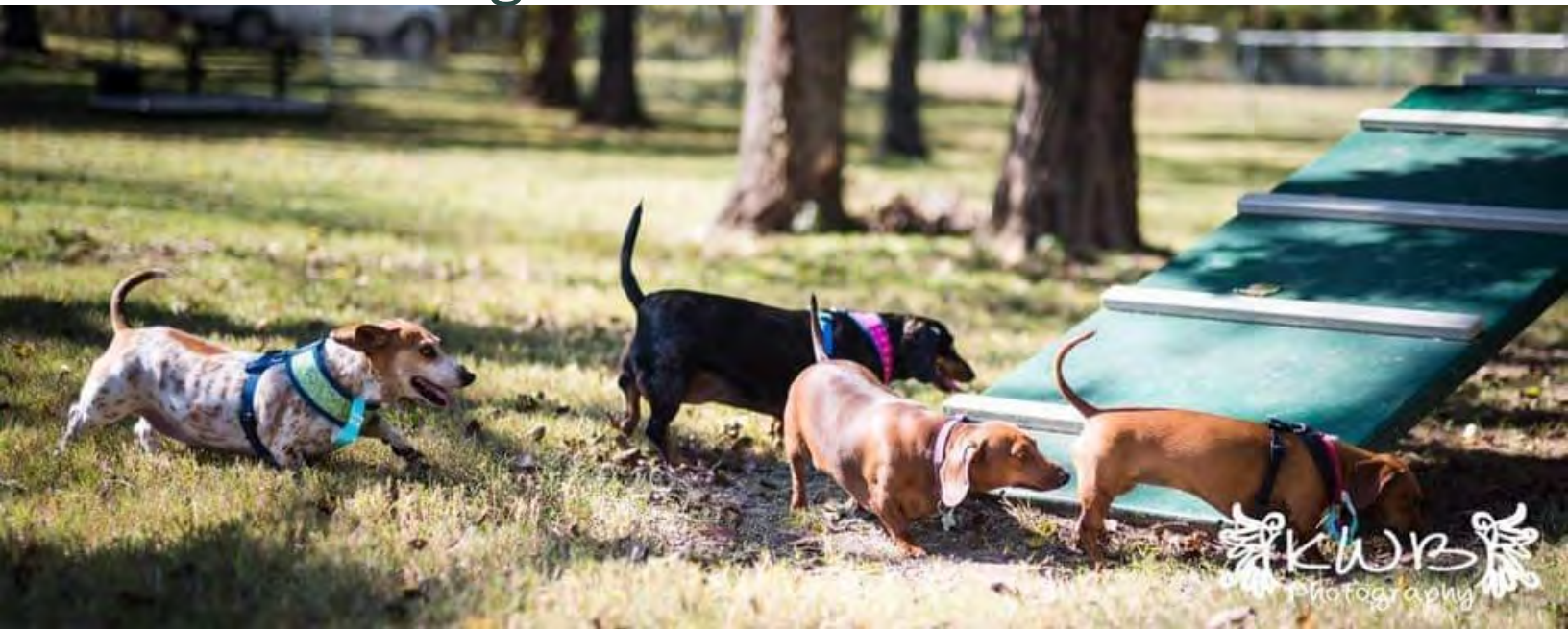
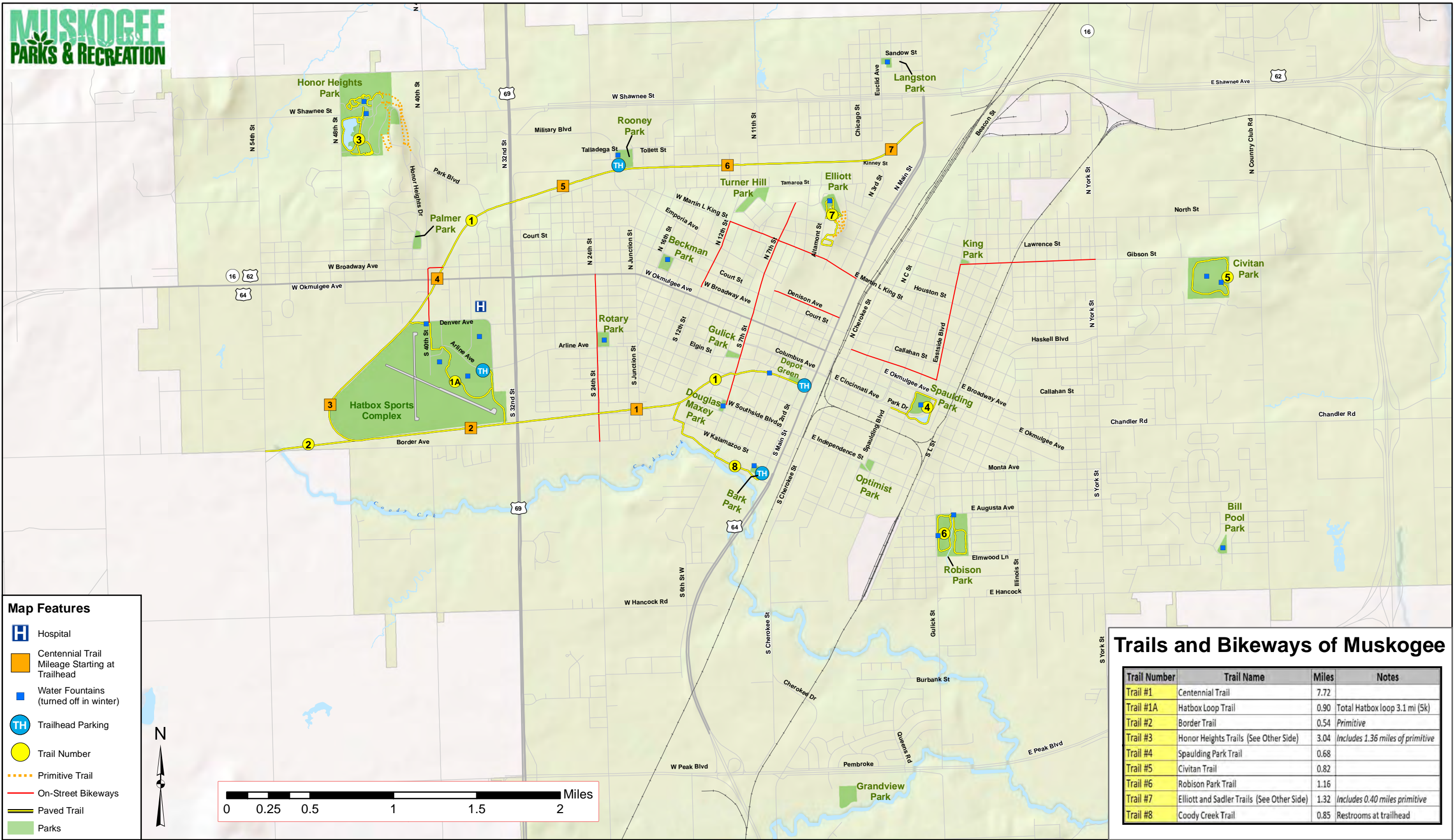




