

Spring 2015

Discover the **FUN** Within Your **REACH!**



HUNDREDS OF ACTIVITIES FOR ADULTS INSIDE!

Sports Leagues
Martial Arts
Fitness Classes
Hockey & Ice Skating
Dance Classes
Nature & Gardening
Ceramics & Sewing
BYOB Nights Out
Archery, Tennis & Fencing



SUMMER CAMPS
SIGN UP TODAY
First come, first served
See pages 13-33

Resident Lottery
Th, Mar 12 at NOON



POLAR BEAR POOL & ICE ARENA PASS SALE THROUGH MAY 9 - See page 9 for details!

FITNESS YOUR WAY

Flexible. Affordable. Convenient.

WHAT'S NEW

Our new online scheduler from MINDBODY allows you to sign up for a single class, ten classes or even unlimited monthly access with just a few clicks of your mouse!

HOW IT WORKS:

Sign up for a MINDBODY account through our website at www.pdop.org/fitness (no fees required). Once your account is active, you may use a browser or even the MINDBODY app on your phone to check out our class listings to see what suits your schedule! Classes are available for purchase as a single class, a 10-pack of classes, or unlimited monthly access to all of our regular group fitness classes for only \$60/month for Oak Park residents!

WHY IT'S AWESOME

- Use the MINDBODY CONNECT smartphone app to reserve classes on the go
- See a schedule of which classes you have enrolled in
- Track the number of classes left in your account
- Change or cancel your class reservation in class 24 hours in advance
- Add yourself to a waitlist for fitness classes and receive notification when space opens



WHAT IT COSTS

No enrollment fees! There is no fee to set up a MINDBODY account with the Park District of Oak Park. Once your account is active, you can make purchases inside the account for use toward Park District of Oak Park classes.

- Single class – \$10 for residents / \$15 for non-residents
- 10-pack of classes - \$80 for Residents / \$120 for non-residents (save up to 20%, and mix and match classes!)
- **BEST DEAL: Monthly Membership** (unlimited fitness classes in a 30 day period) – \$60 for residents per month / \$90 for non-residents per month

FITNESS SCHEDULE AVAILABLE ONLINE

New! We publish a monthly schedule of fitness classes that will be available at www.pdop.org/fitness on the 15th of each month for the following month. Schedules will be subject to change based on attendance and staffing for each class.

What People Are Saying ...

"I love the new signup system for fitness classes. My schedule changes a lot, and I am finally able to just enroll in classes here and there that work with my schedule!" - Jason

"I can tell a lot of work went into revamping the fitness program. This new initiative gave me the incentive to quit my health club. Thank you so much!" - Michele



www.pdop.org/fitness

Schedule updated regularly!

FITNESS CLASS DESCRIPTIONS

All fitness classes are for ages 15 and up.

CARDIO/DANCE

New! Boot Camp

Boot camp class with all the basics – cardio, strength and agility. Exercises target muscles throughout your entire body and include jumping jacks, pushups, squats, those ever challenging burpees and more.

New! Gym Boot Camp

This boot camp class has all the elements of traditional boot camp class but with the added benefit of being at the Gymnastics & Recreation Center (GRC) which means the occasional jump, run through and climbing out of the foam pit.

Cardio Kick

This energetic class combines cardio and martial arts to provide a total body workout designed to improve cardiovascular fitness, tone muscles and burn calories. Punch, jab and kick your way to a fitter, healthier you.

Fit Fun for Everyone

It's all about variety in this cardio-strength class. Get your heart rate up with low-to-medium impact aerobics; strengthen your muscles with weights, tubes and balls, and top it off with a good stretch.

New! Back to Basics

This total body workout is a great cardio, strength and endurance class that varies from week to week – perfect for everyone from experienced athletes to those just starting a fitness program!

New! Power Circuit

Mix of cardio and strength training exercises in a circuit format designed to challenge your level of fitness.

STRENGTH/TONING/MUSCLE CONDITIONING

Butts & Guts

Tone those problem areas. In this class we will sculpt and firm those abs, butt and thighs. Exercises include squats, lunges, sprints and Pilates-inspired core training to get the maximum results.

Barre Fitness

This fusion class consists of Pilates, ballet and strength training. Exercises will focus on abs, bottom and inner thighs to achieve long, lean muscle tone and also to give that booty a pop! Class is done in bare feet, socks with grips, or ballet shoes.

BODYPUMP™

BODYPUMP is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight room exercises, like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspires you to get the results you came for and fast!

TRX Basic Training

The TRX Suspension Trainer provides a full body workout using gravity and your body weight to perform a variety of exercises. You control the intensity of each exercise by adjusting your body position. This class will benefit individuals at all levels of fitness from beginners to the more advanced.

Nia

Blends modern dance, martial arts, and healing to achieve your fitness goals and express yourself in this barefoot, aerobic, movement-based class. Appropriate for all fitness levels; no dance experience necessary.

Body Blast

This integrative class combines plyometrics, muscle resistance, cardio, crunch-less abs and some forms of stress-relieving activity to achieve a more vibrant and healthy you.

ZUMBA

ZUMBA fitness is like no other workout you will ever experience! It combines Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness program. You will fall in love with the infectious music and body-beautifying benefits. 45 minutes of ZUMBA and 10 minutes of abdominal work!

New! Endurance Xtraining

High intensity cross training class gets your heart rate up so you burn calories longer. Composed of ascending and descending interval circuits designed to challenge the entire body. Feel stronger and more powerful week after week.

New! HIIT (High Intensity Interval Training)

This class consists of intense exercise segments followed by medium/low intensity recovery periods. Perfect for burning calories and transforming your body.

FITNESS SCHEDULE

We publish a monthly schedule of fitness classes that will be available at www.pdop.org/fitness on the 15th of each preceding month. Schedules will be subject to change based on attendance and staffing for each class.

Looking for Senior Punch Pass Fitness Classes (Strong & Long, Some Like it Light)? See page 84!

MIND/BODY

Pilates

Pilates utilizes a unique system of stretching and strengthening exercises which work the entire body, toning muscles, developing core stability, improving posture, increasing flexibility and training the body and mind to work together to improve overall fitness.

Intro to Yoga

Learn fundamental poses (asanas) and breathing techniques (pranayama); a good fit for those who would like to slow down to take time on the breath, alignment and where you feel the stretch in each pose. All classes will begin with a warm up where each week a variety of reclining, standing and seated poses will be taught. Class will end with a final relaxation.

Beginning/Continuing Yoga

This class is for those who have begun their exploration of yoga and would like to learn more challenging poses. Class will include a wider range of poses that focus on balance, abdominal/core strength, breathing techniques, lengthening and toning the entire body. As various poses are mastered, student awareness of the body grows, guiding toward a healthy body and a more centered state of consciousness.

NEW IN 2015! BABYSITTING!

The Park District of Oak Park offers babysitting for participants enrolled in select fitness classes (reservations required). Please consult the fitness schedule at www.pdop.org/fitness for more info, and check out our ad on page 52!



Spring into Fitness with the 2015 Walking Challenge!

Did you know that walking is one of the best free exercises you can do? And now you can earn a cool Park District of Oak Park Walking Challenge T-shirt for logging 100 miles!

HOW TO PARTICIPATE: Join the Park District of Oak Park Walking Club now at www.fitbit.com. You can share tips in the online community - and maybe make a connection with fellow Oak Park walkers! Track your miles for free on the Fitbit Website - no Fitbit required! **PLUS:** the first 100 folks to successfully complete the Walking Challenge will receive a \$5 gift certificate to Lively Running, the women's boutique running store in Oak Park!

DETAILS: Deadline to log 100 miles is June 1. Once you complete your miles turn in your paper log or Fitbit log at RCRC by June 1, 2015 to claim your T-Shirt. Supplies are limited and on a 1st come 1st serve basis.

Walking Paths (Approximate)

- Austin Gardens: 4 laps ≈ 1 mile
- Barrie Park: 3 laps ≈ 1 mile
- Euclid Square Park: 4 laps ≈ 1 mile
- Longfellow Park: 3 laps ≈ 1 mile
- Maple Park: N to S path loop 1.5 laps ≈ 1 mile
- Mills Park: 6 laps ≈ 1 mile
- Scoville Park: 3 laps ≈ 1 mile
- Taylor Park: 2 laps ≈ 1 mile

Longer Trips - Distances are roundtrip!

- Austin Gardens to Lindberg Park: 2.1 miles
- Barrie Park to Euclid Square Park: 1.8 miles
- Field Park to Taylor Park: 1.3 miles
- Longfellow Park to Euclid Square: 2.2 miles
- Lindberg Park to Taylor Park: 1.4 miles
- Maple Park to Fox Park: 2.3 miles
- Stevenson Park to Andersen Park: 1.8 miles
- Taylor Park to RCRC: 2.0 miles

Visit www.pdop.org/walkingchallenge for maps of walking paths, program details and more!



Over 50? Join our Active Adult Membership and SAVE \$\$\$

Join our Active Adult Membership today and start saving on Park District of Oak Park programs - as well as select activities with our partners!

Your \$45 annual membership (\$50 for non-residents) includes a host of benefits:

- 12 Free Park District AAM Events/ Trips
- Two "Bring a Friend" Passes (additional "Bring a Friend" discounts available)
- Discounted entry to Premium Senior Activities and Trips
- RSVP Phone In Registration - only available to AAM!

- Four free entry passes to PDOP Pools
- Four free entry passes to PDOP Ice Arena
- 25% off Senior Punch Pass (Fitness)
- 10% off other select PDOP classes
- Discounted tickets available for Festival Theatre Performances in Austin Gardens
- Discounted tickets available for select performances at the Dominican University Performing Arts Center

Want more info? Get the complete details online at www.pdop.org/aam



Park District of Oak Park

Sign up now for the 2015-2016 school year!

Our Playschool, Preschool, Pre-Kindergarten and other school prep early childhood programs provide a supportive, nurturing and FUN environment for your child's first education experiences. Spots fill quickly, so reserve your spot now for the coming school year! See pages 50-51 for more information!



Sign up for Extended Camp from 3-6pm

Supervisor: Mike Loszach

Need care past 3pm for your camper? Sign up for Extended Camp! We'll play games, do crafts, and more to re-energize after a long day of fun at regular camp. *To be eligible for Extended Camp, your camper must be enrolled in an eligible corresponding session of Camp. You must register separately for Extended Camp. See chart below!*

Min 12/Max 40



GYMNASTICS
camps & CIRCUS

Circus Camp (Grades 1-7)

Supervisor: Amanda Heiman

Experience life as a clown, hang around upside down on the static trapeze, glide with a partner on the aerial silks, and climb the Spanish web. Learn how to master the diablo, poi, juggle, try out a unicycle, and spin a plate. Campers spend time each morning, learning and perfecting skills on our aerial apparatus; improve their clowning techniques with acting and stunts, practice balancing, spinning, and catching our different circus props, along with open gym time. Spend your summer clowning around with us! Campers will be grouped by age. Instruction will be age-appropriate and skill-based. Modifications will be made if required.

Min 6/Max 30

Circus Aftercamp (Grades 1-7)

Supervisor: Amanda Heiman

Stay all day with us at Circus, by signing up for aftercamp. After camp immediately follows morning Circus and runs from 11:50-3pm, M-F. This camp is ONLY available to those who are enrolled in Circus Camp. Activities will follow a weekly theme and encourage camper socialization through games, activities, pool time and more! Pool time is scheduled three days a week (T,W,Th) at Ridgeland Common. Pick up on pool days will be at Ridgeland (415 Lake Street). We will be teaming up our aftercamp talents with our friends from SCAW - what better way to meet new, fun, creative people!

Min 6/Max 30

Gymnastics Summer Camp

Supervisor: Jamie Lapke

A full week with 6 hours a day of fun! The morning activities include 6 boys' events, 4 girls' events, games conditioning and flexibility. The afternoon activities include open gym, board games, crafts, outside games at Stevenson Park and swimming on Wednesday and Friday (weather permitting), movies, and more. All campers must bring a lunch and snack each day. We strive to provide a nut free zone so please don't pack any food with nut products. Children DO NOT need to be current students enrolled in our gymnastics programs to participate in Summer Camp!

Min 20/Max 80

PROGRAM	GRADE IN FALL	DAY(S) & DATE(S)	TIME(S)	LOCATION	ACTIVITY #	RES/NR
Circus Camp	1-7	M-F, June 8 - Jul 3	8:00-11:50A	Mann School	262000-01	\$720/\$1,080
Circus Camp	1-7	M-F, Jul 6 - Jul 31	8:00-11:50A	Mann School	262000-02	\$720/\$1,080
Circus Aftercamp	1-7	M-F, June 8 - Jul 3	11:50A-3:00P	Mann School	262001-01	\$360/\$540
Circus Aftercamp	1-7	M-F, Jul 6 - Jul 31	11:50A-3:00P	Mann School	262001-02	\$360/\$540
Gymnastics Camp	1-8	M-F, Aug 10-14	9:00A-3:00P	GRC	224000-01	\$309/\$386
Gymnastics Camp	1-8	M-F, Aug 17-21	9:00A-3:00P	GRC	224000-02	\$309/\$386

Extended Camp Site	ACTIVITY #	RES/NR
--------------------	------------	--------

Enroll in Circus Aftercamp to be eligible for extended camp.

Field Park 261008-10 \$360/\$540

Field Park 261008-11 \$360/\$540

These camps are not eligible for extended camp.

please
Note

Materials and instruction in our camps will be skill-based and age-appropriate! Modifications will be made to instruction to meet the varying needs of individual campers!

PLEASE NOTE: Summer Camps are not part of the Spring Lottery. Registration is first come, first served.

MINOR LEAGUE SPORTS CAMP

Supervisor: Liz Vistein

Minor League Sports Camp will help kids get ready for sports, build confidence and self-esteem, and makes sports fun! Throughout the summer, supportive counselors will teach all of the basic skills - throwing, catching, kicking, shooting, and batting - as campers are introduced to sports like soccer, baseball, softball, basketball, floor hockey, and golf through fun games and non-competitive challenges. Other recreational games will also be offered throughout the week to maximize the fun while keeping campers active.

Min 8/Max 30

AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	ACTIVITY #	RES/NR
4-5	M-F, Jun 8 - 12	8:00-11:30A	Hatch School	226000-01	\$116/\$174
4-5	M-F, Jun 15 - 19	8:00-11:30A	Hatch School	226000-02	\$116/\$174
4-5	M-F, Jun 22 - 26	8:00-11:30A	Hatch School	226000-03	\$116/\$174
4-5	M-F, Jun 29 - Jul 3	8:00-11:30A	Hatch School	226000-04	\$116/\$174
4-5	M-F, Jul 6 - 10	8:00-11:30A	Hatch School	226000-05	\$116/\$174
4-5	M-F, Jul 13 - 17	8:00-11:30A	Hatch School	226000-06	\$116/\$174
4-5	M-F, Jul 20 - 24	8:00-11:30A	Hatch School	226000-07	\$116/\$174
4-5	M-F, Jul 27 - 31	8:00-11:30A	Hatch School	226000-08	\$116/\$174
4-5	M-F, Aug 3 - 7	8:00-11:30A	Hatch School	226000-09	\$116/\$174



ROOKIES SPORTS CAMP

Supervisor: Liz Vistein

(entering Grades 1-3) Rookies Sports Camp offers a great opportunity for your child to participate in a wide variety of sports and games throughout the summer such as soccer, baseball, basketball, floor hockey, track & field and dodgeball. Daily activities are a great balance of instruction, skill development, and both recreational and competitive games. Each camper will have the opportunity to benefit from all of the activities offered, regardless of skill level. The camp will also go on a fun field trip once each session to places like water parks or ball games and also visit one of the Park District pools three times per session. Rookies Sports Camp is a great option for parents looking for their children to receive some general sport instruction while giving them a chance to have fun, stay active, make new friends, and visit some cool new places.

Min 12/Max 56

GRADE IN FALL	DAY(S) & DATE(S)	TIME(S)	LOCATION	ACTIVITY #	RES/NR
1-3	M-F, Jun 8-12	8:00A-3:00P	Longfellow Park	226001-01	\$232/\$348
1-3	M-F, Jun 15-19	8:00A-3:00P	Longfellow Park	226001-02	\$232/\$348
1-3	M-F, Jun 22-26	8:00A-3:00P	Longfellow Park	226001-03	\$232/\$348
1-3	M-F, Jun 29 - Jul 3	8:00A-3:00P	Longfellow Park	226001-04	\$232/\$348
1-3	M-F, Jul 6-10	8:00A-3:00P	Longfellow Park	226001-05	\$232/\$348
1-3	M-F, Jul 13-17	8:00A-3:00P	Longfellow Park	226001-06	\$232/\$348
1-3	M-F, Jul 20-24	8:00A-3:00P	Longfellow Park	226001-07	\$232/\$348
1-3	M-F, Jul 27-31	8:00A-3:00P	Longfellow Park	226001-08	\$232/\$348
1-3	M-F, Aug 3-7	8:00A-3:00P	Longfellow Park	226001-09	\$232/\$348

Sign up for Extended Camp from 3-6pm

Supervisor: Mike Loszach

Need care past 3pm for your camper? Sign up for Extended Camp! We'll play games, do crafts, and more to re-energize after a long day of fun at regular camp. *To be eligible for Extended Camp, your camper must be enrolled in an eligible corresponding session of Camp. You must register separately for Extended Camp. See chart below!*

Min 12/Max 40

Extended Camp Site	ACTIVITY #	RES/NR
Longfellow Park	261009-01	\$90/\$135
Longfellow Park	261009-02	\$90/\$135
Longfellow Park	261009-03	\$90/\$135
Longfellow Park	261009-04	\$90/\$135
Longfellow Park	261009-05	\$90/\$135
Longfellow Park	261009-06	\$90/\$135
Longfellow Park	261009-07	\$90/\$135
Longfellow Park	261009-08	\$90/\$135
Longfellow Park	261009-09	\$90/\$135

PLEASE NOTE: Summer Camps are not part of the Spring Lottery. Registration is first come, first served.

MVP SPORTS CAMP

Supervisor: Liz Visteen

(entering Grades 4-7) MVP Sports Camp offers a great opportunity for your child to stay active this summer by participating in a wide variety of sports and games such as soccer, baseball, basketball, floor hockey, track & field and dodgeball. Daily activities are a great balance of instruction, skill development, and both recreational and competitive games. Each camper will have the opportunity to benefit from all of the activities offered, regardless of skill level. Plus, each session the camp will go on a fun field trip to places like water parks or ball games and also visit one of the Park District Pools three times per session. MVP Sports Camp is a great option for parents looking for their children to receive some general sports instruction while giving them a chance to have fun, stay active, make new friends, and visit some cool new places. Min 12/ Max 42

YOU THROW GIRL SPORTS CAMPS

Supervisor: Liz Visteen

(entering Grades 4-7) Show them what it really means to throw like a girl! Whether your daughter is a seasoned athlete or just likes to play sports recreationally, each girl will have the opportunity to participate in all of the fun activities offered throughout the summer including soccer, softball, basketball, floor hockey, dodgeball and many others. The camp will also go on a weekly sports-related field trip and visit Rehm pool 3 times a week. Studies have shown that girls who participate in sports are healthier, have a higher self-esteem and better body image, and even do better academically. Help ensure that your daughter doesn't drop out of sports when she turns 13 by keeping her involved in programs like this that balance skill development, instruction, competition with teamwork, achievement, and fun! Min 12/Max 20

Sign up for Extended Camp from 3-6pm

Supervisor: Mike Loszach

Need care past 3pm for your camper? Sign up for Extended Camp! We'll play games, do crafts, and more to re-energize after a long day of fun at regular camp. *To be eligible for Extended Camp, your camper must be enrolled in an eligible corresponding session of Camp. You must register separately for Extended Camp. See chart below!* Min 12/Max 40



PROGRAM	GRADE IN FALL	DAY(S) & DATE(S)	TIME(S)	LOCATION	ACTIVITY #	RES/NR
MVP Sports Camp	4-7	M-F, Jun 8-12	8:00A-3:00P	Barrie Park	226002-01	\$232/\$348
MVP Sports Camp	4-7	M-F, Jun 15-19	8:00A-3:00P	Barrie Park	226002-02	\$232/\$348
MVP Sports Camp	4-7	M-F, Jun 22-26	8:00A-3:00P	Barrie Park	226002-03	\$232/\$348
MVP Sports Camp	4-7	M-F, Jun 29 - Jul 3	8:00A-3:00P	Barrie Park	226002-04	\$232/\$348
MVP Sports Camp	4-7	M-F, Jul 6-10	8:00A-3:00P	Barrie Park	226002-05	\$232/\$348
MVP Sports Camp	4-7	M-F, Jul 13-17	8:00A-3:00P	Barrie Park	226002-06	\$232/\$348
MVP Sports Camp	4-7	M-F, Jul 20-24	8:00A-3:00P	Barrie Park	226002-07	\$232/\$348
MVP Sports Camp	4-7	M-F, Jul 27-31	8:00A-3:00P	Barrie Park	226002-08	\$232/\$348
MVP Sports Camp	4-7	M-F, Aug 3-7	8:00A-3:00P	Barrie Park	226002-09	\$232/\$348
You Throw Girl	4-7	M-F, Jun 8-12	8:00A-3:00P	Holmes School	226003-01	\$232/\$348
You Throw Girl	4-7	M-F, Jun 15-19	8:00A-3:00P	Holmes School	226003-02	\$232/\$348
You Throw Girl	4-7	M-F, Jun 22-26	8:00A-3:00P	Holmes School	226003-03	\$232/\$348
You Throw Girl	4-7	M-F, Jun 29 - Jul 3	8:00A-3:00P	Holmes School	226003-04	\$232/\$348
You Throw Girl	4-7	M-F, Jul 6-10	8:00A-3:00P	Holmes School	226003-05	\$232/\$348
You Throw Girl	4-7	M-F, Jul 13-17	8:00A-3:00P	Holmes School	226003-06	\$232/\$348
You Throw Girl	4-7	M-F, Jul 20-24	8:00A-3:00P	Holmes School	226003-07	\$232/\$348
You Throw Girl	4-7	M-F, Jul 27-31	8:00A-3:00P	Holmes School	226003-08	\$232/\$348
You Throw Girl	4-7	M-F, Aug 3-7	8:00A-3:00P	Holmes School	226003-09	\$232/\$348

Extended Camp Site	ACTIVITY #	RES/NR
Longfellow Park	261009-01	\$90/\$135
Longfellow Park	261009-02	\$90/\$135
Longfellow Park	261009-03	\$90/\$135
Longfellow Park	261009-04	\$90/\$135
Longfellow Park	261009-05	\$90/\$135
Longfellow Park	261009-06	\$90/\$135
Longfellow Park	261009-07	\$90/\$135
Longfellow Park	261009-08	\$90/\$135
Longfellow Park	261009-09	\$90/\$135
Field Park	261008-01	\$90/\$135
Field Park	261008-02	\$90/\$135
Field Park	261008-03	\$90/\$135
Field Park	261008-04	\$90/\$135
Field Park	261008-05	\$90/\$135
Field Park	261008-06	\$90/\$135
Field Park	261008-07	\$90/\$135
Field Park	261008-08	\$90/\$135
Field Park	261008-09	\$90/\$135

PLEASE NOTE: Summer Camps are not part of the Spring Lottery. Registration is first come, first served.



