



RESIDENT REGISTRATION
BEGINS MAY 5, 2022

DAY CAMP
INFORMATION
INSIDE ►

+ **WHO'S ROCKIN'**
ORLAND PARK?
**CENTENNIAL
PARK WEST**
CONCERT SERIES



ORLAND PARK

This activity is not sponsored by Palos School District 118, any of its schools or groups officially associated with the District.

RECREATION

Summer Program Guide & PARKS 2022

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noun

- 1 the subjects or topics covered in a book or document.
- 2 the chapters or other formal divisions of a book or document.

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ORLAND PARK RECREATION & PARKS DEPARTMENT

MISSION STATEMENT Strive to enhance the quality of life for all participants and to create memorable experiences by offering progressive, enriching, recreation and leisure opportunities while preserving natural resources for present and future generations.

A MESSAGE FROM MAYOR PEKAU

The Village's Recreation and Parks Department is pleased to present the Summer Program Guide featuring a great variety of recreational opportunities and special events for all ages and interests. Within the guide you will find a variety of camps including summer day camp, sports camps, art camp, STEAM camp, an American Girl Doll camp, life of an archeologist camp, and many more. The Museum's new exhibit, 1892 – 2022, 130 Years of Orland, opens on June 11th. Stellwagen Farm will host a Vintage Baseball Game between the Chicago Salmons and Indiana's Deep River Grinders, July 9th, plus Yoga on the Farm, July 23rd.

The Centennial Park Aquatic Center (CPAC), a great Orland Park summer tradition, opens Memorial Day weekend. Be sure to join us for new Appreciation Days and family fun activities. Summer events kick-off on June 2nd with the Market at the Park featuring unique shopping opportunities, food trucks, and entertainment. The Centennial Park West Concert Series will be back for a second season. Scan the QR code to check out this year's line-up. Be sure to take part in the July 1st Veterans Liberty Run/Walk, then celebrate the Fourth of July as 4CAST rocks Centennial Park before the fireworks. We'll come together as a community at the Annual Taste of Orland Park August 5, 6 & 7 with food, music and fun!

Families will enjoy the 2022 Outdoor Movie series with two, free Movies in the Park, and one Drive-in Movie. In August the Village will host a fundraiser in support of the newly acquired John Humphrey House. The day will include a "living tour" of Village historic buildings, with live characters and an afternoon reception at the Humphrey House. I hope you will join us in support of raising funds for the restoration of the home.

This year's Orland Park Veterans Golf Classic supporting local veteran and military organizations will be August 30th. I invite you to support veterans as a golfer or sponsor. Our Special Recreation Division has a great line-up of programs and events for special needs individuals. A highlight of summer will include the Summer Getaway to Sandusky, Ohio. This summer, create lasting memories with family and friends.

Let the summer fun begin!

Keith Pekau, Mayor
Village of Orland Park

RAINOUTLINE.COM:
To check the latest weather
conditions, see page 9 for details.

VILLAGE FACILITIES

FREDERICK T. OWENS	PUBLIC WORKS 708.403.6350
VILLAGE HALL 708.403.6100	PACE Bus Service 708.403.6355
ORLAND PARK POLICE	ORLAND PARK CIVIC CENTER
708.349.4111 (non-emergency)	708.403.6200





Mayor Keith Pekau

BOARD OF TRUSTEES

Mayor Keith Pekau
 Village Clerk Patrick R. O'Sullivan
 Village Trustee William R. Healy
 Village Trustee Cynthia Nelson Katsenes
 Village Trustee Michael R. Milani
 Village Trustee Sean Kampas
 Village Trustee Brian J. Riordan
 Village Trustee Joni J. Radaszewski

ADMINISTRATION

Village Manager.....George Koczwar
 Assistant Village Manager Jim Culotta
 Recreation & Parks Director.....Ray Piattoni
 Recreation & Parks Asst. Director ..Greg Bruggeman
 Special Events Manager Doreen Biela
 Parks Operations Manager Beau Breunig
 Recreation Division Manager—
 Special Events.....Allison Cann
 Administrative Coordinator.....Kathie Clifford
 Fitness Manager Deborah Graham Geghen
 Special Recreation Supervisor.....Nick Harvey
 Recreation Division Manager—
 Sportsplex Kurt Heinlen
 Civic Center General Manager.....Cindy Kelly
 Parks Administrative Coordinator.....Linda Kujawa
 Registration Supervisor.....Stacy Landis
 Senior Graphic Designer Jennifer Medema
 Recreation Division Manager—
 Programs Jean Petrow
 Administrative Coordinator.....Donna Rymut
 Athletic Supervisor.....Jack Savage
 Senior Secretary.....Debbie Schab
 Program Supervisor.....Andrea Smaga
 Aquatic & Ice Rink Manager.....Brett Sprague
 History Museum CuratorSarah Stasukewicz
 Financial Analyst.....Josephine Wimunc

RECREATION ADVISORY BOARD

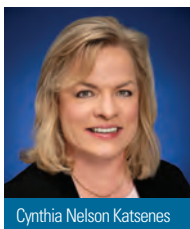
Tom Dubelbeis, Gino Gentile, Scott Trokey, James Arredondo, Andrew Brennan, John Lawler, Mike Martinez, Kyle Kickert, Jim Pittacora, Diane DeVito, Jamie Makuch, Ed Hanley, Yvonne Shurley



Patrick R. O'Sullivan



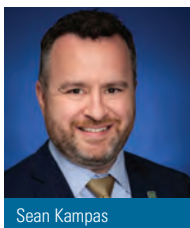
William R. Healy



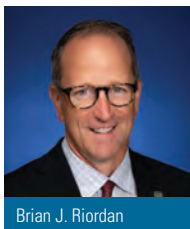
Cynthia Nelson Katsenes



Michael R. Milani



Sean Kampas



Brian J. Riordan



Joni J. Radaszewski

BUILDING INFORMATION

RECREATION ADMINISTRATION OFFICE

14600 S. Ravinia Avenue 60462
 PHONE 708.403.5000

*Administration staff available by appointment only. In-person registration can be taken at Village Hall or Sportsplex. **

* VILLAGE HALL

14700 S. Ravinia Avenue 60462
 PHONE 708.403.6100

BUILDING HOURS —

Monday through Friday: 8a-5p

* SPORTSPLEX

11351 W. 159th Street 60467
 PHONE 708.403.5000

BUILDING HOURS — *Call for holiday hours.*

Memorial Day Weekend to Labor Day

Monday through Friday: 5:30a-10p

Saturday: 7a-7p | Sunday: 8a-7p

Labor Day Weekend to Memorial Day

Monday through Friday: 5:30a-10p

Saturday: 7a-9p | Sunday: 8a-8p

REGISTRATION OFFICE HOURS

Monday thru Friday: 9a-5p | Saturday: 9a-12p

FRANKLIN LOEBE RECREATION CENTER

14650 S. Ravinia Avenue 60462
 PHONE 708.403.5000

BUILDING HOURS —

Memorial Day Weekend to Labor Day

Monday through Friday: 8a-7p

Saturday: 8a-1p | Sunday: Closed

Labor Day Weekend to Memorial Day

Monday through Friday: 8a-10p

Saturday: 8a-7p | Sunday: 1-9p

CULTURAL CENTER

14760 S. Park Lane 60462
 PHONE 708.349.1402 — *Call for hours*

ORLAND PARK HEALTH & FITNESS CENTER

15430 West Avenue 60462
 PHONE 708.226.0555

BUILDING HOURS — *Call for holiday hours.*

Monday through Friday: 5a-10p

Saturday: 6a-7p | Sunday: 7a-7p

ORLAND PARK HISTORY MUSEUM

14415 Beacon Avenue 60462
 PHONE 708.873.1622

NEW MUSEUM HOURS —

Thursday through Saturday: 10a-3p

Or by appointment

CIVIC CENTER

14750 Ravinia Avenue 60462
 PHONE 708.403.6200

BUILDING HOURS —

Monday through Friday: 8a-4:30p

Building Information
 noun
 4 an office, station, service, or employee whose function is to provide information to the public.

noun
1 something that happens or is regarded as happening; an occurrence, especially one of some importance.

APR/MAY

SUN	MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29	30
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JUN

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

JUL

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

AUG

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEP

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

- **APR 30, SATURDAY**
CHARCUTERIE & WINE EVENT
- **MAY 20, FRIDAY**
IMPROV/KID'S IMPROVABLE SHOW
CULTURAL ARTS CENTER
- **MAY 28, SATURDAY**
CENTENNIAL PARK AQUATIC CENTER
OPENING DAY
- **JUN 2-AUG 18, THURSDAYS**
MARKET IN THE PARK (NO MARKET JUNE 30 OR AUG 4)
CRESCENT PARK
- **JUN 12, SUNDAY**
CONCERT IN THE PARK
CRESCENT PARK
- **JUN 17, FRIDAY**
MOVIE IN THE PARK (E.T.)
CRESCENT PARK
- **JUL 1, FRIDAY**
VETERANS LIBERTY RUN & WALK/KID'S FUN RUN
CENTENNIAL PARK
- **JUL 4, MONDAY**
INDEPENDENCE CELEBRATION
CENTENNIAL PARK
- **JUL 10, SUNDAY**
CONCERT IN THE PARK
CRESCENT PARK
- **JUL 16, SATURDAY**
DRIVE-IN MOVIE (JUNGLE CRUISE)
ORLAND PARK HEALTH & FITNESS
- **AUG 5, 6 & 7, FRIDAY, SATURDAY & SUNDAY**
TASTE OF ORLAND PARK
VILLAGE GREEN
- **AUG 12, FRIDAY**
MOVIE IN THE PARK (ENCANTO)
CRESCENT PARK
- **AUG 30, TUESDAY**
VETERAN'S GOLF CLASSIC
SILVER LAKE COUNTRY CLUB
- **SEP 5, MONDAY**
CENTENNIAL PARK AQUATIC CENTER
LAST DAY OF THE SEASON
- **SEP 17, SATURDAY**
BREWFEST—ORLAND PUBLIC WORKS GARAGE



THE EXHIBITION ROOM

This spacious column-free room can comfortably seat up to 200 guests for dinner and up to 400 theater style, perfect for weddings, birthdays, business meetings, training classes, and more.



JANE BARNES ANNEX

The Annex seats up to 125 guests for dinner or meetings. The room can seat up to 200 theater style. This room is perfect for meetings, weddings, birthdays, training classes, and more.



THE GRAND HALL

This hallway is adjacent to and comes with the rental of the Exhibition Room. It is an open area that is perfectly suited for exhibits, buffets, or receiving lines.



THE OUTDOOR TERRACE

The Terrace is an open air outdoor balcony overlooking a scenic reflecting pond. The Terrace comes with the rental of the Exhibition Room.

ORLAND PARK CIVIC CENTER

YOUR PLACE FOR PARTIES, EVENTS & MEETINGS

14750 RAVINIA AVENUE, ORLAND PARK, IL 60462

Conveniently located in the heart of Orland Park, the Orland Park Civic Center is an ideal location for your next corporate event, wedding, birthday, anniversary, shower, or any other private event. Alcohol may be served at private parties after obtaining the proper license and liquor liability insurance.

Please contact the Civic Center directly for availability, pricing and liquor regulations. For more information, contact Cindy or Mark at the Civic Center at 708.403.6200 or ckelly@orlandpark.org.





CULTURAL CENTER

14760 Park Lane, Orland Park

This center has four rental options. The Exhibit Hall accommodates up to 130 guests and is perfect for banquets, birthday parties, and family gatherings. A full kitchen is available.

■ Exhibit Hall ■ Room 201
■ Room 101 ■ Room 203



FRANKLIN LOEBE CENTER

14650 S. Ravinia Ave, Orland Park

The upper level of FLC has two separate meeting areas with a seating capacity of 35-48 guests. The gymnasium may also be rented for private rentals, birthdays, or special occasions.

■ Room 121 ■ Room 109 ■ Gymnasium

INDOOR PLAYGROUND PARTY RENTAL

The Franklin Loebe Center offers a party rental package which includes 2 hours in Room 109 and private use of the Indoor Playground. Great for birthday parties, team outing, scout events, or special occasions! Rentals can be booked on Saturdays from 11a-1p or Sundays from 2-4p.

Resident \$100 | Non-resident \$150

SPORTSPLEX

11351 W. 159th St Orland Park

The Sportsplex offers a variety of party packages to celebrate birthdays, group outings, or any special occasion. Turn to the Sportsplex section for party package times, fees, and party options. The gymnasium and/or indoor soccer field may also be rented for private group rentals.

HISTORY MUSEUM

14415 Beacon Ave. Orland Park

The Museum accommodates up to 50 guests. Lighting, podium, and stage are available and are great to use for lectures and presentations.

For rental information, turn to the Orland Park History Museum section of this brochure, or contact Sarah Stasukewicz at 708.873.1622.

ORLAND PARK FACILITY RENTALS

RESERVATIONS FOR INDOOR SPACE ARE SUBJECT TO PROGRAMMING AND ARE GENERALLY AVAILABLE FOR RESERVATION 90 DAYS PRIOR TO THE EVENT.

ALCOHOL IS NOT ALLOWED IN THESE FACILITIES.

For information on room rentals at the Cultural Center, Franklin Loebe, or Sportsplex, please contact the Recreation & Parks Department at 708.403.5000.



Village Of Orland Park PROGRAM GUIDE ADVERTISING

**Full Page
Ad Size**
8.0"w x
8.0"h

**Half Page
Ad Size**
7.875"w x
5.165"h

The Village of Orland Park Recreation & Parks Department's seasonal guide publication is a comprehensive listing of programs, events and facilities that allows your company the opportunity to reach every residence and business within the Village of Orland Park. This publication is delivered three times a year to approximately 26,000 households and businesses, with an additional 3,000 distributed in the Village of Orland Park facilities. These seasonal program guides are used as a household reference with a shelf-life of four months.

Take advantage of the opportunity for your company's message to be included in a publication that reaches 58,000 residents three times a year and is published seasonally on our website.

Please Note: The Village of Orland Park reserves the right to refuse ads based on appropriateness and competition. No ads will be accepted that compete with our programs.

Pre-designed ads are required. If a submitted ad is in an unusable format, advertiser will be charged a minimum of \$250 for design time, or you may resubmit art in the correct format prior to deadline.

If you are interested in placing an ad, please check the issue you would like to advertise in followed by your ad size:

1 RESERVE YOUR SPOT TODAY!

Dates are subject to change

- ☐ **Winter/Spring 2023** (Deadline: August 15, 2022)
- ☐ **Summer 2023** (Deadline: December 6, 2022)
- ☐ **Fall 2023** (Deadline: May 9, 2023)
- ☐ **Yes...count me in for all 3 issues!**
(Payment must be received up front for 3 issues)

2 SELECT AN AD SIZE:

- ☐ **Back Cover—Full Color** (8.0"w x 8.0"h)
 - ☐ \$6000—One Year (3 issues)
 - ☐ \$2500—One Issue
- ☐ **Inside Back Cover—Half Page** (7.875"w x 5.165"h)
 - ☐ \$2500—One Year (3 issues)
 - ☐ \$1000—One Issue

- **SPECIFICATIONS—** press-quality PDF
 - CMYK, with crop marks & .375" bleeds

ISSUE	SPACE RESERVATION	ARTWORK DUE	DISTRIBUTION
Winter/Spring 2023	August 15, 2022	September 8, 2022	November 21, 2022
Summer 2023	December 6, 2022	February 8, 2023	May 4, 2023
Fall 2023	May 9, 2023	May 25, 2023	August 4, 2023

3 YES! COUNT ME IN...

Print Name: _____ Phone: _____
 Company Name: _____
 Email: _____
 Address: _____
 City: _____ State: _____ Zip: _____

Amount of Payment: \$	Check #:	Payable to: VILLAGE OF ORLAND PARK			
Credit Card Number:	Visa	MC	Discover	AmEx	
Card Holder Name:	Exp. Date:	CVV:			
Authorized Signature:					
I agree to pay the amount charged to the card listed above in accordance with the card issuer agreement.					

Ad art must be supplied on CD or e-mailed to jpetrow@orlandpark.org and must be accompanied by a hard copy proof. The following art files will be accepted: Acrobat PDF, JPG, or TIF. If your artwork includes bleeds, please add a .15 inch bleed mark on the right, left and bottom of the ad. For additional information or questions on advertising with the Village of Orland Park, call 708.403.6380 or e-mail jpetrow@orlandpark.org.



GREAT OUTDOORS

Great Outdoors

noun

1 the world outside of or away from houses; open air.

GRINDING
EDGE

OPEN DAILY
WEATHER PERMITTING

SKATE PARK

DAYLIGHT UNTIL DUSK

... NO DAILY FEE ... OPEN THROUGH NOVEMBER 7

708.403.5000
ORLANDPARK.ORG

THE DOGOUT DOG PARK

AT CENTENNIAL PARK

Our member's only dog park features off-leash areas for large and small dogs, separately fenced agility training areas, doggie/human drinking fountains, seating, and shaded areas. Detailed information, including membership forms, rules and regulations, and vaccination requirements are available on our website at OrlandPark.org, or by calling 708.403.5000.

