

Fall-Winter 2025-26

# OAK FOREST PARK DISTRICT

Parks & Recreation Activity Guide

*Celebrating 50 Years of FunTime Preschool*



Join the Fun &  
Get Social with Us!



[www.oakforestparks.org](http://www.oakforestparks.org) • 708.687.7270

RESIDENT | REGISTRATION AUGUST 25 • NON-RESIDENT | REGISTRATION AUGUST 27

# 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 is a municipal governing agency that provides parks, recreational facilities, and activities for its residents. The Board of Commissioners consists of five elected officials, each serving a six-year term. Board meetings are held on the second and fourth Thursdays of each month at 7:00 p.m. at the Central Park Building, 15601 S. Central Avenue, and are open to the public.

## FUNTIME PRESCHOOL PROGRAM CELEBRATING 50 YEARS OF LEARNING THROUGH PLAY 1975 – 2025

Dear Past and Present FunTime Preschool Teachers, Families, and Founders,

As we celebrate the 50th anniversary of the FunTime Preschool program, we take this special moment to reflect on the incredible journey we've shared over the past five decades. This milestone is not only a tribute to the program itself, but to the many people who have made it a success—our dedicated teachers, our visionary founders, and the families who placed their trust in us.

To Gina Byrnes and all those who helped create the FunTime Preschool Program in 1975—your vision and commitment laid the groundwork for something truly special. To Peggy Sloan, who kept that vision going as Director of the program for many years as well. Because of your efforts, generations of children have started their educational journeys in a place filled with warmth, creativity, and care.

To our wonderful teachers, past and present—thank you for your dedication, patience, and passion. Whether you spent years in the classroom or a single season, you have played a meaningful role in shaping young minds and hearts. You've made learning joyful and memorable for thousands of children, and your impact will continue for years to come.

To the parents and caregivers who chose the FunTime Preschool program—thank you for trusting us with your children. Your support and involvement have been essential to our success. It has been our privilege to be part of your children's early years, and we are honored that you allowed us to be a part of their growth.

As we mark this golden milestone, we celebrate the community that made the FunTime Preschool program what it is today. Thank you for 50 years of learning, laughter, and love. Here's to the memories made—and to many more still to come.

I invite you to join us at one our Open House events to be held on Wednesday, August 6th, Tuesday, February 17th, Wednesday, March 11th, or Thursday, April 9th, each from 5-7 pm to come and check out our updated classrooms in the lower level and reflect on the past as we focus on the future with one common goal – to teach children how to learn through play. We would love to see you there and hear about your experience with the FunTime Preschool program!

With Heartfelt Gratitude,

Sue Ann Beardsley, Coordinator  
FunTime Preschool Program  
Oak Forest Park District

## MISSION STATEMENT

The Oak Forest Park District is dedicated to enhancing community morale by providing various recreational opportunities, activities, special events, and trips that cater to all individuals, promoting a healthy lifestyle in a friendly and safe environment. Our goal is to involve all individuals in the community and to inform all individuals of the many beneficial practices our Park District offers. We are also committed to preserving open spaces and maintaining the most modern equipment for our parks and facilities.

## PARK DISTRICT ADMINISTRATIVE STAFF

708.687.7270 + Ext.

Kirstin Dahm	Director of Parks & Recreation.....	Ext. 132
Joseph Cainkar	Attorney	
Dave Beneventi	Superintendent of Maintenance.....	Ext. 167
Sue Ann Beardsley	FunTime Preschool Coordinator.....	Ext. 160
Brooke Fleming	Gymnastics Coordinator.....	Ext. 120
Annelle Garcia	Human Resources Specialist.....	Ext. 112
Jennette Mikos	Recreation Supervisor.....	Ext. 119
Karen Perritano	Don Gorman Rec Center Coordinator.....	Ext. 140
Michelle Pruitt	Zone Fitness Center Manager.....	Ext. 128
Destiny Skelnik	Cheer/Dance Coordinator.....	Ext. 120
Ericka Vetter	Park Place Rental Coordinator.....	Ext. 118
Christine Wiseman	Accounting Administrator.....	Ext. 113
Josh Zoberis	Recreation Supervisor.....	Ext. 117

## COME OUT AND PLAY

Get in on the happenings at Oak Forest Park District. We can keep you in the loop through the monthly "Come Out & Play" Newsletter. It includes the month's achievements, upcoming activities and events, as well as periodic discounts and 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](mailto:jzoberis@oakforestparks.org). We will take care of everything for you. Please be assured that we will not sell or pass your email address 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 services 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 by 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 promptly, or indicate what these needs are on the registration form. 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 relevant, the Oak Forest Park District asks that requests for reasonable accommodation be made at least two (2) weeks in advance of any activity.

## BUILDING HOURS

**All building and fitness center hours subject to change**

**Central Park Administrative Office**  
Mon. & Thurs. 9 am – 7 pm  
Tues., Weds. & Fri. 9 am – 5 pm  
Sat. 9 am – 12 pm  
(drop box available under front desk counter Mon.-Fri. 5 – 8 pm & Sat. 8 am – 1 pm)

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

**The Zone Fitness Center**  
Sat. & Sun 7 am – 1 pm  
Mon., Wed., & Thurs. 7 am – 8 pm  
Tues. 6 am – 8 pm  
Fri. 6 am – 6 pm

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



## 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? To gauge your experience with us, we have prepared a short survey available at our front desk or online. 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, Mon. & Thurs. 9 am-7 pm, Tues., Weds. & Fri. 9 am-5 pm & Sat. 9 am-12 pm, or online. All new households must set up a head of household account for online registration.
- Proof of residency must be provided with registration. The Park District’s decision on any boundary questions is final.
- Resident rates will apply to residents within the Oak Forest Park District’s boundaries. Additional fees may apply to residents outside the District’s boundaries.
- Activity registration is on a first-come, first-serve basis.
- Incomplete registration forms may delay your registration. **This includes activity or section numbers & waiver signatures.**
- Phone numbers and emails are required when registering. We will use the provided number or email to contact you about activity changes or in case of an emergency.
- It is the responsibility of all registrants to remember the dates and times of their activities. Programs will run as scheduled unless you are notified otherwise by Park District staff. No reminders will be sent — please mark your calendars!
- The building is open for drop box registration, Monday through Friday, 5-8 pm, and Saturday, 8 am- 1 pm. The park district is not responsible for cash placed in the drop box.
- Mail-in registration will be accepted with a check payable to Oak Forest Park District. The park district is not responsible for lost or late mail.
- Fees will not be prorated on late registration.
- Payment plans may be available for select activities. The activity supervisor must approve this. Payment plans must be paid with credit or debit cards.
- Activity information is subject to change due to unforeseen circumstances.

PARK DISTRICT CANCELLATION POLICY:

All activities have a minimum and maximum enrollment. If the minimum enrollment has not been reached, the recreation department reserves the right to cancel, postpone, or consolidate the activity with another. If an activity is cancelled, a full refund will be issued without penalty.

NON-SUFFICIENT FUND POLICY

A \$35 Non-Sufficient Funds (NSF) fee will be applied to any returned checks or declined credit/debit card transactions. To maintain enrollment and participation in Park District activities, all outstanding balances must be paid in full by cash.

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. They 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 cancelled by the Oak Forest Park District. If the refund amount is less than \$20.00, the amount will be applied as a household credit. No refunds will be issued for special events, one-day programs, trips, or classes with a fee of \$20.00 or less if the participant chooses to cancel.
- A \$10.00 administrative charge will be assessed to all activities (\$200.00 for FunTime Preschool, see page 15).
- 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 are available after three classes have been 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:** These activities are offered by various companies, and refunds vary from contractor to contractor. Please contact the park district recreation supervisor directly for refunds regarding these activities
  - Day camp refunds are subject to supervisor approval. Any trips or activities that have already been paid for cannot be refunded.
  - Activities that include tickets for entertainment or sporting events, adult sports leagues, and trips require that another participant fill the vacancy to receive a refund.
  - All refunds must be applied for in person at the Central Park Administrative Office, 15601 S. Central.
  - Please allow 6-8 weeks for processing.
  - All refunds are subject to supervisor approval.
  - Refund policy for FunTime Preschool please see page 15.
  - Refund policy for Oak Forest Park District Youth Sports (Basketball, Flag Football/Cheerleading, Girls Softball, Lacrosse, Soccer, and Wrestling) please see page 30.

CODE OF CONDUCT

Participants are expected to always exhibit appropriate behavior. The following guidelines have been developed to help make the Park District activities safe and enjoyable. Additional rules may be developed for 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 himself 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 beverages (EXCEPT WATER) into the 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 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 our parks safe. 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 for the Oak Forest Police Department is (708) 687-1376. 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 or threats of 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

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 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 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 explicit consent and approval. To provide a tip or get more information, contact the Oak Forest Police Department at (708) 687-1376.



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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 a ongoing basis

### THE CENTRAL PARK BUILDING

15601 S. Central Ave. • 708-687-7270

**NO HOLIDAY RENTALS. PRICES SUBJECT TO CHANGE.**  
Additional rules, polices and regulations provided in rental agreement upon booking

#### THE OAK ROOM AT CENTRAL PARK

The Oak Room is a private event room on the main floor of the Central Park building, 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.
- A 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 setup, event, and clean-up time in the total purchased hours
- 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

\$75.00 per hour  
\$200.00 Security/Damage Deposit

##### NON-RESIDENT HOURLY RATES

\$100.00 per hour  
\$200.00 Security/Damage Deposit

#### THE MAPLE ROOM AT CENTRAL PARK

The Oak Room is a private event room on the main floor of the Central Park building, 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

\$40.00 per hour  
\$100.00 Security/Damage Deposit

##### NON-RESIDENT HOURLY RATES

\$55.00 per hour  
\$100.00 Security/Damage Deposit



#### 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 entire rental payment plus an additional refundable security/damage deposit (if applicable)
- Oak Forest residents must provide proof of residency identification to apply for a resident discount
- Cancellation submitted at least 60 days before the rental date, the renter will receive a 50% refund of the rental fee. The full security deposit will be refunded
- If cancellation is submitted less than 60 days before the rental date, the renter will forfeit 100% of the rental fee. The full security deposit will be refunded
- No transfer/change of rental date permitted.

##### RENTERS TO PROVIDE

- Catering, bar/beverages, table coverings, decorations & entertainment/vendors
- Renters can 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. These include, but are 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
\$300.00 for 6 hours (\$35.00 per additional hour)	\$400.00 for 6 hours (\$55.00 per additional hour)
\$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. The maximum room capacity is 70 people <b>Kitchen includes:</b> a microwave, refrigerator and stove <b>NO ALCOHOL ALLOWED</b> Rentals available Saturday and Sunday. <b>NO HOLIDAY RENTALS.</b> 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 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, floor-to-ceiling windows, wood-like flooring, and neutral colors.

It also has 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
<b>Full Space – Monday through Friday</b> \$100.00 per hour 4 hours minimum (\$400)	<b>Full Space – Monday through Friday</b> \$130.00 per hour 4 hours minimum (\$520)
<b>Full Space – Saturday and Sunday</b> \$140.00 per hour 4 hours minimum (\$560)	<b>Full Space – Saturday and Sunday</b> \$170.00 per hour 4 hours minimum (\$680)
<b>Half Space – Monday through Friday</b> \$80.00 per hour 4 hours minimum (\$320)	<b>Half Space – Monday through Friday</b> \$100.00 per hour 4 hours minimum (\$400)
<b>Half Space – Saturday and Sunday</b> \$90.00 per hour 4 hours minimum (\$360)	<b>Half Space – Saturday and Sunday</b> \$120.00 per hour 4 hours minimum (\$480)



### RENTAL AMENITIES INCLUDE:

- Renter's choice of a day or evening rental (*Saturday and Sunday day rentals to conclude clean up by/before 4 pm and evening rentals to begin set up at 5:30 pm or after. Monday-Friday rentals inquire for timing.*)
- One tour included (*additional viewings require a fee*)
- 5-foot round guest tables (*seat a maximum of 8 chairs per table*)
- Cushioned, neutral-colored banquet chairs
- 8-foot and 6-foot rectangular tables & highboy 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 a ramp to kitchen space to avoid interruption of the event
- Wall-mounted smart televisions & 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
- Restrooms and water fountains located in the foyer
- Portable podium, American flagpole, seasonal coat racks, trash canisters with refillable bags & hand sanitizer wall dispensers
- Access to the community gazebo and park
- Private event signage displayed outdoors to encourage event privacy

### PAYMENT/SECURITY DEPOSIT/CANCELLATION POLICY:

- The total rental payment is due upon securing the date with an additional \$200.00 security deposit and signed agreements.
- The time needed for set up and clean up **MUST** be included in the rental hours purchased. (*Minimum of an ½ hour set up and an ½ hour clean up required*)
- Acceptable forms of payment: Cash, check, or credit/debit card. The rental will be canceled if the renter's check is returned due to insufficient funds
- If a cancellation is submitted at least 60 days before the event date, the renter will receive a 50% refund of the rental fee. The full \$200.00 security deposit will also 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 are 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. These include, but are not limited to, food trucks, disc jockeys, magicians, etc.
- No bounce houses/blow-up or ball pit devices are allowed indoors or outdoors



PAVILION RENTALS

PAVILION RENTALS

Resident permits accepted March 16, 2026 – Non-resident permits accepted March 30, 2026

Are you 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 rental.

They are located at various parks throughout Oak Forest and offer different amenities to suit any need.

The pavilions can hold 30 – 200 people.

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

- All fees must be paid with the submission of the 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.
- Cancellation requests submitted 30 days prior to event date, renter to receive a 50% refund of their rental fee.
- Cancellation requests submitted less than 30 days prior to event date, renter will forfeit 100% of the rental fee.

