

## RECREATIONAL LEAGUES

All leagues are open to full-time, part-time, temporary and seasonal employees, as well as their friends and family (three friends and family members per team limit for basketball). Days and times are subject to change.



### Axe Throwing – Moore

**Twisted Axes Throw House**  
N.W. 8th St., Moore, OK 73160

<b>Thursdays, 6-8 p.m.</b>	<b>\$75 per person.</b>
Session 1:	Jan. 8-Feb. 12
Session 2:	June 11-July 16
Session 3:	Oct. 15-Nov. 19

### Axe Throwing – Tulsa

**A&R Axe Throwing and Indoor Golf**  
6975 S. Lewis Ave., Tulsa, OK 74136

<b>Wednesdays, 6-8 p.m.</b>	<b>\$75 per person.</b>
Session 1:	Jan. 7-Feb. 11
Session 2:	June 10-July 15
Session 3:	Oct. 14-Nov. 18



### Game Night – Oklahoma City

**Kamp's 1910 café**  
10 N.E. 10th St., Ste. 209, Oklahoma City, OK 73104

**Tuesdays, 4-9 p.m.**

**Purchase of food or beverage.**

Session 1:	Jan. 9-June 26
Session 2:	Aug. 4-Nov. 24



### Bowling – Oklahoma City

**Bowlero Edmond**  
3501 S. Boulevard, Edmond, OK 73013

<b>Thursdays, 6-8 p.m.</b>	<b>\$170 per person.</b>
Session 1:	March 5-May 7
Session 2:	Sept. 3-Nov. 12



### Softball – Oklahoma City

**Wheeler Park**  
1120 S. Western Ave., Oklahoma City, OK 73109

<b>TBD</b>	<b>\$35 per person.</b>
Summer Session:	TBD
Fall Session:	TBD



### Basketball – Oklahoma City

**Santa Fe Family Life Center**  
6300 N. Santa Fe Ave., Oklahoma City, OK 73118

<b>Mondays, 6-9 p.m.</b>	<b>\$475 per team.</b>
Session 1:	April 6-June 1
Session 2:	Aug. 31-Oct. 19

### Soccer – Oklahoma City

**SoccerCity OKC**  
4520 Old Farm Road, Oklahoma City, OK 73162

<b>Saturdays</b>	<b>\$675 per team.</b>
Spring 1:	TBD
Fall 1:	TBD

### Soccer – Tulsa

**SoccerCity Tulsa**  
5817 S. 118th East Ave., Tulsa, OK 74146

<b>Saturdays</b>	<b>\$675 per team.</b>
Spring 1:	TBD
Fall 1:	TBD



### Sand Volleyball – Oklahoma City

**Boombbox Beach Club**  
2200 N.E. 63rd St., Oklahoma City, OK 73111

<b>Wednesdays, 6-10 p.m.</b>	<b>\$30-\$50 per person.</b>
Session 1:	Feb. 11-March 25

### Sand Volleyball – Tulsa

**Pearl Beach Brew Pub**  
418 S. Peoria Ave., Tulsa, OK 74120

<b>TBD</b>	<b>\$85-\$89 per person.</b>
Session 1:	April. 14-May 26
Session 2:	TBD



### Pickleball – Moore/Norman

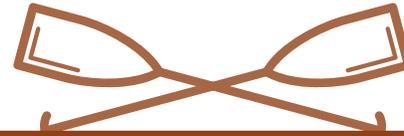
<b>Earlywine Park YMCA</b> 11801 S. May Ave., Oklahoma City, OK 73170	
<b>Wednesdays, 6:30-8:30 p.m.</b>	<b>\$35 per person.</b>
Session 1:	Feb. 18-March 25
Session 2:	April 15-May 20
Session 3:	July 22-Aug. 26
Session 4:	Sept. 16-Oct. 21

### Pickleball – Oklahoma City

<b>Santa Fe Family Life Center</b> 6300 N. Santa Fe Ave., Oklahoma City, OK 73118	
<b>Mondays, 6-8 p.m.</b>	<b>\$31.25 per person.</b>
Session 1:	Feb. 16-March 23
Session 2:	April 13-May 18
Session 3:	July 20-Aug. 24
Session 4:	Sept. 14-Oct. 19

### Pickleball – Tulsa

<b>Reed Park Community Center</b> 4233 S. Yukon Ave., Tulsa, OK 74107		
<b>Tuesdays, 6-8 p.m.</b>		
Session 1:	Feb. 17-March 24	<b>\$45 per person.</b>
Session 2:	April 14-May 19	<b>\$30-\$45 per person.</b>
<b>Hicks Park Community Center</b> 3443 S. Mingo Road, Tulsa, OK 74146		
Session 3:	July 21-Aug. 25	<b>\$22 per person.</b>
Session 4:	Sept. 15-Oct. 20	<b>\$22 per person.</b>