MUSKOGEE PARKS & RECREATION

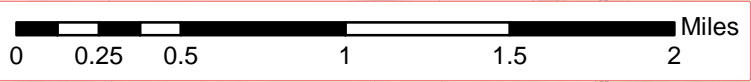
2022 Program and Event Information





Map Features

- Hospital
- Centennial Trail
- Mileage Starting at Trailhead
- Water Fountains (turned off in winter)
- Trailhead Parking
- Trail Number
- Primitive Trail
- On-Street Bikeways
- Paved Trail
- Parks



Trails and Bikeways of Muskogee

Trail Number	Trail Name	Miles	Notes
Trail #1	Centennial Trail	7.72	
Trail #1A	Hatbox Loop Trail	0.90	Total Hatbox loop 3.1 mi (5k)
Trail #2	Border Trail	0.54	Primitive
Trail #3	Honor Heights Trails (See Other Side)	3.04	Includes 1.36 miles of primitive
Trail #4	Spaulding Park Trail	0.68	
Trail #5	Civitan Trail	0.82	
Trail #6	Robison Park Trail	1.16	
Trail #7	Elliott and Sadler Trails (See Other Side)	1.32	Includes 0.40 miles primitive
Trail #8	Coody Creek Trail	0.85	Restrooms at trailhead

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



MUSKOGEE
PARKS & RECREATION



Visit [www.muskogee parks.com/
communitygardens](http://www.muskogee parks.com/communitygardens)
for an electronic version of this flyer.
or call one of the gardens listed for
more information.