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	
<b>Amenities Include:</b> <ul style="list-style-type: none"><li>• Party Attendant Available From 1:00-7:00 pm</li><li>• New Indoor Bathrooms</li><li>• New Concession Area</li><li>• Newer Playground</li><li>• Spacious Grounds for Various Activities</li><li>• Softball Fields</li><li>• Walking Path - .28 miles</li><li>• Bag Set, Throw Down Bases with Wiffle Bat and Ball (Available for use with valid ID)</li></ul> No cookers or grills are allowed at this pavilion.	
Rentals are available from noon to 7:00 pm, May to 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	
<b>Permit Includes:</b> <ul style="list-style-type: none"><li>• Playground</li><li>• 1 Sand Volleyball Court</li><li>• Softball Fields (if available)</li><li>• Tennis Courts (if available)</li></ul> Rentals are available Saturday and Sunday from Noon-7:00 pm, May-mid 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
\$150.00 FOR 7 HOURS	\$225.00 FOR 7 HOURS
PAVILION 2 - YOGI BEAR (30 people):	
RESIDENT RENTAL FEE	NON-RESIDENT RENTAL FEE
\$90.00 FOR 7 HOURS	\$165.00 FOR 7 HOURS
Application Fee – \$50.00 (Non-Refundable)	
Security Deposit – \$200.00	
<b>Amenities Include:</b> <ul style="list-style-type: none"><li>• Party Attendant Available from 1:00-7:00 pm</li><li>• Indoor Bathrooms</li><li>• Concession Stand</li><li>• Playground</li><li>• Cooker/Grill Rental: \$50.00 per cooker/grill for Smokey pavilion only</li></ul> Unlimited golf for picnic party guests: \$60.00 (due when booking).	
Rentals are available May–mid September. NO HOLIDAY RENTALS.	

**Pavilion Rental Notes:** Any special requests, including but not limited to bouncers, carnival-type equipment, the use of music, conducting a raffle, fundraising events, or admittance fees, must be presented to the Park District for written approval at least four weeks before the event date. In some cases, a certificate of insurance listing the Oak Forest Park District as an additional 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 solutions to your fitness needs.

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

SEE WEBSITE AND FACEBOOK FOR CLUB HOURS

FULL MEMBERSHIP RATES			
Couples/families must reside at same address			
Member Type	Due at sign-up	Monthly Fee	Annual Fee
Individual 18 +	\$62.00	\$31.00	\$355.00
**Senior Individual 60 +	\$38.00	\$19.00	\$225.00
Additional Adult (4 per household)	\$20.00 p/p	\$10.00 p/p	+\$120.00 p/p
Student Must have current ID	\$32.00	\$16.00	\$180.00
30-day pass - \$45.00 • 30-day student pass - \$30.00 90-day pass - \$110.00 • 90-day student pass - \$70.00 **See page 10-11 for list of included classes that are free with these memberships**			
Not ready to commit to a full membership? Use our <b>DAILY PASS OR ZONE PASS PUNCH CARDS</b> to enjoy the fitness center AND all included classes.			
Card Type	Resident	Non-Resident	
Single Class	\$10.00	\$10.00	
10 Visits-Punch Card	\$70.00	\$90.00	
20 Visits-Punch Card	\$125.00	\$165.00	
Fitness Center Only (does not include classes) <b>DAILY PASS OR ZONE PASS PUNCH CARD</b>			
Card Type	Resident	Non-Resident	
Senior 60+ One Day	\$5.00	\$7.00	
Senior 10 Visits-Punch Card	\$50.00	\$70.00	
10 Visits-Punch Card	\$70.00	\$90.00	

All military, fire, and police receive 50% off any Zone membership.  
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 includes a 45-minute orientation to The Zone Fitness Center with a personal trainer. The trainer will discuss safety and gym etiquette, instruct on cardiovascular and strength equipment, and give instruction on free weights. This is the perfect opportunity to learn how to use everything without purchasing a personal training package. See pages 18 and 33 for details.

THE ZONE FITNESS CENTER  
FREE DAYS!

Thursday, Oct 16  
Monday, Nov 10  
Friday, Dec 12  
Wednesday, Jan 14  
Thursday, Feb 19  
Wednesday, Mar 18



PERSONAL TRAINING  
PACKAGES:

**30 Minute Sessions\***  
1 session – \$30.00  
10 sessions – \$200.00  
20 sessions – \$375.00  
40 sessions – \$650.00

\* You may combine two full sessions as one full hour



# MIND-BODY BALANCE FOR VETERANS

Mind-Body-Balance for Veterans is 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.

- Mind-Body-Balance for Veterans is 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, 2025**  
                                  **Jan. 1 – May 31, 2026**

*For more information, please contact Juanita Williams at 815.806.0384 or [juanita@sssra.org](mailto: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	\$70.00	\$90.00
20-punch Card	\$125.00	\$165.00

## BOOM

This is a high-energy 30-minute total-body workout that utilizes dumbbells, resistance bands, and your body weight for resistance.

**Instructor:**    Chrissy  
**Who:**            16 yrs. +  
**Location:**     Central Park Building  
                      15601 S. Central Ave  
  
**Day:**            Fri.  
**Time:**          9:00 – 9:30 am  
  
**Fee:**            Free w/Zone Fitness Center membership  
  
**Limit:**          Min. 4/Max. 14

## CYCLE MANIA

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

**Instructor:**    Chrissy  
**Who:**            16 yrs. +  
**Location:**     Central Park Building  
                      15601 S Central Ave  
  
**Day:**            Fri.  
**Time:**          5:00 – 6:00 pm  
  
**Fee:**            Free w/Zone Fitness Center membership  
  
**Limit:**          Min 4./Max. 11

## CYCLE MANIA/INTERVAL

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

**Instructor:**    Chrissy  
**Who:**            16 yrs. +  
**Location:**     Central Park Building  
                      15601 S Central Ave  
  
**Day:**            Weds.  
**Time:**          6:00 – 7:00 pm  
  
**Fee:**            Free w/Zone Fitness Center 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:**            16 yrs. +  
**Location:**     Central Park Building  
                      15601 S Central Ave  
  
**Day:**            Mon.  
**Time:**          6:00 – 7:00 pm  
  
**Fee:**            Free w/Zone Fitness Center 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:**            16 yrs. +  
**Location:**     Central Park Building  
                      15601 S Central Ave  
  
**Day:**            Weds.  
**Time:**          10:15 – 11:15 am  
  
**Fee:**            Free w/Zone Fitness Center 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:**            16 yrs. +  
**Location:**     Central Park Building  
                      15601 S Central Ave  
  
**Day:**            Sat.  
**Time:**          8:30 – 9:30 am  
  
**Fee:**            Free w/Zone Fitness Center 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:**            16 yrs. +  
**Location:**     Central Park Building  
                      15601 S. Central Ave  
  
**Day:**            Thurs.  
**Time:**          9:00 – 9:45 am  
  
**Fee:**            Free w/Zone Fitness Center 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 yrs. +  
**Location:**     Central Park Building  
                      15601 S Central Ave  
  
**Day:**            Tues.  
**Time:**          9:00 – 9:45 am  
  
**Fee:**            Free w/Zone Fitness Center membership  
  
**Limit:**          Min. 4/Max. 14

## SILVER SNEAKER YOGA STRETCH

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

**Instructor:**    Renee  
**Who:**            18 yrs. +  
**Location:**     Central Park Building  
                      15601 S Central Ave  
  
**Days:**           Tues. & Thurs.  
**Time:**          10:00 – 10:45 am  
  
**Fee:**            Free w/Zone Fitness Center 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 yrs. +  
**Location:**     Central Park Building  
                      15601 S Central Ave.  
  
**Day:**            Tues.  
**Time:**          6:00 – 7:00 pm  
  
**Fee:**            Free w/Zone Fitness Center membership  
  
**Limit:**          Min. 4/Max. 12



## YOGA

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

**Who:**            16 yrs. +  
**Location:**     Central Park Building  
                      15601 S Central Ave  
  
**Days/Time:**   (Mon. & Weds. - Patti)  
                      9:00 – 10:00 am  
                      (Thurs. - Patti)  
                      6:00 – 7:00 pm  
                      (Fri. - Cassidy)  
                      9:45 – 10:45 am  
                      (Sat. - Patti)  
                      10:00 – 11:00 am  
  
**Fee:**            Free w/Zone Fitness Center 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](http://www.oakforestparks.org)  
for more information.

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



# OLD TIMES FAMILY PICNIC

A FREE Annual Labor Day Weekend Fun-Filled Event

SUNDAY, AUGUST 31

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



## SENIOR PICNIC

Calling all seniors! Oak Forest Park District invites you to join us for an afternoon of FREE food and relaxed enjoyment. We'll start with a lunch featuring all-beef hot dogs, burgers, potato salad, and drinks to keep you refreshed. Afterward, indulge in dessert and join us for a few rounds of Bingo with chances to win cash and other prizes.

While this event is FREE, please remember to register at the Oak Forest Park District Main Desk, Monday through Friday from 9:00 AM to 4:00 PM, to secure your spot. Registration is on a first-come, first-served basis. We look forward to seeing you there!

ACTIVITY # 7740-1101   SEC. #01			
Location:	Park Place at the Oak Forest Park District 15601 S. Central Ave.	Fee:	FREE
		Limit:	Max 120
Day/Date:	Fri., Sept. 5		
Time:	11:00 am – 2:00 pm		
(Food served 11:30 am – 12:30 pm)			

## HALLOWEEN MOVIE IN THE PARK – “GOONIES”

It's the spookiest time of year again, and we will be having our annual Halloween Movie in the Park! Everyone is invited to join us for this not-so-scary night where we will be watching "Goonies." Concessions will be available for purchase at our concession stand. Please make yourself comfortable. Since we're outside, dress for the weather, bring a blanket or chair, and sit back, relax, and enjoy the show!

Who:	All ages	Date:	Fri., Oct. 3
Location:	El Morro Park 155th & Arroyo Dr.	Time:	Movie begins at 6:45 pm
		Fee:	FREE

## “SPOOK”TACULAR GOLFING

Come golfing at El Morro Park, 155th & Arroyo, with this “spook”tacular set up. Ghosts and gruesome goblins inhabit this golf course for the weekend to create a unique and fun golfing experience. For more information, contact Josh at ext. 117.

Who:	All ages	Dates:	Sat., Oct. 11 Sun., Oct. 12
Location:	El Morro Park 155th & Arroyo Dr.	Time:	2:00 – 6:00 pm
		Fee:	\$5.00 per person payable at the door

## TURKEY SHOOT BASKETBALL COMPETITION

Sponsored by Jack & Pats Old Fashioned Meat Market

Gobble, gobble, gobble, it's turkey time again! Join us for our annual Turkey Shoot free-throw contest, graciously sponsored by Jack & Pat's Old Fashioned Meat Market, for adult and child teams. Adult/child teams will compete against other teams of the same child age group and adult gender—the best of 20 free-throws (10 free-throws for each of you). Teams may arrive throughout the competition, but will not be accepted after 8:15 pm. Winners for each age group will be called on Monday, November 3, to pick up their prizes. Limit one turkey per family.

Age groups are as follows: 4-5 yrs., 6-8 yrs., 9-11 yrs., 12-14 yrs.

ACTIVITY # 2460-1101   SEC. #01			
Who:	4 yrs.+	Date:	Sat., Nov. 1
Location:	Central Park Building Gymnasium 15601 S. Central Ave.	Time:	6:30 pm, last entries taken at 8:15 pm
		Fee:	FREE

## TURKEY TIME CRAFTS: A THANKSGIVING ARTS & CRAFTS CLASS

Get ready to get crafty! Join us for a festive Thanksgiving-themed arts and crafts class where kids will create fun, fall-inspired projects like turkey handprints, leaf lanterns, and gratitude jars!

ACTIVITY # 2102-1104   SEC. #01	
Who:	5-10 yrs.
Location:	Central Park Building 15601 S. Central Ave.
Date:	Wed., Nov. 19
Time:	5:00 – 6:00 pm
Fee:	\$5.00 R/NR
Limit:	Min. 5/Max. 15

## LETTERS FROM SANTA

Santa's mailbox will be here at the Oak Forest Park District! Because of the overwhelming amount of Christmas mail, the North Pole post office has asked us to help out by taking children's Letters to Santa. Children can bring their letters to our special mailbox at our Central Park Building. Parents: complete a registration form with child's full name, age, and address. Santa will send a letter back with a small surprise!

ACTIVITY # 2223-1301   SEC. #01	
Location:	Bring Letters to: Central Park Building, 15601 S. Central Ave.
Fee:	\$3.00 per letter
Registration:	Mon., Nov. 24 thru Fri., Dec. 5, 5:00 pm

## CHRISTMAS ARTS AND CRAFTS WORKSHOP

Spend the afternoon at the Don Gorman Recreation Center. Make a variety of age-appropriate crafts for gifts or decorations. Then, decorate a Christmas treat to eat or take home with you! A great way to start your Christmas holiday! Parents, get your Christmas shopping done while the kids are making a gift for you!

ACTIVITY # 6710-1101   SEC. #01	
Who:	3-7 yrs.
Location:	Don Gorman Recreation Center, 4412 Henry Street
Date:	Sat., Dec. 6
Time:	1:00 – 3:00 pm
Fee:	\$15.00 R/\$20.00 NR
Register by:	Dec. 1
Limit:	Min. 5/ Max. 10





COUNTDOWN TO CHRISTMAS PARENTS NIGHT OUT

Need a little silent night? Drop the kids off with us and enjoy a few magical hours to Christmas shop, wrap presents away from curious little eyes, or treat yourself to a peaceful dinner out — all while the kids have a holly jolly time! Register by Dec. 6— spots fill fast!

ACTIVITY # 7724-1101   SECTION # 01			
Who:	5-10 yrs.	Date:	Fri., Dec. 12
Location:	Central Park Building 15601 S. Central Ave.	Time:	6:00 – 9:00pm
		Fee:	\$20.00 R/\$25.00 NR
		Register By:	Dec. 6
		Limit:	Min. 8/Max. 24

CHRISTMAS SWEET TREATS

Make some sweet Christmas treats to eat or give as gifts! We will make candy using holiday candy molds, chocolate-covered pretzels, and more.