MEMBERSHIP FEES

Residents Orland Park/Orland Township:

\$30 per year | \$10 each add'l dog (up to 3)

Non-Residents:

\$85 per year | \$15 each add'l dog (up to 3)

Membership expires July 31 each year, regardless of when membership is purchased.



ORLANDPARK.ORG

**LAKE SEDGEWICK IS OPEN FOR FISHING & KAYAKING.
JOHN BOATS WITH ELECTRIC TROLLING MOTORS ARE PERMITTED.**

LAKE SEDGEWICK KAYAK & PEDAL BOAT RENTALS

**Located in Centennial Park
15600 West Avenue & Fun Drive**

**Opening Day May 28
thru September 5**

weather permitting

RENTING BOATS SEVEN DAYS A WEEK!

Mondays – Fridays: 12p-8p*

Saturdays & Sundays: 11a-8p*

***LAST BOAT RENTAL IS ONE HOUR BEFORE CLOSING**

MODIFIED HOURS

May 31- June 3—4p-8p

July 4—10a-7p

September 5 (Labor Day)—12p-5p

BACK TO SCHOOL HOURS

August 19, 26 & September 2—4p-7p

August 20, 21, 27, 28 and September 3-4— 12p-7p

NO BOAT RENTALS MONDAY thru THURSDAY,
August 17-18, 22-25, 29-31 and September 1

RENTAL FEES:

A \$20 CASH DEPOSIT REQUIRED TO RENT A WATER CRAFT.

KAYAK RENTAL FEES:

\$10 per hour/per person

\$5 per 1/2 hour (for any time over the initial hour rental)

PEDAL BOAT RENTAL FEES:

\$20 per hour/per boat

\$5 per 1/2 hour (for any time over the initial hour rental)

CENTENNIAL PARK WEST NAMING RIGHTS

**Feature your business
name on our premier
concert venue!**

**For details please contact
Recreation@orlandpark.org.**



RULES & REGULATIONS

KAYAK REGULATIONS

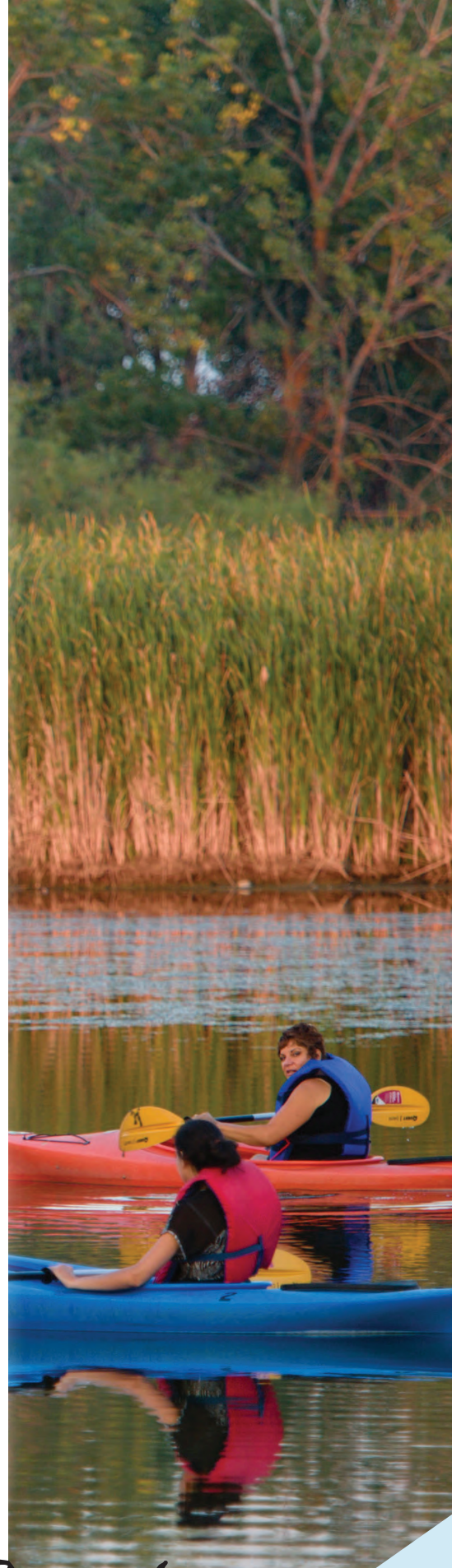
1. Must be 12 years of age or older to operate a kayak.
2. Participants ages 12 to 15 may utilize a kayak when accompanied by a person 16 years of age or older in another kayak.
3. Participants age 8 to 11 may only utilize a 2-person kayak and must be accompanied by an individual 16 years of age or older.
4. No one under the age of 8 years may utilize a kayak.

PEDAL BOAT REGULATIONS

1. Must be 14 years of age or older to operate a pedal boat.
2. Participants under the age of 14 must be accompanied by at least one individual 16 years of age or older.
3. No one under the age of 5 years is permitted on a pedal boat.
4. Sitting on laps is not permitted.

BOATER INFORMATION

- Rentals are made thru the Centennial Park Aquatic Center cashier's office.
- All rentals are on a first come, first served basis.
- Renters must be at least 16 years of age and have a valid driver's license or state ID to rent watercraft.
- All renters 18 years & up are required to sign a waiver. Those under the age of 18 must have a parent/guardian (18 years or older) sign a waiver on their behalf.
- Rentals are a minimum of 1 hour. Boats returned later than 10 minutes after the hour will be assessed an additional 30 minute fee. Boats returned more than 30 minutes after the hour will be assessed a full hour rental fee.
- Fees must be paid in advance. Deposit will be returned after any late fees have been applied.
- All patrons are required to wear a Village of Orland Park life vest at all times while on the lake.
- Fishing from pedal boats or kayaks is not permitted.
- Docking boats anywhere other than the boat launch is not permitted unless there is an emergency.
- Renters are responsible for damage, or loss to the boats and/or equipment.



**BOAT/KAYAK RENTALS MAY BE SUSPENDED WHEN WEATHER CONDITIONS CREATE AN UNSAFE
SITUATION OR DURING PERIODS OR DAYS WHEN THE POOL IS CLOSED.**

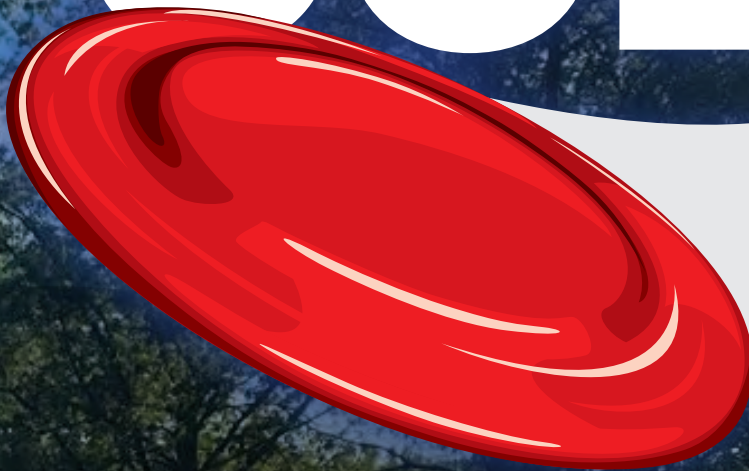
Great Outdoors **07**



ORLAND PARK

RECREATION & PARKS

DOOGAN PARK DISC GOLF



- Seven par 3s / two par 4s
- Shady, wooded park
- FREE to play
- Bring your own disks
- Restrooms available
- Water fountain
- Shaded pavilion
- 9 Holes, Par 29, 1896 Feet

DOOGAN PARK | 14750 Park Lane, Orland Park, IL 60462
708.403.5000 | ORLANDPARK.ORG



ORLAND PARK NATURE CENTER

13951 S. LAGRANGE ROAD

Located on LaGrange Road, just north of the Metra tracks, the Nature Center provides visitors with a beautiful open space to enjoy! The space includes an amphitheater to accommodate a variety of uses and group sizes, a paver parking lot, a looped trail system that includes seating areas, and native plant and animal community restoration examples. The Gianakas family donated the 24 acre parcel to the north of the Nature Center site to the Village. The wetlands on that site will serve as a focal point for the Nature Center and provide many preservation opportunities for the area's known bird populations. Fun-filled nature programs sometimes offered at the site! Be on the lookout for when these opportunities are offered! For further information or questions, please call 708.403.5000.

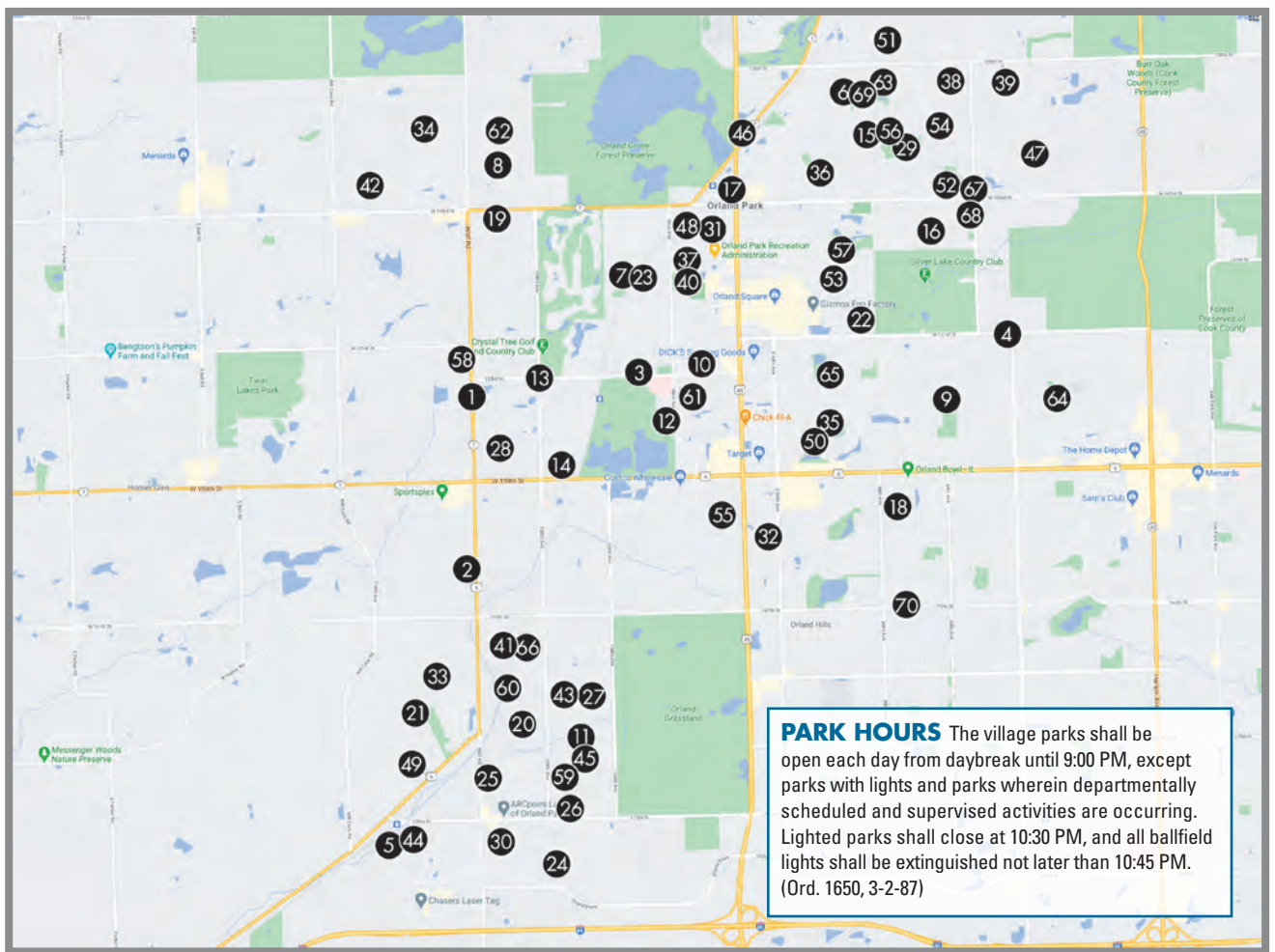
RAINOUTLINE.COM

STAY UPDATED ON THE LATEST FIELD CONDITIONS, OUTDOOR PROGRAM STATUS AND SPECIAL EVENTS.

GO TO RAINOUTLINE.COM AND DOWNLOAD THE FREE APP NOW, OR CALL 708.401.0043 FOR UPDATED INFORMATION.

CENTENNIAL PARK	CENTENNIAL PARK	HIGH POINT	CACHEY PARK	VETERANS PARK
Ball Field 1—Ext. 1 Ball Field 2—Ext. 2 Ball Field 3—Ext. 3 Ball Field 4—Ext. 4 Ball Field 5—Ext. 5 Ball Field 6—Ext. 6 Ball Field 7—Ext. 7 Ball Field 8—Ext. 8 Ball Field 9—Ext. 9	Soccer Field 1—Ext. 10 Soccer Field 2—Ext. 11 Soccer Field 3—Ext. 12 Soccer Field 4—Ext. 13 Soccer Field 5—Ext. 14 Soccer Field 7—Ext. 15 Soccer Field 8—Ext. 16 Soccer Field 9—Ext. 17	Ball Field 7—Ext. 18 Ball Field 8—Ext. 19 Ball Field 9—Ext. 20 Ball Field 10—Ext. 21 Ball Field 11—Ext. 22	Ball Field 1—Ext. 32 Ball Field 2—Ext. 33 Ball Field 3—Ext. 34 Ball Field 4—Ext. 35 Ball Field 5—Ext. 36 Ball Field 6—Ext. 37 Ball Field 7—Ext. 38 Tennis Courts—Ext. 39	Ball Field 1—Ext. 68 Ball Field 2—Ext. 69 Ball Field 3—Ext. 70 Ball Field 4—Ext. 71 Ball Field 5—Ext. 72 Ball Field 6—Ext. 73 Ball Field 7—Ext. 74
CENTENNIAL PARK AQUATIC CENTER	DOOGAN PARK	SCHUSSLER PARK	GENERAL PROGRAM UPDATES	
General Info—Ext. 66 Swim Lessons—Ext. 79	Ball Field—Ext. 45 Tennis/Pickleball—Ext. 46	Ball Field 1—Ext. 59 Ball Field 2—Ext. 60 Soccer Field 1—Ext. 61 Soccer Field 2—Ext. 62	Dance Programs—Ext. 83 Preschool—Ext. 80 Special Events—Ext. 78 Special Recreation—Ext. 84 Sportsplex—Ext. 82	
PERMINAS PARK	EAGLE RIDGE I	EAGLE RIDGE II	JOHN HUMPHREY COMPLEX	
Ball Field 1—Ext. 57 Ball Field 2—Ext. 58	Ball Field—Ext. 47 Soccer Field—Ext. 48	Ball Field—Ext. 49 Multi-Purpose Field—Ext. 50	T-ball Field—Ext. 30 Ballfield 1—Ext. 23 Ballfield 2—Ext. 24 Ballfield 3—Ext. 25 Ballfield 4—Ext. 26 Ballfield 5—Ext. 28	

PARKS AMENITIES



PARK SITES

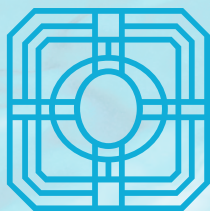
PARK SITES		Acreage	Bandstand	Baseball/Softball	Basketball	Bean Bag Boards	Bike/Walking Path	Boating	Bocce Ball	Climbing Wall	Fishing	Football Field	Frisbee Golf	Accessible Swing	Historical Landmark	Horseshoes	Ice Skating/Sledhill	LaCrosse Field	Natural Gardens	Outdoor Exercise Equip.	Pavilion	Pickleball	Picnic Grills	Playground	Roller Hockey	Skate Park	Soccer Field	Tennis Courts	Volleyball	Water Park	Ziplining
1.	ARBOR LAKE - 15400 Wolf Road	30.0					•				•								•												
2.	AVENEL - 16400 Avenel Drive	0.4					•																								
3.	BILL YOUNG - 15251 Huntington Court	0.3												•										•							
4.	BOLEY FARM - 8041 151st Street	5.0													•																
5.	BRECKENRIDGE - 18013 Imperial Lane	1.4					•		2	•	•					•					•		•								
6.	BRENTWOOD - 8901 Pine Street	5.2	1	2										•										•			1	1			•
7.	BROWN - 14701 Westwood Drive	3.4					•							•										•							
8.	BUNRATTY - 14045 Fermoy Avenue	4.2				•								•							•			•							
9.	CACHEY - 8401 Wheeler Drive	17.5		2					2									•			•	•	•	•			4	3			
10.	CAMENO REAL - 15232 El Cameno Terrace	0.5					•																	•							
11.	CAPISTRANO PARK - 10523 Stone Hill Drive	0.5																	•		•										
12.	CENTENNIAL - 15600 West Avenue	192		9		•	•	•			•	•				•	•			•		•	•	•		•	8		•	•	
🐕	THE DOGOUT DOG PARK - in Centennial Park	—					•														•										
🛹	GRINDING EDGE SKATE PARK - in Centennial Park	—																			•					•					
13.	CENTENNIAL WEST - Jillian Road & Park Station Blvd	12.0	•				•																								
14.	COLETTE HIGHLANDS - 15701 Park Station Boulevard	2.0									•			•							•			•							
15.	COLONIAL - 9324 139th Street	2.7					•														•		•	•							
16.	COUNTRY CLUB ESTATES - 14449 Country Club Lane	1.5					•														•			•							
17.	CRESCENT - 9705 142nd Street	1.0	•																		•										
18.	CRYSTAL CREEK - 16098 Laurel Drive	1.4																						•							
19.	DEER HAVEN - 11011 Deer Haven Lane					•	•												•				•	•							
20.	DEER POINT ESTATES - 17300 Deer Point Drive	5.1			•	•	•						•						•				•								

PARK SITES (CONT.)