Taught by PGA & LPGA Professionals!



**Weekly Camps
Offered Monday
thru Friday:**

- June 8 - 12
- June 15 - 19
- June 22 - 26
- June 29 - July 3
- July 6 - 10
- July 13 - 17
- July 20 - 24
- July 27 - 31
- August 3 - 7
- August 10 - 14
- August 17 - 21

Grades 1-12

Participants learn all facets of the game including stance, grip, posture, full swing and rules. NIKE Golf camps are taught by PGA and LPGA Professionals! Choose half or full day option. **Full day camp includes lunch and a nine hole round of golf** in the afternoon, where pros teach strategy, etiquette and course management.

Half Day (9am-Noon)	\$299/week Oak Park residents \$349/week non-residents
Full Day (9am-4pm)	\$529/week Oak Park residents \$579/week non-residents

To register: www.pdop.org/golfcamps

Location: Fresh Meadows Golf Course 11302 Cermak Road in Hillside, IL

PREMIER YOUTH SOCCER CLUB

CHICAGO EDGE

SOCCER ACADEMY SUMMER CAMP

A great way to sharpen your soccer skills whether you play travel, AYSO or recreational soccer. Players will work on first touch and ball control in a fast, dynamic and fun environment. It will include individual possession, 1v1's 2v2's and other small sided games that will be progressed over the course of the week.

GRADES PreK - 1 9-10:30am	GRADES 2 - 8 9am-Noon
M-F, June 22 - 26	M-F, June 22 - 26
M-F, July 13 - 17	M-F, July 13 - 17
M-F, August 3 - 7	M-F, August 3 - 7
\$117/week residents \$226/week non-residents	\$217/week residents \$326/week non-residents

**REGISTER ONLINE
PDOP.ORG/CHICAGOEDGE**



Chicago Fire Soccer Camps at the PDOP

**Camps offered for ages 2 to 18 at Park District of Oak Park parks!
Recreational and Competitive Levels Available, includes Fire ticket!
Weekly or multi-week schedules**



Recreational Soccer Camp - Chicago Fire coaches will help your child develop their skills in a week of fun!

Competitive Soccer Camp - Designed for more advanced recreational and travel team players - a replica of what a pro player might expect to go through as they prepare for the season!

Each player will receive a FREE companion ticket to watch the Chicago Fire play at Toyota Park, plus a FREE soccer ball and t-shirt.

Complete Program listing at www.pdop.org/chicagofire

Summer Basketball Camp

Supervisor: Chad Drufke

Join us at Brooks School for basketball instruction and fun for boys and girls. The goal of this camp is to develop a well-rounded, complete basketball player. Campers will experience a host of different drills and scrimmage throughout the week. The camp will be directed by coaches from local universities.

Min 20/Max 54

Lacrosse Camps

Supervisor: Chad Drufke

Ante Up Lacrosse is founded by Fenwick Lacrosse Head Coach Tim Duffy. Ante Up is a top ranking camp that staffs knowledgeable and talented college and pro lacrosse players. Your child will have the chance to interact with athletes who have helped revolutionize the sport. Learn how to attack, shoot, and save! Ante Up's mission is to make good players exceptional and exceptional players unstoppable. This camp takes place at the Dominican Priory Field. Players should bring a water bottle, mouth guard, and sunscreen each day. Additional rental equipment can be rented through True Lacrosse (630) 359-5542.

Min 10/Max 50



Ramp Camp

Supervisor: Chad Drufke

Responsible and enthusiastic instructors will ensure that your skateboarder has a memorable week at Ramp Camp. Participants will learn the importance of safety and a variety of tricks depending on their level of comfort. Team games, arts, crafts and skateboarding will be infused with daily activities. In the afternoon, free skate time will be mixed with other fun activities such as swimming and basketball. Each session includes a field trip that exposes campers to new skateboard challenges and recreation. Campers must bring a sack lunch, water bottle, sunscreen helmet, and skateboard to camp each day. Every camper will receive one camp t-shirt.

Min 10/Max 16

PROGRAM	GRADE IN FALL	DAY(S) & DATE(S)	TIME(S)	LOCATION	ACTIVITY #	RES/NR	Extended Camp Site	ACTIVITY #	RES/NR
Basketball Camp	3-6	M-F, Jun 22-26	9:00A-3:00P	Brooks Middle School	226020-01	\$145/\$215			
Basketball Camp	3-6	M-F, Aug 10-14	9:00-3:00P	Brooks Middle School	226020-02	\$145/\$215			
Basketball Camp	3-6	M-F, Jul 13-17	9:00A-3:00P	Brooks Middle School	226020-03	\$145/\$215			
Boys' Lacrosse Camp	3-6	M-F, Jul 6-10	1:00-3:30P	Offsite Facility	226070-01	\$178/\$267			
Boys' Lacrosse Camp	3-6	M-F, Jul 27-31	1:00-3:30P	Taylor Park	226070-02	\$178/\$267			
Ramp Camp	4-9	M-F, Jun 8-12	9:00A-3:00P	Stevenson Park	226004-01	\$198/\$297	Longfellow Park	261009-01	\$90/\$135
Ramp Camp	4-9	M-F, Jun 15-19	9:00A-3:00P	Stevenson Park	226004-02	\$198/\$297	Longfellow Park	261009-02	\$90/\$135
Ramp Camp	4-9	M-F, Jun 22-26	9:00A-3:00P	Stevenson Park	226004-03	\$198/\$297	Longfellow Park	261009-03	\$90/\$135
Ramp Camp	4-9	M-F, Jul 6-10	9:00A-3:00P	Stevenson Park	226004-04	\$198/\$297	Longfellow Park	261009-04	\$90/\$135
Ramp Camp	4-9	M-F, Jul 13-17	9:00A-3:00P	Stevenson Park	226004-05	\$198/\$297	Longfellow Park	261009-05	\$90/\$135
Ramp Camp	4-9	M-F, Jul 20-24	9:00A-3:00P	Stevenson Park	226004-06	\$198/\$297	Longfellow Park	261009-06	\$90/\$135
Ramp Camp	4-9	M-F, Jul 27-31	9:00A-3:00P	Stevenson Park	226004-07	\$198/\$297	Longfellow Park	261009-07	\$90/\$135
Ramp Camp	4-9	M-F, Aug 3-7	9:00A-3:00P	Stevenson Park	226004-08	\$198/\$297	Longfellow Park	261009-08	\$90/\$135
Ramp Camp	4-9	M-F, Aug 10-14	9:00A-3:00P	Stevenson Park	226004-09	\$198/\$297	Longfellow Park	261009-09	\$90/\$135

Basketball Camps and Boys' Lacrosse Camps are not eligible for extended camp.

PLEASE NOTE: Summer Camps are not part of the Spring Lottery. Registration is first come, first served.



Summer Tennis Camp

Supervisor: Chad Drufke

Whether your child is looking to brush up on skills learned in previous tennis lessons or is new to the sport, this camp will be sure to improve their game. Tennis Camp was established to provide your child with drills and activities that will assist them in becoming a better all around tennis player. Our philosophy is to create a fun, informative and challenging tennis camp that will have your child not only improve as a player, but also become more excited about the GREAT game of tennis!

Min 10/Max 30



Sand Volleyball Summer Camps

Supervisor: Liz Visteen

It's time to take your volleyball GAME to the beach at Rehm Park this summer! This camp features all the latest drills and training techniques that build your skills for the next level. Lots of contests and games too, with fun and active professional instructors! The camp will concentrate on the fundamentals of passing, setting, serving and spiking. You will learn to overhand serve and play organized games.

Min 10/Max 24

Volleyball Summer Camps

Supervisor: Liz Visteen

We'll concentrate on the fundamentals of passing, setting, and spiking with the goal of helping each student reach a new skill level. Get a head start on this fall's volleyball season.

Min 10/Max 24

PROGRAM	GRADE IN FALL	DAY(S) & DATE(S)	TIME(S)	LOCATION	ACTIVITY #	RES/NR
Aug Tennis Camp	Pre-K Age 4-5	M-F, Aug 10-14	9:00-10:15A	Taylor Park	226060-01	\$154/231
Aug Tennis Camp	1-4	M-F, Aug 10-14	10:30A-12:30P	Taylor Park	226060-02	\$154/231
Aug Tennis Camp	5-12	M-F, Aug 10-14	1:30-3:30P	Taylor Park	226060-03	\$154/231
July I Tennis Camp	Pre-K Age 4-5	M-F, Jul 6-10	9:00-10:15A	Taylor Park	226060-04	\$154/231
July I Tennis Camp	1-4	M-F, Jul 6-10	10:30A-12:30P	Taylor Park	226060-05	\$154/231
July I Tennis Camp	5-12	M-F, Jul 6-10	1:30-3:30P	Taylor Park	226060-06	\$154/231
July II Tennis Camp	Pre-K Age 4-5	M-F, Jul 27-31	9:00-10:15A	Taylor Park	226060-07	\$154/231
July II Tennis Camp	1-4	M-F, Jul 27-31	10:30A-12:30P	Taylor Park	226060-08	\$154/231
July II Tennis Camp	5-12	M-F, Jul 27-31	1:30-3:30P	Taylor Park	226060-09	\$154/231
Aug II Tennis Camp	Pre-K Age 4-5	M-F, Aug 3-7	9:00-10:15A	Taylor Park	226060-10	\$154/231
Aug II Tennis Camp	1-4	M-F, Aug 3-7	10:30A-12:30P	Taylor Park	226060-11	\$154/231
Aug II Tennis Camp	5-12	M-F, Aug 3-7	1:30-3:30P	Taylor Park	226060-12	\$154/231
Volleyball Camp	K-2	M-Th, June 22-25	1:15-2:30P	Barrie Sport Court	226050-01	\$74/111
Volleyball Camp	3-5	M-Th, June 22-25	10:45A-12:45P	Barrie Sport Court	226050-02	\$95/143
Volleyball Camp	6-8	M-Th, June 22-25	8:45-10:45A	Barrie Sport Court	226050-03	\$95/143
Volleyball Camp	K-2	M-Th, Jul 27 - Jul 30	10:45A-12:00P	Barrie Sport Court	226050-04	\$74/111
Volleyball Camp	3-5	M-Th, Jul 27 - Jul 30	8:45-10:45A	Barrie Sport Court	226050-05	\$95/143
Volleyball Camp	6-8	M-Th, Jul 27 - Jul 30	8:45-10:45A	Barrie Sport Court	226050-06	\$95/143
Sand Volleyball Camp	K-2	M-Th, June 15-18	8:45-10:00A	Rehm Sand Court	226051-01	\$74/111
Sand Volleyball Camp	3-5	M-Th, June 15-18	10:00A-12:00P	Rehm Sand Court	226051-02	\$95/143
Sand Volleyball Camp	6-8	M-Th, June 15-18	10:00A-12:00P	Rehm Sand Court	226051-03	\$95/143
Sand Volleyball Camp	K-2	M-Th, Jul 13-16	4:00-5:15P	Rehm Sand Court	226051-04	\$74/111
Sand Volleyball Camp	3-5	M-Th, Jul 13-16	5:15-7:15P	Rehm Sand Court	226051-05	\$95/143
Sand Volleyball Camp	6-8	M-Th, Jul 13-16	5:15-7:15P	Rehm Sand Court	226051-06	\$95/143

These camps are not eligible for extended camp.

SKATING & ICE HOCKEY camps



Figure Skate & Swim Camp

Supervisor: Kyle Sandine

Enjoy the unique opportunity to attend this all day camp that will feature both time on the ice and at the pool at the newly renovated Ridgeland Common Recreation Complex. This camp is focused on skating fundamentals and will feature on-ice instruction, open swim time, as well as games and activities all taking place at Ridgeland. The uniqueness of this camp provides social interaction, exercise, as well as specific skill development for skating and individual growth. Snack not provided so please send your camper with a sack lunch.

Min 15/Max 30

Hockey Skate & Swim Camp

Supervisor: Kyle Sandine

Enjoy the unique opportunity to attend this all day camp that will feature both time on the ice and at the pool at the newly renovated Ridgeland Common Recreation Complex. This camp is focused on skating fundamentals and will feature on-ice instruction, open swim time, as well as games and activities all taking place at Ridgeland. The uniqueness of this camp provides social interaction, exercise, as well as specific skill development for skating and individual growth. Snack not provided so please send your camper with a sack lunch.

Min 15/Max 30

PROGRAM	GRADE IN FALL	DAY(S) & DATE(S)	TIME(S)	LOCATION	ACTIVITY #	RES/NR	Extended Camp Site	ACTIVITY #	RES/NR
Figure Skate & Swim	1-6	M-F, Jun 8-12	8:00A-3:00P	RCRC Ice Arena	219050-01	\$260/299	Longfellow Park	261009-01	\$90/\$135
Figure Skate & Swim	1-6	M-F, Jun 15-19	8:00A-3:00P	RCRC Ice Arena	219050-02	\$260/299	Longfellow Park	261009-02	\$90/\$135
Figure Skate & Swim	1-6	M-F, Jun 22-26	8:00A-3:00P	RCRC Ice Arena	219050-03	\$260/299	Longfellow Park	261009-03	\$90/\$135
Figure Skate & Swim	1-6	M-F, Jun 29 - Jul 3	8:00A-3:00P	RCRC Ice Arena	219050-04	\$260/299	Longfellow Park	261009-04	\$90/\$135
Figure Skate & Swim	1-6	M-F, Jul 6-10	8:00A-3:00P	RCRC Ice Arena	219050-05	\$260/299	Longfellow Park	261009-05	\$90/\$135
Figure Skate & Swim	1-6	M-F, Jul 13-17	8:00A-3:00P	RCRC Ice Arena	219050-06	\$260/299	Longfellow Park	261009-06	\$90/\$135
Figure Skate & Swim	1-6	M-F, Jul 20-24	8:00A-3:00P	RCRC Ice Arena	219050-07	\$260/299	Longfellow Park	261009-07	\$90/\$135
Figure Skate & Swim	1-6	M-F, Jul 27-31	8:00A-3:00P	RCRC Ice Arena	219050-08	\$260/299	Longfellow Park	261009-08	\$90/\$135
Hockey Skate & Swim	1-6	M-F, Jun 8-12	8:00A-3:00P	RCRC Ice Arena	219051-01	\$260/299	Longfellow Park	261009-01	\$90/\$135
Hockey Skate & Swim	1-6	M-F, Jun 15-19	8:00A-3:00P	RCRC Ice Arena	219051-02	\$260/299	Longfellow Park	261009-02	\$90/\$135
Hockey Skate & Swim	1-6	M-F, Jun 22-26	8:00A-3:00P	RCRC Ice Arena	219051-03	\$260/299	Longfellow Park	261009-03	\$90/\$135
Hockey Skate & Swim	1-6	M-F, Jun 29 - Jul 3	8:00A-3:00P	RCRC Ice Arena	219051-04	\$260/299	Longfellow Park	261009-04	\$90/\$135
Hockey Skate & Swim	1-6	M-F, Jul 6-10	8:00A-3:00P	RCRC Ice Arena	219051-05	\$260/299	Longfellow Park	261009-05	\$90/\$135
Hockey Skate & Swim	1-6	M-F, Jul 13-17	8:00A-3:00P	RCRC Ice Arena	219051-06	\$260/299	Longfellow Park	261009-06	\$90/\$135
Hockey Skate & Swim	1-6	M-F, Jul 20-24	8:00A-3:00P	RCRC Ice Arena	219051-07	\$260/299	Longfellow Park	261009-07	\$90/\$135
Hockey Skate & Swim	1-6	M-F, Jul 27-31	8:00A-3:00P	RCRC Ice Arena	219051-08	\$260/299	Longfellow Park	261009-08	\$90/\$135

Sign up for Extended Camp from 3-6pm

Supervisor: Mike Loszach

Need care past 3pm for your camper? Sign up for Extended Camp! We'll play games, do crafts, and more to re-energize after a long day of fun at regular camp. *To be eligible for Extended Camp, your camper must be enrolled in an eligible corresponding session of Camp. You must register separately for Extended Camp. See chart above!*

Min 12/Max 40

Figure Skating Specialty Camp

Supervisor: Kyle Sandine

Get an edge on the competition this summer! These camps will focus on developing skills on the ice and improving strength, agility, and balance. This camp features over 3 hours of ice time a day as well as off ice fitness classes focused on developing muscles used on the ice. Your figure skater should expect to get a workout while improving at their sport and gaining confidence in their abilities. They will also get to know others who are as passionate about figure skating as they are. Snack not provided so please send your camper with a sack lunch! Skills covered will include Style on Ice, Interpretive, Synchro, Creative Skating, Moves in the Field, Power, Edges, and Specialty. Prerequisite level of Basic 4 is required. Overrides will be made on case by case basis.

Min 15/Max 20

Hockey Specialty Summer Camp

Supervisor: Kyle Sandine

Get an edge on the competition this summer! These camps will focus on developing skills on the ice and improving strength, agility, and balance. This camp features over 3 hours of ice time a day as well as off ice fitness classes focused on developing muscles used on the ice. Your hockey player should expect to get a workout while improving at their sport and gaining confidence in their abilities. They will also get to know others who are as passionate about hockey as they are. Snack not provided so please send your camper with a sack lunch! Prerequisite of Jr. Bears Advanced, PBHL, and Ice Bears is required. Overrides will be made on case by case basis.

Min 15/Max 20



What's the difference between "Specialty Camps" and "Skate & Swim Camps"?

Specialty camps are designed for those skaters who are passionate about skating or hockey and looking to improve their abilities on and off the ice, operating like a clinic within the camp. Skate & Swim Camps are for those interested in Figure Skating or Hockey, but are looking for a variety of activities throughout the day and not sport specific skill sets.

PROGRAM	GRADE IN FALL	DAY(S) & DATE(S)	TIME(S)	LOCATION	ACTIVITY #	RES/NR
Figure Skating Camp	3-12	M-F, Jun 8-12	9:15A-3:15P	RCRC Ice Arena	219000-01	\$350/399
Figure Skating Camp	3-12	M-F, Jun 15-19	9:15A-3:15P	RCRC Ice Arena	219000-02	\$350/399
Figure Skating Camp	3-12	M-F, Jun 22-26	9:15A-3:15P	RCRC Ice Arena	219000-03	\$350/399
Figure Skating Camp	3-12	M-F, Jun 29 - Jul 3	9:15A-3:15P	RCRC Ice Arena	219000-04	\$350/399
Figure Skating Camp	3-12	M-F, Jul 6-10	9:15A-3:15P	RCRC Ice Arena	219000-05	\$350/399
Figure Skating Camp	3-12	M-F, Jul 13-17	9:15A-3:15P	RCRC Ice Arena	219000-06	\$350/399
Figure Skating Camp	3-12	M-F, Jul 20-24	9:15A-3:15P	RCRC Ice Arena	219000-07	\$350/399
Figure Skating Camp	3-12	M-F, Jul 27-31	9:15A-3:15P	RCRC Ice Arena	219000-08	\$350/399
Hockey Camp	3-7	M-F, Jun 8-12	9:15A-3:15P	RCRC Ice Arena	219010-01	\$350/399
Hockey Camp	3-7	M-F, Jun 15-19	9:15A-3:15P	RCRC Ice Arena	219010-02	\$350/399
Hockey Camp	3-7	M-F, Jun 22-26	9:15A-3:15P	RCRC Ice Arena	219010-03	\$350/399
Hockey Camp	3-7	M-F, Jun 29 - Jul 3	9:15A-3:15P	RCRC Ice Arena	219010-04	\$350/399
Hockey Camp	3-7	M-F, Jul 6-10	9:15A-3:15P	RCRC Ice Arena	219010-05	\$350/399
Hockey Camp	3-7	M-F, Jul 13-17	9:15A-3:15P	RCRC Ice Arena	219010-06	\$350/399
Hockey Camp	3-7	M-F, Jul 20-24	9:15A-3:15P	RCRC Ice Arena	219010-07	\$350/399
Hockey Camp	3-7	M-F, Jul 27-31	9:15A-3:15P	RCRC Ice Arena	219010-08	\$350/399

Extended Camp Site	ACTIVITY #	RES/NR
Longfellow Park	261009-01	\$90/\$135
Longfellow Park	261009-02	\$90/\$135
Longfellow Park	261009-03	\$90/\$135
Longfellow Park	261009-04	\$90/\$135
Longfellow Park	261009-05	\$90/\$135
Longfellow Park	261009-06	\$90/\$135
Longfellow Park	261009-07	\$90/\$135
Longfellow Park	261009-08	\$90/\$135
Longfellow Park	261009-01	\$90/\$135
Longfellow Park	261009-02	\$90/\$135
Longfellow Park	261009-03	\$90/\$135
Longfellow Park	261009-04	\$90/\$135
Longfellow Park	261009-05	\$90/\$135
Longfellow Park	261009-06	\$90/\$135
Longfellow Park	261009-07	\$90/\$135
Longfellow Park	261009-08	\$90/\$135

PLEASE NOTE: Summer Camps are not part of the Spring Lottery. Registration is first come, first served.