ACTIVITY # 6711-1101   SEC. #01			
Who:	8-12 yrs.	Date:	Mon., Dec. 22
Location:	Don Gorman Recreation Center, 4412 Henry Street	Time:	1:00 – 3:00 pm
		Fee:	\$20.00 R/\$25.00 NR
		Register by:	Sat., Dec. 17
		Limit:	Min. 4/ Max. 6

HOLIDAY FUN-DAY

Spend your school holiday at the Don Gorman Recreation Center! We’ve packed a day with games, crafts, lunchtime, and more. There will be group activities as well as free play. Bring a sack lunch and drink.

ACTIVITY # 6275-1101   SEC. #01			
Who:	3-9 yrs.	Date:	Mon., Dec. 29
Location:	Don Gorman Recreation Center, 4412 Henry Street	Time:	11:30 am – 2:30 pm
		Fee:	\$18.00 R/\$25.00 NR
		Register by:	Sat., Dec. 22
		Limit:	Min. 6/Max. 15

WINTER WONDERS WORKSHOP:  
JANUARY ARTS & CRAFTS CLASS NEW

Kick off the new year with creativity! Join us for a fun-filled arts and crafts class inspired by all things wintry and wonderful. From snowflake painting to polar bear puppets, kids will enjoy hands-on projects that celebrate the season.

ACTIVITY # 2102-1104   SEC. #02			
Who:	5 – 10 yrs.	Date:	Wed., Jan. 28
Location:	Central Park Building 15601 S. Central Ave.	Time:	5:00 – 6:00 pm
		Fee:	\$5.00 R/NR
		Limit:	Min. 5/Max. 15

**DADDY DAUGHTER DATE NIGHT**  
This special night is meant for just Dads and Daughters. The Central Park Gym comes alive with colored lights, balloons, sweetheart decorations, and music that will fill the night. A photographer (at an additional charge) is available to capture this night’s memories, AND you can take your pictures home that evening. As tradition goes, each lovely lady will receive an elegant corsage. Truly a night to be remembered! **No refunds are given for this program.**

ACTIVITY # 7705-1101   SEC.# 01	
Location:	Central Park Building 15601 S. Central Ave.
Date:	Fri., Feb. 6
Time:	7:00 – 9:00pm
Fee:	\$15.00/per person R \$17.00/per person NR
Limit:	Max. 350 or until Jan. 30 (Whichever comes first)

**COMMUNITY GARDEN RENTAL**  
We’re excited to announce that the Community Garden will return for the 2026 planting season! Once again, we will offer one garden site, located at 151st and Long Avenue. The ground will be prepped and ready for you to plant vegetables, herbs, or flowers — the rest is up to you!  
All 2025 garden plot holders will have the opportunity to renew their plots. Renewal letters will be sent to all participants from the 2025 season in early March.

We look forward to another great season of gardening together!  
**ACTIVITY #7721-2101 | SEC. #01**  
Location: 151st and Long Ave.  
Size: 20 lots (each lot 10’x30’)  
Fee: \$60.00  
Registration: Returning gardeners with same 2025 plot–  
Monday, March 16  
New participants–  
Monday, April 6.  
These will be assigned in numerical order on a first-come, first-served basis.

Celebrating 50 Years of FunTime Preschool

FUNTIME PRESCHOOL ACTIVITY

On-line registration is not available for this activity.  
Open House Wednesday August 6, 5-7 pm

The FunTime Preschool Program, for children ages 3-5 years old, is a recreational activity where we teach children how to learn and focus on lifelong 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.

Who:	3 year old “Bears” (Must be 3 yrs. old by Sept. 1, 2025)	Who:	4 year old “Butterfly” (Must be 4 yrs. old by Sept. 1, 2025)
Location:	Central Park Building 15601 S. Central Ave.	Location:	Central Park Building 15601 S. Central Ave.
Days:	Mon./Weds./Fri.	Days:	Mon./Wed./Fri.
Section #:	01	Time:	9:00am-1:30pm
	OR		OR
Days:	Tues./Thurs./Fri.	Days:	Tues./Thurs./Fri.
Section #:	02	Time:	9:00am-1:30pm
Time:	9:00am – 12:00pm	Limit:	Min. 16/Max. 36
Limit:	Min. 14/Max. 18		

ACTIVITY # 1090-2101 SECTION # 01		
TUITION FOR 3 DAYS A WEEK: 9 AM – 12 PM (3 YR. OLD BEARS)	RESIDENT	NON-RESIDENT
Paid in Full	\$2080.00	\$2504.00
Pay Plan Total	\$2120.00	\$2554.00
Initial Payment	\$200.00	\$200.00
Pay Plan Dates: 8/7, 11/7, 2/7, 5/7	\$480.00 per date	\$586.00 per date

ACTIVITY # 1090-2102 SECTION 01		
TUITION FOR 3 DAYS A WEEK: 9 AM – 1:30 PM (4 YR. OLD BUTTERFLIES)	RESIDENT	NON-RESIDENT
Paid in Full	\$2548.00	\$3068.00
Pay Plan Total	\$2588.00	\$3108.00
Initial Payment	\$200.00	\$200.00
Pay Plan Dates: 8/7, 11/7, 2/7, 5/7	\$597.00 per date	\$727.00 per date

**REGISTRATION:**  
Contact the program coordinator at 708-687-7270 ext. 160 for class availability and to schedule a registration appointment.  
**NOTE:** Initial Registration Payment must be made in full at registration to reserve a seat in requested classroom.  
A credit or debit card is required for all payment schedules. A \$10.00 fee will be charged for declined credit card payments.

**REFUNDS:**  
Refunds are subject to the Early Childhood 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 payment must be made in full at registration to reserve a seat in the requested classroom. The \$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:** You will be charged a \$200 fee if you withdraw your child from the program at anytime.

**FUNTIME MEET & GREET**  
Who: Registered students and parents  
Location: Central Park Building  
15601 S. Central Ave.  
Dates: Weds., Sept. 3  
(M/W/F students)  
Thurs., Sept. 4  
(T/TH/F students)  
Time: 6:00 – 7:00pm

**CLASSES BEGIN:**  
Mon., Sept. 8 (M/W/F students) OR  
Tues., Sept. 9 (T/TH/F students)

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



TODDLER TIME – REGISTER FOR BOTH MONDAY AND WEDNESDAY AND SAVE \$40.00

The Toddler Time program is your child’s first step towards independence. The primary focus of this program is to help children easily separate from their parents and caregivers, thereby increasing their independence. Children learn to play by themselves and with others, as well as share toys. Puzzles, coloring activities, and finger plays help stimulate small motor skills. Gross motor skills are developed through physical activity. Daily activities include crafts, coloring pages, stories, rhymes, songs, 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 requires immediate attention. Snack and juice will be provided. *Each session is 8 weeks. Each day is 2 hours.*

Mondays		
Activity #	Section #	Dates
6170-1101	01	Sept. 8 – Oct. 27
6170-1101	02	Nov. 3 – Jan. 12 (No class 12/22, 12/29)
6170-1101	03	Jan. 19 – Mar. 9
Wednesdays		
6170-1102	01	Sept. 10 – Oct. 29
6170-1102	02	Nov. 5 – Jan. 14 (No class 11/26, 12/24, 12/31)
6170-1102	03	Jan. 21 – Mar. 11

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

JUST 3’S (AND 4’S)

This 2-day-a-week program is an extension of our regular Toddler Time program, specifically designed for 3- to 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, music, and physical activities. Children will also have a snack and play time. An excellent 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.*

Activity #	Section #	Dates
6173-1101	01	Sept. 9 – Oct. 30
6173-1101	02	Nov. 4 – Jan. 15 (No class 11/27, 12/23, 12/25, 12/30, 1/1)
6173-1101	03	Jan. 20 – Mar. 12

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

OPEN HOUSE FOR BOTH TODDLER TIME AND JUST 3’S (AND 4’S) WILL BE WEDS, SEPT. 3, 2025 • 6:30-7:30 PM

LITTLE TYKES (online registration not available for this activity)

Young children will enjoy learning through play with a purpose. Children attend two days a week for a 2-hour session. This class runs from September through May. Arts and crafts are designed to develop fine motor skills. Songs and finger plays are used to create speech. Stories are read to enhance listening skills. Gym time is provided to develop motor skills. Children will also enjoy snack time together to practice good manners. Children do not need to be toilet-trained; however, someone must be available to attend to the situation if your child has a potty accident. *Students and families are all invited to our year-end school picnic on Friday, May 15.*

Activity #	Section #	Days	Dates
1200-1101	01	Tues. & Thurs.	Sept. 16 – May 14
(No classes: 11/25 & 27; 12/23 & 25; 12/30 & 01/01; 2/3 & 5; 3/24 & 26)			

**Who:** 2-3 yrs.  
(Must be 2 by Sept. 1, 2025)  
**Location:** Central Park Building  
15601 S. Central Ave.  
**Time:** 9:30 – 11:30 am  
**Limit:** Min. 6/Max. 10

A credit or debit card is required for all payment schedules. A \$10.00 fee will be charged for all declined credit card payments.

TUITION FOR 2 DAYS A WEEK:	R	NR
Pay in Full	\$1146.00	\$1246.00
Pay Plan	\$1160.00	\$1260.00
Due at Registration	\$290.00	\$315.00
Nov. 7, 2025	\$290.00	\$315.00
Feb. 7, 2025	\$290.00	\$315.00
May 7, 2025	\$290.00	\$315.00

OPEN HOUSE

**Date:** Weds. Aug. 6  
**Time:** 5:00 – 7:00 pm

LITTLE TYKES MEET AND GREET

**Who:** Registered students and parents  
**Date:** Tues. Sept. 9  
**Time:** 5:30 – 6:30 pm

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 by using finger paints, markers and crayons; Playing with slime, clay, play dough, sand and water play, and more! Roll up your sleeves and let’s get messy! (Wear old clothes). Each session is 4 weeks.

Activity #	Section #	Dates
6210-1101	01	Oct. 6 – Oct. 27
6210-1101	02	Jan. 19 – Feb. 9

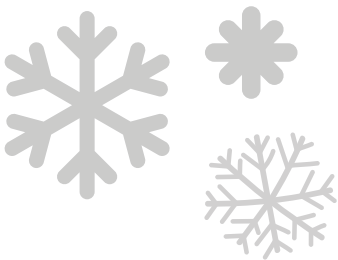
**Who:** 2-4 yrs. (with an adult)  
**Location:** Don Gorman Recreation Center,  
4412 Henry Street  
**Day:** Mon.  
**Time:** 6:00 – 6:45 pm  
**Fee:** \$44.00 R/\$50.00 NR  
**Limit:** Min. 4/ Max. 8

LITTLE WIGGLERS

Get ready to learn, play, and explore—toddler style! This fun-filled class is the ideal blend of learning and laughter for you and your little one. Together, you’ll dive into hands-on activities, playful games, and interactive movements that enhance language, motor skills, and creativity. Designed for toddlers and their grown-ups to enjoy together, this class is all about bonding, giggles, and learning through play, making it a great introduction to our Little Tykes and FunTime Preschool Program!

ACTIVITY #	SECTION #	DAY	TIME	DATES
1201-2101	01	Mon.	5:00 – 6:00 pm	Sept. 22 – Oct. 27
1201-2101	02	Tues.	12:15 – 1:15 pm	Sept. 23 – Oct. 28
1201-2101	03	Mon.	5:00 – 6:00 pm	Nov. 3 – Dec. 15 (No class 11/24)
1201-2101	04	Tues.	12:15 – 1:15 pm	Nov. 4 – Dec. 16 (No class 11/25)

**Instructor:** Jenny Sumner & Jenn Cyscon  
**Location:** Central Park Building (Lower Level)  
15601 S. Central Ave.  
**Who:** 18 mon.-3 yrs. (with an adult)  
**Fee :** \$80.00 R/\$95.00 NR  
**Limit :** Min. 4/Max. 16



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!



SOCCER SHOTS - MINIS

Get ready for excitement with Soccer Shots Mini! This high-energy program introduces young children to soccer through fun games, catchy songs, and positive reinforcement. Kids will learn essential skills like dribbling and basic rules while discovering the joy of being active and making new friends. An adult is required to join in the fun alongside their child, so come ready to kick some goals and create unforgettable memories together!

Activity #	Section #	Dates
2617-1101	01	Sept. 4 – Oct. 2
2617-1101	02	Oct. 9 – Nov. 6

**Instructor:** Soccer Shots Staff  
**Who:** 2-3.5 yrs. (with an adult)  
**Location:** Central Park Building,  
15601 S. Central Ave.  
**Day:** Thurs.  
**Time:** 5:00 – 5:30 pm  
**Fee:** \$70.00 R/\$80.00 NR  
**Limit:** Min. 6/ Max. 10

SOCCER SHOTS - CLASSIC

Get ready for an exciting adventure with Soccer Shots Classic! Our program focuses on utilizing creative and imaginative games to teach children essential soccer skills, including dribbling, passing, and shooting. Each session is packed with fun and laughter, and we spotlight a positive character trait—such as respect, teamwork, and appreciation—so kids learn valuable life lessons while they play! An adult must stay during class, but they can sit back and enjoy the show while the kids have a blast on the field.

Activity #	Section #	Dates
2617-1102	01	Sept. 4 – Oct. 2
2617-1102	02	Oct. 9 – Nov. 6

**Instructor:** Soccer Shots Staff  
**Who:** 3.5-5 yrs. (with an adult)  
**Location:** Central Park Building,  
15601 S. Central Ave.  
**Day:** Thurs.  
**Time:** 5:30 – 6:15 pm  
**Fee:** \$72.00 R/\$82.00 NR  
**Limit:** Min. 6/ Max. 10



YOUTH ACTIVITIES & ATHLETICS

Soccer Shots - Premier

Get ready for an exciting soccer experience with Soccer Shots Premier! This fun program focuses on individual skills, fitness, and sportsmanship, allowing kids to challenge themselves through games and teamwork. Children will also experience friendly competition in a supportive environment. Adults must stay during class, but you can relax and enjoy the action while your little athlete shines! Join us for a fun-filled time on the field!

