



OAK FOREST
PARK DISTRICT

Spring Summer



2024

Join the
Fun &
Get Social
with Us!



www.oakforestparks.org • 708.687.7270

Resident | Registration March 4 • Non-Resident | Registration March 6

BOARD OF COMMISSIONERS



James Emmett
President
2001–Present



Charles Wolf
Vice President
2015–Present



James Katula
Secretary
2015–Present



Roy Pruitt
Commissioner
2017–Present



Joe Pilch
Commissioner
2019–Present

Oak Forest Park District, a municipal governing agency, provides parks, recreational facilities and activities for its residents. The Board of Commissioners is made up of 5 elected officials, each serving six-year terms. Board meetings are held the 2nd and 4th Thursday of each month at 7:00pm at the Central Park Building, 15601 S. Central Avenue and are open to the public.

To Our Residents:

With Winter almost behind us we look forward to warmer weather and longer days to enjoy all that Summer has to offer!

A long time project of replacing the flooring at both the Central Park Community Center and the Don Gorman Recreation Center has finally come to fruition! At the Central Park Community Center; our lobby, Oak Room, Conference Room and entire lower level now sport the warmth of luxury vinyl tile in wood tone. Along with these areas we replaced the stair treads (no more blue stairs!) and placed walk off carpet tiles in the vestibule and back hallways. The Don Gorman Recreation Center sports the same luxury vinyl tile throughout the building, giving this facility the long overdue update it needed; providing a much warmer appeal when you walk in.

As I mentioned in the last letter, we have a new greenhouse. Our maintenance crew definitely worked hard in building this new greenhouse at Gingerwood just in time to remove the outdoor plants from the ground, and into the new larger greenhouse before the weather changed. Many new clippings from those existing plants and flowers are already taking shape to be planted in our many surrounding parks.

As with any building; maintaining the structure is quite important. We have and will continue on with masonry work at the Central Park Community Center to keep the building in it's good shape.

As Summer is right around the corner; keep us in mind for your next picnic space! We have picnic shelters available for rent at Central Park, El Morro Park and Gingerwood Park. Information can be found on page 8 of this brochure. We also have indoor rental spaces that can accommodate from 60 to 120 people. With the new flooring the Conference Room, which will now be called the Maple Room, will be host to a perfect space for a meeting or small event of 40 or less attendees. Information on all our indoor rental spaces can be found on pages 4, 5, 6 and 7.

This will be my last letter I write to the residents; as I have made the decision to retire this Spring. I am not sure where all the years went, but they sure did move by quickly. It has been a pleasure to work for the Oak Forest Park District and to be a part of serving the residents of Oak Forest. I have met many, many people that have truly made an impact to not just this district, but to me; and I will be forever grateful for having met and to have worked with all of you. To the Board of Commissioners; thank you for working with me; we certainly at times had some tough decisions to make for the district, but we made them together. To be open to listening and trusting in me and the staff to do what we do best, made working here all the better. I will miss the absolutely wonderful people I work with every day. The employees of this district, whether you believe it or not; truly put their heart and soul into providing quality programs, events and parks to this community, and I could not be more thankful to have been blessed with such great individuals, to all of you - I truly, truly thank you.

Sincerely,
Cindy Grannan
Director of Parks & Recreation

MISSION STATEMENT

The Oak Forest Park District is dedicated to enhancing community morale by providing a variety of recreational opportunities, activities, special events, and trips which target all individuals in order for each individual to create and maintain a healthy lifestyle while doing so in a friendly and safe atmosphere. Our goal is to involve all individuals in the community and to inform all individuals of the many beneficial practices our Park District has to offer. We are also devoted to preserving open space as well as establishing and maintaining the most modern equipment for our parks and facilities.

PARK DISTRICT ADMINISTRATIVE STAFF

708.687.7270 + Ext.

Cindy Grannan	Director of Parks & Recreation.....	Ext. 120
Joseph Cainkar	Attorney	
Dave Beneventi	Superintendent of Maintenance.....	Ext. 167
Sue Ann Beardsley	FunTime Preschool Coordinator.....	Ext. 160
Kirstin Dahm	Recreation Supervisor.....	Ext. 132
Jen Mikos	Gymnastics/Cheer/Dance Coordinator.....	Ext. 119
Karen Perritano	Don Gorman Rec Center Coordinator.....	Ext. 140
Michelle Pruitt	Zone Fitness Center Manager.....	Ext. 128
Laurie Raddatz	Office Administrator.....	Ext. 112
Christine Wiseman	Accounting Administrator.....	Ext. 113
Josh Zoberis	Recreation Supervisor.....	Ext. 117
Ericka Vetter	Park Place Rental Coordinator.....	Ext. 118

COME OUT AND PLAY

Get in on the happenings at the Oak Forest Park District. We can keep you in the loop through a monthly "Come Out & Play" Newsletter. In it includes the month's achievements, upcoming activities and events, periodic discounts/specials. To be a part of the latest and all the great happenings of your Park District, sign up by calling (708) 687-7270 ext. 117 or email jzoberis@oakforestparks.org. We will get you all taken care of. Please be assured we will NOT sell or pass your email along to any other groups.

ADA/INCLUSION SERVICES

The Oak Forest Park District welcomes participation in all activities by individuals with disabilities and special needs. The Oak Forest Park District is committed to inclusion and providing public recreation service in the most integrated setting in which interaction between people with and without disabilities is provided to the maximum extent feasible. The Oak Forest Park District works cooperatively with the South Suburban Special Recreation Association (SSSRA) to facilitate successful participation for participants who register for inclusive activities.

If you have a special need or request for reasonable accommodation in accordance with the Americans With Disabilities Act, and to assist Park District staff in addressing such need or request, we strongly urge you to contact the Oak Forest Park District in advance and in a timely manner, or indicate what these needs are on the registration form in this brochure. Please understand that failure to provide timely and appropriate notice of a special need and/or request for reasonable accommodation may result in a delay in registration. When feasible and appropriate, the Oak Forest Park District asks that requests for reasonable accommodation be made at least two (2) weeks in advance of any activity or activities.

BUILDING HOURS

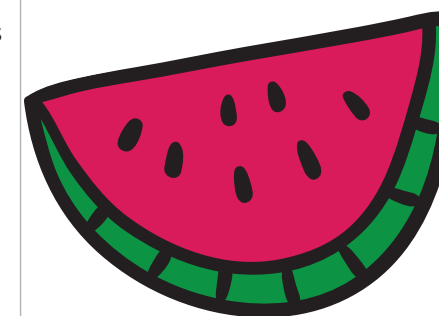
All building and fitness center hours subject to change

Central Park Administrative Office
Mon.-Fri. 9am-5pm
(drop box available Mon.-Fri. 5-8pm & Sat. 8am-1pm)

Don Gorman Rec Center
(hours vary by activity)
Contact 708-687-7270 ext. 140

The Zone Fitness Center
See website or Facebook for hours of operation.

Park Place at Central
Open for tours & bookings by appointment only. See pages 6 & 7 for more info.



YOUR VOICE MATTERS: SHARE YOUR EXPERIENCE WITH US!

We're on a mission to provide the best for our customers, and who better to guide us than you? We have prepared a short survey, available at our front desk or online, to gauge your experience with us. Please take a moment to let us know how we did, and if there's anything else you'd like to share. *We look forward to hearing from you!*

REGISTRATION POLICIES

- Registration can be completed in person at our Administrative Offices M-F 9:00am-5:00pm, or online. All new households must come in to set-up a household account for online registration.
- Proof of residency must be provided with registration. Any questions of boundaries will be decided by the Park District and this decision will be final.
- Resident rates will apply to those residing within Oak Forest Park District residency boundaries. Additional fees may apply to those outside of Oak Forest Park District residency boundaries.
- Activity registration is on a first come first serve basis
- Incomplete registration forms may delay your registration. **This includes correct activity numbers and waiver signatures.**
- Phone numbers and emails are required when registering. We will use the provided number/email to contact you about activity changes, and in case of emergencies.
- **Fees will not be prorated on late registration.**
- Registrants will be responsible for remembering dates and times of their activities. Assume activities are running unless you hear otherwise from Park District personnel.
- The building is open for drop box registration M-F 7:00am-8:00pm and Sat. 8:00am-1:00pm. The Park District is not responsible for cash put in drop-box.
- Mail-in registration will be accepted by check payable to Oak Forest Park District. The Park District is not responsible for lost or late mail.
- Payment plans may be available for select activities. This must be approved by activity supervisor. Payment plans must be paid by credit/debit cards.
- Activity information is subject to change depending on unforeseen circumstances.

PARK DISTRICT CANCELLATION POLICY:

All activities have a min/max enrollment. If the minimum enrollment has not been reached, the Recreation Department reserves the right to cancel, postpone or consolidate the activity with another. You will be notified if an alternative choice is available. If an activity is cancelled, a full refund will be issued without penalty.

NON-SUFFICIENT FUND POLICY

For all returned checks for Non-Sufficient Funds (NSF), or declined credit/debit cards, a \$35.00 fee will be assessed. In order to continue enrollment in park activities, the returned check/declined card payment must be paid for with cash within 10 days.

PHOTO USE

Oak Forest Park District reserves the right to photograph or videotape participants in its activities and/or at its facilities. These photos/videos are for Oak Forest Park District use and may be used in Oak Forest Park District publications, flyers, brochures, videos, advertisements, newspapers, and on Oak Forest Park District social media outlets.

REFUND POLICY

- A full refund will be issued without penalty for any program, special event or trip canceled by Oak Forest Park District. If the refund amount is less than \$10.00, the amount will be applied as a household credit. No refunds will be issued for special events, one-day programs, trips or a class with a fee of \$10.00 or less if the participant chooses to cancel.
- A \$10.00 administrative charge will be assessed to all activities (\$200.00 for Fun Time Activity, see page 13).
- Refunds are issued as follows:
 - 100% **before** the start of 1st class
 - 75% **before** the start of 2nd class
 - 50% **before** the start of 3rd class
 - No refunds after 3 classes attended or unattended. The only exception is a medical reason, requiring a doctor's note or relocation out of the area.
 - These refunds may not apply to contractual activities*
- **Contractual activity refunds:** Contractual activities are offered by a variety of different companies and refunds vary from contractor to contractor. Please contact the park district recreation supervisor directly regarding refunds for these classes.
- Activities which include tickets for entertainment/sporting events, adult sports leagues, and trips require that vacancy to be filled by another participant in order for a refund to be given.
- All refunds must be applied for in person at the Central Park Building, 15601 S. Central Ave.
- Please allow up to 8 weeks for processing.
- All refunds are subject to supervisor approval.
- Refund policy for FunTime Preschool please see page 16.
- Refund policy for Oak Forest Park District Sports activity (Flag Football/Cheerleading, Girls Softball, Wrestling, Basketball, Soccer, and Lacrosse), please see pages 33.

CODE OF CONDUCT

Participants are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to help make Park District activities safe and enjoyable for all participants. Additional rules may be developed for particular activities and athletic leagues as deemed necessary by staff.

Participants shall:

1. Show respect to all participants and staff, as well as take direction from staff
2. Refrain from using abusive or foul language.
3. Refrain from causing bodily harm to self, or other participants or staff.
4. Show respect to equipment, supplies and facilities. No vandalism to anything will be tolerated.
5. Do not bring food, gum or beverage into gymnasium.
6. No hindering of employees.
7. No resisting or interfering with an officer.

DISCIPLINE:

A positive approach will be used regarding discipline. Staff will periodically review rules with participants during the session. If inappropriate behavior occurs, prompt resolution will be sought, specific to each individual situation. The Park District reserves the right to dismiss a participant whose behavior endangers the safety of themselves or others.

OAK FOREST POLICE DEPARTMENT

The Oak Forest Police Department does a great job of keeping an eye on your parks. We can use your help as well. If you see vandalism occurring or any other criminal activity, please help us by reporting what you see. The non-emergency number to the Oak Forest Police Department is (708)-687-1376, or in case of an emergency, dial 911.

THREATS OF VIOLENCE

The Oak Forest Park District is committed to the safety and well-being of staff and patrons. All acts of threats or violence by activity participants will be taken seriously and the Oak Forest Park District will promptly respond to any incident or suggestion of violence. Violation of this policy will result in disciplinary action, up to and including suspension or denial of participation, at the discretion of the Oak Forest Park District.

ARSON TIPSTER AWARD ACTIVITY – STOP SENSELESS DAMAGE

In an effort to reduce and eliminate senseless damage caused by arson, the Oak Forest Park District encourages you to report any information you have about individuals causing fire damage to District property.

Reward: If the information you provide leads to the arrest of the arson perpetrator or conspirator, you may be eligible for a reward of up to \$500.00.

Confidential Communication: All communications between the Arson Tipster and the Oak Forest Park District are strictly confidential. The Oak Forest Park District will not release or disclose any information furnished by the Arson Tipster without the Tipster's explicitly consent and approval. To provide a tip or get more information, contact the Oak Forest Police Department at (708) 687-1376.

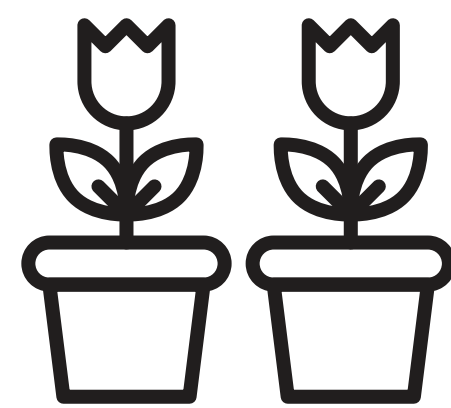


TABLE OF CONTENTS

Adult Sports/Activities.....35-37
Cheer & Tumbling.....31-32
Community Programs/Events.....38
Community Thank You39
Dance.....28
Fun-Time/Pre-School.....16-17
Gymnastics.....29-30
Health and Fitness.....9-10
Memories43
Park Amenities.....43
Park Locations.....42
Rentals.....4-8
Special Events.....12-13
Spring Break.....15
SSSRA.....42
Summer Camps.....23-24
Thank you Cindy.....44-45
Youth Activities.....18-22
Youth Athletics.....33-35
The Zone Classes.....10-11
Zoom Language.....25-27

SAVE AN ACTIVITY

Please sign up for a trip or activity as soon as you are interested, to avoid cancellation!
 Nothing kills an activity more quickly than insufficient participation.

stay social with us!



WE'RE NOT PERFECT...ALTHOUGH WE STRIVE TO AVOID ANY TYPOS, MISPRINTS, INCORRECT INFORMATION; OCCASIONALLY WE MAY NEED TO ADJUST LISTED INFORMATION. THANK YOU FOR YOUR UNDERSTANDING.

ROOM RENTALS

INDOOR RENTAL FACILITIES

Permits accepted on an ongoing basis

THE CENTRAL PARK BUILDING

15601 S. Central Ave. • 708-687-7270

Contact Patti Kurtz for availability pkurtz@oakforestparks.org 708.687.7270 ext. 110

NO HOLIDAY RENTALS. PRICES SUBJECT TO CHANGE.

Additional rules, policies and regulations provided in rental agreement upon booking

THE OAK ROOM AT CENTRAL PARK

The Oak Room is a private event room located inside of the Central Park building.

This room is located on the main floor near the elevator. The open space features an exposed kitchen, rustic brick walls, wood like flooring and a neutral color palette

AMENITIES

- Rectangular 8-foot or round 5-foot guest tables with brown chairs
- Rectangular 8- foot tables for other set up needs
- Park District staff to set up and take down tables and chairs
- Exposed kitchen with a serving counter including a refrigerator, freezer, sink, microwave & 60 cup maximum coffee maker.
- Wall mounted flat screen television with basic cable channels
- Guest Wi Fi service
- Delivery door within the event room for vendor or renter's use
- Public restrooms & water fountain located in the common area
- Trash canisters with refillable bags

ROOM CAPACITY

- 60 guests maximum (*Capacity is also dependent on the type of event and floor plan set up*)

RENTAL HOURS

- Renter to include the set up, event time and clean up time in the total hours purchased
 - 4- hour minimum required
 - **Monday- Friday rentals** (*subject to availability*)
 - **Saturday & Sunday rentals** operate from 12:00-10:30 PM
- NO HOLIDAY RENTALS**

RESIDENT HOURLY RATES

\$65.00 PER HOUR
\$200.00 Security/Damage Deposit

NON-RESIDENT HOURLY RATES

\$85.00 PER HOUR
\$200.00 Security/Damage Deposit

THE MAPLE ROOM AT CENTRAL PARK

The Maple Room is a private event room located inside of the Central Park building.

This room is located on the main floor next to the main entrance and front desk.

The space features two floor to ceiling windows, a brick accent wall, wood like flooring and a neutral color palette.

AMENITIES

- Rectangular 6- foot tables for guest seating and for other set up needs with black mesh folding chairs
- Park District staff to set up and take down tables and chairs
- Multipurpose serving counter with a microwave & 30 cup maximum coffee maker available upon request (*renter to provide associated supplies*)
- Guest Wi Fi service
- Seasonal coat rack
- American Flag pole
- Trash canisters with refillable bags
- Hand sanitizer wall dispenser
- Public restrooms & water fountain located in the common area
- No kitchen area available

ROOM CAPACITY

- 30 guests maximum (*Capacity is also dependent on the type of event and floor plan set up*)

RENTAL HOURS

- Renter to include the set up, event time and clean up time in the total hours purchased
- 2- hour minimum required
- **Monday- Friday rentals** (*subject to availability*)
- **Saturday & Sunday rentals** operate from 9:00 AM-9:00 PM

RESIDENT HOURLY RATES

\$35.00 PER HOUR

NON-RESIDENT HOURLY RATES

\$45.00 PER HOUR



ADDITIONAL DETAILS FOR THE OAK ROOM & MAPLE ROOM

Additional policies provided upon securing the date.

PAYMENT/SECURITY DEPOSIT/CANCELLATION POLICY

- A signed rental agreement is required upon securing your rental date, including the full rental payment plus an additional \$200.00 refundable security/damage deposit (if applicable)
- Oak Forest residents to provide proof of residency identification for resident discount to apply
- **Cancellation submitted at least 60 days prior to rental date**, renter to receive a 50% refund of the rental fee. The full \$200.00 security deposit will be refunded.
- **Cancellation submitted less than 60 days prior to rental date**, the renter will forfeit 100% of the rental fee. The full \$200.00 security deposit will be refunded.
- No transfer/change of rental date permitted.

RENTERS TO PROVIDE

- Catering, bar/beverages, table coverings, decorations & entertainment/vendors
- Renters are allowed to provide beer, wine &/or liquor with proof of General Liability Insurance with appropriate liquor liability coverage.
- Additional on-site event vendors must be approved by the Park District and submit a certificate of insurance stating Oak Forest Park District as additionally insured. Including but not limited to: magicians, clowns, food trucks, etc...
- No live bands/disc jockeys/music.