PARK SITES (CONT.)		Acres	Bandstand	Baseball/Softball	Basketball	Beam Bag Boards	Bike/Walking Path	Boating	Bocce Ball	Climbing Wall	Fishing	Football Field	Frisbee Golf	Accessible Swing	Historical Landmark	Horseshoes	Ice Skating/Sledhill	LaCrosse Field	Natural Gardens	Outdoor Exercise Equip.	Pavilion	Pickleball	Picnic Grills	Playground	Roller Hockey	Skate Park	Soccer Field	Tennis Courts	Volleyball	Water Park	Ziplining
21. DISCOVERY - 11501 Brook Hill Drive	11.6	1	•	•				2						•	•						•	•	•	•			2	1			
22. DOGWOOD - 14946 Dogwood Drive	0.6		•	•										•								•									
23. DOOGAN - 14700 Park Lane	17.0	1	•	•	•								•	•								•	•	•	•				2		
24. EAGLE RIDGE - 10755 Eagle Ridge Drive	10.0	1		•				4								•						•	•	•	•		1	1			
25. EAGLE RIDGE II - 17705 Wolf Road	7.0	1			•			2			•								•			•		•	•						
26. EAGLE RIDGE III - 10640 Rachel Lane	3.0				•			2	•					•		•						•		•	•						
27. EMERALD ESTATES - 10550 Emerald Drive	1.5		•	•																		•		•				1			
28. EQUESTRIAN - 15657 Shire Drive	2.1				•																	•		•	•						
29. EVERGREEN - 8610 141st Street	29.4				•									•								•		•	•						
30. FOUNTAIN HILL - 18101 Buckingham Drive	5.2		•																			•		•							
31. FRONTIER - 9740 144th Place	1.2																					•		•	•						
32. GEORGETOWN - 9400 Providence Square	2.2																					•			•						
33. GRASSLANDS - 17050 Steeplechase Parkway	2.4		•	•										•								•			•						
34. GREYSTONE RIDGE - 13830 Creek Crossing Drive	0.52				•	•					•											•			•						
35. HELEN - 9001 Helen Lane	7.3	1	•	•							•											•		•	•					•	
36. HERITAGE - 14039 Concord Drive	4.1	1	•																			•	•	•	•		1	1			
37. HOSTERT LOG CABINS - 14701 West Avenue	—														•																
38. ISHNALA - 8301 Red Oak Lane	3.4		•											•		•							•	•		•		1			
39. ISHNALA WOODS - 13600 80th Avenue	6.0	1	•	•										•								•			•		1				
40. JOHN HUMPHREY - 14525 West Avenue	19.9	11			•																	•									
41. LAUREL HILL - 11001 Laurel Hill Drive	10.0		•											•		•							•		•			1			
42. LONG RUN CREEK - 11700 Long Run Drive	6.7		•	•																		•		•	•						
43. MALLARD LANDINGS - 17169 Deer Run Drive	10.0				•									•								•		•	•						
44. MARLEY CREEK - 18100 Marley Creek Boulevard	8.8		•	•							•						•					•		•	•						
45. MISSION HILLS - 17530 San Bernardino Drive	3.5		•							•												•		•	•						
46. NATURE CENTER - 13951 LaGrange Road	24				•														•												
47. NEWBURY - 7910 Newbury Drive	1.4								1													•		•	•						
48. OLD ORLAND PARK - 14438 1st Avenue	0.3				•																										
49. ORLAND WOODS - 11605 Kiley Lane	9.0																								•						
50. PARK HILL - 8920 159th Street	6.0										•																				
51. PARKVIEW - 8753 Butterfield Lane	3.9										•											•			•						
52. PERMINAS - 14201 Cristina Avenue	6.1	1	•											•									•		•			2			
53. PULTE - 9105 Carlisle Lane	0.5																								•						
54. QUINTANA - 8338 138th Place	5.7										•														•						
55. SARATOGA - 9704 161st Place	2.0				•			1														•			•						
56. SCHUMACK FARM - 10930 139th Street	23.6														•																
57. SCHUSSLER - 14609 Poplar Road	21.0	2	•	•							•			•			•					•		•	•		3	4			
58. SPRING CREEK ESTATES - 11240 Poplar Creek Ln	5.1		•	•							•											•		•	•						
59. STELLWAGEN FARM - 17701 108th Avenue	60.0				•										•																
60. STERLING RIDGE - 10931 Warwick Lane	1.8																		•			•									
61. SUNNY PINE - 13701 88th Avenue	6.1		•	•							•														•						
62. TAPIER/McGINNIS - 13825 110th Avenue	3.0																								•						
63. TREETOP - 15400 Treetop Drive	7.6		•								•											•			•	•		1			
64. VETERANS - 7721 Wheeler Drive	3.9	7	•											•								•		•	•	•		3	•		•
65. VILLAGE SQUARE - 9030 Windsor Drive	12.5	1	•								•											•	•		•			1			
66. VILLAS OF TALLGRASS - 16702 Scarlet Drive	0.5																			•		•		•							
67. WEDGEWOOD COMMONS - 14241 82nd Ave	4.0										•														•						
68. WEDGEWOOD ESTATES - 8200 Eynsford Drive	3.0		•																			•	•		•			2			
69. WIND HAVEN - 13651 Tallgrass Trail	3.7				•						•											•			•						
70. WLODARSKI - 16651 Robinhood Drive	1.4																					•			•						



Aquatics
Pl Noun
1 sports or pastimes performed in or on the water.



CENTENNIAL PARK AQUATIC CENTER

ANNUAL MEMBERSHIPS

Voted the “#1 Public Pool” by Chicago Magazine, Centennial Park Aquatic Center includes exciting amenities such as: lazy river, body flume slide, drop slide, tube slides, platform jump, zero-depth pool with child play structure, and lap lanes. The facility will open for its 31st season May 28, 2022 and will close September 5, 2022. Children 11 years of age and under must be supervised by an adult 18 years of age or older. For a complete list of facility rules please contact the Recreation & Parks Department or visit our website: OrlandPark.org.

For your convenience, the Recreation & Parks Department is accepting pool membership registrations during normal office hours at the Sportsplex Registration Office and Village Hall. Only members who will be at least three years old by May 1, 2022 and older will receive individual picture I.D.’s. Children two years of age and under are admitted free, therefore need not be present at registration. If a pass is damaged, please submit damaged pass to receive a free replacement. Passes must be retained from year to year. Once your membership is renewed, your passes will be activated automatically—no need to come in!

All residents must present a valid driver’s license or state ID at time of registration to prove residency. Billing address must be within the corporate boundaries of the Village of Orland Park. If residency is in question, further proof may be required. Anyone unable to supply proof of residency will be charged the non-resident rate. **NOTE:** Orland Park Resident IDs are highly recommended for all resident non-members in order to receive the resident daily admission rate.

*** A family membership is defined as 5 immediate family members residing in the same household with valid proof of residency.**

*** Immediate family members are defined as parents and their non-adult (24 & under) children residing in the same household.**

*** Additional immediate family members 3 years & older are \$17 each for residents/\$25 each for non-residents.**

ENROLL NOW BEFORE PRICES GO UP! MEMBERSHIP FEES THRU APRIL 30

Resident Individual	\$93
Resident Couple	\$140
Resident Family of 3-5*	\$175
Resident Senior (55+) Individual	\$58
Non-resident Individual	\$233
Non-resident Couple	\$350
Non-resident Family of 3-5*	\$466
Non-resident Senior (55+)	\$146

NEW PRICING EFFECTIVE MAY 1

Resident Individual	\$121
Resident Couple	\$181
Resident Family of 3-5*	\$226
Resident Senior (55+) Individual	\$77
Non-resident Individual	\$283
Non-resident Couple	\$426
Non-resident Family of 3-5*	\$566
Non-resident Senior (55+)	\$176

JOIN DURING THE **EARLY BIRD DISCOUNT** FOR THE BEST VALUE!

Sign up by April 30, 2022, to receive the early bird discount!
Beginning May 1, 2022, the early bird discount will no longer be available.

POOL MEMBERSHIPS AVAILABLE ONLINE!

Pool memberships may be purchased online at www.orlandpark.org. To ensure residents receive the resident rate on their membership, a Resident ID must be issued to all Orland Park residents 3 years of age and older. This Resident ID will be required as proof of residency to ensure that resident privileges are not abused, and allow residents to receive resident rates for their pool membership as well as drop-in and recreational activities.

Resident ID cards are available at the Sportsplex and Village Hall cashier’s office free of charge during regular business hours. To obtain a Resident ID card, proof of residency is required by showing a valid driver’s license/state ID. The Resident ID cards must be renewed annually by presenting a current driver’s license/state ID denoting same address.

NOTE: Non-resident rates will be charged to all participants without a valid Village of Orland Park Resident ID.

THINK SUMMER!

CENTENNIAL PARK AQUATIC CENTER OPENING DAY

SATURDAY, MAY 28 | 12-8P

Members may enter the pool one hour early. (11a)
Centennial Park Aquatic Center: 708.349.4FUN (4386)

MEMORIAL DAY HOURS

May 30—Open 12-8p (*weather permitting*)
Open one hour early for members. (11a)

SPLASH PARTY & PAVILION RENTALS

NOW AVAILABLE (See p. 17 for details.)

DAILY HOURS*

MAY 28 TO SEP 5 | 12 TO 8PM

Open to members: 11:55a weekdays
11a weekends

MODIFIED HOURS:

May 31 thru Jun 3 — 4p-8p
July 4 — 11a-7p (10a members)
Sep 5 — 12p-5p (11a members)

BACK TO SCHOOL HOURS:

Aug 19, 26 & Sep 2 — 4p-7p
Aug 17-18, 22-25, and Aug 29 thru Sep 1—Closed
Aug 20-21, 27-28, and Sep 3-4 — 12p-7p
(11a members)

CHILDCARE PROVIDER PASS

Available for purchase in conjunction with a **RESIDENT FAMILY Membership ONLY**. The Childcare Provider Pass may be purchased for ONE childcare provider at \$108 and is not transferable. The childcare provider must be at least 18 years of age. Purchase must be made by an adult member of the RESIDENT FAMILY membership and childcare provider must be present. The Childcare Provider Pass is only valid when performing childcare services.

CROSSOVER MEMBERSHIP SPECIAL

Sportsplex members and Orland Park Health & Fitness Center members receive 20% off a Centennial Park Aquatic Center membership!*

* 20% discount off regular priced pool membership
(pool discount available to current Sportsplex 3 & 12 month memberships & OPHFC memberships)

DAILY ADMISSION

RESIDENT \$11 | \$8 (AFTER 5P)

NON-RESIDENT | \$23—MON THRU THURS

\$25—FRI THRU SUN

& HOLIDAYS

(MAY 30, JULY 4 & SEP 5)

- Orland Park Resident ID's are recommended for all resident non-members to receive the resident daily admission rate.
- Proof of residency required. No refunds.
- Should the facility close early for inclement weather, a rain-check stamp will be issued from the front cashier office staff. Rain-check stamps will be issued only to those present at the time of closing who have: a) been at the facility for less than three hours; b) not used a rain-check stamp from a previous date to enter the facility. Rain-check stamps expire at the end of the season. No refunds will be issued.
- Physical rain-checks must be presented for re-entry into the facility. No photos/copies of rain-checks will be permitted.

GUEST PASSES*

Guest passes are available for purchase by CPAC members and Orland Park residents (Resident ID required). The minimum purchase is 10 visits for \$100. The resident or member must accompany the guest(s). Members may bring up to 10 guests during the early weekend admission hour (11a–12p). Call 708.403.5000 for information.

** Guest passes expire five years from date of purchase.*

** Subject to change based on available staffing.*



LEARN TO SWIM LESSONS—AGE: 3 TO 15

Learning to swim is an essential life skill best achieved at an early age. Becoming a proficient swimmer is an important step to promote your child's safety in and around water. CPAC swim lessons have been refined to ensure progression in your child's swim skills.

SESSION 1: Jun 20 to Jun 29 | **SESSION 2:** Jul 11 to Jul 20 | **SESSION 3:** Jul 25 to Aug 3

FEE: 8:30a—Resident \$60 | Non-resident \$93
9:30a—Resident \$65 | Non-resident \$100
10:30a—Resident \$70 | Non-resident \$108

DAY: Monday thru Friday (1st week of session)
Monday thru Wednesday (2nd week of session)

LEVEL:	1	2A	2B	3	4	5	6	7
SESSION 1								
8:30a-9:15a	93557	93558	93571	93559	93560	93561	93562	93563
9:30a-10:15a	93564	93565	93572	93566	93567	93568	93569	93570
10:30a-11:15a	93573	93574	93575	93576	93577	93578	93579	93580
SESSION 2								
8:30a-9:15a	93581	93582	93583	93584	93585	93586	93587	93588
9:30a-10:15a	93589	93590	93591	93592	93593	93594	93595	93596
10:30a-11:15a	93597	93598	93599	93600	93601	93602	93603	93604
SESSION 3								
8:30a-9:15a	93605	93606	93607	93608	93609	93610	93611	93612
9:30a-10:15a	93614	93615	93617	93618	93619	93620	93621	93623
10:30a-11:15a	93625	93627	93628	93629	93630	93631	93632	93633

SATURDAY SWIM CLASSES

REGISTRATION DEADLINE: Jun 15

DATE: Jun 18-Jul 16 (No class July 2)

LEARN TO SWIM—GROUP LESSONS

TIME: 9:30a-10:15a | **AGE:** 3 to 15

FEE: Resident \$35 | Non-resident \$54

PROG#:	LEVEL:	PROG#:	LEVEL:	PROG#:	LEVEL:
93545	1	93547	2A	93548	2B
93549	3	93551	4	93553	5
93554	6	93556	7		

LEARN TO SWIM—PRIVATE LESSONS

AGE: 3 and up

FEE: Resident \$80 | Non-resident \$122

PROG#:	TIME:	PROG#:	TIME:
93731	8:45a-9:15a	93732	10:30a-11a

PARENT-TOT

Swim introduction through games, songs, and water activities. Children who are not potty trained must wear a swim diaper and plastic pants. One adult must attend with each registered child.

TIME: 9:30a-10:15a | **AGE:** 6 mos.-3½ yrs.

FEE: Resident \$40 | Non-resident \$65

PROG#: 93635



JOIN THE SUMMER FUN!!

FATHER'S DAY SPECIAL—JUNE 19

Fathers receive 1 free admission with 1 paid child admission.

FIRST RESPONDER APPRECIATION DAY—JUNE 30

All current police, fire, EMT/paramedic, and medical personnel receive 1 free admission by showing their responder ID. (Rain date 7/1.)

MILITARY APPRECIATION DAY—JULY 7

All current and former United States military personnel receive 1 free admission by showing their military ID. (Rain date 7/8.)

CHRISTMAS IN JULY—JULY 14

Join staff celebrate at CPAC as we play holiday music, enjoy Christmas decorations and have a special visit from Santa. (Rain date 7/15.)

CPAC MEMBER APPRECIATION DAY—AUG 4

All CPAC members may bring guests at a discounted rate of \$5/person and will receive a free fountain drink from the concession stand. Raffle prizes will be given throughout the day. (Rain date 8/5.)

**ALL SWIM LESSONS AND SWIM PROGRAMS ARE HELD AT THE VILLAGE OF ORLAND PARK
CENTENNIAL PARK AQUATIC CENTER
15600 WEST AVENUE • ORLAND PARK IL • 60462**

LEARN-TO-SWIM LEVEL GUIDE

REGISTRATION

Registration will be conducted by skill level rather than age. Please view the chart below to determine the appropriate level for your child. Children's skills will be assessed and adjusted if necessary the first day of lessons.