CITY OF MUSKOGEE

MUSKOGEE PARKS & RECREATION

Jobs fair

Monday, February 28th, 2022

4:00-7:00pm @ Spaulding Park Scout House

820 Dorchester Ave (SE corner of Spaulding Park)

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

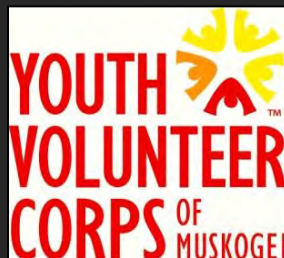
Hatbox Sports Complex: Concession workers, Umpires, Field Maintenance workers, Administrative Assistants

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@muskogee parks.org 918-684-6302 x1462

2022 SPRING BREAK
Basketball SKILLS & DRILLS
Spaulding Park Courts



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

(Participants may attend one session time per designated days)

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.

MUSKOGEE
PARKS & RECREATION

For more information: dhickman@muskogee parks.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**

MUSKOGEE
PARKS & RECREATION
www.muskogee parks.org

Presented by:



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.



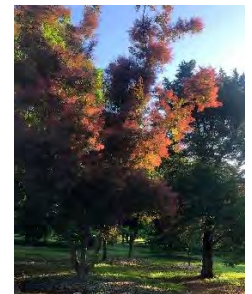
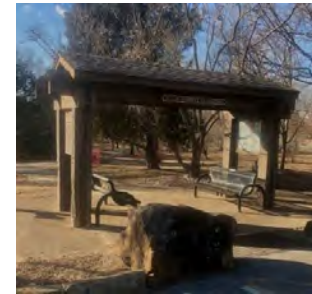
Audubon Trail: ½ mile nature trail, dedicated to birding. Trailhead just north and across the road (Honor Heights Drive) from the VA hospital; can also be accessed in the park near stone picnic table up the hill from the small gazebo that overlooks Kirschner Pond. This trail has both a high and low branch. 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. Naturalist 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.
NOTE: following COVID19 CDC guidelines/ City of Muskogee City Council resolution July 2020, MASKS must be worn when inside city facilities during business hours. Thank you in advance for your cooperation.
- 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.

Honor Heights Park, Muskogee, OK Monday-Saturday 9am-3pm, Sunday 1pm-4pm

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

Beer Expert

Drop that Keystone Light for something that actually tastes good

Types of beer

Lagers

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

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.

Pilsner

Straw colored, highly carbonated and low in alcohol
ABV: 4.5-5.5%

Oktoberfest

Full-bodied and dark brown, drank in October
ABV: 4.0-7.0%

Porter

Dark and heavy with a burnt flavor
ABV: 4.0-7.5%

Stout

Roasted not malted, 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

Sweet from excess malt and (surprise!) amber colored
ABV: 4.0-7.0%

Irish Ale

Deep red in color, with malty and sweet flavors
ABV: 4.0-6.0%

Key

Beer Name

Description of beer and flavors present
ABV: 0.0-0.0%

Preferred glassware and color of beer
Average alcohol by volume range

Malt-o-meter*

Hop-o-meter**

*Malt-o-meter rates basic malted flavor. However, malted grains are present in most beers and vary widely.

**Hop-o-meter rates basic bitterness due to hops.

Wheat

Pale, highly carbonated and commonly fruity
ABV: 4.0-7.0%

Not malty Very malty
Not hoppy Very hoppy

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—you guessed it—hops. This flower is the **bitterness** that balances the malt's sweetness. The flavor depends on where the hops are grown, but most have a **fruity**, **herbal** or **citrus** flavors. 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.