DON GORMAN RECREATION CENTER

4412 Henry St.

RESIDENT RENTAL FEE	NON-RESIDENT RENTAL FEE
\$225.00 for 6 hours	\$350.00 for 6 hours
\$200.00 Separate Security Deposit.	
Fee must be paid in FULL at time of rental.	
Any rental cancelled within 3 weeks of rental date all monies will be forfeited; no refunds.	
Kitchen includes: a microwave, refrigerator and stove.	
NO ALCOHOL ALLOWED.	
Rentals available Saturday and Sunday. NO HOLIDAY RENTALS.	
For more information on the Don Gorman Recreation Center, call Karen at (708) 687-8882 or visit our website and click on the rentals link.	



PARK PLACE AT CENTRAL

15601 S. Central Ave. • 708-687-7270 ext. 118

INDOOR RENTAL FACILITIES

Permits accepted on an ongoing basis



Life is an event, make it memorable

Located only steps away from the Oak Forest Park District's main building, Park Place at Central is a beautiful facility for your next special event or business function. The space features a private kitchen area, floor to ceiling windows, wood like flooring and neutral colors with access to our outdoor gazebo and community park.

Private tours & bookings available by appointment only

Contact Rental Coordinator, Ericka Vetter, for more information and date availability
 Parkplace@oakforestparks.org 708.687.7270 ext. 118

Like & follow "PARK PLACE AT CENTRAL" on FACEBOOK and to view photos

GUEST CAPACITIES:

Half Space Rental-Maximum of 60 guests | Full Space Rental-Maximum of 120 guests

NO HOLIDAY RENTALS • PRICES SUBJECT TO CHANGE

RESIDENT RENTAL RATE <i>1 Form of Current Identification Required</i>	NON-RESIDENT RENTAL RATE
Full Space – Monday through Friday \$100.00 per hour 4 hour minimum (\$400)	Full Space – Monday through Friday \$130.00 per hour 4 hour minimum (\$520)
Full Space – Saturday and Sunday \$140.00 per hour 4 hour minimum (\$560)	Full Space – Saturday and Sunday \$170.00 per hour 4 hour minimum (\$680)
Half Space – Monday through Friday \$80.00 per hour 4 hour minimum (\$320)	Half Space – Monday through Friday \$100.00 per hour 4 hour minimum (\$400)
Half Space – Saturday and Sunday \$90.00 per hour 4 hour minimum (\$360)	Half Space – Saturday and Sunday \$120.00 per hour 4 hour minimum (\$480)



RENTAL AMENITIES INCLUDE:

- Renter's choice of a day or evening event (*day rentals to conclude by or before 4pm and evening rentals to begin set up at 5:30pm*)
- One tour included if desired
- 5 foot round guest tables (*seat a maximum of 8 chairs per table*)
- Cushioned, neutral colored, banquet chairs
- 8 foot rectangular tables for other set up needs
- Custom designed floor plan with the event team setting up and taking down all tables and chairs
- Private kitchen space with a pull-down window option (*Including: refrigerator, freezer, double sink, microwave, and 60-cup coffee urn*)
- Bar & beverage serving counter with an ice sink (*renter to provide ice*)
- Catering delivery door with ramp to kitchen space to avoid interruption of the event
- Wall mounted smart television with basic channels
- Guest Wi Fi Service
- Access to ceiling fans and lighting with dimmable options
- Floor to ceiling windows with accessible roll down window treatments
- Event utility cart to conveniently haul event items for set up and clean up
- Restrooms located in the foyer and equipped with baby changing stations
- Portable podium
- American Flag
- Seasonal coat racks
- Access to our outdoor gazebo and community park
- Private event signage displayed outdoors to encourage event privacy

PAYMENT/SECURITY DEPOSIT/CANCELLATION POLICY:

- The full rental payment is due upon securing the date with an additional \$200.00 security deposit and signed agreements.
- The length of time needed for set up and clean up **MUST** be included in the rental hours purchased. (Minimum of a ½ hour set up and a ½ hour clean up required)
- **Acceptable forms of payment:** Cash, check or credit/debit card. Rental will be cancelled if renter's check is returned due to insufficient funds
- **Cancellation submitted at least 60 days prior to the event date**, renter to receive a 50% refund of the rental fee. The full \$200.00 security deposit will be refunded.
- **Cancellation less than 60 days from the event date**, the renter will forfeit 100% of the rental fee. The full \$200.00 security deposit will be refunded.
- No transfer/change of rental date permitted. Additional policies provided upon booking

RENTERS TO PROVIDE:

- Food, beverages and decorations desired (including table coverings for all park place tables provided)
- Renters are allowed to serve alcohol with proof of General Liability Insurance with appropriate liquor liability coverage from an insurance carrier of their choice
- Additional on-site event vendors must be approved by Park Place and submit a certificate of insurance stating Oak Forest Park District as additionally insured. *Including but not limited to:* food trucks, disc jockey's, magicians, etc...
- No bounce houses/blow up or ball pit devices are allowed indoors or outdoors



ROOM RENTALS

ROOM RENTALS

PAVILION RENTALS

PAVILION RENTALS

Resident permits accepted Feb. 26, 2024 – Non-resident permits accepted Mar. 18, 2024

Looking for a place to hold your next Family Party, Child's Birthday Party, or Corporate Event?

The Oak Forest Park District has four picnic pavilions available for rentals. Pavilions are located at various parks throughout Oak Forest, and host a variety of different amenities that can suit any need. The pavilions can hold anywhere from 30 – 200 people.

The following information applies to resident and non-resident rentals at all pavilions:

- All fees must be paid with submission of rental application.
- Your security/damage deposit will be returned to you following your party if ALL rental rules and guidelines are followed and there is no damage to Park property.
- Any rental cancelled within 3 weeks of rental date all monies will be forfeited; no refunds.

For information on availability and specific pavilion amenities contact the Front Desk Staff at (708)687-7270.

GINGERWOOD PARK PAVILION

169th & Forest (50 people)

RESIDENT RENTAL FEE	NON-RESIDENT RENTAL FEE
\$125.00 FOR 7 HOURS	\$200.00 FOR 7 HOURS
Application Fee – \$50.00 (Non-Refundable)	
Security Deposit – \$200.00	
Amenities Include:	
<ul style="list-style-type: none"> • Party Attendant Available From 1:00-7:00pm • New Indoor Bathrooms • New Concession Area • Newer Playground • Spacious Grounds for Various Activities • Softball Fields • Walking Path - .28 miles • Bag Set, Throw Down Bases with Wiffle Bat and Ball (Available for use with valid ID) 	
No cookers or grills allowed at this pavilion. Rentals available Sunday from Noon-7:00pm, May-August. NO HOLIDAY RENTALS.	

CENTRAL PARK PAVILION

15601 S. Central Ave. (200 people)

RESIDENT RENTAL FEE	NON-RESIDENT RENTAL FEE
\$125.00 FOR 7 HOURS	\$200.00 FOR 7 HOURS
Application Fee – \$50.00 (Non-Refundable)	
Security Deposit – \$200.00	
Permit Includes:	
<ul style="list-style-type: none"> • Playground • 1 Sand Volleyball Court • Softball Fields (if available) • Tennis Courts (if available) 	
Rentals available Saturday and Sunday from Noon-7:00pm, May-August. NO HOLIDAY RENTALS.	

EL MORRO PARK PAVILIONS

Arroyo Ave. & Victoria Dr.

PAVILION 1 - SMOKEY BEAR (100 people):	
RESIDENT RENTAL FEE	NON-RESIDENT RENTAL FEE
\$125.00 FOR 7 HOURS	\$200.00 FOR 7 HOURS
PAVILION 2 - YOGI BEAR (30 people):	
RESIDENT RENTAL FEE	NON-RESIDENT RENTAL FEE
\$80.00 FOR 7 HOURS	\$155.00 FOR 7 HOURS
Application Fee – \$50.00 (Non-Refundable)	
Security Deposit – \$200.00	
Amenities Include:	
<ul style="list-style-type: none"> • Party Attendant Available from 1:00-7:00pm • Indoor Bathrooms • Concession Stand • Playground • Cooker/Grill Rental: \$25.00 per cooker/grill for Smokey pavilion only 	
Unlimited golf for picnic party guests: \$50.00 (due at time of booking).	
Rentals available May–mid-September. NO HOLIDAY RENTALS.	

Pavilion Rental Notes: Any special requests, including but not limited to bouncers, carnival type equipment, use of any music, conducting a raffle, fundraising events, or admittance fees must be presented to the Park District no less than 4 weeks prior to the event date for written approval. In some cases a certificate of insurance listing the Oak Forest Park District as additionally insured will be required. Additional rules may apply, and can be found on picnic permits.



The Zone Fitness Center

CENTRAL PARK BUILDING
15601 S. Central Ave. Oak Forest, IL 60452

JOIN TODAY — GET IN THE ZONE

The Zone is dedicated to fitness and providing equipment designed to give you the best value for your dollar. Our courteous, qualified and professional staff are ready to work with you in our friendly atmosphere. We are here to provide the solutions to your fitness needs.

Phone: (708)-535-5030 x 130 • Fax: (708)-687-9937 • Website: www.oakforestparks.org
Manager: Michelle Pruitt • Personal Trainers: Roger Bradley, Chrissy Samiec

SEE WEBSITE AND FACEBOOK FOR CLUB HOURS

“THE ZONE” (FITNESS CENTER)

MEMBERSHIP RATES			
<i>Couples/families must reside at same address</i>			
Member Type	Due at sign-up	Monthly fee	Annual Fee
Individual 18 +	\$62	\$31	\$355
**Senior Individual 60 +	\$38	\$19	\$225
Additional Adult (4 per household)	\$20 p/p	\$10 p/p	+ \$120 p/p
Student (Must have current ID)	\$32	\$16	\$180
30-day pass - \$45 • 30-day student pass - \$30			
90-day pass - \$110 • 90-day student pass - \$70			

Not ready to commit to a full membership?
Use our **DAILY PASS OR ZONE PASS PUNCH CARD** to enjoy the fitness center and all included classes.

Card Type	Resident	Non-Resident
Single Class	\$7.00	\$7.00
10-Punch Card	\$65.00	\$85.00
20-Punch Card	\$120.00	\$160.00
*All military, fire, and police receive 50% off any membership or pass		

The Zone Fitness Center proudly partners with some insurance companies. Check yours to see if you qualify for a free membership!!

INTRO TO THE ZONE FITNESS CENTER

This program will consist of a 45 min orientation to The Zone Fitness Center with a personal trainer. The trainer will go over safety and gym etiquette, instruction on cardiovascular and strength equipment and free weights. This is the perfect opportunity to learn how to use everything without purchasing a personal training package.

See page 37 for details.

THE ZONE FITNESS CENTER FREE DAYS!

Wednesday, May 15th
Monday, June 17
Thursday, July 11
Tuesday, August 20



PERSONAL TRAINING PACKAGES:

30 Minute Sessions*
1 session – \$30
10 sessions – \$200
20 sessions – \$375
40 sessions – \$650

* You may combine two full sessions as one full hour

MIND-BODY BALANCE FOR VETERANS

A fitness program designed to serve disabled Veterans throughout SSSRA's member communities. SSSRA and our member communities are committed to making a difference in the lives of Veterans by offering an opportunity to establish a healthy lifestyle through wellness and fitness goals.

- Offered to Veterans of all ages with a DD214 Honorable Discharge and 10% or higher disability rating.
- The program includes a free one-year gym membership, a personal training session (optional), and monthly social activities (optional).
- Accessible equipment is available.
- Veterans must be residents of one of SSSRA's member communities.

Mind-Body-Balance for Veterans is offered at the following fitness facilities:

H-F Racquet & Fitness Club
2920 W. 183rd Street, Homewood

Matteson Community Center
20642 Matteson Avenue, Matteson

Oak Forest Health & Fitness Center
15601 S. Central Avenue, Oak Forest

Tinley Fitness
8125 W 171st Street, Tinley Park

Registration Dates: Sept. 1 – Dec. 31, 2023
Jan. 1 – May 31, 2024

For more information, please contact Juanita Williams at 815.806.0384 or juanita@sssra.org.

THE ZONE CLASSES

FREE with your "Zone" Fitness Center membership

OR Non-Zone Fitness Center members can purchase a "Zone Pass" for an option to enjoy these Zone Fitness Center classes.

	Resident	Non-Resident
10-punch Card	\$65.00	\$85.00
20-punch Card	\$120.00	\$160.00

BOOM

This is a high energy total body workout utilizing dumbbells and resistance bands and your body's own resistance.

Instructor: Chrissy
Who: 18+
Location: Central Park Building
15601 S. Central Ave
Day: Fri.
Time: 9:00 – 9:30am
Fee: Free w/Health Club membership
Limit: Min. 4/Max. 14

CYCLE MANIA

One hour of indoor cycling that is designed to improve cardio endurance and calorie burning.

Instructor: Chrissy
Who: 18+
Location: Central Park Building
15601 S Central Ave
Day: Fri.
Time: 5:00 – 6:00pm
Fee: Free w/Health Club membership
Limit: Min 4./Max. 11

CYCLE MANIA/INTERVAL

One hour of indoor cycling with breaks every 10 min for weight training.

Instructor: Chrissy
Who: 18+
Location: Central Park Building
15601 S Central Ave
Day: Weds.
Time: 6:00 – 7:00pm
Fee: Free w/Health Club membership
Limit: Min. 4/Max. 11

FITNESS ELEVATION

Compound exercises with short bursts of low-impact cardio to increase your total fat burn and keep your metabolism elevated.

Instructor: Patti
Who: 18+
Location: Central Park Building
15601 S Central Ave
Day: Mon.
Time: 6:00-7:00pm
Fee: Free w/Health Club membership
Limit: Min. 4/Max. 14

RAPID FIRE HARD BODY

A complete body weight training class to improve and strengthen muscles and increase endurance with lighter weights and higher repetitions.

Instructor: Chrissy
Who: 18+
Location: Central Park Building
15601 S Central Ave
Day: Weds.
Time: 10:15 – 11:15am
Fee: Free w/Health Club membership
Limit: Min. 4/Max. 14

SHAPE IT UP STEP INTERVAL

Basic step moves along with intervals of free weights and different calisthenics moves.

Instructor: Chrissy
Who: 18+
Location: Central Park Building
15601 S Central Ave
Day: Sat.
Time: 8:30 – 9:30am
Fee: Free w/Health Club membership
Limit: Min. 4/Max. 12

SILVER SNEAKER CARDIO

Higher intensity, but safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength, plus cardio endurance.

Instructor: Renee
Who: 18+
Location: Central Park Building
15601 S. Central Ave
Day: Thurs.
Time: 9:00 – 9:45am
Fee: Free w/Health Club membership
Limit: Min. 4/Max. 14

SILVER SNEAKER CLASSIC

Chair based fitness class utilizing light dumbbells and resistance tubes designed to improve muscular strength and range of motion.

Instructor: Renee
Who: 18+
Location: Central Park Building
15601 S Central Ave
Day: Tues.
Time: 9:00 – 9:45am
Fee: Free w/Health Club membership
Limit: Min. 4/Max. 14

SILVER SNEAKER YOGA STRETCH

Chair based yoga movements and postures designed to promote increased balance, flexibility and circulation.

Instructor: Renee
Who: 18+
Location: Central Park Building
15601 S Central Ave
Days: Tues. & Thurs.
Time: 10:00 – 10:45am
Fee: Free w/Health Club membership
Limit: Min. 4/Max. 14

TABATA

60 minutes of core and conditioning with your own body weight. 40 seconds on/20 seconds off.

Instructor: Chrissy
Who: 18+
Location: Central Park Building
15601 S Central Ave
Day: Tues.
Time: 6:00 – 7:00pm
Fee: Free w/Health Club membership
Limit: Min. 4/Max. 12

YOGA

Flowing from pose to pose increases strength and flexibility, while focusing on breathing, body awareness and relaxation are promoted. This class will increase your balance, flexibility and circulation.

Instructor: Patti
Who: 18+
Location: Central Park Building
15601 S Central Ave
Day: Mon., Weds., Thurs. & Sat.
Time: 9:00 – 10:00 (M & W)
6:00 – 7:00pm (TH)
10:00 – 11:00am (S)
Fee: Free w/Health Club membership
Limit: Min. 4/Max. 14



OAK FOREST PARK DISTRICT

MEMORIAL TREE PROGRAM

Memorial trees may be purchased in memory of a friend, or loved one, or to honor an outstanding achievement or accomplishment.

Each tree comes with a commemorative certificate that will also be recorded and kept in a memorial book located in our Administrative Office.

You also have the option to purchase a memorial plaque to be placed under the tree.

Trees are planted in the spring or fall; weather depending and are planted Monday through Friday only.

Prices, locations, and available tree species can be found at the Oak Forest Park District Main Building 15601 S. Central Ave

CONTACT US AT
708.687.7270
or visit us at www.oakforestparks.org
for more information.

EL MORRO & FOREST TRAILS + Miniature Golf Course

FOREST TRAILS MINIATURE GOLF

Located at El Morro Park, 155th and Arroyo Dr.

OPENING DAY

Day: Sat., May 18
Time: 2:00 – 6:00pm

HOURS OF OPERATION

(Hours may vary depending on weather)

May 20 through Aug. 11

Fri. 5:00 – 8:00pm
Sat. & Sun. 1:00 – 7:00pm
Closed Mon. – Thurs.

Aug. 12 through Sept. 15

Sat. & Sun. 1:00 – 7:00pm
Closed Mon. – Fri.

PRICES

\$3.00 - Children & Adults
Free - Kids under 4 years

Accommodations can be made for golf party packages during off hours. Call for details.

Party application permits may be obtained at the Central Park Building

15601 S. Central Ave.
708.687.7270,

Mon. – Fri 9:00am-5:00pm

(Applications must be filled out two weeks prior to date requested).

EL MORRO OPENING DAY MINI GOLF TOURNAMENT

For the second year in a row, we will be making El Morro Park's Opening Day bigger and better! Join us for a mini golf tournament, games, music, and fun! What better way to kick off the mini golf season than with a chance to win prizes?! The mini golf tournament will be divided into 4 age groups (4-5 yrs., 6-8 yrs., 9-11 yrs., and 12-14 yrs.). Winners will be notified the following Monday.

Who: Ages 4-14 yrs.

Location: El Morro Park & Forest Trails Mini Golf Course
155th & Arroyo Dr.

Date: Sat. May 18
Time: 2:00-6:00pm

Fee: \$5.00 per person for tournament

(Regular golf fees apply to those that choose not to participate in tournament)

FOREST TRAILS SPECIAL EVENTS MOVIE IN THE PARK

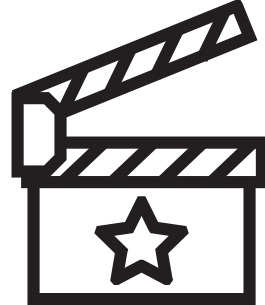
Again, this year, we will be having multiple movies throughout the summer. Concessions will be available at the concession stand, so be sure to bring an appetite! Make yourself comfortable and bring a blanket or chair and sit back and relax and enjoy the show!

