YEARS** **ASK FRONT DESK FOR MORE DETAILS**
Muskogee Swim & Fitness Center offers swim lessons year around. The swim program consists of six levels, each level teaching water safety and skill development. The first four levels focus on basic swimming skills. The next two levels build on these skills as well as endurance and technique. An evaluation is given at the completion of each level. PM Sessions are held on Tuesday & Thursday evening for four weeks. **Classes could be altered or cancelled due to enrollment.**

All Classes are held at Muskogee Swim & Fitness Center – 566 N. 6th Street  (918) 684-6304.

**Cost is $50 per enrollment** (See back for descriptions of skill levels)

### Tuesdays & Thursdays

<table>
<thead>
<tr>
<th>PM SESSION 1: September 6-September 29</th>
<th>PM SESSION 2: October 4-October 27</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:15pm - 5:45pm Parent Toddler, Aqua Tot, Tadpole</td>
<td>5:15pm - 5:45pm Parent Toddler, Aqua Tot, Tadpole</td>
</tr>
<tr>
<td>5:45pm - 6:15pm Tadpole, Guppy, Minnow</td>
<td>5:45pm - 6:15pm Tadpole, Guppy, Minnow</td>
</tr>
<tr>
<td>6:15pm-6:45pm Guppy, Minnow, Trout&amp;Striper</td>
<td>6:15pm-6:45pm Guppy, Minnow, Trout&amp;Striper</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PM SESSION 3: November 1-December 1</th>
<th>PM Session 4: December 6-December 29</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:15pm - 5:45pm Parent Toddler, Aqua Tot, Tadpole</td>
<td>5:30pm - 6:00pm Parent Toddler, Aqua Tot, Tadpole</td>
</tr>
<tr>
<td>5:45pm - 6:15pm Tadpole, Guppy, Minnow</td>
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<td>6:15pm-6:45pm Guppy, Minnow, Trout&amp;Striper</td>
</tr>
</tbody>
</table>

**Parent/Toddler:**
This class is offered for parent and child (age 6 months to 2 years of age). The beginning class focuses on water orientation. Parents learn basic skills to teach swimming and safe behavior around the water.

**Private Swim Lessons:**
Recommended for all ages and skill levels. The individual instruction costs $25 for a 30min swim lesson or $45 per hour long lesson. Six-packs are available at discounted rates: $138 for six 30 minute or $252 for six of the hour long lessons. See the front desk for separate enrollment form and instructor information.

**SWIM TEAM IS AVAILABLE FOR AGES 6-18 YEARS ASK FRONT DESK FOR MORE DETAILS**

### 2022 Fall PM Swim Lesson Enrollment Form:

#### Please circle a time and class level:

- 5:15pm-5:45pm (PT) (Aqua Tot) (Tadpole)
- 5:45pm-6:15pm (Tadpole) (Guppy) (Minnow)
- 6:15pm-6:45pm (Guppy) (Minnow) (Trout&Striper)

#### Please circle a session:

- SESSION 1: Sept 6-Sept 29
- SESSION 2: Oct 4-Oct 27
- SESSION 3: Nov 1-Dec 1 (NO lessons during week of Thanksgiving)
- SESSION 4: Dec 6-Dec 29

#### PLEASE PRINT

<table>
<thead>
<tr>
<th>Swimmer's Name:</th>
<th>Age:</th>
<th>Date of Birth:</th>
<th>Phone #:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>City:</td>
<td>State:</td>
<td>Zip:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session:</th>
<th>Level:</th>
<th>Time:</th>
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</table>

<table>
<thead>
<tr>
<th>Parent Name:</th>
<th>Parent Email:</th>
<th>Date:</th>
</tr>
</thead>
</table>

Please make checks payable to: Muskogee Swim & Fitness Center. Check request refunds are only available prior to the class start date.

Cost: $45.00 per person/per session  
Paid: Cash/Check/CC  
Payment Date:  
Receipt #:  
Staff IN

*Front Desk Staff – Don't forget to log this enrollment into the Swim Lesson Binder!*
**Aqua Tot:**
This class is for 3 year olds ONLY. They will learn how to submerge face under water, blow bubbles, enter and exit water unassisted, move/swim 5 yards at chest level or with kick bar, bob 5 times at chin level or holding onto wall, front float 3 seconds and roll to back (assistance allowed), and back float for 3 seconds (assistance allowed).

**Tadpole:**
In this class, they will learn how to jump into chest water unassisted, submerge face under water for 3 seconds, blow bubbles while submerged, enter and exit water unassisted, move/swim 5 yards at chest level or with kick bar, bob 5 times at chin level or holding onto wall, front float 3 seconds and roll to back (unassisted), back float for 3 seconds (unassisted), recover from float to standing position (unassisted), glide front and back with flutter kick 10 seconds.

