

OAK FOREST
PARK DISTRICT

Spring & SUMMER

Parks & Recreation Activity Guide



2026

*Join the Fun &
Get Social with Us!*



www.oakforestparks.org • 708.687.7270

RESIDENT | REGISTRATION MARCH 9 • NON-RESIDENT | REGISTRATION MARCH 11

BOARD OF COMMISSIONERS



James Emmett
President
2001–Present



Charles Wolf
Vice President
2015–Present



James Katula
Secretary
2015–Present



Roy Pruitt
Commissioner
2017–Present



Joe Pilch
Commissioner
2019–Present

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

Dear Oak Forest Residents,

As we look ahead to the warmer months, we are excited about all the outdoor activities and community events that spring and summer bring to Oak Forest. This is a wonderful time of year to enjoy our parks, connect with neighbors, and take advantage of new and improved amenities throughout our community.

We are extremely proud to announce that the Oak Forest Park District has been awarded a \$600,000.00 OSLAD Grant through the Illinois Department of Natural Resources, to fund significant upgrades to Don Gorman Park in the Fieldcrest Subdivision. This was a very competitive selection process, and our proposed plan was selected along with 66 other community projects throughout the state of Illinois. We are so grateful to the residents that took the time to participate in surveys and community input meetings that helped us plan this project. Planned improvements include a new walking path around the park, an interpretive rain garden, updated playground equipment, a picnic pavilion, and a small splash pad. These enhancements will create a welcoming and engaging space for residents of all ages to enjoy.

In addition, we are looking forward to another exciting lineup of summer events, including Movies in the Park, Touch-A-Truck, Lagoon Fire on the Water, and the beloved Old Times Family Picnic. This year, we are especially excited to announce that the Blooze Brothers Band will be performing at the Old Times Family Picnic, promising a fun and memorable experience for all.

We are also pleased to share that Heritage Park has recently been updated with new play equipment and a small picnic shelter to provide shade, making it an even better destination for families and park visitors.

Thank you for being an important part of the Oak Forest community. We look forward to seeing you out enjoying our parks, events, and all that the season has to offer.

Sincerely,
Kirstin Dahm,
Director of Parks & Recreation

James Emmett, Charles Wolf, James Katula, Roy Pruitt, Joe Pilch
Oak Forest Park District Board of Commissioners

MISSION STATEMENT

The Oak Forest Park District is dedicated to enhancing community morale by providing various recreational opportunities, activities, special events, and trips that target all individuals to create and maintain a healthy lifestyle in a friendly and safe atmosphere. Our goal is to involve all individuals in the community and to inform all individuals of the many beneficial practices our Park District offers. We are also devoted to preserving open space and establishing 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
Jennifer Gomolka	Park Place Rental Coordinator.....	Ext. 118
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
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. 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

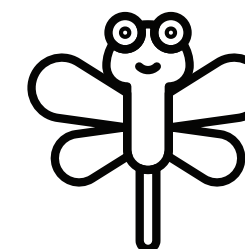
All building and fitness center hours subject to change

Central Park Administrative Office
Mon. & Thurs. 9 am – 7 pm
Tues., Weds. & Fri. 9 am – 5 pm
Sat. 9 am – 12 pm
(Drop box registration available when the building is open but the front desk is closed).

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. Drop box registration is also available when the building is open but the front desk is closed. All new households must set up a head of household account for online registration. The park district is not responsible for cash placed in the drop box.
- 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!
- 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 \$25.00, the amount will be applied as a household credit. No refunds will be issued for special events, one-day programs, trips or a class fee of \$25.00 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 16).
- Refunds are issued as follows:
 - 100% BEFORE the start of the 1st class
 - 75% BEFORE the start of the 2nd class
 - 50% BEFORE the start of the 3rd class
 - No refunds after 3 classes attended or unattended. The only exception is a medical reason, requiring a doctor’s note or relocation out of the area.
 - Refunds for contractual activities are subject to the policies of the individual contractors. The Park District refund policy does not apply to these programs. Please contact the Recreation Supervisor for details specific to your activity.
 - Day camp refunds see page 25.
 - Activities which include tickets for entertainment/sporting events, adult sports leagues, and trips require that vacancy to be filled by another participant in order for a refund to be given.
 - All refunds must be applied for in person at the Central Park 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 16.
 - Refund policy for Oak Forest Park District Youth Sports (*Basketball, Flag Football/Cheerleading, Girls Softball, Lacrosse, Soccer, and Wrestling*) please see page 34.

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, 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.

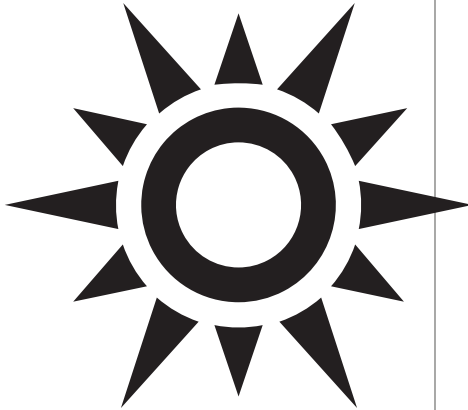


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SAVE AN ACTIVITY

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 an ongoing basis

THE CENTRAL PARK BUILDING

15601 S. Central Ave. • 708-687-7270

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

THE OAK ROOM AT CENTRAL PARK

Located on the main floor of the Central Park building, next to our elevator, the Oak Room offers a welcoming setting for private events. The space features an exposed kitchen, rustic brick walls, wood-style flooring, and a soft, neutral color scheme.

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

Located on the main floor of the Central Park building near the main entrance, the Maple Room offers a bright and welcoming setting for private events. The space features two floor-to-ceiling windows, a brick accent wall, wood-style 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 setup, event, and clean-up time in the total purchased hours
- 2- hour minimum required
- **Monday- Friday rentals** (*subject to availability*)
- **Saturday & Sunday rentals** operate from 9:00 am-9:00 pm

NO HOLIDAY RENTALS

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)
<ul style="list-style-type: none">• \$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• Kitchen includes: a microwave, refrigerator and stove NO ALCOHOL ALLOWED• Rentals available Saturday and Sunday, NO HOLIDAY RENTALS	

For more information on the Don Gorman Recreation Center, call Karen at (708) 687-8882 or visit our website and click on the rentals link.



PARK PLACE AT CENTRAL

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

INDOOR RENTAL FACILITIES

Permits accepted on a 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 Jennifer Gomolka for more information and date availability

Parkplace@oakforestparks.org • 708.687.7270 ext. 118

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

GUEST CAPACITIES:

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

NO HOLIDAY RENTALS • PRICES SUBJECT TO CHANGE

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

Looking for the perfect spot to host your next family gathering, birthday celebration, or corporate event?

The Oak Forest Park District offers four beautiful picnic pavilions available for rent, located throughout our parks in Oak Forest. Rental season begins in May and runs through August or September, depending on the location.

Each pavilion features unique amenities and varying capacity limits to fit your needs.

Please see the pavilion descriptions below for more details.

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.
- NO HOLIDAY RENTALS
- 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	
Amenities Include: <ul style="list-style-type: none">• Party Attendant Available From 1:00-7:00 pm• New Indoor Bathrooms• New Concession Area• Newer Playground• Spacious Grounds for Various Activities• Softball Fields• Walking Path - .28 miles• Bag Set, Throw Down Bases with Wiffle Bat and Ball (Available for use with valid ID) No cookers or grills 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	
Permit Includes: <ul style="list-style-type: none">• Playground• 1 Sand Volleyball Court• Softball Fields (if available)• Tennis Courts (if available) 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	
Amenities Include: <ul style="list-style-type: none">• Party Attendant Available from 1:00-7:00 pm• Indoor Bathrooms• Concession Stand• Playground• Cooker/Grill Rental: \$50.00 per cooker/grill for Smokey pavilion only Unlimited golf for picnic party guests: \$60.00 (due when booking).	
Rentals are available noon to 7:00 pm, May to 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
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? ZONE PASS PUNCH CARDS (CLASSES ONLY)			
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)		
Card Type	Resident	Non-Resident
Senior 60+ One Day	\$5.00	\$5.00
Senior 10 Visits-Keytag	\$50.00	\$70.00
10 Visits-Keytag	\$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 37 for details.

THE ZONE FITNESS CENTER
FREE DAYS!

Wednesday, April 8
Friday, May 15
Tuesday, June 9
Sunday, July 19
Thursday, Aug. 13
Tuesday, Sept. 15



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.

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. *(check drop in calendar for exact 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

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: Kristen Castillo
Who: 16 yrs. +
Location: Central Park Building
 15601 S Central Ave

Day: Mon. *(check drop in calendar for exact Mondays)*
Time: 6:30 – 7:30 pm

Fee: Free w/Zone Fitness Center membership

Limit: Min. 4/Max. 20



OAK FOREST
PARK DISTRICT

MEMORIAL TREE PROGRAM

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

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

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

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

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

CONTACT US AT

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

EL MORRO & FOREST TRAILS + Miniature Golf Course

FOREST TRAILS MINIATURE GOLF

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

OPENING DAY

Day: Sat., May 16
Time: 2:00 – 6:00 pm

HOURS OF OPERATION

(Hours may vary depending on weather)

May 18 through Aug. 9
Fri. 5:00 – 8:00 pm
Sat. & Sun. 1:00 – 7:00 pm
Closed Mon. – Thurs.

Aug. 10 through Sept. 13
Sat. & Sun. 1:00 – 7:00 pm
Closed Mon. – Fri.

PRICES

\$3.00 - Children & Adults
Free - Kids under 3 years

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

Party application permits may be obtained at the Central Park Building 15601 S. Central Ave., 708.687.7270, Monday through Friday, 9:00 am to 5:00 pm; they must be filled out two weeks before the requested date.

EL MORRO OPENING DAY MINI GOLF TOURNAMENT

For the fourth year in a row, we will be making El Morro Park's Opening Day bigger and better! Join us from 2:00-6:00 pm on Saturday, May 18, for a mini golf tournament, games, music, and fun! What better way to kick off the mini golf season than with a chance to win prizes? The mini golf tournament will be divided into four age groups (4-5 years old, 6-8 years old, 9-11 years old, and 12-14 years old), and participants can play anytime between 2:00 pm and 6:00 pm. Winners will be notified on the following Monday.

Who: Ages 4-14 yrs.
Location: El Morro Park & Forest Trails Mini Golf Course 155th & Arroyo Dr.

Date: Sat. May 16
Time: 2:00 – 6:00 pm

Fee: \$5.00 per person for tournament

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

FOREST TRAILS SPECIAL EVENTS MOVIE IN THE PARK

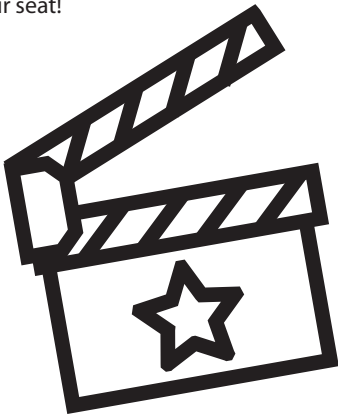
Again this year, we will have multiple movies throughout the summer. Concessions will be available at the concession stand, so be sure to bring an appetite! Make yourself comfortable, bring a blanket or chair, sit back, relax, and enjoy the show!

Fri. June 12: "How To Train Your Dragon"

Fri. July 10: "Minecraft"

Fri. August 7: "Zootopia 2"

All movies start at dusk (generally between 8:00 and 8:30 pm). Come early and save your seat!



YOU'VE BEEN EGGED!

The Easter Bunny's helpers are at it again! Sign up your friends, neighbors, or family members for this special treat! The Easter Bunny will secretly send out his helpers to deliver two dozen stuffed eggs along with a "You have Been Egged" sign in participants' lawns. An extra dozen eggs can be purchased for an additional \$6.00. Please note that the Easter Bunny will not be delivering eggs, and egg drops will be done quickly and quietly.

ACTIVITY #	7110-2101 SEC. #01		
Who:	All ages	Fee:	\$20.00 for 2 dozen eggs and 1 sign
Day:	Fri., April 3		
Time:	9:00 am – 1:00 pm		\$6.00 per additional dozen eggs

MOTHER/SON NIGHT OUT

Join us for an evening of bowling and bonding at our Mother/Son Night Out! This special event is designed for mothers and sons to enjoy quality time together while having a blast. Participants will receive two games of bowling, rental shoes, a slice of pizza, soda, and a gift for mom. Pre-registration is required, so be sure to secure your spot.