Fri., June 21: "The Super Marios Bros. Movie"

Fri., July 12: "Teenage Mutant Ninja Turtles: Mutant Mayhem"

Fri., Aug. 9: "Trolls Band Together"

Movie starts at dusk
(generally between 8:00pm and 8:30pm).
Come early and save your seat!



FIESTA TIME MINICAMP - MAKE YOUR OWN PIÑATA!

Looking for something fun AND educational for your child to do this summer? In this one-day camp children will decorate their very own mini piñata while singing songs in Spanish, learning Spanish words, and discovering the Mexican culture. All material is included.

ACTIVITY # 2509-2101 | **SEC. #01**

Who: 4-10 yrs.

Fee: \$28.00 R/\$33.00 NR

Location: Central Park
15601 S. Central Ave.

Limit: Min. 6/Max. 12

Date: Weds., June 19

Time: 9:00 – 10:30am



TOUCH A TRUCK

Ever wanted to explore the big trucks and emergency vehicles you see around town? Join us for our Touch A Truck event. This is your chance to climb on fire trucks, ambulances, police vehicles, dump trucks, and other large vehicles used for various purposes. We will have 30 minutes horn free from 6:45-7:15pm for those with sensitive ears or those who don't like loud noises.

Who: All Ages

Location: Central Park
15601 S. Central Ave.

Date: Thurs., July 18
Time: 6:00 – 8:00pm

Fee: FREE



NATIONAL HOT DOG DAY

Celebrate National Hot Dog Day at El Morro Park with a hot dog and a round of mini golf! Bring the family out for dinner and fun while we celebrate a day dedicated to one of America's favorite foods, HOT DOGS! Pre-registration is not required for this event.

Who: All Ages

Fee: \$5.00 per person
(includes: round of golf, hot dog, chips, and drink)

Location: El Morro Park
155th & Arroyo Dr.

Date: Weds., July 17
Time: 5:00 – 8:00pm (food served)



SAVE AN ACTIVITY

Please sign up for a trip or activity as soon as you are interested, to avoid cancellation!
Nothing kills an activity more quickly than insufficient participation.

stay social with us!



SPECIAL EVENTS

YOU'VE BEEN EGGED!

The Easter Bunny's helpers are at it again! Sign up your friends, neighbors or family members for this special treat! The Easter Bunny will secretly send out his helpers to deliver 2 dozen stuffed eggs along with a "You've Been Egged" sign in participants lawns. An extra dozen eggs can be purchased. *Please note that the Easter Bunny will not be delivering eggs, and egg drops will be done quickly and quietly.*

Who: All Ages

Date: Fri., March 29
Time: 9:00am – 1:00pm

Fee: \$15.00 for
2 dozen eggs and 1 sign
\$5.00 per additional
dozen eggs

LAGOON FIRE ON THE WATER

Bring your blanket and cards to play and relax. We will have fires going in the Lagoon for everyone to come and see as well as music. Join us for a unique, one-of-a-kind event for your family.

Who: All Ages

Location: Lagoon Park
5500 Leslie Ln.

Date: Sat., June 1
Time: 8:00 – 10:00pm

Fee: FREE

NEW MOTHER/SON NIGHT AT WINDY CITY THUNDERBOLTS

Join us for this new event! Come on out to Ozinga Field for our Mother/Son Night at the Windy City Thunderbolts game. Mom's and son's will be seated out in the party deck at Ozinga Field. We will have buffet style food served throughout the game that will include hamburgers, hotdogs, popcorn, and pasta salad as well as soft drinks and water.

ACTIVITY # 7725-2101 | **SEC. #01**

Who: All ages

Location: Ozinga Field
14011 Kenton Ave.
Crestwood

Day: Thurs., May 9

Time: 6:30pm gametime

Fee: \$27 per person

Limit: Min. 35/Max. 100

Registration

Deadline: Mon., April 29

OLD TIMES FAMILY PICNIC

A FREE Annual Labor Day Weekend Fun-Filled Event

SUNDAY, SEPTEMBER 1ST

ENTERTAINMENT • MUSIC • DANCING • FOOD & BEVERAGES
GAMES • BEANBAG & WATER BALLOON TOURNAMENTS
FREE CHILDREN'S RIDES • CHILDREN'S RACES

12:00
noon
to dusk

Relax on the Central Park Picnic Grounds
Behind Oak Forest Park District Bldg.
15601 S. Central Ave.
Reconnect with Friends & Neighbors



SPRING BREAK ACTIVITIES

SPRING ARTS & CRAFTS WORKSHOP

Children can choose from a variety of age-appropriate Spring and Easter crafts to make and take home. A great place to start your Spring Break!

ACTIVITY # 6212-2101 | **SEC. #01**
Who: 3-7 yrs.
Location: Don Gorman Recreation Center
4412 Henry Street
Date: Mon., Mar. 25
Time: 1:00 - 3:00pm
Fee: \$15.00 R/\$20.00 NR
Limit: Min. 4/Max. 10



LITTLE CHEFS' CUPCAKE CREATIONS

Children will make and frost their own cupcakes. They start by cracking eggs and mixing the batter and finish with frosting and decorating their cupcakes. Children will be able to sample their creations and take some home to share with their family

ACTIVITY # 6215-2101 | **SEC. #01**
Who: 3-7 yrs.
Location: Don Gorman Recreation Center
4412 Henry Street
Date: Tues., Mar. 26
Time: 1:00 - 3:00pm
Fee: \$15.00 R/\$20.00 NR
Limit: Min. 4/Max. 10



ADVENTURE KIDS "ADVENTURE TOWN"

In "Adventure Town" kids are in charge! You can be a Pet-Vet and look at X-Rays of animals and bandage a stuffed puppy's paw! Then head over to our grocery store and run the cash register or stock the food shelves. As a Mail Carrier you can stamp letters and put them into mail boxes. How about running a restaurant or enjoying a snack yourself? Relax and enjoy the show at the Adventure Town Movie Theater. *Children must be potty-trained.*

ACTIVITY # 6235-2101 | **SEC. #01**
Who: 3-7 yrs.
Location: Don Gorman Recreation Center,
4412 Henry Street
Date: Thurs., Mar. 28
Time: 1:00 - 3:00pm
Fee: \$10.00 R/\$15.00 NR
Limit: Min. 5/Max. 16



ACTIVITIES LISTED ABOVE ARE "DROP-OFF" CLASSES.
Please drop-off and pick up at times listed above.

FUNTIME PRESCHOOL ACTIVITY

On-line registration is not available for this activity.
OPEN HOUSE WEDNESDAY, APRIL 17, 2024 - 5:00 – 7:00 PM

The FunTime Preschool Program, for children ages 3-5 years old, is a recreational program where we teach children how to learn and focus on life long social skills. Classes begin in September and end in May. While gathering in a safe and supportive environment, children will be introduced to language arts, math and science. Music and arts & crafts will be introduced to develop creativity and fine motor skills. Gym time will be held to develop large motor skills. All of these concepts will be taught at their age-appropriate level. Children will develop the skills needed to transition into kindergarten. *Children must be toilet trained. Classes must meet minimum capacity requirement in order to be held. This year we are offering a new extended day class time for the 4-year-old students.*

ACTIVITY # 1090-2101 | 3 YEAR OLD BEARS (Must be 3 yrs. old by Sept. 1, 2024)

Central Park Building, Lower Level | 15601 S. Central Ave.
 Mon./Weds./Fri. - Section #01 OR Tues./Thurs. - Section #02 | 9:00am – 12:00pm | Limit: Min. 14/Max. 18

TUITION FOR 2 DAYS A WEEK:			TUITION FOR 3 DAYS A WEEK:		
PLANS/DATES	RESIDENT	NON-RESIDENT	PLANS/DATES	RESIDENT	NON-RESIDENT
Pay in Full	\$1366.00	\$1648.00	Pay in Full	\$2026.00	\$2440.00
Pay Plan	\$1408.00	\$1688.00	Pay Plan	\$2068.00	\$2480.00
Initial Payment (non-refundable)	\$200.00	\$200.00	Initial Payment (non-refundable)	\$200.00	\$200.00
Aug. 7	\$302.00	\$372.00	Aug. 7	\$467.00	\$570.00
Nov. 7	\$302.00	\$372.00	Nov. 7	\$467.00	\$570.00
Feb. 7	\$302.00	\$372.00	Feb. 7	\$467.00	\$570.00
May 7	\$302.00	\$372.00	May 7	\$467.00	\$570.00

ACTIVITY # 1090-2102 | 4 YEAR OLD BUTTERFLIES (Must be 4 yrs. old by Sept. 1, 2024)

Central Park Building, Lower Level | 15601 S. Central Ave.
 Mon./Weds./Fri. - Section #01 & 02 OR Tues./Thurs./Fri. - Section #03 & 04 | Limit: Min. 18/Max. 62

TUITION FOR 3 DAYS A WEEK/3-HOUR DAY (9:00am – 12:00pm):			TUITION FOR 3 DAYS A WEEK/4.5 HOUR DAY (9:00am – 1:30pm):		
PLANS/DATES	RESIDENT	NON-RESIDENT	PLANS/DATES	RESIDENT	NON-RESIDENT
Pay in Full	\$2140.00	\$2576.00	Pay in Full	\$2540.00	\$3056.00
Pay Plan	\$2180.00	\$2616.00	Pay Plan	\$2580.00	\$3096.00
Initial Payment (non-refundable)	\$200.00	\$200.00	Initial Payment (non-refundable)	\$200.00	\$200.00
Aug. 7	\$495.00	\$604.00	Aug. 7	\$595.00	\$724.00
Nov. 7	\$495.00	\$604.00	Nov. 7	\$595.00	\$724.00
Feb. 7	\$495.00	\$604.00	Feb. 7	\$595.00	\$724.00
May 7	\$495.00	\$604.00	May 7	\$595.00	\$724.00

REGISTRATION OPENS ON FRI, APRIL 26 • 5-7PM:

Registration will be held in the lower level of the Central Park Building. On-line registration is not available for the program. Registration for the preschool program will continue after April 26th until all classes are filled. Contact the program coordinator for class availability.

Registration Forms and Policy: Forms will be available on-line and in the main lobby of the Central Park Building.

Proof of residency is required at time of registration.

Refunds: Refunds are subject to program coordinator's approval and made on a pro-rated basis.

A \$200 administrative fee will be assessed as follows:

Payment Plan: When using the payment plan, the Initial Registration Payment must be made in full at the time of registration to reserve a seat in requested classroom. This \$200 initial payment is non-refundable and will be assessed if you should withdraw your child from the program at any time

Paying in Full: A \$200 fee will be assessed if you should withdraw your child from the program at any time.

FUNTIME MEET & GREET

Who: Registered students and parents

Location: Central Park Building
15601 S. Central Ave.

Dates: **Weds., Sept. 4** (M/W/F students)
Thurs., Sept. 5 (T/TH/F students)

Time: 6:00 – 7:00pm

CLASSES BEGIN:

Weds., Sept. 9 (M/W/F students) OR

Thurs., Sept. 10 (T/TH/F student)

LITTLE TYKES:

Information for the Little Tykes program will be available in the Fall-Winter Activity Guide.



TODDLER TIME

The Toddler Time program is your child's first step towards independence. The main focus of this program is to help children easily separate from parent and caregiver, and become more independent. Children learn to play by themselves and with others, as well as share toys. Puzzles, coloring activities, finger plays, etc. help stimulate small motor skills. Gross motor skills are developed through physical activity. Daily activities include crafts, coloring pages, stories, rhymes, songs and music, snack time, physical activities, free play and more. *Children need not be potty-trained. Parents will be notified in case of any "accident" during class that needs immediate attention. Snack and juice will be provided. Each session is 8 weeks. Each day is 2 hours.*

We will continue to follow the latest guidelines issued by the IDPH and the CDC related to COVID-19.

ACTIVITY # 6170-2101 | SEC. #01

Who: 2-3 yrs. **Dates:** Weds., April 3 – May 22
Location: Don Gorman Recreation Center **Time:** 10:00am – 12:00pm
 4412 Henry St. **Fee:** \$140.00 R/\$150.00 NR
Limit: Min. 6/Max. 14

JUST 3'S (AND 4'S)

This 2-Day a week activity is an extension of our regular Toddler Time program, specifically for 3 and 4-year-olds. The objective of Just 3's is to help prepare your child for preschool. Children are introduced to numbers, letters, shapes and colors. Our Book-Share program helps develop a love of books and nurtures socialization and memory skills. Daily activities include themed crafts, stories, songs and music, and physical activities. Children will also have snack and play time. Children registered for this program may also register for our Toddler Time program on Wednesdays. A great program for children who miss the cut-off date to start preschool. Late registrations welcome. Snack and juice will be provided. *Each session is 8 weeks. Each day is 3 hours.*

We will continue to follow the latest guidelines issued by the IDPH and the CDC related to COVID-19.

ACTIVITY # 6173-2101 | SEC. #01

Who: 3-4 yrs. **Dates:** Tues. and Thurs., April 2 – May 23
Location: Don Gorman Recreation Center **Time:** 10:00am – 1:00pm
 4412 Henry St. **Fee:** \$240.00 R/\$250.00 NR
Limit: Min. 5/Max. 14

GYM TIME FOR TODDLERS

Open Gym for Toddlers is an activity for children 1 to 4 years of age and one parent or care-giver. Parent and child choose from a variety of activities, including balls, blocks, tunnels, push-toys, slide, scooters and much more. Children will make new friends and learn to share and play together. Parents have a chance to socialize and meet new parents. Wear comfortable clothing and clean socks. Bring a water bottle. *Each session is 4 weeks. Each class is 1½ hours.*

ACTIVITY # 6130-2101 | SEC. #01

Who: 1-4 yrs. (with an adult)
Location: Don Gorman Recreation Center
4412 Henry St.
Dates: Mon., April 1 – April 22
Time: 10:30am – 12:00pm
Fee: \$35.00 R/\$40.00 NR
Limit: Min. 5/Max. 10



LET'S GET MESSY!

A hands-on class for parent and child. Each week we will explore new ways to get messy! Activities include: Making art projects using paints, markers and crayons, playing with slime, clay, play dough, sand and water play, and more! A great way to meet other parents with toddlers. Roll up your sleeves and let's get messy! (Wear old clothes) *For 4 weeks.*

ACTIVITY # 6210-2101 | SEC. #01

Who: 2-4 yrs. (with an adult)
Location: Don Gorman Recreation Center
4412 Henry St.
Dates: Mon., April 29 – May 20
Time: 6:00 – 6:45pm
Fee: \$40.00 R/\$50.00 NR
Limit: Min. 4/Max. 8

PRE-SCHOOL ACTIVITIES

PRE-SCHOOL ACTIVITIES

Park district hours, activities, and rates are subject to change.

YOUTH ACTIVITIES

I SPEAK SPANISH! – SPANISH FOR KIDS

Expand your child's world! Introduce your child to the Spanish language in this Spanish immersion class developed especially for very young learners. Children will be immersed in the Spanish language through fun and educational activities and music. Each session covers new material!

Activity #	Section #	Dates	Time	Fee
2501-2101	01	March 20 – April 24	5:00 – 5:45pm	\$80.00 R/\$85.00 NR (6 week class)
2501-2101	02	May 1 – June 5	5:00 – 5:45pm	\$80.00 R/\$85.00 NR (6 week class)
2501-2101	03	June 26 – Aug. 7	9:00 – 9:45pm	\$94.00 R/\$99.00 NR (7 week class)

Instructor: Language In Action, Inc. Staff
Location: Central Park Building 15601 S. Central Ave.
Who: 3-6 yrs.
Day: Weds.
Limit: Min. 6/Max. 12

SOCCER SHOTS - MINIS

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active. *An adult is required to participate with child during class.*

Activity #	Section #	Dates	Location:
2617-2101	01	May 2 – June 6	Central Park Building, 15601 S. Central Ave.
2617-2101	02	June 20 – Aug. 1 (no class 7/4)	Central Park Building, 15601 S. Central Ave.

Day: Thurs.
Time: 5:00 – 5:30pm
Fee: \$70.00 R/\$75.00 NR
Limit: Min. 6/ Max. 15
Instructor: Soccer Shots Staff
Who: 2-3 yrs. (with an adult)

SOCCER SHOTS - CLASSIC

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation. *An adult must stay during class, but does not need to participate with child.*

Activity #	Section #	Dates	Location:
2617-2102	01	May 2 – June 6	Central Park Building, 15601 S. Central Ave.
2617-2102	02	June 20 – Aug. 1 (no class 7/4)	Central Park Building, 15601 S. Central Ave.

Day: Thurs.
Time: 5:30 – 6:15pm
Fee: \$72.00 R/\$77.00 NR
Limit: Min. 6/ Max. 15
Instructor: Soccer Shots Staff
Who: 3-5 yrs. (with an adult)



ADULT & TOT MULTI-SPORT MANIA

Parents are an important part of helping their tots experience basic sports movement and motor skills. Motor skill activities focus on hand/eye and hand/foot coordination. Sports equipment and instruction are provided to help guide your child through an introduction to organized sports. Parent or caregiver participation is required. Please bring a labeled water bottle.

Activity #	Section #	Dates
2425-2105	01	June 4 – July 9 (no class 7/2)
2425-2105	02	July 16 – Aug. 13

Instructor: Sports Kids Inc. Staff
Who: 2-3 yrs. (with an adult)
Location: Central Park Building 15601 S. Central Ave.
Day: Tues.
Time: 4:45 – 5:30pm
Fee: \$53.00 R/\$63.00 NR
Limit: Min. 6/Max. 20

MULTI-SPORT MANIA

Let's play! Your child explores the wide world of sports as they participate in a different sport each week, such as t-ball, track & field, golf, lacrosse, and soccer. Children get a lot of practice with skills through creative and fun drills and games. Don't miss out on the fun! Please bring a labeled water bottle.

Activity #	Section #	Dates
2425-2106	01	June 4 – July 9 (no class 7/2)
2425-2106	02	July 16 – Aug. 13

Instructor: Sports Kids Inc. Staff
Who: 4-6 yrs.
Location: Central Park Building 15601 S. Central Ave.
Day: Tues.
Time: 5:30 – 6:15pm
Fee: \$53.00 R/\$63.00 NR
Limit: Min. 6/Max. 20

T-BALL TRAINING

Boys and girls can come enjoy America's favorite pastime in this class. Participants will learn the basic fundamentals used in baseball such as running the bases, throwing, catching, and fielding as well as the skills to hit the ball off a tee and some live pitching. Exciting drills and games will help children learn about teamwork and good sportsmanship in an atmosphere where participation and fun are top priority. Please bring a labeled water bottle and mitt.