**Guppy:**
In this class, they will learn how to retrieve underwater objects, bobs/rhythmic breathing, in chest deep water perform front float (5 sec.) roll to back and stand up, in chest deep water perform back float (5 sec.) roll to front and stand up, front and back crawl-15 feet, any combination of arm and leg action.

**Minnow:**
In this class, they will learn how to jump into chest deep water from the side of the pool, bobbing, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (front or side), maintain position by treading or floating for 30 seconds, swim back crawl for 15 yards, elementary backstroke, sitting/kneeling dives, tread water.

**Trout:**
In this class, they will learn how to do deep water bobs, rotary breathing, float on back 1 minute in deep water, front/back crawl 25 yards, elementary backstroke for 25 yards, breaststroke for 25 yards, sidestroke, standing/compact dive, wall turns, tread water 1 minute.

**Striper:**
In this class, they will learn how to do 100 front crawl, 100 back crawl, 50 breaststroke, 50 elementary backstroke, 50 sidestroke, 50 yards butterfly, 100 any stroke, alternate breathing, dolphin kicking, stride jump, jump into deep water, perform a survival float for 5 minutes roll onto back and perform a back float for 5 minutes, perform a feet-first surface dive, retrieve an object from bottom of pool at 7ft and return to starting point.
Spring Break
Lifeguard Course

Cost $180

Dates & Times:
March 14th from 8:30am-5:30pm
March 15th from 8:30am-5:30pm
March 16th from 8:00am-2:00pm

Must attend all three in person days & complete the online portion for completion of course.

Sign up deadline: March 11th

Must call (918) 684-6304 to schedule an in water pre-test with Bailey Arnold before signing up for the course.
April Lifeguard Course

Cost: $180

Dates & Times:
April 22nd from 4pm-8:30pm
April 23rd from 8:30am-5:30pm
April 24th from 8:30am-5:30pm

Must attend all three days & complete the online portion for completion of course.

Sign up deadline: April 20th

Must call (918) 684-6304 to schedule an in water pre-test with Bailey Arnold before signing up for the course.
**Wednesday, Friday & Saturday Private Parties:**
**Cost:** $250.00
Private Parties includes two tables setup on the pool deck and swim during chosen party time. A maximum of 100 swimmers can attend party.

**Available Times:**
- **Friday** 6:45pm-8:45pm
- **Saturday** 11:30am-1:30pm, 1:45pm-3:45pm or 4:00pm-6:00pm
- **Wednesday** 6:30pm-7:45pm

*(Additional $100.00 is the cost for Private Party on Wednesday)*

**Sunday Open Swim Parties:**
**Cost:** $100.00
Open Swim Parties include a table setup on the bleachers and swim during chosen party time. This party is not private and is open to the public. A maximum of 25 kids can attend party.

**Available Times:**
- **Sunday** 1:15pm-2:45pm or 3:00pm-4:30pm

Payment is required at the time of booking your reservation.

- Party host may enter facility 15 minutes prior to party time for set-up.
- Party host and guests must follow party/pool rules

**See back for complete list of Party/Pool Rules**

Party Date: __________ Party Time: __________ Cost: __________ # of Expected Guests: __________ Age(s) of Expected Guests: __________

Birthday Child's Name: __________ D.O.B: __________ Male or Female: __________

Party Host Name: __________ Phone #: __________ Alternate Phone #: __________

Address: __________ City: __________ State: __________ Zip: __________

Email Address: (Please Print)

By signing I agree to all of the above rules: __________ Date: __________

**Office Use Only**

Payment Date: __________ Payment taken & entered into Computer by: __________
Party/Pool Rules:

- Guests may bring a cake, pizza, or sandwiches.
- **NO HELIUM BALLOONS ALLOWED.** (These balloons are detrimental to our pool's HVAC system)
- NO red or dark colored punch drinks.
- NO bubbles or confetti.
- NO glass containers of any kind permitted.
- At least one – 6 ft table will be available for food/gifts.
- Party host is responsible for cleaning and picking up the party area.
- Party hosts/guest must only stay during designated party time.
- Parties must clear out space before next available party is due to arrive.
- NO running, diving, or horseplay is allowed.
- Children under 6 years old must be accompanied by an adult (16 years or older) in the pool.
- Inflatable devices of any kind (water wings, rafts, or tubes of any kind) are not allowed.
- Lifejackets, pool toys, and rafts are provided
- Food and drinks are not allowed unless you have a party reservation.
- Party guest must remain on the swim deck or bleachers