ACTIVITY #	7725-2101 SEC. #01		
Who:	All ages	Time:	6:00 pm – 8:30 pm
Location:	Tinley Bowl 7601183rd St. Tinley Park	Fee:	\$25 per person
		Limit:	Min. 30/Max. 72
Day:	Weds., May 6	Registration Deadline :	Fri., April 24

UNPLUG ILLINOIS – JOIN US FOR A DAY OF FUN! MORNING YOGA AND LAGOON FIRE ON THE WATER

Start your day with a relaxing yoga session from 9–10 am at Heritage Park, then join us again in the evening from 8–10 pm at Lagoon Park for our annual Fire on the Water event. Bring your blanket, some cards, and enjoy a cozy evening by the fires on the lagoon with music and great company.

Who:	All ages	Fire/Water Event	
Yoga Location:	Heritage Park 149th and Long	Location:	Lagoon Park Debra Dr. & Leslie Ln.
Day:	Sat., July 11	Day:	Sat., July 11
Time:	9:00 – 10:00 am	Time:	8:00 – 10:00 pm
		Fee:	FREE

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		
Who:	65 yrs. +	Fee:	FREE
Location:	Park Place at the Oak Forest Park District 15601 S. Central Ave.	Limit:	Max 120
		Registration Opens:	Mon., Aug. 3
Date:	Fri., Sept. 11		
Time:	11:00 am – 2:00 pm (Food served 11:30 am – 12:30 pm)		

NATIONAL HOT DOG DAY

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

Who:	All ages
Location:	El Morro Park 155th & Arroyo Dr.
Date:	Weds., July 15
Time:	5:00 – 8:00 pm (food served)
Fee:	\$5.00 per person (includes: round of golf, hot dog, chips, and drink)

TOUCH A TRUCK

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

Who:	All ages
Location:	Central Park 15601 S. Central Ave.
Date:	Thurs., July 16
Time:	6:00 – 8:00 pm
Fee:	FREE



SAVE AN ACTIVITY

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

Stay social with us!



SPECIAL EVENTS

FLEADH FAMILY FEST

Celebrate music, crafts, and community at the Fleadh Family Fest! Right after the spectacular Fleadh Parade, head to our gym for an afternoon bursting with fun. Enjoy lively music that will have you tapping your feet, creative crafts and exciting games for the kids, and tasty light concessions for everyone. With laughter, music, and hands-on activities filling the air, it is the perfect way to keep the celebration going. The Fleadh Family Fest promises an afternoon full of joy, energy, and smiles for all ages!

Who:	All Ages	Day:	Sat., March 7
Location:	Central Park Building (Gymnasium) 15601 S. Central Ave.	Time:	11:30 am – 1:30 pm
		Fee:	FREE

FAMILY KITE FLY

All ages are invited to join us for a day of fun! Be part of the Illinois Park and Recreation statewide kite fly. Bring your kite to share a day of sunshine and kite flying with family and neighbors. FREE build-a-kite kits will also be available for the first 25 participants!

Who:	All ages	Day:	Sat., May 2
Location:	Jesk Park 155th and Ridgeland Ave.	Time:	10:00 am – 1:00 pm
		Fee:	FREE

EL MORRO EGG-STRAVAGANZA

Get ready for an egg-citing Easter celebration! Join us for a thrilling Easter Egg Hunt packed with colorful treasures and surprises. Afterward, warm up with a cup of rich cocoa and unleash your creativity at our fun-filled coloring and craft stations. It is a magical day of laughter, fun, and memory-making for the whole family. Do not miss out—grab your baskets and join the Easter adventure!

ACTIVITY #	7110-2102 SEC. #01		
Who:	All ages		
Location:	El Morro Park 155th & Arroyo		
Day:	Sat., March 28		
Hunt Times:	10:00 am – 2 & under 10:30 am – 3 yrs. 11:00 am – 4 & 5 yrs. 11:30 am – 6, 7 & 8 yrs.		
Fee:	\$10.00 per child		
Registration Deadline:	March 31		

OLD TIMES FAMILY PICNIC

A FREE Annual Labor Day Weekend Event

**SUNDAY, SEPTEMBER 6
12:00 NOON-DUSK**

Relax on the Central Park Picnic Grounds Behind Oak Forest Park District Bldg. – 15601 S. Central Ave.

Reconnect with Friends & Neighbors

**FOOD & BEVERAGES • GAMES • BINGO
CHILDREN’S RIDES & MORE!
PLUS LIVE MUSIC FROM**

THE BLOOZE BROTHERS



SPRING BREAK ACTIVITIES

SPRING ARTS & CRAFTS WORKSHOP

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

ACTIVITY # 6212-2101 | SEC. #01

Who: 3-8 yrs.
Location: Don Gorman Recreation Center
4412 Henry Street
Date: Mon., Mar. 23
Time: 1:00 – 3:00 pm
Fee: \$20.00 R/\$25.00 NR
Limit: Min. 4/Max. 10



LITTLE CHEFS' CUPCAKE CREATIONS

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

ACTIVITY # 6215-2101 | SEC. #01

Who: 3-8 yrs.
Location: Don Gorman Recreation Center
4412 Henry Street
Date: Tues., Mar. 24
Time: 1:00 – 3:00 pm
Fee: \$20.00 R/\$25.00 NR
Limit: Min. 4/Max. 10

ADVENTURE KIDS "ADVENTURE TOWN"

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

ACTIVITY # 6235-2101 | SEC. #01

Who: 3-8 yrs.
Location: Don Gorman Recreation Center,
4412 Henry Street
Date: Thurs., Mar. 26
Time: 1:00 – 3:00 pm
Fee: \$15.00 R/NR
Limit: Min. 5/Max. 16

BEGINNER DANCE CAMP

Celebrate spring break with a three-day dance camp at the Oak Forest Park District! Little ones will explore movement, music, and imagination in a warm, encouraging setting, building confidence, making friends, and having so much fun along the way.

ACTIVITY # 2800-2112 | SEC. #01

Instructor: OFPD Dance Staff
Who: 4-6 yrs.
Location: Central Park Dance Room
15601 S. Central Ave.
Dates: Tues., Mar. 24 – Thurs., Mar. 26
Time: 11:00 am – 12:00 pm
Fee: \$20.00 R/\$26.00 NR
Limit: Min. 6/Max. 15

LEVEL UP DANCE CAMP

Take your dance skills to the next level this spring break! Dancers will learn new moves, refine technique, and express their creativity in a fun, supportive environment at the Oak Forest Park District. A great way to grow, shine, and have a blast!

ACTIVITY # 2800-2113 | SEC. #01

Instructor: OFPD Dance Staff
Who: 7-9 yrs.
Location: Central Park Dance Room
15601 S. Central Ave.
Dates: Tues., Mar. 24 – Thurs., Mar. 26
Time: 12:00 – 1:30 pm
Fee: \$26.00 R/\$34.00 NR
Limit: Min. 6/Max. 15



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

FUNTIME PRESCHOOL ACTIVITY

On-line registration is not available for this activity.
OPEN HOUSE DATES – EACH RUN FROM 5:00 – 7:00 PM
TUESDAY, FEBRUARY 17TH; WEDNESDAY, MARCH 11TH; THURSDAY, APRIL 9TH

The FunTime Preschool Program, for children ages 3-5, 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 establish gross motor skills. All these concepts will be taught at their age-appropriate level. Children will develop the skills needed to transition into kindergarten. *Children must be potty-trained.*

ACTIVITY # 1090-1101 SEC. #01 • 3 YEAR OLD BEARS (Must be 3 yrs. old by Sept. 1, 2026)		
Central Park Building, Lower Level 15601 S. Central Ave. Mon./Weds./Fri. OR Tues./Thurs./Fri. 9:00 am – 12:00 pm Limit: Min. 16/Max. 18 (2 teachers)		
TUITION FOR 3 DAYS A WEEK:		
PLANS/DATES	RESIDENT	NON-RESIDENT
Pay in Full	\$2084.00	\$2500.00
Pay Plan	\$2124.00	\$2540.00
Initial Payment (non-refundable)	\$200.00	\$200.00
Aug. 7	\$481.00	\$585.00
Nov. 7	\$481.00	\$585.00
Feb. 7	\$481.00	\$585.00
May 7	\$481.00	\$585.00

REGISTRATION OPENS ON FRI, APRIL 17 • 4-7 PM:

Registration will be held in the Maple Room, located on the main level of the Central Park Building. Online registration is not available for this program. Registration for the preschool program will continue after April 17th until all classes are filled. Contact the Early Childhood Coordinator at 708-687-7270 ext. 160 for class availability.

Registration Forms and Policy: Forms will be available on-line and in the main lobby of the Central Park Building beginning April 6th. Proof of residency is required at the time of registration in order to receive the resident rate.

Refunds: Refunds are subject to the Early Childhood Coordinator's approval and are made on a prorated 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 the time of registration to reserve a seat in the requested classroom. This \$200 initial payment is non-refundable and will be assessed if you withdraw your child from the program at any time. A \$35 NSF fee will be applied for any returned checks or declined credit/debit transactions.

Paying in Full: You will be charged a \$200 fee if you withdraw your child from the program at any time.

ACTIVITY # 1090-1102 SEC. #01 • 4 YEAR OLD BUTTERFLIES (Must be 4 yrs. old by Sept. 1, 2026)		
Central Park Building, Lower Level 15601 S. Central Ave. Mon./Weds./Fri. OR Tues./Thurs./Fri. 9:00 am – 1:30 pm Limit: Min. 18/Max. 20 (2 teachers)		
TUITION FOR 3 DAYS A WEEK:		
PLANS/DATES	RESIDENT	NON-RESIDENT
Pay in Full	\$2552.00	\$3060.00
Pay Plan	\$2592.00	\$3100.00
Initial Payment (non-refundable)	\$200.00	\$200.00
Aug. 7	\$598.00	\$725.00
Nov. 7	\$598.00	\$725.00
Feb. 7	\$598.00	\$725.00
May 7	\$598.00	\$725.00

FUNTIME MEET & GREET

Who: Registered students and parents

Location: Central Park Building
15601 S. Central Ave.

Dates: Weds., Sept. 2 (M/W/F students)
Thurs., Sept. 3 (T/TH/F students)

Time: 6:00 – 7:00 pm

CLASSES BEGIN:

Tues., Sept. 8 (T/TH/F students) OR

Weds., Sept. 9 (W/W/F student)

LITTLE TYKES:

Class and fee information for the fall Little Tykes class will be available in the fall/winter brochure. Registration will be in August and classes will start mid-September.

TODDLER TIME

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 and become more independent. Children learn to play by themselves and with others, as well as share toys. Puzzles, coloring activities, finger plays, etc., help stimulate small motor skills. Gross motor skills are developed through physical activity. Daily activities include crafts, coloring pages, stories, rhymes, songs and music, snack time, physical activities, free play, and more. *Children need not be potty-trained. Parents will be notified 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. Register for one or both days.*

Activity #	Section #	Days	Dates
6170-2101	01	Mondays	March 30 – May 18
6170-2101	02	Wednesdays	April 1 – May 20

Who: 2-3 yrs. **Time:** 10:00 am – 12:00 pm
Location: Don Gorman Recreation Center
4412 Henry St. **1 Day Fee:** \$140.00 R/\$150.00 NR
2 Day Fee: \$240.00 R/\$260.00 NR
Limit: Min. 4/Max. 16

Register for both Monday and Wednesday and save \$40.00!

JUST 3'S (AND 4'S)

This 2-Day-a-week program is an extension of our regular Toddler Time program, specifically for 3- and 4-year-olds. The objective of Just 3's is to help prepare your child for preschool. Children are introduced to numbers, letters, shapes, and colors. Our Book-Share program helps develop a love of books and nurtures socialization and memory skills. Daily activities include themed crafts, stories, songs, and music, along with physical activities. Children will also have a snack and play time. Children registered for this program may also register for our Toddler Time program on Wednesdays—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 #	6173-2101 SEC. #01		
Who:	3-4 yrs.	Dates:	Tues. and Thurs., March 31 – May 21
Location:	Don Gorman Recreation Center 4412 Henry St.	Time:	10:00 am – 1:00 pm
		Fee:	\$240.00 R/\$250.00 NR
		Limit:	Min. 4/Max. 16

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 and is 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	Mar. 30 – May 11
1201-2101	02	Mon.	5:00 – 6:00 pm	June 8 – July 27

Instructor: Marea Kuziela **Fee :** \$80.00 R/\$95.00 NR
Who: 18 mon.-3 yrs. **Limit :** Min. 4/Max. 10
(with an adult)
Location: Central Park Building
(Lower Level)
15601 S. Central Ave.

LET'S GET MESSY!