Activity #	Section #	Dates
2425-2107	01	June 4 – July 9 (no class 7/2)
2425-2107	02	July 16 – Aug. 13

Instructor: Sports Kids Inc. Staff
Who: 4-6 yrs.

Location: Central Park Building 15601 S. Central Ave.
Day: Tues.
Time: 6:15 – 7:00pm
Fee: \$53.00 R/\$63.00 NR
Limit: Min. 6/Max. 20

PEE WEE TRACK, FIELD & FITNESS

This unique class will combine stretching, movement, and other fitness concepts with running, jumping, throwing, and other skills used in track and field. Boys and girls will participate in Simon Says, Red Light-Green Light, Hoopers, and other fitness games as well as sprints, relays, long-distance walking, hurdles, long jump, discus throw, and other track and field events. Session will conclude with a fun-filled track and field meet on the last day of class. Please bring a labeled water bottle.

Activity #	Section #	Dates
2425-2108	01	June 7 – July 12 (no class 7/2)
2425-2108	02	July 19 – Aug. 16

Instructor: Sports Kids Inc. Staff
Who: 3-6 yrs.

Location: Central Park Building 15601 S. Central Ave.
Day: Fri.
Time: 3:00 – 3:45pm
Fee: \$53.00 R/\$63.00 NR
Limit: Min. 6/Max. 20

YOUNG REMBRANDTS – PRESCHOOL DRAWING

Jump into creativity and expand your child's horizons with Young Rembrandts. Young Rembrandts provides a productive environment where your child will learn how to draw and discover her or his artistic skills. This spring and summer kids will get the chance to draw a variety of objects in these different themed sessions of this art class. Each session will revolve around a specific theme, and entail a variety of age-appropriate projects throughout the four-week class. A brightly colored world of inspiration is at your little artist's fingertips!

Activity #	Section #	Dates	Theme
2450-2101	01	April 2 – April 23	Astronauts & Earth
2450-2101	02	May 7 – May 28	Flowers
2450-2101	03	June 4 – June 25	The Farm
2450-2101	04	July 2 – July 23	Summer Time
2450-2101	05	Aug. 6 – Aug. 27	Toys

Instructor: Young Rembrandts Staff
Who: 3 ½-5 yrs.
Location: Central Park Building 15601 S. Central Ave.

Day: Tues.
Time: 5:05 – 5:50pm
Fee: \$55.00 R/\$60.00 NR
Limit: Min. 7/Max 25

DINO HOUR

Bring your little one for an hour of Dinosaur discovery fun! They will see real dinosaur fossils, listen to a story, make a craft to take home and dig in the sand to assemble dinosaur puzzle pieces. So much fun packed into an hour, don't miss this new program! Class will be held outdoors as long as the weather permits, in the case of inclement weather class will be held in the lower level.

Activity #	Section #	Dates
1300-2101	01	Tues., April 9
1300-2101	02	Thurs., May 23

Instructor: T-Rexplorers Staff
Who: 3-5 yrs.
Location: Central Park Pavilion 15601 S. Central Ave.
Time: 5:30 – 6:30pm
Fee: \$35.00 R/NR
Limit: Min. 8/Max. 12

TOT & ME NATURE YOGA

You and your tot can enjoy yoga together. Through yoga poses, your tot will develop flexibility, strength, body awareness and balance. Yoga is a great way for a child to improve impulsiveness, help control emotions and ease stress. Bring a yoga mat and water bottle for you and your child. *Rain or inclement weather class will be held inside.*

Activity #	Section #	Dates
3077-2101	01	June 6 – June 27
3077-2101	02	July 8 – July 29

Instructor: Cassidy Pruitt
Who: 3-5 yrs. (w/an adult)
Location: Central Park Building 15601 S Central Ave
Day: Thurs.
Time: 3:00 – 3:45pm
Fee: \$45.00 R/\$55.00 NR
Limit: Min. 4/Max. 15

SOCCER SHOTS PREMIER

Soccer Shots Premier focuses on individual skill, fitness, and sportsmanship, providing an opportunity for children to be challenged through fun and games and team interaction. Children will also be introduced to competition in a developmentally appropriate manner. *An adult must stay during class, but does not need to participate with child.*

Activity #	Section #	Dates
2617-2103	01	May 2 – June 6
2617-2103	02	June 20 – Aug. 1 <i>(no class 7/4)</i>

Instructor: Soccer Shots Staff
Who: 5-8 yrs. *(with an adult)*
Location: Central Park
 15601 S. Central Ave.
Day: Thurs.
Time: 6:15-7:00pm
Fee: \$72.00 R/\$77.00 NR
Limit: Min. 6/Max. 15

KIDS NATURE YOGA

Enjoy a serene class overlooking the Park District's trail. Through yoga poses students will develop greater flexibility, strength, body awareness and balance. This practice blends yoga styles and will include meditation, breathing practice and relaxation techniques. Students will learn tools to deal with stress and aid in concentration. Bring a yoga mat and a water bottle to class. *Rain or inclement weather class will be held inside.*

Activity #	Section #	Dates
3075-2101	01	June 6 – June 27
3075-2101	02	July 11 – Aug 1

Instructor: Cassidy Pruitt
Who: 5 - 12 yrs.
Location: Central Park Building
 15601 S Central Ave
Day: Thurs.
Time: 4:00 – 4:45pm
Fee: \$45.00 R/\$55.00 NR
Limit: Min. 4/Max. 15

YOUTH TRACK, FIELD & FITNESS

Learn the fundamentals involved with improving flexibility, proper stretching, body positioning, developing core-strength, improving balance, and cool-down techniques as they relate to track and field. Boys and girls will participate in Sharks & Minnows, Hot Lava, Capture the Cones, as well as sprints, relays, long-distance walking, running hurdles, long jump, and discus throw. The session concludes with a track and field meet on the last day of class. Please bring a labeled water bottle.

Activity #	Section #	Dates
2425-2109	01	June 7 – July 12 <i>(no class 7/5)</i>
2425-2109	02	July 19 – Aug. 16

Instructor: Sports Kids Inc. Staff
Who: 7-12 yrs.

Location: Central Park Building
 15601 S. Central Ave.
Day: Fri.
Time: 3:45 – 4:30pm
Fee: \$53.00 R/\$63.00 NR
Limit: Min. 6/Max. 20

YOUTH ARCHERY

Archery participants will learn the parts of an arrow and recurve bow, the basics of suing a recurve bow, and fundamental shooting skills in an extremely safe environment. They also will learn an excellent, nationally recognized beginner's 9-step to the 10-ring progression which was created by the Coaches Development Committee of the National Archery Association. Both technique and games will be a part of this class. Blunt tipped arrows, bows, and targets are provided. Please bring a labeled water bottle.

Activity #	Section #	Dates
2425-2110	01	June 7 – July 12 <i>(no class 7/5)</i>
2425-2110	02	July 19 – Aug. 16

Instructor: Sports Kids Inc. Staff
Who: 7-12 yrs.

Location: Central Park Building
 15601 S. Central Ave.
Day: Fri.
Time: 4:45 – 5:30pm
Fee: \$53.00 R/\$63.00 NR
Limit: Min. 6/Max. 20

YOUTH SAND VOLLEYBALL

Join us on the sand court for some exciting volleyball action! Sand (beach) volleyball is a great physical workout as well as a way to practice all around skills and ball control. Young volleyball players will focus on drills such as passing, underhand setting, attacking, defense, and serving. Weekly scrimmages will allow players to use these skills in a game environment. This class is designed to help players of all skill levels foster a love for volleyball by focusing on skill development, healthy competition, and positive enthusiasm. Please bring a labeled water bottle.

Activity #	Section #	Dates
2425-2115	01	June 3 – July 8 <i>(no class 7/5)</i>
2425-2115	02	July 15 – Aug. 12

Instructor: Sports Kids Inc. Staff
Who: 7-12 yrs.

Location: Central Park Volleyball Court
 15601 S. Central Ave.
Day: Mon.
Time: 4:00-4:45pm
Fee: \$53.00 R/\$63.00 NR
Limit: Min. 6/Max. 20

KIDS IN THE KITCHEN

Kids are taught kitchen safety, basic appliances and utensils, how to follow simple recipes, measuring, setting a table, and cleaning up. In each session, your child will learn how to safely use an appliance such as an electric skillet, oven and microwave. Then we will prepare a simple meal using that appliance and kid-friendly recipes and basic ingredients. Each child will receive a folder to hold their hand-outs and recipes. Time will be given at the end of each session to eat their delicious creations! Bring a drink each week. *Each session is 8 weeks. New recipes and lessons each session. Masks are required.*

ACTIVITY # 6145-2101 | **SEC.#** 01

Who: 5-8 yrs. *(boys & girls)*
Location: Don Gorman Recreation Center,
 4412 Henry Street

Dates: Tues., Apr. 2 – May 21
Time: 5:30pm-7:00pm
Fee: \$85.00 R / \$95.00 NR
Limit: Min. 3/ Max. 6

VÁMANOS YOUTH SPANISH

Learning a second language can open a world of possibilities for your child. In this class students will learn Spanish conversation and some Spanish grammar, reading and writing skills through interactive and engaging activities. Each session covers new material!

Activity #	Section #	Dates	Time	Fee
2501-2101	01	March 20 – April 24	6:00 – 6:45pm	\$80.00 R/\$85.00 NR <i>(6 week class)</i>
2501-2101	02	May 1 – June 5	6:00 – 6:45pm	\$80.00 R/\$85.00 NR <i>(6 week class)</i>
2501-2101	03	June 26 – Aug. 7	10:00 – 10:45pm	\$94.00 R/\$99.00 NR <i>(7 week class)</i>

Instructor: Language In Action, Inc. Staff
Who: 7-11 yrs.
Location: Central Park Building
 15601 S. Central Ave.
Day: Weds.
Limit: Min. 6/Max. 12

MI FAMILIA **NEW**

Family is central to the Latin American culture! Join Young Rembrandts for a 5-day drawing workshop; we'll be drawing and coloring the magical world of Latin America! Artists will learn to draw a charmed house, members of a Latin American family, and so much more. Each day is a new look into what life is like on one of the largest regions of the world. Students will complete multiple drawings like astonishing animals, distinctive toys, and more enchanting art! Don't miss out on the magic, register your kids today! All supplies will be provided.

ACTIVITY #	SEC. #	DATES	Day:	Time:	Fee:	Limit:
2452-2101	01	July 22 – July 25	Mon. – Weds.	11:00am – 12:30pm	\$72.00 R/\$77.00 NR	Min.7/Max. 20

Instructor: Young Rembrandts
Who: 5-12 yrs.
Location: Central Park Building
 15601 S. Central Ave.

FASHIONISTA: ANIME/MANGA **NEW**

If you have loved all things Manga and Fashion, Sign-up for this class! Join Young Rembrandts for a 4-day drawing workshop; we'll be drawing and coloring all things ANIME! Artists will learn to draw their own anime style fashion ranging from simple to elaborate – this is a great way to combine fashion designing skills and learn new manga tricks. Each day students will complete multiple pieces of artwork like manga hairstyles, school uniforms, fantasy costumes, and more ARTastic drawings. All supplies are provided.

ACTIVITY #	SEC. #	DATES	Day:	Time:	Fee:	Limit:
2452-2101	01	June 10 – June 13	Mon. – Thurs.	11:00 – 12:30pm	\$72.00 R/\$77.00 NR	Min.7/Max. 20

Instructor: Young Rembrandts
Who: 5-12 yrs.
Location: Central Park Building
 15601 S. Central Ave.

YOUNG REMBRANDTS - DRAWING & CARTOONING

Young Rembrandts teaches children the art of drawing using a unique method that will maximize development and training in art. This spring and summer we will get the chance to draw a variety of objects in these different themed sessions of this art class. Each session will revolve around the specific theme, and entail a variety of art projects throughout the four-week class. Sign up for all five sessions for a fun-filled summer!

Activity #	Section #	Dates	Theme
2451-2101	01	April 2 – April 23	Dinosaurs, Action Scenes
2451-2101	02	May 7 – May 28	Cartoon Animals
2451-2101	03	June 4 – June 25	Polynesian
2451-2101	04	July 2 – July 23	Space
2451-2101	05	Aug. 6 – Aug. 27	Forest Fun

Instructor: Young Rembrandts Staff
Who: 5-12 yrs.
Location: Central Park Building
 15601 S. Central Ave.
Day: Tues.
Time: 6:00 – 7:00pm
Fee: \$55.00 R/\$60.00 NR
Limit: Min. 7/Max 25

CROSTOWN EXOTICS CRITTERS CLASS

These classes will introduce kids to the world's most misunderstood creatures. Reptiles, amphibians, and bugs. They will learn the importance of these creatures to the environment, their history and even how to take care of them as pets. Each class will feature live animals. Participants should wear closed toed shoes as they might venture outside for a portion of the class.

Activity #	Section #	Dates
2451-2101	01	Wed., March 6
2451-2101	02	Thurs., June 6

Who: Ages 4-12 yrs.
Location: Central Park Building
 15601 S. Central Ave.
Time: 6:00 – 7:00 pm
Fee: \$35.00 R/\$40.00 NR
(Per Section)
Limit: Min. 8/Max: 20

MESMERIZING MAGIC

Children are guaranteed to have a great time as they learn a collection of fascinating tricks! While the tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials are provided and each child receives a magic kit to take home. New tricks every session!

Activity #	Section #	Dates
2420-1101	01	Feb. 9
2420-1101	02	May 3

Instructor: Magic Team of Gary Kantor
Who: 5-12 yrs.
Location: Central Park Building
 15601 S. Central Ave.
Days: Fri.
Time: 5:00 – 5:55pm
Fee: \$22.00 R/\$28.00 NR
Limit: Min. 7/ Max. 30



TAE KWON DO

Learn the Korean martial art of Songahm Tae Kwon Do. Techniques taught include punching, kicking, forms and self-defense. More importantly, develop discipline, confidence, concentration, and self-control; all qualities needed to develop character. Training and activities are designed for the age group listed. Rank advancement is available; inquire at the ATA Center.

Location:
ATA Tae Kwon Do Center
15423 Cicero Ave. | 708.535.7000

Register at:
Oak Forest Park District,
Central Park Building

Limit: Min. 4/Max. 50

SESSION 1: February 12 – March 20					
ACTIVITY#	SECTION#	AGE	DAYS	TIME	FEE
1220-2101	01	3-6 yrs.	Mon./Wed.	5:30 – 6:00pm	\$70.00 R \$75.00 NR
1220-2102	01	7 yrs. +	Mon./Wed.	6:00 – 6:45pm	\$80.00 R \$85.00 NR
SESSION 2: April 8 – May 15					
ACTIVITY#	SECTION#	AGE	DAYS	TIME	FEE
1220-2101	02	3-6 yrs.	Mon./Wed.	5:30 – 6:00pm	\$70.00 R \$75.00 NR
1220-2102	02	7 yrs. +	Mon./Wed.	6:00 – 6:45pm	\$80.00 R \$85.00 NR
SESSION 3: June 3 – July 10					
ACTIVITY#	SECTION#	AGE	DAYS	TIME	FEE
1220-2101	03	3-6 yrs.	Mon./Wed.	5:30 – 6:00pm	\$70.00 R \$75.00 NR
1220-2102	03	7 yrs. +	Mon./Wed.	6:00 – 6:45pm	\$80.00 R \$85.00 NR

CHICAGO FIRE SOCCER & WHITE SOX CAMPS

CHICAGO FIRE LITTLE SPARKS (AGES 3-5)

Little Sparks is the Chicago Fire's introduction to soccer program where children and parents can take their first steps in soccer together!

Specifically designed for children aged 3-5 years old using the fun and play and imaginative stories, Little Sparks facilitates a child's physical, mental, and social-emotional development through the game of soccer!

Little sparks use three key principles (experimental play, creative learning, and holistic activity) to build an environment for children to learn and explore different outcomes associated with soccer and self-development.

CHICAGO FIRE SUMMER CAMP (AGES 6-12)

Chicago Fire FC Camps are designed to help children of all ages and abilities to play soccer, providing kids and parents alike a welcome source of enjoyment and activity. Chicago Fire FC Camps offer a structures camp experience, directed through our professional Soccer in The Community coaching staff.

Sessions are structured around daily themes that take a closer look at technical soccer skills and concepts. Each player will receive a Chicago Fire FC T-shirt, registration to our kid's club, a poster, and a ticket to a Chicago Fire FC Home match! Campers should bring their own ball, shin-guards and water bottle each day.

ACTIVITY #	SECTION#	AGE	TIME	FEE
2403-2101	01	3-5 yrs.	8:00 – 9:00am	\$98.00 R/NR
2403-2101	02	6-12 yrs.	9:00am – 12:00pm	\$176.00 R/NR

Location: Central Park Building / Outdoor Fields
15601 S. Central Ave, Oak Forest

Days: Mon. – Fri.
Dates: June 24 – 28

Limit: Min. 10/Max. 60



CHICAGO WHITE SOX SUMMER CAMP

Learn from the pro's this summer at a White Sox Summer Camp presented by Wintrust, with participating partner Topps! Professional coaches from the White Sox organization have helped build programs designed for kids ages 5-12 at every ability level. All campers will work on throwing, hitting, fielding, and base-running, but more importantly, they will be taught how to love the game of baseball. Instructors will supervise campers based off-of age and ability and cater each experience to meet your child's needs. On top of the four (4) days of camp, each camper will receive tickets to a White Sox game (date TBD), a White Sox t-shirt, hat, and other various White Sox goodies.

**Premium items (Sox tickets, t-shirt, hat, and goodies) subject to change. White Sox tickets date TBD*

ACTIVITY # 2407-2101 | **SEC.#** 01

Who: 5-12 yrs.

Location: Shooter's Baseball Field / Central Park Building
15601 S. Central Ave.

Date: July 8-11
Time: 1:00 – 4:00pm

Fee: \$165.00 R/NR

Limit: Min. 30/Max. 40

Register at whitesox.com/play

SUMMER CAMPS

CAMP CURIOSITY

Activities include age-appropriate games, sports, nature hikes, crafts, Mini-Golf Outing and more. Time will be spent both indoors and outdoors. Each child will receive a camp T-shirt which should be worn each day. Please bring a sack lunch and drink each day. Children must be potty trained. Sign up for 4 or 8 week session. Activities and number of participants will depend on current IDPH and CDC guidelines. No camp July 3, 4.