Ridgeland Common Recreation Complex (RCRC)

Paul Hruby Ice Arena

Public Skate

Don't sit at home and watch TV all weekend. Come out and skate at the Ridgeland Common Recreation Complex. Public skates are packed full of excitement and unique experiences. Skates feature rocking music, a high energy atmosphere, and something for everyone. A beginner area allows those new to skating to get comfortable in an unintimidating environment. Haven't skated in a while? Ridgeland Common is the place to get back on the ice. Round up the family, your friends, significant other, or come by yourself to a new and exciting public skate experience.

Admission: \$7 (or by pass)

Skate rental: \$3 (or by punch card)

- **Friday 6:00-8:30pm**
- **Saturday 7:30-10:00pm**
- **Sunday 1:45-4:00pm**

See additional Spring Break Times online!

Noon Skate

Take a break from the office and relax with ice skating at RCRC for a reduced price.

Fee: \$4 or by season pass

Monday-Friday, 11:30am – 1:00pm

Noon Skate not held away. Spring Break replaced with Public Skate.

Skate Rental & Pre-Paid Passes

Rental skates are available for all skate sessions and lessons for \$3 a pair or by pre-paid pass.

Pre-paid passes will reduce the cost for skate rental and the programs below. These passes are loaded onto your universal printed pass and can be purchased at any time online or in-person at Customer Service.

Daily Admission

(Stick and Puck, Rat Hockey, Freestyle): \$10

Pre-Paid Pass: 10 for \$75

Individual Skate Rental: \$3

Pre-Paid Pass: 10 rentals for \$20

Ridgeland Common Recreation Complex ICE RINK PASSES

Residents - \$62

Non-Residents - \$94

***Save \$10 when you renew your pass before it expires.**

Passes are on sale now for public skating sessions! Passes are good for any Noon Skate, Schools Out Skate, or Public Skate time (not good for Rat Hockey, Stick & Puck, or Freestyle). Purchase your pass now on line at www.pdop.org/registration or in person at the Ridgeland Common Recreation Complex. Benefits of having a rink pass include

SAVING MONEY

Rink passes pay for themselves in just 8 visits.

VIP ACCESS

Pass holders receive a discount on admission for rink special events like cosmic skates, teen nights, and movies on the ice.

THE BUZZ

Rink pass holders will receive special e-mail blasts about upcoming special events and programs at the rink and around the Park District.

Rentals

The ice arena and rooms at the RCRC are now available to rent! This space is great for social events, corporate outings, community groups, pick-up games, or extra practice time. The ice and rooms can be rented separately or together to make a great event both on and off-ice. Additional options to accompany your rental include skate rental and concessions. For information on dates, times, and pricing, please contact Rink Manager Mike Lushniak at Mike.Lushniak@pdop.org. Ice time is limited and will be booked on a first come, first served basis.

See page 9 for Public Skate pricing & information.

Spring Break Public Skates - All Ages

Mar 30 - Apr 3, 11:30am-1pm

\$7 per person, skate rental additional \$3

Grab your friends and head to the ice arena for skating on your day off of school! Offered especially for students, these skates are a fun way to spend your day off!

Freestyle Sessions

Freestyle ice time is for skaters who are looking for additional time to practice their skills individually or with a coach. These sessions are available only to those skaters registered in the Skate Academy program. Basic 8 and below may use the ice when accompanied by a coach. Check page 16 for additional times during the holidays! (Feb-May 6)

Fee: \$10 or by pre-paid pass; 10 visits for \$75

- Monday: 5:45 - 9:00 am
- Tuesday: 7:30 - 8:30 pm
- Wednesday: 7:15 - 9:00 am
- Friday: 5:45 - 9:00 am
- Saturday: 7:15 - 9:15 am

Open Hockey Practice Times

The Park District of Oak Park offers Rat Hockey times and Stick and Puck times. Rat Hockey times are meant for players age 18+ to organize drop-in games. Stick and Puck is open to all ages and can be used for scrimmages, but also for skill-building and practice. When needed, based on attendance, the ice will be divided and four nets will be available. Equipment required: skates, shin pads, gloves, hockey pants, and a helmet.

Fee: \$10 or pre-paid pass; 10 visits for \$75

All Ages Stick and Puck

- Monday 9:15-10:15am
- Tuesday 7:15-8:45am
- Wednesday 9:15-10:15am

Adult Rat Hockey

- Thursday 7:15-8:45am

See additional spring break times online!



**Uncommon Fun
For Everyone!**

SKATING CLINICS

Skate Academy

Skate Clinic Snowplow Sam

Supervisor: Kyle Sandine

Never skated before? Not sure skating is for you? Take part in one of our Snowplow Sam Clinics to pass the time before lessons start again and give it a try! Skaters will take part in a 30 minute class instruction followed by 15 minutes of fun and games on ice. Each clinic is one day only and will be split by ability for the class and then be combined for the other activities.

Min 4/Max 10

Skate Clinic Basic 1-4

Supervisor: Kyle Sandine

No skating lessons until summer?! Not so fast! Come join one of our Basic 1-4 Clinics before summer lessons start again! Skaters will take part in a 30 minute class instruction divided by level and ability and then followed by 15 minutes of fun and games on ice. Each clinic is one day only and skaters will learn other elements from other levels.

Min 4/Max 10



Skate Clinic Basic 5-8

Supervisor: Kyle Sandine

Ready to take your skills to the next level for the 2016 Ice Show? It's never too early to start practicing! Skaters will take part in a 30 minute class instruction divided by level and ability and then followed by 15 minutes of fun and games on ice. Each clinic is one day only and skaters will learn other elements from other levels.

Min 4/Max 10

Skating School Practices:

Due to the limited amount of ice available, this schedule will be in effect May 12-May 30.

Tuesday, 5/12, 19, 26

3:45-4:00 pm

4:45-5:00 pm

5:45-6:00 pm

7:00-7:15 pm

Saturday, 5/16, 23, 30

10:30-10:45 am

11:45-12:00 pm

12:45-1:00 pm

Thursday, 5/14, 21, 28

3:30-4:30 pm

PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
Snowplow Sam Clinic	3-5	Tu, May 12	4:00-4:45P	RCRC Ice Arena	1	219400-01	\$12/\$15
Snowplow Sam Clinic	3-5	Tu, May 19	4:00-4:45P	RCRC Ice Arena	1	219400-02	\$12/\$15
Snowplow Sam Clinic	3-5	Tu, May 26	4:00-4:45P	RCRC Ice Arena	1	219400-03	\$12/\$15
Snowplow Sam Clinic	3-5	Sa, May 16	12:00-12:45P	RCRC Ice Arena	1	219400-04	\$12/\$15
Snowplow Sam Clinic	3-5	Sa, May 23	12:00-12:45P	RCRC Ice Arena	1	219400-05	\$12/\$15
Snowplow Sam Clinic	3-5	Sa, May 30	12:00-12:45P	RCRC Ice Arena	1	219400-06	\$12/\$15
Basic 1-4 Clinic	6-18	Tu, May 12	4:00-4:45P	RCRC Ice Arena	1	219401-01	\$12/\$15
Basic 1-4 Clinic	6-18	Tu, May 19	4:00-4:45P	RCRC Ice Arena	1	219401-02	\$12/\$15
Basic 1-4 Clinic	6-18	Tu, May 26	4:00-4:45P	RCRC Ice Arena	1	219401-03	\$12/\$15
Basic 1-4 Clinic	6-18	Sa, May 16	12:00-12:45P	RCRC Ice Arena	1	219401-04	\$12/\$15
Basic 1-4 Clinic	6-18	Sa, May 23	12:00-12:45P	RCRC Ice Arena	1	219401-05	\$12/\$15
Basic 1-4 Clinic	6-18	Sa, May 30	12:00-12:45P	RCRC Ice Arena	1	219401-06	\$12/\$15
Basic 5-8 Clinic	6-18	Tu, May 12	6:15-7:00P	RCRC Ice Arena	1	219402-01	\$12/\$15
Basic 5-8 Clinic	6-18	Tu, May 19	6:15-7:00P	RCRC Ice Arena	1	219402-02	\$12/\$15
Basic 5-8 Clinic	6-18	Tu, May 26	6:15-7:00P	RCRC Ice Arena	1	219402-03	\$12/\$15
Basic 5-8 Clinic	6-18	Sa, May 16	11:00-11:45A	RCRC Ice Arena	1	219402-04	\$12/\$15
Basic 5-8 Clinic	6-18	Sa, May 23	11:00-11:45A	RCRC Ice Arena	1	219402-05	\$12/\$15
Basic 5-8 Clinic	6-18	Sa, May 30	11:00-11:45A	RCRC Ice Arena	1	219402-06	\$12/\$15

SKATING CLINICS

Skate Academy

Skate Clinic Freeskiate 1-4

Supervisor: Kyle Sandine

The Ice Show is over, now what?! Join one or all of our Freestyle Skate Clinics and begin working on your technique for next year! Skaters will take part in a 15 minute warm-up of style, power, edges and then 30 minute class instruction divided by level and ability. Each clinic is one day only and skaters will experience other elements from higher levels, fun and games.

Min 4/Max 10

Skate Clinic Adults

Supervisor: Kyle Sandine

Never skated before? Been skating all your life? Have a few free hours you'd like to spend out on the ice? We have a solution! Skaters will take part in a 15 minute warm-up of crossovers and edges and then 30 minute class instruction divided by level and ability. Each clinic is one day only and skaters will work on what needs improvement.

Min 4/Max 10



*Need more practice
time on the ice?*

That's what Freestyle is for!

See page 34 for Freestyle information.

Save \$\$ when you buy a Freestyle pass!

Skate Clinic Freeskiate 5 & up

Supervisor: Kyle Sandine

Do you love skating so much you can't stand to take a 3 week break? You don't have to! Sign up for the Freeskiate 5 & Up clinic days and don't lose your blade! Skaters will take part in a 15 minute warm-up of style, power, edges and then 30 minute class instruction divided by level and ability. Each clinic is one day only and skaters will experience other elements from higher levels, fun and games.

Min 4/Max 10

PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
Freestyle 1-4 Clinic	6-18	Tu, May 12	5:00-5:45P	RCRC Ice Arena	1	219403-01	\$12/\$15
Freestyle 1-4 Clinic	6-18	Tu, May 19	5:00-5:45P	RCRC Ice Arena	1	219403-02	\$12/\$15
Freestyle 1-4 Clinic	6-18	Tu, May 26	5:00-5:45P	RCRC Ice Arena	1	219403-03	\$12/\$15
Freestyle 1-4 Clinic	6-18	Sa, May 16	9:45-10:30A	RCRC Ice Arena	1	219403-04	\$12/\$15
Freestyle 1-4 Clinic	6-18	Sa, May 23	9:45-10:30A	RCRC Ice Arena	1	219403-05	\$12/\$15
Freestyle 1-4 Clinic	6-18	Sa, May 30	9:45-10:30A	RCRC Ice Arena	1	219403-06	\$12/\$15
Freestyle 5 & Up Clinic	6-18	Tu, May 12	5:00-5:45P	RCRC Ice Arena	1	219404-01	\$12/\$15
Freestyle 5 & Up Clinic	6-18	Tu, May 19	5:00-5:45P	RCRC Ice Arena	1	219404-02	\$12/\$15
Freestyle 5 & Up Clinic	6-18	Tu, May 26	5:00-5:45P	RCRC Ice Arena	1	219404-03	\$12/\$15
Freestyle 5 & Up Clinic	6-18	Sa, May 16	9:45-10:30A	RCRC Ice Arena	1	219404-04	\$12/\$15
Freestyle 5 & Up Clinic	6-18	Sa, May 23	9:45-10:30A	RCRC Ice Arena	1	219404-05	\$12/\$15
Freestyle 5 & Up Clinic	6-18	Sa, May 30	9:45-10:30A	RCRC Ice Arena	1	219404-06	\$12/\$15
Skate Clinic Adults	18 +	Tu, May 12	6:15-7:00P	RCRC Ice Arena	1	219405-01	\$12/\$15
Skate Clinic Adults	18 +	Tu, May 19	6:15-7:00P	RCRC Ice Arena	1	219405-02	\$12/\$15
Skate Clinic Adults	18 +	Tu, May 26	6:15-7:00P	RCRC Ice Arena	1	219405-03	\$12/\$15
Skate Clinic Adults	18 +	Sa, May 16	11:00-11:45A	RCRC Ice Arena	1	219405-04	\$12/\$15
Skate Clinic Adults	18 +	Sa, May 23	11:00-11:45A	RCRC Ice Arena	1	219405-05	\$12/\$15
Skate Clinic Adults	18 +	Sa, May 30	11:00-11:45A	RCRC Ice Arena	1	219405-06	\$12/\$15

YOUTH HOCKEY

Hockey Academy

New! Hockey Clinics for Spring!

Supervisor: Kyle Sandine

New to Ridgeland Common this year is the addition of Spring Hockey Clinics. Each clinic will host different topics that can help your player work on different facets of their game by honing in on individual abilities. The clinics are either broken down by skill learned, or age and ability, to ensure everyone has the ability to take advantage of this great new offering. Participants in all clinics must be fully dressed in proper hockey gear. We look forward to having you out this spring for some fun learning before summer break ensues!

*Please Note:
Additional clinics
will be added!*

*Pre-registration and drop-ins are
available. Check website at www.pdop.org/hockeyclinics and at the
Customer Service desk at RCRC for
updates!*

PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
In-House Clinic: K-2	5-7	W, May 13	4:15-5:15P	RCRC Ice Arena	1	219603-01	\$12/\$15
In-House Clinic: K-2	5-7	W, May 20	4:15-5:15P	RCRC Ice Arena	1	219603-02	\$12/\$15
In-House Clinic: K-2	5-7	W, May 27	4:15-5:15P	RCRC Ice Arena	1	219603-03	\$12/\$15
K-2 League Skills Clinic	5-7	W, May 13	4:15-5:15P	RCRC Ice Arena	1	219603-07	\$12/\$15
K-2 League Skills Clinic	5-7	W, May 20	4:15-5:15P	RCRC Ice Arena	1	219603-08	\$12/\$15
K-2 League Skills Clinic	5-7	W, May 27	4:15-5:15P	RCRC Ice Arena	1	219603-09	\$12/\$15
Grade 3-5 In-House Skills Clinic	8-10	W, May 13	5:30-6:30P	RCRC Ice Arena	1	219604-01	\$12/\$15
Grade 3-5 In-House Skills Clinic	8-10	W, May 20	5:30-6:30P	RCRC Ice Arena	1	219604-02	\$12/\$15
Grade 3-5 In-House Skills Clinic	8-10	W, May 27	5:30-6:30P	RCRC Ice Arena	1	219604-03	\$12/\$15
Grade 3-5 League Skills Clinic	8-10	W, May 13	5:30-6:30P	RCRC Ice Arena	1	219604-07	\$12/\$15
Grade 3-5 League Skills Clinic	8-10	W, May 20	5:30-6:30P	RCRC Ice Arena	1	219604-08	\$12/\$15
Grade 3-5 League Skills Clinic	8-10	W, May 27	5:30-6:30P	RCRC Ice Arena	1	219604-09	\$12/\$15
Grade 6-8 In-House Skills Clinic	11-13	W, May 13	6:45-7:45P	RCRC Ice Arena	1	219605-01	\$12/\$15
Grade 6-8 In-House Skills Clinic	11-13	W, May 20	6:45-7:45P	RCRC Ice Arena	1	219605-02	\$12/\$15
Grade 6-8 In-House Skills Clinic	11-13	W, May 27	6:45-7:45P	RCRC Ice Arena	1	219605-03	\$12/\$15
Grade 6-8 League Skills Clinic	11-13	W, May 13	6:45-7:45P	RCRC Ice Arena	1	219605-07	\$12/\$15
Grade 6-8 League Skills Clinic	11-13	W, May 20	6:45-7:45P	RCRC Ice Arena	1	219605-08	\$12/\$15
Grade 6-8 League Skills Clinic	11-13	W, May 27	6:45-7:45P	RCRC Ice Arena	1	219605-09	\$12/\$15

Drop-In 4 on 4 Pond Hockey Grades K-8

For the first time in Ridgeland Common history, we are offering drop in 4v4 Pond hockey. Come on in for a Saturday of fun 4v4 action. Two cross ice games will be going on at the same time, one for those who are in the Hockey Academy or a similar program, and one for those who are in the PBHL and Ice Bears, or a similar program. Please be sure to note the time that applies to your skater's age. Full gear is required in order to participate. Please bring both a white (light) **AND** black (dark) jersey. This is a drop in event and participants will be capped at 40.

Time Slots: Saturdays May 16, May 23, and May 30

Grades K-2 from 1:15-2:15 pm

Grades 3-5 from 2:30-3:30 pm

Grades 6-8 from 3:45-4:45 pm





YOUTH HOCKEY

HOCKEY

Spring Ice Bears Hockey League

Supervisor: Kyle Sandine

The Oak Park Ice Bears are a competitive youth travel hockey team that competes in the Northwest Hockey League. This league focuses on competitive hockey while still allowing for balanced ice time for all players. The program here in Oak Park is based on the three pillars of developing a love for the game of hockey, a dedication to skill development, and being the model organization in terms of sportsmanship. The spring program will guarantee 8 practices, 8 games, and an end of season tournament. Players should have previous hockey game experience. Polar Bear Hockey League, or equivalent, experience recommended.

- Week of March 16th - Practices begin
- March 28th - League Games begin
- May 26th - 31st - End of season tournament

**The Park District will try as best as possible to not schedule games and practices during District 97 spring break from March 28th - April 4th, however league scheduling may dictate that games be played during that time.*

Program Overview

- Each team will be made up of no more than 15 skaters and 2 goalies.
- Each team will have on average one practice and one game a week for the length of the season.
*Bantams will have additional full ice practices.
- All teams compete in the North West Hockey League and adhere to all AHAI and USA Hockey policies.
- Practices and home games will take place at the Ridgeland Common Recreation Complex, away games will take place at rinks of other NWHL programs.
- All coaches are USA Hockey certified, trained, and background checked.

Players wishing to register should contact Rink Manager Mike Lushniak at mike.lushniak@pdop.org or 708-725-2302.

PROGRAM	BIRTH YEAR	RATE
Gold Mite	2007 / 2008	\$400
Squirts	2005 / 2006	\$400
Peewee	2003 / 2004	\$400
Bantam	2001 / 2002	\$500



ADULT HOCKEY

Hockey Academy

Adult Hockey Beginner

Supervisor: Kyle Sandine

This class provides an un intimidating environment for adults to give hockey a try. There is no experience required. Skills to be learned include skating basics like crossovers and stopping, as well as stick handling, passing, and shooting. The laidback atmosphere and constructive coaching will make this class fun while focusing on building new skills on the ice. Meet new people or join with friends and spend your Friday nights on the ice! Equipment required: skates, shin pads, hockey pants, elbow pads, gloves, helmet, stick. Min 6/Max 30

Hockey Fitness Skating

Supervisor: Kyle Sandine

Looking for a way to work out that's more fun than running on a treadmill? Ice is the answer! This program will combine a great cardiovascular workout with the unique experience of skating and the adrenaline of ice hockey. Participants should expect to get a full workout while doing drills focused on skating. The instructor will provide a great balance of instruction and encouragement to get the most out of this hour class. Participants should be able to skate proficiently at the time of sign-up. Equipment Required: skates, shin pads, hockey pants, gloves, elbow pads, helmet, and stick. No jersey is provided with this class.

Adult Hockey Level 1

Supervisor: Kyle Sandine

Adult Hockey Level 1 provides a combination of skill development and game play. Geared towards novice and intermediate players, each week will feature half coach led drills to improve players' ability and half scrimmage which will improve players' hockey sense. Players will be divided into two teams in the first week of the class. Sign-up with a group of friends or meet new people! This program focuses on meeting the needs of players based on skill level by ensuring that players get instruction as well as self-guided practice time. Equipment required: full equipment is required for this program. Players will receive a jersey. Min 10/Max 40

Adult Hockey Level 2

Supervisor: Kyle Sandine

The Paul Hruby Adult Hockey league will feature a 10 game season and 1 week playoffs for the top 4 teams. This league prides itself on parity so that games are consistently competitive. League rules include no checking, no slap shots, and a zero tolerance policy for unsportsmanlike conduct. Players in this program should have experience playing hockey as there is no instruction in this program. Games consist of three running time periods each 20 minutes in length. Equipment required: full equipment is required for this program. Players will receive a jersey if new to league. While sign-ups for this program are done on an individual basis, players can now sign up for a specific team as a group. However, the league reserves the right to move players from team to team to ensure equality both in skill level and number of players per team. Min 8/Max 15
Class does not meet: 05/24

Looking for more time on the ice?

Rat Hockey information can be found on page 34. Save \$ when you buy a punch pass!



PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
Adult Hockey Beginner	16 +	F, May 15 - June 19	10:30-11:30P	RCRC Ice Arena	6	219610-01	\$115/\$140
Adult Hockey Level 1	16 +	M, May 25 - Aug 3	8:45-10:00P	RCRC Ice Arena	11	219611-01	\$260/\$285
Adult Hockey Level 1 - Goalie	16 +	M, May 25 - Aug 3	8:45-10:00P	RCRC Ice Arena	11	219611-02	\$20/\$20
Adult Hockey 2	16 +	Su, May 17 - Aug 2	4:15-8:15P	RCRC Ice Arena	11	219612-01	\$260/\$285
Adult Hockey 2	16 +	Su, May 17 - Aug 2	4:15-8:30P	RCRC Ice Arena	11	219612-02	\$260/\$285
Adult Hockey 2	16 +	Su, May 17 - Aug 2	4:15-8:30P	RCRC Ice Arena	11	219612-03	\$260/\$285
Adult Hockey 2	16 +	Su, May 17 - Aug 2	4:15-8:30P	RCRC Ice Arena	11	219612-04	\$260/\$285
Adult Hockey 2	16 +	Su, May 17 - Aug 2	4:15-8:30P	RCRC Ice Arena	11	219612-05	\$260/\$285
Adult Hockey 2	16 +	Su, May 17 - Aug 2	4:15-8:30P	RCRC Ice Arena	11	219612-06	\$260/\$285
Adult Hockey 2	16 +	Su, May 17 - Aug 2	4:15-8:30P	RCRC Ice Arena	11	219612-07	\$260/\$285
Adult Hockey 2 - Goalie	16 +	Su, May 17 - Aug 2	4:15-8:30P	RCRC Ice Arena	11	219612-08	\$20/\$20
Hockey Fitness Skating	16 +	W, May 20 - July 29	6:30-7:30A	RCRC Ice Arena	11	219613-01	\$199/\$224



SWIM ACADEMY

All New in 2015

Summer 2015 Class Offerings

- Parent Tot Aquatics
- New! Pre School and Parent (Formal Version of Parent Tot)
- New! Preschool (Formerly All Preschool Classes)
- New! Beginner (Formerly Kids Swim 1 and Kids Swim 2)
- New! Advanced Beginner (Formerly Super Swim and Kids Swim 3)
- New! Intermediate (Formerly Kids Swim 4)
- New! Advanced (Formerly Pre-Swim Team)
- Adult Swim
- Jr. Lifeguarding Silver
- Jr. Lifeguarding Gold

Session Day Options

- MWF (3 sessions) Rehm Pool
- T/Th (2 sessions) Rehm Pool
- MW (2 sessions) RCRC Pool
- Th (2 sessions) RCRC Pool
- Sa (2 sessions) Rehm Pool

Important Registration Information:

As we begin our new Swim Academy program, each class is initially limited to 6 participants. HOWEVER, this does not mean that will be the final class enrollment. If you are placed on a waitlist, Swim Academy staff will be sufficiently enrolling from the waitlist where class numbers will reflect the amount of space and instructor-student ratio. If you do not immediately get enrolled in a class, SIGN UP for a waitlisted class. If a class is denoted as FULL, both the class and waitlist have reached their maximum. If there are questions regarding registration for Swim Lessons or where you stand on the waitlist, please contact Program Supervisor Kyle Sandine at kyle.sandine@pdop.org.

About Swim Academy

We offer swim lessons for ages two through adult in group class formatting. Lessons aim to provide increased swimming ability, water awareness, and social growth through individual skill progressions and instructor interaction. Classes are available outdoors in both the mornings and afternoons.

Level Evaluation Day: March 8, 10am-Noon

Want to get ahead for summer swim lessons? Join us for our evaluation day at OPRF High School to ensure you're signing up for the proper class and get more information about our new swim lesson program!

New to Swim Academy?

If this is the first time in swimming lessons, participants should register for "Preschool" or "Beginner" depending on their age. If you have taken lessons before but are new to the Park District, use the class descriptions and level conversion sheet to find the best fit.

We've Made Some Changes ... About our New Methodology

Our previous mode of instruction focused on breaking skills apart and teaching them piece by piece to swim students - which was great for advancing levels but not necessarily giving the strongest form of instruction. Our new methodology focuses on teaching you the basics - all the basics - from the get-go, and making endurance and technique the focus of more advanced levels.

It's not about MOVING UP, it's about SWIMMING. Within each level, classes will be broken into skill groups to provide individualized attention. While your child may remain in a level longer than you expect, when they complete that level you WILL be impressed with their skills.

The **Jeff Ellis Swimming (JES) Program** is an objective driven program that focuses on individualized skill successes rather than progressive skill development. This program is designed around flexibility and taught at a pace that allows each child to progress at their own pace rather than conforming to the peer group. Each instructor is licensed through JES and trained via the JES partner Praesidium Inc, a specialized company that focuses on prevention of sexual abuse, demonstrating the commitment the Park District of Oak Park has to providing high quality swim lesson services, with each class having no more than a 6:1 student to instructor ratio, and ensuring a safe environment.

In order for participants to be safe and learn properly, it is critical to enroll in the level matching current skills. JES levels have particular skill sets and differ from the previous PDOP program. JES is intended to reinforce skills and may not always lead to "passing" a level right away. Each level builds on the previous and it may take more than one session and outside practice to move on. "At Home" drill cards will be distributed during each session for practice beyond the lesson. Please see the conversion guide on our website, at one of our Customer Service Desks, or contact Kyle Sandine at kyle.sandine@pdop.org for questions regarding registration and level placement.

Parent / Tot Aquatics - Getting Wet!

Supervisor: Kyle Sandine

Adult companion required. Your child will learn to be comfortable in the water through games and songs as well as a little free playtime. Basic swimming skills will be introduced throughout the class. We introduce the WaterSmart Rules that are encouraged by Sophie the Safety Seal the mascot for the Jeff Ellis Swimming Program. (Adult companion does not need to know how to swim.)

JES Preschool & Parent - Making a Splash!

Supervisor: Kyle Sandine

Adult Companion Required. Intended for students 3-5 to help students feel comfortable with mom or dad at their side. Students will learn various floats, glides, kicking, and arm techniques, and general water acclimation. Class Size: 6:1 student to instructor ratio. Swimmers with little to no experience. We introduce the WaterSmart Rules encouraged by Sophie the Safety Seal the mascot for the Jeff Ellis Swimming Program.

Min 4/Max 6

Class does not meet: 07/03, 07/04

PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
Parent Tot Aquatics	2-4	Sa, June 6-27	8:30-9:05A	Rehm Park	4	220000-01	\$32/48
Parent Tot Aquatics	2-4	Sa, June 6-27	9:15-9:50A	Rehm Park	4	220000-02	\$32/48
Parent Tot Aquatics	2-4	Tu,Th, June 9-30	9:30-10:05A	Rehm Park	7	220000-03	\$56/84
Parent Tot Aquatics	2-4	M,W, June 8-29	5:15-5:50P	RCRC Pool	7	220000-04	\$56/84
Parent Tot Aquatics	2-4	M,W, June 8-29	6:45-7:20P	RCRC Pool	7	220000-05	\$56/84
Parent Tot Aquatics	2-4	Tu,Th, June 9-30	5:15-5:50P	RCRC Pool	7	220000-06	\$56/84
Parent Tot Aquatics	2-4	Tu,Th, June 9-30	6:45-7:20P	RCRC Pool	7	220000-07	\$56/84
Parent Tot Aquatics	2-4	Sa, Jul 11 - Aug 1	8:30-9:05A	Rehm Park	4	220000-08	\$32/48
Parent Tot Aquatics	2-4	Sa, Jul 11 - Aug 1	9:15-9:50A	Rehm Park	4	220000-09	\$32/48
Parent Tot Aquatics	2-4	Tu,Th, Jul 9-30	9:30-10:05A	Rehm Park	7	220000-10	\$56/84
Parent Tot Aquatics	2-4	M,W, Jul 8-29	5:15-5:50P	RCRC Pool	7	220000-11	\$56/84
Parent Tot Aquatics	2-4	M,W, Jul 8-29	6:45-7:20P	RCRC Pool	7	220000-12	\$56/84
Parent Tot Aquatics	2-4	Tu,Th, Jul 9-30	5:15-5:50P	RCRC Pool	7	220000-13	\$56/84
Parent Tot Aquatics	2-4	Tu,Th, Jul 9-30	6:45-7:20P	RCRC Pool	7	220000-14	\$56/84
JES Preschool & Parent	3-4	Sa, June 6-27	8:30-9:05A	Rehm Park Pool	4	220001-01	\$32/48
JES Preschool & Parent	3-4	Sa, June 6-27	9:15-9:50A	Rehm Park Pool	4	220001-02	\$32/48
JES Preschool & Parent	3-4	M,W,F, June 8- 22	8:45-9:20A	Rehm Park Pool	7	220001-03	\$56/84
JES Preschool & Parent	3-4	M,W,F, June 8-22	9:30-10:05A	Rehm Park Pool	7	220001-04	\$56/84
JES Preschool & Parent	3-4	Tu,Th, June 9-30	8:45-9:20A	Rehm Park Pool	7	220001-05	\$56/84
JES Preschool & Parent	3-4	Tu,Th, June 9-30	10:15-10:50A	Rehm Park Pool	7	220001-06	\$56/84
JES Preschool & Parent	3-4	M,W, June 8-29	6:00-6:35P	RCRC Pool	7	220001-07	\$56/84
JES Preschool & Parent	3-4	Tu,Th, June 9-30	6:00A-6:35P	RCRC Pool	7	220001-08	\$56/84
JES Preschool & Parent	3-4	Sa, Jul 11 - Aug 1	8:30-9:05A	Rehm Park Pool	4	220001-09	\$32/48
JES Preschool & Parent	3-4	Sa, Jul 11 - Aug 1	9:15-9:50A	Rehm Park Pool	4	220001-10	\$32/48
JES Preschool & Parent	3-4	M,W,F, June 29 - Jul 15	8:45-9:20A	Rehm Park Pool	7	220001-11	\$56/84
JES Preschool & Parent	3-4	M,W,F, June 29 - Jul 15	9:30-10:05A	Rehm Park Pool	7	220001-12	\$56/84
JES Preschool & Parent	3-4	Tu,Th, Jul 9-30	8:45-9:20A	Rehm Park Pool	7	220001-13	\$56/84
JES Preschool & Parent	3-4	Tu,Th, Jul 9-30	10:15-10:50A	Rehm Park Pool	7	220001-14	\$56/84
JES Preschool & Parent	3-4	M,W, Jul 8-29	6:00-6:35P	RCRC Pool	7	220001-15	\$56/84
JES Preschool & Parent	3-4	Tu,Th, Jul 9-30	6:00-6:35P	RCRC Pool	7	220001-16	\$56/84
JES Preschool & Parent	3-4	M,W,F, Jul 20 - Aug 3	8:45-9:20A	Rehm Park Pool	7	220001-17	\$56/84
JES Preschool & Parent	3-4	M,W,F, Jul 20 - Aug 3	9:30-10:05A	Rehm Park Pool	7	220001-18	\$56/84

Preschool Disclaimer

Please note there is a difference between Parent Tot Aquatics, Preschool and Parent, and Preschool. Parent Tot Aquatics is designed as an introductory class that exposes young children to the water in a series of fun games and songs. Jeff Ellis Swim Program Preschool and Parent is designed as a more formal class setting where skills are developed WITH a parent in the water. JES Preschool follows the same class structure as JES Preschool and Parent WITHOUT a parent. One (1) parent is required to be in the water with their child for Parent Tot Aquatic AND JES Preschool and Parent classes.

JES Preschool - I'm a Big Kid Now!

Supervisor: Kyle Sandine

Prerequisite: Participants should have no fear/anxiety about water and be comfortable away from guardians. Intended for students 3-5 to help students feel comfortable without mom or dad at their side. Students will follow the same curriculum as Preschool and Parent class, but parents are NOT in the water (but should remain poolside). Sophie the Safety Seal's WaterSmart Rules are reinforced for increased aquatic safety.

Class Size: 6:1 student to instructor ratio

Min 4/Max 6

Class does not meet: 07/03, 07/04

AQUATICS

Swim Academy



Look for Oakie & Parker to visit the pools this summer!

PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
JES Preschool	3-5	Sa, June 6 - June 27	8:30-9:05A	Rehm Park Pool	4	220010-01	\$32/48
JES Preschool	3-5	Sa, June 6 - June 27	9:15-9:50A	Rehm Park Pool	4	220010-02	\$32/48
JES Preschool	3-5	M,W,F, June 8-22	9:30-10:05A	Rehm Park Pool	7	220010-03	\$56/84
JES Preschool	3-5	Tu,Th, June 9-30	9:30-10:05A	Rehm Park Pool	7	220010-04	\$56/84
JES Preschool	3-5	Tu,Th, June 9-30	10:15-10:50A	Rehm Park Pool	7	220010-05	\$56/84
JES Preschool	3-5	M,W, June 8-29	5:15-5:50P	RCRC Pool	7	220010-06	\$56/84
JES Preschool	3-5	M,W, June 8-29	6:00-6:35P	RCRC Pool	7	220010-07	\$56/84
JES Preschool	3-5	M,W, June 8-29	6:45-7:20P	RCRC Pool	7	220010-08	\$56/84
JES Preschool	3-5	Tu,Th, June 9-30	5:15-5:50P	RCRC Pool	7	220010-09	\$56/84
JES Preschool	3-5	Tu,Th, June 9-30	6:00-6:35P	RCRC Pool	7	220010-10	\$56/84
JES Preschool	3-5	Tu,Th, June 9-30	6:45-7:20P	RCRC Pool	7	220010-11	\$56/84
JES Preschool	3-5	Sa, Jul 11 - Aug 1	8:30-9:05A	Rehm Park Pool	4	220010-12	\$32/48
JES Preschool	3-5	Sa, Jul 11 - Aug 1	9:15-9:50A	Rehm Park Pool	4	220010-13	\$32/48
JES Preschool	3-5	M,W,F, June 29 - Jul 15	9:30-10:05A	Rehm Park Pool	7	220010-14	\$56/84
JES Preschool	3-5	Tu,Th, Jul 9-30	9:30-10:05A	Rehm Park Pool	7	220010-15	\$56/84
JES Preschool	3-5	Tu,Th, Jul 9-30	10:15-10:50A	Rehm Park Pool	7	220010-16	\$56/84
JES Preschool	3-5	M,W, Jul 8-29	5:15-5:50P	RCRC Pool	7	220010-17	\$56/84
JES Preschool	3-5	M,W, Jul 8-29	6:00-6:35P	RCRC Pool	7	220010-18	\$56/84
JES Preschool	3-5	M,W, Jul 8-29	6:45-7:20P	RCRC Pool	7	220010-19	\$56/84
JES Preschool	3-5	Tu,Th, Jul 9-30	5:15-5:50P	RCRC Pool	7	220010-20	\$56/84
JES Preschool	3-5	Tu,Th, Jul 9-30	6:00-6:35P	RCRC Pool	7	220010-21	\$56/84
JES Preschool	3-5	Tu,Th, Jul 9-30	6:45-7:20P	RCRC Pool	7	220010-22	\$56/84
JES Preschool	3-5	M,W,F, Jul 20 - Aug 3	9:30-10:05A	Rehm Park Pool	7	220010-23	\$56/84

JES Beginner - Stroke Readiness

Supervisor: Kyle Sandine

(Formerly Kids 1 & 2)

Intended for students comfortable in the water and begins to teach skills such as floating, glides, kicks, and full front crawl and backstroke. Class Size: 6:1 student to instructor ratio. Little or no swim experience required to register for this class.

Min 4/Max 6

Class does not meet: 07/03, 07/04

About Level Advancement:

It's not about Moving Up, it's about Swimming!

The Park District of Oak Park follows a set guideline of passing requirements by the Jeff Ellis Swim Program and encourages practice outside each lesson to become proficient and master the skills taught in each class. Each class builds upon the previous, so if the student cannot successfully complete **every** passing requirement, students will be asked to remain in the same level until each skill can be performed.

While your child may remain in a level longer than you expect, when they complete that level you WILL be impressed with their skills.

If you are unsure which level to sign up for, attend the Level Assessment Day or sign up for the introductory level or level in which you can perform each skill and allow PDOP staff to move participants to a higher level. At Home drills are available to help master skills quickly.

Level Assessment Day: Sunday, March 8 (see page 41)

PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
JES Beginner	6-13	Sa, June 6-27	8:30-9:10A	Rehm Park Pool	4	220040-01	\$34/49
JES Beginner	6-13	Sa, June 6-27	9:15-9:55A	Rehm Park Pool	4	220040-02	\$34/49
JES Beginner	6-13	M,W,F, June 8-22	8:45-9:25A	Rehm Park Pool	7	220040-03	\$60/85
JES Beginner	6-13	Tu,Th, June 9-30	8:45-9:25A	Rehm Park Pool	7	220040-04	\$60/85
JES Beginner	6-13	Tu,Th, June 9-30	9:30-10:10A	Rehm Park Pool	7	220040-05	\$60/85
JES Beginner	6-13	Tu,Th, June 9-30	10:15-10:55A	Rehm Park Pool	7	220040-06	\$60/85
JES Beginner	6-13	M,W, June 8-29	5:15-5:55P	RCRC Pool	7	220040-07	\$60/85
JES Beginner	6-13	M,W, June 8-29	6:00-6:40P	RCRC Pool	7	220040-08	\$60/85
JES Beginner	6-13	M,W, June 8-29	6:45-7:25P	RCRC Pool	7	220040-09	\$60/85
JES Beginner	6-13	Tu,Th, June 9-30	5:15-5:55P	RCRC Pool	7	220040-10	\$60/85
JES Beginner	6-13	Tu,Th, June 9-30	6:00-6:40P	RCRC Pool	7	220040-11	\$60/85
JES Beginner	6-13	Tu,Th, June 9-30	6:45-7:25P	RCRC Pool	7	220040-12	\$60/85
JES Beginner	6-13	Sa, Jul 11 - Aug 1	8:30-9:10A	Rehm Park Pool	4	220040-13	\$34/49
JES Beginner	6-13	Sa, Jul 11 - Aug 1	9:15-9:55A	Rehm Park Pool	4	220040-14	\$34/49
JES Beginner	6-13	M,W,F, June 29 - Jul 15	8:45-9:25A	Rehm Park Pool	7	220040-15	\$60/85
JES Beginner	6-13	Tu,Th, Jul 9-30	8:45-9:25A	Rehm Park Pool	7	220040-16	\$60/85
JES Beginner	6-13	Tu,Th, Jul 9-30	9:30-10:10A	Rehm Park Pool	7	220040-17	\$60/85
JES Beginner	6-13	Tu,Th, Jul 9-30	10:15-10:55A	Rehm Park Pool	7	220040-18	\$60/85
JES Beginner	6-13	M,W, Jul 8-29	5:15-5:55P	RCRC Pool	7	220040-19	\$60/85
JES Beginner	6-13	M,W, Jul 8-29	6:00-6:40P	RCRC Pool	7	220040-20	\$60/85
JES Beginner	6-13	M,W, Jul 8-29	6:45-7:25P	RCRC Pool	7	220040-21	\$60/85
JES Beginner	6-13	Tu,Th, Jul 9-30	5:15-5:55P	RCRC Pool	7	220040-22	\$60/85
JES Beginner	6-13	Tu,Th, Jul 9-30	6:00-6:40P	RCRC Pool	7	220040-23	\$60/85
JES Beginner	6-13	Tu,Th, Jul 9-30	6:45-7:25P	RCRC Pool	7	220040-24	\$60/85
JES Beginner	6-13	M,W,F, Jul 20 - Aug 3	8:45-9:25A	Rehm Park Pool	7	220040-25	\$60/85

About Level Advancement:

It's not about Moving Up, it's about Swimming!

The Park District of Oak Park follows a set guideline of passing requirements by the Jeff Ellis Swim Program and encourages practice outside each lesson to become proficient and master the skills taught in each class. Each class builds upon the previous, so if the student cannot successfully complete **every** passing requirement, students will be asked to remain in the same level until each skill can be performed.

While your child may remain in a level longer than you expect, when they complete that level you WILL be impressed with their skills.

If you are unsure which level to sign up for, attend the Level Assessment Day or sign up for the introductory level or level in which you can perform each skill and allow PDOP staff to move participants to a higher level. At Home drills are available to help master skills quickly.

Level Assessment Day: Sunday, March 8 (see page 41)

AQUATICS

Swim Academy

JES Advanced Beginner - Stroke Development

Supervisor: Kyle Sandine

(Formerly Kids Swim 3 and Super Swim)

Intended for students comfortable in the water and begins to teach skills such as floating, glides, kicks, and full front crawl and backstroke. Required Skills for Enrollment: Comfort floating on front/back, 25 yards Front Crawl, 25 yards Elem. Backstroke, 25 yards Backstroke. Class Size: 6:1 student to instructor ratio. Min 4/Max 6

Class does not meet: 07/03, 07/04

PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
JES Adv. Beginner	6-13	Sa, June 6-27	8:30-9:10A	Rehm Park Pool	4	220043-01	\$34/49
JES Adv. Beginner	6-13	Sa, June 6-27	9:15-9:55A	Rehm Park Pool	4	220043-02	\$34/49
JES Adv. Beginner	6-13	M,W,F, June 8-22	8:45-9:25A	Rehm Park Pool	7	220043-03	\$60/85
JES Adv. Beginner	6-13	Tu,Th, June 9-30	8:45-9:25A	Rehm Park Pool	7	220043-04	\$60/85
JES Adv. Beginner	6-13	Tu,Th, June 9-30	10:15-10:55A	Rehm Park Pool	7	220043-05	\$60/85
JES Adv. Beginner	6-13	M,W, June 8-29	5:15-5:55P	RCRC Pool	7	220043-06	\$60/85
JES Adv. Beginner	6-13	M,W, June 8-29	6:00-6:40P	RCRC Pool	7	220043-07	\$60/85
JES Adv. Beginner	6-13	M,W, June 8-29	6:45-7:25P	RCRC Pool	7	220043-08	\$60/85
JES Adv. Beginner	6-13	Tu,Th, June 9-30	5:15-5:55P	RCRC Pool	7	220043-09	\$60/85
JES Adv. Beginner	6-13	Tu,Th, June 9-30	6:00-6:40P	RCRC Pool	7	220043-10	\$60/85
JES Adv. Beginner	6-13	Tu,Th, June 9-30	6:45-7:25P	RCRC Pool	7	220043-11	\$60/85
JES Adv. Beginner	6-13	Sa, Jul 11 - Aug 1	8:30-9:10A	Rehm Park Pool	4	220043-12	\$34/49
JES Adv. Beginner	6-13	Sa, Jul 11 - Aug 1	9:15-9:55A	Rehm Park Pool	4	220043-13	\$34/49
JES Adv. Beginner	6-13	M,W,F, June 29 - Jul 15	8:45-9:25A	Rehm Park Pool	7	220043-14	\$60/85
JES Adv. Beginner	6-13	Tu,Th, Jul 9-30	8:45-9:25A	Rehm Park Pool	7	220043-15	\$60/85
JES Adv. Beginner	6-13	Tu,Th, Jul 9-30	10:15-10:55A	Rehm Park Pool	7	220043-16	\$60/85
JES Adv. Beginner	6-13	M,W, Jul 8-29	5:15-5:55P	RCRC Pool	7	220043-17	\$60/85
JES Adv. Beginner	6-13	M,W, Jul 8-29	6:00-6:40P	RCRC Pool	7	220043-18	\$60/85
JES Adv. Beginner	6-13	M,W, Jul 8-29	6:45-7:25P	RCRC Pool	7	220043-19	\$60/85
JES Adv. Beginner	6-13	Tu,Th, Jul 9-30	5:15-5:55P	RCRC Pool	7	220043-20	\$60/85
JES Adv. Beginner	6-13	Tu,Th, Jul 9-30	6:00-6:40P	RCRC Pool	7	220043-21	\$60/85
JES Adv. Beginner	6-13	Tu,Th, Jul 9-30	6:45-7:25P	RCRC Pool	7	220043-22	\$60/85
JES Adv. Beginner	6-13	M,W,F, Jul 20 - Aug 3	8:45-9:25A	Rehm Park Pool	7	220043-23	\$60/85

QUESTIONS? We're here to help!