	LESSON LEVEL & OBJECTIVE	CAN YOUR CHILD...	YES	NO
1	Comfort in the Water	Can your child comfortably put their face in the water and blow bubbles?	Level 2a	Level 1
2a	Front Crawl/ Freestyle	Can your child perform an unsupported front float for 5 seconds? Can they perform front crawl (freestyle) independently for 15 feet?	Level 2b	Level 2a
2b	Back Crawl/ Backstroke	Can your child perform an unsupported back float for 5 seconds? Can they perform backstroke independently for 15 feet?	Level 3	Level 2b
3	Body Positioning & Streamline	Can your child swim freestyle and backstroke the entire length of the pool? Can they perform elementary backstroke, the breaststroke kick, and tread water for 30 seconds?	Level 4	Level 3
4	Intro to Breaststroke	Can your child swim freestyle and backstroke for 50 yards (2 pool lengths)? Can they swim elementary backstroke for 25 yards? Can they swim breaststroke for half the pool length? Can they tread for 1 minute?	Level 5	Level 4
5	Intro to Butterfly	Can your child swim freestyle and backstroke for 50 yards (2 pool lengths)? Can they swim elementary backstroke for 25 yards? Can they swim breaststroke for half the pool length? Can they tread for 1 minute?	Level 6	Level 5
6	Endurance & Flip Turns	Can your child swim freestyle and backstroke for 100 yards including flip turns? Can they swim breaststroke and side stroke for 25 yards? Can they perform the butterfly stroke for half of the pool length? Can they dive? Can they tread water for 2 minutes?	Level 7	Level 6
7	Endurance & Technique	Can your child swim freestyle for 200 yards including flip turns? Backstroke for 100 yards including flip turns? 50 yards of breaststroke? 25 yards of butterfly? 500 yards (20 laps)? Retrieve a brick from the bottom of the pool? Tread for 2 minutes without using their hands?	Level 7	Level 7

Parents with a CPAC or Red Cross Swim Card should use the last level achieved by the student as a part of the registration process.

Student to instructor ratio is maximum of 4:1 for 3 & 4 year olds and 7:1 for 5-15 year olds. Consistent attendance is necessary for a child to make progress in his/her swim ability. **A parent/guardian is required to be present with any participant 11 years of age and under unless pre-arranged with the instructor.**

SWIM LESSON INFORMATION

REGISTRATION DEADLINES:

For weekday classes — the Wednesday before the start of each session.

For Saturday classes — June 15

Classes will only be cancelled when the air temperature is below 65 degrees (water is heated to 81 degrees) or in the event of inclement weather. The decision to cancel classes will be made as early as possible. Cancelled classes will be made up as needed on the Thursday and/or Friday of that same session, or as arranged by staff. Private lesson cancellations will be made-up as arranged by the Private Lesson Instructor.

MAKE-UP CLASS INFO:

- Make-ups are only provided for dates cancelled by CPAC staff.
- No make-ups will be offered for classes or private lessons not attended by the participant.
- One week notice is required to be eligible for a refund.
- An account credit, or a one day guest pass to Centennial Park Aquatic Center will be issued if a make-up date(s) is cancelled due to the weather. No refunds will be issued.

For an updated schedule of make-up classes: visit tinyurl.com/CPAC-SwimLessonUpdates. To receive live text or email updates on weather and cancellations, go to Rainoutline.com and download the free app now!

JR. LIFEGUARDING

Ever wonder what it's really like to be a lifeguard? Here's your chance! Go behind the scenes of CPAC and be introduced to some of our life-saving skills. Learn the basics to scanning the water, first-aid, CPR and water-rescue techniques. Participants are welcome to 'shadow' a CPAC lifeguard on the pool deck from 12:00-1:00 PM on Thursday following class. Jr. guards should bring a hat, sunglasses, sunscreen, and a bag lunch each day. Enrollment includes a Jr. Guard T-shirt and lifeguard whistle. Must be able to swim unassisted in 12' of water. Returning Jr. lifeguards should enroll in the 13-15 age group class. New Student Session make-up date: June 17; Returning Student Session make-up date: July 1.

DAY: Tuesday thru Thursday
TIME: 8:30a-11:00a
LOCATION: Centennial Pool
FEE: Resident \$45 | Non-resident \$70
PROG#: **DATE:** **AGE:**
 93543 Jun 14-Jun 16 10 to 12
 93544 Jun 28-Jun 30 13 to 15*
 (*and returning participants)

LAP SWIM/ RIVER WALK

The facility will be open during the hours listed for self-directed exercise. Lap lanes will be available. The lazy river will be open to walk laps against the current. This is an excellent low stress/low impact work-out. Aqua shoes are recommended. **Daily drop-in fee applies. Free to members.**

DATE: Jun 6–Aug 12
DAY: Monday thru Friday
TIME: 6:15a-8:15a
AGE: 16 & up
LOCATION: Centennial Pool
DROP-IN FEE: Resident \$4 | Non-resident \$7
 Members Free

SWIM LESSONS

PARENT-TOT — 6 MONTHS TO 3½ YEARS

Introduce your child to swim through games, songs, and water activities. Both the child and parent participate in water activities. Children who are not potty trained must wear a swim diaper and plastic pants, disposable diapers are not allowed. One adult must attend with each registered child.

SESSION 1: Jun 20 to Jun 23 **SESSION 2:** Jun 27 to Jun 30 **SESSION 3:** Jul 11 to Jul 14
SESSION 4: Jul 18 to Jul 21 **SESSION 5:** Jul 25 to Jul 28 **SESSION 6:** Aug 1 to Aug 4
DAY: Monday thru Thursday | **FEE:** Resident \$40 | Non-resident \$65

TIME:	9:30a-10:15a					
SESS 1	SESS 2	SESS 3	SESS 4	SESS 5	SESS 6	
93645	93646	93647	93648	93649	93650	

TIME:	10:30a-11:15a					
SESS 1	SESS 2	SESS 3	SESS 4	SESS 5	SESS 6	
93651	93652	93653	93654	93655	93656	

SWIM LESSONS — PRIVATE

These lessons are ideal for both children and adults. Instruction is one-on-one. Classes cancelled due to weather will be made up on Fridays, or as arranged with the instructor. No make-ups will be offered for classes not attended by the participant. During evening lessons the pool will be open to the general public. One week notice is required to receive a refund. Consecutive time slots are not permitted.

DAY: Monday thru Thursday | **AGE:** 3 and up
FEE: Resident \$73 | Non-resident \$112 for * 8a-8:30a lessons only
 Resident \$80 | Non-resident \$122 for all other time slots

SESS 1: Jun 6 -Jun 9 **SESS 2:** Jun 13-Jun 16 **SESS 3:** Jun 20-Jun 23 **SESS 4:** Jun 27-Jun 30
SESS 5: Jul 11-Jul 14 **SESS 6:** Jul 18-Jul 21 **SESS 7:** Jul 25-Jul 28 **SESS 8:** Aug 1-Aug 4

TIME/SESSION:	SESS 1	SESS 2	SESS 3	SESS 4	SESS 5	SESS 6	SESS 7	SESS 8
*8:00a to 8:30a	N/A	93660	93661	93663	93664	93665	93669	93670
8:45a to 9:15a	N/A	93679	93680	93681	93682	93683	93684	93685
9:30a to 10:00a	N/A	93686	93687	93688	93689	93690	93691	93692
10:15a to 10:45a	N/A	93693	93694	93695	93696	93697	93698	93699
11:00a to 11:30a	N/A	93700	93701	93702	93703	93704	93705	93706

EVENING

6:00p to 6:30p	93707	93708	93709	93710	93711	93712	93713	93714
6:45p to 7:15p	93715	93716	93717	93718	93719	93720	93721	93722
7:30p to 8:00p	93723	93724	93725	93726	93727	93728	93729	93730

ADVERTISE ON OUR BALLFIELDS

YOUR AD HERE

For details please contact
 Recreation@orlandpark.org.



HAVE YOUR NEXT PARTY AT CENTENNIAL PARK AQUATIC CENTER!

HAVE A SPLASH PARTY AT THE POOL!

Parties are available 7 days a week from June 4 to August 16 at 1:30p, 3:30p, and 5:30p. Reservations for party rental must be booked at least 7 days in advance. *(No parties available July 4).*

Make your reservations now at the Sportsplex registration office. No reservations will be taken at the pool.

SPLASH PARTIES INCLUDE:

- Admission to pool for 12 guests **(including those not swimming)**.
- 1.5 hours of reserved seating in one of our pavilions.
- Party host to assist with food during the 1st hour of party rental.
- Food Choice: A hotdog & chips or a slice of pizza and a fountain drink per guest (may be a combination of pizza/hotdog option for total order).
- Souvenir swim towel for the party host.
- Additional food may be purchased directly from concession stand upon arrival to pool.

SPLASH PARTY FEES*

FEE:	12 Guests	Per Extra Guest**
Resident	\$225	**\$15
Non-Resident	\$385	**\$28

* Ice Cream—Add-on \$4.00/guest

** Fee also applies to adults & non-swimmers attending the party.

RENT A PAVILION AT THE POOL!

(booked at least 3 days in advance)

Pavilions are reserved in 2 hour increments from June 4 until September 5 **(not available for rental July 4th)**

BRICK PAVILION

Resident \$110 | Non-Resident \$165
Located near the concession area including 14 picnic tables with a seating capacity of approximately 112.

BLUE PAVILION

Resident \$80 | Non-Resident \$120
Includes 12 tables with a seating capacity of approximately 72.

PAVILION RENTALS / FOOD PACKAGES

A food package may be arranged with Rocco Vino's at an additional cost. For information and availability, call Rocco Vino's Orland Park at 708.460.5900.

PLEASE NOTE: DAILY ADMISSION FEES APPLY TO ALL PAVILION RENTAL GUESTS

IN ADDITION TO POSTED RULES, THE FOLLOWING RULES APPLY FOR SPLASH PARTIES

- Party must be booked 7 days in advance. A 3 day notice must be given to reschedule or cancel, or 1/2 of the fee will be forfeited.
- Centennial Park Aquatic Center staff will call 3 days in advance for final head count prior to your party. You are responsible for final count fees, even if count decreases. Additional guests will need to be paid for at time of arrival.
- Cakes, outside food, and beverages are permitted. **No glass, knives, cannabis, or alcohol are allowed.**
- Decorations (balloons, centerpieces, etc.) are permitted. Crepe paper and confetti are not permitted.
- Splash Party participants may enter the pool before the scheduled start of the party; however, **CPAC's party host & Splash Party pavilion will not be available until the scheduled start time.** The staff party host must meet/admit party guests that arrive prior to scheduled party time at the pool's entrance gate.
- In-water adult supervision (age 18+) is required for all non-swimmers attending the Splash Party.
- **PLEASE NOTE:** The facility does not have an area to store party supplies for groups that arrive prior to the scheduled party start time. If park closes for inclement weather, the party will be rescheduled at no additional charge. **If the party has started, rain checks for admission will be issued to your guests for re-entry into the pool on another date. If food package has not been served, the party can be rescheduled at no additional charge.**
- If Centennial Park Aquatic Center is open to the public, the party will take place as scheduled. If weather is questionable in the event of inclement weather, call 708.403.5000 for updated information.
- For a complete list of facility rules contact the Recreation & Parks Department or visit orlandpark.org.

Celebrate a birthday, graduation, or treat your favorite team or troop to a fun filled outing at the Centennial Park Aquatic Center.



Aquatics **17**

Camp

noun

1 a recreation area in the country, equipped with extensive facilities for sports.



DAY CAMP

No more boring summers! Days spent at our camp are filled with games, activities, trips to Centennial Park Aquatic Center and fieldtrips. Age appropriate games and sports are run by our fun and energetic camp counselors. Dress for the weather and to get dirty! 3 and 5 day camp options available. Grade level is based on grade entering in Fall of 2022. *No camp July 4.*

SESS I: Jun 13-Jul 8 | **SESS II:** Jul 11-Aug 5
SEE BELOW FOR OUR NEW ADD-ON CAMP!

BUDDIES — 1ST-2ND GRADE

TIME: 9a-3p | **LOCATION:** FLC

SESS I	SESS II			
PROG#:	PROG#:	DAY:	RES	NR FEES:
93059	93060	M/W/F	\$284	\$324
93056	93057	M thru F	\$458	\$498

VOYAGERS — 3RD-4TH GRADE

TIME: 9a-3p | **LOCATION:** CAC

SESS I	SESS II			
PROG#:	PROG#:	DAY:	RES	NR FEES:
93063	93064	M/W/F	\$284	\$324
93061	93062	M thru F	\$458	\$498

ADVENTURERS — 5TH-7TH GRADE

TIME: 9:15a-3:15p | **LOCATION:** Centennial School

SESS I	SESS II			
PROG#:	PROG#:	DAY:	RES	NR FEES:
93067	93068	M/W/F	\$333	\$373
93065	93066	M thru F	\$542	\$582

ADD-ON CAMP

NEW

1ST-7TH GRADE

For families looking for an extension of child care until school starts, we are offering a weekly option of our Day Camp program. Spend the day playing games, sports, and other daily camp activities. *No field trips or visits to pool will be taken during Day Camp Extension**

ADD ON CAMP WEEK I: Aug 8-12 | **WEEK II:** Aug 15-19

TIME: 9a-3p | **LOCATION:** CAC

WEEK I	WEEK II			
PROG#:	PROG#:	DAY:	RES	NR FEES:
93069	93070	M thru F	\$115	\$125

PAYMENT PLANS: A credit card number is required for all payment schedules. The initial 25% is due at time of registration, with 3 equal payment to occur on Apr 4, May 4 & Jun 4. Payments can be taken prior to the scheduled due date by cash or check. All payments will be charged to your credit card on the due date if not paid in advance. A \$25 service charge will be assessed for all rejected credit card payments.

CAMP REGISTRATION INFORMATION REGISTRATION DEADLINE

5p on the following dates:

SESS I—May 7

SESS II—Jun 4

NEW — REGISTER FOR DAY CAMP ONLINE!

NOTE: Day Camp Emergency Form & Registration Form must be completed at time of registration. Those registering online can print off the emergency form and email it to the Administration Office at OrlandRecreation@orlandpark.org. Registrations will not be processed without required forms. We encourage you to return forms as soon as possible to secure your child's spot. All limits will be strictly adhered to.

DAY CAMP PARENT MEETING

BUDDIES MEETING—

TUESDAY, MAY 17—7 TO 7:45P

VOYAGERS MEETING—

WEDNESDAY, MAY 18—7 TO 7:45P

ADVENTURERS MEETING—

THURSDAY, MAY 19—7 TO 7:45P

- ASK QUESTIONS
- LEARN CAMPER/PARENT EXPECTATIONS
- INFORMATION ON BEFORE CAMP AND SUMMER PALS

JUNIOR DAY CAMP

Preschoolers have the opportunity to meet new friends while having fun at this summer camp! Kids will alternate between indoor and outdoor activities. They will learn new songs, create art projects, do science experiments, and play active games. All activities are geared for the preschooler and centered around weekly themes. Children must be potty-trained. *No class July 4.*

FOUR DAY CAMP

TIME: 9:00a-12:00p **AGE:** 3-5

DAY: Monday thru Thursday

LOCATION: FLC—Room 122

PROG#:	DATE:	FEE:
93085	Jun 13-Jun 23	R \$108 NR \$167
93086	Jun 27-Jul 7	R \$99 NR \$154
93087	Jul 11-Jul 21	R \$108 NR \$167
93159	Jul 25-Aug 4	R \$108 NR \$167

BEFORE CAMP & SUMMER PALS

Before Camp and Summer Pals are offered as extensions of the day and are held at the Cultural Center. Buddies and Adventurers will be transported from the Cultural Center to their camp site before camp and return to the Cultural Center for Summer Pals after camp program. Before Camp participants will be given breakfast and participate in activities. Campers will not be allowed in the building prior to 7:00a. Summer Pals participants continue their camp day with a variety of activities. A snack will be provided each day. The day ends at 6:30p. No late pickups.

TIME: Before Camp—7-8:45a
Summer Pals—3-6:30p

GRADE: 1st-7th | **LOCATION:** Cultural Center

SESS I: Jun 13-Jul 8

PROG#:	COURSE:	DAY:	FEE:
93073	Before Camp	M/W/F	\$98
93077	Summer Pals	M/W/F	\$161
93071	Before Camp	M thru F	\$147
93075	Summer Pals	M thru F	\$253

SESS II: July 11-Aug 5

PROG#:	COURSE:	DAY:	FEE:
93074	Before Camp	M/W/F	\$98
93078	Summer Pals	M/W/F	\$161
93072	Before Camp	M thru F	\$147
93076	Summer Pals	M thru F	\$253

ADD ON CAMP WEEK I: Aug 8-Aug 12

93088	Before Camp	M thru F	\$37
93090	Summer Pals	M thru F	\$63

ADD ON CAMP WEEK II: Aug 15-Aug 19

93089	Before Camp	M thru F	\$37
93091	Summer Pals	M thru F	\$63

YOUTH SPANISH CAMP

Get your passport ready and take off with us as we start our summer vacation! Children will make their own "passports" and have them "stamped" in each Spanish-speaking country that we explore. Students will discover the unique culture in each country while also learning some Spanish words and songs. Come join the fun and adventure!