**Cancellation Policy**

If a period of more than one month’s notice prior to the booking is given you will be refunded 100% of the total amount paid. If you give a three weeks’ notice prior to the booking 75% of the total amount will be refunded of the total amount paid. If you give a two weeks’ notice you will be refunded 50% of the total amount paid. If you give a weeks’ notice you will be refunded 25% of the total amount. Refunds will not be given without at least a one week notice. If in the event the pool must close due to uncontrollable circumstances, the party host will be notified by management from the Muskogee Swim & Fitness Center as soon as possible. If you need further assistance or have questions, please call 918-684-6304 or visit us at 566 N. 6th Street, Muskogee, OK 74401.
EASTER

Egg Dive

Cost: $5 a swimmer
April 16, 2022
from 12:00pm-1:30pm

- Swimming at 12pm
- Egg Dive at 12:30pm
- Photo-booth with Easter Bunny
- Prizes and Candy
- 1 Winner for small pool (ages up to 5 years old)
- 1 Winner for bigger pool (ages 6-17 years old)

Everyone will be able to leave with a bag of candy just for showing up to our event. We can't wait to have you again this year!

Muskogee Swim & Fitness Center
566 N. 6th Street
Muskogee, OK 74401
(918) 684-6304
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Last Updated 9/23/2022 KA

Facility Hours of Operation: Monday-Friday 5:30am-9:00pm; Saturday 8:00am-6:00pm; Sunday 1:00pm-6:00pm
~ Land Group Class Descriptions ~

**Combo Step Aerobics:** This aerobic class is a traditional low and high impact at your own pace. The 2nd half of class is step with cardio, muscular improve, coordination, and also agility.

**JointFlex:** This class, designed by the Arthritis Foundation, incorporates gentle exercises to increase joint flexibility, range of motion, and enhance muscle strength. It is held in the conference room located at the south end of the hallway.

**Pilates:** Develop core strength, stability, and flexibility with this mat based class that includes blocks, stability balls, light weights, and resistance bands to create a strong and lean body. Everyone will benefit whether you are just beginning or reaching advanced levels of exercise.

**Tabata:** Tabata format training consists of short bursts of intense cardio exercise (20 sec), followed by a less intense recovery period (10 sec). Also incorporated is HIIT style full body strength training. This class gets your heart rate soaring to improve cardiovascular health, while also improving muscular strength.

**Spin:** Get your cardio on! This high intensity, upbeat class is designed to get you moving fast and sweating buckets. Enjoy fast paced, upbeat tunes that will keep you motivation and energized, Class is appropriate for all fitness levels. This class moves with the music, and the efforts end when the song ends. Occasionally there will be some structured interval work. This class will also teach you how to ride safely with proper form to prevent injury.

**Tai Chi:** Sometimes described as “meditation in motion”, this low impact exercise class is great for balance and stress reduction. The class consists of rhythmic patterns of movement that are coordinated with breathing to help you achieve a sense of inner calm.

**Yoga:** This class will help you improve flexibility and breathing, decrease stress and maintain health. You do postures that stretch the body. While practicing a posture, you do breathing exercises to help relax your muscles, maintain the posture and focus your mind.

**Power Circuit**
Feel the power of plugging your body into machine weight training and surging with energy for everyday life! Connect with others in this fun 30-minute class and learn basic machine weight training. It will bring more power to your body and help you reach your goals.

**Zumba:** A Latin-dance style class with fitness flair! You will have fun, sweat, and get a great workout. Instructors vary on high are medium intensity training. Latin music and Latin moves-Come dance with us!

**Transform:** Transform Mini Workout
A tool to help you on your journey to lose weight. In a crunch for time? Join us on Mondays on your lunch break for high intensity cardio and strength training exercises to rev up your metabolism and burn fat! Let’s get those New Year’s goals crushed!

~ Pool Group Class Descriptions ~

**H²O Aerobics:** Endurance and resistance training are combined for a total body workout. Class is held in the shallow end of the pool. Resistant equipment is used in this class which offers shallow or deep water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

**Aqua Zumba:** This class creates a low impact, high energy workout by combining Zumba moves and water resistance. Let loose with this fun dance style class while improving your agility, flexibility, and cardiovascular endurance.
Personal Training
Fitness Programs
& Training Services
Contact: 918-684-6304

Equipment Orientations                        FREE
The fitness center is staffed with certified trainers
who can assist you on any of the cardio or weight
training equipment.

Swim & Fitness Certified Personal Trainers
are certified AAAI ISMA or ACE certified.