MONDAYS AND WEDNESDAYS (NO CAMP JULY 5)				
ACTIVITY #	SECTION #	DATES	WEEKS	FEE
6193-2101	01	June 10 – Aug. 7	8	\$270.00 R/\$295.00 NR
6193-2101	02	June 10 – July 10	1st 4	\$170.00 R/\$195.00 NR
6193-2101	03	July 15 – Aug. 7	2nd 4	\$170.00 R/\$195.00 NR

TUESDAYS AND THURSDAYS				
ACTIVITY #	SECTION #	DATES	WEEKS	FEE
6193-2102	01	June 11 – Aug. 8	8	\$270.00 R/\$295.00 NR
6193-2102	02	June 11 – July 11	1st 4	\$170.00 R/\$195.00 NR
6193-2102	03	July 16 – Aug. 8	2nd 4	\$170.00 R/\$195.00 NR

Who: 3-10 yrs. **Days:** Mon./Wed. or Tues./Thurs.
Location: Don Gorman Rec Center **Time:** 10:00am – 1:00pm
4412 Henry St. **Limit:** 38



CAMP FUNTIME

Preschool- Entering 1st Grade in fall

Summertime fun activities include games, stories, crafting, music, and experiments to go along with the theme of the week. Playground and sandbox play, as well as hikes around the park, add to the outdoor adventures. Campers should bring a light lunch to enjoy together. The last day of camp will be an outside-play water day, weather permitting. Register for a 6-week session to be held on Tuesday, Wednesday & Thursday. Each camper will receive a t-shirt the first day of camp and should be worn to camp each day. Campers must be toilet trained and able to take care of their bathroom needs.

ACTIVITY # 1092-2102 | **SEC.#** 01

Who: 3-6 yrs.

Location: Central Park Building
15601 S. Central Ave.

Dates: Tues./Weds./Thurs.
June 11 – July 25
(no camp 7/2, 3, 4)

Time: 9:30am – 12:30pm

Fee: \$450.00 R/\$538.00 NR

Limit: Min. 40/Max. 48

CAMP LITTLE TYKES

Young children will enjoy learning through play under proper supervision. Each class will include stories, vocabulary, finger plays, music, and simple art to strengthen fine motor skills. Physical development will be strengthened by use of simple gym equipment and games. Children will enjoy a great time of "play-with-purpose." Children do not need to be toilet training, however, an adult will be called if changing is needed.

Activity #	Section #	Dates
1200-2101	01	Tues. June 11 – July 23 (no camp 7/2)
1200-2101	02	Weds. June 12 – July 24 (no camp 7/3)

Who: 2 yrs.
Location: Central Park Building
15601 S. Central Ave.,
Lower Level
Time: 9:30am – 11:30am
Fee: \$290.00 R/\$352.00 NR
Limit: Min. 8/Max. 10



SAVE AN ACTIVITY

Please sign up for a trip or activity as soon as you are interested, to avoid cancellation!

Nothing kills an activity more quickly than insufficient participation.

stay social
with us!



Registration for Youth Day Camp, and Camp Care is due by the Tuesday preceding the session you are registering for. For those that registered after Tuesday, but before 10:30am Thursday, a non-refundable \$10.00 late fee, per child, per camp (YDC, CC- before or after) will be assessed. No registration will be taken after 10:30am on the Thursday preceding the session of participation.

PLEASE NOTE: Participant must pay for the full two weeks. There are no prorated amounts.

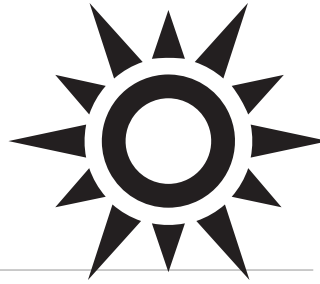
YOUTH DAY CAMP

This camp is geared towards those entering 1st-6th grade. Children are split into groups based on their grade. We take weekly off-site trips, go on mini fieldtrips to local venues around town, have theme days, and attend Tinley Park-Park District's Water Park on Fridays. Kids will enjoy playing sports, doing arts & crafts and much more!

ACTIVITY #	SECTION #	WEEKS	DATES
2270-2101	01	1 & 2	June 10 – June 21
2270-2101	02	3 & 4	June 24 – July 5 <i>(no camp 7/4)</i>
2270-2101	03	5 & 6	July 8 – July 19
2270-2101	04	7 & 8	July 22 – Aug. 2

Who: 1st – 6th grade
Time: 9:30am – 3:30pm
Location: Weeks 1-8, Central Park Building

YDC FEES	
WEEKS/RATES	YOUTH DAY CAMP M-F <i>(entering 1st-6th grade)</i>
2-Week Rate	\$280.00 R / \$365.00 NR (\$4.66/Hr) / (\$6.08/Hr)
4-Week Rate	\$530.00 R / \$690.00 NR (\$4.41/Hr) / (\$5.75/Hr)
8-Week Rate	\$985.00 R / \$1,285.00 NR (\$4.10/Hr) / (\$5.35/Hr)
2nd Child	\$960.00 R / \$1,250.00 NR
3rd Child	\$935.00 R / \$1,210.00 NR
4th Child	FREE



CAMP CARE

(Before/After) - Must be enrolled in Youth Day Camp. This activity is for children/teens of working parents. The care includes outdoor activities, games, crafts, quiet time, and snack. Your child(ren) must be enrolled in Youth Day Camp or in order to attend Camp Care.

PLEASE NOTE: Registration in a particular week does not guarantee registration in subsequent weeks.

ACTIVITY # <i>Before CC</i>	SEC. #	ACTIVITY # <i>After CC</i>	SEC. #	WEEKS	DATES
2300-2101	01	2370-2101	01	1 & 2	June 10 – June 21
2300-2101	02	2370-2102	02	3 & 4	June 24 – July 5 <i>(no camp 7/4)</i>
2300-2101	03	2370-2103	03	5 & 6	July 8 – July 19
2300-2101	04	2370-2104	04	7 & 8	July 22 – Aug. 2

TIMES: BEFORE CC 7:00 – 9:30AM | AFTER CC 3:30 – 6:00PM

CAMP CARE FEES				
WEEK/RATES	BEFORE CAMP CARE <i>(Mon.-Fri.)</i>	AFTER CAMP CARE <i>(Mon.-Fri.)</i>	BEFORE CAMP CARE <i>(M/W/F)</i>	AFTER CAMP CARE <i>(M/W/F)</i>
8-Week Rate	\$325.00 R/\$425.00 NR (\$3.25hr./\$4.25hr.)	\$325.00 R/\$425.00 NR (\$3.25/hr./\$4.25/hr.)	\$200.00 R/\$260.00 NR (\$3.33/hr./\$4.33/hr.)	\$200.00 R/\$260.00 NR (\$3.33/hr./\$4.33/hr.)
4-Week Rate	\$185.00 R/\$240.00 NR (\$3.70hr./\$4.80/hr.)	\$185.00 R/\$240.00 NR (\$3.70/hr./\$4.80/hr.)	\$118.00 R/\$155.00 NR (\$3.93/hr./\$5.16/hr.)	\$118.00 R/\$155.00 NR (\$3.93/hr./\$5.16/hr.)
2-Week Rate	R \$110 NR \$145.00 NR (\$4.40hr./\$5.80/hr)	\$110.00 R/\$145.00 NR (\$4.40/hr./\$5.80/hr.)	\$70.00 R/\$91.00 NR (\$4.67/hr./\$6.00/hr.)	\$70.00 R/\$91.00 NR (\$4.67/hr./\$6.00/hr.)

ZOOM LANGUAGE

ZOOM SPANISH CLASSES FOR KIDS - LIVE

Join us from your living room as we explore new cultures and learn the Spanish language via the interactive Zoom platform! Younger children will learn conversational Spanish through fun and interactive activities and music while older children will also learn some Spanish phonetics to begin reading and writing in Spanish. Each session covers new topics! Zoom login information will be emailed to participants before the first class.

Instructor: Language In Action, Inc. Staff
Location: Zoom
Fee: \$78.00 R/\$85.00 NR
(6 week classes)
 \$57.00 R/\$62.00 NR**
(4 week classes)
Limit: Min. 6/Max. 12

I Speak Spanish					
Activity #	Section #	Day	Dates	Ages	Time
2500-2101	01	Mon.	April 22 – June 3	3-6 yrs.	5:00 – 5:45pm
2500-2101	02	Mon.	June 17 – July 8	3-6 yrs.	5:00 – 5:45pm
2500-2101	03	Mon.	July 15 – Aug. 5	3-6 yrs.	5:00 – 5:45pm
2500-2101	04	Mon.	Aug. 12 – Sept. 2	3-6 yrs.	5:00 – 5:45pm
2500-2101	05	Thurs.	April 11 – May 11	3-6 yrs.	5:00 – 5:45pm
2500-2101	06	Thurs.	June 13 – July 11**	3-6 yrs.	5:00 – 5:45pm
2500-2101	07	Thurs.	July 18 – Aug. 8**	3-6 yrs.	5:00 – 5:45pm
2500-2101	08	Thurs.	Aug. 15 – Sept. 5**	3-6 yrs.	5:00 – 5:45pm
Vámonos Youth Spanish					
Activity #	Section #	Day	Dates	Ages	Time
2500-2101	01	Mon.	April 22 – June 3	7-11 yrs.	5:30 – 6:15pm
2500-2101	02	Mon.	June 17 – July 8	7-11 yrs.	6:00 – 6:45pm
2500-2101	03	Mon.	July 15 – Aug. 5	7-11 yrs.	6:00 – 6:45pm
2500-2101	04	Mon.	Aug. 12 – Sept. 2	7-11 yrs.	6:00 – 6:45pm
2500-2101	05	Thurs.	April 11 – May 11	7-11 yrs.	6:15 – 7:00pm
2500-2101	06	Thurs.	June 13 – July 11**	7-11 yrs.	6:15 – 7:00pm
2500-2101	07	Thurs.	July 18 – Aug. 8**	7-11 yrs.	6:15 – 7:00pm
2500-2101	08	Thurs.	Aug. 15 – Sept. 5**	7-11 yrs.	6:15 – 7:00pm

ZOOM SPANISH CLASSES FOR MIDDLE SCHOOL AND JR. HIGH SCHOOL STUDENTS

This class is a great supplement to middle school or junior high Spanish classes or may also be taken by students not enrolled in a school Spanish class. Students will learn Spanish grammar and communication skills that will give them a strong foundation for high school Spanish. Zoom login information will be emailed to participants before the first class.

Activity #	Section #	Day	Dates	Ages	Time
2502-2101	01	Tues.	April 9 – May 14 **	12-14 yrs.	5:30 – 6:15pm
2502-2101	02	Tues.	May 21 – June 11	12-14 yrs.	5:30 – 6:15pm
2502-2101	03	Tues.	June 18 – July 9	12-14 yrs.	5:30 – 6:15pm
2502-2101	04	Tues.	July 16 – Aug. 6	12-14 yrs.	5:30 – 6:15pm
2502-2101	05	Tues.	Aug. 13 – Sept. 3	12-14 yrs.	5:30 – 6:15pm

Instructor: Language In Action, Inc. Staff
Location: Zoom
Fee: \$78.00 R/\$85.00 NR **
(6 week class)
 \$57.00 R/\$62.00 NR
(4 week class)
Limit: Min. 6/Max. 12

ZOOM SPANISH CLASSES FOR HIGH SCHOOL STUDENTS - LIVE

This class is a great supplement to high school Spanish classes, or may also be taken by students not enrolled in a high school Spanish class. High school students will cover basic grammar points and vocabulary, and practice conversational skills. Zoom login information will be emailed to participants before the first class.

ACTIVITY # 2505-2101 | **SEC.#** 01
Instructor: Language In Action, Inc. Staff
Who: 14-18 yrs.
Location: Zoom
Dates: Tues., April 9 – May 14
Time: 6:30 – 7:15pm
Fee: \$78.00 R/\$85.00 NR
Limit: Min. 6/Max. 12



ZOOM SPANISH FOR ADULTS - LIVE

Have you ever wanted to learn a foreign language, but never had the opportunity? Now is the time! Stay connected and learn Spanish from the safety and comfort of your own home via the interactive Zoom platform! In this class you will learn conversational Spanish that you can immediately begin using. The class will be tailored to the needs of the students enrolled. Zoom login information will be emailed to participants before the first class.

Instructor: Language In Action, Inc. Staff

Location: Zoom

Fee: \$78.00 R/\$85.00 NR **
(6 week class)

\$57.00 R/\$62.00 NR
(4 week class)

Limit: Min. 6/Max. 12

Activity #	Section #	Day	Dates	Time
2504-1201	01	Tues.	April 9 – May 14 **	10:00 – 11:00am
2504-1201	02	Tues.	May 21 – June 11	10:00 – 11:00am
2504-1201	03	Tues.	June 18 – July 9	10:00 – 11:00am
2504-1201	04	Tues.	July 16 – Aug. 6	10:00 – 11:00am
2504-1201	05	Tues.	Aug. 13 – Sept. 3	10:00 – 11:00am
2504-1201	06	Weds.	April 10 – May 15 **	6:00 – 7:00pm
2504-1201	07	Weds.	May 22 – June 12	6:00 – 7:00pm
2504-1201	08	Weds.	June 19 – July 10	6:00 – 7:00pm
2504-1201	09	Weds.	July 17 – Aug. 7	6:00 – 7:00pm
2504-1201	10	Weds.	Aug. 14 – Sept. 4	6:00 – 7:00pm

ZOOM FRENCH AND ITALIAN CLASSES FOR KIDS AND ADULTS - LIVE

Join us right from your living room as we explore new cultures and learn the French and Italian languages via the interactive Zoom platform! Each session covers new material. Taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class.

Instructor: Language In Action, Inc. Staff

Location: Zoom

Fee: \$78.00 R/\$85.00 NR **
(6 week class)

\$57.00 R/\$62.00 NR
(4 week class)

Limit: Min. 6/Max. 12

I Speak French – 7-11 yrs.				
Activity #	Section #	Day	Dates	Time
2506-2101	01	Mon.	April 22 – June 3 (no class 5/27) **	5:00 – 5:45pm
2506-2101	02	Mon.	June 17 – July 8	6:00 – 6:45pm
2506-2101	03	Mon.	July 15 – Aug. 5	6:00 – 6:45pm
2506-2101	04	Mon.	Aug. 12 – Sept. 2	6:00 – 6:45pm
I Speak French – 18+ yrs.				
2506-2101	05	Mon.	April 22 – June 3 (no class 5/27) **	6:00 – 7:00pm
2506-2101	06	Mon.	June 17 – July 8	7:00 – 8:00pm
2506-2101	07	Mon.	July 15 – Aug. 5	7:00 – 8:00pm
2506-2101	08	Mon.	Aug. 12 – Sept. 2	7:00 – 8:00pm
I Speak Italian – 3-6 yrs.				
Activity #	Section #	Day	Dates	Time
2510-2101	01	Weds.	April 10 – May 15 **	5:00 – 5:45pm
2510-2101	02	Weds.	May 22 – June 12	5:00 – 5:45pm
2510-2101	03	Weds.	June 19 – July 10	5:00 – 5:45pm
2510-2101	04	Weds.	July 17 – Aug. 7	5:00 – 5:45pm
2510-2101	05	Weds.	Aug. 14 – Sept. 4	5:00 – 5:45pm
I Speak Italian – 7-11 yrs.				
2510-2102	01	Weds.	April 10 – May 15 **	6:00 – 6:45pm
2510-2102	02	Weds.	May 22 – June 12	6:00 – 6:45pm
2510-2102	03	Weds.	June 19 – July 10	6:00 – 6:45pm
2510-2102	04	Weds.	July 17 – Aug. 7	6:00 – 6:45pm
2510-2102	05	Weds.	Aug. 14 – Sept. 4	6:00 – 6:45pm
I Speak Italian – Ages 18+				
2510-2103	01	Weds.	April 10 – May 15 **	7:00 – 8:00pm
2510-2103	02	Weds.	May 22 – June 12	7:00 – 8:00pm
2510-2103	03	Weds.	June 19 – July 10	7:00 – 8:00pm
2510-2103	04	Weds.	July 17 – Aug. 7	7:00 – 8:00pm
2510-2103	05	Weds.	Aug. 14 – Sept. 4	7:00 – 8:00pm

ASL (AMERICAN SIGN LANGUAGE) CLASSES FOR ALL AGES

Interested in learning the basics of American Sign Language or communicating with your young child through signing? Join us from the comfort and convenience of your living room as you learn to sign in a fun, interactive and lively environment. Each session covers new material. Taught live on the Zoom platform by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class.

Instructor: Language In Action, Inc. Staff

Location: Zoom

Fee: \$78.00 R/\$85.00 NR **
(6 week class)

\$57.00 R/\$62.00 NR
(4 week class)

Limit: Min. 6/Max. 12



ESL (ENGLISH AS A SECOND LANGUAGE) CLASSES FOR ADULTS (AGES 18+)

Improve your English skills without leaving your home via the interactive Zoom platform! In this class you will learn conversational English, as well as some reading and writing skills that you can immediately begin using. The class will be tailored as much as possible to the needs to the students enrolled. Taught live by a Language in Action, Inc. instructor.

ACTIVITY # 2512-2101 | **SEC.#** 01

Instructor: Language In Action, Inc. Staff

Who: 18+ yrs.

Location: Zoom

Dates: Tues., April 9 – May 14
Time: 7:15 – 8:15pm

Fee: \$78.00 R/\$85.00 NR

Limit: Min. 6/Max. 12

Mom/Dad and Me! – 9 months-3 yrs. (with an adult)				
Activity #	Section #	Day	Dates	Time
2511-2101	01	Tues.	April 9 – May 14 **	5:00 – 5:30pm
2511-2101	02	Tues.	May 21 – June 11	5:00 – 5:30pm
2511-2101	03	Tues.	June 18 – July 9	5:00 – 5:30pm
2511-2101	04	Tues.	July 16 – Aug. 6	5:00 – 5:30pm
2511-2101	05	Tues.	Aug. 13 – Sept. 3	5:00 – 5:30pm
Mom/Dad and Me! – 3-6 yrs. (with an adult)				
2511-2102	01	Tues.	April 9 – May 14 **	5:45 – 6:25pm
2511-2102	02	Tues.	May 21 – June 11	5:45 – 6:25pm
2511-2102	03	Tues.	June 18 – July 9	5:45 – 6:25pm
2511-2102	04	Tues.	July 16 – Aug. 6	5:45 – 6:25pm
2511-2102	05	Tues.	Aug. 13 – Sept. 3	5:45 – 6:25pm
Learn to Sign – 7-11 yrs.				
Activity #	Section #	Day	Dates	Time
2511-2103	01	Weds.	April 9 – May 14 **	5:00 – 5:45pm
2511-2103	02	Weds.	May 21 – June 11	5:00 – 5:45pm
2511-2103	03	Weds.	June 18 – July 9	5:00 – 5:45pm
2511-2103	04	Weds.	July 16 – Aug. 6	5:00 – 5:45pm
2511-2103	05	Weds.	Aug. 13 – Sept. 3	5:00 – 5:45pm
Learn to Sign – 12-18 yrs.				
2511-2104	01	Weds.	April 9 – May 14 **	6:00 – 6:45pm
2511-2104	02	Weds.	May 21 – June 11	6:00 – 6:45pm
2511-2104	03	Weds.	June 18 – July 9	6:00 – 6:45pm
2511-2104	04	Weds.	July 16 – Aug. 6	6:00 – 6:45pm
2511-2104	05	Weds.	Aug. 13 – Sept. 3	6:00 – 6:45pm
Learn to Sign – 18 yrs. +				
2511-2105	01	Weds.	April 9 – May 14 **	7:00 – 8:00pm
2511-2105	02	Weds.	May 21 – June 11	7:00 – 8:00pm
2511-2105	03	Weds.	June 18 – July 9	7:00 – 8:00pm
2511-2105	04	Weds.	July 16 – Aug. 6	7:00 – 8:00pm
2511-2105	05	Weds.	Aug. 13 – Sept. 3	7:00 – 8:00pm

DANCE

Our dance activity is designed to provide quality training to students of all ages. Set in a fun and energetic environment, our curriculum is both comprehensive and progressive, giving students the opportunity to learn various dance styles. Our activity will educate students in the fundamentals of dance and choreography; as well as help students develop self-discipline, focus, and appreciation for the art form. Our instructors will provide teaching to encourage each dancer to reach his or her goals through movement and expression, with safe and engaging technical practices.