INSTRUCTOR: Language in Action
PROG#: 93381
DATE: Jun 13-Jun 16
DAY: Monday thru Thursday
TIME: 10:00a-11:30a
AGE: 5 to 11
LOCATION: Cultural Center—Room 201
FEE: Resident \$50 | Non-resident \$75

STEAM CAMP

This exciting new program from After School Enrichment Solutions brings together elements of **Science, Technology, Engineering, Art and Math** in a hands-on, action-packed environment! Students will conduct experiments, play educational games, and unlock their creativity through building challenges and projects. No experience necessary!

INSTRUCTOR: After School Enrichment
DAY: Monday-Friday
TIME: 10:00a-11:30a
GRADE: Kindergarten thru 5th
LOCATION: Cultural Center—Room 203
FEE: Resident \$120 | Non-resident \$150
PROG#: **DATE:**
93366 Jun 13-Jun 17
93367 Jul 25-Jul 29

ART CAMP

Put away the crayons and markers, this is no ordinary art class! Each day we will explore a new and unusual art technique. Everything from bubble paint to spray art! Come see what masterpieces you can create!

INSTRUCTOR: Violetta Cantu
PROG#: 93772
DATE: Jun 27-Jul 1
DAY: Monday thru Friday
TIME: 10:00a-11:00a
AGE: 5 to 8
LOCATION: FLC—Room 120
FEE: Resident \$50 | Non-resident \$80



SCIENCE CAMP

We will conduct experiments using a variety of craft and art mediums. This is a fun, interactive and hands on camp sure to impress any budding scientist.

INSTRUCTOR: Violetta Cantu
PROG#: 93771
DATE: Jun 13-Jun 17
DAY: Monday thru Friday
TIME: 10:00a-11:00a
AGE: 5 to 8
LOCATION: FLC—Room 120
FEE: Resident \$50 | Non-resident \$80

CHESS SCHOLARS CAMP

Develop your child's intellect through the royal game of Chess! This half-day camp is perfect for beginners as well as experienced players. Each day of camp will consist of a fun interactive teaching period, followed by guided practice time, allowing the students to play against one another while being coached by an experienced instructor. The camp session will conclude with a non-elimination tournament.

INSTRUCTOR: Chess Scholars
DAY: Monday thru Friday
TIME: 9:00a-12:00p
AGE: Kindergarten thru 8th
LOCATION: Cultural Center
FEE: Resident \$175 | Non-resident \$219
PROG#: **DATE:**
93368 Jun 20-Jun 24
93369 Jul 18-Jul 22

INCLUSION The Recreation & Parks Department welcomes special needs participants in all areas of programming. We strive to make these programs an optimal experience by providing reasonable modifications to the program activity. The Special Recreation Division provides inclusion assistance to programs servicing clientele ages three years and up. Please indicate at the time of registration that 1:1 assistance is needed. Programs that are not eligible for 1:1 services are as follows: Mom and Tot classes, offsite and/or contracted programs and day care services. If you are registering online or new to the program you must contact Nick Harvey at 708.403.6269 two weeks prior to the start of the program.

SPORTS CAMP

TIME: 8:30a-3:30p
AGE: 8 to 13
LOCATION: Sportsplex—Soccer Arena

Basketball, soccer, floor hockey, and the climbing wall are some of the activities offered in Sports Camp. There will be a strong emphasis on sportsmanship, teamwork, character and leadership skill development, overall physical fitness, and most importantly FUN. Children are responsible for their own lunch. *No class June 28.*

DAY: Tuesday & Thursday
FEE: Sportsplex member \$219
Resident \$224
Non-resident \$280

PROG#: **DATE:**
93263 Jun 14-Jul 7
93264 Jul 12-Aug 4

EXTENDED SPORTS CAMP

Haven't gotten enough Sports Camp? Here is an opportunity to extend your camp experience for one more week. Enjoy all the fun of your favorite games and chosen sports played one more time.

DAY: Monday thru Friday
FEE: Sportsplex member \$135
Resident \$140
Non-resident \$175

PROG#: **DATE:**
93265 Aug 8-Aug 12

DODGEBALL CAMP

Warm up your arms for the exciting, fun, and safe game of dodgeball. Rules, skills, and strategies are all covered in this camp.

DATE: Jul 25-Jul 29
DAY: Monday, Wednesday & Friday
LOCATION: Sportsplex—Soccer S
FEE: Sportsplex member \$35
Resident \$40
Non-resident \$50

PROG#: **TIME:** **AGE:**
93276 9:00a-10:30a 6 to 9
93277 10:45a-12:15p 10 to 12

LACROSSE CAMP

No experience is necessary as boys and girls are taught the basic skills of passing, catching, and shooting. Quality instruction will be provided by Saint Xavier Head Coach, Tom Haggerty, and current college and high school players. The final day of camp will be a full field game. All participants are required to bring a mouthpiece and a cup. Other equipment will be provided at no extra cost. In case of a rainout day, camp will be extended to Friday. Come out and learn the game from a great coach!

DATE: Jun 20-Jun 23 | **DAY:** Monday thru Thursday | **LOCATION:** Centennial Park—Soccer 1
PROG#: **TIME:** **GRADE:** **FEE:**
93266 8:30a-9:30a 1st thru 3rd Resident \$70 | Non-resident \$93
93267 9:45a-11:15a 4th thru 6th Resident \$85 | Non-resident \$112
93268 9:45a-11:30a 7th thru 8th Resident \$90 | Non-resident \$118

DATE: Jul 11-Jul 14 | **DAY:** Monday thru Thursday | **LOCATION:** Cachey Park—Lacrosse Field
PROG#: **TIME:** **GRADE:** **FEE:**
93269 6:00p-7:00p 1st thru 3rd Resident \$70 | Non-resident \$93
93270 7:15p-8:45p 4th thru 6th Resident \$85 | Non-resident \$112
93271 7:15p-8:45p 7th thru 8th Resident \$90 | Non-resident \$118



ULTIMATE VOLLEYBALL SUMMER CAMPS

ALL SKILLS

This co-ed camp is for the young athlete to further develop all volleyball skills. This camp will primarily focus on the fundamental skills of volleyball as well as component training.

PROG#: 93273
DATE: Jul 5-Jul 8
DAY: Tuesday thru Friday
TIME: 3:00p-5:00p
GRADE: 5th thru 8th
LOCATION: Sportsplex—Gym 3
FEE: Resident \$75 | Non-resident \$94

FUNDAMENTALS

This all-skill co-ed camp is targeted at the very young athlete to develop fundamental skills of volleyball, including serving, passing, digging, blocking, attacking and setting.

DATE: Jul 18-Jul 21
DAY: Monday, Tuesday & Thursday
LOCATION: Sportsplex—Gym 3

PROG#: 93274
TIME: 3:00p-4:00p
GRADE: 1st thru 4th
FEE: Resident \$30 | Non-resident \$45

PROG#: 93275
TIME: 4:00p-6:00p
GRADE: 5th thru 8th
FEE: Resident \$60 | Non-resident \$90



ULTIMATE
volleyball club

CHALLENGER BRITISH SOCCER CAMP

Practices, drills, and conditioned games from hundreds of professional coaches create an innovative and exciting 'Learning Through Games' teaching methodology. A T-shirt and soccer ball are included in the fee. Please Note: A \$10 late registration fee will be imposed within 2 weeks of camp start date (6/10 & 7/22 respectively). A \$40 non-refundable charge will be assessed on all refunds after June 4. REGISTER ONLINE BY May 21 (1st session) or July 2 (2nd session) and RECEIVE A FREE JERSEY!

DAY: Monday thru Friday
LOCATION: Sportsplex—Soccer S

HALF DAY CAMP

AGE: 6 to 14
TIME: 9:00a-12:00p
FEE: Resident \$168 | Non-resident \$210
PROG#: **DATE:**
 93259 Jun 20-Jun 24
 93260 Aug 1-Aug 5

TINY TYKES

AGE: 3 to 5
TIME: 1:00p-2:30p
FEE: Resident \$108 | Non-resident \$135
PROG#: **DATE:**
 93261 Jun 20-Jun 24
 93262 Aug 1-Aug 5



CHICAGO WHITE SOX SUMMER CAMP

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

DATE: Jul 18-Jul 21
DAY: Monday thru Thursday
TIME: 8:30a-11:30a
AGE: 5 to 12
LOCATION: Centennial Park—Ballfield 3
FEE: Resident \$149 | Non-resident \$187



SKYHAWKS SUMMER CAMPS

DAYS: Monday thru Friday
TIMES: 9:00a-12:00p
LOCATION: Sportsplex
FEE: Resident \$139 | Non-resident \$174
(unless otherwise noted)

Participants should wear proper athletic clothing and running shoes, and bring a snack and water bottle to camp.

MULTI-SPORTS CAMP

Multi-sports camp is designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship and teamwork.

PROG#: **DATE:**
93798 Jun 20-Jun 24
93794 Jul 25-Jul 29
AGE: 6 to 12

SOCCER CAMP

Young athletes will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting, and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends, and improved their soccer skills.

PROG#: 93807
DATE: Jul 5-Jul 8
DAY: Tuesday thru Friday
AGE: 6 to 12
FEE: Resident \$119 | Non-resident \$149

TRACK & FIELD CAMP

The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are covered in this unique program. Track and field events include javelin, discus, shot put, hurdles, long jump, triple jump, and various running and relay events.

PROG#: 93792
DATE: Jun 20-Jun 24
AGE: 7 to 12
LOCATION: Centennial Park—Soccer 8

FLAG FOOTBALL

FUELED BY USA

Experience the excitement of football with Skyhawks Flag Football fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking, and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

PROG#: **DATE:**
93793 Jul 11-Jul 15
93799 Aug 1-Aug 5
AGE: 6 to 12
LOCATION: Centennial Park—Soccer 8

BASKETBALL CAMP

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progression curriculum, we focus on the whole player—teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

PROG#: **DATE:**
93796 Jun 27-Jul 1
93797 Aug 8-Aug 12
AGE: 7 to 12

MINI HAWK

SPORTS CAMP

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

PROG#: 93795
DATE: Jul 18-Jul 22
AGE: 4 to 7

Camps **23**



SPORTSPLEX MEMBERSHIP SPECIALS

* SUMMER MEMBERSHIP SPECIAL

PURCHASE A NEW OR UPGRADE TO A 1-YEAR MEMBERSHIP DURING THE MONTH OF:

- MAY OR JUNE - RECEIVE 3 MONTHS FREE
- JULY - RECEIVE 2 MONTHS FREE
- AUGUST - RECEIVE 1 MONTH FREE OR 15% OFF REGULAR ANNUAL MEMBERSHIP

* STUDENT SUMMER SPECIAL

*Proof of student enrollment required.

AVAILABLE MAY1 THRU SEPTEMBER 5, 2022

- 3 MONTH MEMBERSHIP—\$83 (R)/\$135 (N)
- 4 MONTH MEMBERSHIP—\$95 (R)/\$147 (N)

***MEMBERSHIP SPECIALS ARE AVAILABLE TO *NEW MEMBERS ONLY.**

(*NEW MEMBER IS CONSIDERED A NON-ANNUAL MEMBER FOR 6+ MONTHS)

ALL RULES APPLY. FREE MONTHS ARE APPLIED AT END OF MEMBERSHIP TERM.

KEEP AN EYE OUT FOR OUR MEMBERSHIP FLASH SPECIALS TOO!

REFER A FRIEND

MEMBERSHIP PROGRAM

Not only will you have a workout buddy, but you'll receive one free month added on to YOUR membership when they purchase an annual membership. (free month added at end of contract).

ALL RULES APPLY.

SPORTSPLEX HOLIDAY HOURS

Memorial Day, May 30	7:00a - 1:00p
Independence Day, July 4	7:00a - 1:00p
Labor Day, September 5	7:00a - 1:00p

THE REGISTRATION OFFICE, ROCK, AND KIDZ ROOM WILL BE CLOSED ON THESE DAYS.

FREE FRIEND FRIDAYS!

The Sportsplex Fitness Center is FREE for friends on Fridays! Sportsplex members can introduce family or friends to the benefits of exercise while gaining a workout partner. This offer includes Group Exercise classes, the Fitness Center, Walking Track, and childcare. Open Gym, Open Field, and Climbing Wall are not included. Participant must be 14 years of age or older. Maximum limit of two guests per day. Visits count toward your annual (2) guest passes per year.

ALL RULES APPLY.



**FOLLOW US
ON FACEBOOK,
AND
WATCH FOR
OUR POP UP
SPECIALS!**



SPORTSPLEX MEMBERSHIPS

12 MONTH RESIDENT MEMBERSHIPS

	Individual	Couple	Family	Add'l Family	Senior	Student	Track Only
Yearly	\$385	\$640	\$760	\$144	\$250	\$250	Free
Monthly*	\$38	\$60	\$70	\$13	\$27	\$27	Free

12 MONTH NON-RESIDENT MEMBERSHIPS

	Individual	Couple	Family	Add'l Family	Senior	Student	Track Only**
Yearly	\$454	\$765	\$1035	\$179	\$378	\$378	\$225
Monthly*	\$43	\$72	\$97	\$16	\$35	\$35	\$20

12 MONTH BUSINESS MEMBERSHIPS

	Individual	Couple	Family	Add'l Family	Senior	Student	Track Only
Yearly	\$385	\$640	\$760	\$144	\$250	\$250	-----
Monthly*	\$38	\$60	\$70	\$13	\$27	\$27	-----

3 MONTH MEMBERSHIPS

	Individual	Couple	Family	Add'l Family	Senior	Student	Track Only**
Resident	\$152	\$240	\$280	\$52	\$108	\$108	Free
Non-resident	\$192	\$320	\$420	\$72	\$160	\$160	\$80

*Members may prepay a 12-month membership (and save \$) or they may set-up monthly payments from their Discover, Visa, Mastercard, and American Express. Payment schedules are only available for 12-month memberships. Three-month memberships must be paid in full, in advance. A \$25 service charge will be applied to all declined card payments, \$40 for a check. All members will be issued a photo I.D.

MEMBERSHIP DEFINITION

INDIVIDUAL—Adult 18 years & over. STUDENT—14 years & over attending school full-time (proof of enrollment required). COUPLE—Two persons living in the same household. FAMILY—Includes a total of 5 immediate family members. Immediate family members are defined as parents and their non-adult (24 yrs. & under) children living in the same household. SENIOR—Persons 55 & older. BUSINESS/CORPORATE—Individuals & immediate family members employed or owning a business within the Village of Orland Park. Corporate membership benefit package available to businesses that have 4 or more employees enrolled. Proof of employment required.

**TRACK ONLY MEMBERSHIP—Allows member access to track & locker rooms only. Residents, 14 years & up, have free access to the track with a Resident ID.

Sportsplex **25**

PERSONAL TRAINING

With personal training, a certified trainer has the opportunity to work one-on-one with the individual in designing a customized routine. If you are interested in receiving personal training, fill out an informational sheet at the fitness or registration desk. Our certified and experienced personal trainers can design a workout program to suit any of your needs. Safety will be emphasized. Personal training sessions are 55 minutes in length—Youth training sessions are 45 minutes. **NOTE:** Personal training sessions expire one year after purchase. Personal training is non-refundable. Prices are per person and those signing up together for group training must train together. If you have any questions, please see the Fitness Manager, Deborah Graham Geghen at dgeghen@orlandpark.org.

YOUTH TRAINING—(8 TO 13 YEARS) 45 MINUTE SESSIONS

	1 SESSION	5 SESSIONS	10 SESSIONS	20 SESSIONS
Sportsplex Member	\$30	\$145	\$280	\$540
Non-Member Resident	\$35	\$170	N/A	N/A
Non-Member Non-Resident	\$40	\$195	N/A	N/A

INDIVIDUAL PERSONAL TRAINING FEES—(14 YEARS & UP) 55 MINUTE SESSIONS

	1 SESSION	5 SESSIONS	10 SESSIONS	20 SESSIONS
Sportsplex Member	\$40	\$185	\$345	\$650
Non-Member Resident	\$45	\$200	N/A	N/A
Non-Member Non-Resident	\$60	\$250	N/A	N/A

GROUP PERSONAL TRAINING

FEES ARE PER PERSON MEMBERS ONLY—(14 YEARS & UP) 55 MINUTE SESSIONS

	1 SESSION	5 SESSIONS	10 SESSIONS	20 SESSIONS
Two Members	\$25	\$100	\$170	\$320
Three Members	\$20	\$75	\$120	\$220

SENIOR MEMBERS (55 YEARS & UP) RECEIVE 5% DISCOUNT ON 5, 10 & 20 SESSION GROUP PERSONAL TRAINING

PILATES PERSONAL TRAINING

PRIVATE—(14 YEARS & UP) 55 MINUTE SESSIONS

	1 SESSION	5 SESSIONS	10 SESSIONS	20 SESSIONS
Sportsplex Member	\$45	\$200	\$370	\$690
Non-Member Resident	\$50	\$225	\$420	\$790
Non-Member Non-Resident	\$75	\$350	\$670	\$1290

DUOS—PER PERSON FEE (14 YEARS & UP) 55 MINUTE SESSIONS

	1 SESSION	5 SESSIONS	10 SESSIONS	20 SESSIONS
Sportsplex Member	\$26	\$105	\$180	\$340
Non-Member Resident	\$31	\$130	\$230	\$440
Non-Member Non-Resident	\$48	\$195	\$345	\$660

TRIOS—PER PERSON FEE (14 YEARS & UP) 55 MINUTE SESSIONS

	1 SESSION	5 SESSIONS	10 SESSIONS	20 SESSIONS
Sportsplex Member	\$21	\$80	\$130	\$240
Non-Member Resident	\$26	\$105	\$180	\$340
Non-Member Non-Resident	\$39	\$158	\$270	\$510

ORLAND PARK RESIDENT I.D.