W S W



COOK & HILFIGER



Traci Wilkerson Audiology, AU.D
Hammons & Price
Dr. Andrew and Michelle Olshen
Dr. Diego Humphrey



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



MUSKOGEE
PARKS & RECREATION



LOCALMOTION

**FINE
ARTS**

**FALL ARTS
FESTIVAL**

**LIVE
MUSIC**

10AM SEPTEMBER 24, 2022 9PM

DEPOT GREEN, MUSKOGEE

**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 MICHAEL 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



MUSKOGEE
DEPOT DISTRICT

LOCALMOTION
DEPOT GREEN

Visit
MUSKOGEE
.com



MUSKOGEE
PARKS & RECREATION



OPEN STREETS
MAG
MUSKOGEE ART GUILD



ZOMAC SCHOOL OF MUSIC

MORE INFO: FACEBOOK at LOCALMOTION, MUSKOGEE PARKS & REC 918-684-6302+1+0



Sponsored by:



MUSKOGEE
PARKS & RECREATION

Movie Night at the Green

Friday, July 15th

8:30pm-10:30pm

DEPOT GREEN

**FREE
COMMUNITY
EVENT**

**Popcorn
Concessions
& Beverages
for purchase.**

**Bring a lawn
chair or blanket.**

Open Memorial Weekend to Labor Day



www.muskogee parks.org

MUSKOGEE'S HOTTEST PLACE TO COOL OFF

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



**MUSKOGEE
PARKS & RECREATION**



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 rcwplinfo@muskogee-parks.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.

Waterpark River Bash Party

3600 Arline Ave. Muskogee, OK 74401 918-684-6399

River Bash Party:

- 1.5 hour Party Reservation
- Party Island or Pavilion may be reserved
- Party host may bring their own cake (No outside food or drinks are allowed)
- All-day gate admission for 10 guests (additional guests \$6.00 each can be paid day of party)
- Party Paper Supplies for 10 guests

COST: \$120

Party Add-ons:

2 - 16" Single Topping Pizza (8 slices/pizza)

2 - 60oz Pitchers (your choice drink) **COST: \$30**

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 _____ Email Address _____

Address _____ City _____ ZIP _____ Phone _____

PARTY INFORMATION: PARTY DATE _____ TIME: (check) Sunday 1:30-3:00pm 3:30-5:00pm
T/W/F/SAT: 12:30-2:00pm 2:30-4:00pm 4:30-6:00pm

of guests expected _____ Age _____ Thurs: 12:30-2:00pm 2:30-4:00pm 4:30-6:00pm 6:30-8:00pm

Payment Date _____ Amount \$ _____
Type: Visa MC Dis Cash Check Receipt # _____

ACTIVE OKIE YOUTH TRIATHLON

Muskogee, OK.

SWIM ★ BIKE ★ RUN



TRIFOR 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!



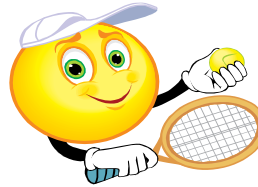
SEPTEMBER 10, 2022 • 2:00 PM - 4:00 PM

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

\$5 PER DOG, ONE FREE HUMAN



**ARMSTRONG
BANK**



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@muskogee parks.org

On-site registration July 4th
(if space is available)



MUSKOGEE
PARKS & RECREATION



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:
muskogee parks.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 Firststar 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 **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 **GP**
Georgia-Pacific
- 6:45PM National Anthem (performed by Grady Nichols) and Flag Jump
presented by **American**
BANK OF OKLAHOMA
- 7:30PM Grady Nichols Band - live on the Firststar 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
Vendors
Beverage Stand

\$10

PER CAR ENTRY FEE

Live Music
Balloon Glow
Fireworks Finale

\$20

TETHERED BALLOON
RIDES/PERSON

\$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 - MUSKOGEE
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)

TAKE FLIGHT IN

MUSKOGEE

www.VISITMUSKOGEE.com



Open
Saturday
11am-6pm
Sunday
1-6pm
through
September 5th



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.

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.