Please drop off dancers 5 minutes before class begins at the Dance Studio doors located at the Northeast corner of the building. Studio is disinfected between classes and medical grade air purifiers run in our studio 24/7.

GENERAL INFORMATION

Who: Boys and Girls
(see class schedule for ages)

Location: Central Park Building
15601 S. Central Ave.

Limit: Min. 5/Max. 9 per class

Registration Deadline: Fri., May 31, 2024

Attire: Girls and boys may wear whatever they are comfortable in. Our main concern is the child is comfortable. Shoes should match class style. Ballet shoes for Beginner Dance, Little Bitty Dancers, and Ballet 2. Jazz shoes for Mini Musical Jazz, Musical Jazz, Pixie Poms, Poms & Turns and Leaps. Gym Shoes for Kids Bop and Hip Hop. Long hair needs to be pulled off face. No jewelry.

CLASS DESCRIPTIONS:

Beginner Dance
This class will practice basic musical concepts to develop motor skills, coordination, and body awareness through song & dance. A great introduction to dance!

Little Bitty Dancers (Ballet 1)
Children will be guided through the fundamentals of Ballet! This class is an excellent way for children to gain self-confidence, listening and learning skills and a sense of accomplishment.

Ballet 2
This class was specifically designed to progressively challenge students. Emphasis will be placed on understanding technique, continual study of fundamentals, and adding emotional expression into dance.

Mini Musical Jazz
Does your child run around the house mimicking their favorite movies musical numbers? This is the class for you! A high energy class that often fuses contemporary, hip hop and jazz. Get ready to be sassy!

Musical Jazz
Does your child run around the house mimicking their favorite movies musical numbers? This is the class for you! A high energy class that often fuses contemporary, hip hop and jazz. Get ready to be sassy!

Kids Bop
This fun class inspires creativity and teaches the fundamentals of hip hop. Students will develop coordination, body awareness, and endurance. Many fun sequences and combinations will be learned.

Hip Hop
Hip Hop is a fun, high energy class. Dancers will practice various techniques, steps and moves focusing on rhythm, clear and elaborate execution. Class will provide a structured method of learning various hip-hop styles in a fun environment.

Pixie Poms
A little pom and a little funk! Specially designed for our "mini-squads", this class will learn basic Pom technique, transitions, and musicality.

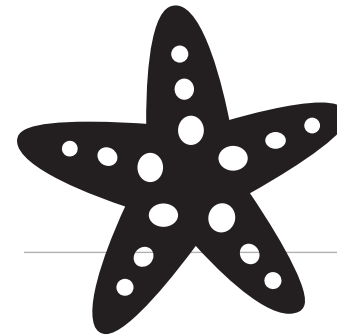
Poms
Poms is a super fun, immensely positive, high energy dance class! You'll be shaking your poms while prancing, dancing, bending, and snapping to today's hits and yesterday's favorites. Fundamentals of Pom positions and performance skills will be the focus of this class.

MDF Technique
Dance technique classes are designed to improve the dancer's technical dance skills, abilities, and performance quality. This class includes a warm-up focused on strength, conditioning, and flexibility.

MOMENTUM DANCE FORCE COMPETITION TEAM (MDF)

PAY PLAN AVAILABLE

Being involved in competitive dance at an early age develops positive self-esteem, confidence, accountability, and leadership. MDF always maintains a high standard of age-appropriate routines and uniforms for our dancers. Our goal is to encourage our dancers to do their best and improve from one competition to the next and most of all have fun.



TRYOUTS:
THURSDAY, AUGUST 29, 2024
5:00 – 7:00PM

ACTIVITY # 2800-1109 | **SECTION # 01** – (One Dance)
| **SECTION # 02** – (Two Dances)

Instructor: Sydney Ferreira
Who: 8-15 yrs. (boys & girls)
Location: Central Park Building
15601 S. Central Ave.
Dates: Sept. 12th – May 2025
Day/Time: Thurs., 5:00 – 7:00pm
Fee: \$820.00 if competing one group routine
\$1060.00 if competing two group routines
Cost includes: practice and competition fees, costumes for group dances (except shoes)

GYMNASTICS

Oak Forest Park District Gymnastics stimulates the child's overall quality of fitness and health/wellness through core strength, flexibility, agility, endurance, body awareness, coordination, and balance. Motor development distinguishes physical, cognitive, emotional, and social well-being. We promote positive self-esteem, energy, determination, personal goal setting, and teamwork. Our staff is trained so that every parent can feel at ease when they place their children in one of our programs. Every attempt is made to offer programs that fit the needs, motivation, and skill level of each child. We offer classes ranging from toddlers to teens, including our competitive gymnastics team.

GENERAL INFORMATION

Location: Central Park Building
Gymnasium
15601 Central Ave.

Limit: Min. 5/Max. 9 per class

Activity Coordinator:
Jennette Mikos (708) 687-7270 X.119 or
gymnastics@oakforestparks.org

Registration Deadline for Spring Session: Fri., April 26

Registration Deadline for Winter Session: Fri., July 5

Attire: Girls should wear a leotard and may wear spandex shorts, no socks, no jewelry. Boys should wear comfortable clothing. Long hair must be tied back.

CLASS DETAILS:

ADULT & TOT GYMNASTICS

Join your child and have fun with activities on floor, beam, bars, parachute play, rhythm and movement songs. Adults will aid children as they move within the gym. Children will develop gross motor skills, coordination, balance, as well as gain strength, flexibility, listening and social skills.

Activity #	Section #	Dates	Time
2000-2101	01	May 4 – June 22	9:30 – 10:15am
2000-2101	02	July 9 – Aug. 27	4:00 – 4:45pm

Who: 18 months-3 yrs. (with an adult)
Day: Sat.
Fee: \$150.00 R/\$198.00
Location: Central Park Building
15601 S. Central Ave.
Limit: Min. 6/Max. 15

PRENASTICS

This is our first structured class without mom & dad. Learn to take turns and listen to your instructor to begin a safe introduction to gymnastics. Children will learn basic bar, beam, tumbling and floor skills.

Who: 4-5 yrs.

Activity #	Section #	Day	Date	Time	Fees
2000-2102	01	Sat.	5/4 – 6/22	10:30 – 11:45am	\$110 R/\$142 NR
2000-2102	02	Tues.	4/30 – 6/18	5:00 – 6:15pm	\$110 R/\$142 NR
2000-2102	03	Weds.	5/1 – 6/19	5:45 – 7:00pm	\$110 R/\$142 NR
2000-2102	04	Tues.	7/9 – 8/27	5:00 – 6:15pm	\$110 R/\$142 NR
2000-2102	05	Weds.	7/10 – 8/28	5:45 – 7:00pm	\$110 R/\$142 NR
2000-2102	06	Thurs	7/11 – 8/29	5:00 – 6:15pm	\$110 R/\$142 NR

12 WEEK SUMMER SESSION June 3rd-August 29th (No class 7/1-7/5)						
ACTIVITY #	SECTION #	CLASS	AGE	DATES	DAY/TIME	FEE
2800 – 2101	01	Beginner Dance	3 yrs.	6/5 – 8/28	Weds. 5:00 – 5:45pm	\$132.00 R/\$171.00 NR
2800 – 2102	01	Little Bitty Dancers (Ballet 1)	4-6 yrs.	6/3 – 8/26	Mon. 5:00 – 5:45pm	\$132.00 R/\$171.00 NR
2800 – 2103	01	Ballet 2	7+ yrs.	6/3 – 8/26	Mon. 7:00 – 7:45pm	\$132.00 R/\$171.00 NR
2800 – 2104	01	Mini Musical Jazz	5-7 yrs.	6/3 – 8/26	Mon. 6:00 – 6:45pm	\$132.00 R/\$171.00 NR
2800 – 2105	01	Musical Jazz	8+ yrs.	6/4 – 8/27	Tues. 5:00 – 5:45pm	\$132.00 R/\$171.00 NR
2800 – 2106	01	Kids Bop	5-7 yrs.	6/4 – 8/27	Tues. 6:00 – 6:45pm	\$132.00 R/\$171.00 NR
2800 – 2107	01	Hip Hop	8+ yrs.	6/4 – 8/27	Tues. 7:00 – 7:45pm	\$132.00 R/\$171.00 NR
2800 – 2108	01	Pixie Poms	4-6 yrs.	6/5 – 8/28	Weds. 6:00 – 6:45pm	\$132.00 R/\$171.00 NR
2800 – 2109	01	Poms	7+ yrs.	6/5 – 8/28	Weds. 7:00 – 7:45pm	\$132.00 R/\$171.00 NR
2800 – 2112	01	MDF Technique	8+ yrs.	6/6 – 8/29	Thurs. 5:00 – 7:00pm	\$198.00 R/NR

BEGINNERS

This class will expand on skills taught in PreNastics. Instructors will also work on coordination, flexibility and strength.

Who: 6-7 yrs.

Activity #	Section #	Day	Date	Time	Fees
2000-2103	01	Sat.	5/4 – 6/22	10:30 – 11:45am	\$110 R/\$142 NR
2000-2103	02	Tues.	4/30 – 6/18	5:00 – 6:15pm	\$110 R/\$142 NR
2000-2103	03	Weds.	5/1 – 6/19	5:45 – 7:00pm	\$110 R/\$142 NR
2000-2103	04	Tues.	7/9 – 8/27	5:00 – 6:15pm	\$110 R/\$142 NR
2000-2103	05	Weds.	7/10 – 8/28	5:45 – 7:00pm	\$110 R/\$142 NR
2000-2103	06	Thurs	7/11 – 8/29	5:00 – 6:15pm	\$110 R/\$142 NR

AIMERS

Children will advance in skills such as forward & backward tuck rolls, cartwheels, bar and beam mounts, walk on mid-size balance beam, hang and hold on bars, jump onto spring board.

Who: 8 yrs. + (OR promoted from previous class)

Activity #	Section #	Day	Date	Time	Fees
2000-2104	01	Sat.	5/4 – 6/22	10:30 – 11:45am	\$110 R/\$142 NR
2000-2104	02	Tues.	4/30 – 6/18	5:00 – 6:15pm	\$110 R/\$142 NR
2000-2104	03	Weds.	5/1 – 6/19	5:45 – 7:00pm	\$110 R/\$142 NR
2000-2104	04	Tues.	7/9 – 8/27	5:00 – 6:15pm	\$110 R/\$142 NR
2000-2104	05	Weds.	7/10 – 8/28	5:45 – 7:00pm	\$110 R/\$142 NR
2000-2104	06	Thurs	7/11 – 8/29	5:00 – 6:15pm	\$110 R/\$142 NR

CLIMBERS

Children will advance in skills such as forward & backward tuck rolls, cartwheels, bar and beam mounts, walk on mid-size balance beam, hang and hold on bars, jump onto spring board.

Who: Promoted from previous class

Activity #	Section #	Day	Date	Time	Fees
2000-2105	01	Sat.	5/4 – 6/22	10:30 – 11:45am	\$110 R/\$142 NR
2000-2105	02	Tues.	4/30 – 6/18	5:00 – 6:15pm	\$110 R/\$142 NR
2000-2105	03	Weds.	5/1 – 6/19	5:45 – 7:00pm	\$110 R/\$142 NR
2000-2105	04	Tues.	7/9 – 8/27	5:00 – 6:15pm	\$110 R/\$142 NR
2000-2105	05	Weds.	7/10 – 8/28	5:45 – 7:00pm	\$110 R/\$142 NR
2000-2105	06	Thurs	7/11 – 8/29	5:00 – 6:15pm	\$110 R/\$142 NR

LEVELS 1/2

Gymnasts continue to master skills with emphasis on technique as well as learn more difficult skills on all four apparatuses.

Who: Promoted from previous class

Activity #	Section #	Day	Date	Time	Fees
2000-2106	01	Sat.	5/4 – 6/22	12:00 – 1:30pm	\$118R/\$154NR
2000-2106	02	Tues.	4/30 – 6/18	6:30 – 8:00pm	\$118R/\$154NR
2000-2106	03	Weds.	5/1 – 6/19	4:00 – 5:30pm	\$118R/\$154NR
2000-2106	04	Tues.	7/9 – 8/27	6:30 – 8:00pm	\$118R/\$154NR
2000-2106	05	Weds.	7/10 – 8/28	4:00 – 5:30pm	\$118R/\$154NR
2000-2106	06	Thurs	7/11 – 8/29	6:30 – 8:00pm	\$118R/\$154NR

LEVELS 3/4

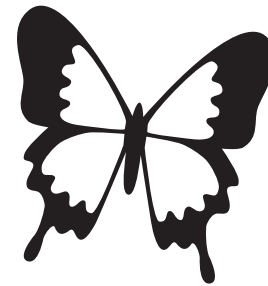
This is a PRE-TEAM class. We highly recommend gymnast register for 2 days a session.

Gymnasts continue to learn higher level skills following Illinois High School Association (IHSA) rules. Gymnasts in level 3/4 will begin preparing for the Gliders Gymnastic Team.

Who: Promoted from previous class

Activity #	Section #	Day
2000-2107	01	Sat.
2000-2107	02	Tues.
2000-2107	03	Weds.
2000-2107	04	Tues.
2000-2107	05	Weds.
2000-2107	06	Thurs

Date	Time	Fees
5/4 – 6/22	12:00 – 1:30pm	\$118R/\$154NR
4/30 – 6/18	6:30 – 8:00pm	\$118R/\$154NR
5/1 – 6/19	4:00 – 5:30pm	\$118R/\$154NR
7/9 – 8/27	6:30 – 8:00pm	\$118R/\$154NR
7/10 – 8/28	4:00 – 5:30pm	\$118R/\$154NR
7/11 – 8/29	6:30 – 8:00pm	\$118R/\$154NR



CHEER & TUMBLING

CLASS DETAILS:

BEGINNER TUMBLING

Learn skills including jumps, strength, flexibility and tumbling. Begin with forward and backward rolls. Tumblers progress with a spotter to skills with no spotter.

Who: 5+ yrs.

Activity #	Section #	Day	Date	Time	Fees
2700-2101	01	Sat.	5/4 – 6/22	1:30 – 12:30pm	\$100 R/\$130 NR
2700-2101	02	Weds.	5/1 – 6/19	7:00 – 8:00pm	\$100 R/\$130 NR
2700-2101	03	Tues.	7/9 – 8/27	6:00 – 7:00pm	\$100 R/\$130 NR
2700-2101	04	Weds.	7/10 – 8/28	7:00 – 8:00pm	\$100 R/\$130 NR

INTERMEDIATE/ADVANCE TUMBLING

Required skills-good cartwheel, back walkover without a spotter & front limber with coaches' assistance.

Advanced Tumbling: Required skills-round off with 2 connecting flip flops & standing flip flop without a spotter.

Who: Promoted from previous class

Activity #	Section #	Day	Date	Time	Fees
2700-2102	01	Sat.	5/4 – 6/22	1:30 – 12:30pm	\$100 R/\$130 NR
2700-2102	02	Weds.	5/1 – 6/19	7:00 – 8:00pm	\$100 R/\$130 NR
2700-2102	03	Tues.	7/9 – 8/27	6:00 – 7:00pm	\$100 R/\$130 NR
2700-2102	04	Weds.	7/10 – 8/28	7:00 – 8:00pm	\$100 R/\$130 NR

GENERAL INFORMATION

Location: Central Park Building
Gymnasium
15601 Central Ave.

Limit: Min. 5/Max. 9 per class

Activity Coordinator:
Jennette Mikos (708) 687-7270 X.119 or
gymnastics@oakforestparks.org

Registration Deadline for Spring Session: Fri., April 26

Registration Deadline for Winter Session: Fri., July 5

Attire: Girls should wear a leotard and may wear spandex shorts, no socks, no jewelry. Boys should wear comfortable clothing. Long hair must be tied back.



Looking to join a local cheer team this fall?

Oak Forest Park District Sparklers, Flag Football Cheer, Raiders Cheer or Junior High Squad.
Join us for our cheer prep classes to brush up or learn new skills.

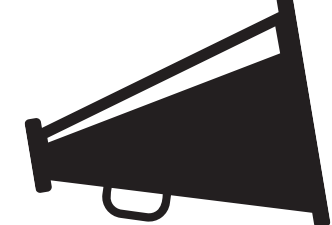
CHEER PREP CLASS

Designed to teach kindergarten through eighth grade, from beginner to advance level. Our prep classes will include everything from motions, stretching, strength/conditioning, jumps, stunting, splits, and tumbling. Each class will focus on different skills. Participants will be split into groups based on skill level.

Activity #	Section #	Dates
2700-2103	01	6/24 – 6/26 (Choreography)
2700-2103	02	7/29 – 7/31 (Stunting)
2700-2103	03	9/3 – 9/5 (Tumbling) (Tues. – Thurs. Due to holiday)

Who: K-8th grade
Location: Central Park Gym
15601 S Central Ave
Day: Mon. – Weds.
Time: 5:00 – 7:00pm
Fee: \$40.00
Limit: Min. 12/Max. 25

CHEER!



SPARKLERS COMPETITIVE CHEER TEAM

Our squads focus on sportsmanship, hard work & dedication. We begin with the fundamentals of cheer and move into advance stunting and tumbling. Cheerleaders must participate in both practice days, fundraisers and events throughout the year. Parent involvement is also necessary.

Team placement is heavily dependent on grade level. However, if an athlete is advanced in skills, they may be placed at a higher team level. Athletes will NEVER be placed down.