(708) 725-2000, open M-F 8:30am-7pm, Sa & Su 8:30am-5pm

www.pdop.org

AQUATICS

Swim Academy

JES Intermediate - Stroke Refinement

Supervisor: Kyle Sandine

(Formerly Kids Swim 4)

Focus changes from water skills to entirely stroke development. Intended to strengthen coordination of key strokes such as Front Crawl, Backstroke, Breaststroke, Sidestroke, Elementary Backstroke, Butterfly, and introduce treading water. Required Skills for Enrollment: 25 yards Front Crawl with rhythmic breathing, 25 yards breaststroke, 50 yards Elem. Backstroke, 50 yards Backstroke

Class Size: 6:1 student to instructor ratio.

Min 4/Max 6

Class does not meet: 07/03, 07/04

About Level Advancement:

It's not about Moving Up, it's about Swimming!

The Park District of Oak Park follows a set guideline of passing requirements by the Jeff Ellis Swim Program and encourages practice outside each lesson to become proficient and master the skills taught in each class. Each class builds upon the previous, so if the student cannot successfully complete **every** passing requirement, students will be asked to remain in the same level until each skill can be performed.

While your child may remain in a level longer than you expect, when they complete that level you WILL be impressed with their skills.

If you are unsure which level to sign up for, attend the Level Assessment Day or sign up for the introductory level or level in which you can perform each skill and allow PDOP staff to move participants to a higher level. At Home drills are available to help master skills quickly.

Level Assessment Day: Sunday, March 8 (see page 41)

PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
JES Intermediate	6-12	Sa, June 6-27	9:15-9:55A	Rehm Park Pool	4	220044-01	\$34/49
JES Intermediate	6-12	M,W,F, June 8-22	8:45-9:25A	Rehm Park Pool	7	220044-02	\$60/85
JES Intermediate	6-12	Tu,Th, June 9-30	8:45-9:25A	Rehm Park Pool	7	220044-03	\$60/85
JES Intermediate	6-12	Tu,Th, June 9-30	9:30-10:10A	Rehm Park Pool	7	220044-04	\$60/85
JES Intermediate	6-12	Tu,Th, June 9-30	10:15-10:55A	Rehm Park Pool	7	220044-05	\$60/85
JES Intermediate	6-12	M,W, June 8-29	5:15-5:55P	RCRC Pool	7	220044-06	\$60/85
JES Intermediate	6-12	M,W, June 8-29	6:45-7:25P	RCRC Pool	7	220044-07	\$60/85
JES Intermediate	6-12	Tu,Th, June 9-30	5:15-5:55P	RCRC Pool	7	220044-08	\$60/85
JES Intermediate	6-12	Tu,Th, June 9-30	6:45-7:25P	RCRC Pool	7	220044-09	\$60/85
JES Intermediate	6-12	Sa, Jul 11 - Aug 1	9:15-9:55A	Rehm Park Pool	4	220044-10	\$34/49
JES Intermediate	6-12	M,W,F, June 29 - Jul 15	8:45-9:25A	Rehm Park Pool	7	220044-11	\$60/85
JES Intermediate	6-12	Tu,Th, Jul 9-30	8:45-9:25A	Rehm Park Pool	7	220044-12	\$60/85
JES Intermediate	6-12	Tu,Th, Jul 9-30	9:30-10:10A	Rehm Park Pool	7	220044-13	\$60/85
JES Intermediate	6-12	Tu,Th, Jul 9-30	10:15-10:55A	Rehm Park Pool	7	220044-14	\$60/85
JES Intermediate	6-12	M,W, Jul 8-29	5:15-5:55P	RCRC Pool	7	220044-15	\$60/85
JES Intermediate	6-12	M,W, Jul 8-29	6:45-7:25P	RCRC Pool	7	220044-16	\$60/85
JES Intermediate	6-12	Tu,Th, Jul 9-30	5:15-5:55P	RCRC Pool	7	220044-17	\$60/85
JES Intermediate	6-12	Tu,Th, Jul 9-30	6:45-7:25P	RCRC Pool	7	220044-18	\$60/85
JES Intermediate	6-12	M,W,F, Jul 20 - Aug 3	8:45-9:25A	Rehm Park Pool	7	220044-19	\$60/85

JES Advanced - Skill Proficiency

Supervisor: Kyle Sandine

Advanced (Formally Pre-Swim Team)

Swimmers must be able to complete: 25 yards Butterfly; 50 yards Front Crawl with rhythmic breathing; 50 yards breaststroke; 50 yards sidestroke; 75 yards Elem. Backstroke; 75 yards Backstroke; Treading Water. Intended to polish strokes to increase ease, power and smoothness in the water over greater distances. Focus is on developing endurance to complete six (6) different strokes and treading water.

Class Size: 6:1 student to instructor ratio

Min 4/Max 6

Class does not meet: 07/03, 07/04

JES Semi-Private Beginner

Supervisor: Kyle Sandine

Semi-Private Beginner (Formerly Semi-Private Kids 1 & 2)

Semi-Private lessons provide a smaller instructor to student ratio to offer more individual attention to each swimmer. Intended for students comfortable in the water, this program begins to teach skills such as floating, glides, kicks, and full front crawl and backstroke. Class Size: 3:1 student to instructor ratio. Little or no swim experience required to register for this class.

Min 2/Max 3

Class does not meet: 07/03, 07/04

PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
JES Advanced	6-12	M,W, June 8-29	6:00-6:40P	RCRC Pool	7	220100-01	\$60/\$85
JES Advanced	6-12	Tu,Th, June 9-30	6:00-6:40P	RCRC Pool	7	220100-02	\$60/\$85
JES Advanced	6-12	M,W, Jul 8-29	6:00-6:40P	RCRC Pool	7	220100-03	\$60/\$85
JES Advanced	6-12	Tu,Th, Jul 9-30	6:00-6:40P	RCRC Pool	7	220100-04	\$60/\$85
JES Semi-Private Beg	6-13	Sa, June 6-27	8:30-9:10A	Rehm Park Pool	4	220061-01	\$67/\$95
JES Semi-Private Beg	6-13	M,W,F, June 8-22	8:45-9:25A	Rehm Park Pool	7	220061-02	\$118/\$167
JES Semi-Private Beg	6-13	Tu,Th, June 9-30	9:30-10:10A	Rehm Park Pool	7	220061-03	\$118/\$167
JES Semi-Private Beg	6-13	M,W, June 8-29	5:15-5:55P	RCRC Pool	7	220061-04	\$118/\$167
JES Semi-Private Beg	6-13	M,W, June 8-29	6:00-6:40P	RCRC Pool	7	220061-05	\$118/\$167
JES Semi-Private Beg	6-13	M,W, June 8-29	6:45-7:25P	RCRC Pool	7	220061-06	\$118/\$167
JES Semi-Private Beg	6-13	Tu,Th, June 9-30	5:15-5:55P	RCRC Pool	7	220061-07	\$118/\$167
JES Semi-Private Beg	6-13	Tu,Th, June 9-30	6:00-6:40P	RCRC Pool	7	220061-08	\$118/\$167
JES Semi-Private Beg	6-13	Tu,Th, June 9-30	6:45-7:25P	RCRC Pool	7	220061-09	\$118/\$167
JES Semi-Private Beg	6-13	Sa, Jul 11 - Aug 1	8:30-9:10A	Rehm Park Pool	4	220061-10	\$67/\$95
JES Semi-Private Beg	6-13	M,W,F, June 29 - Jul 15	8:45-9:25A	Rehm Park Pool	7	220061-11	\$118/\$167
JES Semi-Private Beg	6-13	Tu,Th, Jul 9-30	9:30-10:10A	Rehm Park Pool	7	220061-12	\$118/\$167
JES Semi-Private Beg	6-13	M,W, Jul 8-29	5:15-5:55P	RCRC Pool	7	220061-13	\$118/\$167
JES Semi-Private Beg	6-13	M,W, Jul 8-29	6:00-6:40P	RCRC Pool	7	220061-14	\$118/\$167
JES Semi-Private Beg	6-13	M,W, Jul 8-29	6:45-7:25P	RCRC Pool	7	220061-15	\$118/\$167
JES Semi-Private Beg	6-13	Tu,Th, Jul 9-30	5:15-5:55P	RCRC Pool	7	220061-16	\$118/\$167
JES Semi-Private Beg	6-13	Tu,Th, Jul 9-30	6:00-6:40P	RCRC Pool	7	220061-17	\$118/\$167
JES Semi-Private Beg	6-13	Tu,Th, Jul 9-30	6:45-7:25P	RCRC Pool	7	220061-18	\$118/\$167
JES Semi-Private Beg	6-13	M,W,F, Jul 20 - Aug 3	8:45-9:25A	Rehm Park Pool	7	220061-19	\$118/\$167

QUESTIONS? We're here to help!

(708) 725-2000, open M-F 8:30am-7pm, Sa & Su 8:30am-5pm

www.pdop.org

AQUATICS

Swim Academy

Adult Swim

Supervisor: Kyle Sandine

This adults-only class is for those with a wide variety of swim abilities looking to learn how to swim or become more proficient. Participants will be split based on ability and goals, instruction will range from fundamental skills to stroke development.

Min 4/Max 6

Class does not meet: 07/03, 07/04

Junior Lifeguards - Silver

Supervisor: Kyle Sandine

Students will receive instruction in water safety and lifeguarding skills, as well as First Aid and CPR. Junior Lifeguards must be able to swim 50 yards using the crawl or breaststroke, surface dive and retrieve a 10 LB brick from a depth of 4 feet., and swim underwater for 10 feet.

Min 4/Max 6

Class does not meet: 07/03, 07/04

Junior Lifeguards - Gold

Supervisor: Kyle Sandine

Students will receive instruction in water safety, public relations, facility operations, teamwork, leadership skills, basic work skills, lifeguarding skills, First Aid and CPR/AED use. With successful completion of the course, students will receive certification as International Pool and Waterpark Junior Lifeguards. Course fee includes books, certification, and supplies. Class size is limited so register early.

Disclaimer: Attendance is imperative for successful course completion and will take the same approach as employed lifeguards. This class is directed toward those applicants wishing to work as a lifeguard in the future.

Min 4/Max 6

Class does not meet: 07/03, 07/04

**Resident
Lottery**

**Noon on Thursday
March 12 (p. 98)**

PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
Adult Swim	14 +	Tu,Th, June 9-30	7:30-8:10P	RCRC Pool	7	220070-01	\$60/85
Adult Swim	14 +	Tu,Th, Jul 9-30	7:30-8:10P	RCRC Pool	7	220070-02	\$60/85
Jr. Lifeguard Silver	11-15	Tu,Th, June 9-30	8:45-9:25A	Rehm Park Pool	7	220120-01	\$65/89
Jr. Lifeguard Silver	11-15	Tu,Th, Jul 9-30	8:45-9:25A	Rehm Park Pool	7	220120-02	\$65/89
Jr. Lifeguard Gold	14-15	Tu,Th, June 9-30	6:45-7:45P	RCRC Pool	16	220121-01	\$80/107



**Remember to Buy Your
Pool Pass during Polar
Bear Season to Save \$\$\$!**

**Now good for all pool
sessions, plus new
Passholder Only benefits
added - all at the same
prices as 2014!**

On sale thru May 9.

*See page 9
for details.*

Twinkle Toes

Supervisor: Amanda Heiman

An introduction to dance that uses creative movement in class to help children learn how to control and use their bodies, relate to other children, and express themselves. This program is an inexpensive investment to stepping stones of formal dance.

Children will be introduced to technique which will help them as they advance into higher levels of dance.

Min 6/Max 12

Beginning Ballet & Tap

Supervisor: Amanda Heiman

This class will expose your beginner to, two different types of dance styles. Ballet techniques and terminology will be taught which will provide a solid foundation for dancers to apply to both their tap skills and future dance education

Min 6/Max 12

Beginning Ballet

Supervisor: Amanda Heiman

Develop both friendships and the love of dance in this inexpensive beginning ballet class. Lessons will focus on basic ballet positions, proper ballet movements, and terminology as well as coordination and rhythm. Min

6/Max 12

Ballet & Jazz

Supervisor: Amanda Heiman

Young dancers will continue to blossom into formal ballerinas while focusing more on solid techniques, how to advance with the influence of more jazz moves, turns, and terminology. Weekly lessons also concentrate on solid choreography and independence. This is a great inexpensive way to continue in the dance world and will teach young dancers poise, confidence, and character.

Min 6/Max 12



YOUTH DANCE

Hip Hop Co Ed

Supervisor: Jamie Lapke

This class will fuse elements from hip-hop and jazz dance, focusing on learning and practicing technical jazz skills as well as the style and musical clarity found in hip-hop. To enroll in this class your child must be 9 years old by January 12.

Min 4/Max 20

Class does not meet: 5/25

Advanced Ballet & Jazz

Supervisor: Amanda Heiman

Young dancers will continue to blossom into formal ballerinas while focusing more on solid techniques, how to advance with the influence of more jazz moves, turns, and terminology. Weekly lessons also concentrate on solid choreography and independence. This is a great inexpensive way to continue in the dance world and will teach young dancers poise, confidence, and character.

Min 6/Max 12

Last Dance Showcase

Parents/Guardians are invited to watch how their little dancer has grown over the duration of the program at the end of session showcase (last day of your child's class). Dates are as follows, ask your instructor for more details! Showcase will take place the last few minutes of class.

Dates: 6/30, 7/3



PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
Twinkle Toes	3-4	Tu, May 12- Jun 30	4:00-4:50P	RCRC	8	262200-01	\$104/\$156
Twinkle Toes	3-4	Tu, May 12 - Jun 30	4:50-5:40P	RCRC	8	262200-03	\$104/\$156
Twinkle Toes	3-4	Th, May 14 - Jul 2	4:00-4:50P	RCRC	8	262200-02	\$104/\$156
Beginning Ballet	4-6	Tu, May 12- Jun 30	5:40-6:30P	RCRC	8	262211-01	\$104/\$156
Beg Ballet & Tap	4-6	Th, May 14 - Jul 2	4:50-5:40P	RCRC	8	262212-01	\$104/\$156
Ballet & Jazz	6-12	Th, May 14- Jul 2	5:40-6:30P	RCRC	8	262213-01	\$104/\$156
Adv. Ballet & Jazz	8-12	Th, May 14 - Jul 3	6:30-7:20P	RCRC	8	262215-01	\$104/\$156
Hip Hop Co-Ed	9+	M, Apr 6 - Jun 1	4:00-5:00P	GRC	8	262230-01	\$98/\$122

YOUTH ACTIVITIES



KIDS NIGHT OUT

GET IN THE K.N.O:

Kids Night Out (Ages 4-9)

Supervisor: Mike Loszach

Enjoy a Friday evening to yourself and let US entertain your children. Each themed evening includes a pizza dinner, snacks, games, crafts, and a G or PG rated movie. Don't miss out on the fun!!

Min 12/Max 18

Passport to Adventure: School's Out Edition (Ages 5-11)

Supervisor: Mike Loszach

Join the Park District of Oak Park on your day off from school! On select days when District 97 students are off, we've got some fun activities planned that you can sign up for! Spend your day off with us: laughing, exploring, and trying something new! On May 25th we will be taking a trip to the Museum of Science and Industry! On our June dates will have in-house entertainment to keep the children laughing and having a great time! Please send your child with a sack lunch, snack, and reusable water bottle. This program is from 8:00am-3:00pm. If care is needed after 3:00pm, please sign up for the extended version, which runs from 8:00am-6:00pm.

Min 16/Max 36

Resident Lottery

Noon on Thursday
March 12 (p. 98)

FITNESS CLASSES FOR KIDS!

New! Kids Boot Camp

Supervisor: Liz Vistein

This class introduces fundamental movement skills using fun rather than formal exercise routines. Focus on fun games and activities.

Min 6/Max 16

Yoga for Kids

Supervisor: Liz Vistein

Children can benefit from practicing yoga! We'll concentrate on stretching, strengthening, and relaxation, while coordinating breathing with movement. We will also explore more advanced and exciting poses.

Min 6/Max 20

PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
School's Out Museum of Science and Industry Trip	5-11	M, May 25	8:00A-3:00P	Longfellow Park	1	261049-01	\$45/\$68
School's Out Museum of Science and Industry Trip Extended	5-11	M, May 25	8:00A-6:00P	Longfellow Park	1	261049-02	\$60/\$90
Kids Night Out - March	4-9	F, Mar 13	6:00-9:00P	Longfellow Park	1	161200-03	\$20/\$30
Kids' Night Out - April	4-9	F, Apr 10	6:00-9:00P	Longfellow Park	1	261201-01	\$20/\$30
Kids' Night Out - May	4-9	F, May 8	6:00-9:00P	Longfellow Park	1	261201-02	\$20/\$30
Kids Boot Camp	6-7	M, Apr 13 - May 18	5:00-5:45P	Stevenson Park	6	225294-01	\$42/\$63
Yoga for Kids	8-12	W, Apr 15 - May 20	5:00-5:45P	Dole Center	6	225311-01	\$50/\$75

QUESTIONS? We're here to help!

(708) 725-2000, open M-F 8:30am-7pm, Sa & Su 8:30am-5pm

www.pdop.org

YOUTH SPORTS

Parent Tot Sports

Supervisor: Chad Drufke

This program gives you and your child an opportunity to bond and have fun together while learning a variety of sports. This class is great for simple motor skills such as catching, throwing, batting, shooting, passing, and anything that involves hand-eye coordination. Parents participate with the child as we play soccer, basketball, hockey, t-ball, and many other sports.

Min 6/Max 21

Super Sports

Supervisor: Chad Drufke

This fun-filled class teaches little superstars the importance of teamwork and sportsmanship, while attempting to spark an interest in playing a variety of sports. Sports covered will be favorites like basketball, hockey, soccer, baseball, football, and more. Instructor: Park District Staff

Min 6/Max 21

Introduction to Archery

Supervisor: Amanda Heiman

Aspire to shoot a bow and arrow like Katniss Everdeen, Merida or your favorite medieval legend? Our USA Archery instructors coach all skill levels and ages. Learn the basics stances, build your hand/eye coordination, and gain strength and accuracy! This sport is great for low-impact exercise, concentration and even relaxation.

Min 6/Max 12

Basketball

Supervisor: Chad Drufke

This program will introduce your child to the game of basketball whether they are beginners or need to know how to get to the next level. Basic skills of dribbling, passing, shooting, and defense will be taught. Games will also be played to show the importance of teamwork in game situations.

Min 6/Max 21



PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
Parent Tot Sports	2-3	Sa, Apr 4 - May 2	9:00-9:45A	Andersen Park	5	226240-01	\$55/\$83
Parent Tot Sports	2-3	Th, Apr 9 - May 7	4:30-5:30P	Fox Park	5	226240-02	\$55/\$83
Parent Tot Sports	2-3	Sa, May 16 - June 13	9:00-9:45A	Maple Park	5	226240-03	\$55/\$83
Super Sports	3-5	Tu, Apr 7 - May 5	5:30-6:30P	Field Park	5	226241-01	\$55/\$83
Super Sports	3-5	Tu, May 19 - June 16	5:30-6:30P	Field Park	5	226241-02	\$55/\$83
Super Sports	3-5	Sa, May 16 - June 13	10:00-11:00A	Maple Park	5	226241-03	\$55/\$83
Introduction to Archery	5-11	W, Apr 8 - May 13	4:15-5:15P	Fox Park	6	226290-01	\$160/\$220
Basketball	3-4	F, Apr 10 - May 8	3:45-4:30P	Longfellow Park	5	226201-01	\$55/\$83
Basketball	4-6	F, Apr 10 - May 8	4:30-5:30P	Longfellow Park	5	226201-02	\$55/\$83
Basketball	7-9	F, Apr 10 - May 8	5:45-6:45P	Longfellow Park	5	226201-03	\$55/\$83
Basketball	3-4	F, May 22 - June 19	3:45-4:30P	Longfellow Park	5	226201-04	\$55/\$83
Basketball	4-6	F, May 22 - June 19	4:30-5:30P	Longfellow Park	5	226201-05	\$55/\$83
Basketball	7-9	F, May 22 - June 19	5:45-6:45P	Longfellow Park	5	226201-06	\$55/\$833

QUESTIONS? We're here to help!