Oklahoma Festival of Ballooning

Thank you to our 2022 Sponsors





**Competition Flights-Hatbox Field
Saturday & Sunday 7AM**

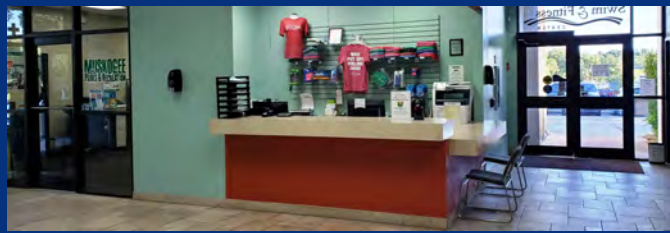




SATURDAY, AUGUST 27
5K & FUN RUN - 7:30 AM
HATBOX - MUSKOGEE, OK



GET MOVING MUSKOGEE



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

muskogee parks .com



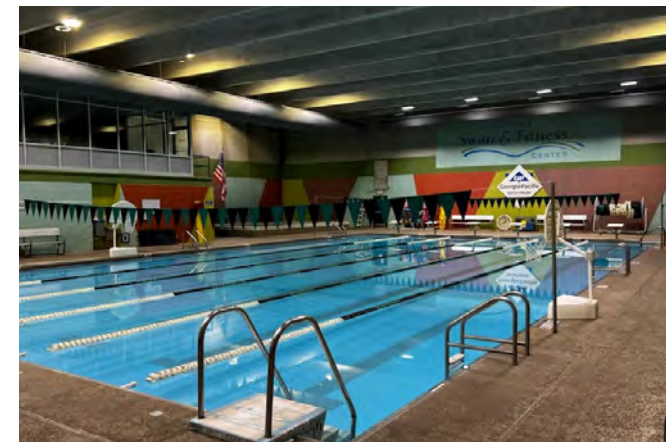
Join online



MUSKOGEE
Swim & Fitness
CENTER



**Friendly
Fitness
For all**



**Full Facility
Memberships
No Contract**



Fitness

Membership



Aquatics

**WORKING OUT
SHOULD BE SOMETHING
TO LOOK FORWARD TO.**

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

\$336

ANNUAL

\$240

SENIOR ANNUAL

NO JOINING FEE FOR ANNUAL

\$38.00

MONTHLY

\$32.00

EFT

\$25 Joining Fee
FIRST MONTH

\$27.25

Senior Monthly

\$23.00

Senior EFT

\$25 Joining Fee
FIRST MONTH

Personal Training

\$25

30 min session

\$45

60 min session

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 25 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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:30am - 8:50am <small>2 lanes for non-lap swimmers</small>	Lap Swim 5:30am - 8:50am <small>2 lanes for non-lap swimmers</small>	Lap Swim 5:30am - 8:50am <small>2 lanes for non-lap swimmers</small>	Lap Swim 5:30am-8:50am <small>2 lanes for non-lap swimmers</small>	Lap Swim 5:30am - 8:50am <small>2 lanes for non-lap swimmers</small>	Lap Swim 8:00am -10:00am <small>2 lanes for non-lap swimmers</small>	*Membership PERK... Member's may bring their spouse, kids and/or grandkids (age 18 or under) for FREE to swim during our OPEN FAMILY SWIM times!
Aqua Zumba 9:00am-10:00am Jeananne	H2O Aerobics 9:00am-10:00am Cindy	H2O Aerobics 9:00am-10:00am Inette	H2O Aerobics 9:00am-10:00am Cindy	H2O Aerobics 9:00am-10:00am Inette		
Lap Swim 10:00am-1:00pm <small>2 lanes for non-lap swimmers</small>	Lap Swim 10:00am-11:45am H2O Aerobics 12:00pm-1:00pm Sherry <small>3 lanes open for lap swimmers</small>	Lap Swim 10:00am-1:00pm <small>2 lanes for non-lap swimmers</small>	Lap Swim 10:00am-11:45am H2O Aerobics 12:00pm-1:00pm Sherry <small>3 lanes open for lap swimmers</small>	Lap Swim 10:00am-1:00pm <small>2 lanes for non-lap swimmers</small>	Open Family Swim 10:00am - 11:30am ~All Ages~	
*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.					Private Party Rental Available!	Open Family Swim 1:00pm - 4:30pm ~All Ages~
			Green Country - Clients ONLY 2:00pm-3:00pm <small>3 lanes open for lap swim</small>		11:30am - 1:30pm	
MHS SWIM TEAM 3:00pm-4:30pm	MHS SWIM TEAM 3:00pm-4:30pm	MHS SWIM TEAM 3:00pm-4:30pm	MHS SWIM TEAM 3:00pm-4:30pm	MHS SWIM TEAM 3:00pm-4:30pm	1:45pm - 3:45pm	
Lap Swim 4:30pm-5:20pm <small>1 lane for non-lap swimmers</small>	Lap Swim 4:30pm-5:15pm <small>1 lane for non-lap swimmers</small>	Lap Swim 4:30pm-5:20pm <small>1 lane for non-lap swimmers</small>	Lap Swim 4:30pm-5:15pm <small>1 lane for non-lap swimmers</small>	Lap Swim 4:30pm-5:20pm <small>1 lane for non-lap swimmers</small>	4:00pm - 6:00pm	Lap Swim 4:30pm - 5:45pm
H2O Aerobics 5:30pm-6:30pm Sherry	Swim Lessons 5:15pm - 6:45pm Start September 6th	H2O Aerobics 5:30pm-6:30pm Cindy	Swim Lessons 5:15pm - 6:45pm End December 29th	H2O Aerobics 5:30pm-6:30pm Cindy		
Swim Team No Mini-Sharks Sharks - 6:30pm-8:15pm	Swim Team Mini-Sharks - 6:00pm-6:45pm Sharks - 6:30pm-8:15pm <small>Swim Team Tryouts - 7:00pm</small>	 Private Party Rental Available 6:30pm-7:45pm  <small>Lap Swim if not reserved</small>	Mini-Sharks - 6:00pm-6:45pm Sharks - 6:30pm-8:15pm <small>Swim Team Tryouts - 7:00pm</small>	Private Party Rental Available! 6:45pm - 8:45pm  <small>Lap Swim if not reserved</small>		
PM Lap Swim 8:15pm-8:45pm <small>2 lanes for non-lap swimmers</small>	PM Lap Swim 8:15pm - 8:45pm <small>2 lanes for non-lap swimmers</small>	PM Lap Swim 7:45pm - 8:45pm <small>2 lanes for non-lap swimmers</small>	PM Lap Swim 8:15pm - 8:45pm <small>2 lanes for non-lap swimmers</small>			