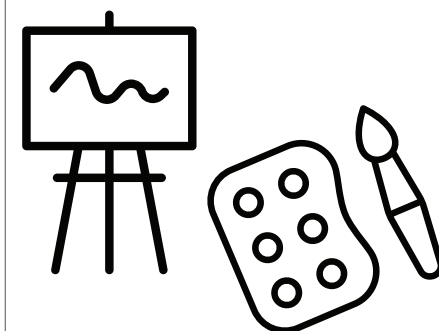
A hands-on class for parent and child. Each week, we will explore new ways to get messy! Activities include: making art projects with paints, markers, and crayons; playing with slime, clay, and play-dough; sand and water play, and more! A great way to meet other parents with toddlers. Roll up your sleeves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

Activity #	Section #	Dates
6210-2101	01	March 30 – April 20
6210-2101	02	April 27 – May 18

Who: 2-4 yrs. (with an adult)
Location: Don Gorman Recreation Center
4412 Henry St.

Day: Mon.
Time: 6:00 – 6:45 pm

Fee: \$40.00 R/\$50.00 NR
Limit: Min. 4/Max. 8



ADULT & TOT T-BALL

Parents, join your little one for America’s favorite pastime! This fun class builds motor skills through throwing, catching, batting, and base running. Learn the basics together while making new friends! *Parent participation required—please bring a labeled mitt and water bottle.*

Activity #	Section #	Dates
2425-2104	01	April 21 – May 19
2425-2104	02	June 2 – July 7 <i>(no class 6/30)</i>
2425-2104	03	July 14 – Aug. 11

Instructor: Sports Kids Inc. Staff
Who: 2-3 yrs. *(with an adult)*

Location: Central Park Building
15601 S. Central Ave.
Day: Tues.
Time: 4:00 – 4:45 pm
Fee: \$56.00 R/\$73.00 NR
Limit: Min. 6/Max. 20

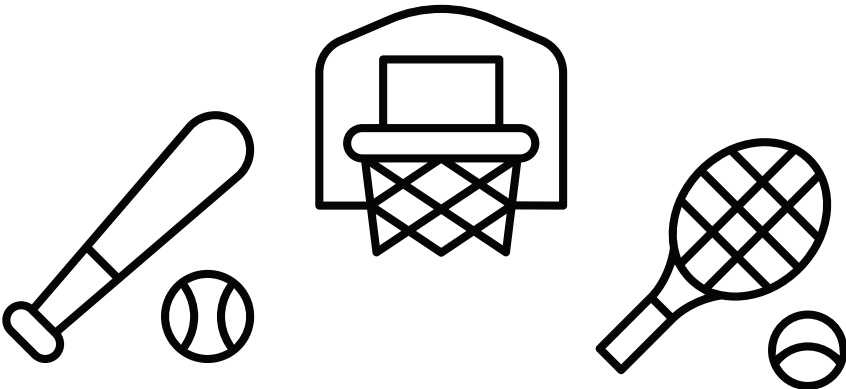
ADULT & TOT MULTI-SPORT MANIA

Parents, join your little ones as they explore basic sports movements and motor skills! Fun activities build hand/eye and hand/foot coordination using playful sports equipment. *Parent participation required—do not forget a labeled water bottle!*

Activity #	Section #	Dates
2425-2105	01	April 21 – May 19
2425-2105	02	June 2 – July 7 <i>(no class 6/30)</i>
2425-2105	03	July 14 – Aug. 11

Instructor: Sports Kids Inc. Staff
Who: 2-3 yrs. *(with an adult)*

Location: Central Park Building
15601 S. Central Ave.
Day: Tues.
Time: 4:45 – 5:30 pm
Fee: \$56.00 R/\$73.00 NR
Limit: Min. 6/Max. 20



MULTI-SPORT MANIA

Join us for a fantastic adventure where your child explores a new sport each week—like t-ball, track & field, golf, lacrosse, and soccer! With fun drills and games, kids will get plenty of practice while having a blast. Do not miss out on the excitement! *Just remember to bring a labeled water bottle. Let the fun begin!*

Activity #	Section #	Dates
2425-2106	01	April 21 – May 19
2425-2106	02	June 2 – July 7 <i>(no class 6/30)</i>
2425-2106	03	July 14 – Aug. 11

Instructor: Sports Kids Inc. Staff
Who: 4-6 yrs.
Location: Central Park Building
15601 S. Central Ave.
Day: Tues.
Time: 5:30 – 6:15 pm
Fee: \$56.00 R/\$73.00 NR
Limit: Min. 6/Max. 20

T-BALL TRAINING

Boys and girls, join the fun of America’s favorite pastime! Learn baseball basics—running bases, throwing, catching, and hitting off a tee (maybe even live pitching!). Through games and drills, kids build teamwork and sportsmanship while having a blast. *Bring a labeled mitt and water bottle—let us play ball!*

Activity #	Section #	Dates
2425-2107	01	April 21 – May 19
2425-2107	02	June 2 – July 7 <i>(no class 6/30)</i>
2425-2107	03	July 14 – Aug. 11

Instructor: Sports Kids Inc. Staff
Who: 4-6 yrs.
Location: Central Park Building
15601 S. Central Ave.
Day: Tues.
Time: 6:15 – 7:00 pm
Fee: \$56.00 R/\$73.00 NR
Limit: Min. 6/Max. 20

PEEWEE TENNIS

Your child will learn basic tennis skills—grip, strokes, and movement—through fun drills and games that build coordination and confidence. *Equipment is provided; bring a labeled water bottle and get ready for some tennis fun!*

Activity #	Section #	Dates
2425-2112	01	April 23 – May 21
2425-2112	02	June 4 – July 9 <i>(no class 7/2)</i>
2425-2112	03	July 16 – Aug. 13

Instructor: Sports Kids Inc. Staff
Who: 4-6 yrs.
Location: Central Park Building
15601 S. Central Ave.
Day: Thurs.
Time: 4:00 – 4:45 pm
Fee: \$56.00 R/\$73.00 NR
Limit: Min. 6/Max. 20

PEE WEE TRACK, FIELD & FITNESS

Get ready for an action-packed class full of stretching, movement, and track & field fun! Kids will play games like Simon Says and Red Light-Green Light, then try sprints, relays, hurdles, long jump, and discus. *The final day features a mini track meet—bring a labeled water bottle and get ready to run, jump, and play!*

Activity #	Section #	Dates
2425-2108	01	April 24 – May 22
2425-2108	02	June 5 – July 10 <i>(no class 7/3)</i>
2425-2108	03	July 17 – Aug. 14

Instructor: Sports Kids Inc. Staff
Who: 3-6 yrs.
Location: Central Park Building
15601 S. Central Ave.
Day: Fri.
Time: 3:30 – 4:15 pm
Fee: \$56.00 R/\$73.00 NR
Limit: Min. 6/Max. 20

SOCCER SHOTS - MINIS

Get ready for fun with Soccer Shots Mini! This high-energy class for ages 2–3.5 introduces kids to soccer through games, songs, and positive play. Little ones will learn dribbling and basic rules while having a blast. *An adult is required to join in the fun—come ready to kick, laugh, and make memories together!*

Activity #	Section #	Dates
2617-2101	01	May 7 – June 11
2617-2101	02	June 18 – July 30 <i>(no class 7/2)</i>

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 fun with Soccer Shots Classic! For kids 3.5–5, this class uses games to teach dribbling, passing, and shooting while highlighting positive traits like teamwork and respect. *An adult must stay but can watch while kids play, learn, and have a blast!*

Activity #	Section #	Dates
2617-2102	01	May 7 – June 11
2617-2102	02	June 18 – July 30 <i>(no class 7/2)</i>

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

INTRO TO THE ZONE FITNESS CENTER

This program will consist of a 4-minute orientation to The Zone Fitness Center with a personal trainer. The trainer will go over safety and gym etiquette, provide instruction on cardiovascular and strength equipment, and on free weights. This is the perfect opportunity to learn how to use everything without purchasing a personal training package.

ACTIVITY #	SECTION #	DAY/DATES	TIME
3056-2101	01	Tues., Apr 14	10:00 – 10:45 am
3056-2101	02	Fri., May 15	11:00 – 11:45 am
3056-2101	03	Sat., Jun 13	11:00 – 11:45 am
3056-2101	04	Sat., July 25	12:00 – 12:45 pm
3056-2101	05	Tues., Aug. 18	11:00 – 11:45 am
3056-2101	06	Fri., Sept. 25	4:00 – 4:45 pm

Instructor: Chrissy Samiec or Michelle Pruitt
Who: 10+
Location: The Zone Fitness Center
15601 S. Central Ave.

1 Person Fee: \$15.00 R/\$20.00 NR
2 Person Fee: \$25.00 R/\$35.00 NR
Limit: Min. 1/Max. 6

YOUTH SAND VOLLEYBALL

Join us on the sand for volleyball fun! Kids will practice passing, setting, attacking, and serving, then test skills in weekly scrimmages. *All skill levels welcome—bring a labeled water bottle and get ready for a blast in the sun!*

Activity #	Section #	Dates	Location:
2425-2115	01	April 20 – May 18	Central Park Building 15601 S. Central Ave.
2425-2115	02	June 1 – July 6 (no class 6/29)	Day: Time: Mon. 4:00 – 4:45 pm
2425-2115	03	July 13 – Aug. 10	Fee: \$56.00 R/\$73.00 NR Limit: Min. 6/Max. 20

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

YOUTH PICKLEBALL

Ready to try the fastest growing sport in America? Pickleball combines elements of tennis, badminton, and ping pong and is fun for all ages and skill levels. In this program, players will learn the basics—grip, forehand, backhand, dink shots, serving, court positioning, scoring, and key rules—plus enjoy plenty of gameplay. Equipment is provided. Please bring a labeled water bottle.

Activity #	Section #	Dates	Location:
2425-2103	01	April 20 – May 18	Central Park Building 15601 S. Central Ave.
2425-2103	02	June 1 – July 6 (no class 6/29)	Day: Time: Mon. 7:00 – 7:45 pm
2425-2103	03	July 13 – Aug. 10	Fee: \$56.00 R/\$73.00 NR Limit: Min. 6/Max. 20

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

JUNIOR TENNIS

Kids will develop tennis skills like racket control, ball judgment, court movement, and rallying through fun drills and games. *Equipment is provided—bring a labeled water bottle and get ready to build skills and a love for the game!*

Activity #	Section #	Dates
2425-2113	01	April 23 – May 21
2425-2113	02	June 4 – July 9 (no class 7/2)
2425-2113	03	July 16 – Aug. 13

Instructor: Sports Kids Inc. Staff
Who: 7-9 yrs.
Location: Central Park
15601 S. Central Ave.

Day: Thurs.
Time: 4:45 – 5:45 pm
Fee: \$75.00 R/\$98.00 NR
Limit: Min. 6/Max. 20

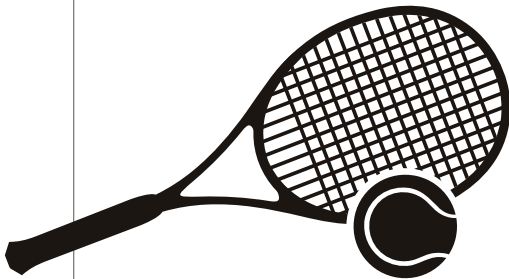
YOUTH TENNIS

Young players will focus on strokes, rallying, match play, and tennis strategy through fun, challenging drills. *Build power, accuracy, agility, and stamina—bring a labeled water bottle and get ready to play!*

Activity #	Section #	Dates
2425-2114	01	April 23 – May 21
2425-2114	02	June 4 – July 9 (no class 7/2)
2425-2114	03	July 16 – Aug. 13

Instructor: Sports Kids Inc. Staff
Who: 10-12 yrs.
Location: Central Park
15601 S. Central Ave.

Day: Thurs.
Time: 5:45 – 6:45 pm
Fee: \$75.00 R/\$98.00 NR
Limit: Min. 6/Max. 20



BASKETBALL SKILLS

Break a sweat and sharpen your basketball skills! Kids will learn offense—ball handling, shooting, passing—and defense, including stance and zone/ man-to-man concepts. Develop proper shot mechanics and gain a better understanding of the game. *Bring a labeled water bottle and get ready for fun!*

ACTIVITY # 2425-2116 | **SEC.#** 01

Instructor: Sports Kids Inc. Staff
Who: 7-12 yrs.
Location: Central Park Gymnasium
15601 S. Central Ave.

Dates: Thurs., April 23 – May 21
Time: 6:45 – 7:45 pm
Fee: \$75.00 R/\$98.00 NR
Limit: Min. 6/Max. 20

YOUTH TRACK, FIELD & FITNESS

Learn the fundamentals of track & field while building flexibility, strength, and balance! Kids will play games like Sharks & Minnows, try sprints, relays, hurdles, long jump, and discus, and finish with a mini meet. *Bring a labeled water bottle—let us dash into fun!*

Activity #	Section #	Dates
2425-2109	01	April 24 – May 22
2425-2109	02	June 5 – July 10 (no class 7/3)
2425-2109	03	July 17 – Aug. 14

Instructor: Sports Kids Inc. Staff
Who: 7-12 yrs.
Location: Central Park Building
15601 S. Central Ave.