Fitness Evaluation                                  $25.00
A physical assessment of your current cardiovas-
cular level, muscle strength, flexibility, and body
composition. This is a great tool for measuring
your current fitness level, and creating an exercise
program to help you reach your short and long
term fitness goals.

Program Set-up                                       $25.00
This one on one session is available to design a
workout to meet your fitness goals and introduce
you to equipment used in your program. You will
receive instruction on proper technique and body
mechanics and a customized log to record your
progress.

Personal Training Fees:
$25  30 Minute Training Session
$45  60 Minute Training Session
$138 30 Minute Sessions - 6 Pack
$252 60 Minute Sessions - 6 Pack

Personal Training Sessions
Training sessions are purchased at the Swim &
Fitness Center front desk. You must be a current
Swim & Fitness Center member to purchase
training sessions. Members and trainers should
correspond regarding available dates and
training times. Training sessions purchased are
reserved on your membership account and will
be deducted the day of your training.

All Swim & Fitness Center personal trainers also
teach a variety of group classes. This is a
great way to meet the trainers! See back for
Personal Trainer bios.

For questions, please contact our full-time
fitness staff at 918-684-6304:

Kent Kamp, Fitness Coordinator
Save the Dates 2022

Schedule of Sports & Locations

June 4th & 5th  Bowling - Green Country Lanes 9:00 AM

June 11th  Swimming - Muskogee Swim & Fitness 8:00 AM

          Track & Field - Muskogee School’s Indian Bowl 9:00 AM

          Tennis - Spaulding Park 9:00 AM

June 17th & 18th  Pickleball - Civic Center & First Baptist Church CLC 9:00 AM

June 18th  Cornhole - Depot Green 9:00 AM

June 25th  Golf - Muskogee Golf Club 12:00 PM

          Water Walking - River Country Water Park 8:00 AM

          Table Tennis - Hatbox Event Center 9:00 AM

          Gala - Muskogee Golf Club 6:00 PM
Muskogee Senior Games 2022

REGISTRATION CLOSES MAY 30th 2022,
Last day for guaranteed shirt is May 6th.

Sports & Locations

- **June 4th & 5th**
  Bowling - Green Country Lanes 9:00 AM

- **June 11th -**
  Swimming - Muskogee Swim & Fitness 8:00 AM
  Track & Field - Muskogee School’s Indian Bowl 9:00 AM
  Tennis - Spaulding Park 9:00 AM

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  Water Walking - River Country Water Park 8:00 AM
  Table Tennis - Hatbox Event Center 9:00 AM
  Golf - Muskogee Golf Club 12:00 PM
  Gala - Muskogee Golf Club 6:00 PM

Adults ages 50 plus. Register online or in person at Muskogee swim & fitness center. Registration is $25. Participate in as many sports as you would like, bowling & golf have additional fees. T-shirt and Gala both included in registration cost.

Phone: 918-684-6304
Email: sfcinfo@muskogeeonline.org
www.okseniorgames.com

REGISTER NOW
Thank You to Our Sponsors!
Muskogee Senior Games 2022

Bank of Oklahoma
Tommy Nix Auto Group
Muskogee Civic Center
Dental Depot

Muskogee Bone & Joint
Matt Price District Attorney
American Bank of Oklahoma

Smack That Muskogee, OK
Armstrong Bank
Walmart

Firstar Bank
Muskogee Parks & Recreation
The Springs

Muskogee Wellness
Muskogee Golf Club

Visit Muskogee
Real Okie

www.okseniorgames.com
School Year 2022-2023

September 1, 2022 - May 31, 2023

Please plan to attend our school year orientation

THURSDAY OCTOBER 13TH

12:30 - 4:30

We will be discussing some new programs, leadership opportunities and celebrating 30 years of YVC Muskogee.

We will learn, have fun, and plan together.

Lunch will be provided

Transportation available, please request when signing up.

We look forward to seeing you all there.
OPEN MON - THRS

7TH - 12TH GRADERS

3 PM - 7 PM

322 CALLAHAN ST.
All Aboard
AT DEPOT GREEN
TRAIN RIDES - DEC 2ND-23RD (THURS-SUN)
5:30PM-9:00PM. $2 PER PERSON PER RIDE.

Lights On
AT DEPOT GREEN
THURSDAY, DECEMBER 2ND AT 5:30PM
IT'S THE MOST BEAUTIFUL TIME OF THE YEAR

GARDEN OF LIGHTS
HONOR HEIGHTS PARK - MUSKOGEE
THANKSGIVING DAY - NEW YEAR'S DAY
GATES OPEN DAILY @ 5:30PM