Visit www.muskogee parks.com for a detailed list of all aquatic programs or call (918) 684-6304.



2022 SUMMER MORNING 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. 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.

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.)

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

Morning lessons are Monday through Thursday

AM SESSION 1: June 6-16

10:00am-10:30am Parent Toddler, Aqua Tot, Tadpole, Guppy

10:30am-11:00am Tadpole, Guppy, Minnow, Trout & Striper

AM SESSION 2: June 20-June 30

10:00am-10:30am Parent Toddler, Aqua Tot, Tadpole, Guppy

10:30am-11:00am Tadpole, Guppy, Minnow, Trout & Striper

AM SESSION 3: July 11-21

10:00am-10:30am Parent Toddler, Aqua Tot, Tadpole, Guppy

10:30am-11:00am Tadpole, Guppy, Minnow, Trout & Striper

AM SESSION 4: July 25-August 4

10:00am-10:30am Parent Toddler, Aqua Tot, Tadpole, Guppy

10:30am-11:00am Tadpole, Guppy, Minnow, Trout & Striper

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

10:00-10:30am (Parent Toddler) (Aqua Tot) (Tadpole) (Guppy)

10:30-11:00am (Tadpole) (Guppy) (Minnow) (Trout/Striper)

Session 1: June 6-16

Session 2: June 20-June 30

Session 3: July 11-21

Session 4: July 25-August 4

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:

Tuesdays & Thursdays

PM SESSION 1: February 1-February 24

5:15pm – 5:45pm Parent Toddler, Aqua Tot, Tadpole

5:45pm – 6:15pm Tadpole, Guppy, Minnow

6:15pm - 6:45pm Guppy, Minnow, Trout&Striper

PM SESSION 2: March 1-March 31

(No classes during Spring Break)

5:15pm – 5:45pm Parent Toddler, Aqua Tot, Tadpole

5:45pm - 6:15pm Tadpole, Guppy, Minnow

6:15pm - 6:45pm Guppy, Minnow, Trout&Striper

PM Session 3: April 5-April 28

5:15pm – 5:45pm Parent Toddler, Aqua Tot, Tadpole

5:45pm - 6:15pm Tadpole, Guppy, Minnow

6:15pm - 6:45pm Guppy, Minnow, Trout&Striper

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

2022 Winter PM Swim Lesson Enrollment Form:

Circle Session Level/Time/Date

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

6:15pm-6:45pm (Guppy) (Minnow) (Trout&Striper)