Day: Fri.
Time: 4:15 – 5:00 pm
Fee: \$56.00 R/\$73.00 NR
Limit: Min. 6/Max. 20

YOUTH ARCHERY

Join us for a fun archery adventure! Kids will learn the basics of b-and-d arrows, practice techniques through a safe 9-step progression, and play exciting games. *Equipment is provided—bring a labeled water bottle and get ready to hit the bullseye!*

Activity #	Section #	Dates
2425-2110	01	April 24 – May 22
2425-2110	02	June 5 – July 10 (no class 7/3)
2425-2110	03	July 17 – Aug. 14

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

Location: Central Park Building
15601 S. Central Ave.
Day: Fri.
Time: 5:15 – 6:00 pm
Fee: \$56.00 R/\$73.00 NR
Limit: Min. 6/Max. 20

SOCCER SHOTS PREMIER

Get ready for Soccer Shots Premier! For kids 5–8, this fun class builds skills, fitness, and sportsmanship through games and teamwork. *Adults must stay, but can watch while kids enjoy friendly competition and have a blast on the field!*

Activity #	Section #	Dates
2617-2103	01	May 7 – June 11
2617-2103	02	June 18 – July 30 (no class 7/2)

Instructor: Soccer Shots Staff
Who: 5-8 yrs. (with an adult)

Location: Central Park
15601 S. Central Ave.
Day: Thurs.
Time: 6:15 – 7:00 pm
Fee: \$72.00 R/\$82.00 NR
Limit: Min. 6/Max. 12

YOUTH FLAG FOOTBALL CAMP

Prepare for the fall football season. Through positive coaching, players will build flag football skills like catching, passing, de-flagging, and offense and defense strategies. Football plays will be taught through drills and games in a positive, safe environment, with an emphasis on teamwork and sportsmanship. *Please bring a labeled water bottle.*

ACTIVITY # 2425-2123 | **SEC.#** 01

Instructor: Sports Kids Inc. Staff
Who: 7-12 yrs.
Location: Central Park
15601 S. Central Ave.

Dates: June 22 – June 26
Time: 9:30 am – 11:30 am
Fee: \$130.00 R/\$169.00 NR
Limit: Min. 6/Max. 20

YOUTH SAND VOLLEYBALL CAMP

Bump up your volleyball skills! Players will work on passing, serving, setting, hitting, blocking, footwork, and game strategy through drills and gameplay. Focus on teamwork, sportsmanship, and improving overall technique. *Bring a labeled water bottle!*

ACTIVITY # 2425-2131 | **SEC.#** 01

Instructor: Sports Kids Inc. Staff
Who: 7-12 yrs.
Location: Central Park
15601 Central Ave.

Dates: July 27 – July 31
Time: 9:30 am – 11:30 am
Fee: \$130.00 R/\$169.00 NR
Limit: Min. 6/Max 20

YOUTH BASKETBALL CAMP

Improve your basketball skills at this camp! Work on offense—footwork, ball handling, passing, shooting—and defense—stance, man-to-man, zone, and rebounding. Boost quickness and game instincts through drills and gameplay. *Bring a labeled water bottle!*

ACTIVITY # 2425-2132 | **SEC.#** 01
Instructor: Sports Kids Inc. Staff
Who: 7-12 yrs.
Location: Jesk Park
155th & Ridgeland
Dates: Aug. 3 – Aug. 7
Time: 9:30 am – 11:30 am
Fee: \$130.00 R/\$169.00 NR
Limit: Min. 6/Max. 20



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!



KIDS IN THE KITCHEN

Kids are taught basic kitchen skills such as 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 # 6145-2101 | **SEC.#** 01
Who: 5-8 yrs.
Location: Don Gorman Recreation Center, 4412 Henry Street
Dates: Tues., April 7 – May 19
Time: 5:30 – 7:00 pm
Fee: \$80.00 R/\$85.00 NR
Limit: Min. 4/Max. 6

ARTS & CRAFTS FOR KIDS **NEW**

Let your creativity shine! Participants will explore a variety of fun and engaging art projects using different materials and techniques. From painting and drawing to seasonal crafts and DIY creations, each week brings something new to make and take home. This class encourages imagination, fine motor skills, and self-expression in a supportive and inspiring environment.

Activity #	Section #	Dates
2102-2104	01	May 7 – June 18
2102-2104	02	July 9 – Aug. 20

Who: 7-11 yrs.
Location: Central Park Building
15601 S. Central Ave.
Day: Thurs.
Time: 5:00 – 6:00 pm
Fee: \$35.00 R/\$45.00 NR
Limit: Min. 6/Max. 15

CHILDREN'S BOOK CLUB **NEW**

Join us for a fun, story-filled summer with our Childrens Book Club! Each week, we will dive into engaging book discussions that spark imagination and critical thinking. Whether your child is already a bookworm or just beginning their reading journey, this club is the perfect way to build confidence, connect with peers, and develop a lifelong love for books. Let us turn the page to a session of adventure, one chapter at a time!

Activity #	Section #	Dates
2102-2101	01	May 4 – June 22 (no class 5/25)
2102-2101	02	July 6 – Aug. 17

Who: 8-11 yrs.
Location: Central Park Building
15601 S. Central Ave.
Day: Mon.
Time: 5:00 – 6:00 pm
Fee: \$25.00 R/\$33.00 NR
Limit: Min. 6/Max. 20



TAE KWON DO

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

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

Register at:
Oak Forest Park District,
Central Park Building

Limit: Min. 4/Max. 50

SESSION 1: April 6 – May 13					
ACTIVITY#	SECTION#	AGE	DAYS	TIME	FEE
1220-2101	01	3-6 yrs.	Mon./Wed.	5:30 – 6:00 pm	\$70.00 R \$75.00 NR
1220-2102	01	7 yrs. +	Mon./Wed.	6:00 – 6:30 pm	\$80.00 R \$85.00 NR
SESSION 2: June 1 – July 8					
ACTIVITY#	SECTION#	AGE	DAYS	TIME	FEE
1220-2101	02	3-6 yrs.	Mon./Wed.	5:30 – 6:00 pm	\$70.00 R \$75.00 NR
1220-2102	02	7 yrs. +	Mon./Wed.	6:00 – 6:30 pm	\$80.00 R \$85.00 NR
SESSION 3: July 20 – Aug 26					
ACTIVITY#	SECTION#	AGE	DAYS	TIME	FEE
1220-2101	03	3-6 yrs.	Mon./Wed.	5:30 – 6:00 pm	\$70.00 R \$75.00 NR
1220-2102	03	7 yrs. +	Mon./Wed.	6:00 – 6:30 pm	\$80.00 R \$85.00 NR

CHICAGO FIRE SOCCER CAMP

CHICAGO FIRE LITTLE SPARKS

Dates: June 20, 27/July 11, 18 (No camp July 4)

Little Sparks is the Chicago Fire's introduction to a soccer program where children and parents can play soccer together!

Specifically designed for children aged 2-5 yrs. old, using fun and play and imaginative stories, Little Sparks facilitates a child's physical, mental, and social-emotional development through soccer!

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



CHICAGO FIRE SUMMER CAMP

Dates: June 22-26

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

Sessions are structured around daily themes that closely examine technical soccer skills and concepts. Each player will receive a Chicago Fire FC T-shirt, and a ticket to a Chicago Fire FC Home match! *Campers should bring their ball, shin guards, and water bottles daily.*

ACTIVITY #	SECTION#	AGE	TIME	FEE
2403-2101	01	2-5 yrs.	9:00 – 10:00 am	\$98.00 R/NR
2403-2101	02	6-12 yrs.	9:00am – 12:00 pm	\$188.00 R/NR

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

Limit: Min. 10/Max. 60

SUMMER CAMPS

CAMP CURIOSITY

Activities include age-appropriate games, sports, nature hikes, crafts, and Mini-Golf Outings. Time will be spent both indoors and outdoors. Each child will receive a camp T-shirt, which should be worn daily. Please bring a sack lunch and drink each day. *Children must be potty trained. Sign up for a four — or eight-week session.*

MONDAYS AND WEDNESDAYS				
ACTIVITY #	SECTION #	DATES	WEEKS	FEE
6193-2101	01	June 8 – July 29	8	\$270.00 R/\$295.00 NR
6193-2101	02	June 8 – July 1	4	\$170.00 R/\$195.00 NR
6193-2101	03	July 6 – July 29	4	\$170.00 R/\$195.00 NR

TUESDAYS AND THURSDAYS				
ACTIVITY #	SECTION #	DATES	WEEKS	FEE
6193-2102	01	June 9 – July 30	8	\$270.00 R/\$295.00 NR
6193-2102	02	June 9 – July 13	4	\$170.00 R/\$195.00 NR
6193-2102	03	July 7 – July 30	4	\$170.00 R/\$195.00 NR

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

CAMP BREAKFAST CLUB NEW

ADD ON TO CAMP CURIOSITY

Camp Curiosity now offers breakfast on Tuesdays and Wednesdays! Register for the entire session or specific days. Different breakfast items will be served weekly, and a menu will be provided. Sign up during REGISTRATION or the week prior to the breakfast day your child will attend.

Who: Camp Curiosity Campers **Fee:** \$15.00 per day
Location: Don Gorman Rec Center 4412 Henry St. **\$10.00 each additional sibling**
Dates: Tues. and/or Weds. **Limit:** 38
Time: 9:00 – 10:00 am

CAMP FUNTIME

Preschool- Entering 4th Grade in fall

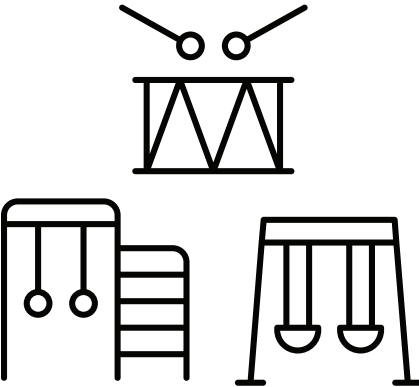
Summertime fun activities include games, stories, crafting, music, and experiments accompanying the week's theme. Playground and sandbox play, as well as hikes around the park, add to the outdoor adventures. Campers should bring a light lunch to enjoy together. The last day of camp will be an outside-play water day, weather permitting. Register for a 6-week session on Tuesday, Wednesday & Thursday. Each camper will receive a t-shirt on the first day of camp, and it should be worn to camp each day. Additional shirts can be purchased at time of registration. *Campers must be potty trained and able to care for their bathroom needs.*

ACTIVITY # 1092-2102 | **SEC.#** 01
Who: 3-10 yrs. **FEES**
Location: Central Park Building 15601 S. Central Ave. **Pay in Full:** \$570.00 R/ \$610.00 NR
Dates: Tues./Weds./Thurs. **Pay Plan:** 1st Payment-Registration \$285.00 R/\$305.00 NR
June 9 – July 23 **2nd Payment-June 27 \$285.00 R/\$305.00 NR**
(no camp 6/30-7/2) **Limit:** Min. 40/Max. 60
Time: 9:30 am – 12:30 pm

CAMP LITTLE TYKES

Young children will enjoy learning through play under proper supervision. Each class will include stories, vocabulary, finger plays, music, and simple art to strengthen fine motor skills. Physical development will be strengthened by use of simple gym equipment and games. Children will enjoy a great time of “play-with-purpose.” *Children do not need to be potty trained.*

ACTIVITY # 1092-2102 | **SEC.#** 01
Who: 2 yrs.
Location: Central Park Building 15601 S. Central Ave., Lower Level
Dates: Tues./Thurs. June 9 – July 23
(no camp 6/30-7/2)
Time: 9:30 am – 11:30 am
FEES
Pay in Full: \$310.00 R/ \$370.00 NR
Pay Plan: 1st Payment-Registration \$155.00 R/\$185.00 NR
2nd Payment-June 23 \$155.00 R/\$185.00 NR
Limit: Max. 10



CAMP ELEVATE - WHERE SUMMER ADVENTURES SOAR!

Camp Elevate is a place where kids can make friends, discover new interests, and build lasting memories. Our mission is to provide a safe, fun, and exciting summer filled with exploration, creativity, and adventure.

Our Staff & Safety Promise
With a 1:10 camper-to-staff ratio, our CPR-certified counselors are dedicated to creating a safe, welcoming, and encouraging environment where campers thrive.