TRYOUTS:
Sun., Sept. 8, 2024, 12:00 – 4:00pm
MAKEUP TRYOUTS:
Sat., Sept. 14, 2024, 12:00 – 2:00pm
***Wear clean gym shoes, shorts and a t-shirt with hair pulled off face. A waiver must be signed to participate at tryouts.**

ACTIVITY #	SECTION #	TEAM/GRADE	DAY/TIME	FEE (Pay plan Available)
2700-1103	01	Minis K-2	SAT., 11:45am – 1:00pm MON., 5:00 – 6:15pm	\$450.00 (includes registration & competition fees) \$150.00 (uniform fee if needed)
2700-1104	01	Juniors 3-5	SAT., 10:00am – 12:00pm WED., 5:00 – 7:00pm	\$525.00 (includes registration & competition fees) \$150.00 (uniform fee if needed)
2700-1105	01	Seniors 6-8	SAT., 8:00 – 10:00am THURS., 7:00 – 9:00pm	\$525.00 (includes registration & competition fees) \$150.00 (uniform fee if needed)

PRACTICE BEGINS SATURDAY OCTOBER 5TH!!



HYPER FLEXIBILITY

Flexibility is essential to stunting. To excel at stunting, flyers must be able to perform all body positions. When stunting at an elite level, flyers need to be able to execute extreme body positions and core control. These classes will teach athletes how to stretch properly and help them to maximize their potential and help with body awareness.

ACTIVITY #	SEC. #	DATES
2700-2105	01	July 8 – Aug. 26

Who: 5 yrs +
Location: Central Park Gym
15601 S Central Ave
Day: Mon.
Time: 6:00 – 6:30pm
Fee: \$40.00
Limit: Min. 5/Max. 25

CHEER STUNTING

This is not a stretching class but a true stunting class designed for both bases and flyers. We will teach different variations of stunts for all levels. During this class flyers and bases will work to perfect proper technique and improve overall skill in stunting. If you are a current flyer on a team, we encourage you to check this class out!

ACTIVITY #	SEC. #	DATES	Days:	Time:	Fee:	Limit:
2700-2106	01	July 8 – Aug. 26	Mon.	6:45 – 7:30pm	\$35.00	Min. 8/Max. 25

Who: 5 yrs +
Location: Central Park Gym
15601 S Central Ave

YOUTH ATHLETICS

CODE OF CONDUCT

Youth Sports are designed and organized to enhance the physical, emotional, social and educational well-being of children. As role models, parents must make a serious effort to take an active role in the youth sports experience of their child providing positive support as a spectator, coach, league official or board member. Demonstrating sportsmanlike behavior as a parent, a fan or a coach will teach our children how to demonstrate good sportsmanship toward others in their play. The Oak Forest Park District has a Code of Conduct for Players, Parents/ Spectators and Coaches, outlining positive behavior and encouraging good sportsmanship. Copies of these are available at the park district upon request or to view online. In addition, the background of volunteers has become a national concern. To address this concern, the Oak Forest Park District has researched and created a volunteer coach background check procedure. The Board of Commissioners has a policy for all youth sport organizations desiring the use of Oak Forest Park District athletic fields and facilities. This policy requires that all coaches consent to a background check.

REFUND POLICY:

The refund policy below is specific to Basketball, Flag Cheerleading, Flag Football, Girl's Softball, Lacrosse, Soccer and Wrestling. Refunds for these programs will abide by the following guidelines:

- Refunds turned in **prior to one month of the program start date** to the Central Park Building will be issued in their entirety
- Refunds made **between 1 month prior to the official start date and up to seven days after the official start date** of the sport will receive 50% refund on the registration fees.
- If a uniform fee is paid separately, and the uniform is ordered, you will be given the uniform. If the uniform has NOT been ordered, the full fee for the uniform will be returned.
- Your entire volunteer fee will be refunded if paid.
- If money is paid for a fundraiser it is nonrefundable
- No refunds will be approved **when turned in 7 days after the official start date** of the program.

ALL REFUNDS:

- An \$10.00 service charge will apply to any family's refund.
- Refunds may take up to 8 weeks for processing
- The volunteer fee will be refunded at any point.
- \$15.00 late fees are non-refundable

REFUNDS WITH A MEDICAL CONDITION:

- Must have a doctor's statement turned in with the refund form before season's end stating the date the injury occurred
- Will be prorated
- Volunteer and fundraising policies are as stated above

ACTIVITY START DATES:

Lacrosse	March 1
Soccer	March 1
Girls Softball	April 1
Flag Football	Aug. 1
Basketball	Nov. 1
Wrestling	Nov. 1

OAK FOREST PARK DISTRICT FURY LACROSSE

Registration for the spring season is closed. Registration is held in November and January, with the season running March through June.

Lacrosse is a fast-paced game where all registered get to play. No previous experience is needed. Players are broken down into the following teams: U8, U10, U12 and U14. Teams will travel to surrounding towns to compete throughout the season that runs March through June. U8 team runs mid-April through mid-June.



OAK FOREST PARK DISTRICT SOCCER

Activity Registration for the spring season is closed. Registration is held in November with the season running April through June.

SOCCER, KICKS FOR KIDS

Kicks for Kids is an instructional activity for our Pre-school and Kindergarten aged players and focuses on teaching individual soccer skills where we don't have goalkeepers and we don't keep score.

SOCCER, RECREATIONAL LEAGUE

Our in-house recreational league is for boys and girls in the 1st through 8th grade. Our players continue to develop individual soccer skills while they learn team skills and strategy. With the help of volunteer coaches and parents, we work to develop an environment for our recreational league that focuses on fun and learning first, with winning secondary. All games are played on Sundays in Oak Forest.

OAK FOREST PARK DISTRICT WARRIOR WRESTLING

If you are interested in physical, one on one competition, then this program is for you. Any child, kindergarten through eighth grade is welcome to join. Registration is taken in September and October. They compete under the direction of the Illinois Kids Wrestling Federation.

The activity is divided into two teams:

Bantam/Junior team 5-10 yrs.
Novice/Senior team 11-14 yrs.



OAK FOREST PARK DISTRICT GIRLS 12 INCH FAST PITCH SOFTBALL

Register now for the 2024 Season!

ACTIVITY #	SECTION #	DIVISIONS	FEES
5540-1101	01	PETITE: (Pre-K, K, 1st)	\$100.00
5540-1101	02	JUNIOR: (2nd, 3rd, 4th)	\$110.00
5540-1101	03	MAJOR: (4th, 5th, 7th, 8th)	\$110.00

Days/Times: Weeknights 6:00pm
Saturdays 10:00am

Location: Gingerwood Softball Fields (Don Burns Park) located at 169th and Forest Ave.

For more information:
Call 687-7270 ext 117 or visit www.oakforestsoftball.com

OAK FOREST PARK DISTRICT FLAG FOOTBALL AND CHEERLEADING

The Oak Forest Park District Flag Football & Cheerleading Program (OFPDFF) is like no other program around. We are a full contact, non-tackle league that teaches the fundamentals of football while supporting that each participant plays hard and has fun! The league is comprised of youths aged 7-14, (Must be 7 years old before Sept. 1) but not yet in high school. For over 50 years, OFPDFF has been providing quality instruction in football and cheerleading. Our season starts in early August with practices and drill work. Our season kicks off with "Exhibition Sunday" including our Family Fun Fest, Punt, Pass and Kick Competition and exhibition games. Regular season games are played on Sundays at various parks in Oak Forest. Our season concludes in November with a banquet.

Football Teams: There are two divisions: Junior (ages 7-10) and Senior (ages 11-14). Each team is composed of between 12-15 players (depending on registration size) with an adult led coaching crew. OFPDFF plays with a standard 11-player set with full contact blocking. Each player learns the fundamentals of football including offense (blocking schemes, pass route running, and running plays); defense (defensive front and cover skills); and special teams (punting and kicking).

Flag Football Uniforms: Football helmets, jerseys, and football pants. Players are responsible for obtaining their own protective knee pads, rubberized football shoes, and athletic supporter for males. Personalized Uniforms are handed out during the season.

Cheerleading Squads: Approximately 6-12 cheerleaders/squads are led by and adult coaching staff. Squads meet a couple of times during the week for practices, and cheer at their team's scheduled game on Sundays. Cheerleaders will learn various "cheers" throughout their season and showcase what they've learned at our annual "Cheer Exhibition Night".

Cheerleaders Uniform: Jersey, Shorts, and sweatshirt, which are handed out during the season.

REGISTRATION FOR THE 2024 SEASON

Date: Sat., Apr. 6
Time: 10:00am – 2:00pm

Date: Sat., Apr. 20
Time: 10:00am – 2:00pm

All players and cheerleaders from the 2023 season, registered on the above dates, will be placed on the same team/squad unless requesting to be placed in the open draft. All players and cheerleaders not registered on these dates will be placed in the open draft – no exceptions! A copy of your child's birth certificate must be presented. It is important for coaches to sign up (or express interest) at the time of registration so we will know how many coaches we have/need in order to form teams. Please sign up and talk to a board member at the time of registration if interested!

For more information on OFPDFF, please email us at:
ofpdfflagfootball@gmail.com

Follow the OFPDFF website and visit:
www.league lineup.com/offlagfootball

Additional Fees: \$75 volunteer deposit (those who volunteer will have their deposit refunded to them at the end of the season).

UNIFORM: FEES:
Team shirt & socks \$25.00 (must purchase)
Pants* \$15.00*
Facemask* \$25.00*
Helmet w/Facemask \$45.00*

*Optional if already owned.

Registered participants do not have to purchase pants if they wish to use the same pair from a previous season. Facemask and Helmets are optional purchases through the Oak Forest Park District Girls Softball Activity. They are required to be worn during play but may be purchased elsewhere if desired. Activity fees may be subject to change before the season starts if vendor costs increase.

FOOTBALL
ACTIVITY # 5560-2101 | **SEC. #** 01
Fees: \$160.00 (through April 30)
\$180.00 (Beginning May 1)

CHEER
ACTIVITY # 5560-2101 | **SEC. #** 01
Fees: \$160.00 (through April 30)
\$180.00 (Beginning May 1)

Note: Families with 3 or more children will receive a 25% discount on registration fees.

Note: There is a \$100.00 volunteer deposit per family due at the time of registration.

Candy Fundraiser: Each registered participant is required to sell candy. A candy buy-out option will be available at the above registration dates only!



OAK FOREST RAIDER TACKLE FOOTBALL AND CHEERLEADING

The Oak Forest Raider Tackle Football and Cheerleading program are members of the Southwest Midget Football League; the program provides an opportunity for your child to participate in a grade school/age group tackle football program. The purpose of the program is to teach the players the fundamentals of tackle football, such as blocking, tackling, and running, passing, and kicking, along with the ideals of good sportsmanship, cooperation, and respect. The program is also here to promote safety by having all players in complete equipment. The Raider program furnishes equipment.

Practice begins July 30th. Regular season games start at the end of August.

Who: 5-14 yrs. (boys & girls)
Online Registration: Early-April 2024 (save \$50 per player)
Final-June 2024

Location: Raider Bulding 15601 Natalie Dr.
For more information go to Raiders website www.oakforestraiders.com



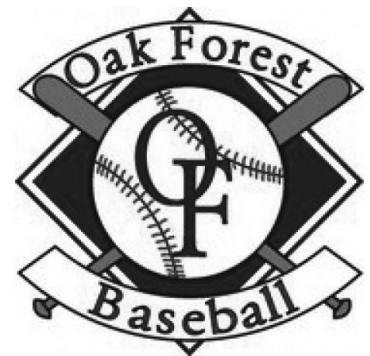
OAK FOREST BASEBALL ASSOCIATION

The Oak Forest Baseball Association has been in our community since 1952 and plays an instrumental role in teaching our children the fundamentals of baseball, beginning at age 4 through 18 years.

Our 2024 season is underway as we kick off Opening Day in April. The season ends with an in-house All-Star day and travel All-Star Tournament for the month of July. Fall baseball starts the week after Labor Day; registration begins after in-house season is complete.

Our next registration will be held in November 2024 for the 2025 season at "The Cages" located at 149th & Menard. During this registration you will receive an early registration discount. We accept cash, check and credit card.

For more info regarding Oak Forest Baseball please visit www.oakforestbaseball.org or email info@oakforestbaseball.org



ADULT SPORTS & ACTIVITIES

VOLLEYBALL LEAGUES

Who: 18 yrs. +
Location: Central Park Building, 15601 S. Central Ave.
Fee: \$285.00 R Team
\$325.00 NR Team

Refunds: No refunds will be given one week prior to first games unless a replacement team is found.

Sunday Night Co-Ed Open Gym:
• The gym is open to anyone 18 years and over.
• The fee is \$5.00 per person each night.
• Courts will be open from 6:00-8:00pm

Women's Monday Night:
Up to 16 teams split into 2 divisions:
"A" which is competitive
"B" which is recreational
All new teams start in "B" division

Friday Night Co-Ed:
Up to 16 teams split into 2 divisions:
"A" which are competitive leagues
"B" which are recreational
All new teams are automatically put into "B" division



	Women's Monday Night	Friday Night Co-Ed
TIME:	7:00pm	7:00pm
FALL 2024		
ACTIVITY #	5530-1101	5520-1101
SECTION #	01	01
STARTS:	Sept. 9	Sept. 13
WINTER 2025		
ACTIVITY #	5530-1101	5520-1101
SECTION #	02	02
STARTS:	Jan. 13	Jan. 17
REGISTRATION DATES	Returning	New
	Aug. 1 (Fall)	Aug. 12 (Fall)
	Dec. 14 (Winter)	Dec. 11 (Winter)

ADULT ACTIVITIES

ADULT BEGINNER PICKLEBALL

Join the pickleball craze! Pickleball, a game that combines elements of tennis, badminton, and ping pong, is sweeping the country. Pickleball players use paddles and whiffle balls to play on a badminton sized court with a slightly modified tennis net. Pickleball is a recreational game that is designed to encourage an active lifestyle. This class is for those who have never played pickleball before or who have very limited experience with the sport. It will focus on pickleball basics such as forehand shots, serving, and court positioning. Players will also learn scoring and the rules of the game through drills and playing time. The slower pace of this class will give players the opportunity to develop the skills needed to play this fun and energetic game. All equipment will be provided.

Activity #	Section #	Dates
2425-2101	01	June 3 – July 8 (no class 7/1)
2425-2101	02	July 15 – Aug. 12

Location: Central Park Building
15601 S. Central Ave.

Day: Mon.
Time: 5:00 – 6:00pm

Fee: \$70.00 R/\$84.00 NR

Limit: Min. 6/Max. 20

Instructor: Sports Kids Inc. Staff

Who: 18 + yrs.

ADULT ADVANCED BEGINNER PICKLEBALL **NEW**

This class is for advancing beginners who have some experience and want to move at a faster pace to improve their basic shots and strategy. Players will participate in challenging drills to work on consistency in forehand and backhand shots, serving, volleying, dinks, and lobs. Through matches played each week, players will get the chance to take their game to the next level by learning how to play smarter, not harder. All equipment will be provided.

Activity #	Section #	Dates
2425-2102	01	June 3 – July 8 (no class 7/1)
2425-2102	02	July 15 – Aug. 12

Location: Central Park Building
15601 S. Central Ave.

Day: Mon.
Time: 6:00 – 7:00pm

Fee: \$70.00 R/\$84.00 NR

Limit: Min. 6/Max. 20

Instructor: Sports Kids Inc. Staff

Who: 18 + yrs.

COMMUNITY GARDEN RENTAL

We are excited for another great season for our Community Gardens! We will be offering one site with the ability to grow vegetables, herbs or flowers. Gardeners from 2023 can register through 5:00pm April 5th. After April 5th, garden spots will be filled numerically, on a first come first serve basis. New gardeners may start registering starting April 8th.

ACTIVITY #7721-2101 | SEC. #01

Location: 151st and Long
Size: 20 lots (each lot 10'x30')
Fee: \$50.00



PINOCHLE CLUB

Join us every week on Wednesdays for a game of pinochle. All levels are welcome to join this drop-in group. No registration necessary. Cards will be supplied.

Who: 18 yrs. +

Location: Central Park Building
15601 S. Central Ave.

Day: Weds.
Time: 9:30am – 12:30pm

Fee: \$1.00 at the door

Limit: Max. 20 per week



THE SPANISH ACQUISITION – SPANISH FOR ADULTS

Have you always wanted to learn a foreign language, but never had the opportunity? Are you planning a vacation to a Spanish-speaking country? In this relaxed, small-class environment you will learn Spanish conversation, grammar, and phonetics. Class will be tailored to fit the needs of the students enrolled.

Activity #	Section #	Dates
2507-2101	01	Mar. 20 – April 24**
2507-2101	02	May 1 – June 5**
2507-2101	03	June 26 – Aug. 7

Instructor: Language In Action, Inc. Staff

Who: 18 yrs. +

Location: Central Park Building
15601 S. Central Ave.

Day: Weds.
Time: 7:00 – 8:00pm

Fee: \$80.00 R/\$85.00 NR
(6 week class)**

\$94.00 R/\$99.00 NR
(7 week classes)

Limit: Min. 6/Max. 15

THE ZONE CLASSES

FREE with your "Zone" Fitness Center membership

OR Non-Zone Fitness Center members can purchase a "Zone Pass" for an option to enjoy these Zone Fitness Center classes.

	Resident	Non-Resident
10-punch Card	\$65.00	\$85.00
20-punch Card	\$120.00	\$160.00

INTRO TO THE ZONE FITNESS CENTER

This program will consist of a 45 min orientation to The Zone Fitness Center with a personal trainer. The trainer will go over safety and gym etiquette, instruction on cardiovascular and strength equipment and free weights. This is the perfect opportunity to learn how to use everything without purchasing a personal training package.

Activity #	Section #	Date	Time
3056-2101	01	Sat., May 4	10:00 – 10:45am
3056-2101	02	Sat., Jun 8	12:00 – 12:45pm
3056-2101	03	Sat., Jul 20	11:00 – 11:45am
3056-2101	04	Sat., Aug 10	12:00 – 12:45pm

Instructor: Chrissy Samiec

Who: 10+

Location: The Zone Fitness Center
15601 S. Central Ave.

Fee: \$15.00 R/\$20.00 NR
(one person)

\$25.00 R/ \$35.00 NR
(two people)

-Limit: Min. 1/Max. 6

SPIN, SWEAT. REPEAT.

One hour of indoor high energy cardio workout incorporating various cycle rides using resistance and speed controls. Builds strength by maximizing time on and off the saddle.

Activity #	Section #	Dates
3052-2101	01	Apr 23 – May 28
3052-2101	02	Jun 4 – July 9
3052-2101	03	July 23 – Aug 27

Location: Central Park Building
15601 S. Central Ave.