Activity #	Section #	Dates	<b>Location:</b> <b>Central Park Building</b> <b>15601 S. Central Ave.</b>	<b>Day:</b> <b>Thurs.</b> <b>Time:</b> <b>6:15 – 7:00 pm</b>	<b>Fee:</b> <b>\$72.00 R/\$82.00 NR</b>	<b>Limit:</b> <b>Min. 6/Max. 12</b>
2617-1103	01	Sept. 4 – Oct. 2				
2617-1103	02	Oct. 9 – Nov. 6				
<b>Instructor:</b> Soccer Shots Staff			<b>Who:</b> 5-8 yrs. (with an adult)			

The Healthy Habits Club: Grades K-8 NEW

The Healthy Habits Club from Afterschool Enrichment Solutions offers a fun, action-packed, and positive environment that promotes physical, mental, and emotional well-being. Students will explore themes of communication, self-compassion, active listening, conflict resolution, gentle exercise, nutrition, mindfulness, and respect. A qualified instructor will guide participants through hands-on learning experiences, incorporating games, movement, creative writing, problem-solving exercises, and journaling.

Activity #	Section #	Dates	<b>Location:</b> <b>Central Park</b> <b>15601 S. Central Ave.</b>	<b>Day:</b> <b>Mon.</b> <b>Time:</b> <b>5:30 – 6:30 pm</b> <b>Fee:</b> <b>\$150.00 R/\$195.00 NR</b> <b>Limit:</b> <b>Min. 8/Max. 14</b>
2102-1102	01	Sept. 8 – Nov. 3 (No class: 10/13)		
2102-1102	02	Dec. 1 – Feb. 9 (No class 12/22, 12/29, 1/19)		
<b>Instructor:</b> Afterschool Enrichment Solutions				
<b>Who:</b> 5- 14 yrs.				

Chess Scholars: Grades K-8 NEW

Develop your child’s intellect through the royal game of chess! Recent research has demonstrated a significant correlation between chess and academic achievement in various subjects, including mathematics and language arts. Chess has been proven to enhance children’s motivation, concentration, focus, social skills, and creativity. Each class will consist of a fun and interactive teaching period, followed by guided practice time. Both beginner and experienced players are welcome and will learn under the guidance of an experienced Chess Scholar’s coach.

Activity #	Section #	Dates	<b>Who:</b> <b>5-14 yrs.</b>	<b>Location:</b> <b>Central Park Building</b> <b>15601 S. Central Ave.</b>	<b>Day:</b> <b>Time:</b> <b>Tues.</b> <b>5:30 – 6:30 pm</b>	<b>Fee:</b> <b>\$140.00 R/\$184.00 NR</b>	<b>Limit:</b> <b>Min. 8/Max. 16</b>
2102-1101	01	Sept. 9 – Oct. 28					
2102-1101	02	Dec. 2 – Feb. 3 (No class 12/23, 12/30)					
<b>Instructor:</b> Afterschool Enrichment Solutions							

Intro to the Zone Fitness Center

This program includes a 45-minute orientation to The Zone Fitness Center with a personal trainer. The trainer will discuss safety and gym etiquette, instruct on cardiovascular and strength equipment, and give instruction on free weights. This is the perfect opportunity to learn how to use everything without purchasing a personal training package.

Activity #	Section #
3056-1101	01
3056-1101	02
3056-1101	03
3056-1101	04
3056-1101	05
3056-1101	06
Dates	Time
Tues., Sept. 9	10:00 – 10:45 am
Fri., Oct. 17	11:00 – 11:45 pm
Sat., Nov. 15	11:00 – 11:45 am
Sat., Jan. 24	12:00 – 12:45 pm
Tues., Feb. 10	11:00 – 11:45 pm
Fri., Mar. 20	4:00 – 4:45 pm

<b>Instructor:</b>	Chrissy Samiec
<b>Who:</b>	10 yrs. +
<b>Location:</b>	The Zone Fitness Center 15601 S. Central Ave.
<b>Fee:</b>	\$15.00 R/\$20.00 NR (one person) \$25.00 R/ \$35.00 NR (two people)
<b>Limit:</b>	Min. 1/Max. 6



Little Acorns Children's Choir NEW

Young singers will explore rhythm, learn their voice parts, and prepare a group song to perform at the end of the session. A fun and supportive way to build musical skills and confidence—no experience needed!

Activity #	Section #	Dates	<b>Location:</b> <b>Central Park Building</b> <b>15601 S. Central Ave.</b>	<b>Day:</b> <b>Time:</b> <b>Thurs.</b> <b>5:00 – 5:45 pm</b>	<b>Fee:</b> <b>\$50.00 R/\$65.00 NR</b>	<b>Limit:</b> <b>Min. 6/Max. 12</b>
2102-1105	01	Sept. 11 – Oct. 16				
2102-1105	02	Oct. 23 – Dec. 4 <i>(No class 11/27)</i>				
<b>Instructor:</b> <b>Destiny Skelnik</b>						
<b>Who:</b> <b>8-14 yrs.</b>						

Stage Stars: Grades K-6 NEW

Does your child have a “dramatic side”? You might have a budding Stage Star in your family! Our drama class introduces students to the craft of stage acting, guided by a skilled theater instructor. During this exciting class, students will learn theatrical skills, improv basics, and participate in interactive drama games. This class offers students opportunities to have fun, express themselves, gain confidence, and interact with others, all within the context of the theatre arts.

Activity #	Section #	Dates	<b>Location:</b> <b>Central Park Building</b> <b>15601 S. Central Ave.</b>	<b>Day:</b> <b>Time:</b> <b>Thurs.</b> <b>5:30 – 6:30 pm</b>	<b>Fee:</b> <b>\$150.00 R/\$195.00 NR</b>	<b>Limit:</b> <b>Min. 8/Max. 16</b>
2101-1103	01	Sept. 11 – Oct. 30				
2101-1103	02	Dec. 4 – Feb. 5 <i>(No class 12/25, 1/1)</i>				
<b>Instructor:</b> Afterschool Enrichment Solutions			<b>Who:</b> 5-12 yrs.			

Tae Kwon Do

Learn the Korean martial art of Songahm Taekwondo. Techniques taught include punching, kicking, forms, and self-defense. More importantly, develop discipline, confidence, concentration, and self-control; all qualities needed to build character. Training and activities are designed for the specified age group. Rank advancement is available; inquire at the ATA Center. *Each session is 6 weeks.*

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: Sept. 8 – Oct. 15					
Activity#	Section#	Age	Days	Time	Fee
1220-1101	01	3-6 yrs.	Mon./Wed.	5:30 – 6:00 pm	\$70.00 R \$75.00 NR
1220-1102	01	7 yrs. +	Mon./Wed.	6:00 – 6:30 pm	\$80.00 R \$85.00 NR
Session 2: Oct. 27 – Dec. 3					
Activity#	Section#	Age	Days	Time	Fee
1220-1201	02	3-6 yrs.	Mon./Wed.	5:30 – 6:00 pm	\$70.00 R \$75.00 NR
1220-1202	02	7 yrs. +	Mon./Wed.	6:00 – 6:30 pm	\$80.00 R \$85.00 NR
Session 3: Dec. 15 – Feb. 4					
Activity#	Section#	Age	Days	Time	Fee
1220-1201	03	3-6 yrs.	Mon./Wed.	5:30 – 6:00 pm	\$70.00 R \$75.00 NR
1220-1202	03	7 yrs. +	Mon./Wed.	6:00 – 6:30 pm	\$80.00 R \$85.00 NR

Kids in the Kitchen

Children are taught basic kitchen skills, including kitchen safety, using appliances and utensils, following recipes, measuring, setting a table, and cleaning up. In each session, your child will learn how to prepare a simple meal using kid-friendly recipes. They will be given time at the end of each session to eat their delicious creations! Bring a drink each week. *Each session is 6 weeks.*

Activity #	Section #	Dates
6145-1101	01	Nov. 11 – Dec. 16
6145-1101	02	Feb. 3 – Mar. 10

<b>Who:</b>	5-8 yrs.
<b>Location:</b>	Don Gorman Recreation Center, 4412 Henry Street
<b>Day:</b> <b>Time:</b>	Tues. 5:30 – 7:00pm
<b>Fee:</b>	\$80.00 R/\$85.00 NR
<b>Limit:</b>	Min. 4/ Max. 6



# REMOTE LANGUAGE CLASSES

## SPANISH CLASSES FOR TODDLERS, YOUTH, TWEEN, TEENS & ADULTS

Step into a world of excitement from your living room with Language in Action! Explore new cultures and learn a new language through our interactive Zoom sessions. Each class dives into fresh topics, keeping the fun and learning alive!

All classes are LIVE and led by our enthusiastic Language in Action staff. Don't miss this chance to embark on an exciting linguistic journey—sign up today and let the adventure begin!.

**Zoom login information will be emailed to participants before the first class.**

**Instructor:** Language In Action, Inc. Staff

**Location:** Zoom

**Fee:** \$86.00 R/NR

### CLASS DESCRIPTIONS

#### I SPEAK SPANISH 3-6 YRS.

Younger children will learn conversational Spanish through fun and interactive activities and music.

#### YOUTH SPANISH 7-11 YRS.

Older children will learn Spanish phonetics to begin reading and writing in Spanish.

#### TWEEN/TEEN SPANISH 12-14 YRS.

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.

I SPEAK SPANISH				
Activity #	Section #	Day	Dates	Time
2500-1101	01	Sat.	Sept. 13 – Oct. 18	8:30 – 9:15 am
2500-1101	02	Mon.	Sept. 15 – Oct. 20	5:00 – 5:45 pm
2500-1101	03	Thurs.	Sept. 25 – Oct. 30	5:15 – 6:00 pm
2500-1101	04	Sat.	Oct. 25 – Dec. 6 (no class 11/29)	8:30 – 9:15 am
2500-1101	05	Mon.	Oct. 27 – Dec. 1	5:00 – 5:45 pm
2500-1101	06	Thurs.	Nov. 6 – Dec. 18 (no class 11/27)	5:15 – 6:00 pm
2500-1101	07	Mon.	Dec. 8 – Jan. 12	5:00 – 5:45 pm
2500-1101	08	Sat.	Dec. 13 – Jan. 17	8:30 – 9:15 am
2500-1101	09	Thurs.	Jan. 15 – Feb. 19	5:15 – 6:00 pm
2500-1101	10	Sat.	Jan. 24 – Feb. 28	8:30 – 9:15 am
2500-1101	11	Mon.	Jan. 26 – March 9 (no class 2/16)	5:00 – 5:45 pm
YOUTH SPANISH				
Activity #	Section #	Day	Dates	Time
2500-1102	01	Sat.	Sept. 13 – Oct. 18	8:30 – 9:15 am
2500-1102	02	Mon.	Sept. 15 – Oct. 20	5:00 – 5:45 pm
2500-1102	03	Thurs.	Sept. 25 – Oct. 30	5:15 – 6:00 pm
2500-1102	04	Sat.	Oct. 25 – Dec. 6 (no class 11/29)	8:30 – 9:15 am
2500-1102	05	Mon.	Oct. 27 – Dec. 1	5:00 – 5:45 pm
2500-1102	06	Thurs.	Nov. 6 – Dec. 18 (no class 11/27)	5:15 – 6:00 pm
2500-1102	07	Mon.	Dec. 8 – Jan. 12	5:00 – 5:45 pm
2500-1102	08	Sat.	Dec. 13 – Jan. 17	8:30 – 9:15 am
2500-1102	09	Thurs.	Jan. 15 – Feb. 19	5:15 – 6:00 pm
2500-1102	10	Sat.	Jan. 24 – Feb. 28	8:30 – 9:15 am
2500-1102	11	Mon.	Jan. 26 – March 9 (no class 2/16)	5:00 – 5:45 pm
TWEEN/TEEN SPANISH				
Activity #	Section #	Day	Dates	Time
2500-1103	01	Mon.	Sept. 15 – Oct. 20	6:45 – 7:30 pm
2500-1103	02	Mon.	Oct. 27 – Dec. 1	6:45 – 7:30 pm
2500-1103	03	Mon.	Dec. 8 – Jan. 12	6:45 – 7:30 pm
2500-1103	04	Mon.	Jan. 26 – March 9 (no class 2/16)	6:45 – 7:30 pm

## ADULT SPANISH 18+ YRS.

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.

ADULT SPANISH				
Activity #	Section #	Day	Dates	Time
2500-1104	01	Sat.	Sept. 13 – Oct. 18	10:30 – 11:30 am
2500-1104	02	Tues.	Sept. 23 – Oct. 28	10:00 – 11:00 am
2500-1104	03	Weds.	Sept. 24 – Oct. 29	6:00 – 7:00 pm
2500-1104	04	Sat.	Oct. 25 – Dec. 6 (no class 11/29)	10:30 – 11:30 am
2500-1104	05	Tues.	Nov. 4 – Dec. 9	10:00 – 11:00 am
2500-1104	06	Weds.	Nov. 5 – Dec. 17 (no class 11/26)	6:00 – 7:00 pm
2500-1104	07	Sat.	Dec. 13 – Jan. 17	10:30 – 11:30 am
2500-1104	08	Tues.	Dec. 16 – Jan. 20	10:00 – 11:00 am
2500-1104	09	Weds.	Dec. 22 – Jan. 26	6:00 – 7:00 pm
2500-1104	10	Weds.	Jan. 14 – Feb. 18	6:00 – 7:00 pm
2500-1104	11	Sat.	Jan. 24 – Feb. 28	10:30 – 11:30 am
2500-1104	12	Tues.	Jan. 27 – March 3	10:00 – 11:00 am

## ASL (AMERICAN SIGN LANGUAGE) CLASSES

Are you 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.