Who Can Join: Open to campers entering 1st–6th grade
What is in Store This Summer:

- Every week is packed with new opportunities to explore, play, and grow
- Weekly Pool Trips
- Two Field Trips Each Week
- Arts & Crafts, Sports, & Nature Activities
- Special Events, including theme weeks, talent shows, and camp wars

Location: Central Park Building 15601 S. Central Ave.
Drop-off: 9:30 am
Pick-up: 3:30 pm

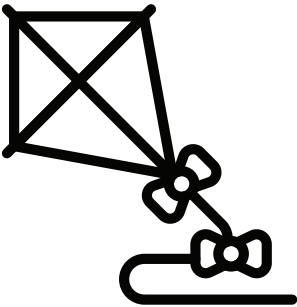
ACTIVITY #	SECTION #	WEEKS	DATES	FEE
2270-2101	01	1 & 2	June 8 – June 19	\$350.00 R/\$455.00 NR
2270-2101	02	3 & 4	June 22 – July 3	\$350.00 R/\$455.00 NR
2270-2101	03	5 & 6	July 6 – July 17	\$350.00 R/\$455.00 NR
2270-2101	04	7 & 8	July 20 – July 31	\$350.00 R/\$455.00 NR
2270-2101	05	ALL 8 WEEKS	June 8 – June 31	\$1260.00 R/\$1638.00 NR

CAMP CARE

(Before/After) - Must be enrolled in Camp Elevate to participate.
Our Before and After Camp Care activity offers a safe, fun, and flexible option for working parents. Campers enjoy games, crafts, outdoor play, and snacks under the supervision of our caring staff.

ACTIVITY #	SECTION #	WEEKS	DATES	FEES
BEFORE CAMP CARE 7:00 – 9:30 AM				
2300-2101	01	1 & 2	June 8 – June 19	\$118.00 R / \$154.00 NR
2300-2101	02	3 & 4	June 22 – July 3	\$118.00 R / \$154.00 NR
2300-2101	03	5 & 6	July 6 – July 17	\$118.00 R / \$154.00 NR
2300-2101	04	7 & 8	July 20 – July 31	\$118.00 R / \$154.00 NR
2300-2101	05	ALL	June 8 – July 31	\$425.00 R / \$553.00 NR
AFTER CAMP CARE 3:30 – 6:00 PM				
2370-2101	01	1 & 2	June 8 – June 19	\$118.00 R / \$154.00 NR
2370-2101	02	3 & 4	June 22 – July 3	\$118.00 R / \$154.00 NR
2370-2101	03	5 & 6	July 6 – July 17	\$118.00 R / \$154.00 NR
2370-2101	04	7 & 8	July 20 – July 31	\$118.00 R / \$154.00 NR
2370-2101	05	ALL	June 8 – July 31	\$425.00 R / \$553.00 NR

REFUND POLICY:
Refund requests submitted by May 1 will receive a full refund. Refund requests submitted after May 1 will have all field trip fees deducted from the total camp fee, and the remaining balance will be refunded at 50%.



REMOTE LANGUAGE CLASSES

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

Language in Action invites you to join them from your living room as we explore new cultures and learn a new language via the interactive Zoom platform! Each session covers new topics! All classes are LIVE ZOOM and taught by Language in Action staff

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.

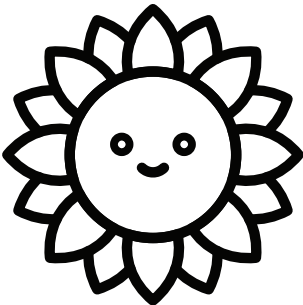
Younger children will learn conversational Spanish through fun and interactive activities and music.

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.	March 7 – April 11	8:30 – 9:15 am
2500-1101	02	Mon.	March 16 – April 20	5:00 – 5:45 pm
2500-1101	03	Thurs.	April 9 – May 14	5:15 – 6:00 pm
2500-1101	04	Sat.	April 9 – May 30 (no class 5/23)	8:30 – 9:15 am
2500-1101	05	Mon.	April 27 – June 8 (no class 5/25)	5:00 – 5:45 pm
2500-1101	06	Thurs.	May 21 – June 25	5:15 – 6:00 pm
2500-1101	07	Mon.	June 15 – July 20	5:00 – 5:45 pm
2500-1101	08	Thurs.	July 2 – Aug 6	5:15 – 6:00 pm
2500-1101	09	Mon.	July 27 – Aug 31	5:00 – 5:45 pm
2500-1101	10	Thurs.	Aug 13 – Sept. 17	5:15 – 6:00 pm
YOUTH SPANISH				
Activity #	Section #	Day	Dates	Time
2500-1102	01	Sat.	March 7 – April 11	9:30 – 10:15 am
2500-1102	02	Mon.	March 16 – April 20	5:50 – 6:35 pm
2500-1102	03	Thurs.	April 9 – May 14	6:15 – 7:00 pm
2500-1102	04	Sat.	April 9 – May 30 (no class 5/23)	9:30 – 10:15 am
2500-1102	05	Mon.	April 27 – June 8 (no class 5/25)	5:50 – 6:35 pm
2500-1102	06	Thurs.	May 21 – June 25	6:15 – 7:00 pm
2500-1102	07	Mon.	June 15 – July 20	5:50 – 6:35 pm
2500-1102	08	Thurs.	July 2 – Aug 6	6:15 – 7:00 pm
2500-1102	09	Mon.	July 27 – Aug 31	5:50 – 6:35 pm
2500-1102	10	Thurs.	Aug 13 – Sept. 17	6:15 – 7:00 pm
TWEEN/TEEN SPANISH				
Activity #	Section #	Day	Dates	Time
2500-1103	01	Mon.	March 16 – April 20	6:45 – 7:30 pm
2500-1103	02	Mon.	April 27 – June 8 (no class 5/25)	6:45 – 7:30 pm
2500-1103	03	Mon.	June 15 – July 20	6:45 – 7:30 pm
2500-1103	04	Thurs.	June 18 – July 23	9:45 – 10:30 am
2500-1103	05	Mon.	July 27 – Aug 31	6:45 – 7:30 pm
2500-1103	06	Thurs.	July 30 – Sept. 3	9:45 – 10:30 am

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.	March 7 – April 11	10:30 – 11:30 am
2500-1104	02	Tues.	March 10 – April 14	10:00 – 11:00 am
2500-1104	03	Weds.	April 9– May 13	6:00 – 7:00 pm
2500-1104	04	Sat.	April 18 – May 30 (no class 5/23)	10:30 – 11:30 am
2500-1104	05	Tues.	April 21 – May 26 (no class 5/25)	10:00 – 11:00 am
2500-1104	06	Weds.	May 20 – June 24	6:00 – 7:00 pm
2500-1104	07	Tues.	June 2 – July 7	10:00 – 11:00 am
2500-1104	08	Sat.	June 6 – July 18	9:00 – 10:00 am
2500-1104	09	Weds.	July 1– Aug. 5	6:00 – 7:00 pm
2500-1104	10	Tues.	July 14 – Aug. 18	10:00 – 11:00 am
2500-1104	11	Sat.	July 25 – Aug. 29	6:00 – 7:00 pm
2500-1104	12	Weds.	Aug. 12 – Sept. 16	6:00 – 7:00 pm
2500-1104	13	Tues.	Aug. 25 – Sept. 29	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.	April 8 – May 13	5:00 – 5:45 pm
2511-1101	02	Weds.	May 20 – June 24	5:00 – 5:45 pm
2511-1101	03	Weds.	July 1 – Aug. 5	5:00 – 5:45 pm
2511-1101	04	Weds.	Aug. 12 – Sept. 16	5:00 – 5:45 pm
YOUTH LEARN TO SIGN – 7-12 YRS.				
Activity #	Section #	Day	Dates	Time
2511-1102	01	Weds.	April 8 – May 13	6:00 – 6:45 pm
2511-1102	02	Weds.	May 20 – June 24	6:00 – 6:45 pm
2511-1102	03	Weds.	July 1 – Aug. 5	6:00 – 6:45 pm
2511-1102	04	Weds.	Aug. 12 – Sept. 16	6:00 – 6:45 pm
Activity #	Section #	Day	Dates	Time
2511-1103	01	Weds.	April 8 – May 13	7:00 – 8:00 pm
2511-1103	02	Weds.	May 20 – June 24	7:00 – 8:00 pm
2511-1103	03	Weds.	July 1 – Aug. 5	7:00 – 8:00 pm
2511-1103	04	Weds.	Aug. 12 – Sept. 16	7:00 – 8:00 pm

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: June 1, – August 27, 2026
(no class 6/29-7/3)

Limit: Min. 5/Max. 9 per class

Registration Deadline: Fri., May 29

Attire: Girls and boys may wear whatever they are comfortable in. Our primary concern is that the child is comfortable. Shoes should match the class style. Ballet shoes for Mommy & Me, Little Bitty Dancers and Contemporary. Jazz shoes for Mini Musical Jazz, Musical Jazz, Pixie Poms, & Poms. Gym Shoes for Kids Bop and Hip Hop. Long hair needs to be pulled away from the face. No jewelry.

CLASS DESCRIPTIONS

- Mommy & Me:**
Move, bond, and groove together! Join our Mommy & Me Dance Class to dance, play, and connect through music and movement. Build coordination, rhythm, and confidence while making precious memories!
- Little Bitty Dancers (Ballet 1):**
This fun class introduces beginners to ballet fundamentals, teaching basic techniques to build a strong foundation. Along the way, kids boost confidence, listening skills, and a sense of accomplishment in a supportive environment. We cannot wait to see your child start their ballet journey!
- Contemporary:**
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.
- Mini Musical Jazz:**
Does your child love dancing to their favorite movie musicals? This class is perfect! Our high-energy Mini Musical Jazz class blends contemporary, hip hop, and jazz to help kids express themselves with flair and confidence. It's great for little performers who love the spotlight. No experience needed, just a love of movement and music.
- Musical Jazz:**
Ready to elevate your dance skills? Our Musical Jazz class challenges dancers with partner work, turns, lifts, and dynamic routines. Build technique, expression, and performance with fun, sophisticated choreography.

- Kids Bop:**
Get ready to groove! Kids Bop introduces little dancers to hip hop with fun steps that boost coordination and body awareness. Learn exciting routines, make friends, and have a blast—no experience needed, just a love for dancing!
- Hip Hop:**
Ready to turn up the beat? Our Hip Hop class is high-energy fun, teaching cool moves, rhythm, and flair through exciting routines. Beginners and experienced dancers alike will love expressing themselves, grooving to the music, and showing off their style!
- Pixie Poms:**
Get ready for a sparkly adventure! Pixie Pom teaches little dancers basic pom techniques, fun transitions, and groovy moves. Kids will build confidence, make friends, and have a blast twirling and dancing!
- Poms:**
Ready to boost your dance skills and prep for high school pom? Our Pom class teaches fundamentals, performance skills, and high-energy routines to today's hits. Build confidence, shake your poms, and have fun in a supportive environment!
- MDF Technique:**
Dance technique classes focus on improving technical skills, performance quality, and overall ability. Each session includes a warm-up for strength, conditioning, and flexibility. This class extends the MDF competition season, keeping veteran dancers sharp while introducing higher-level skills for new participants preparing for dance team tryouts.

12 WEEK SUMMER SESSION June 1-August 27 (No class 6/29-7/3)							
ACTIVITY #	SECTION #	CLASS	AGE	DAY	DATES	TIME	FEE
2800 – 2101	01	Mommy & Me	18 mon.-3 yrs.	Weds.	June 3 – Aug. 26	5:00 – 5:45 pm	\$132.00 R/\$171.00 NR
2800 – 2102	01	Little Bitty Dancers (Ballet 1)	4-6 yrs.	Mon.	June 1 – Aug. 24	5:00 – 5:45 pm	\$132.00 R/\$171.00 NR
2800 – 2103	01	Contemporary	7+ yrs.	Tues.	June 2 – Aug. 25	5:00 – 5:45 pm	\$132.00 R/\$171.00 NR
2800 – 2104	01	Mini Musical Jazz	4-7 yrs.	Mon.	June 1 – Aug. 24	6:00 – 6:45 pm	\$132.00 R/\$171.00 NR
2800 – 2105	01	Musical Jazz	8+ yrs.	Mon.	June 1 – Aug. 24	7:00 – 7:45 pm	\$132.00 R/\$171.00 NR
2800 – 2106	01	Kids Bop	5-7 yrs.	Tues.	June 2 – Aug. 25	6:00 – 6:45 pm	\$132.00 R/\$171.00 NR
2800 – 2107	01	Hip Hop	8 + yrs.	Tues.	June 2 – Aug. 25	7:00 – 7:45 pm	\$132.00 R/\$171.00 NR
2800 – 2108	01	Pixie Poms	4-6 yrs.	Weds.	June 3 – Aug. 26	6:00 – 6:45 pm	\$132.00 R/\$171.00 NR
2800 – 2109	01	Poms	7+ yrs.	Weds.	June 3 – Aug. 26	7:00 – 7:45 pm	\$132.00 R/\$171.00 NR
2800 – 2110	01	MDF Technique	8+ yrs.	Thurs.	June 4 – Aug. 27	5:00 – 7:00 pm	\$198.00 R/NR
2800 – 2111	01	Flex and Improv	7+ yrs.	Thurs.	June 4 – Aug. 27	7:00 – 7:45 pm	\$132.00 R/\$171.00 NR

JOIN THE MOMENTUM DANCE FORCE COMPETITION TEAM!