SESSION 1: Feb 1-Feb 24

SESSION 2: March 1-March 31
(No classes during Spring Break)

SESSION 3: April 5-April 28

PLEASE PRINT

Swimmer's Name: _____ Age: _____ Date of Birth: _____ Phone #: _____

Address: _____ City: _____ State: _____ Zip: _____

Session: _____ Level: _____ Time: _____

Parent Name: _____ Parent 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 – Don't forget to log this enrollment into the Swim Lesson Binder!**



2022 Fall 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 \$50 per enrollment (See back for descriptions of skill levels)

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

Tuesdays & Thursdays

PM SESSION 1: September 6-September 29

5:15pm – 5:45pm Parent Toddler, Aqua Tot, Tadpole

5:45pm – 6:15pm Tadpole, Guppy, Minnow

6:15pm-6:45pm Guppy, Minnow, Trout&Striper

PM SESSION 2: October 4-October 27

5:15pm – 5:45pm Parent Toddler, Aqua Tot, Tadpole

5:45pm – 6:15pm Tadpole, Guppy, Minnow

6:15pm-6:45pm Guppy, Minnow, Trout&Striper

PM SESSION 3: November 1-December 1

5:15pm – 5:45pm Parent Toddler, Aqua Tot, Tadpole

5:45pm – 6:15pm Tadpole, Guppy, Minnow

6:15pm-6:45pm Guppy, Minnow, Trout&Striper

(NO lessons during week of Thanksgiving)

PM Session 4: December 6-December 29

5:30pm – 6:00pm Parent Toddler, Aqua Tot, Tadpole

6:00pm – 6:30pm Tadpole, Guppy, Minnow

6:15pm-6:45pm Guppy, Minnow, Trout&Striper

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

Swimmer's Name: _____ Age: _____ Date of Birth: _____ Phone #: _____

Address: _____ City: _____ State: _____ Zip: _____

Session: _____ Level: _____ Time: _____

Parent Name: _____ Parent 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 – 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.

Pool Party Rentals

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

(\$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

Muskogee Swim & Fitness Center

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00am-10:00am TABATA <i>Karla</i>		9:00am-10:00am TABATA <i>Karla</i>		
	9:00am - 9:45am Power Circuit <i>Kent</i>		9:00am - 9:45am Power Circuit <i>Kent</i>		
9:00am-10:00am Aqua Zumba <i>Jeananne</i>	9:00am-10:00am H2O Aerobics <i>Cindy</i>	9:00am-10:00am H2O Aerobics <i>Cindy</i>	9:00am-10:00am H2O Aerobics <i>Cindy</i>	9:00am-10:00am H2O Aerobics <i>Inette</i>	
10:00am-11:00am Tai Chi <i>Billy Jo "BJ"</i>	10:00am - 10:45am Joint Flex <i>Kent</i>	10:00am-11:00am Tai Chi <i>Billy Jo "BJ"</i>	10:00am - 10:45am Joint Flex <i>Kent</i>		
	10:30am - 11:30am Combo Step Aerobics <i>Karen</i>		10:30am - 11:30am Combo Step Aerobics <i>Karen</i>		
12:15pm -12:45pm Transform <i>Kent</i>		11:30 - 12:15 Cardio Circuit <i>Angela</i>	11:45am-12:30pm Pilates <i>Laura</i>		
	12:00pm-1:00pm H2O Aerobics <i>Sherry</i>		12:00pm-1:00pm H2O Aerobics <i>Sherry</i>	12:00pm-1:00pm Yoga <i>Lacy</i>	
5:15pm - 6:00pm Pilates <i>Laura</i>	5:15pm - 6:00pm Spin <i>Laura</i>				
5:30pm - 6:30pm H2O Aerobics <i>Sherry</i>		5:30pm - 6:30pm H2O Aerobics <i>Cindy</i>	5:30pm - 6:30pm Low Impact Aerobics <i>Sherry</i>	5:30pm - 6:30pm H2O Aerobics <i>Cindy</i>	
6:30pm-7:15pm Power Circuit <i>Kent</i>					

Last Updated 9/23/2022 KA



566 N. 6th Street
Muskogee, OK 74401
918.684.6304
www.muskogeeeparks.com

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 very 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.