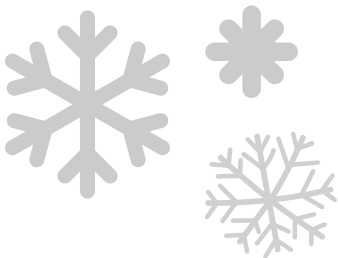
**Zoom login information will be emailed to participants before the first class.**

**Instructor:** Language In Action, Inc. Staff

**Location:** Zoom

**Fee:** \$86.00 R/NR

ASL MOM/DAD & ME – 3-7 YRS. (with an adult)				
Activity #	Section #	Day	Dates	Time
2511-1101	01	Weds.	Sept. 24 – Oct. 29	5:00 – 5:45 pm
2511-1101	02	Weds.	Nov. 5– Dec. 17 (no class 11/26)	5:00 – 5:45 pm
2511-1101	03	Weds.	Jan. 14 – Feb. 18	5:00 – 5:45 pm
YOUTH LEARN TO SIGN – 7-12 YRS.				
Activity #	Section #	Day	Dates	Time
2511-1102	01	Weds.	Sept. 24 – Oct. 29	6:00 – 6:45 pm
2511-1102	02	Weds.	Nov. 5– Dec. 17 (no class 11/26)	6:00 – 6:45 pm
2511-1102	03	Weds.	Jan. 14 – Feb. 18	6:00 – 6:45 pm
ADUL LEARN TO SIGN – 13+ YRS.				
Activity #	Section #	Day	Dates	Time
2511-1103	01	Weds.	Sept. 24 – Oct. 29	7:00 – 8:00 pm
2511-1103	02	Weds.	Nov. 5– Dec. 17 (no class 11/26)	7:00 – 8:00 pm
2511-1103	03	Weds.	Jan. 14 – Feb. 18	7:00 – 8:00 pm



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



GENERAL INFORMATION

Our dance classes are designed to provide quality training to students of all ages. Set in a fun and energetic environment, our curriculum is comprehensive and progressive, allowing students to learn various dance styles. Our staff will educate students in the fundamentals and help them develop self-discipline, focus, and appreciation for art. They will also provide teaching to encourage each dancer to reach their goals through movement and expression, with safe and engaging technical practices.

Activity Coordinator:

Destiny Skelnik  
(708)-687-7270 - X. 120 or  
dskelnik@oakforestparks.org

Who:

Boys and Girls  
(see class schedule for ages)

Location:

Central Park Building,  
15601 S. Central Ave.

Dates:

Sept., 8, 2025 – April 30, 2026  
(No class 11/24-28; 12/22-1/2; 3/23-27)

Limit:

Min. 5/Max. 9 per class

Fall Registration  
Deadline:

Fri., Sept. 5

Winter Registration  
Deadline:

Fri., Jan. 2

Recital Classes and Teams may be paid in full or in 4 payments:  
1/4 due at registration  
1/4 on Oct. 15  
1/4 on Nov. 15  
1/4 on Jan. 15

A \$15 pay plan fee will be charged. **Recital costume is included in fee. Parents need to buy dance shoes.**

Dancers will perform in the annual recital in May, location and date TBD.

**Non-Recital Classes** do not have a pay plan.

**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 Mommy & Me, Little Bitty Dancers, Flex & Improv, and Contemporary. Jazz shoes for Mini Musical Jazz, Musical Jazz, Pixie Poms, and Poms. Gym Shoes for Kids Bop and Hip Hop. Long hair needs to be pulled off face. No jewelry.

FEES: RECITAL – \$400.00 R/ \$520.00 NR						
RECITAL CLASS	ACTIVITY #	SECTION #	AGE	DAY	DATES	TIME
Little Bitty Dancers (Ballet 1):	2800-1101	01	4-6 yrs.	Mon.	9/8-4/27	5:00 – 5:45 pm
This fun class introduces beginners to ballet fundamentals, guiding children through basic techniques to build a strong foundation in this graceful art form. Along with learning ballet steps, the class boosts self-confidence, enhances listening skills, and fosters a sense of accomplishment. It's a fantastic opportunity for personal and physical growth in a supportive environment. We can't wait to see your child embark on this exciting ballet journey!						
Beginner Contemporary:	2800-1102	01	7+ yrs.	Wed.	9/10-4/29	5:00 – 5:45 pm
Step into the world of expressive, emotional, and powerful dance with our Beginner Contemporary Dance Class! Designed for new dancers, this class blends elements of ballet, jazz, and modern dance in a supportive, creative environment. No experience necessary – just bring a willingness to move and explore!						
Intermediate Contemporary:	2800-1103	01	7+ yrs.	Thurs.	9/11-4/30	7:00 – 7:45 pm
<b>For dancers ready to take their training to the next level!</b> This dynamic class is designed for dancers with previous experience who are ready to refine their technique, explore deeper artistry, and challenge themselves with more advanced contemporary choreography. <b>**Dancers must receive approval from the dance coach before enrolling.**</b>						
Musical Jazz:	2800-1104	01	7+ yrs.	Mon.	9/8-4/27	6:00 – 6:45 pm
Ready to elevate your dance skills? Our Musical Jazz class is perfect for dancers eager to step up the energy and challenge themselves! You'll work on techniques like partner work, complex turns, and exciting lifts while showcasing your sass and flair with dynamic jazz routines. Build on your existing skills with sophisticated choreography and performance elements. This class is ideal for those with some dance experience looking to enhance their technique and expression!						
Kids Bop:	2800-1105	01	4-6 yrs.	Tues.	9/9-4/28	6:00 – 6:45 pm
Get ready to groove and have a blast! Our Kids Bop class sparks creativity while teaching little dancers the basics of hip hop. With playful steps that boost coordination and body awareness, kids will learn exciting dance sequences that keep them smiling and moving. It's the perfect way for your child to express themselves, make new friends, and have a ton of fun! No prior dance experience needed—just a love for dancing!						
Hip Hop:	2800-1106	01	7+ yrs.	Tues.	9/9-4/28	7:00 – 7:45 pm
Ready to turn up the beat and let loose? Our Hip Hop class is all about high energy and mastering awesome moves! Dancers will dive into various hip-hop techniques, learning cool steps that focus on rhythm and flair. Each session is an exciting adventure, exploring different styles through fun routines. Whether you're a beginner or have some moves already, you'll love expressing yourself and grooving to the music in a lively environment. Don't miss out on the chance to dance, have fun, and show off your style!						
Pixie Poms:	2800-1107	01	4-6 yrs.	Wed.	9/10-4/29	6:00 – 6:45 pm
Get ready for a fun and sparkly adventure! Our Pixie Pom class is perfect for “mini-squads” where little dancers dive into basic pom techniques, cool transitions, and groovy musicality. It's a vibrant mix of pom-pom excitement and funky moves that will have your child twirling and smiling from ear to ear. They'll learn the basics, build confidence, and make new friends while having a blast. Let's make every dance step a joyful adventure!						
Poms:	2800-1108	01	7+ yrs.	Wed.	9/10-4/29	7:00 – 7:45 pm
Ready to elevate your dance skills and join your high school pom team? Our Pom class is the perfect way to gear up with high-energy routines that will have you prancing and dancing to today's hits and yesterday's favorites! Dive into the fundamentals of pom positions and performance skills in a lively atmosphere. It's a fantastic experience for anyone looking to build a strong foundation for pom squad success. Join us to shake your poms and boost your confidence in a fun, supportive environment!						

FEES: NON-RECITAL – \$120.00 R/\$156.00 NR						
NON-RECITAL CLASS	ACTIVITY #	SECTION #	AGE	DAY	DATE	TIME
(FALL) Mommy & Me:	2800-1131	01	18 mon. – 3 yrs.	Sat.	9/13-12/13	11:00 – 11:45 am
(WINTER) Mommy & Me:	2800-1131	02	18 mon. – 3 yrs.	Sat.	1/10-4/18 (no class 3/7)	11:00 – 11:45 am
Move, bond, and groove — together! Join us for a joyful Mommy & Me Dance Class where little ones and their grown-ups can dance, play, and connect through music and movement! This playful class is designed to build coordination, rhythm, and confidence in a fun, supportive environment — all while creating precious memories together.						
(FALL) Little Bitty Dancers (Ballet 1):	2800-1132	01	4-6 yrs.	Sat.	9/13-12/13	12:00 – 12:45 pm
(WINTER) Little Bitty Dancers (Ballet 1):	2800-1132	02	4-6 yrs.	Sat.	1/10-4/18 (no class 3/7)	12:00 – 12:45 pm
This fun class introduces beginners to ballet fundamentals, guiding children through basic techniques to build a strong foundation in this graceful art form. Along with learning ballet steps, the class boosts self-confidence, enhances listening skills, and fosters a sense of accomplishment. It's a fantastic opportunity for personal and physical growth in a supportive environment. We can't wait to see your child embark on this exciting ballet journey!						
(FALL) Flex & Improv:	2800-1133	01	7+ yrs.	Mon.	9/8-12/15	7:00 – 7:45 pm
(WINTER) Flex & Improv:	2800-1133	02	7+ yrs.	Mon.	1/5-4/13	7:00 – 7:45 pm
Stretch your body. Free your movement. Own your style. Step outside the box with our Flex & Improv Dance Class — a powerful combo of flexibility training and improvisation that pushes dancers to move with intention, creativity, and confidence. This class is perfect for dancers looking to improve control, range of motion, and performance quality through expressive freestyle work and deep stretch conditioning.						
(FALL) Beginner Tap:	2800-1134	01	7+ yrs.	Tues.	9/9-12/16	5:00 – 5:45 pm
(WINTER) Beginner Tap:	2800-1134	02	7+ yrs.	Tues.	1/6-4/14	5:00 – 5:45 pm
Make music with your feet! Ready to shuffle, stomp, and shine? Join our Beginner Tap Dance Class and learn the basics of rhythm, timing, and coordination in a fun and encouraging environment. No experience needed — just bring your energy and your tap shoes!						
(FALL) Teen Dance:	2800-1135	01	12+ yrs.	Sat.	9/13-12/13	1:00 – 2:30 pm
(WINTER) Teen Dance:	2800-1135	02	12+ yrs.	Sat.	1/10-4/18 (no class 3/7)	1:00 – 2:30 pm
Calling all teens! Whether you're a total beginner or ready to level up your moves, our Teen Dance Class is the place to be. Meet new friends, boost your confidence, and learn fun, high-energy routines in a supportive, upbeat environment. Hip hop, jazz, contemporary —No experience needed — just bring your energy and let's hit the dance floor!						

JOIN THE MOMENTUM DANCE FORCE  
COMPETITION TEAM!

Join **Momentum Dance Force** and build confidence, leadership, and lifelong skills through competitive dance! Our teams focus on growth, fun, and age-appropriate excellence—supporting every dancer to improve, perform their best, and love every moment of the journey. Whether you're here to level up or experience the thrill of competition, MDF is the place to be! Try out for one (or more!) of our competition teams. Selected dancers will begin training in September and perform at competitions beginning late winter/early spring.

Instructor:

Sydney Ferreira

Who:

8+ yrs. (boys & girls)

Location:

Central Park Building  
15601 S. Central Ave.

Dates:

Sept. 11 – May 2026

Fee:

\$800.00 per group routine  
*Cost includes: practice and competition fees, costume (except shoes)*  
\$100.00-Technique (Mandatory)

CONTEMPORARY TEAM

Tryouts: Sat., Aug. 23 | 12:30 – 2:00 pm  
Practices: Sun. | 11:00 am – 12:00 pm  
Season: Sept. 14 – May 2026

LYRICAL TEAM

Tryouts: Sat., Aug. 23 | 2:00 – 3:30 pm  
Practices: Sun. | 1:00 – 2:00 pm  
Season: Sept. 14 – May 2026

HIP HOP TEAM

Tryouts: Sun., Aug. 24 | 12:30 – 2:00 pm  
Practices: Thurs. | 5:00 – 6:00 pm  
Season: Sept. 11 – May 2026

JAZZ TEAM

Tryouts: Sun., Aug. 24 | 2:00 – 3:30 pm  
Practices: Thurs. | 6:00 – 7:00 PM  
Season: Sept. 11 – May 2026

TECHNIQUE CLASS

Practices: Sun. | 12:00 – 1:00pm  
Season: Sept. 14 – April 2026

**Dancers can try out for multiple styles!**  
Don't miss your chance to be part of something amazing. Let's move. Let's compete. Let's make MOMENTUM.

# GYMNASTICS

## GENERAL INFORMATION

Our mission is to inspire confident, respectful athletes through safe and fun gymnastics and cheer programs — fostering fitness, teamwork, and a love of movement, while giving parents peace of mind.

**Activity Coordinator:** Brooke Fleming  
(708)-687-7270 - X. 120 or  
bfleming@oakforestparks.org

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

**Location:** Central Park Building,  
15601 S. Central Ave.

**Limit:** Min. 5/Max. 9 per class

**Fall Registration Deadline:** Fri., Sept. 5

**Winter Registration Deadline:** Fri., Jan. 2

**Fall Session Pay Plan Information:**  
1/3 due at registration  
1/3 on Oct. 15  
1/3 on Nov. 15  
**A \$10 pay plan fee will be charged**

**Winter Session Pay Plan Information:**  
1/3 due at registration  
1/3 on Feb. 15  
1/3 on Mar. 15  
**A \$10 pay plan fee will be charged**

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

We will host our End-of-the-Session Exhibitions on Tuesday, December 16th, and Wednesday, December 17th to showcase all of our gymnasts' hard work. Specific groups, days, and performance times will be determined based on class sizes and will be announced at a later date.

FALL SESSION SEPTEMBER 9 – DECEMBER 10 (NO CLASS 11/24-11/28)							
CLASS	ACTIVITY #	SECTION #	AGE	DATE	DAY	TIME	FEES
Adult and Tot	2000-1101	01	1 ½ -3 yrs.	9/13-12/6	Sat.	9:30 – 10:15 am	\$150.00 R/\$195.00 NR
Adult and Tot	2000-1101	02	1 ½ -3 yrs.	9/10-12/10	Weds.	12:00 – 12:45 pm	\$150.00 R/\$195.00 NR
Join your child and have fun with activities on floor, beam, bars, parachute play, rhythm and movement songs. Instructor and parents will both 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.							
Prenastics	2000-1102	01 02 03	4-6 yrs.	9/13-12/6 9/9-12/9 9/10-12/10	Sat. Tues. Weds.	10:30 – 11:45 am 5:00 – 6:15 pm 6:00 – 7:15 pm	\$186.00 R/\$241.00 NR
This is our first structured class without mom and dad. Children will learn to take turns, wait in line and listen to instructors to begin a safe introduction to gymnastics. Gymnasts will learn basic skills on all events.							
Beginners	2000-1103	01 02 03	7+ yrs.	9/13-12/6 9/9-12/9 9/10-12/10	Sat. Tues. Weds.	10:30 – 11:45 am 5:00 – 6:15 pm 6:00 – 7:15 pm	\$186.00 R/\$241.00 NR
Children will advance in skills such as forward and backward rolls, beginner cartwheels, walking on mid-sized beams, mounting and rolling on the bars, and jumping onto springboards.							
Aimers	2000-1104	01 02 03	Promoted from previous class	9/13-12/6 9/9-12/9 9/10-12/10	Sat. Tues. Weds.	10:30 – 11:45 am 5:00 – 6:15 pm 6:00 – 7:15 pm	\$186.00 R/\$241.00 NR
Children will advance in skills such as rolls, cartwheels, and handstands, balancing on one leg on beams at shoulder height, mounting and dismounting the bars, and running to jump onto springboards.							
Climbers	2000-1105	01 02 03	Promoted from previous class	9/13-12/6 9/9-12/9 9/10-12/10	Sat. Tues. Weds.	10:30 – 11:45 am 5:00 – 6:15 pm 6:00 – 7:15 pm	\$186.00 R/\$241.00 NR
Children will advance in skills such as round offs and backbends, beginning skills to handstands on beam at chest height, pullovers and strengthening on bars, and running to jump onto elevated mat stack.							