(708) 725-2000, open M-F 8:30am-7pm, Sa & Su 8:30am-5pm

www.pdop.org

Fencing (Beginner through Advanced)

Supervisor: Chad Drufke

En garde! Diana Unger, a certified coach with the United States Fencing Association with more than 25 years of fencing experience, will teach you the basics of fencing. Fencing requires patience, concentration, discipline, and self-awareness. Self-confidence, self-control, and emotional strength gained from this sport will lead to a healthier lifestyle. Weapons, jackets, and masks will be provided and shared among classmates. Participants must obtain a \$5 US Fencing Membership prior to the first day of class. Min 4/Max 10

Flag Football

Supervisor: Chad Drufke

Are you ready for some football? This class is designed to teach and enhance the skills of our future stars. Proper techniques on passing, receiving, blocking, and kicking will be covered. Breakdown of offensive and defensive strategies will also be covered. Teamwork and positive play are highly stressed, but our main objective is to have fun. Instructor: Park District Staff Min 6/Max 21

Girls' Field Hockey

Supervisor: Chad Drufke

Looking to join one of the fastest growing girls' sports? This class focuses on building individual and team field hockey skills. Instruction and practice drills emphasize stick handling, ball control, positioning, offensive and defensive tactics, rules, and conditioning. The clinics are run by extremely qualified field hockey coaches with college field hockey experience. Equipment will be provided by the Park District.

YOUTH SPORTS

Golf Lessons

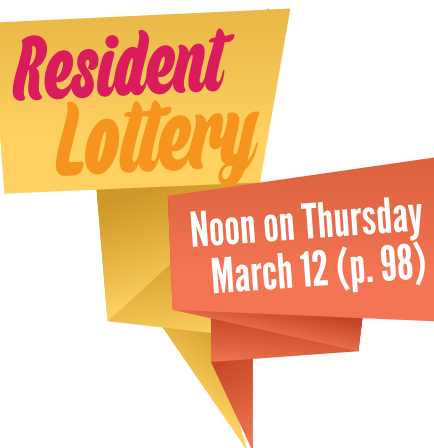
Supervisor: Chad Drufke

In addition to the golf course Fresh Meadow has a world class Learning Center which provides golf lessons for all skill levels. Group instruction is an excellent way to receive the essential information on not only how to swing but how to putt, chip, and play the game better! (6 to 1 ratio student to teacher.) The Learning Center at Fresh Meadow Golf Club is located at 11302 Cermak Road in Hillside, IL. Min 6/Max 20

Youth Golf League

Supervisor: Chad Drufke

Participate in this new youth golf league that takes place at Fresh Meadow Golf Club located at 2144 South Wolf Road in Hillside. Each participant will play 9 holes every Thursday with the 1st tee time starting as early as 1:30 p.m. Participants will sign up for their tee time each week for the following week. The \$69 fee goes towards prizes during the club championship which takes place on the final Thursday (8/13). **Each week the participant is responsible for a \$13 green fee for the 9 holes.** Different games will be utilized to make it an enjoyable experience for all! Parents are required to attend a mandatory parents meeting either 5/28 or 6/4 6 pm at Fresh Meadow Learning Center which is located at 11302 Cermak Road in Hillside. Min 6/Max 40



PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
Beginning Fencing	10-11	Th, Apr 9 - May 28	4:30-5:25P	Fox Park	8	226280-01	\$117/176
Beg./Cont. Fencing	11-18	Th, Apr 9 - May 28	5:30-6:25P	Fox Park	8	226280-02	\$117/176
Advanced Fencing	11-18	Th, Apr 9 - May 28	6:30-7:25P	Fox Park	8	226282-01	\$117/176
Flag Football	5-7	Th, Apr 9 - May 7	5:30-6:30P	Fox Park	5	226203-01	\$55/83
Flag Football	6-8	Th, May 21 - June 18	5:30-6:30P	Fox Park	5	226203-02	\$55/83
Flag Football	6-8	Sa, Apr 4 - May 2	12:00-1:00P	Andersen Park	5	226203-03	\$55/83
Flag Football	6-8	Sa, Apr 4 - May 2	1:00-2:00P	Andersen Park	5	226203-04	\$55/83
Field Hockey	Grades 3-4	M, Apr 6 - May 18	4:00-5:00P	RCRC	7	226265-01	\$75/113
Field Hockey	Grades 5-6	M, Apr 6 - May 18	5:00-6:00P	RCRC	7	226265-02	\$75/113
Field Hockey	Grades 7-8	M, Apr 6 - May 18	5:00-6:00P	RCRC	7	226265-03	\$75/113
Youth Golf Lessons	5-14	Sa, Apr 4-25	11:00A-12:00P	Offsite Facility	4	226320-01	\$129/194
Youth Golf Lessons	5-14	Sa, May 2-23	11:00A-12:00P	Offsite Facility	4	226320-02	\$129/194
Youth Golf Lessons	5-14	Su, Apr 5-26	11:00A-12:00P	Offsite Facility	4	226320-03	\$129/194
Youth Golf Lessons	5-14	Su, May 3-24	11:00A-12:00P	Offsite Facility	4	226320-04	\$129/194
Youth Golf League	7-17	Th, June 11 - Aug 13	1:30-4:00P	Offsite Facility	10	226321-01	\$69/104

YOUTH SPORTS

Girls Lacrosse

Supervisor: Chad Drufke

Be part of a youth lacrosse league exclusively for girls from Chicago, the west, north, northwest and south suburbs. The goals of the program are to understand the rules of lacrosse, active teamwork, sportsmanship, and fostering personal development in a respectful environment led by positive coaching. All players will receive equal playing time. Practices will take place at TBD location in Oak Park or River Forest for one day per week for 1.5 hours and games will be played on Sunday afternoons.

Min 10/Max 21

Boys Lacrosse

Supervisor: Chad Drufke

Ante Up's mission is to introduce and prepare young lacrosse players for their future high school career, teaching sound fundamentals through competitive, team-based lacrosse. This model ties in leadership, sportsmanship and helps build a players character as well as improving his skills. The program is run by Fenwick's Varsity Lacrosse Coach, Tim Duffy and will compete in the Illinois United Lacrosse Association. There will be approximately 10 weekend games (5 home, 5 away).

Min 5/Max 80

New! Quidditch

Supervisor: Chad Drufke

Bring your broom and learn how to play this popular game just like Harry Potter! This class will teach participants the basic rules of the game while emphasizing fun. Drills and scrimmages will take place in this hour-long class.

Min 10/Max 20

Soccer

Supervisor: Chad Drufke

This program is designed to teach children the basics of soccer in a fun and exciting way. Dribbling, passing, and shooting will be covered through fun games that keep everyone moving. This class is great for coordination and self-esteem, but the main objective is to have fun!

Min 6/Max 21



Advanced Soccer

Supervisor: Chad Drufke

This fun and exciting step up from the intro class covers all of the same basics and so much more. We will learn more about game situations and learn how to spread out and call for the ball. Positioning and teamwork is our main focus in this class. Fun games are played to keep everyone learning and moving. Equipment: shin guards and soccer ball.

Instructor: All Star Sports

Min 6/Max 21

Spring Soccer Leagues

Supervisor: Chad Drufke

n Saturdays. There are no player requests in this league. Participants will also receive a unique T-Shirt for their particular team!

Ages 3-4 : The first 3 weeks will be practice only and the remaining weeks will consist of practice/games. This is an introduction to the game of soccer so no experience is necessary! Min 20/Max 80

Ages 5-6 : For participants who are still learning the basic skills of soccer. The first 2 weeks of the season will consist of practice only. The remaining weeks will consist of practices and games.

Min 20/Max 120

PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
Soccer League	3-4	Sa, Apr 11 - May 16	9:00A-6:00P	Fox Park	6	226610-01	\$77/116
Soccer League	5-6	Sa, Apr 11 - May 16	9:00A-6:00P	Fox Park	6	226611-01	\$77/116
AnteUp League Grades 3-4	8-10	M,W, Sa,Su, Apr 1 - June 6	6:00-7:30P	Offsite	38	226650-01	\$298/447
AnteUp League Grades 5-6	10-12	M,W, Sa,Su, Apr 1 - June 6	6:00-7:30P	Offsite	38	226650-02	\$298/447
AnteUpLeague Grades 7-8	12-14	M,W, Sa,Su, Apr 1 - June 6	6:00-7:30P	Offsite	38	226650-03	\$298/447
Girls Lacrosse Lvl 1	8-10	Th,Su, Apr 12 - June 7	6:00-7:30P	Offsite	17	226651-01	\$183/275
Girls Lacrosse Lvl 2	10-12	Th,Su, Apr 12 - June 7	6:00-7:30P	Offsite	17	226651-02	\$183/275
Girls Lacrosse Lvl 3	12-14	Th,Su, Apr 12 - June 7	6:00-7:30P	Offsite	17	226651-03	\$183/275
Quidditch	9-12	W, May 6 - June 3	5:00-6:00P	Longfellow Park	5	226295-01	\$60/\$90
Soccer	3-4	W, Apr 8 - May 6	3:45-4:30P	Fox Park	5	226202-01	\$55/83
Soccer	4-6	W, Apr 8 - May 6	4:30-5:30P	Fox Park	5	226202-02	\$55/83
Soccer	3-4	W, May 20 - June 17	3:45-4:30P	Fox Park	5	226202-03	\$55/83
Soccer	4-6	W, May 20 - June 17	4:30-5:30P	Fox Park	5	226202-04	\$55/83
Soccer	4-6	Th, Apr 9 - May 7	3:45-4:30P	Fox Park	5	226202-05	\$55/83
Soccer	4-6	Th, May 21 - June 18	3:45-4:30P	Fox Park	5	226202-06	\$55/83
Advanced Soccer	6-8	W, Apr 8 - May 6	5:30-6:30P	Fox Park	5	226222-01	\$55/83
Advanced Soccer	6-8	W, May 20 - June 17	5:30-6:30P	Fox Park	5	226222-02	\$55/83
Soccer League	3-4	Sa, Apr 11 - May 16	9:00A-6:00P	Fox Park	6	226610-01	\$77/116
Soccer League	5-6	Sa, Apr 11 - May 16	9:00A-6:00P	Fox Park	6	226611-01	\$77/116

Indoor Tennis Instruction @ the Tennis & Fitness Centre.

The Park District is pleased to partner with the Tennis and Fitness Centre for Indoor Kids Tennis Classes in the Fall, Winter, and Spring. Beginning & Adv. Beg. players are introduced to New Techniques, Fun Challenges, and Game Situations in a friendly & supportive structure. Quick Start Classes use restricted flight balls. Skill Development, Game Fundamentals, and Fitness are the focus. This is NOT a PDOP program. For Info. & Registration please call the Tennis and Fitness Centre, 708-386-2175. Classes Begin Weeks of: Sept.14, Nov.2, Jan.4, Mar.1. (Proration may be possible if starting late).

Kids Non-Member Tennis Programs (Est. Ages)	
Quick Start Beg. I (5-6)	Sun, 12:30-1:15 pm
Quick Start Beg. I (5-6)	Sun, 1:15-2 pm
Quick Start Beg. I (5-6)	Tue, 4:15-5 pm
Quick Start Beg. I (5-6)	Wed, 1:45-2:30 pm
Quick Start Beg. I (7-8)	Sun, 2 - 3 pm
Quick Start Beg. I (7-8)	Tue, 5 - 6 pm
Quick Start Beg. II (9-12)	Sun, 3 - 4 pm
Quick Start Beg. II (9-12)	Wed, 2:30-3:30 pm
Quick Start Beg. II (9-12)	Wed, 5:30-6:30 pm
Beginner III (13 - 16)	Sun, 4 - 5 pm

T-Ball

Supervisor: Chad Drufke

This class covers the basics of baseball in a fun and safe environment where no one stands around. Throwing, catching, hitting, and fielding will be taught as well as running the bases and how to play the game. Games will be played every week. Participants must bring their own glove.

Min 6/Max 21

Class does not meet: 5/27

Youth Tennis Program

Supervisor: Chad Drufke

Our youth tennis program consists of 3 age groups of players including Pee Wee (Ages 4-5), Jr. Youth (Ages 6-9) and Youth (Ages 10-13). You'll learn the fundamentals of tennis in these programs. See below for specific descriptions of skills taught for each age level. All participants should bring their own racket.

Pee Wee (Ages 4-5)

Includes instruction on gripping the racket, proper tennis swing, ball control and movement on the tennis court.

Jr. Youth (Ages 6-9)

Includes instruction on basic skills and also focuses on forehand, backhand and the volley.

Youth (Ages 10-13)

Designed to provide further instruction on forehand and backhand swings, volley tennis drills and positioning on the court.

YOUTH SPORTS

Volleykidz

Supervisor: Liz Visteon

Volleykidz is an introductory class which includes passing, setting and spiking using a very light volleyball. Volleykidz will improve each child's hand/eye coordination and left/right coordination through the use of fun drills and games.

Min 8/Max 20

Volleyball Skills and Drills

Supervisor: Liz Visteon

Improve your volleyball skills with 60 minutes of drills in setting, passing, overhand serving and spiking. The lesson plan directs the use of self-mastery training and groups that help each student reach a new level. Instructors organize games at the end of each class.

Min 8/Max 20

Volley Club

Supervisor: Liz Visteon

This volleyball program is a great opportunity for players to use their volleyball skills in a team situation. Teams are set to be organized in these age divisions: 12U & 14U. A coach will guide each team in a weekly practice. In addition, we will schedule volleyball matches played against other teams in surrounding suburbs. Match play events will take place on Sundays with the times TBA. All participants will receive a shirt

Min 8/Max 20

PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
T-Ball	3-4	Tu, Apr 7 - May 5	3:45-4:30P	Field Park	5	226200-01	\$55/83
T-Ball	4-6	Tu, Apr 7 - May 5	4:30-5:30P	Field Park	5	226200-02	\$55/83
T-Ball	3-4	Tu, May 19 - June 16	3:45-4:30P	Field Park	5	226200-03	\$55/83
T-Ball	4-6	Tu, May 19 - June 16	4:30-5:30P	Field Park	5	226200-04	\$55/83
T-Ball	3-4	Sa, Apr 4 - May 2	10:00-11:00A	Andersen Park	5	226200-05	\$55/83
T-Ball	4-6	Sa, Apr 4 - May 2	11:00A-12:00P	Andersen Park	5	226200-06	\$55/83
T-Ball	3-4	Sa, May 16 - June 13	11:00A-12:00P	Maple Park	5	226200-07	\$55/83
T-Ball	4-6	Sa, May 16 - June 13	12:00-1:00P	Maple Park	5	226200-08	\$55/83
Pee Wee Tennis	4-5	Sa, Apr 18 - May 9	9:00-9:45A	Rehm Park	4	226300-01	\$64/
Jr Youth Tennis	6-9	Sa, Apr 18 - May 9	9:50-10:50A	Rehm Park	4	226301-01	\$64/
Youth Tennis Lessons	10-13	Sa, Apr 18 - May 9	11:00A-12:00P	Rehm Park	4	226302-01	\$64/
VolleyKidz	5-7	F, Apr 10 - May 15	4:15-5:00P	Holmes School	6	226260-01	\$65/98
Volleyball Skills & Drills	8-10	F, Apr 10 - May 15	5:00-6:00P	Holmes School	6	226261-01	\$84/126
Volleyball Skills & Drills	11-13	F, Apr 10 - May 15	6:00-7:00P	Holmes School	6	226261-02	\$84/126
Volley Club	10-14	F, Apr 10 - May 15	7:00-8:00P	Holmes School	6	226266-01	\$132/198

GYMNASTICS

Gymnastics Staff

All of our full time staff have their USA Gymnastics Safety Certification!

Jamie Lapke, jamie.lapke@pdop.org
Program & Operations Manager, GRC

Patrick Murphy, Tanya Chmielewski & Darion Knight
Principle Coaches & Program Specialists

Ronda Weiler
Administrative Assistant

Email: gymnastics@pdop.org

DROP IN PROGRAM: Preschool Playtime (Ages 1-6)

\$6 per visit

Walk-ins welcome! A favorite with all our preschoolers, this is an open gym for children 1-6 years old. All children must be accompanied and supervised by an adult. The waiver sign in sheet must be filled out each visit. Children enrolled in a current gymnastics class who miss their class can attend a preschool playtime within the same session for free.

Schedule Through June 12, 2015:

Tu, 10-11:30am

W, 10-11:30am

F, 1-2:30pm

DROP IN PROGRAM: Open Gym (Ages 6 to adult)

6 year olds must be in first grade Fall 2014

\$12 per visit

No gymnastics experience required! This program is intended for anyone who wants to practice independently to improve their gymnastics skills. A parent or guardian must sign a waiver each visit for all participants under the age of 18 otherwise access to the gym will not be permitted (downloadable copies available online at www.oakparkgymnastics.com, bring your signed copy with you).

Schedule Through June 7, 2015:

Su, 4:30-6:30pm

Purchase 10 visits for either Preschool Playtime or Open Gym on your child's Park District Universal Card (Park District ID card) and save \$1.00 per visit. These passes can be purchased online or in person and can be used by more than one child. Replacement cards are \$5.00!

GRC, located at 21 Lake Street in Oak Park

Ph: (708) 725-2200

www.oakparkgymnastics.com

Gymnastics Spring Registration Dates

Su, Mar 1 at 9am

Registration for Mini-Session #8 opens (see page 73)

M, Mar 9 at 9am

Priority registration all other classes begins for current enrollees

M, Mar 23 at 9am

Registration opens to the public for any remaining spots

W, Apr 1 at 9am

Registration for Mini-Session #9 opens (see page 73)

If you are new student and the recreational class you wish to enroll for is full, consider registering for one of our Mini-Sessions! All Mini-Session registration is on a first come, first served basis with each session having a unique registration period. See page 73 for more information.

Please note: Summer registration will begin in May, and there is NO PRIORITY REGISTRATION in summer - registration for summer gymnastics classes is strictly first come, first served - and signing up for summer will give you priority registration for fall 2015!

Tumbling & Trampoline (Ages 6 & up)

This co-ed class focuses on basic tumbling and trampoline skills. Students will learn skills based on a progression chart and have the opportunity to progress at their own rate from beginner to advanced tumbling, trampoline and tumble track skills.

Class does not meet: 5/25



Hip Hop Co Ed (Ages 9-17)

Jazz Funk will fuse elements from hip-hop and jazz dance. The class will focus on learning and practicing technical jazz skills as well as the style and musical clarity found in hip hop.

Class does not meet: 5/25

Adult Gymnastics

This is a co-ed instructed class for adults who are interested in learning gymnastics or maintaining gymnastics skills.

At left: A historic moment! The GRC's very first Adult Gymnastics Class after completing their first session!

CLASS	AGES	DATES	TIMES	# OF CLASSES	CODE	RES/NR
Tumbling & Trampoline	6-8	M, Apr 6-Jun 1	6:30-7:30pm	8	224331-01	\$98/\$122
Tumbling & Trampoline	9+	M, Apr 6-Jun 1	7:30-8:30pm	8	224331-02	\$98/\$122
Tumbling & Trampoline	6+	T, Apr 7-Jun 2	7-8pm	9	224331-03	\$111/\$138
Tumbling & Trampoline	6+	F, Apr 10-Jun 5	6:30-7:30pm	9	224331-04	\$111/\$138
Hip Hop Co-ed	9+	M, Apr 6-Jun 1	4-5pm	8	262230-01	\$98/\$122
Adult Gymnastics	18+	Th, Apr 9-Jun 4	7-8:20pm	9	224350-01	\$149/\$185

Gym Tots(Ages 2-3 years)

A class designed for parent-child interaction. A structured, playful atmosphere which offers challenges and exploration in movement skills. Classes are 45 minutes. Students must be 2 years of age by April 12 to be eligible.

Gym Kids 1 (Ages 3-1/2 to 4 years)

With an emphasis on fun, children develop strength, coordination, and self-confidence in a structured environment. Students are introduced to basic gymnastics positions and terminology using a variety of gymnastics apparatus. Classes are 45 minutes. Students must be 3 ½ years of age by April 12 to be eligible.

GYMNASTICS

GYMNASTICS PROGRAMS
ARE NOT A PART OF THE
SPRING LOTTERY.