- To ensure that resident privileges are not abused, a Resident ID must be issued to all Orland Park residents 3 years of age and older, who do not hold any active memberships. Any resident 3 years of age and older who wishes to participate in any recreational activities must possess a Resident ID. This Resident ID will be required as proof of residency to receive resident rates. No other proof of residency will be accepted for drop-in activities. ID cards must be retained from year to year. Residents under the age of 18 must obtain a parents signature on a waiver.
 - Resident ID cards are available at the Sportsplex and Village Hall cashier's office free of charge. To obtain a Resident ID card, proof of residency is required by showing a valid driver's license/state ID.
 - Resident ID's must be renewed annually by presenting a current driver's license/state ID denoting same address. Non-resident rates will be charged to all participants without a valid Village of Orland Park Resident ID.
- The Recreation Department strongly encourages obtaining a Resident ID to avoid any discrepancy.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Resident/Member FREE PEEWEE 3 - 6 years (parent/child) Open Gym Only							
	10:00a - 2:00p						
Resident/Member FREE FAMILY Open Gym Only						8a-11a	8 a-12p
All Ages (daily fees apply to all non-members)						7a-7p	8a-7p

Resident/Member—Free Open Gyms are available during the specified time slots and categories only. All non-members must pay the daily drop-in fee at all other times. Parent/child and family play is intended for parent and child/children playing together. Not available on school days off.



OPEN FIELD SCHEDULE

MONDAY, WEDNESDAY & FRIDAY | 3P TO 5P | 9 YEARS & OLDER

Open Field consists of whichever sport children wish to play.

OPEN GYM/OPEN FIELD POLICY

Open Gym/Open Field hours are subject to change and do not pertain to school days off. A schedule will be posted at the gym and field entrances. All non-members must either pay the daily fee or use credits from their Activity Pass for admittance. **Wristbands are required!** Wristbands that have been removed are invalid. Guest passes are not accepted for open gym/open field. No personal belongings are permitted in gyms or field during open play hours. Sportsplex reserves the right to require a photo ID as proof of age, and limit the number of participants in Open Gym.

(Golf Cages, Volleyball, and Pickle Ball will be available from 5:30a to 3:00p Monday thru Friday upon availability and by request only; not available on School Days Off)

No organized practices or paid training/coaching during open gym/open field times.

Children must be 9 years and older to participate without a parent/guardian in open gym/open field.

DROP IN ACTIVITY FEES*

ACTIVITY	MEMBER	RESIDENT	NR 8TH GRADE & UNDER	NR HIGH SCHOOL & UP
Open Gym/Field	FREE	\$5	\$10	\$17
Climbing Wall	FREE	\$3	\$6	\$6
Golf Cages	FREE	\$2	\$3	\$6
Group Fitness Classes	FREE	\$5	N/A	\$12
Res. Sr. Fitness Classes	FREE	\$3	N/A	N/A
Pickleball	FREE	\$4	\$6 senior NR	\$15
All Inclusive Visit	FREE	\$12	N/A	\$22

*Sportsplex reserves the right to request proof of age and residency.

RESIDENT DROP-IN PLAY PASS

The Recreation Department is now offering discounted play passes for Drop-In Play. These passes have been designed for your convenience by eliminating the need to carry cash. These passes can be purchased in groups of 5, 10, and 20 visit increments at a discounted rate of 10%-20% off the drop-in fee. The more you purchase, the more you save. Credits on passes may not be shared and are only available to use at the Sportsplex. The Drop-In Play pass can be used for drop-in gym, soccer field, and climbing wall during drop-in play hours.

CLIMBING ROCK

DAILY FEES: Resident \$3 | Non-resident \$6
FREE TO MEMBERS

**DROP-IN "CLIMB TIME" HOURS
THRU JUNE 19, 2022**

Monday thru Friday: 4:00p–7:00p
Saturday: 11:00a–3:00p
Sunday: 3:00p–6:00p

**SUMMER DROP-IN "CLIMB TIME" HOURS
JUNE 20 - AUGUST 14, 2022**

Monday & Wednesday: 12:00p–4:00p
Tuesday & Thursday: 3:00p–6:00p
Friday: 2:00p–5:00p
Saturday: 12:00p–3:00p
Sunday: 3:00p–6:00p

The Sportsplex is thrilled to present a towering 32' climbing rock, equipped with 8 ropes, 6 leads, and 4 auto belays. We invite you to discover a new kind of fitness challenge that is fun for everyone 5 years and older. Hours do not apply during School Days Off.

1. All climbers must check in at Sports Central each time they intend to participate in open climbs or classes.
2. Sports Central will provide you with a wristband which must be worn while climbing. Wristbands that have been removed are invalid.
3. Use during open climbs is accommodated on a first come, first served basis.
4. Bouldering is NOT permitted. The use of the climbing wall without the use of a top rope or auto belay is NOT permitted.
5. Staff will hook and unhook the auto belay ropes. The climber will not hook or unhook the auto belay themselves.
6. When descending the wall, climbers should push their feet flat against the wall to assure a safe descent.
7. Athletic shoes are required (no sandals, flip-flops, or open toe shoes).



ROCK, SPORTS & NERF GUN

PARTIES

AT THE SPORTSPLEX

A variety of party packages are available to celebrate birthdays, the end of a sports season, a scouting event, or any special occasion. Sportsplex parties are for **ages 5 years and older**. **Nerf gun parties are for ages 8 years and older**. You provide refreshments, cake, paper products & party favors. The Recreation & Parks Department will provide two party hosts, a party area, and the fun! Parties are reserved on a first come, first serve basis. Reservations and payment for your party may be completed in person at the Sportsplex registration office. **Advance notice of 10 business days is required for all party bookings or changes**. Full payment is required at the time of the reservation.

PARTY HOURS

IN THE GYM | LIMIT: 20*

DAYS:	TIMES:
Saturday:	12:00p–2:00p 2:30p–4:30p
Sunday:	12:00p–2:00p 2:30p–4:30p

ON THE FIELD | LIMIT: 20*

DAYS:	TIMES:
Saturday:	2:00p–4:00p 4:30p–6:30p
Sunday:	1:00p–3:00p 3:30p–5:30p

AT THE ROCK | LIMIT: 20 MAX

DAYS:	TIMES:
Monday:	4:00p–5:45p (Jun 20–Aug 8)
Wednesday:	4:00p–5:45p (Jun 22–Aug 10)
Friday:	5:00p–6:45p (Jun 24–Aug 13)
Saturday:	3:00p to 4:45p 5:00p to 6:45p
Sunday:	11:00a to 12:45p 1:00p to 2:45p

SPORTSPLEX PARTY FEES UP TO 20 PARTICIPANTS*

Resident \$140 | Non-resident \$195

Sportsplex Member \$130 (**Fees are based on the residence of the birthday child**)

- Over 20 guests—Additional \$5.00 per child (*only available for gym & field parties—25 guests maximum*)
- Rock Wall & Nerf Parties are limited to 20 party participants—**No exceptions**.
- Please limit party attendance to adult hosts & participants.



ROCK CLIMBING CAMP

This camp will include climbing commands, knot tying, use of the belay device, and climbing techniques. Games and competitions will also be part of the camp.

PROG#:	93278
DATE:	Jul 11–Jul 15
DAY:	Monday, Wednesday & Friday
TIME:	10:00a–12:00p
AGE:	7 to 12
LOCATION:	Sportsplex—Climbing Wall
FEE:	Sportsplex member \$35 Resident \$40 Non-resident \$59

GROUP CLIMBS

Get your friends, group, or organization together and reserve your time at **“THE ROCK”**. By reserving it for a group climb, you are guaranteed exclusive use of the wall during that time. A minimum of 8 and a maximum of 20 climbers is required to reserve a time slot. Reservations must be made at least 10 business days in advance. See available times below. Participants must wear closed-toe athletic shoes. **Daily fees apply.**

REGULAR HOURS

Monday, Tuesday & Thursday: 7:00p–8:00p
Saturday: 10:00a–11:00a

Sportsplex 29



THE KIDZ ROOM

6 MONTHS TO 10 YEARS

Members may choose from a daily or monthly option when using the Sportsplex childcare services. Daily fees are available to all Sportsplex participants. Parents must remain in building while utilizing childcare services. If you go over your hour of childcare, you will be charged for the second hour. Childcare service is limited to 2 hours maximum per day.

DAILY FEE—PER CHILD

Sportsplex member \$1/hr.
Resident \$3/hr. | Non-resident \$4/hr.

MONTHLY FEE—PER CHILD

MEMBERS ONLY: \$12

HOURS (MEMORIAL DAY TO LABOR DAY)

Monday–Thursday: 8:00a–12:00p & 4:00p–8:00p
Friday: 8:00a–12:00p
Saturday: 7:45a–12:00p

HOURS (LABOR DAY TO MEMORIAL DAY)

Monday–Thursday: 8:00a–12:00p & 4:00p–8:00p
Friday: 8:00a–12:00p & 4:00p–7:00p
Saturday: 7:45a–1:00p

PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a whiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications.

Pickleball is available at the Sportsplex, Monday thru Friday from 9a–2p, (excluding school holidays) with Monday, Wednesday and Friday geared toward beginner play, and Tuesday and Thursday for the Intermediate/Advanced players.

SPORTSPLEX DROP IN FEE:

- Resident \$4 | Non-resident \$15
- Senior Non-resident 55 & up \$6
- Sportsplex Member **FREE**

* For court reservations & availability, call Kurt at 708.403.6284. Sportsplex hourly rates apply.

Outdoor pickleball courts are also available at fourteen of our enjoyable parks. Please see pages 10-11 for a complete list.

Park location information can be found in the Great Outdoors section of the program guide.

INDOOR TRACK RULES

The indoor track areas are open for use by the general public (see rule #6 & #7) for walking and jogging during building hours. Sixteen revolutions around the track equal one mile at the Franklin Loebe Center, ten revolutions at the Sportsplex. The track area will be closed on official village holidays, special events, and hours may be shortened at the administration's discretion. Signs will be posted on the information boards throughout the facility indicating closures.

RULES AND REGULATIONS

- 1) Only walkers and joggers on the track.
The track is not to be utilized for viewing activities in the gymnasium.
- 2) Strollers, roller blades, or any wheeled mechanisms are not allowed on track, other than wheelchairs and walkers.
- 3) Food or beverages are not allowed on track.
- 4) Track users must bring a separate pair of running shoes to change into prior to entering track area. No street shoes allowed.
- 5) Slower moving users shall stay on the inner side of the track, faster moving users stay to the outside. Only two side by side users allowed. Users may not be three abreast across the track.
- 6) At Franklin Loebe Center children ages 8 to 13 must be accompanied by an adult at all times. We ask that all children are properly supervised to abide by the two abreast rule.
- 7) Track usage at the Sportsplex is open to members and residents ages 14 years & up. Ages 8 to 13 must be accompanied by a parent and properly supervised to abide by the two abreast rule.

SPORTSPLEX SENIOR CLUBS

Senior Clubs are open to those age 55 & better. Groups will meet each week at the Sportsplex to utilize the fitness center, track, play volleyball, bocce ball, and finish with some camaraderie with fellow Senior Club members. This is a great way to meet friends, be active, and stay fit. Club enrollment includes use of locker rooms and towel service during the club meeting time.

Registration is required.

WOMEN'S CLUB: Monday

MEN'S CLUB: Friday

TIME: 10:00a–12:00p weekly | **AGE:** 55 and up

SEMI-ANNUAL FEE: Sportsplex member **FREE**
Resident \$25 | Non-resident \$35

Sportsplex

VILLAGE OF ORLAND PARK

GROUP EXERCISE CLASSES

Group exercise classes are open to Sportsplex members, Fitness Pass holders, and walk-in patrons for a drop-in fee. This fee must be paid in advance at the registration office or Sports Central. The classes listed on the schedule are the only classes this applies to. Pick up a current exercise schedule at the Sportsplex, listing the days, times, and classes offered, or visit our website at OrlandPark.org to get a current schedule. **Schedules are subject to change.**

AB LAB

A class designed to lighten & firm the midsection in only 30 minutes!

BODY BLASTER

Class includes rubber bands, weights & circuit format.

BUNS & GUNS

Tone your arms and butt during this strength training session.

CARDIO COMBO

Mix up your fitness routine with cardio exercise and light weights. Great class for all levels.

CYCLE SCULPT

30 minutes of cardio training on the spin bikes followed by total body conditioning in bootcamp style format.

CYCLE TREAD/ROW/CORE

Cycle for the first 20 minutes, then on to the rowers or treadmills for additional cardio training, followed up by 5 minutes of core exercises to complete your workout.

CYCLE WOW

Get ready to be wowed by this new concept in cycle. Great for all levels of fitness.

FIT CROSS

Gain strength and core muscles doing cardio intervals along with hula hoop work, adding dio machines and strength training for a fun spontaneous workout.

HIIT SQUAD

High Intensity Interval Training circuit class done in short periods of time.

MORNING AEROBICS

All around workout includes low and high impact exercises performed at your own pace, and weight training utilizing free weights and elastic bands.

MUSCLE UP

Build muscle, add cardio, and have fun using dumbbells, tubes, and more.

POWER UP CYCLE

A workout for all levels. Participants will work at their own pace while building strength and endurance ... It's all about the Watts!

STEP

This bench stepping class will have you working in your fat burning heart rate zone.

STRETCH FLEX

This 25 minute class will focus on stretching muscles for pre and post workouts.

STRONG

Combines body weight, muscle conditioning, cardio, and plyometric moves synced to music.

TABATA

This workout is a form of high intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods of time.

ZUMBA

The hottest fitness craze combining aerobic exercise with Latin dance moves. A fun, high-energy, calorie burning class.

ZUMBA TONING

Dance your way to a toned body with this Latin style class. Light weights will be incorporated throughout the class.

noun
1 the quality or state of being healthy in body and mind, especially as the result of deliberate effort.

Fitness

GROUP EXERCISE FITNESS PASS

The Recreation & Parks Department is now offering discounted pay passes for drop-in Group Exercise. These Fitness passes have been designed for your convenience by eliminating the need to carry cash. They can be purchased in 5, 10 & 20 visit increments at a discounted rate of 10%—20% off the drop-in fee. The more you purchase, the more you save. Credits on passes may not be shared and are only available to use at the Sportsplex for drop-in Group Exercise classes.

The discounted Fitness Pass is available to residents only.



CHILDREN'S

POWER HOUR

Children will be taught exercises with weights and cardio. Drills will be done that focus on agility, quickness, and power. Students will develop many new tools to improve their health and go to the next level. *No class July 4 & 6.*

INSTRUCTOR: Amy Haddad
DAY: Monday & Wednesday
TIME: 5:30p-6:25p
AGE: 9 to 13
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$115
Resident \$120 | Non-resident \$170
PROG#: **DATE:**
93471 Jun 6-Jul 20
93472 Jul 25-Aug 31

FITNESS FUSION

Young girls & teens will participate in the fusion of exercise classes which include yoga, kickboxing, spin cycling, and strength training in the fun environment of the fitness center. *No class July 8.*

INSTRUCTOR: TBA
PROG#: 93419
DATE: Jun 10-Jul 22
DAY: Friday
TIME: 4:15p-5:00p
AGE: 7 to 13
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$50
Resident \$55 | Non-resident \$75

FITNESS CAMP

FOR KIDS

Fitness Camp gives children a chance to use the fitness center, learn nutrition/eating tips, recipes, fitness through activity, strength training, yoga, and sample group exercise classes. Participants should bring a water bottle and healthy snack to class.