FALL SESSION – CONT., SEPTEMBER 9 – DECEMBER 10 (NO CLASS 11/24-11/28)							
CLASS	ACTIVITY #	SECTION #	AGE	DATE	DAY	TIME	FEES
Level 1	2000-1106	01 02	Promoted from previous class	9/9-12/9 9/10-12/10	Tues. Weds.	6:30 – 8:15 pm 4:00 – 5:45 pm	\$222.00 R/\$288.00 NR
Children will advance in skills such as backbend kickovers, dance skills, and flip flop drills, jumps and beginner dismounts on chest height beam, back hip circles and beginner dismounts on bars, handstand fall flats on mat stacks and mounting the vault table.							
Level 2	2000-1107	01 02	Promoted from previous class	9/9-12/9 9/10-12/10	Tues. Weds.	6:30 – 8:15 pm 4:00 – 5:45 pm	\$222.00 R/\$288.00 NR
Gymnasts continue to master skills by emphasizing technique as well as learn more difficult skills such as backward walkovers, increased difficulty on flip flops, jumps and leaps on floor, tumbling, jumps and dismounts on beam, front hip circles, and beginner mounting and dismounting the vault table.							
Level 3	2000-1108	01 02	Promoted from previous class	9/9-12/9 9/10-12/10	Tues. Weds.	6:30 – 8:15 pm 4:00 – 5:45 pm	\$222.00 R/\$288.00 NR
Gymnasts continue to master skills by emphasizing technique as well as learn more difficult skills such as forward walkovers, starting flip flops on an incline without a spot, tumbling and turns on beam, jumping to the high bar, mounting and dismounting the vault table.							
Level 4/5	2000-1109	01 02	Promoted from previous class	9/9-12/9 9/10-12/10	Tues. Weds.	6:30 – 8:15 pm 4:00 – 5:45 pm	\$222.00 R/\$288.00 NR
This is pre-team levels and we highly recommend committing to signing up for multiple days a week. Gymnasts continue to master skills by emphasizing technique, strength and learn more difficult skills while also growing an understanding of the rules associated with IHSA Gymnastics as well as our competitive gymnastics team Gliders as they progress.							





WINTER SESSION JANUARY 6 – APRIL 11 (NO CLASS 3/7, 3/23-3/27)							
CLASS	ACTIVITY #	SECTION #	AGE	DATE	DAY	TIME	FEES
Adult and Tot	2000-1101	03 04	1 ½ -3 yrs.	1/10-4/11 1/7-4/8	Sat. Weds.	9:30 – 10:15 am 12:00 – 12:45 pm	\$150.00 R/\$195.00 NR
Join your child and have fun with activities on floor, beam, bars, parachute play, rhythm and movement songs. Instructor and parents will both 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.							
Prenastics	2000-1102	04 05 06	4-6 yrs.	1/10-4/11 1/6-4/7 1/7-4/8	Sat. Tues. Weds.	10:30 – 11:45 am 5:00 – 6:15 pm 6:00 – 7:15 pm	\$186.00 R/\$241.00 NR
This is our first structured class without mom and dad. Children will learn to take turns, wait in line and listen to instructors to begin a safe introduction to gymnastics. Gymnasts will learn basic skills on all events.							
Beginners	2000-1103	04 05 06	7+ yrs.	1/10-4/11 1/6-4/7 1/7-4/8	Sat. Tues. Weds.	10:30 – 11:45 am 5:00 – 6:15 pm 6:00 – 7:15 pm	\$186.00 R/\$241.00 NR
Children will advance in skills such as forward and backward rolls, beginner cartwheels, walking on mid-sized beams, mounting and rolling on the bars, and jumping onto springboards.							
Aimers	2000-1104	04 05 06	Promoted from previous class	1/10-4/11 1/6-4/7 1/7-4/8	Sat. Tues. Weds.	10:30 – 11:45 am 5:00 – 6:15 pm 6:00 – 7:15 pm	\$186.00 R/\$241.00 NR
Children will advance in skills such as rolls, cartwheels, and handstands, balancing on one leg on beams at shoulder height, mounting and dismounting the bars, and running to jump onto springboards.							
Climbers	2000-1105	04 05 06	Promoted from previous class	1/10-4/11 1/6-4/7 1/7-4/8	Sat. Tues. Weds.	10:30 – 11:45 am 5:00 – 6:15 pm 6:00 – 7:15 pm	\$186.00 R/\$241.00 NR
Children will advance in skills such as round offs and backbends, beginning skills to handstands on beam at chest height, pullovers and strengthening on bars, and running to jump onto elevated mat stack.							
Level 1	2000-1106	03 04	Promoted from previous class	1/6-4/7 1/7-4/8	Tues. Weds.	6:30 – 8:15 pm 4:00 – 5:45pm	\$222.00 R/\$288.00 NR
Children will advance in skills such as backbend kickovers, dance skills, and flip flop drills, jumps and beginner dismounts on chest height beam, back hip circles and beginner dismounts on bars, handstand fall flats on mat stacks and mounting the vault table.							
Level 2	2000-1107	03 04	Promoted from previous class	1/6-4/7 1/7-4/8	Tues. Weds.	6:30 – 8:15 pm 4:00 – 5:45 pm	\$222.00 R/\$288.00 NR
Gymnasts continue to master skills by emphasizing technique as well as learn more difficult skills such as backward walkovers, increased difficulty on flip flops, jumps and leaps on floor, tumbling, jumps and dismounts on beam, front hip circles, and beginner mounting and dismounting the vault table.							
Level 3	2000-1108	03 04	Promoted from previous class	1/6-4/7 1/7-4/8	Tues. Weds.	6:30 – 8:15 pm 4:00 – 5:45 pm	\$222.00 R/\$288.00 NR
Gymnasts continue to master skills by emphasizing technique as well as learn more difficult skills such as forward walkovers, starting flip flops on an incline without a spot, tumbling and turns on beam, jumping to the high bar, mounting and dismounting the vault table.							
Level 4/5	2000-1109	03 04	Promoted from previous class	1/6-4/7 1/7-4/8	Tues. Weds.	6:30 – 8:15 pm 4:00 – 5:45 pm	\$222.00 R/\$288.00 NR
This is pre-team levels and we highly recommend committing to signing up for multiple days a week. Gymnasts continue to master skills by emphasizing technique, strength and learn more difficult skills while also growing an understanding of the rules associated with IHSA Gymnastics as well as our competitive gymnastics team Gliders as they progress.							

TUMBLING

GENERAL INFORMATION

Activity Coordinator:

Destiny Skelnik  
(708)-687-7270 - X. 120 or  
dskelnik@oakforestparks.org

Who:

Boys and Girls  
(see class schedule for ages)

Location:

Central Park Building,  
15601 S. Central Ave.

Limit:

Min. 5/Max. 9 per class

Fall Registration  
Deadline:

Fri., Sept. 5

Winter Registration  
Deadline:

Fri., Jan. 2

Fall Session Pay Plan Information:  
1/3 due at registration  
1/3 on Oct. 15  
1/3 on Nov. 15  
A \$10 pay plan fee will be charged

Winter Session Pay Plan Information:  
1/3 due at registration  
1/3 on Feb. 15  
1/3 on Mar. 15  
A \$10 pay plan fee will be charged

Attire: Wear clean gym shoes, shorts and a snug t-shirt. Long hair must be tied back, no jewelry.

FALL SESSION – SEPTEMBER 10 – DECEMBER 11 (NO CLASS 11/24-11/28)							
CLASS	ACTIVITY #	SECTION #	AGE	DATE	DAY	TIME	FEES
Beginner Tumbling	2700-1101	01 02	5+ yrs.	9/13-12/6 9/10-12/10	Sat. Weds.	1:30 – 2:30 pm 7:00 – 8:00 pm	\$171.00 R/\$222.00 NR
This class will introduce children to skills such as forward and backward rolls, cartwheels, handstands, and backbends. Tumblers progress in their skills with a spotter to eventually no spotter.							
Intermediate/ Advanced Tumbling	2070-1102	01 02	Promoted from previous class	9/13-12/6 9/10-12/10	Sat. Weds.	1:30 – 2:30 pm 7:00 – 8:00 pm	\$171.00 R/\$222.00 NR
Intermediate-will introduce children to skills such as backward and forward walkovers and standing and running flip flops. Tumblers progress in their skills with a spotter to eventually no spotter.							
Advanced- will introduce children to skills such as front aerials, punch fronts, standing and running back tucks, and arabians. Tumblers progress in their skills with a spotter to eventually no spotter..							

WINTER SESSION – JANUARY 6 – APRIL 11 (NO CLASS 3/7, 3/23-3/27)							
CLASS	ACTIVITY #	SECTION #	AGE	DATE	DAY	TIME	FEES
Beginner Tumbling	2700-1101	03 04	5+ yrs.	1/10-4/11 1/7-4/8	Sat. Weds.	1:30 – 2:30 pm 7:00 – 8:00 pm	\$171.00 R/\$222.00 NR
This class will introduce children to skills such as forward and backward rolls, cartwheels, handstands, and backbends. Tumblers progress in their skills with a spotter to eventually no spotter.							
Intermediate/ Advanced Tumbling	2070-1102	03 04	Promoted from previous class	1/10-4/11 1/7-4/8	Sat. Weds.	1:30 – 2:30 pm 7:00 – 8:00 pm	\$171.00 R/\$222.00 NR
Intermediate-will introduce children to skills such as backward and forward walkovers and standing and running flip flops. Tumblers progress in their skills with a spotter to eventually no spotter.							
Advanced- will introduce children to skills such as front aerials, punch fronts, standing and running back tucks, and arabians. Tumblers progress in their skills with a spotter to eventually no spotter..							



# SPARKLERS CHEER TEAM

Welcome to the ultimate cheer experience where passion meets performance! Our team is dedicated to fostering sportsmanship, hard work, and dedication, all while guiding our cheerleaders from the fundamentals to advanced stunting and tumbling.

We believe that cheerleading is more than just a sport—it's an opportunity to build lifelong friendships, gain invaluable experience, and create memories that will last a lifetime.

The journey kicks off in October, and the thrill ramps up as we dive into competitions from late February to early March, continuing through to the end of April and beginning of May. And let's not forget the grand finale: our season-ending banquet, where we celebrate all the hard work and incredible achievements.

Join us and be part of a team where every cheer is a step toward greatness, every routine is a celebration, and every moment is a chance to shine. This season is set to be unforgettable—let's make magic happen together!

**Tryouts:** Sun., Sept. 7, 2025  
**Location:** Central Park Building,  
15601 S. Central Ave.  
**Time:** Mini (Kindergarten-2nd grade)  
10:00 am – 12:00 pm  
Jr/Sr (3rd-12th grade)  
12:30 – 4:30 pm  
**Makeup Tryouts:** Saturday, September 13, 2024  
**Time:** All grade levels 12:00 – 2:00 pm

**Registration fee may be paid in full or in 4 payments:**  
1/4 due at registration  
1/4 on Oct. 15  
1/4 on Nov. 15  
1/4 on Jan. 15  
A \$15 pay plan fee will be charged.  
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.  
**Attire:** Wear clean gym shoes, shorts and a snug t-shirt. Long hair must be tied back, no jewelry.  
**A waiver must be signed to participate in tryouts.**

TEAM	ACTIVITY #	SECTION #	GRADE	DATE	DAY	TIME	FEES (Pay Plan Available)
Mini	2700-1103	01	K-2	10/4-April 2026	Sat. Mon.	11:30 – 1:00 pm 5:00 – 6:30 pm	\$490.00 (includes registration & competition fees) \$150.00 Approx. Uniform Fee (if needed)
Junior	2700-1104	01	3-5	10/4-April 2026	Sat. Weds.	10:00 – 12:00 pm 5:00 – 7:00 pm	\$565.00 (includes registration & competition fees) \$150.00 Approx. Uniform Fee (if needed)
Senior	2700-1105	01	6-12	10/4-April 2026	Sat. Thurs.	8:00 – 10:30 am 7:00 – 9:00 pm	\$580.00 (includes registration & competition fees) \$150.00 Approx. Uniform Fee (if needed)



# YOUTH SPORT LEAGUES

## 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 their child's youth sports experience, providing positive support as a spectator, coach, league official, or board member and 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 can be viewed 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 sports 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, Lacrosse, Flag Football & Cheerleading, Girls Softball, Soccer, and Wrestling.**

- Refunds turned in **before one month of the program start date** to the Central Park Building: will be issued in their entirety
- Refunds made **between 1 month before 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. The full payment will be returned if the uniform has not been ordered
- Entire volunteer fee
- If money is paid for a fundraiser, it is nonrefundable
- No refunds will be approved **when turned in 7 days after the activities' official start date**

## ALL REFUNDS

- A \$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

- A doctor's statement stating the date the injury occurred must be returned with the refund form before the season ends.
- 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

## SPRING SPORTS REGISTRATION

**Saturday, Jan. 10  
9:00 am to 12:00 pm**

The spring sports will do all of their registrations on the same day!