CLASS	AGES	DATES	TIMES	# OF CLASSES	CODE	FEE
Gym Tots	2-3	Tu, Apr 7 - Jun 2	9-9:45am	9	224200-01	\$84/\$104
Gym Tots	2-3	W, Apr 8 - Jun 3	9-9:45am	9	224200-02	\$84/\$104
Gym Tots	2-3	Sa, Apr 11 - Jun 6	8-8:45am	9	224200-03	\$84/\$104
Gym Tots	2-3	Su, Apr 12 - Jun 7	8:30-9:15am	9	224200-04	\$84/\$104
Gym Tots	2-3	Su, Apr 12 - Jun 7	9:30-10:15am	9	224200-05	\$84/\$104
Gym Kids 1	3.5-4	M, Apr 6 - Jun 1	9-9:45am	8	224201-01	\$74/\$92
Gym Kids 1	3.5-4	M, Apr 6 - Jun 1	10-10:45am	8	224201-02	\$74/\$92
Gym Kids 1	3.5-4	M, Apr 6 - Jun 1	11-11:45am	8	224201-03	\$74/\$92
Gym Kids 1	3.5-4	M, Apr 6 - Jun 1	1:45-2:30pm	8	224201-04	\$74/\$92
Gym Kids 1	3.5-4	M, Apr 6 - Jun 1	3:30-4:15pm	8	224201-05	\$74/\$92
Gym Kids 1	3.5-4	M, Apr 6 - Jun 1	5:30-6:15pm	8	224201-06	\$74/\$92
Gym Kids 1	3.5-4	Tu, Apr 7 - Jun 2	1:30-2:15pm	9	224201-07	\$84/\$104
Gym Kids 1	3.5-4	Tu, Apr 7 - Jun 2	3:30-4:15pm	9	224201-08	\$84/\$104
Gym Kids 1	3.5-4	W, Apr 8 - Jun 3	12:30-1:15pm	9	224201-09	\$84/\$104
Gym Kids 1	3.5-4	Th, Apr 9 - Jun 4	10:15-11am	9	224201-10	\$84/\$104
Gym Kids 1	3.5-4	Th, Apr 9 - Jun 4	11:15am-12pm	9	224201-11	\$84/\$104
Gym Kids 1	3.5-4	Th, Apr 9 - Jun 4	3:30-4:15pm	9	224201-12	\$84/\$104
Gym Kids 1	3.5-4	Th, Apr 9 - Jun 4	4:30-5:15pm	9	224201-13	\$84/\$104
Gym Kids 1	3.5-4	F, Apr 10 - Jun 5	9-9:45am	9	224201-14	\$84/\$104
Gym Kids 1	3.5-4	F, Apr 10 - Jun 5	10-10:45am	9	224201-15	\$84/\$104
Gym Kids 1	3.5-4	F, Apr 10 - Jun 5	4:30-5:15pm	9	224201-16	\$84/\$104
Gym Kids 1	3.5-4	Sa, Apr 11 - Jun 6	9-9:45am	9	224201-17	\$84/\$104
Gym Kids 1	3.5-4	Sa, Apr 11 - Jun 6	10-10:45am	9	224201-18	\$84/\$104
Gym Kids 1	3.5-4	Su, Apr 12 - Jun 7	9:15-10am	9	224201-19	\$84/\$104
Gym Kids 1	3.5-4	Su, Apr 12 - Jun 7	10:15-11am	9	224201-20	\$84/\$104

Spring Break Gymnastics Camp (Grades 1-8)

Supervisor: Jamie Lapke

A full week with 6 hours a day of fun! The morning activities include 6 boys' events, 4 girls' events, games, conditioning and flexibility. The afternoon activities include open gym, board games, crafts, outside games at Stevenson Park (weather permitting) movies and more. All campers must bring a lunch and snack each day. We strive to provide a nut free zone so please don't pack any food with nut products. Children DO NOT need to be current students enrolled in our gymnastics programs to participate in Spring Break Camp!

M-F, Mar 30 - Apr 3

124000-01

9:00A-3:00P

\$309/\$386



*Enjoying lunch
at Stevenson
Park during
Gymnastics
Camp!*

GYMNASTICS

Gym Kids 2 (Ages 4-1/2 to 5 years)

While increasing their basic skills and gymnastics vocabulary, students will continue to develop the strength and flexibility necessary for success in any physical endeavor. Classes are 1 hour. Students must be 4 ½ years of age by April 12 to be eligible.

Class does not meet: 5/25

Gym Kids 3 (Age 4-1/2 to 5 years)

By invitation only for children who are not old enough for the 6+ Beginner class, but need to be challenged further. Classes are 1 hour.

Class does not meet: 5/25



CLASS	AGES	DATES	TIMES	# OF CLASSES	CODE	RES/NR
Gym Kids 2	4.5 - 5	M, Apr 6 - Jun 1	12:30-1:30P	8	224202-01	\$98/\$122
Gym Kids 2	4.5 - 5	M, Apr 6 - Jun 1	3:30-4:30P	8	224202-02	\$98/\$122
Gym Kids 2	4.5 - 5	M, Apr 6 - Jun 1	4:30-5:30P	8	224202-03	\$98/\$122
Gym Kids 2	4.5 - 5	Tu, Apr 7 - Jun 2	3:30-4:30P	9	224202-04	\$111/\$138
Gym Kids 2	4.5 - 5	Tu, Apr 7 - Jun 2	5:30-6:30P	9	224202-05	\$111/\$138
Gym Kids 2	4.5 - 5	W, Apr 8 - Jun 3	12:30-1:30P	9	224202-06	\$111/\$138
Gym Kids 2	4.5 - 5	W, Apr 8 - Jun 3	1:30-2:30P	9	224202-07	\$111/\$138
Gym Kids 2	4.5 - 5	W, Apr 8 - Jun 3	3:15-4:15P	9	224202-08	\$111/\$138
Gym Kids 2	4.5 - 5	W, Apr 8 - Jun 3	4:30-5:30P	9	224202-09	\$111/\$138
Gym Kids 2	4.5 - 5	Th, Apr 9 - Jun 4	9-10A	9	224202-10	\$111/\$138
Gym Kids 2	4.5 - 5	Th, Apr 9 - Jun 4	12:30-1:30P	9	224202-11	\$111/\$138
Gym Kids 2	4.5 - 5	Th, Apr 9 - Jun 4	1:45-2:45P	9	224202-12	\$111/\$138
Gym Kids 2	4.5 - 5	Th, Apr 9 - Jun 4	3:30-4:30P	9	224202-13	\$111/\$138
Gym Kids 2	4.5 - 5	Th, Apr 9 - Jun 4	4:30-5:30P	9	224202-14	\$111/\$138
Gym Kids 2	4.5 - 5	Th, Apr 9 - Jun 4	5:30-6:30P	9	224202-15	\$111/\$138
Gym Kids 2	4.5 - 5	F, Apr 10 - Jun 5	11A-12P	9	224202-16	\$111/\$138
Gym Kids 2	4.5 - 5	F, Apr 10 - Jun 5	4:30-5:30P	9	224202-17	\$111/\$138
Gym Kids 2	4.5 - 5	F, Apr 10 - Jun 5	5:30-6:30P	9	224202-18	\$111/\$138
Gym Kids 2	4.5 - 5	Sa, Apr 11 - Jun 6	10-11:00A	9	224202-19	\$111/\$138
Gym Kids 2	4.5 - 5	Sa, Apr 11 - Jun 6	11A-12:00P	9	224202-20	\$111/\$138
Gym Kids 2	4.5 - 5	Su, Apr 12 - Jun 7	10:15-11:15A	9	224202-21	\$111/\$138
Gym Kids 3	4.5 - 5	M, Apr 6 - Jun 1	4:30-5:30P	8	224203-01	\$98/\$122
Gym Kids 3	4.5 - 5	Tu, Apr 7 - Jun 2	5:30-6:30P	9	224203-02	\$111/\$138
Gym Kids 3	4.5 - 5	Th, Apr 9 - Jun 4	5:30-6:30P	9	224203-03	\$111/\$138

GYMNASTICS PROGRAMS
ARE NOT A PART OF THE SPRING LOTTERY.

Recreational Classes (Progressive)

These recreational classes below provide each gymnast the opportunity to learn the fundamentals of gymnastics and beyond in a safe and fun atmosphere. Students will improve their strength, balance, flexibility and focus while working at their own pace to master a specific list of skills before advancing to the next level. Students must be 6 years of age by April 12, 2015 to be eligible.

Beginner Boys

Designed for children graduating from our preschool program as well as beginning gymnasts with little to no experience. Classes are 1 hour, 20 minutes.

Class does not meet: 5/25

Advanced Beginner Boys

This class is by invitation only. You must have written permission to sign up for this class level. If you are a new student, please contact us to arrange for an evaluation. Classes are 1 hour, 20 minutes.

Class does not meet: 5/25

Intermediate, Advanced Intermediate & Advanced Boys

These classes are by invitation only. You must have written permission to sign up for these class levels. If you are a new student, please contact us to arrange for an evaluation. Classes are 2 hours.

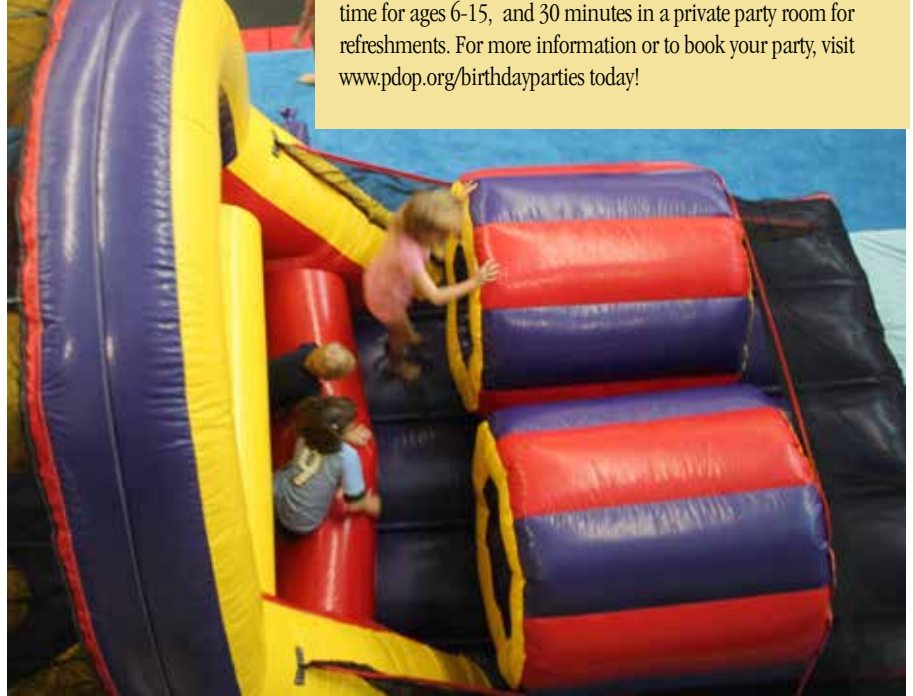
Class does not meet: 5/25

Boys Challenge

This class is intended for boys ages 9 and up who want to build strength, flexibility, balance, agility, speed and coordination. This class provides a strong foundation for all sports. Classes are 1 hour.

Gymnastics Birthday Parties

Organized games, gymnastics events, parachute fun, an inflatable obstacle course and fun in the foam pit are all part of the birthday party program. Available for ages 3-5 or ages 6-15. Packages include 1 hour of gym time for ages 3-5 and 1.5 hours of gym time for ages 6-15, and 30 minutes in a private party room for refreshments. For more information or to book your party, visit www.pdop.org/birthdayparties today!



CLASS	AGES	DATES	TIMES	# OF CLASSES	CODE	FEE
Beginner Boys	6+	M, Apr 6 - Jun 1	4-5:20P	8	224300-01	\$132/\$164
Beginner Boys	6+	M, Apr 6 - Jun 1	7-8:20P	8	224300-02	\$132/\$164
Beginner Boys	6+	Tu, Apr 7 - Jun 2	4-5:20P	9	224300-03	\$149/\$185
Beginner Boys	6+	Tu, Apr 7 - Jun 2	5:30-6:50P	9	224300-04	\$149/\$185
Beginner Boys	6+	W, Apr 8 - Jun 3	3-4:20P	9	224300-05	\$149/\$185
Beginner Boys	6+	Th, Apr 9 - Jun 4	4-5:20P	9	224300-06	\$149/\$185
Beginner Boys	9+	Th, Apr 9 - Jun 4	6:40-8P	9	224300-07	\$149/\$185
Beginner Boys	6+	Sa, Apr 11 - Jun 6	9-10:20A	9	224300-08	\$149/\$185
Adv. Beginner Boys	6+	M, Apr 6 - Jun 1	4-5:20P	8	224301-01	\$132/\$164
Adv. Beginner Boys	6+	M, Apr 6 - Jun 1	7-8:20P	8	224301-02	\$132/\$164
Adv. Beginner Boys	6+	W, Apr 8 - Jun 3	4:30-5:50P	9	224301-03	\$149/\$185
Int./Adv. Int./Adv. Boys	6+	Tu, Apr 7 - Jun 2	6-8P	9	224302-01	\$221/\$275
Boys Challenge	9+	W, Apr 8 - Jun 3	4:30-5:30P	9	224320-01	\$111/\$138

GYMNASTICS

Recreational Classes (Progressive)

These recreational classes below provide each gymnast the opportunity to learn the fundamentals of gymnastics and beyond in a safe and fun atmosphere. Students will improve their strength, balance, flexibility and focus while working at their own pace to master a specific list of skills before advancing to the next level. Students must be 6 years of age by April 12 to be eligible.

Beginner Girls

Designed for children graduating from our preschool program as well as beginning gymnasts with little to no experience. Classes are 1 hour, 20 minutes.

Class does not meet: 5/25

Advanced Beginner Girls

This class is by invitation only. You must have written permission to sign up for this class level. If you are a new student, please contact us to arrange for an evaluation. Classes are 1 hour, 20 minutes.

Class does not meet: 5/25

Intermediate, Advanced Intermediate & Advanced Girls

These classes are by invitation only. You must have written permission to sign up for these class levels.

If you are a new student, please contact us to arrange for an evaluation. Classes are 2 to 2.5 hours.

Class does not meet: 5/25

GYMNASTICS PROGRAMS
ARE NOT A PART OF THE
SPRING LOTTERY.

CLASS	AGES	DATES	TIMES	# OF CLASSES	CODE	FEE
Beginner Girls	6+	M, Apr 6 - Jun 1	4-5:20P	8	224303-01	\$132/\$164
Beginner Girls	6+	M, Apr 6 - Jun 1	5:30-6:50P	8	224303-02	\$132/\$164
Beginner Girls	6+	Tu, Apr 7 - Jun 2	4-5:20P	9	224303-03	\$149/\$185
Beginner Girls	6+	Tu, Apr 7 - Jun 2	7-8:20P	9	224303-04	\$149/\$185
Beginner Girls	6+	W, Apr 8 - Jun 3	3-4:20P	9	224303-05	\$149/\$185
Beginner Girls	6+	W, Apr 8 - Jun 3	4:30-5:50P	9	224303-06	\$149/\$185
Beginner Girls	6+	Th, Apr 9 - Jun 4	4-5:20P	9	224303-07	\$149/\$185
Beginner Girls	6+	Th, Apr 9 - Jun 4	5:30-6:50P	9	224303-08	\$149/\$185
Beginner Girls	9+	Th, Apr 9 - Jun 4	6:40-8P	9	224303-09	\$149/\$185
Beginner Girls	6+	F, Apr 10 - Jun5	5:30-6:50P	9	224303-10	\$149/\$185
Beginner Girls	6+	Apr 11-Jun6	9-10:20A	9	224303-11	\$149/\$185
Beginner Girls	6+	Sa, Apr 11 - Jun6	10:30-11:50A	9	224303-12	\$149/\$185
Beginner Girls	9+	Sa, Apr 11 - Jun6	10:30-11:50A	9	224303-13	\$149/\$185
Beginner Girls	6+	Sa, Apr 11 - Jun6	12-1:20P	9	224303-14	\$149/\$185
Beginner Girls	6+	Su, Apr 12 - Jun7	11:15-12:35P	9	224303-15	\$149/\$185
Beginner Girls	6+	Su, Apr 12 - Jun7	1-2:20P	9	224303-16	\$149/\$185
Adv. Beginner Girls	6+	M, Apr 6 - Jun 1	7-8:20P	8	224304-01	\$132/\$164
Adv. Beginner Girls	6+	Tu, Apr 7 - Jun 2	4-5:20P	9	224304-02	\$149/\$185
Adv. Beginner Girls	6+	Tu, Apr 7 - Jun 2	7-8:20P	9	224304-03	\$149/\$185
Adv. Beginner Girls	6+	W, Apr 8 - Jun 3	4:30-5:50P	9	224304-04	\$149/\$185
Adv. Beginner Girls	6+	Th, Apr 9 - Jun 4	5:30-6:50P	9	224304-05	\$149/\$185
Adv. Beginner Girls	6+	Sa, Apr 11 - Jun6	9-10:20A	9	224304-06	\$149/\$185
Adv. Beginner Girls	6+	Sa, Apr 11 - Jun6	10:30-11:50A	9	224304-07	\$149/\$185
Intermediate Girls	6+	Tu, Apr 7 - Jun 2	4-6P	9	224305-01	\$221/\$275
Intermediate Girls	6+	W, Apr 8 - Jun 3	5:30-7:30P	9	224305-02	\$221/\$275
Intermediate Girls	6+	Th, Apr 9 - Jun 4	6-8P	9	224305-04	\$221/\$275
Adv. Int./Adv. Girls	6+	Tu, Apr 7 - Jun 2	6-8:30P	9	224305-05	\$277/\$347
Adv. Int./Adv. Girls	6+	Th, Apr 9 - Jun 4	6-8:30P	9	224305-06	\$277/\$347

GYMNASTICS MINI SESSIONS

What is a Mini Session?

Oak Park Gymnastics offers "Mini Sessions" to give students the opportunity to take a gymnastics class without committing to the time and cost of a full session. Each session will last three, four or five weeks and will follow the same lesson plans as our full session. You can sign up for consecutive sessions - however, taking a mini session will not guarantee you a spot in the next session, nor will it give you priority registration. All mini session registration is on a first come, first served basis with each session having a unique registration period. Children must meet the minimum age requirement for enrollment for all levels by April 12.

CLASS	AGES	DATES	TIMES	# OF CLASSES	CODE	FEE
Mini Session #8 - Registration Dates March 1-7 (first come, first served)						
Gym Kids 1	3.5-4	Tu, Tu, Apr 7 - May 5	4:30-5:15P	5	224201-60	\$47/\$58
Gym Kids 1	3.5-4	F, Apr 10 - May 8	5:30-6:15P	5	224201-61	\$47/\$58
Gym Kids 1	3.5-4	Su, Su, Apr 12 - May 10	9:15-10A	5	224201-62	\$47/\$58
Gym Kids 2	4.5-5	Tu, Apr 7 - May 5	4:30-5:30P	5	224202-60	\$62/\$77
Gym Kids 2	4.5-5	F, Apr 10 - May 8	5:30-6:30P	5	224202-61	\$62/\$77
Gym Kids 2	4.5-5	Su, Apr 12 - May 10	10:15-11:15A	5	224202-62	\$62/\$77
Beginner Boys	6+	F, Apr 10 - May 8	4-5:20P	5	224300-60	\$83/\$103
Beginner Girls	6+	Tu, Apr 7 - May 5	5:30-6:50P	5	224303-60	\$83/\$103
Beginner Girls	6+	F, Apr 10 - May 8	4-5:20P	5	224303-61	\$83/\$103
Beginner Girls	6+	Su, Apr 12 - May 10	1-2:20P	5	224303-62	\$83/\$103
Mini Session #8 - Registration Dates April 1-7 (first come, first served)						
Gym Kids 1	3.5-4	Tu, May 12 - Jun 2	4:30-5:15P	4	224201-70	\$37 / \$46
Gym Kids 1	3.5-4	F, May 15 - Jun 5	5:30-6:15P	4	224201-71	\$37 / \$46
Gym Kids 1	3.5-4	Su, May 17 - Jun 7	9:15-10A	4	224201-72	\$37 / \$46
Gym Kids 2	4.5-5	Tu, May 12 - Jun 2	4:30-5:30P	4	224202-70	\$49 / \$61
Gym Kids 2	4.5-5	F, May 15 - Jun 5	5:30-6:30P	4	224202-71	\$49 / \$61
Gym Kids 2	4.5-5	Su, May 17 - Jun 7	10:15-11:15A	4	224202-72	\$49 / \$61
Beginner Boys	6+	F, May 15 - Jun 5	4-5:20P	4	224300-70	\$66 / \$82
Beginner Girls	6+	Tu, May 12 - Jun 2	5:30-6:50P	4	224303-70	\$66 / \$82
Beginner Girls	6+	F, May 15 - Jun 5	4-5:20P	4	224303-71	\$66 / \$82
Beginner Girls	6+	Su, May 17 - Jun 7	1-2:20P	4	224303-72	\$66 / \$82



Did You Know?

WiFi in Our Parks & Facilities

WiFi is available at the following Park District facilities:

- Oak Park Conservatory
- GRC (Gymnastics and Recreation Center)
- RCRC
- Cheney Mansion
- Longfellow Center
- Fox Center
- Barrie Center
- Scoville Park

At these locations, select PDOP Guest on your device and you will enter a self-registration page. You will need to set up a free WiFi account to access the Park District WiFi. We are pleased to provide you with this service and look forward to providing WiFi at additional facilities in the future.

MARTIAL ARTS

Shotokan Karate

Children and adults universally enjoy learning the art of karate. Classes are taught by Illinois Shotokan Karate Club's expert instructors under the direction of John DiPasquale, four-time National Champion, U.S. Karate National Coach and President of the National Karate Federation of the U.S. Beginner students will not be permitted to register into the current session after the second class has met. Registration for continuing through advanced students will be accepted after the start date, but the full class fee is required.

-Uniforms and Belt-Testing are options available through the ISKC instructor at an add'l cost

-Please note that the Youth, Parent/Child and Adult classes may train together.

Pre-Karate

Supervisor: Chad Drufke

Young children will develop agility, strength and coordination skills through fun and creative activities. This program, specifically designed to work with growing minds and bodies, enhances memory and agility skills, too. Watch your child blossom while learning karate and having a blast at the same time!

Min 1/Max 20

Class does not meet: 5/25

Youth Karate/Safety

Supervisor: Chad Drufke

Karate skills put children in touch with their bodies and helps to build coordination, agility, strength and poise, as well as establishes lasting personal safety skills. The mental aspect of karate is equal to if not greater than the physical. Practicing this art results in increased self-esteem, in addition to enhancing discipline and control.