Being part of the Momentum Dance Force competition team offers young dancers more than just performance opportunities—it builds confidence, character, and lifelong skills. Through teamwork, dedication, and goal-setting, dancers develop positive self-esteem, accountability, and leadership both on and off the stage.

MDF maintains a high standard of age-appropriate choreography, music, and uniforms, ensuring a professional yet fun experience for all dancers. Our experienced instructors focus on technique, growth, and encouragement, challenging each dancer while helping them feel confident and supported.

At MDF, our goal is simple: work hard, grow together, and have fun while doing it!

Tryout Date: Thursday, August 20, 2026
Time: 7:00 – 9:00 pm

Dancers will perform a variety of styles at tryouts; competition styles will be selected by the coach after tryouts

Parent Meeting: Thursday, September 3, 2026
Time: 7:00 pm

2026–2027 Competition Season: September 17 – May 2027

Practice Days/Time: Thursdays 5:00 – 7:00 pm
Sundays 11:00 am – 1:00 pm
(1 hour choreography + 1 hour technique each practice)

Note: Dancers may only need to attend one practice per week depending on which group dances they are assigned.

Instructor: Sydney Ferreira

Who: Boys and girls entering 4th grade and up

Location: Central Park Building
15601 S. Central Ave.

Dates: Sept. 17 – May 2027

Fee: \$800.00 per group routine
Cost includes: practice, technique, competition fees, and group dance costumes (excluding shoes).



GYMNASTICS

GENERAL INFORMATION

Oak Forest Park District Gymnastics promotes fitness, wellness, and confidence through strength, flexibility, coordination, and balance. Our programs support each child’s physical, cognitive, and social development while building self-esteem, determination, and teamwork. With trained staff and classes for toddlers through teens—including a competitive team—we strive to meet every child’s needs, motivation, and skill level.

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.

Dates: April 28 – August 26, 2026

Limit: Min. 5/Max. 9

**Spring Registration
Deadline:** Fri., April 24

**Summer Registration
Deadline:** Fri., July 3

Attire: Girls should wear a leotard and may wear spandex shorts;
no socks, and no jewelry. Boys should wear t-shirt with pants or
shorts, no socks. Long hair must be tied back.

CLASS DETAILS

SPRING-SUMMER SESSION: April 28 – August 26

Adult & Tot Gymnastics

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

ACTIVITY #	SECTION #	AGE	DAY	DATES	TIME	FEE
2000 – 2101	01	18 month - 3 yrs.	Sat.	May 2 – June 20	9:30 – 10:15 am	\$100.00 R/\$130.00 NR
2000 – 2101	02	18 month - 3 yrs.	Weds.	April 29 – June 17	12:00 – 12:45 pm	\$100.00 R/\$130.00 NR
2000 – 2101	03	18 month - 3 yrs.	Tues.	July 7 – Aug. 25	4:00 – 4:45 pm	\$100.00 R/\$130.00 NR
2000 – 2101	04	18 month - 3 yrs.	Weds.	July 8 – Aug. 26	12:00 – 12:45 pm	\$100.00 R/\$130.00 NR

PreNastics

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, vault, bars, beam, and floor.

ACTIVITY #	SECTION #	AGE	DAY	DATES	TIME	FEE
2000 – 2102	01	4-6 yrs.	Sat.	May 2 – June 20	10:30 – 11:45 am	\$120.00 R/\$156.00 NR
2000 – 2102	02	4-6 yrs.	Tues.	April 28 – June 16	5:00 – 6:15 pm	\$120.00 R/\$156.00 NR
2000 – 2102	03	4-6 yrs.	Weds.	April 29 – June 17	6:00 – 7:15 pm	\$120.00 R/\$156.00 NR
2000 – 2102	04	4-6 yrs.	Tues.	July 7 – Aug. 25	5:00 – 6:15 pm	\$120.00 R/\$156.00 NR
2000 – 2102	05	4-6 yrs.	Weds.	July 8 – Aug. 26	6:00 – 7:15 pm	\$120.00 R/\$156.00 NR

Beginners

Gymnasts 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.

ACTIVITY #	SECTION #	AGE	DAY	DATES	TIME	FEE
2000 – 2103	01	7+ yrs.	Sat.	May 2 – June 20	10:30 – 11:45 am	\$120.00 R/\$156.00 NR
2000 – 2103	02	7+ yrs.	Tues.	April 28 – June 16	5:00 – 6:15 pm	\$120.00 R/\$156.00 NR
2000 – 2103	03	7+ yrs.	Weds.	April 29 – June 17	6:00 – 7:15 pm	\$120.00 R/\$156.00 NR
2000 – 2103	04	7+ yrs.	Tues.	July 7 – Aug. 25	5:00 – 6:15 pm	\$120.00 R/\$156.00 NR
2000 – 2103	05	7+ yrs.	Weds.	July 8 – Aug. 26	6:00 – 7:15 pm	\$120.00 R/\$156.00 NR

Aimers

Gymnasts will continue developing skills such as rolls, cartwheels, and handstands; balancing on one leg on shoulder-height beams; mounting and dismounting the bars; and running to jump onto springboards. Additional conditioning is included to build strength.

ACTIVITY #	SECTION #	AGE	DAY	DATES	TIME	FEE
2000 – 2104	01	Promoted from previous class	Sat.	May 2 – June 20	10:30 – 11:45 am	\$120.00 R/\$156.00 NR
2000 – 2104	02	Promoted from previous class	Tues.	April 28 – June 16	5:00 – 6:15 pm	\$120.00 R/\$156.00 NR
2000 – 2104	03	Promoted from previous class	Weds.	April 29 – June 17	6:00 – 7:15 pm	\$120.00 R/\$156.00 NR
2000 – 2104	04	Promoted from previous class	Tues.	July 7 – Aug. 25	5:00 – 6:15 pm	\$120.00 R/\$156.00 NR
2000 – 2104	05	Promoted from previous class	Weds.	July 8 – Aug. 26	6:00 – 7:15 pm	\$120.00 R/\$156.00 NR

Climbers

Gymnasts will advance in skills such as round offs and backbends, beginning skills to handstands and jumps on beam at chest height, pullovers and strengthening on bars, and running to jump onto elevated mat stack from springboards..

ACTIVITY #	SECTION #	AGE	DAY	DATES	TIME	FEE
2000 – 2105	01	Promoted from previous class	Sat.	May 2 – June 20	10:30 – 11:45 am	\$120.00 R/\$156.00 NR
2000 – 2105	02	Promoted from previous class	Tues.	April 28 – June 16	5:00 – 6:15 pm	\$120.00 R/\$156.00 NR
2000 – 2105	03	Promoted from previous class	Weds.	April 29 – June 17	6:00 – 7:15 pm	\$120.00 R/\$156.00 NR
2000 – 2105	04	Promoted from previous class	Tues.	July 7 – Aug. 25	5:00 – 6:15 pm	\$120.00 R/\$156.00 NR
2000 – 2105	05	Promoted from previous class	Weds.	July 8 – Aug. 26	6:00 – 7:15 pm	\$120.00 R/\$156.00 NR

Level 1

Gymnasts will advance in skills such as backbend kickovers, dance skills, and flip-flop drills on floor; jumps, tumbling, and beginner dismounts on chest-height beam; back hip circles and beginner dismounts on bars; handstand fall-flats on mat stacks; and proper mounting and dismounting of the vault table.

ACTIVITY #	SECTION #	AGE	DAY	DATES	TIME	FEE
2000 – 2106	01	Promoted from previous class	Tues.	April 28 – June 16	6:30 – 8:15 pm	\$140.00 R/\$182.00 NR
2000 – 2106	02	Promoted from previous class	Weds.	April 29 – June 17	4:00 – 5:45 pm	\$140.00 R/\$182.00 NR
2000 – 2106	03	Promoted from previous class	Tues.	July 7 – Aug. 25	6:30 – 8:15 pm	\$140.00 R/\$182.00 NR
2000 – 2106	04	Promoted from previous class	Weds.	July 8 – Aug. 26	4:00 – 5:45 pm	\$140.00 R/\$182.00 NR

Level 2

Gymnasts continue to master skills by emphasizing technique and learning 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.

ACTIVITY #	SECTION #	AGE	DAY	DATES	TIME	FEE
2000 – 2107	01	Promoted from previous class	Tues.	April 28 – June 16	6:30 – 8:15 pm	\$140.00 R/\$182.00 NR
2000 – 2107	02	Promoted from previous class	Weds.	April 29 – June 17	4:00 – 5:45 pm	\$140.00 R/\$182.00 NR
2000 – 2107	03	Promoted from previous class	Tues.	July 7 – Aug. 25	6:30 – 8:15 pm	\$140.00 R/\$182.00 NR
2000 – 2107	04	Promoted from previous class	Weds.	July 8 – Aug. 26	4:00 – 5:45 pm	\$140.00 R/\$182.00 NR

Level 3

Gymnasts will continue to refine their technique while learning more advanced skills such as forward walkovers, beginning flip-flops on an incline without a spot, tumbling and turns on beam, jumping to the high bar with dismounts, and introducing handsprings over the vault table.

ACTIVITY #	SECTION #	AGE	DAY	DATES	TIME	FEE
2000 – 2108	01	Promoted from previous class	Tues.	April 28 – June 16	6:30 – 8:15 pm	\$140.00 R/\$182.00 NR
2000 – 2108	02	Promoted from previous class	Weds.	April 29 – June 17	4:00 – 5:45 pm	\$140.00 R/\$182.00 NR
2000 – 2108	03	Promoted from previous class	Tues.	July 7 – Aug. 25	6:30 – 8:15 pm	\$140.00 R/\$182.00 NR
2000 – 2108	04	Promoted from previous class	Weds.	July 8 – Aug. 26	4:00 – 5:45 pm	\$140.00 R/\$182.00 NR

Levels 4/5

These are our pre-team levels, and we highly recommend committing to signing up for multiple days a week. Gymnasts continue to master skills by emphasizing technique and strength, and learn more difficult skills while also developing an understanding of the rules associated with IHSA Gymnastics and our competitive gymnastics team, the Gliders, as they progress.

ACTIVITY #	SECTION #	AGE	DAY	DATES	TIME	FEE
2000 – 2109	01	Promoted from previous class	Tues.	April 28 – June 16	6:30 – 8:15 pm	\$140.00 R/\$182.00 NR
2000 – 2109	02	Promoted from previous class	Weds.	April 29 – June 17	4:00 – 5:45 pm	\$140.00 R/\$182.00 NR
2000 – 2109	03	Promoted from previous class	Tues.	July 7 – Aug. 25	6:30 – 8:15 pm	\$140.00 R/\$182.00 NR
2000 – 2109	04	Promoted from previous class	Weds.	July 8 – Aug. 26	4:00 – 5:45 pm	\$140.00 R/\$182.00 NR

Gliders Gymnastics Team season dates Sept. 16-May 2027. Tryout date to be announced at a later time. Watch our Facebook and Webpage for announcement.

TUMBLING/CHEER

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

Spring Registration Deadline: Fri., April 24

Summer Registration Deadline: Fri., July 3

Attire: Children should wear comfortable clothing. Long hair must be tied back and no socks or jewelry should be worn.

CLASS DETAILS

SPRING-SUMMER SESSION: April 28 – August 26

Beginner Tumbling - AGE: 5+ yrs.
This class will introduce children to skills such as forward and backward rolls, cartwheels, backbends, and so much more! Tumblers advance their skills by beginning with a spotter and gradually progressing to performing independently.

Activity #	Section #	Day	Date	Time	Fees
2700-2101	01	Sat.	May 2 – June 20	1:30 – 2:30 pm	\$110.00 R/\$143.00 NR
2700-2101	02	Weds.	April 29 – June 17	7:00 – 8:00 pm	\$110.00 R/\$143.00 NR
2700-2101	03	Tues..	July 7 – Aug. 25	6:00 – 7:00 pm	\$110.00 R/\$143.00 NR
2700-2101	04	Weds.	July 8 – Aug. 26	7:00 – 8:00 pm	\$110.00 R/\$143.00 NR

Intermediate/Advanced Tumbling - AGE: Promoted from previous class
Required Intermediate Skills: Round off, backbend kick-over, and front limber without a spotter.