Day: Tues.
Time: 8:30 – 9:30am

Fee: \$50.00 R/\$60.00 NR

Limit: Min. 4/Max. 6

Instructor: Chrissy Samiec

Who: 16 yrs. +

LOOK FOR OUR "DROP IN" CLASSES
Random classes each month for a small fee for each class.
Check website or Facebook for an updated monthly calendar

SAVE AN ACTIVITY

Please sign up for a trip or activity as soon as you are interested, to avoid cancellation!
Nothing kills an activity more quickly than insufficient participation.

stay social with us!



ZUMBA

This is an hour dance fitness class that incorporates a variety of Latin – inspired dance moves and music to promote a healthy heart. It's a fun and exciting way to build and tone muscle, improve your cardio and decrease your stress.

Activity #	Section #	Dates
3051-2101	01	Apr 15 – May 20
3051-2101	02	Jun 3 – July 8
3051-2101	03	July 22 – Aug 26

Instructor: Dawn Lubaton

Who: 16 yrs. +

Location: Central Park Building
15601 S. Central Ave.

Day: Mon.
Time: 6:30 – 7:30pm

Fee: \$50.00 R/\$60.00 NR

Limit: Min. 4/Max. 6

DON'T WANT TO COMMIT TO A 6-WEEK ZUMBA SESSION?

Purchase a Zumba Punch Pass for Zumba Classes \$55 for 6 individual Zumba classes.

Can be used for Drop-In classes. May repurchase.



COMMUNITY PROGRAMS/EVENTS

THANK YOU!

OAK FOREST SENIOR COMMISSION SENIOR LUNCHEONS

Join the Oak Forest Senior Commission on the fourth Thursday of each month (except July, August and December) at the Oak Forest Park District Park Place at Central Park for lunch! Tickets include entertainment, lunch, and cash bingo.

Who: Ages 65+ **Date:** 4th Thurs. of the month
 (except July, August, and December)
Host: Oak Forest Senior Commission **Time:** 11:00am
Location: Park Place at Central Park
 15601. S. Central Ave.

INDEPENDENCE DAY PICNIC – JULY 4, 2024

Come join the Oak Forest Veteran's Commission as they host the Independence Day Celebration at the Central Park Commissioner Picnic Grove! Food Vendors, Military Vehicle Display, Caricature Artist, Sisters Concrete Creations, and more!

Who: All **Date:** Thurs., July 4
Host: Oak Forest Veteran's Commission **Time:** 4:00 – 10:00pm
Location: Central Park Commissioners Picnic Grove
 15601. S. Central Ave.
 Ronnie Rice from New Colony Six will perform at 6:00 p.m.
 Free Byrd will perform at 8:00 p.m.
 FIREWORKS – 9:30 p.m. (approximately)

15TH ANNUAL OAK FOREST FLEADH AND CNB FLEADH 5K

Location: Through neighborhood of Oak Forest
Date: Sat., March 2, 2024
Times: CNB Fleadh 5K: 8:30am
 Open Streets: 10:00am
 Family Parade: 11:00am on Central Ave. Steps off at 151st and heads south on Central.

Pub and Restaurant Open House: 5:00pm – 3:00am
 For more information or to register, visit: www.oak-forest.org or call (708) 687-4600



THANK YOU TO ALL OAK FOREST PARK DISTRICT SPONSORS AND DONORS
 We wouldn't be able to make our activities and events as successful without you!



ALL GOOD THINGS CLOSE TO HOME
 CITY OF OAK FOREST • ILLINOIS



- Abendroth Accounting & Tax Services, Inc.
- Advanced Solutions Family Dental
- Amazing Smiles
- All Day Comfort HVAC
- Aurelio's Pizza of Tinley Park
- Bartolini's
- Bearly Landscape
- Beggar's Pizza – Oak Forest
- Bella Mia
- Berkots
- Board and Brush- New Lenox
- Captain Jack's Beverages
- Chevrolet of Homewood
- Chik Fil-A
- Cody/Braun & Associates
- Coopers Hawk- Orland Park
- Crumbl Cookies- Tinley Park
- Durbins
- Ed's Plumbing & Sewer Inc.
- Escapology
- Farmhouse Academy

- Fireplace Inn
- Gizmo's
- Grilec Equipment & Service
- Goose Island
- Haunted Trails
- Hearne & Associates
- Jack Frost Ice Cream
- Jack & Pat's Old Fashioned Meat Market
- Jewel Osco – Tinley Park
- Kelly Ryan Photography
- Kenootz Pizza
- Letz Box
- Louis F. Cainkar LTD.
- Marcotte's
- Marquee Event Rentals
- Massage Envy
- McDonnell Capital Management
- Meadows Golf Center
- Munchy Flames
- Nancy's Pizza
- Night Games
- Nicky-V's

- Nothing Bundt Cakes
- Oak Forest Dental Wellness
- Olivers
- Original Pancake House
- Popus Popcorn
- Queens of Clean
- Record-A-Hit Entertainment
- Santo Sport Store
- Schoon Family Realty
- Simon Plumbing
- Sip
- Soundgrowler Brewing Co.
- Specialized Staffing Solutions
- St. Damian Parish & School
- The Patio
- The Plug
- Tinley Park Roller Rink
- Vacha Florist
- Volvo Museum
- Water's Edge Golf Course
- White Mountain Golf Course
- X-Golf
- Zanies Comedy Club

Call us at (708)687-7270 to find out more information on how to become a park sponsor or donor.

YOUR VOICE MATTERS: SHARE YOUR EXPERIENCE WITH US!

We're on a mission to provide the best for our customers, and who better to guide us than you? We have prepared a short survey, available at our front desk or online, to gauge your experience with us. Please take a moment to let us know how we did, and if there's anything else you'd like to share.

We look forward to hearing from you!

FOREST VIEW FARMS RIDING STABLES

16717 S. Lockwood Ave.
 708-560-0306
www.FVFarms.com

English riding lessons, Western riding, Pony classes and rides for children, Pony and Horse birthday parties, Adult riding, Trail rides through forest preserves, Horse pulled Wagon rides, Pony and Wagon Rentals, Haunted Hay Ride, Holiday Camp, Summer Camp.

Mon. – Fri. | 10:00 – 3:00pm

\$10.00 OFF
 a lesson
 or trail ride

(1 coupon per person)

DID YOU KNOW THAT OAK FOREST HAS AN ANIMAL CONTROL FACILITY?



The facility and its furry inhabitants are cared for by the Animal Control Officer and a great group of volunteers called *Friends of Oak Forest Animal Control*. If you are looking for a lost pet, notice a stray or hurt animal, or have a concern, please call the non-emergency police number at (708) 687-1376, and leave a message on the animal control line at (708) 705-5690.

Would you like to foster an animal and want to know more information?

Check out our Facebook page: www.facebook.com/Oakforestanimalrescue or contact Morgan at mbfedro@gmail.com.



South Suburban Special Recreation Association (SSSRA) provides recreation opportunities for individuals with special needs or disabilities. SSSRA is an extension of the Oak Forest Park District.

INCLUSION SERVICES

Individuals who have special needs are welcome to participate alongside their peers in any programs offered by our member park districts and recreation departments. SSSRA staff are available to help choose appropriate programs, conduct staff trainings, or supply adaptive equipment.

Please call 815.806.0384 or email info@sssra.org for additional information.

SPRING SUMMER 2024

SSSRA is offering a variety of weekly programs and special events this spring and summer! In-person and virtual options are available.

Please visit our website or see our brochure for complete details. **All individuals must be registered to attend programs and special events.**

**SPRING
SUMMER
2024**

FRIDAY NIGHT FUN

Ages 2-12
Friday, April 5-May 3
Tony Bettenhausen Recreation Center, Tinley Park

FITNESS & FUN

Ages 13 & Older
Sat, Apr 6-May 4
Oak Forest Fitness Center

DRAMA SHOW

All Ages & Family
Mon, May 6
Freedom Hall, Park Forest

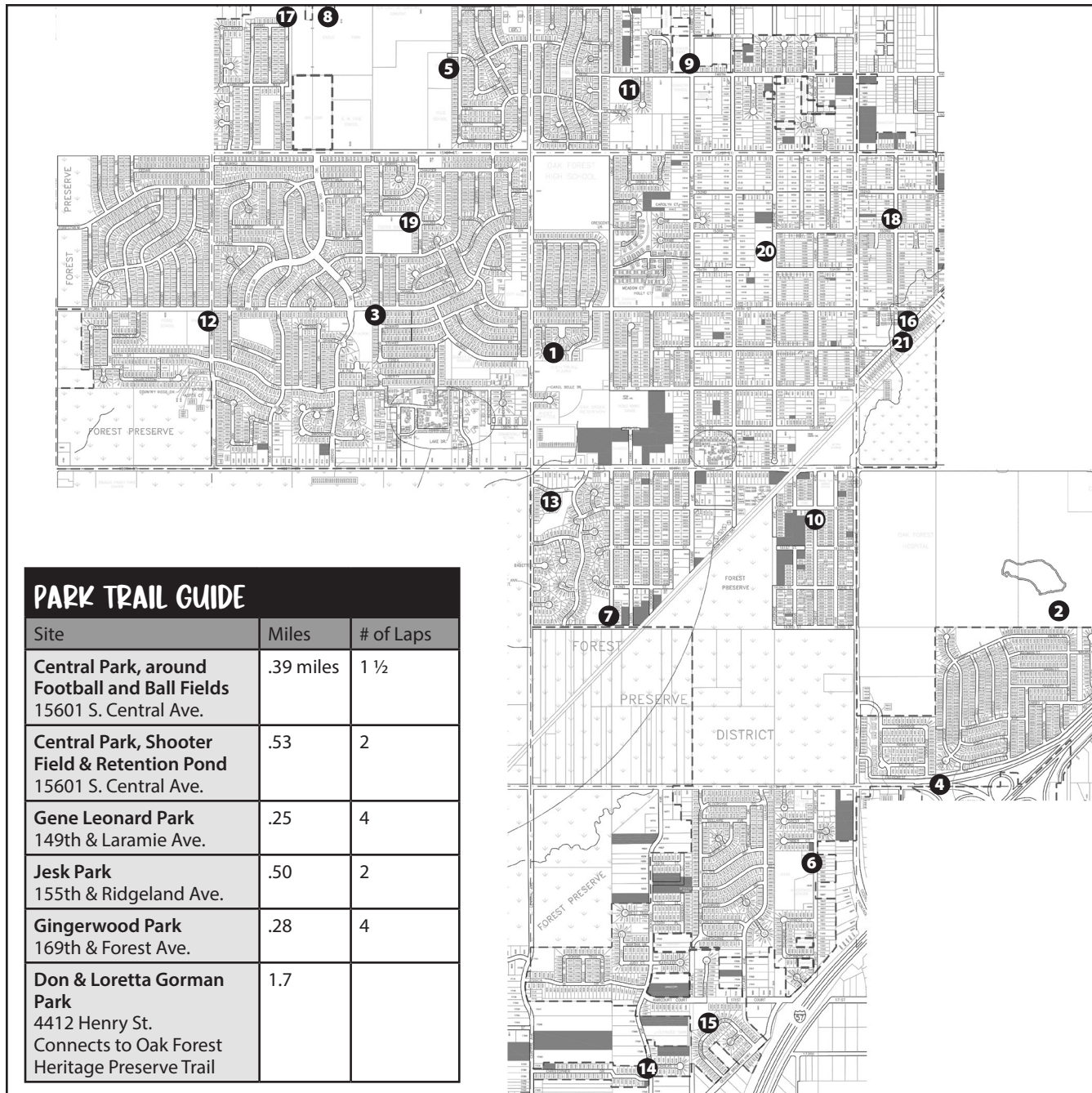
FAMILY BANQUET

All Ages & Family
Thurs, May 18
Gaelic Park, Oak Forest

SUMMER DAY CAMP

Ages 2-21
Mon, June 24 - Friday, Aug 9
Locations in Tinley Park and Lansing





PARK TRAIL GUIDE

Site	Miles	# of Laps
Central Park, around Football and Ball Fields 15601 S. Central Ave.	.39 miles	1 ½
Central Park, Shooter Field & Retention Pond 15601 S. Central Ave.	.53	2
Gene Leonard Park 149th & Laramie Ave.	.25	4
Jesk Park 155th & Ridgeland Ave.	.50	2
Gingerwood Park 169th & Forest Ave.	.28	4
Don & Loretta Gorman Park 4412 Henry St. Connects to Oak Forest Heritage Preserve Trail	1.7	

COMMUNITY PARKS

1. Central Park
15601 S. Central Ave.
2. Don & Loretta Gorman Park
4412 Henry St.
3. El Morro Park
155th & Arroyo Dr.

NEIGHBORHOOD PARKS

4. Avenues Park
Fieldcrest & Willowick Dr.
5. Convent Park
149th & Menard Ave.
6. Don Burns Park "Gingerwood"
169th & Forest Ave.

7. Friendly Oaks
163rd & Long Ave.
8. Gaelic Park Soccer Fields
147th St.
9. Gene Leonard Park
149th & Laramie Ave.

10. Harriet Park
160th & Forest Ave.
11. Heritage Park
149th St. & Long Ave.
12. James Jesk Park
155th & Ridgeland Ave.
13. Lagoon Park
Debra Dr. & Leslie Ln.

14. Lockwood Park
Lockwood Ave. & Christopher

15. Malecky Park
172nd & Arrowhead Tr.

16. Athletic Center
155th & Kilpatrick
17. Terry Steczo Park
Daniels Ln.
18. Tot Lot Park
153rd & Kilpatrick Ave.

19. Tower Park
Rob Roy Dr. & David Ln.
20. Vergne Way Park
153rd & Lavergne Ave.
21. Waverly Creekside Park
155th & Waverly Ave.

COMMUNITY PARKS		WALKING PATHS	CONCESSIONS	FIELD HOUSE	FISHING	FLAG FOOTBALL FIELD	FOOTBALL FIELD AND CONCESSIONS	GOLF COURSE - MINI	HARDBALL DIAMOND	MAINTENANCE GARAGE	OUTSIDE LIGHTING	PAVILION	PICNIC AREA	PLAYGROUND EQUIPMENT	HANDICAP SWING	REC. BLDG. AND GYM	SOFTBALL DIAMOND	TENNIS COURTS	TOT PLAY AREA	VOLLEYBALL	SOCCER FIELD	BASKETBALL COURTS	SLED HILL	PICKLE BALL
1.	Central Park 15601 S. Central Ave.	1	1	1			1		2	1	1	1	1	1	1	1	1	3	1	1				2
2.	Don and Loretta Gorman Park 4412 Henry St.		1	1		1			2		1			1										
3.	El Morro Park 155th & Arroyo Dr.	1	1	1				1			1	2	1	1									1	
NEIGHBORHOOD PARKS																								
4.	Avenues Park Fieldcrest & Willowick Dr.													1										
5.	Convent Park 149th & Menard Ave.		1						4	1	1			1					1		1			
6.	Don Burns Park "Gingerwood" 169th & Forest Ave.	1	1			1			1	1	1	1	1	1	1		4	2				1		
7.	Friendly Oaks 163rd St. & Long Ave.								1					1				2				1		
8.	Gaelic Park Soccer Fields 147th St.																				4			
9.	Gene Leonard Park 149th & Laramie Ave.	1												1	2							1		
10.	Harriet Park 160th & Forest Ave.										1		1	1	1				1	1				
11.	Heritage Park 149th St. & Long Ave.								1					1										
12.	James Jesk Park 155th & Ridgeland Ave.	1				1					1	1	1	1			2	2				1		1
13.	Lagoon Park Debra Dr. & Leslie Ln.				1																			
14.	Lockwood Park Lockwood Ave. & Christopher													1										
15.	Malecky Park 172nd & Arrowhead Tr.										1	1	1	1	1				1	1		1		
16.	Athletic Center 155th & Kilpatrick			1																				
17.	Terry Steczo Park Daniels Ln.										1	1	1	1	1					1		1		
18.	Tot Lot Park 153rd & Kilpatrick Ave.																		1					
19.	Tower Park Rob Roy Dr. & David Ln.								2					1	2									
20.	Vergne Way Park 153rd & Lavergne Ave.													1	1							1		
21.	Waverly Creekside Park 155th & Waverly Ave.												1	1				1						

Thank you, Cindy Grannan, for 40+ years of service and dedication to the community of Oak Forest!

Cindy began volunteering at the district in 1983. Throughout the years Cindy has been a day camp counselor, concession stand attendant, youth sports instructor, volunteer intern, recreation supervisor, Superintendent of Recreation and finally as our fearless leader, Director of Parks and Recreation. In addition to her work here at the park, Cindy has also volunteered on numerous committees through the years all in an effort of making a positive and lasting impact on our community. All of us at the Oak Forest Park District wish to say Congratulations on your retirement, **WE WILL MISS YOU!**



THANK YOU CINDY

THANK YOU CINDY

Central Park Building
 Administrative Offices
 15601 S. Central Ave.

Don Gorman
 Recreation Center
 4412 Henry St.

Park Place at Central
 Event Rentals
 15601 S. Central Ave.

THE ZONE
 15601 S. Central Ave.

www.oakforestparks.org

708.687.7270

UPCOMING EVENTS

MARCH	
4	Resident Registration Open
6	Non-Resident Registration Open
29	You've Been Egged
APRIL	
17	FunTime Preschool Open House
26	Funtime Preschool Registration Begins
27	IPDDC Cheer State
30	Spring Gymnastics & Tumbling Begins
MAY	
17	Dance Recital
18	Opening Day at El Morro Park Mini Golf and Concessions
JUNE	
1	Lagoon Fire on the Water
3	Summer Dance Begins
10-11	Summer Camp Begins
19	Fiesta Time Mini Camp
21	Movie in the Park at El Morro Park "The Super Mario Brothers Movie"
JULY	
9	Summer Gymnastics & Tumbling Begins
12	Movie in the Park at El Morro Park "Teenage Mutant Ninja Turtles: Mutant Mayhem"
17	National Hot Dog Day at El Morro Park
18	Touch A Truck
AUGUST	
9	Movie in the Park at El Morro Park "Trolls Band Together"
29	Momentum Dance Force Tryouts
SEPTEMBER	
1	Old Times Family Picnic
4-5	FunTime Preschool Meet and Greet
8	Sparklers Cheer Placement Clinics
9-10	FunTime Preschool Begins



OAK FOREST PARK DISTRICT

stay social with us!



Oak Forest Park District

2024
JOB VACANCY

WE ARE HIRING!

JOIN OUR TEAM

POSITIONS AVAILABLE:

- CONCESSION STAFF
- DAY CAMP COUNSELORS
- GYMNASTICS INSTRUCTOR
- PART TIME MAINTENANCE

APPLY TODAY!

FOR MORE INFORMATION CALL
1 (708) 687-7270

VISIT US ONLINE AT
WWW.OAKFORESTPARKS.ORG