Min 1/Max 15

Class does not meet: 5/25



Karate Belt Progression Chart

PROGRAM	AGES	BELT LEVEL	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
Pre Karate Beg/Cont	4-7	White - No Experience	M, Apr 6 - June 15	4:00-4:45P	Dole Center	10	225400-01	\$95/143
Pre-Karate Nov./Adv.	4-7	2 or more sessions	M, Apr 6 - June 15	4:50-5:50P	Dole Center	10	225400-03	\$110/165
Pre-Karate Beg/Co	4-7	White - No Experience	Th, Apr 9 - June 11	4:00-4:45P	Dole Center	10	225400-04	\$95/143
Pre-Karate Nov./Adv.	4-7	2 or more sessions	Th, Apr 9 - June 11	4:50-5:50P	Dole Center	10	225400-06	\$110/165
Youth Beg/Cont.	8-14	White - Orange	M, Apr 6 - June 15	6:00-7:00P	Dole Center	10	225401-01	\$95/143
Youth Novice	8-14	Yellow - Low Purple	M, Apr 6 - June 15	7:00-8:00P	Dole Center	10	225401-02	\$95/143
Youth Intermed.	8-14	High Purple	M, Apr 6 - June 15	8:00-9:00P	Dole Center	10	225401-03	\$95/143
Youth Advanced	8-14	Brown & Up	M, Apr 6 - June 15	8:00-9:30P	Dole Center	10	225401-04	\$125/188
Youth Beg./Cont.	8-14	White - Orange	Th, Apr 9 - June 11	6:00-7:00P	Dole Center	10	225401-05	\$95/143
Youth Novice	8-14	Yellow - Low Purple	Th, Apr 9 - June 11	7:00-8:00P	Dole Center	10	225401-06	\$95/143
Youth Intermediate	8-14	High Purple	Th, Apr 9 - June 11	8:00-9:00P	Dole Center	10	225401-07	\$95/143
Youth Advanced	8-14	Brown & Up	Th, Apr 9 - June 11	8:00-9:30P	Dole Center	10	225401-08	\$125/188

MARTIAL ARTS

New! Mother/Child Self Defense & Father/Child Self Defense

Supervisor: Chad Drufke

The parent/child self defense program is designed to equip mothers, fathers and their children with basic knowledge on how to protect them in case they are attacked. The program is filled with basic knowledge on keeping them safe and out of dangerous situations. Let's empower our parents and children and give them the confidence they need in this great program! Fee is per person!

Min 4/Max 15

Adult Karate

Supervisor: Chad Drufke

Release tension and develop total body fitness!

In addition to self-defense skills, karate develops flexibility and muscle tone, all while improving core strength. From work to home, the benefits of karate can be felt in all aspects of life.

Min 1/Max 22

Class does not meet: 5/25

Parent/Child Karate

Supervisor: Chad Drufke

*Fees are per person.

An excellent opportunity to spend quality time with your child, while conditioning muscles, developing coordination, and improving cardiovascular fitness.

Min 1/Max 12

Class does not meet: 5/25

Discover the
FUN
Within Your
REACH!
PARK DISTRICT OF OAK PARK



PROGRAM	AGES	BELT LEVEL	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
Adult Beg./Cont.	15 +	White - Orange	M, Apr 6 - June 15	6:00-7:00P	Dole Center	10	225402-01	\$95/143
Adult Novice	15 +	Yellow - Low Purple	M, Apr 6 - June 15	7:00-8:00P	Dole Center	10	225402-02	\$95/143
Adult Intermed.	15 +	High Purple	M, Apr 6 - June 15	8:00-9:00P	Dole Center	10	225402-03	\$95/143
Adult Advanced	15 +	Brown & up	M, Apr 6 - June 15	8:00-9:30P	Dole Center	10	225402-04	\$125/188
Adult Beg/Cont	15 +	White - Orange	Th, Apr 9 - June 11	6:00-7:00P	Dole Center	10	225402-05	\$95/143
Adult Novice	15 +	Yellow - Low Purple	Th, Apr 9 - June 11	7:00-8:00P	Dole Center	10	225402-06	\$95/143
Adult Intermediate	15 +	High Purple	Th, Apr 9 - June 11	8:00-9:00P	Dole Center	10	225402-07	\$95/143
Adult Advanced	15 +	Brown & up	Th, Apr 9 - June 11	8:00-9:30P	Dole Center	10	225402-08	\$125/188
Parent/Child Beg/Con	7 +	White - Orange	M, Apr 6 - June 15	6:00-7:00P	Dole Center	10	225403-01	\$95/143
Parent/Child Novice	7 +	Yellow - Low Purple	M, Apr 6 - June 15	7:00-8:00P	Dole Center	10	225403-02	\$95/143
Parent/Child Interm.	7 +	High Purple	M, Apr 6 - June 15	8:00-9:00P	Dole Center	10	225403-03	\$95/143
Parent/Child Adv.	7 +	Brown & up	M, Apr 6 - June 15	8:00-9:30P	Dole Center	10	225403-04	\$125/188
Parent/Child Beg/Con	7 +	White - Orange	Th, Apr 9 - June 11	6:00-7:00P	Dole Center	10	225403-05	\$95/143
Parent/Child Novice	7 +	Yellow - Low Purple	Th, Apr 9 - June 11	7:00-8:00P	Dole Center	10	225403-06	\$95/143
Parent/Child Interme	7 +	High Purple	Th, Apr 9 - June 11	8:00-9:00P	Dole Center	10	225403-07	\$95/143
Parent/Child Adv.	7 +	Brown & up	Th, Apr 9 - June 11	8:00-9:30P	Dole Center	10	225403-08	\$125/188

MARTIAL ARTS

Little Dragons Taekwondo

Supervisor: Chad Drufke

This introductory class is designed to captivate the interest of our youngest students. Skills are developed through gentle instruction and games appropriate for their ability. This class focuses on developing balance, coordination, and respect for the discipline of martial arts training.

Min 4/Max 12

Early Taekwondo

Supervisor: Chad Drufke

Designed especially for the younger children of 6-7 years, this program helps kids developing conditioning, coordination, listening skill, and self-confidence through creative activities.

Min 4/Max 20

Youth Taekwondo

Supervisor: Chad Drufke

This program includes a balanced cardiovascular workout including punching, kicking and blocking skills, using the Taekwondo tradition and self-control. Students will improve coordination, power of concentration, balance, and both physical and mental discipline.

Min 4/Max 20

Parent/Child Taekwondo

Supervisor: Chad Drufke

This program provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics, and traditional Taekwondo techniques including punching, kicking, and blocking.

Min 4/Max 20

Adult Taekwondo

Supervisor: Chad Drufke

Restricted to high school students and older, this program concentrates on Taekwondo techniques through the study of forms, stances, and the skills of punching, kicking, and blocking. This is a great program for those looking to maintain and improve their physical fitness.

Min 4/Max 15

Belt testing is offered through K.H. Kim Taekwondo at an additional fee. Belt testing is not mandatory but encouraged for advancement. More information available through instructor. Uniform fee is \$45 which can be paid at the 1st class.

Beginning Aikido

Supervisor: Chad Drufke

Aikido is a non-competitive martial art in which practitioners learn to control their own bodies and redirect attacks. Participants will be introduced to aikido techniques and philosophy, and will focus on breathing and posture, conditioning exercises, etiquette, and learning to roll and fall properly. Learning basic aikido movements should also be useful to participants in their daily lives. Taught by Deb Pastors, 3rd degree black belt with over 20 years experience.

Min 6/Max 15

Continuing Aikido

Supervisor: Chad Drufke

Are you ready for a rigorous Martial Arts program? This course requires the completion of the Beginners Aikido course and the Instructor's consent. The focus will be on the requirements for rank testing. The pace is aerobic.

Min 6/Max 15

Adult Advanced Aikido

Supervisor: Chad Drufke

Admission to this course requires Instructor's permission. The focus is on advanced body arts and Aikido weapons. Students must have taken a Continuing Aikido class.

Min 6/Max 15

No class 7/3

Aikido for Kids - NEW

Supervisor: Chad Drufke

Aikido is a way of harmony, not combat. Children who study Aikido develop and expand their mental and physical awareness while learning cooperation and respect for others. Instruction begins with exercises to stretch and strengthen young bodies and improve attention, coordination and motor skills. Falling with confidence is a big part of training followed by learning the principles of movement which allows students to practice techniques with partners.

Min 6/Max 15

PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
Little Dragons Beg.	3-5	W, Apr 1 - June 3	4:00-4:40P	Dole Center	10	225410-01	\$130/195
Little Dragons Yello	4-5	W, Apr 1 - June 3	4:45-5:25P	Dole Center	10	225410-02	\$130/195
Early Taekwondo WG	6-7	W, Apr 1 - June 3	6:20-7:05P	Dole Center	10	225411-01	\$130/195
Early Taekwondo PU	6-7	W, Apr 1 - June 3	5:30-6:15P	Dole Center	10	225411-02	\$130/195
Youth Taekwondo WG	8-13	W, Apr 1 - June 3	7:10-7:55P	Dole Center	10	225412-01	\$130/195
Youth Taekwondo PU	8-13	W, Apr 1 - June 3	5:30-6:15P	Dole Center	10	225412-02	\$130/195
Parent/Child Taekwon	7 +	W, Apr 1 - June 3	8:00-8:50P	Dole Center	10	225413-01	\$130/195
Adult Taekwondo	14 +	W, Apr 1 - June 3	8:00-8:50P	Dole Center	10	225414-01	\$130/195
Beginning Aikido	13 +	F, Apr 3 - June 5	6:30-7:30P	Stevenson Park	10	225420-01	\$83/125
Continuing Aikido	13 +	Tu, Apr 7 - June 23	7:00-8:00P	Stevenson Park	12	225421-01	\$99/149
Advanced Aikido	13 +	F, May 15 - Aug 7	8:00-9:00P	Stevenson Park	12	225422-01	\$99/149
Aikido for Kids	8-14	F, Apr 3 - May 22	5:30-6:15P	Stevenson Park	8	225423-01	\$56/84

ADULT SPORTS

Adult Golf Lessons (Ages 15 and up)

Supervisor: Chad Drufke

In addition to the golf course, Fresh Meadow has a world class Learning Center which provides golf lessons for all skill levels. Group instruction is an excellent way to receive the essential information on not only how to swing but how to putt, chip, and play the game better! (6 to 1 ratio student to teacher.) Both skill levels can sign up for the listed dates. Class will be broken up by skill level at Fresh Meadow.

Adult Level I (Shoots over 100)

Week I: Proper grip and posture

Week II: Putting

Week III: Full Swing

Week IV: Chipping

Adult Level II (Shoots under 100)

Week I: Review of Level I

Week II: Advanced Scoring

Week III: Advanced Swing Mechanics

Week IV: Chipping, Pitching, and Bunkers

The Learning Center at Fresh Meadow Golf Club is located at 11302 Cermak Road in Hillside, IL.

Min 4/Max 20



Spring Adult Co-ed Outdoor Soccer

Supervisor: Chad Drufke

This adult recreational soccer league emphasizes fun and participation. Teams will play an eight game schedule. We will attempt to place all teams registering but they will be accepted on a 1st come 1st serve basis. Games, to be announced, will be played primarily at the synthetic surfaced field at the new Ridgeland Common. Game times will be 7:30pm, 8:30pm, and 9:30pm.

Min 4/Max 6

Class does not meet: 4/19, 5/24

Adult Tennis

Supervisor: Chad Drufke

Each day, players are introduced to new techniques, fun challenges, and game situations with a friendly, supportive learning structure. Players are encouraged to develop their skills and progress to higher levels of play throughout the playing season. Singles, doubles, and mini-match situations are offered. Please use the guidelines below to determine your skill level when signing up for a session:

Beginner Guidelines: Never played before or played some during youth or as adult recreationally. Some success rallying ball back and forth, but would like to develop more shot quality. Would like a firm understanding of stroke technique production and footwork. Needs basic game coaching scoring and tactical playing experience

Intermediate Guidelines: Can rally successfully, but still desires more ball control and better movement. Aware of different stroke types, but needs correction and or practice in some areas. Aware of covering court spaces, but unable to exploit opponents weaknesses. Developing conditioning, consistency shot depth, game and style of play.

Advanced Guidelines: Has shot depth & can put pace on the ball, and has overall ball control. Covers court well and can exploit opponents weaknesses. Developing match-toughness, winning strategies fitness and conditioning.

Min 6/Max 12

Class does not meet: 5/25

PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
Golf Lessons	15 +	Tu, Apr 7-28	6:00-7:30P	Fresh Meadows	4	227250-01	\$199/\$299
Golf Lessons	15 +	Tu, May 5-26	6:00-7:30P	Fresh Meadows	4	227250-02	\$199/\$299
Golf Lessons	15 +	Th, Apr 2-23	6:00-7:30P	Fresh Meadows	4	227250-03	\$199/\$299
Golf Lessons	15 +	Th, May 7-28	6:00-7:30P	Fresh Meadows	4	227250-04	\$199/\$299
Golf Lessons	15 +	Sa, Apr 4-25	12:00-1:30P	Fresh Meadows	4	227250-03	\$199/\$299
Golf Lessons	15 +	Sa, May 2-23	12:00-1:30P	Fresh Meadows	4	227250-04	\$199/\$299
Beginning Tennis	18 +	M,W, Apr 20 - May 13	6:30-8:00P	Taylor Park	8	227230-01	\$139/209
Intermediate Tennis	18 +	Tu,Th, Apr 21 - May 14	6:30-8:00P	Taylor Park	8	227231-01	\$139/209
Advanced Tennis	18 +	Tu,Th, Apr 21 - May 14	8:15-9:45P	Taylor Park	8	227232-01	\$139/209
Adult Co-ed 7 on 7	18 +	Th, Apr 16 - June 18	7:30-10:30P	RCRC	8 games	227620-01	\$655/655
Adult Co-ed Outdoor	18 +	Su, Apr 12 - Jul 26	8:00A-1:00P	RCRC	8 games	227620-02	\$955/955

2015 Spring/Summer Adult Softball Leagues (Ages 18 & up)

Supervisor: Chad Drufke

Mens 14 inch and Co-ed 14 inch leagues offered

Game times are at 7:30, 8:30, and 9:30 pm, (7:00 pm after early July) (dependant on number of teams)

10 game regular season + post-season tournament for those who qualify

All games played at Ridgeland Common Park

League fee \$872, \$822 for all Oak Park resident team (proof of residency req.) Please note: The Park District of Oak Park reserves the right to place teams into divisions that it feels will produce the most appropriate level of play for all divisions. Factors that will be taken into consideration will include, but are not limited to, the number of teams registered, the relative quality of teams based on recent historical data, and recent feedback from other teams.

Competitive League

Teams that finished with a .500 record or better in the 2014 Monday league must play in the Competitive League. Teams that finished 1st or 2nd in the 2014 Tuesday league must play in the Competitive league.

Rec League

This league is for any 2014 Monday league teams that finished below .500. Also, any 2014 Tuesday league teams that finished in 3rd place or lower would be a fit for this league. In addition, the Rec league is a good starting point for new teams that are looking to have a good time and the major emphasis is on having fun. Work teams or neighborhood teams are an example of teams that would be a fit for this league. All co-rec leagues would fit under the rec league category as well.

Open League

All teams regardless of league or record are welcome in this league. Spring/Summer 2015 Softball

Timeline:

Friday, February 27th, 2015

In-person and online Registration begins for all 2014 Spring/Summer softball returning teams. A deposit of \$400 is required to reserve a spot.

Monday, March 9th, 2015

Registration begins for 2014 (fall only) teams and new teams if space is available.

Thursday, April 2nd, 2015

Deadline to register for the spring softball season if space is available.

Wednesday, April 8th, 2015

Captains meeting held at Stevenson Center 49 Lake St. Oak Park @ 7 pm

Note: All registration materials (Team Roster Form, Registration Form) and league fees for both new teams and returning teams are due. If all registration materials and league fees are not received by the conclusion of the Captains meeting, your team will not be placed on the schedule. Week of April 13th, 2015 season begins.

Min 6/Max 12

Introduction to Archery

Supervisor: Amanda Heiman

Aspire to shoot a bow and arrow like Katniss Everdeen, Merida or your favorite medieval legend? Our USA Archery instructors coach all skill levels and ages. Learn the basics stances, build your hand/eye coordination, and gain strength and accuracy! This sport is great for low-impact exercise, concentration and even relaxation. Try your hand today in our Intro to Archery classes for ages 5 to adult - or spend a Saturday with your family learning the basics of Archery!

Min 6/Max 12

Indoor Tennis Instruction @ the Tennis & Fitness Centre.

The Park District is pleased to partner with the Tennis and Fitness Centre for Indoor Adult Tennis Classe in Fall, Winter, & Spring. Beginning & Adv. Beg. players are introduced to new techniques, challenges, and game situations in a friendly & supportive structure. Skill Development, Game Fundamentals, and Fitness are the focus. This is NOT a PDOP program. For Info. & Registration please call the Tennis and Fitness Centre, 708-386-2175. Classes Begin Weeks of: Sept. 14, Nov. 2 Jan. 4, Mar. 1. (Proration may be possible if starting late).

Adult Non-Member Tennis Drill Classes

Beginners	Tue	7:30 – 8:30 pm
Beginners	Fri	10-11 am
Adv. Beginners	Sun	3 – 4 pm
Cardio Tennis	Thu	6-7 am

PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	ACTIVITY #	RES/NR
Mens Monday 14" Leag	18 +	M, Apr 13 - Jul 27	7:30-10:30P	RCRC	227600-01	\$822/\$872
Tuesday Mens Softball	18 +	Tu, Apr 14 - Jul 28	7:30-10:30P	RCRC	227601-01	\$822/\$872
Wed. Mens 14 Softbal	18 +	W, Apr 15 - Jul 29	7:30-10:30P	RCRC	227603-01	\$822/\$872
Friday Co-ed Softbal	18 +	F, Apr 17 - Aug 14	7:30-10:30P	RCRC	227604-01	\$822/\$872
Introduction to Archery	12-18	W, Apr 8 - May 13	5:30-6:30P	Fox Park	226290-02	\$160/\$220
Introduction to Archery	19 +	Sa, Apr 11 - May 16	11:00A-12:00P	Fox Park	226290-03	\$160/\$220

MIND & BODY

Looking for our group fitness classes?

See pages 10-11 for information on the "FITNESS YOUR WAY" improvements to our fitness programs! Senior Punch Pass information is available on page 84.

Tai Chi

Supervisor: Liz Visteon



Tai Chi (Yang Style): Taijiquan (grand ultimate fist) refers to a series of dynamic, connected postures strung together in a smooth, flowing manner. Within the postures are martial art aspects that are largely hidden. Class begins with QiGong sets and then moves on to emphasize the 24 posture Beijing style (Yang short form). This class is often taken on a continuing basis as a lifestyle endeavor.
Min 6/Max 20

QiGong for the Season

Supervisor: Liz Visteon



Experience the flow of energy (Qi) and the power of self-healing. Learn how to combine static and moving meditations with the Five Elements and cycles of nature to cultivate your energy garden. Season-specific foods will also be introduced. Many healthcare practitioners are discovering and recommending this Chinese bio-energetic system as a productive, integrative therapy that supports wellness through exercise.
Min 6/Max 20

Therapeutic Tai Chi

Supervisor: Liz Visteon



Class focus is on using breath and energy techniques common to Tai Chi & Qi Gong to progressively bring about a state of balance and stability. We begin with chair work to open joints and release tension throughout the body. As the class progresses, we move to more challenging Temple style tai chi (can be done standing or sitting) which supports strength, endurance and balance. Many feel that the most valuable thing about the class is that it retrains the breathing to restore deep vitality.
Min 6/Max 20

Awareness through Movement

Supervisor: Liz Visteon



Resilience of Mind & Body for facing life's challenges! If you'd like to feel more 'at home' and 'at peace' in your body, this is the class for you. Current students are "amazed at the reduction of pain and the improvement of 'balance and flexibility.'" This class integrates healthy biomechanics, core exercises, meditation, and clarity of intention.
Min 6/Max 20

Tai Chi Colleagues (Ages 18 & Up)

F, April 3 - May 29

10:30-11:30AM

Location: RCRC

Are you currently enrolled in a Tai Chi class or have you done Tai Chi in the past? Join fellow Tai Chi students to refine and practice your skills. Minimal instruction is provided in this program. Program is FREE for Active Adult Members, \$2 daily fee for Oak Park residents and \$3 or non-residents.

Min 1/Max 20

Are you age 50 or better?

Become an Active Adult

Member & save on programs with this symbol. See page 84 for details.



PROGRAM	AGES	DAY(S) & DATE(S)	TIME(S)	LOCATION	# of CLASSES	ACTIVITY #	RES/NR
Tai Chi	15 +	Tu, Apr 14 - May 19	8:00-8:55P	Longfellow Park	6	225340-01	\$64/96
Tai Chi	15 +	W, Apr 15 - May 20	9:15-10:25A	Dole Center	6	225340-02	\$64/96
QiGong 4 the Season	15 +	W, Apr 15 - May 20	10:30-11:25A	Dole Center	6	225341-01	\$64/96
Therapeutic Tai Chi	15 +	Th, Apr 16 - May 21	10:00-10:55A	Dole Center	6	225343-01	\$64/96
Awareness thru Mov't	15 +	W, Apr 15 - May 20	9:00-9:55A	Dole Center	6	225345-01	\$64/96
Awareness thru Mov't	15 +	Tu, Apr 14 - May 19	7:15-8:10P	Dole Center	6	225345-02	\$64/96



Walk. Talk. Get Fit.
PARK DISTRICT OF OAK PARK

Spring into Fitness with the 2015 Walking Challenge!

Did you know that walking is one of the best free exercises you can do? And now you can earn a cool Park District of Oak Park Walking Challenge T-shirt for logging 100 miles!

HOW TO PARTICIPATE: Join the Park District of Oak Park Walking Club now at www.fitbit.com. You can share tips in the online community - and maybe make a connection with fellow Oak Park walkers! Track your miles for free on the Fitbit Website - no Fitbit required! **PLUS:** the first 100 folks to successfully complete the Walking Challenge will receive a \$5 gift certificate to Lively Running, the women's boutique running store in Oak Park!

DETAILS: Deadline to log 100 miles is June 1. Once you complete your miles turn in your paper log or Fitbit log at RCRC by June 1, 2015 to claim your T-Shirt. Supplies are limited and on a 1st come 1st serve basis.

SEE WALKING PATHS AND MORE ON PAGE 12!