**This includes:**  
Girl's Softball, Lacrosse and Soccer.

See each organization for individual fees. Any registration that is taken after this date may incur an additional \$15.00 late fee per participant per program (dependent on each individual sport program).

## YOUTH BASKETBALL LEAGUE

The Oak Forest Park District Youth Basketball League is back for another season! Kids will be placed on teams through a draft. Teams practice once or twice a week, depending on space and coaches' availability. Practices are held at Jack Hille or Arbor Park Middle Schools. Games take place on Saturdays. This recreational league focuses on fun and skill development. Each player receives a team shirt as part of the registration package. Practices start in late October or early November, and games run from November to February.

Activity #	Section #	Division	Grade Level	Fees
5550-1101	01	Rookies (Co-ed) *	1st – 2nd	\$100.00
5550-1102	01	Bantam Boys	3rd – 4th	\$125.00
5550-1102	02	Bantam Girls	3rd – 4th	\$125.00
5550-1103	01	Junior Boys	5th – 6th	\$125.00
5550-1103	02	Junior Girls	5th – 6th	\$125.00
5550-1104	01	Senior Boys	7th – 8th	\$125.00
5550-1104	02	Senior Girls	7th – 8th	\$125.00

**Volunteer Fee:** There is a \$25.00 Volunteer fee (refundable) applied to all divisions except Rookies.

**Late registration fee of \$25.00 will be applied after October 1st.**

**\*The Rookie division will practice and scrimmage on Saturdays only. Teams will practice individually for 30 minutes and then play a scrimmage game against their opponent for 30 minutes.**

**Registration Dates: Aug. 4 – Sept. 30  
Late Registration: Oct. 1 – Oct. 10 (\$25.00 late fee)**



## OAK FOREST PARK DISTRICT FLAG FOOTBALL AND CHEERLEADING

The season is underway for this year's Flag Football and Cheerleading. The season "kicked off" in August and will run through November.

Games are played on Sundays by children ages 7-14 years.

Registration for the next season will be in March.

Register on these dates to ensure that players and cheerleaders from the previous season will remain on the same team (*unless requesting otherwise*). Keep an eye out to join in the fun!

## OAK FOREST PARK DISTRICT WARRIOR WRESTLING

*Over 40 Years and still building Champions!*

If you are interested in learning how to compete in the world's oldest sport, become a member of the Oak Forest Park District's Warrior Wrestling. The Warriors are looking for kids in kindergarten through 8th grade who are interested in physical, one-on-one competition. We compete under the direction of the Illinois Kids Wrestling Federation.

**Don't miss your chance to be apart of a tradition of champions.**

### ACTIVITY #5503-1101 | SEC. #01

**Who:** 5-15 yrs. (boys and girls)

**Season:** Nov. – Mar.

**Registration Location:** Central Park Building  
Gymnasium  
15601 Central Ave.

**Registration Dates:** Sept. 18  
6:00 pm – 8:00 pm  
Oct. 16  
6:00 pm – 8:00 pm

**Fee:** \$400.00 R/NR  
on or before Oct. 18  
\$450.00 R/NR  
after Oct. 18  
\$300.00 R/NR  
Practice only  
9 yrs and under

**Includes:** IKWF Membership dues and, tournament fees.

**NOTES:**

- All wrestlers must purchase a singlet, headgear, and shoes
- All wrestlers are required to have an IKWF card
- All new members must provide a copy of their birth certificate at the time of registration
- \$150.00 volunteer deposit required



## OAK FOREST PARK DISTRICT GIRLS 12 INCH FAST PITCH SOFTBALL

Register now for the 2025 Season!

ACTIVITY #	SECTION #	DIVISIONS	FEES
5540-1101	01	PETITE: (Pre-K, K, 1st)	\$100.00
5540-1101	02	JUNIOR: (2nd, 3rd, 4th )	\$115.00
5540-1101	03	MAJOR: (5th, 6th, 7th, 8th)	\$115.00

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

**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](http://www.oakforestsoftball.com)



## OAK FOREST PARK DISTRICT FURY LACROSSE

Join us again for another great season of Lacrosse! If you are tired of being on a team where you don't feel like part of the action or need a sport that keeps you moving, then this is the sport for you! Lacrosse is a fast-paced game where everyone gets to play! No previous experience is needed.

**Players are broken into the following teams:** U8, U10, U12, U14. Teams travel to surrounding towns to compete throughout the season that runs March through June.

**Call (708) 687-7270 ext. 119 for more information.**

**Who:** Boys & Girls  
Grades K through 8

**Fee:** \$275.00 U12 - U14  
(With \$25.00 helmet fee &  
\$25.00 shoulder pad fee)

**Includes:** Practice 3 times a week,  
8 games, 1-2 tournaments,  
and end of season picnic.

**Fee:** \$150.00 U8  
(includes equipment)

**Includes:** Practice 2 times a week,  
scrimmage games, and end  
of season picnic.

**Note:** All players must purchase own  
stick and mouth guard. Male players are  
encouraged to purchase cup.

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

**UNIFORM:** Team shirt & socks  
(must purchase)  
**-Facemask\***

**FEES:** \$25.00  
\$25.00\*

*\*Optional if already owned.*

Registered participants do not have to  
purchase pants if they wish to use the same  
pair from a previous season. Facemasks are  
optional purchases through the Oak Forest  
Park District Girls Softball Activity. They must  
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.

## SOCCER KICKS FOR KIDS

Kicks for Kids is an instructional program for our youngest players, boys and girls, focusing on teaching individual soccer skills. In Kicks for Kids, your child can gain the confidence to play soccer in a no-stress environment, where we don't have goalkeepers and we don't keep score. All teams have a 30-minute practice, followed by a 30-minute game. All players will be invited to participate in an end-of-year event.t.

### ACTIVITY #5501-1101 | SEC. #01

**Who:** Boys and Girls  
must be 4 yrs. by  
Sept. 1, 2025

**Time:** 6:30 – 7:45pm

**Fee:** \$125.00 per player  
(through Nov. 8)  
\$145.00 per player  
(after Nov. 8)

**Day(s):** Mon. and Weds.  
(late April through  
mid-June)



## RECREATIONAL SOCCER LEAGUE

Our in-house recreational soccer league is for boys and girls in grades 1 through 8. In our recreational league, players will continue to develop their soccer skills while learning team skills and strategies. With the help of our coaches and soccer parents, we strive to create an environment for our recreational league that prioritizes fun and camaraderie above all else, with winning a secondary goal. All games will be played on Sundays in Oak Forest. Each team will also hold two one-hour practices per week, with days and times at the coaches' discretion, typically on weekday evenings. All players will be invited to participate in an end-of-year tournament.

### ACTIVITY #5501-1102 | SEC. #01

**Who:** Boys and Girls  
1st – 8th grade

**Game Day:** Sun.

**Fee:** \$140.00 per player  
(through Nov. 8)  
160.00 per player  
(after Nov. 8)

**For more soccer information:**  
Visit our website at [www.ofpdsoccer.org](http://www.ofpdsoccer.org)

### IMPORTANT SOCCER REGISTRATION NOTES:

**Pictures:** Each player will receive a great photo package at no additional charge.

**Equipment:** All players will receive a shirt and socks. Players will need to provide soccer shoes, hard shin guards and a soccer ball of appropriate size for their division.





# ADULT FITNESS & ATHLETICS

## 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:	7:00 pm	7:00 pm
FALL 2025		
ACTIVITY #	5530-1101	5520-1101
SECTION #	01	01
STARTS:	Sept. 8	Sept. 5
WINTER 2026		
ACTIVITY #	5530-1101	5520-1101
SECTION #	02	02
STARTS:	Jan. 12	Jan. 23
REGISTRATION DATES	Returning	New
	Aug. 4 (Fall)	Aug. 11 (Fall)
	Dec. 8 (Winter)	Dec. 15 (Winter)

## THE ZONE CLASSES

**FREE with your full "Zone" Fitness Center membership**

**Not ready to commit to a full membership?**

Non-Zone Fitness Center Members can purchase our DAILY PASS OR ZONE PASS PUNCH CARD to enjoy the fitness center and all included classes.

Card Type	Resident	Non-Resident
Single Class	\$10.00	\$10.00
10-punch Card	\$70.00	\$90.00
20-punch Card	\$125.00	\$165.00

More membership options on page 9.

All military, fire, and police receive 50% off any Zone Membership!

## INTRO TO THE ZONE FITNESS CENTER

his program will consist of a 45-minute orientation to The Zone Fitness Center, led by 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
3056-1101	01	Tues., Sept. 9	10:00 – 10:45 am
3056-1101	02	Fri., Oct. 17	11:00 – 11:45 am
3056-1101	03	Sat., Nov. 15	11:00 – 11:45 am
3056-1101	04	Sat., Jan. 24	12:00 – 12:45 pm
3056-1101	05	Tues., Feb. 10	11:00 – 11:45 am
3056-1101	06	Fri., Mar. 20	4:00 – 4:45 pm

**Instructor:** Chrissy Samiec  
Michelle Pruitt

**Who:** 10+

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

**Fee:** \$15.00 R/\$20.00 NR (1 person)  
\$25.00 R/ \$35.00 NR (2 people)  
(with child over 10yrs.)

**Limit:** Min. 1/Max. 6

## PINOCHLE CLUB

Join us every Wednesday for a game of pinochle. All levels are welcome to join this new drop-in group. No registration necessary. Cards and coffee will be supplied.

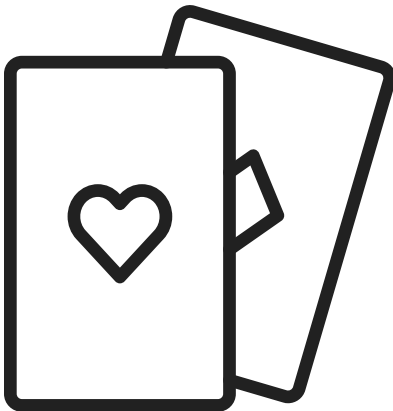
**Who:** 18 yrs. +

**Location:** Central Park Building  
15601 S. Central Ave.

**Day:** Weds.  
**Time:** 9:30 am – 12:30 pm

**Fee:** \$1.00 at the door

**Limit:** Max. 20 per week



## HOOKS AND NEEDLES NEW

Have you ever wanted to learn how to knit or crochet? You may already be part of or want to join a group of people to share experiences, inspire, and encourage one another. Join us! We will teach you the initial techniques and basic stitches of whichever craft you want to learn. You will need to purchase your crochet hook, knitting needles, and yarn. A supply list will be emailed to you before the first class. If you are joining and already working on something, bring it along to work on it with us. See you there.

Activity #	Section #	Dates
3054-1101	01	Sept. 6 – Oct. 4
3054-1101	02	Nov. 1 – Nov. 29
3054-1101	03	Jan 3 – Jan, 31
3054-1101	04	Mar. 7 – April 4

**Location:** Central Park Building  
15601 S. Central Ave.

**Day:** Sat.  
**Time:** 11:00 am – 12:00 pm

**Fee:** \$50.00 R/\$60.00 NR

**Limit:** Min. 4/Max. 20

**Instructor:** Michelle Pruitt & Chrissy Samiec

**Who:** 12+

## 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
3052-1101	01	Sept. 9 – Oct. 14
3052-1101	02	Oct. 28 – Dec. 2
3052-1101	03	Jan 6 – Feb. 10
3052-1101	04	Feb. 24 – Mar. 31

**Location:** Central Park Building  
15601 S. Central Ave.

**Day:** Tues.  
**Time:** 8:30 – 9:30 am

**Fee:** \$50.00 R/\$60.00 NR

**Limit:** Min. 4/Max. 8

**Instructor:** Chrissy Samiec

**Who:** 16 yrs. +

## ZUMBA

This is a 60-minute 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 cardiovascular health, and decrease stress.

**Instructor:** Dawn Lubaton & Kristen Castillo

**Who:** 16 yrs. +

**Location:** Central Park Building  
15601 S. Central Ave.

Check out our monthly drop-in calendar for available Zumba Classes.

\*\*Drop in calendar can be found on our Facebook page and our website.\*\*

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



## YOGA SCULPT/PILATES FUSION

Yoga Sculpt is a yoga style that combines cardio, yoga poses, and strength training with weights. It is a full-body workout that tones and sculpts your muscles, burns calories, and improves your strength and flexibility. Now, combine that with some Pilates, which is a form of strength training using a system of repetitive exercises, and you have an excellent workout.

Activity #	Section #	Dates
3058-1101	01	Sept. 10 – Oct. 15
3058-1101	02	Oct. 29 – Dec. 3
3058-1101	03	Jan. 7 – Feb. 11
3058-1101	04	Feb. 25 – Apr. 1

**Instructor:** Cassidy Pruitt

**Who:** 16+

**Location:** Central Park Building  
15601 S. Central Ave.

**Day:** Wed.  
**Time:** 6:00 – 7:00 pm

**Fee:** \$50.00 R/\$60.00 NR

**Limit:** Min. 4/Max. 20

## LINE DANCING

A fun and exciting way to learn a choreographed dance in a group. The dances are choreographed with a repeating series of steps that are performed in unison to contemporary and country music.

Activity #	Section #	Dates
3059-1101	01	Oct. 27 – Dec. 1
3059-1101	02	Jan. 5 – Feb. 9
3059-1101	03	Feb. 23 – Mar. 30

**Instructor:** Maxine Nowobilski

**Who:** 16+

**Location:** Central Park Building  
15601 S. Central Ave.

**Day:** Mon.  
**Time:** 1:00 – 2:00 pm

**Fee:** \$50.00 R/\$60.00 NR

**Limit:** Min. 4/Max. 20



# OAK FOREST ATHLETICS

## OAK FOREST RAIDER TACKLE FOOTBALL AND CHEERLEADING

The Oak Forest Raider tackle football program is a member of the Southwest Midget Football League. The program offers your child the opportunity to participate in a grade school-age tackle football program. The purpose of the program is to teach players the fundamentals of tackle football, including blocking, tackling, running, passing, and kicking, as well as the ideals of good sportsmanship, cooperation, and respect. The program is also designed to promote safety by ensuring all players wear complete equipment. The Raider program furnishes equipment.