### Dragon Boat – Oklahoma City

<b>Riversport OKC</b> 800 Riversport Drive, Oklahoma City, OK 73129	
<b>Team-dependent</b>	
<b>\$1,700 nonpeak/\$2,000 peak per team.</b>	
Session 1:	April 5-June 30
Session 2:	July 12-Oct. 2



### Tennis – Oklahoma City

<b>OKC Tennis Center</b> 3400 N. Portland Ave., Oklahoma City, OK 73112	
<b>Sundays, 5:30-7:30 p.m.</b>	<b>\$50-\$80 per person.</b>
Session 1:	Jan. 25-March 8
Session 2:	April 19-May 30
Session 3:	July 12-Aug. 16
Session 4:	Sept. 20-Oct. 25



### Golf – Oklahoma City

<b>Lincoln Park Golf Course</b> 4001 N.E. Grand Blvd., Oklahoma City, OK 73111	
<b>Thursdays, 6-9 p.m.</b>	
<b>\$32 with cart and \$24 for walking.</b>	
Session 1:	April 9-June 11
Session 2:	July 30-Oct. 1

### Golf – Windy Cup Tour

#### Windy Cup Tour Stop 1

<b>Chickasaw Pointe Golf Course</b> 12428 Chickasaw Pointe Road, Kingston, OK 73439	
<b>March 28</b>	<b>9 a.m. shotgun start.</b>
\$84.14 + \$4 range balls.	

#### Windy Cup Tour Stop 2

<b>John Conrad Golf Course</b> 711 S. Douglas Blvd., Midwest City, OK 73130	
<b>April 18</b>	<b>9 a.m. tee time.</b>
\$50.19 + \$3.50 range balls.	

#### Windy Cup Tour Stop 3

<b>Battle Creek Golf Course</b> 3200 N. Battle Creek Drive, Broken Arrow, OK 74012	
<b>May 9</b>	<b>11 a.m. tee time.</b>
\$58.95 (includes range balls).	

#### Windy Cup Tour Stop 4

<b>Arrowhead State Golf Course</b> 3657 Main Park Road, Canadian, OK 74425	
<b>June 13</b>	<b>8 a.m. tee time.</b>
\$40 + \$5 range balls.	

#### Windy Cup Tour Stop 5

<b>Boiling Springs Golf Course</b> 5283 State Highway 34C, Woodward, OK 73801	
<b>July 11</b>	<b>8 a.m. tee time.</b>
\$57 (no driving range).	

#### Windy Cup Tour Stop 6

<b>FireLake Golf Course</b> 1901 S. Gordon Cooper Drive, Shawnee, OK 74801	
<b>Aug. 1</b>	<b>7:30 a.m. tee time.</b>
\$45 (includes range balls).	

For more details on these and other Thrive programs, please visit [oklahoma.gov/thrive](https://oklahoma.gov/thrive).



### Am I Hungry?

A mindfulness-based approach to eating that helps participants shift their beliefs, thoughts and feelings around food before tackling behaviors. Through guided practices and supportive discussion, participants learn to reconnect with hunger cues, make conscious choices, and build a healthier relationship with food and body.

**Dates and times:**

Wednesdays, Aug. 26-Oct. 14, from 11:30 a.m.-12:15 p.m.

**Location:**

Virtual Microsoft Teams meeting.



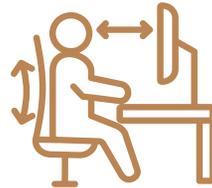
### Break Time

A quick, energizing Teams meeting offered midmorning and midafternoon, Tuesday through Friday. Sessions feature desk-friendly stretches, guided relaxation breathing and bite-sized health tips. It's a simple, supportive way to reset, recharge and build healthy habits into your workday.



### Calm app

Free subscriptions to the Calm app provide employees with sleep help, guided meditations, music, movement and other tools to help manage stress.



### Ergonomic assessments

Personalized evaluations that help employees optimize their workspaces for comfort, safety and productivity. Thrive's assessments focus on posture, workstation setup, and movement habits to reduce strain, prevent injury and support long-term well-being.



### Health and VPD Expo

Thrive's annual benefits showcase offering employees direct access to health, dental and vision plan representatives, voluntary payroll deduction vendors, and on-site immunizations and wellness screenings. It's a one-stop opportunity to explore coverage options, discover wellness perks and take proactive steps toward a healthier year.



### Level Up Newsletter

Your monthly update of all things OMES and Thrive. Find health tips, upcoming events and leagues, surveys, videos and more.



### Stress Management Program

We are excited to announce our **new** Stress Management Program, launching this spring. This structured, five-week course is designed to provide you with practical, hands-on strategies to prevent and manage stress effectively.

**Dates and times:**

Thursdays in April from 11:30 a.m.-12:15 p.m.

**Location:**

Virtual Microsoft Teams meeting.



### Walking Club

This program offers a variety of challenges and group walking meetups throughout the year. Thrive has highlighted numerous walking locations across the state and will continue expanding the list; and everyone who signs up receives information and resources to help get started.