Required Advanced Skills: Back walkover, front walkover, connected round off two flip flops, and connected standing two flip flops without a spotter.

Activity #	Section #	Day	Date	Time	Fees
2700-2102	01	Sat.	May 2 – June 20	1:30 – 2:30 pm	\$110.00 R/\$143.00 NR
2700-2102	02	Weds.	April 29 – June 17	7:00 – 8:00 pm	\$110.00 R/\$143.00 NR
2700-2102	03	Tues..	July 7 – Aug. 25	6:00 – 7:00 pm	\$110.00 R/\$143.00 NR
2700-2102	04	Weds.	July 8 – Aug. 26	7:00 – 8:00 pm	\$110.00 R/\$143.00 NR

CHEER FIT CONDITIONING CLASS

Stay strong and ready to shine! Cheer Fit Conditioning is a 30-minute cheer specific workout designed to build muscle, enhance stability, and keep athletes progressing in the off-season. Perfect for cheerleaders looking to gain strength, protect their bodies, and unlock new skills with confidence.

ACTIVITY #	SECTION #	DATES	FEE
2700-2108	01	SPRING SESSION May 4 – June 15 (6 week session, no class 5/25)	\$30.00 R/\$39.00 NR
2700-2108	02	SUMMER SESSION July 6 – Aug. 24 (8 week session)	\$40.00 R/\$52.00 NR

Who: 8+ yrs. **Days:** Mon. **Time:** 7:00 – 7:30 pm **Limit:** Min. 8/Max. 25

Location: Central Park Building
15601 S. Central Ave.

Looking to join a local cheer team this fall?

Oak Forest Park District Sparklers, Flag Football Cheer, Raiders Cheer or Junior High Squad. Join us for any of our CHEER ACTIVITIES to brush up or learn new skills.



CHEER!



CHEER CAMP

Are you ready to elevate your cheer skills and have a blast this summer? Our Cheer Camp is the perfect opportunity for athletes of all levels to learn, grow, and make lasting memories. Participants will engage in an exciting routine, learn new stunts, and tumble under the guidance of our experienced coaches. We focus on building teamwork, confidence, and athletic ability while ensuring a fun and supportive environment. Don't miss out on this chance to connect with fellow cheerleaders and enhance your skills!

ACTIVITY # 2700-2103 | **SEC.#** 01

Who: 5+ yrs.

Location: Central Park Building
15601 S. Central Ave.

Dates: Mon. – Fri.
June 22 – June 26

Time: 6:00 – 8:00 pm

Fee: \$40.00

Limit: Min. 8/Max. 50

HYPER FLEXIBILITY

Ready to take your flexibility to the next level? In this class, you'll experience dynamic stretching techniques that improve your range of motion safely and effectively. Our instructors will provide guidance and support you every step of the way. Why join? Boost your athletic performance, reduce the risk of injury, and enhance your overall body awareness and posture. You'll feel more energized and less tense as you unlock your body's potential.

Activity #	Section #
2700-2105	01
2700-2105	02
Dates	Fee
May 4 – June 15 (6 week session, no class 5/25)	\$30.00 R/\$39.00 NR
July 6 – Aug. 24 (8 week session)	\$40.00 R/\$52.00 NR

Who: 5+ yrs.

Location: Central Park Building
15601 S. Central Ave.

Day: Mon. **Time:** 6:00 – 6:30 pm **Limit:** Min. 5/Max. 25

CHEER

CHEER TECHNIQUE, MOTIONS, AND MORE

Join our Cheer Choreography Technique Class and learn the art of creating captivating routines that wow the crowd! In this class, you will dive into the fundamentals of choreography, focusing on rhythm, formations, and transitions. Whether you are a beginner or an experienced cheerleader, you will gain valuable skills to elevate your routines.

ACTIVITY #	SECTION #	DATES	FEE
2700-2107	01	SPRING SESSION May 4 – June 15 (6 week session, no class 5/26)	\$30.00 R/\$36.00 NR
2700-2107	02	SUMMER SESSION July 6 – Aug. 24 (8 week session)	\$40.00 R/\$52.00 NR

Who: 5+ yrs. **Days:** Mon. **Time:** 6:30 – 7:00 pm **Limit:** Min. 5/Max. 25

Location: Central Park Building
15601 S. Central Ave.

CHEER STUNTING

This is a stunting class designed for cheerleaders. We will teach different variations of stunts for all levels. During this class flyers and bases will work to perfect proper technique and improve overall skill in stunting. If you are currently on a cheer team, we highly encourage you to check this class out!

ACTIVITY #	SECTION #	DATES	FEE
2700-2106	01	SPRING SESSION May 6 – June 17 (6 week session, no class 5/28)	\$27.00 R/\$35.00 NR
2700-2106	02	SUMMER SESSION July 8 – Aug. 26 (8 week session)	\$35.00 R/\$45.00 NR

Who: 5+ yrs. **Days:** Weds. **Time:** 6:15 – 7:00 pm **Limit:** Min. 8/Max. 20

Location: Central Park Building
15601 S. Central Ave.

SPARKLERS CHEER TEAM

At Sparklers, we pride ourselves on being a competitive team that emphasizes sportsmanship, hard work, and dedication. Our mission is to foster a positive and supportive environment where athletes can thrive both individually and as part of a cohesive team. Our coaches are committed to helping each athlete reach their full potential, providing personalized feedback and encouragement along the way.

Our season runs from October through April, with competitions beginning in February or March. During this time, athletes will have the opportunity to showcase their skills at various competitions, building confidence and camaraderie with teammates. We believe in the power of teamwork, and through collaboration and support, we create a family atmosphere where everyone can excel.

Join the Sparklers Cheer Team and be part of an unforgettable experience filled with learning, growth, and incredible memories. Whether you are a seasoned cheerleader or new to the sport, we welcome you to shine with us! Let us sparkle!

Location: Central Park Building 15601 S. Central Ave. <i>Wear clean gym shoes, shorts, snug t-shirt, hair pulled off face. A waiver must be signed to participate at tryouts.</i>		
AGES	TRYOUT DATES	TRYOUT TIMES
Minis (K-2nd grade)	Sun., Sept. 13	10:00 am – 12:00 pm
Jr & Sr (3rd-8th grade)	Sun., Sept. 13	12:30 – 4:30 pm
ALL GRADES (makeup tryouts)	Sat., Sept. 19	12:00 – 1:30 pm

YOUTH SPORT LEAGUES

CODE OF CONDUCT

Youth sports are designed and organized to enhance children's physical, emotional, social, and educational well-being. As role models, parents must make serious efforts 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 to view online. In addition, the background of volunteers has become a national concern. The Oak Forest Park District has researched and created a volunteer coach background check procedure to address this concern. The Board of Commissioners has a policy for all youth sports organizations desiring to use Oak Forest Park District athletic fields and facilities. This policy requires that all coaches consent to a background check.

REFUND POLICY

Includes 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

OAK FOREST PARK DISTRICT FURY LACROSSE

Registration for the spring season is closed. Registration is held in November and January; the season runs from March through June.

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



OAK FOREST PARK DISTRICT SOCCER

Program Registration for the spring season is closed. Registration is held in November, and the season runs from April through June.

SOCCER, KICKS FOR KIDS

Kicks for Kids is an instructional program for our preschool and kindergarten-aged players that focuses on teaching individual soccer skills, such as where we don't have goalkeepers and don't keep score.

SOCCER, RECREATIONAL LEAGUE

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

OAK FOREST PARK DISTRICT WARRIOR WRESTLING

This program is for children interested in physical, one-on-one competition. Any child from kindergarten through eighth grade is welcome to join. Registration is taken in September and October. The Illinois Kids Wrestling Federation directs the competition.

The activity is divided into two teams:

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



OAK FOREST PARK DISTRICT GIRLS 12 INCH FAST PITCH SOFTBALL

Register now for the 2026 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

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.

OAK FOREST PARK DISTRICT FLAG FOOTBALL AND CHEERLEADING

Join our one-of-a-kind, full-contact (non-tackle) Flag Football & Cheerleading program! For over 50 years, OFPDFF has provided quality instruction and fun for youth ages 7-14 (must be seven by Sept. 1 and not yet in high school).

The season begins in early August with practices and kicks off with Exhibition Sunday, featuring games, competitions, and family fun. Regular season games are held on Sundays at Oak Forest parks, concluding in November with a banquet.

Football: Two divisions — Junior (ages 7-10) and Senior (ages 11-14). Players learn football fundamentals, including offense, defense, and special teams, using an 11-player set. Uniforms include a helmet, jersey, and pants, distributed before the season begins. Players must provide their own protective knee pads, rubberized football shoes, and (for males) an athletic supporter.

Cheerleading: Cheer squads practice during the week and perform at Sunday games, learning routines showcased at our annual Cheer Exhibition Night. Uniforms include a jersey and skirt, distributed before Family Fun Day.

REGISTRATION FOR THE 2026 SEASON

Date: Sat., Apr. 11
Time: 10:00 am – 1:00 pm

Date: Sat., Apr. 25
Time: 10:00 am – 1:00 pm

All players and cheerleaders from the 2025 season will be placed on the same team/squad unless requested to be placed in the open draft. All players and cheerleaders not registered on these dates will be placed in the open draft – no exceptions! A copy of your child's birth certificate must be presented. Coaches need to sign up (or express interest) at registration so we will know how many coaches we have/need to form teams. Please sign up and talk to a board member when you are interested in registration!

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

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

FOOTBALL

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

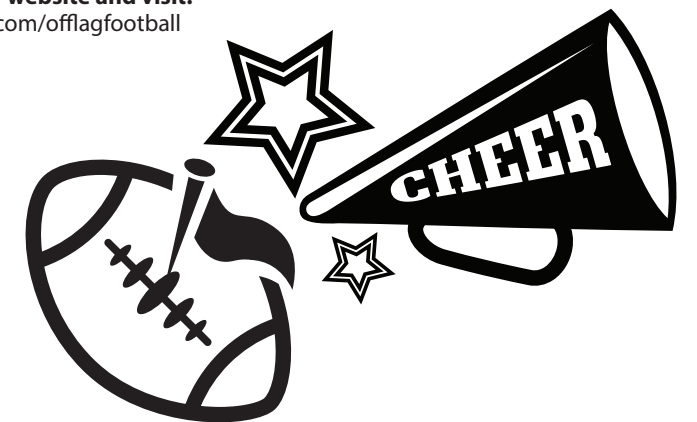
CHEER

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

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

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

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



ADULT SPORT LEAGUE & FITNESS

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 2026		
ACTIVITY #	5530-1101	5520-1101
SECTION #	01	01
STARTS:	Sept. 14	Sept. 18
WINTER 2027		
ACTIVITY #	5530-1101	5520-1101
SECTION #	02	02
STARTS:	Jan. 25	Jan. 29
REGISTRATION DATES	Returning	New
	Aug. 3 (Fall)	Aug. 10 (Fall)
	Dec. 7 (Winter)	Dec. 14 (Winter)

ADULT BEGINNER PICKLEBALL

Join the pickleball craze! This fun sport combines tennis, badminton, and ping pong, played with paddles and a whiffle ball on a small court. Designed for beginners, this class covers the basics — forehand shots, serving, court positioning, scoring, and rules — through easy drills and game play. The slower pace helps players build confidence and skills. *All equipment is provided.*

Activity #	Section #	Dates
2425-2101	01	Apr 20 – May 18
2425-2101	02	June 1 – July 6 (no class 6/29)
2425-2101	03	July 13 – Aug 10

Instructor: Sports Kids Inc. Staff

Who: 18 yrs. +

Location: Central Park Building
15601 S. Central Ave.

Day: Mon.
Time: 5:00 – 6:00 pm

Fee: \$75.00 R/ \$98.00 NR

Limit: Min. 6/Max. 20

ADULT ADVANCED BEGINNER PICKLEBALL

This class is for advancing beginners ready to improve their skills and play at a faster pace. Players will work on consistency with forehand and backhand shots, serves, volleys, dinks, and lobs through focused drills and weekly match play. Learn to play smarter and take your game to the next level! *All equipment is provided.*

Activity #	Section #	Dates
2425-2102	01	Apr 20 – May 18
2425-2102	02	June 1 – July 6 (no class 6/29)
2425-2102	03	July 13 – Aug 10

Instructor: Sports Kids Inc. Staff

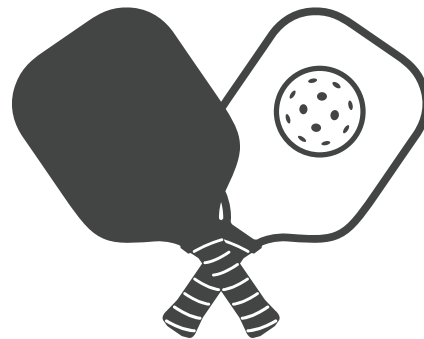
Who: 18 yrs. +

Location: Central Park Building
15601 S. Central Ave.