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

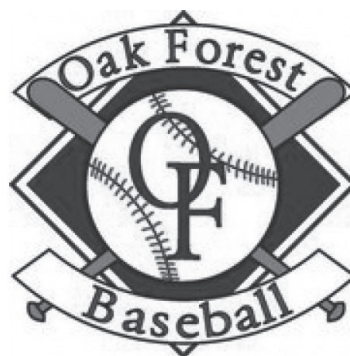
**Who:** Boys and Girls 5-14 yrs. **Registration:** Early January 2026 (save \$50 per player) Final – June 2026  
**Location:** Raider Bldg. 15601 Natalie Dr. **For more information, go to:** [www.oakforestraiders.com](http://www.oakforestraiders.com)



## OAK FOREST BASEBALL ASSOCIATION

The Oak Forest Baseball Association has been providing supervised instructional baseball games for over 50 years!

**Who:** 4-18 yrs. **Time:** 10:00 – 3:00 pm  
**Location:** Convent Park Batting Cages 149th & Menard **For more information: Contact the Baseball association at the Batting Cages, (708)-638-0801 or online at [www.leagues.bluesombrero.com/oakforestbaseball](http://www.leagues.bluesombrero.com/oakforestbaseball)**  
**Registration Dates:** Early Registration Nov. 28, 2025 (save \$20 per player) 2nd Registration Jan. 4, 2026 Final Registration Feb. 2026 (\$20 late fee)



## FOREST VIEW FARMS RIDING STABLES

16717 S. Lockwood Ave.  
 708-560-0306  
[www.FVFarms.com](http://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, and 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](http://www.facebook.com/Oakforestanimalrescue) or contact Morgan at [mbfedro@gmail.com](mailto:mbfedro@gmail.com).

# COMMUNITY EVENTS

## COMMUNITY GARDEN RENTAL

We're excited to announce that the Community Garden will return for the 2026 planting season! Once again, we will offer one garden site, located at 151st and Long Avenue. The ground will be prepped and ready for you to plant vegetables, herbs, or flowers — the rest is up to you!

All 2025 garden plot holders will have the opportunity to renew their plots. Renewal letters will be sent to all participants from the 2025 season in early March. Returning gardeners may begin registering for the same plot they held in 2025 on Monday, March 16. Registration opens for new participants on Monday, April 6. These will be assigned in numerical order on a first-come, first-served basis.

We look forward to another great season of gardening together!

**ACTIVITY #7721-2101 | SEC. #01**

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



## OAK FOREST-CRESTWOOD CHAMBER OF COMMERCE COMMUNITY EXPO FAIR

Be sure to come out to FREE family event! This is a great opportunity to visit and interact with all the local businesses and organizations of Oak Forest. The Park District, City Departments, Schools and Churches will all be there! It's a great way to spend your Saturday!

- There will be tons of giveaways
- DJ with music & trivia
- Kid's fun zone with games & prizes
- Halloween costume parade at 10:00am
- Oak Forest Rotary Blood drive.

**For more information visit:** [www.oc-chamber.org](http://www.oc-chamber.org) or call 708-687-4600.

**Location:** Arbor Park Middle School 17303 Central Ave.

**Date:** Sat., Oct. 18  
**Time:** 9:00 am – 12:00 pm  
**Fee:** FREE!



## 17TH ANNUAL OAK FOREST FLEADH AND CNB FLEADH 5K

**Location:** Through the neighborhood of Oak Forest

**Date:** Sat., March 7, 2026  
**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.

**Fleadh Around Town to the Pubs and Restaurants all day and into the night!!**

**For more information visit:** [www.oak-forest.org](http://www.oak-forest.org) or call (708) 687-4050

## GET READY FOR THE FUN!

Join the Oak Forest Park District for our 2nd Annual Fleadh Family Fest — happening immediately after the parade!

*Food, games, music & family fun await.*

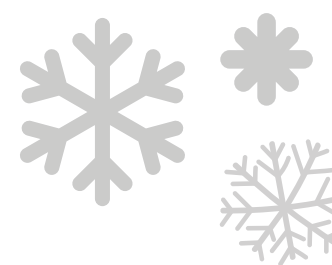
## JOLLY JAMBOREE

Join the City of Oak Forest for a JOLLY JAMBOREE. Oh, what fun you will have as you walk from station to station to enjoy some holiday cheer with friends, family, and neighbors. Don't miss your chance to tell Santa what's on your wish list, sing along to your favorite holiday songs, decorate cookies, find out the winners of the trim-a-tree contest, and much more.

**Location:** City Hall Campus 15440 S. Central Ave.

**Date:** Sat., Dec. 6  
**Time:** 10:00 am – 12:00 pm

**For more information visit:** [www.oak-forest.org](http://www.oak-forest.org) or call (708) 687-4050



## 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!*



# COMMUNITY TRIPS

## THORTON QUARRY TOUR

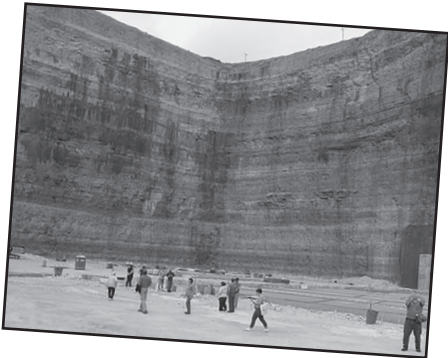
Ever driven past Thornton Quarry and wondered what's inside? Now's your chance to find out! Join us for a guided tour into one of the world's largest commercial quarries — a colossal pit 450 feet deep and big enough to swallow the entire village of Thornton. See its massive scale and fascinating operations up close. Don't miss this rare chance to experience the power and grandeur of Thornton Quarry!

ACTIVITY #8810-1101 | SEC. #01

**Who:** 18+ yrs.  
**Location:** Thornton, IL  
**Date:** Sat., Oct. 4  
**Time:** 8:00 am – 12:00 pm  
**Fee:** \$75.00 R/\$85.00 NR  
**Limit:** Min. 15/Max. 20

Registration Deadline: Sept. 15

**NOTES:**  
Fee includes tour and transportation.  
Trip will depart and arrive back at Oak Forest Park District 15601 S. Central Ave.  
Please arrive 15 minutes early to check in.



## BUS TRAINING

Exciting News!

This fall, our staff will be training to drive a 15-passenger bus — opening the door to fun trips at a much lower cost. Keep an eye on our Facebook page and website for surprise pop-up adventures!



# COMMUNITY THANK YOU!

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



Advanced Solutions Family Dental  
Culver's of Oak Forest  
Eagle Sports Range  
Gaelic Park  
Jack Design  
Jack & Pat's Old Fashioned Meat  
Jim Fuentes-State Farm

Market  
Kenootz Pizza  
Lou Malnatti's  
Louis F. Cainkar LTD.  
Marquee Event Rentals  
McDonald's  
Mickey's

Nothing Bundt Cakes  
Oak Forest Dental Wellness  
Original Pancake House  
Pepe's  
Raising Cane's  
Santo Sports Store  
Suburban Softener

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!





**SSSRA**  
South Suburban Special  
Recreation Association

**FALL  
WINTER  
2025**

South Suburban Special Recreation Association (SSSRA) provides recreation opportunities for children and adults with disabilities or special needs. 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](mailto:info@sssra.org) for additional information.

### FALL & WINTER 2025

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

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

### Book Club - *The Wild Robot*

Ages 13 & Older  
Mon, Oct 6 to Nov 17  
Virtual

### Gymnastics

Ages 2 to 12  
Tues, Oct 7 to Nov 18  
Oak Forest Park District

### Drawing Techniques

All Ages  
Wed, Oct 8 to Nov 19  
Virtual

### Youth Basketball

Ages 2 to 12  
Thurs, Oct 9 to Nov 20  
Morton Gingerwood School, Oak Forest

### Stingrays Powerlifting Preseason

Ages 8 & Older  
Thurs, Oct 9 to Nov 20  
Oak Forest Park District

### Fitness & Fun

Ages 13 & Older  
Sat, Oct 11 to Nov 22  
Oak Forest Park District

### Workout Warriors

Ages 13 & Older with Physical Disabilities  
Sat, Oct 11 to Nov 22  
Oak Forest Park District

### Holiday Dance

Ages 13 & Older  
Fri, Dec 5  
Park Place, Oak Forest

### Bingo with the Grinch

All Ages  
Wed, Dec 10  
Virtual

### A Visit to the North Pole

All Ages & Family  
Sat, Dec 13  
SSSRA, Tinley Park

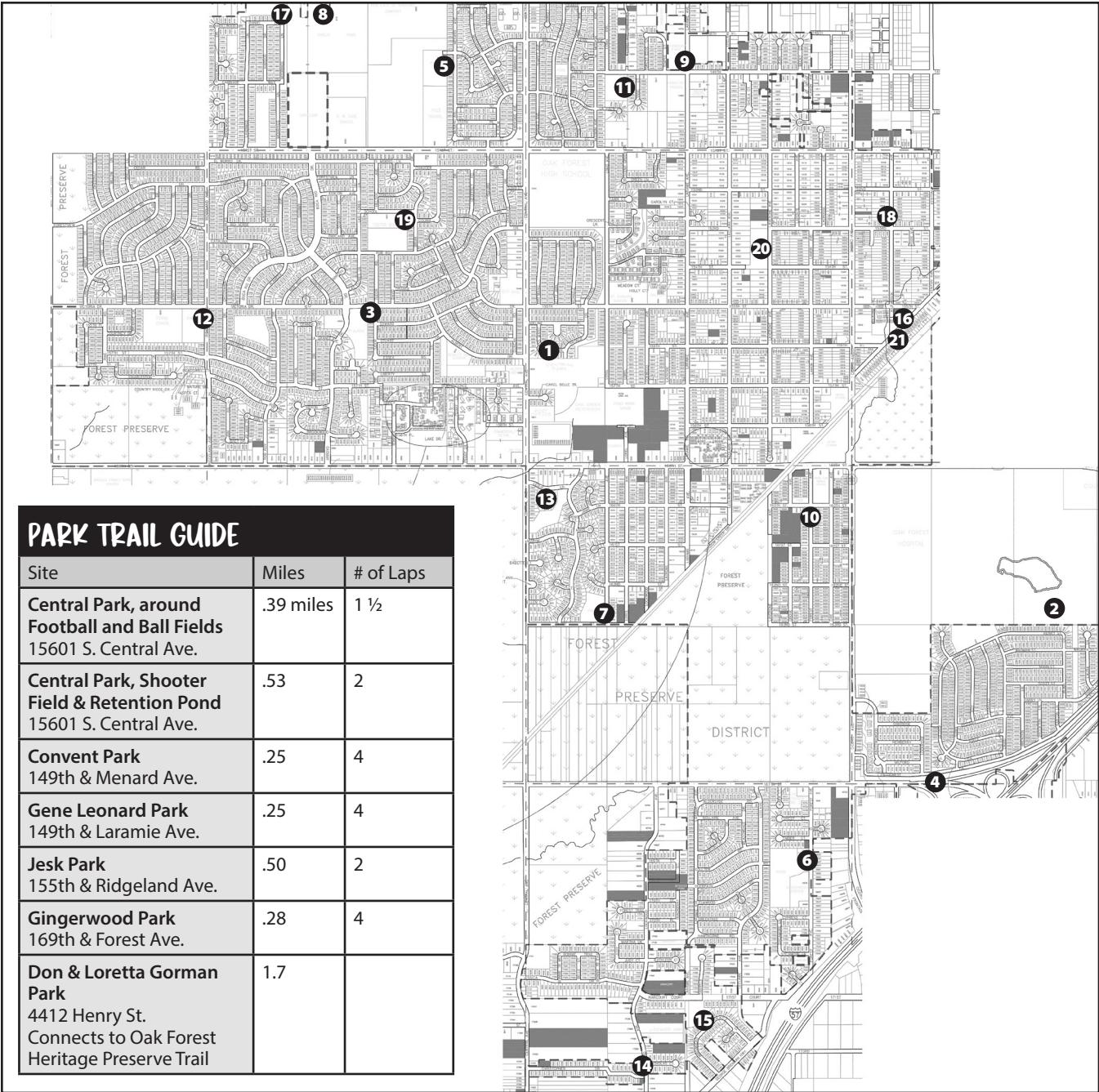
19910 80th Avenue  
Tinley Park, IL 60487

[www.sssra.org](http://www.sssra.org)  
[info@sssra.org](mailto:info@sssra.org)

815.806.0384  
815.806.0390 • Fax  
711 • Illinois Relay System







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 Steczko 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	1						4	1	1			1					1		1			
6.	Don Burns Park "Gingerwood" 169th & Forest Ave.	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	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 Steczko 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				1		



Central Park Building  
Administrative Offices  
15601 S. Central Ave.

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

Don Gorman  
Recreation Center  
4412 Henry St.

THE ZONE  
15601 S. Central Ave.

[www.oakforestparks.org](http://www.oakforestparks.org)  
708.687.7270

## UPCOMING EVENTS

### AUGUST

25	Resident Registration Open
27	Non-Resident Registration Open
31	Old Times Family Picnic

### SEPTEMBER

7	Sparklers Tryouts see page 28 for info
8-9	First day of FunTime Preschool
13	Sparklers Makeup Tryouts (Noon)
18	Warrior Wrestling Registration

### OCTOBER

3	Halloween Movie in the Park @ El Morro Park
16	Warrior Wrestling Registration
11 & 12	"Spook"tacular Golf @ El Morro Park

### NOVEMBER

1	Turkey Shoot Basketball Competition
24	Santa's Mailbox arrives at the park district

### DECEMBER

5	Santa Letters are due at 5:00 pm
6	Christmas Arts & Crafts Workshop
12	Countdown to Christmas Parents Night Out
19	Christmas Sweet Treats

### JANUARY

10	Spring Sport Registration
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### FEBRUARY

6	Daddy Daughter Date Night
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### MARCH

7	Oak Forest and CNB Fleadh 5K
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Join the Fun & Get Social with Us!