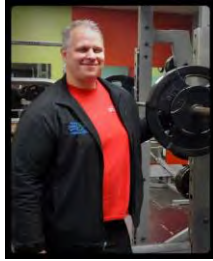


Personal Training

Fitness Programs

& Training Services

Contact: 918-684-6304



Kent Kamp



Will Torres



Karla Gibson



Sherry Rice



Cindy Wayman

Equipment Orientations

FREE

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

Fitness Evaluation

\$25.00

A physical assessment of your current cardiovascular 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.

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

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.

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

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

Kent Kamp, Fitness Coordinator

MUSKOGEE SENIOR GAMES 2022



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
- June 17th & 18th Pickleball -
Civic Center & First Baptist Church CLC 9:00 AM
- June 18th Cornhole - Depot Green 9:00 AM
- June 25th
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.



**REGISTER
NOW**



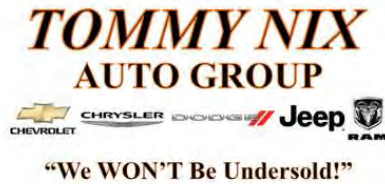
Phone : 918-684-6304

Email: sfcinfo@muskogeeonline.org

www.okseniorgames.com

THANK YOU TO OUR SPONSORS!

MUSKOGEE SENIOR GAMES 2022



www.okseniorgames.com

YOUTH VOLUNTEER CORPS

Volunteer!



Youth
Volunteer
Corps^{of} Muskogee

SUMMER 20
OF 22
SERVICE

SIGN UP NOW!



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 -

THURS



7TH - 12TH GRADERS

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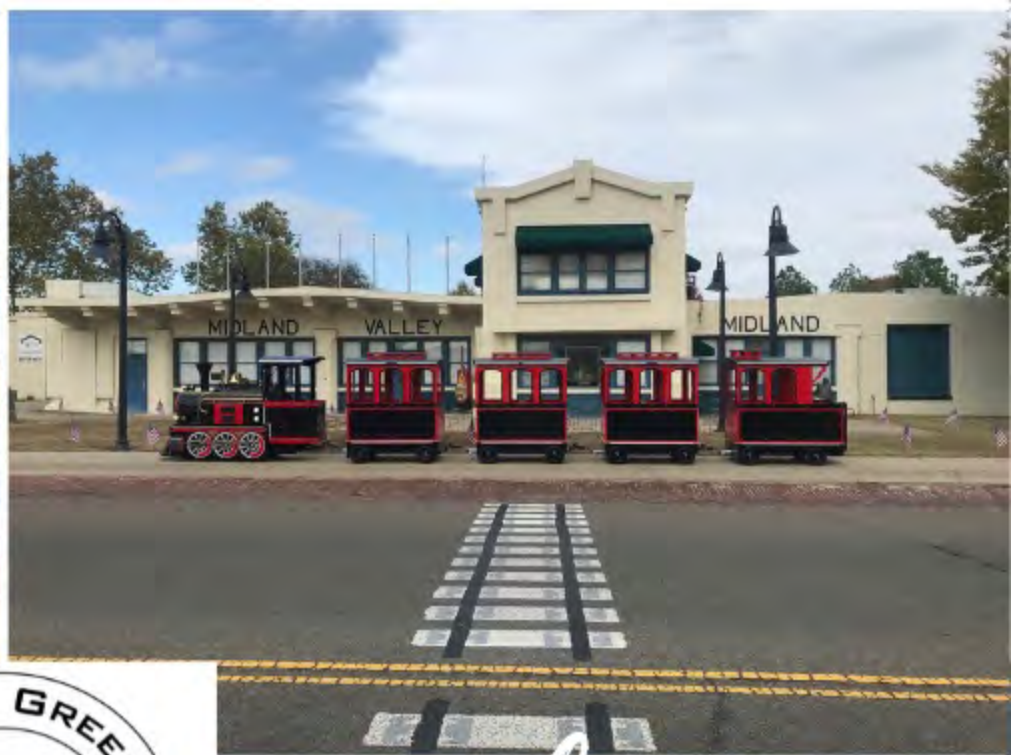
322 CALLAHAN ST.



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