Day: Mon.
Time: 6:00 – 7:00 pm

Fee: \$75.00 R/ \$98.00 NR

Limit: Min. 6/Max. 20



ADULT FITNESS

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

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 #	Date	Time
3056-2101	01	Tues., April 14	10:00 – 10:45 am
3056-2101	02	Fri., May 15	11:00 – 11:45 pm
3056-2101	03	Sat., June 13	11:00 – 11:45 am
3056-2101	04	Sat., July. 25	12:00 – 12:45 pm
3056-2101	05	Tues., Aug. 18	11:00 – 11:45 am
3056-2101	06	Fri., Sept. 25	4:00 – 4:45 pm

Instructor: Chrissy Samiec

Who: 10 yrs. +

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

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

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

Limit: Min. 1/Max. 6

SPIN, SWEAT. REPEAT.

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

Activity #	Section #	Dates
3052-2101	01	April 14 – May 19
3052-2101	02	June 2 – July 7
3052-2101	03	July 21 – Aug. 25

Instructor: Chrissy Samiec

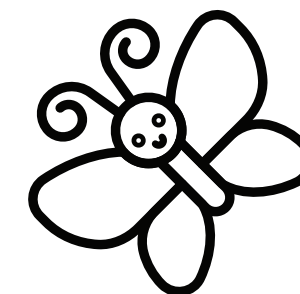
Who: 16 yrs. +

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. 13



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
3058-2101	01	April 15 – May 20
3058-2101	02	June 3 – July 8
3058-2101	03	July 22 – Aug. 26

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
3059-2101	01	April 6 – May 11
3059-2101	02	June 1 – July 6
3059-2101	03	July 20 – Aug. 24

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

ADULT ACTIVITIES

COMMUNITY GARDEN RENTAL

We are excited for another great season for our Community Gardens! We will be offering one site with the ability to grow vegetables, herbs, or flowers. Gardeners from 2025 can register through 5:00 p.m. on April 3rd. After April 3rd, garden spots will be filled numerically on a first-come, first-served basis. New gardeners may start registering starting April 6th.

We will prepare the planting area, and the rest is up to you! For more information, contact Jen at 708-752-8119.

ACTIVITY #7721-2101 | SEC. #01

Location: 151st and Long
Size: 20 lots (each lot 10'x30')
Fee: \$60.00

HOOKS AND NEEDLES

Have you ever wanted to learn how to knit or crochet? 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 own crochet hook, knitting needles, and yarn. A supply list will be emailed to you before the first class. Maybe you already know how to knit or crochet and want to join a group of people to share experiences, inspire, and encourage each other. Join us for just \$5 a class. See you there.

Activity #	Section #	Dates
3054-1101	01	May 2 – May 30
3054-1101	02	Aug. 1 – Aug. 29

Instructor: Michelle Pruitt & Chrissy Samiec

Who: 12+

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

THORNTON 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: Adults 18+ yrs.

Location: Thornton, IL

Dates: Sat., Oct. 3
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. Arrive 15 Minutes early to check in.



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.

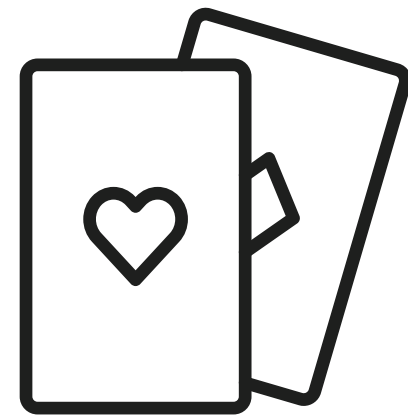
Who: 18 yrs. +

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



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 ACTIVITIES & EVENTS

OAK FOREST RAIDERS TACKLE FOOTBALL AND CHEERLEADING

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

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

Who: 5-14 yrs. (boys & girls)

Location: Raiders Building
15601 Natalie Dr.

Online

Registration: April 1, 2026-June 30, 2026 For more information go to Raiders website www.oakforestraiders.com



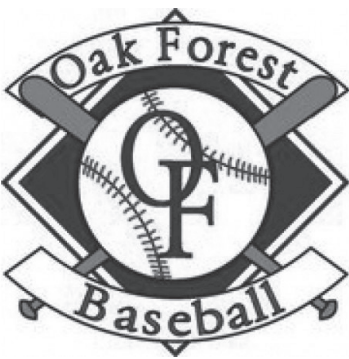
OAK FOREST BASEBALL ASSOCIATION

The Oak Forest Baseball Association has been in our community since 1952 and plays an instrumental role in teaching our children the fundamentals of baseball from age 5 through 18.

Our 2026 season is underway as we kick off Opening Day in April. The season ends with an in-house All-Star day and a travel All-Star Tournament for July. Fall baseball starts the week after Labor Day; registration begins after the in-house season is complete.

Our next registration will be held in November 2026 for the 2027 season at "The Cages," located at 149th & Menard. Check or Credit Card only. During this registration, you will receive an early registration discount.

For more info regarding Oak Forest Baseball please visit: leagues.bluesombrero.com/oakforestbaseball or email info@oakforestbaseball.org.



OAK FOREST SENIOR COMMISSION SENIOR LUNCHEONS

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

Who: 65 yrs. +

Host: Oak Forest Senior
Commission

Location: Park Place at Central Park
15601 S. Central Ave.

Date: 4th Thurs. of the month
(except July, August, and
December)

Time: 11:00 am

Fee: \$7.00 per person
(tickets must be purchased
at Oak Forest City Hall)



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: 8:30 am

Open Streets: 10:00 am

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 or call
(708) 687-4050.

Join the Oak Forest Park District after
the parade for their 2nd Annual Fleadh
Fest (see page 12 for more details).







SPRING
SUMMER
2026

South Suburban Special Recreation Association (SSSRA) provides recreational 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 for additional information.

SPRING SUMMER 2026

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

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

Bunny Breakfast

All Ages & Family
Sat, Mar 28
Wiley's Grill, Homewood

Family Banquet

All Ages & Family
Wed, May 13
Gaelic Park, Oak Forest

Fitness & Fun

Ages 13 & Older
Sat, Apr 4 to May 2
Oak Forest Park District

Little Kickers Soccer

Ages 2 to 12
Mon, Mar 30 to Apr 27
Matteson Community Center

Scavenger Hunt

All Ages
Thurs, May 7
Virtual

Spring Formal

Ages 13 & Older
Fri, May 8
Oak Forest Park District

SSSRA Performing Arts Show

All Ages & Family
Mon, May 4
Freedom Hall, Park Forest

SSSRA Day Camp

Ages 2 to 22
June to August 2026
Locations TBA (Tinley Park/Oak Forest Area)

SSSRA Day Camp offers an atmosphere where campers have fun, experience social interaction with camp mates and develop skills such as sportsmanship and increased independence. Activities include sports, games, crafts, singing, dancing, food creations, playtime, swimming and field trips.

Complete details available March 23

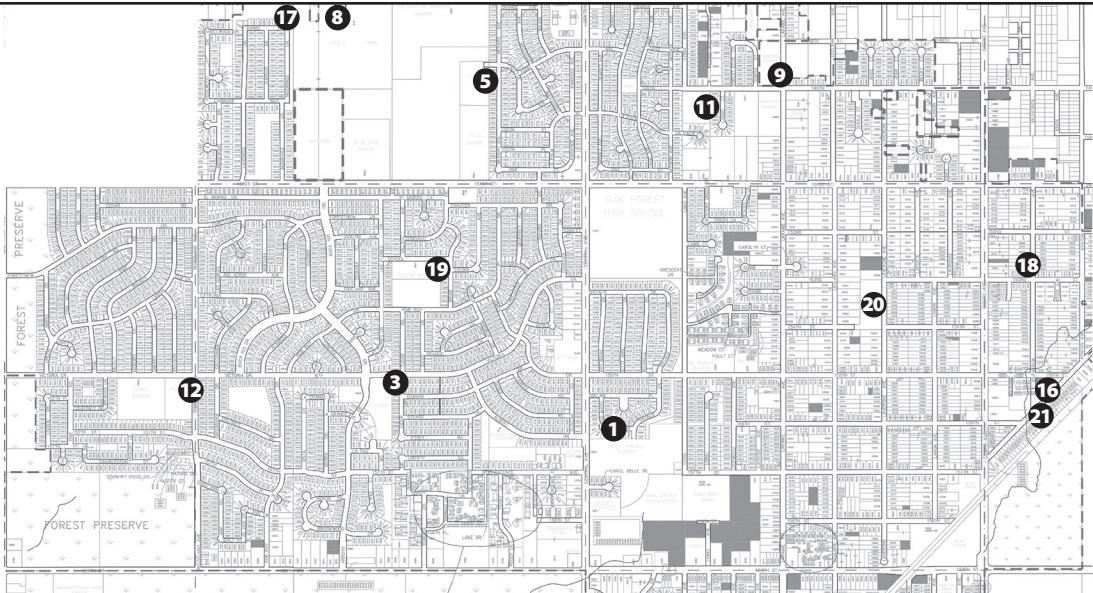
www.sssra.org
info@sssra.org

19910 80th Avenue
Tinley Park, IL 60487

www.sssra.org
info@sssra.org

815.806.0384
815.806.0390 • Fax
711 • Illinois Relay System





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

COMMUNITY PARKS

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

NEIGHBORHOOD PARKS

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

7. Friendly Oaks
163rd & Long Ave.
8. Gaelic Park Soccer Fields
147th St.
9. Gene Leonard Park
149th & Laramie Ave.
10. Harriet Park
160th & Forest Ave.
11. Heritage Park
149th St. & Long Ave.
12. James Jesk Park
155th & Ridgeland Ave.
13. Lagoon Park
Debra Dr. & Leslie Ln.

14. Lockwood Park
Lockwood Ave. & Christopher
15. Malecky Park
172nd & Arrowhead Tr.
16. Athletic Center
155th & Kilpatrick
17. Terry 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

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

NEIGHBORHOOD PARKS

4.	Avenues Park Fieldcrest & Willowick Dr.												1										
5.	Convent Park 149th & Menard Ave.		1					4	1	1			1				1		1				
6.	Don Burns Park "Gingerwood" 169th & Forest Ave.	1	1			1			1	1	1	1	1	1		4	2				1		
7.	Friendly Oaks 163rd St. & Long Ave.							1					1				2				1		
8.	Gaelic Park Soccer Fields 147th St.																			4			
9.	Gene Leonard Park 149th & Laramie Ave.	1											1	2						1			
10.	Harriet Park 160th & Forest Ave.									1		1	1	1				1	1				
11.	Heritage Park 149th St. & Long Ave.							1					1										
12.	James Jesk Park 155th & Ridgeland Ave.	1				1				1	1	1	1			2	2				1		1
13.	Lagoon Park Debra Dr. & Leslie Ln.				1																		
14.	Lockwood Park Lockwood Ave. & Christopher												1										
15.	Malecky Park 172nd & Arrowhead Tr.									1	1	1	1	1				1	1		1		
16.	Athletic Center 155th & Kilpatrick			1																			
17.	Terry 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						

Central Park Building
Administrative Offices
15601 S. Central Ave.

Don Gorman
Recreation Center
4412 Henry St.

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

THE ZONE
15601 S. Central Ave.

www.oakforestparks.org

708.687.7270

UPCOMING EVENTS

MARCH	
7	Fleadh Family Fest
9	Resident Registration Open
11	Non-Resident Registration Open
28	El Morro Egg-Stravaganza
APRIL	
3	You've Been Egged
17	FunTime Preschool Registration Begins
28	Spring Gymnastics & Tumbling Begins
MAY	
2	Family Kite Fly
6	Mother/Son Night Out
15	Dance Recital
16	Opening Day at El Morro Park Mini Golf and Concessions
JUNE	
1	Summer Dance Begins
12	Movie in the Park at El Morro Park "How To Train Your Dragon"
JULY	
7	Summer Gymnastics & Tumbling Begins
10	Movie in the Park at El Morro Park "Minecraft"
11	Yoga in the Park
11	Lagoon Fire on the Water
15	National Hot Dog Day @ El Morro Park
16	Touch A Truck
AUGUST	
7	Movie in the Park at El Morro Park "Zootopia 2"
20	Momentum Dance Force Tryouts
SEPTEMBER	
2-3	FunTime Preschool Meet and Greet
6	Old Times Family Picnic
8-9	FunTime Preschool Begins
11	Senior Picnic
13	Sparklers Cheer Team Tryouts

OAK FOREST PARK DISTRICT



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Get Social with Us!*

