



## Case Community Center Classes

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

**Contact:** [www.tulsacpr.com](http://www.tulsacpr.com) Click on the Save-A-Life Summer link. (918.596.3600)  
**Time:** July 9<sup>th</sup>, 2016

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

**Location:** Gymnasium  
**Time:** Thursday (2:00pm-3:00pm) runs *September-May*

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

**Location:** Conference Rooms  
**Time:** Thursday (1:15pm-2:00pm) Runs *September-May*

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

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

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

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

**Team USA Cheerleading:** Participants (ages 4-14) will learn the fundamentals of cheerleading.

**Instructor:** Jeni Teegarden (918.361.6039)  
**Location:** Sports Room  
**Time:** Wednesday (6:00pm-7:30pm)

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

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

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

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

**YogaFit®:** This class blends balance, strength, flexibility and power in a fitness format.

**Instructor:** Ann Simon (918.884.5879)  
**Location:** Aerobic Room  
**Times:** Monday (7:00pm-8:00pm)



**Classes:** The Zumba® fitness program is an exhilarating, effective, easy-to-follow, Latin inspired, calorie-burning dance



fitness-party™ that's moving millions of people toward joy and health.

**Instructor: Dawn Bodi (918.810.2588)**

**Location: Gymnasium**

**Times: Monday & Wednesday (5:45pm-6:45pm), Thursday Zumba® Basics (5:45pm-6:45pm)\*  
Saturday (10:30am-11:30am)**

*\*Thursday classes run March-October*

**Instructor: Dana Boone (918.527.0903)**

**Location: Gymnasium**

**Times: Wednesday & Friday (12:00pm-1:00pm)**



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

**Instructor: Joy Turner (918.740-9262)**

**Location: Gymnasium**

**Times: Tuesday & Thursday (10:05am-11:00am)**