INSTRUCTOR: Amy Haddad
DAY: Monday thru Friday
TIME: 9:00a-11:00a
AGE: 7 to 13
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$75
Resident \$80 | Non-resident \$113
PROG#: **DATE:**
93420 Jun 6-Jun 10
93421 Jun 13-Jun 17
93422 Jun 20-Jun 24
93423 Jun 27-Jul 1
93424 Jul 11-Jul 15
93425 Jul 18-Jul 22
93426 Jul 25-Jul 29

BOOT CAMP

FOR KIDS/TEENS

Challenge yourself to improved health & fitness! A certified personal trainer will lead you through drills and obstacle courses to get you in shape. These workouts will incorporate weights, tubes, cardio machines, jump ropes, BOSU's and more. *No class July 4 & 6.*

DAY: Monday & Wednesday
TIME: 4:30p-5:25p **AGE:** 8 to 14
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$115 | Resident \$120
Non-resident \$170
PROG#: **DATE:**
93478 Jun 6-Jul 20
93479 Jul 25-Aug 31

SPORTS CONDITIONING

FOR KIDS

Blend of speed, agility, power, and strength training geared to help any young athletes get prepared for their upcoming seasons. This will help all young athletes get focused and achieve their individual performance goals. *No class July 9.*

INSTRUCTOR: Adam Hoornaert
DAY: Saturday
TIME: 12:00p-12:55p
AGE: 7 to 16
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$55
Resident \$60 | Non-resident \$90
PROG#: **DATE:**
93433 Jun 4-Jul 16
93434 Jul 23-Aug 27



BOOT CAMP CHALLENGE

Join this class for a great full body workout. Each week will include a different workout with moderate to advanced exercises. Strength and cardio exercises will be combined to emphasize functional fitness to include power, strength, endurance, agility, mobility, and speed. This class is for anybody who is up for a challenge in a supportive setting. *No class July 8*

INSTRUCTOR: Ashley Rains
DAY: Friday
TIME: 9:30a-10:25a
AGE: 14 and up
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$55
Resident \$60 | Non-resident \$90
PROG#: **DATE:**
93428 Jun 3-Jul 15
93429 Jul 22-Aug 26

FITNESS IN THE PARK BOOTCAMP STYLE

Combined cardio cross training and strength training will give you a total workout this season. Using your body weight and small equipment will improve your fitness level in four weeks flat.

INSTRUCTOR: Jaimie Odierno
DAY: Monday, Wednesday, & Friday
TIME: 6:00a-6:55a
AGE: 18 and up
LOCATION: Centennial Park—Warming House
FEE: Sportsplex member \$115
Resident \$120 | Non-resident \$170
PROG#: **DATE:**
93430 Jun 6-Jul 1
93431 Jul 11-Aug 5

SENIOR

FITNESS BOOT CAMP

Do you lose your balance or have a fear of falling? This class will help improve balance, strength, and cardio vascular endurance. Participants will work at their own pace and modifications will be made for those with an injury. *No class July 5 & 7.*

INSTRUCTOR: Kelleen Kenny
DAY | TIME: Tuesday | 9:00a-9:50a
Thursday | 9:30a-10:20a
AGE: 55 and up
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$115
Resident \$120 | Non-resident \$170
PROG#: **DATE:**
93473 Jun 7-Jul 21
93474 Jul 26-Sep 1

FITNESS WEIGHTLOSS BOOTCAMP

Participants will go through drills, weight stations and cardio circuits to work muscles, burn calories, and get fit! Measurements and body fat analysis will be taken during the course of the program. All fitness levels welcome. *No class the week of July 4 - 7.*

INSTRUCTOR: Adam Hoornaert
AGE: 16 and up
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$115
Resident \$120 | Non-resident \$170
PROG#: **DATE:** **DAY:** **TIME:**
93427 Jun 6-Jul 20 M,W 5:30p-6:25p
93475 Jun 7-Jul 21 T,Th 7:00p-7:55p
93476 Jul 25-Aug 31 M,W 5:30p-6:25p
93477 Jul 26-Sep 1 T,Th 7:00p-7:55p

60 DAY SHAPE UP

In 60 days, we'll give you the tools you need to succeed and see results in your weight-loss transformation! Mondays & Wednesdays you will meet for a group workout with the trainer. Meal plans and exercises will be provided. You will also have weekly weigh-ins to make sure you're staying on track. *No class July 4 & 6.*

INSTRUCTOR: Amy Haddad
PROG#: 93432
DATE: Jun 6-Aug 3
DAY: Monday & Wednesday
TIME: 8:00a-8:55a
AGE: 14 and up
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$120
Resident \$125 | Non-resident \$175



BODY SCULPTING WORKOUT

Body Sculpting Workout is for exercise and weightlifting enthusiasts of all levels whose goal is to build lean, shapely muscles. This class will focus on optimizing muscle tone and growth with maximum efficiency. It will include continuously implementing innovative, alternative, and productive body sculpting workouts for ideal results. *No class July 8.*

INSTRUCTOR: John Olson
DAY: Friday
TIME: 8:30a-9:25a
AGE: 16 and up
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$55
Resident \$60 | Non-resident \$90
PROG#: **DATE:**
93439 Jun 3-Jul 15
93440 Jul 22-Aug 26

BOX & BRACE

Box your way to a better body and brace your core and glutes for some serious strengthening. Join this class to increase your heart rate while building up your abs and buns. Move to your own beat at the boxing bag. Focus on your core with standing, seated and lying exercises. Define the glutes with specific supersets. Experience different movements for different results! *No class July 9.*

INSTRUCTOR: Jamie Odierno
DAY/TIME: Saturday / 10:00a-10:55a
AGE: 14 and up
LOCATION: Sportsplex—Aerobics Studio
FEE: Sportsplex member \$55
Resident \$60 | Non-resident \$90
PROG#: **DATE:**
93453 Jun 4-Jul 16
93454 Jul 23-Aug 27

BALLET BARRE FUSION

Join the dance party that tones the body and helps with stretching. This 55 minute class is a combination of ballet, Pilates and toning at the ballet barre. These exercises will condition the total body including belly, booty, and thighs. *No class July 6 & 8.*

AGE: 14 and up | **LOCATION:** Sportsplex—Aerobics Studio
FEE: Sportsplex member \$68 | Resident \$73 | Non-resident \$110

SESSION I: Jun 8-Jul 22 | **SESSION II:** Jul 27-Sep 2

SESS I	SESS II			
PROG#:	PROG#:	DAY:	TIME:	INSTRUCTOR:
93447	93450	W	6:00a-6:55a	Jamie Odierno
93448	93451	W	7:00p-7:55p	Jennifer Echols
93449	93452	F	9:00a-9:55a	Jamie Odierno

PUMPING IRON & CARDIO

This class combines the best of both worlds; the body sculpting benefit of weight lifting and the high calorie burning of an intense cardiovascular workout. Each session will consist of 50% effective and efficient strength training with no lag time, as well as 50% high intensity cardio intervals. The goal of this class is to make sure each and every session provides you with the best workout possible. *No class July 9.*

INSTRUCTOR: John Olson
DAY: Saturday
TIME: 10:00a-10:55a
AGE: 16 and up
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$55
Resident \$60 | Non-resident \$90
PROG#: **DATE:**
93437 Jun 4-Jul 16
93438 Jul 23-Aug 27

HIIT

HIGH INTENSITY INTERVAL TRAINING

HIIT is a high intensity interval based workout for adults. This class will combine weights with plyos, medicine ball training into a HIIT style class designed to shred fat and build muscle to get you into your best shape quickly! *No class July 5.*

INSTRUCTOR: Amy Haddad
DAY: Tuesday
TIME: 11:00a-11:55a
AGE: 18 and up
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$55
Resident \$60 | Non-resident \$90
PROG#: **DATE:**
93455 Jun 7-Jul 19
93456 Jul 26-Aug 30

CORE & KICKBOXING

This aerobic kickboxing workout will produce increased muscle endurance, strength, and power. This, combined with a sensible diet, produces impactful weight loss. With energetic music, kickboxing drills and functional core fitness coaching, we create a high-energy studio workout that produces big and lasting results. Individual results will vary based on the participant's fitness level. Work out pads for use in class will be provided. Boxing or MMA gloves recommended. *No class July 5.*

INSTRUCTOR: Craig Bowman
DAY: Tuesday
TIME: 4:00p-4:55p
AGE: 16 and up
LOCATION: Sportsplex—Aerobics Studio
FEE: Sportsplex member \$55
Resident \$60 | Non-resident \$90
PROG#: **DATE:**
93480 Jun 7-Jul 19
93481 Jul 26-Aug 30

HIIT THE TRACK

Achieve your daily step goal and use your body weight to develop strength, balance, flexibility, and core stability. Various strength-training workouts and cardio drills will be used to assist in achieving cardio weight loss goals. *No class July 5.*

INSTRUCTOR: Craig Bowman
DAY: Tuesday
TIME: 5:00p-5:55p
AGE: 14 and up
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$55
Resident \$60 | Non-resident \$90
PROG#: **DATE:**
93484 Jun 7-Jul 19
93485 Jul 26-Aug 30

TRX SUSPENSION TRAINING

Participants in TRX Suspension Training use their own bodyweight to develop strength, balance, flexibility, and core stability. This class will also combine various strength and cardio drills to increase the weight loss process. *No class July 5.*

INSTRUCTOR: Craig Bowman
DAY: Tuesday
TIME: 6:00p-6:55p
AGE: 16 and up
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$55
Resident \$60 | Non-resident \$90
PROG#: **DATE:**
93482 Jun 7-Jul 19
93483 Jul 26-Aug 30

ROWING TO TONE

Rowing is one of the best workouts! The movement will strengthen the core, arms and back, as well as build cardiovascular endurance. This workout will incorporate stations with weights to burn out the muscles until fatigued.
No class July 5.

INSTRUCTOR: Laura Mulhall
DAY: Tuesday
TIME: 10:30a-11:25a
AGE: 14 and up
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$55
Resident \$60 | Non-resident \$90

PROG#: **DATE:**
93435 Jun 7-Jul 19
93436 Jul 26-Aug 20

RESISTANCE BAND BODY WORK

This half-hour class is an intense workout with different resistance bands for legs, arms, chest, back and abs. A full body workout in half the time!
No class July 8.

INSTRUCTOR: Laura Mulhall
DAY: Friday
TIME: 10:00a-10:30a
AGE: 14 and up
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$25
Resident \$30 | Non-resident \$45

PROG#: **DATE:**
93443 Jun 3-Jul 15
93444 Jul 22-Aug 26

CORE, TRX & WEIGHTS

This class will keep you moving while training your whole body and working every muscle. Class will use the suspension training system (TRX), free weights and the BOSU for some core work. Get ready to get in the best shape ever.
No class July 4.

INSTRUCTOR: Laura Mulhall
DAY: Monday
TIME: 9:30a-10:25a
AGE: 14 and up
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$55
Resident \$60 | Non-resident \$90

PROG#: **DATE:**
93441 Jun 6-Jul 18
93442 Jul 25-Aug 29



FLY YOGA, BOOTY BARRE & ZUMBA parties

Looking for something unique and fun to do with your friends? Why not get together for a fun fitness party! Great for a bachelorette party, girl scout troupe outing or a ladies night out. Fees include 1 hour & 15 minutes of fitness fun and 45 minutes of private party space. For more details and available dates & times, please contact Deborah at 708.403.6285.

FEES: Sportsplex Member \$145
Resident \$150 | Non-resident \$200

WEIGHT TRAINING FOR MEN & WOMEN OVER 50

Don't be intimidated by free weights. A personal trainer will set up a program with your needs in mind that will help you build, tone, and streamline your muscles. These exercises can help prevent osteoporosis, build strength & stamina, tone and firm muscles while improving our daily living.
No class July 4 & 7.

INSTRUCTOR: Laura Mulhall | **AGE:** 50 and up | **LOCATION:** Sportsplex—Fitness Center
FEE: Sportsplex member \$55 | Resident \$60 | Non-resident \$90

MEN

DAY | TIME: Mondays | 5:30p-6:25p
PROG#: **DATE:**
93413 Jun 6-Jul 18
93414 Jul 25-Aug 29

WOMEN

DAY | TIME: Thursdays | 6:00p-6:55p
PROG#: **DATE:**
93415 Jun 9-Jul 21
93416 Jul 28-Sep 1

PILATES REFORMER

Pilates is a non-impact, full-body exercise that works the deep intrinsic muscles of the core and helps coordinate mind, body, and breath. The exercises are performed on mats or specialized equipment to strengthen muscles, flexibility, and improve coordination. New participants must take an intro class or five private classes before enrolling in another class. Intermediate students should have taken at least five beginner sessions. *No class the week of July 5-9.*

INSTRUCTOR: Jennifer Echols
DATE: Session I - May 31-Jul 16 | Session II - Jul 19-Aug 27
AGE: 14 and up | **LOCATION:** Sportsplex—Fitness Center
FEE: Sportsplex member \$85 | Resident \$90 | Non-resident \$113

SESS I PROG#:	SESS II PROG#:	COURSE:	DAY:	TIME:
93385	93386	Fundamentals	T	9:00a-9:55a
93387	93388	Fundamentals	T	6:30p-7:25p
93389	93390	Fundamentals	W	5:00p-5:55p
93391	93392	Fundamentals	Th	9:00a-9:55a
93393	93394	Fundamentals	Th	10:00a-10:55a
93395	93396	Intermediate	Th	7:00a-7:55a
93397	93398	Fundamentals	Sa	9:00a-9:55a

PILATES REFORMER

10-WEEK GROUP TRAINING SPECIAL— *No class July 6 & 8.*

INSTRUCTOR: Deborah Geghen | **DATE:** Jun 15-Aug 26 | **TIME:** 9:00a-9:55a | **AGE:** 14 and up
LOCATION: Sportsplex—Fitness Center

2-DAYS A WEEK — 10 WEEK SPECIAL

PROG#: 93399
DAY: Wednesday & Friday
FEE: Sportsplex member \$235
 Resident \$240 | Non-resident \$290

1-DAY A WEEK — 10 WEEK SPECIAL

PROG#: 93400
DAY: Wednesday
PROG#: 93401
DAY: Friday
FEE: Sportsplex member \$115
 Resident \$120 | Non-resident \$180



PILATES MAX

Pilates Max is a chair/tower combo workout includes various exercises for stretching and lengthening of the muscles. Over 100 exercises can be done on the Pilates equipment involving both chair and tower. These classes will work all muscle groups with accent on core. Great workout for all levels. *No class July 5 & 9.*

INSTRUCTOR: Jennifer Echols
AGE: 14 and up
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$94
 Resident \$99 | Non-resident \$123

PROG#:	DATE:	DAY:	TIME:
93406	May 31-Jul 12	T	7:00a-7:55a
93407	Jun 4-Jul 16	Sa	10:00a-10:55a
93408	Jul 19-Aug 23	T	7:00a-7:55a
93409	Jul 23-Aug 27	Sa	10:00a-10:55a

PILATES JUMP & SCULPT

Looking to boost your routine and kick it up a notch? Our brand new jump boards will be used to add in plyometric sports performance training on the reformer. *No class July 6.*

INSTRUCTOR: Jennifer Echols
DAY/TIME: Wednesday / 6:00p-6:55p
AGE: 14 and up
LOCATION: Sportsplex—Fitness Center
FEE: Sportsplex member \$85
 Resident \$90 | Non-resident \$113
PROG#: 93403
DATE: Jun 1-Jul 13
 93405 Jul 20-Aug 24

FLY YOGA OR PILATES PERSONAL TRAINING ON THE REFORMER, TOWER, AND CHAIR

Looking for a new exercise routine? A certified instructor will work with you to show you how to safely increase your strength and endurance thru the unique Fly Yoga or Pilates training sessions. This opportunity is exclusively available at the Sportsplex. For a free 20 minute Pilates Reformer trial session, call Deborah at 708.403.6285. Duo & Trio Pilates Personal Training also available at reduced rates. Call for details 708.403.5000.

	MEMBER	RESIDENT	NON-RESIDENT
1 SESSION	\$45	\$50	\$75
5 SESSIONS	\$200	\$225	\$350
10 SESSIONS	\$370	\$420	\$670
20 SESSIONS	\$690	\$790	\$1290

IN-HOUSE CERTIFICATION

We offer the chance to use the Pilates Reformers on your own when you receive an in-house certification. In-house certification requires a prerequisite of one private session a week for 12 months, or 10 class sessions consecutively. Certified members may use the equipment whenever there are no classes using them. Members can maintain their certification by taking one private session a month. For more information, call Deborah at 708.403.6285.

PILATES MAT & WEIGHTS

Develop neglected muscle groups with the classic Pilates Mat exercises while integrating weights into the workout. This class is suitable for students of all levels. *No class July 8.*

INSTRUCTOR: Jennifer Echols
PROG#: 93412
DATE: Jun 10-Aug 5
DAY: Friday
TIME: 8:00a-8:55a
AGE: 14 and up
LOCATION: Sportsplex—Aerobics Studio
FEE: Sportsplex member \$95
Resident \$100 | Non-resident \$150

AERIAL YOGA PLAY WORKSHOPS

Come join our instructor for a chance to play in the hammocks while learning yoga. Poses, stretches and more will be taught in this class while incorporating the use of a silk hammock. These yoga moves are great for stretching and working all muscle groups.

INSTRUCTOR: Tricia Baker
DAY: Sunday
TIME: 9:00a-10:30a
AGE: 14 and up
LOCATION: Sportsplex—Aerobics Studio
FEE: Sportsplex member \$20
Resident \$25 | Non-resident \$38

PROG#: **DATE:**
93460 Jun 5
93461 Jul 17
93462 Aug 28

FITNESS YOGA

Focus on fundamentals such as alignment, breathing, flexibility, balance awareness, and action in yoga poses. Core stabilization and strength will be emphasized. *No class July 6.*

DAY: Wednesday | **AGE:** 14 and up | **LOCATION:** Sportsplex—Aerobics Studio
FEE: Sportsplex member \$75 | Resident \$80 | Non-resident \$120

PROG#:	DATE:	TIME:	INSTRUCTOR:
93467	Jun 8-Jul 20	10:30a-11:25a	Connie Ford
93824	Jun 8-Jul 20	5:00p-5:55p	Kyleigh Cromer
93468	Jul 27-Aug 31	10:30a-11:25a	Connie Ford
93824	Jul 27-Aug 31	5:00p-5:55p	Kyleigh Cromer

SUNSET YOGA

Give yourself a “time-in” with this all level moving meditation fusing yoga, pranayama (breath work) and relaxation techniques in a softly candlelit room. It’s been said disease stems from dis-ease, so let’s give stress and tension the boot with techniques that have been used for thousands of years to invite peace and happiness. Please bring mat & props to class. *No class July 4.*

INSTRUCTOR: Anna Bodenhausen
PROG#: 93464
DATE: Jun 6-Aug 15
DAY: Monday
TIME: 8:00p-8:50p
AGE: 14 and up
LOCATION: Cultural Center—Room 201
FEE: Sportsplex member \$95
Resident \$100 | Non-resident \$150

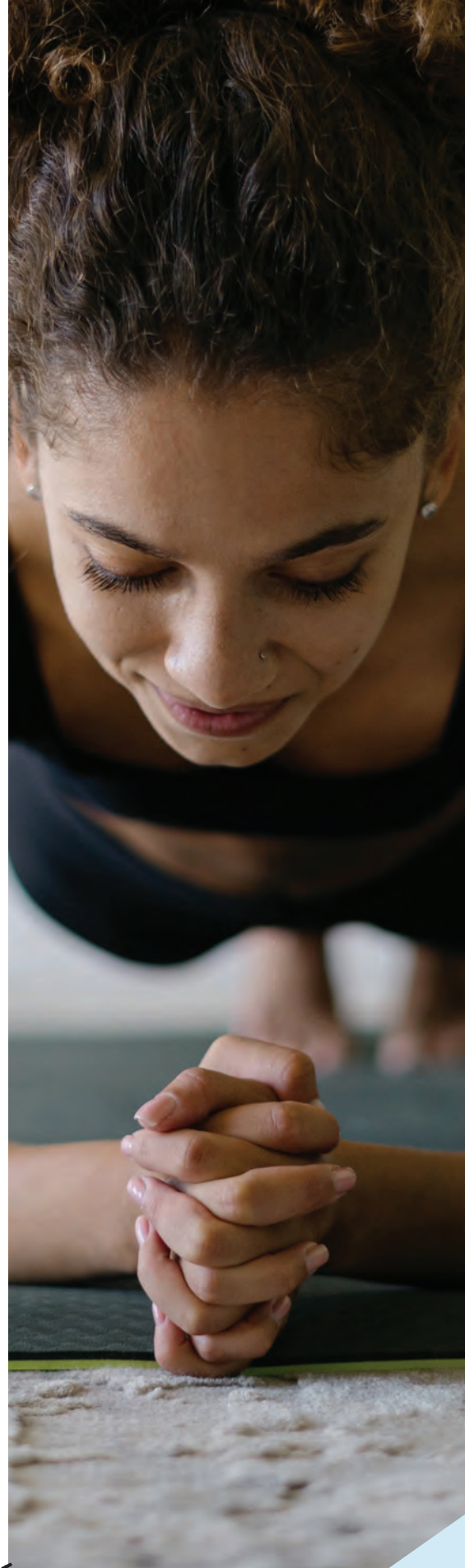
GIRLS NIGHT OUT

AERIAL YOGA FUN

Grab your friends to come enjoy a unique and fun ladies night out as you are guided thru an intro to aerial yoga. This is your chance to try something new and empowering. No need for experience in aerial, this class will provide accessible poses and tricks for all levels. We’ll also have time to socialize while enjoying some refreshments.

DAY: Friday
TIME: 7:00p-8:30p
AGE: 14 and up
LOCATION: Sportsplex—Aerobics Studio
FEE: Sportsplex member \$20
Resident \$25 | Non-resident \$38

PROG#: **DATE:**
93457 Jun 10
93458 Jul 15
93459 Aug 19





RESTORATIVE YOGA

Students will find relaxation, stress reduction and mindfulness thru guided yoga poses and stretches on their mats. Poses are held for several minutes each to help students achieve their deepest level of tension release. Calming guided meditation and breath work will round out the class for a full body and mind balancing experience. Students are asked to bring their own mat and any other props they like. No class July 4.

INSTRUCTOR: Anna Bodenhagen
PROG#: 93465
DATE: Jun 6-Aug 15
DAY: Monday
TIME: 7:00p-7:50p
AGE: 14 and up
LOCATION: Cultural Center—Room 201
FEE: Sportsplex member \$95
Resident \$100 | Non-resident \$150

CHAIR YOGA

Chair yoga is a good way to enjoy the benefits of yoga while seated on a chair or standing using the chair for support. This is great for anyone who needs more support or just wants a more gentle approach to the practice. Postures are modified and accessible for all.

INSTRUCTOR: Connie Ford
DAY: Tuesday
TIME: 1:30p-2:25p
AGE: 50 and up
LOCATION: Sportsplex—Aerobics Studio
FEE: Sportsplex member \$75
Resident \$80 | Non-resident \$120
PROG#: 93826
93827
DATE: Jun 7-Jul 19
Jul 26-Aug 30

GENTLE YOGA

Less rigorous stretches with easy yoga poses will be stressed to increase flexibility. No class July 4.

INSTRUCTOR: Jennifer Echols
PROG#: 93463
DATE: Jun 6-Aug 15
DAY: Monday
TIME: 11:30a-12:25p
AGE: 18 and up
LOCATION: Sportsplex—Aerobics Studio
FEE: Sportsplex member \$95
Resident \$100 | Non-resident \$150

SLOW FLOW HATHA YOGA

Slow Flow Yoga transitions through traditional yoga poses at a pace that allows you to be aware of your body, breath, and alignment. Each class includes breathing and sun salutations, balance, strength, poses to increase flexibility before finishing with savasana. No class July 8.

INSTRUCTOR: Jennifer Echols
DAY: Friday
TIME: 7:00a-7:55a
AGE: 14 and up
LOCATION: Sportsplex—Aerobics Studio
FEE: Sportsplex member \$75
Resident \$80 | Non-resident \$120
PROG#: 93469
93470
DATE: Jun 3-Jul 15
Jul 22-Aug 26

PARKINSON'S EXERCISE CLASS

The focus of this exercise class is to improve mobility of individuals with Parkinson's and other neurodegenerative diseases. When you've been diagnosed with Parkinson's, it is very important to stay moving and keep active in order to maintain optimal function. Exercise has been shown to be helpful in maintaining mobility throughout the lifespan. This class provides safe strengthening exercises with an emphasis on postural awareness, breathing, balance and rhythmical movement. These exercises aim to increase joint mobility, range of motion, improve balance recovery, gait mechanics, prevent joint deformation and elevate overall strength and stamina. No class July 4 & 6.

INSTRUCTOR: Joe Kamenske
DAY: Monday & Wednesday
TIME: 1:30p-2:25p
AGE: 16 and up
LOCATION: Sportsplex—Gym 2
FEE: Sportsplex member \$100
Resident \$105 | Non-resident \$155
PROG#: 93417
93418
DATE: Jun 6-Jul 20
Jul 25-Aug 31

SPORTSPLEX NAMING RIGHTS

**Feature your
business name
in Sportsplex!**

For details please contact
Recreation@orlandpark.org.



Welcome!



Program Supervisor
Early Childhood,
Enrichment, Day Camp
708.403.6144



Senior Program Coordinator
Preschool
708.403.6208



Program Assistant
Preschool
708.403.6208

The Village of Orland Park Preschool is its 43rd year of providing quality early childhood education to area children. For decades this preschool has focused on developing children's abilities in a fun and engaging atmosphere. Children that leave this program are confident, more mature and Kindergarten ready. This is made possible with the help of our talented and dedicated instructors. Each classroom is staffed with two of our incredible teachers inside Franklin Loebe Center. Our teachers go the extra mile to ensure all children within Preschool receive what they need to succeed. In this preschool students learn while having fun in a safe and caring environment.



Meet our fabulous teachers, second to none!



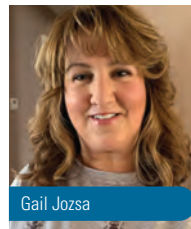
Violetta Cantu



Joanna Golab



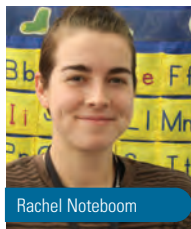
Jenna Jakalski



Gail Jozsa



Mara Mitchell



Rachel Noteboom



Jody Shanahan



JoAnn Perk

Registration for 2022-2023 is currently being taken online or in person at Sportsplex and Village hall. Call 708.403.5000 for more information!

Early Childhood

noun
2 the state or period of being a child.
child – noun, plural *child-**ren***
1 a person between birth and puberty or full growth.



PRESCHOOL 2022/2023

FRANKLIN LOEBE CENTER

Our Preschool program is designed to provide your child with the opportunity to develop skills needed for individual learning and play. The program includes academics, arts & crafts, games, holiday parties, and field trips, with emphasis on motor coordination and socialization. Preschool is a continuous program beginning in September and ending in May. Children must reach the age of 3 or 4 on or before September 1, 2022, and must be toilet trained.

BIRTH CERTIFICATES REQUIRED

A government issued birth certificate for all children 5 years of age and younger is required at initial registration. This will help ensure equal opportunity for all registrants. See page 83 for more information. **Hospital copies will not be accepted!**

PRESCHOOL • JUNIORS

AGE: 3 • 2.25 HOUR CLASS

DATE: September 12, 2022 – May 10, 2023

DAYS: Monday & Wednesday

FEE: Resident \$821 | Non-resident \$1026

PROGRAM#: **TIME:**
93117 12p-2:15p

AGE: 3 • 2 HOUR CLASS

DATE: September 13, 2022 – May 11, 2023

DAYS: Tuesday & Thursday

FEE: Resident \$761 | Non-resident \$951

PROGRAM#: **TIME:**
93118 8:45a-10:45a
93119 9:15a-11:15a
93120 11:45a-1:45p

PRESCHOOL • SENIORS

AGE: 4 TO 5 • 2.5 HOUR CLASS

DATE: September 12, 2022 – May 17, 2023

DAYS: Mon, Wed & Fri—2.5 HRS.

FEE: Resident \$1230 | Non-resident \$1538

PROGRAM#: **TIME:**
93121 8:30a-11a*
93122 9a-11:30a*
93123 12p-2:30p

* Young Achievers is only available for the (*) noted classes above.

IMPORTANT

PRESCHOOL REGISTRATION INFORMATION

Should the class of your choice fill, two attempts will be made to reach you by phone or e-mail, to allow you a second choice. To increase placement chances, please include your daytime phone number. A \$25/\$50 non-refundable deposit, a credit card number (*if choosing the payment plan*), and a copy of your child's certified birth certificate are due when registering—No exceptions. **PLEASE NOTE:** Your payment and registration will not be complete until your a copy of a birth certificate is received. Classroom assignments will be given at the parent meeting prior to start of class.

NOTE: If your child requires special assistance, please see page 81 for ADA and Inclusion accommodations.

ONLINE REGISTRATION NOW AVAILABLE!

INCLUSION

The Recreation & Parks Department welcomes participants with special needs in all areas of programming. We strive to make these programs an optimal experience by providing reasonable modifications to the program activity. The Special Recreation Division provides inclusion assistance to programs servicing clientele ages three years and up. Please indicate at the time of registration that 1:1 assistance is needed. Programs that are not eligible for 1:1 services are as follows: Mom and Tot classes, offsite and/or contracted programs and day care services. If you are registering online or new to the program you must contact Special Recreation Supervisor Nick Harvey at 708.403.6269 two weeks prior to the start of the program.



SCHOOL

YOUNG ACHIEVERS

This enrichment program is designed as a continuation of time directly after the senior preschool class. This is for the child that is both academically and socially ready for kindergarten, but not old enough. Each child is required to bring a brown bag lunch—lunch will not be provided. Activities will include: nature, science, arts & crafts, math, and games. Your child will be walked from classroom to classroom. Your child must be enrolled in a senior preschool program in order to register for this class. Prerequisite: child should be able to print name and use scissors correctly. Young Achievers is a continuous program beginning in September and ending in May. A credit card number is needed if choosing the payment plan. Please consult Preschool calendar for no class dates.

DATE: Sep 12-May 17
DAY: Monday, Wednesday, & Friday
AGE: 4 to 5
LOCATION: FLC
FEE: Resident \$445 | Non-resident \$673
PROG#: **TIME:**
93172 11:00a-12:30p (must be enrolled in #93121)
93173 11:30a-1:00p (must be enrolled in #93122)

PRESCHOOL & YOUNG ACHIEVERS PAYMENT PLAN INFORMATION

A credit card number is required if choosing the payment plan. Payments will automatically be charged on *scheduled date if prior payment has not been made.

No refunds will given after December 5.

PRESCHOOL PAYMENT SCHEDULE

Non-refundable Registration deposit:

\$25 Juniors | \$50 Seniors

1st payment, Aug 5* 1/3 of balance after deposit

2nd payment, Oct 5* 1/3 of balance

3rd payment, Dec 5* Remainder of balance

YOUNG ACHIEVERS PAYMENT SCHEDULE

1st payment, 1/3 due at time of registration

2nd payment, Sept 5* 1/3 of balance

3rd payment, Nov 5* Remainder of balance

AGE LIMITS & WHY

In order to provide your child with the best possible recreational and/or learning experience, our programs are planned according to the ages listed in our brochure. Our instructors are sensitive to the needs of the individual age levels. Children must be the age listed for each program by the date the program begins, unless otherwise specified.

ONLY OFFICIALLY REGISTERED PARTICIPANTS MAY ATTEND RECREATION PROGRAMS.

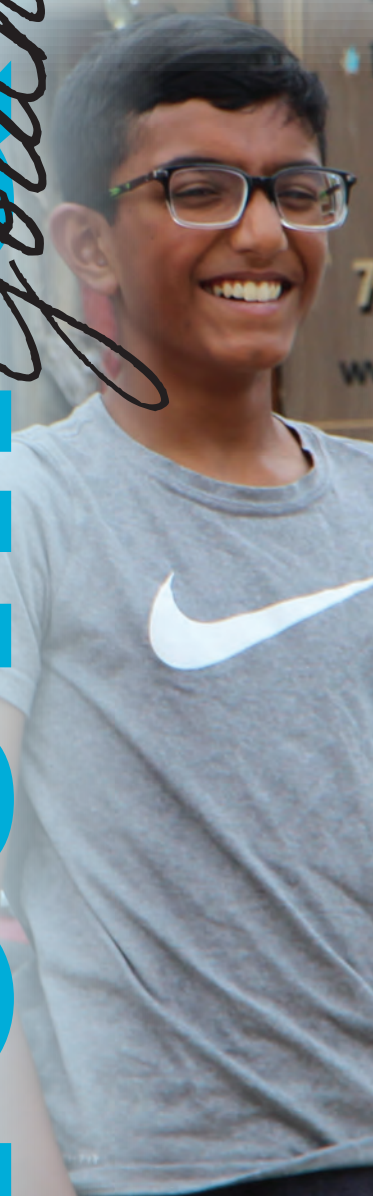
Early Childhood **41**

Youth & Teens

noun

1 the condition of being young.

2 the period of life from puberty to the attainment of full growth; adolescence.



SHOTOKAN KARATE

INSTRUCTOR: Illinois Shotokan

LOCATION: Cultural Center—Exhibit Hall

Illinois Shotokan Karate Club is Chicago's premier karate school taught under the instruction of John Di Pasquale, a four-time National Champion, US National Coach and President of the US National Karate Federation. This program is specifically designed for growing minds and bodies to enhance memory and agility. **Parent/Child** classes are a great way to spend quality time with your child, while conditioning muscles, developing coordination and improving cardiovascular fitness. **Please Note:** Parent/Child, Youth & Adult classes will train together. Fees are per person.

DATE: Jun 9-Aug 19 | **FEE:** Resident \$132 | Non-resident \$184

PRE KARATE—AGE 4 TO 7

THUR	FRI		
PROG#:	PROG#:	LEVEL:	TIME:
93641	93642	Beginner/Continuer (no experience-White Belt)	4:15p-5:00p
93643	93644	Novice/Advanced (White w/stripes-Red)	5:05p-5:50p

PARENT/CHILD KARATE—AGE 7 & UP

THUR	FRI		
PROG#:	PROG#:	LEVEL:	TIME:
93613	93616	Beginner/Continuer (White thru Red belt)	5:55p-6:55p
93622	93624	Novice—(Orange thru Green)	7:00p-8:00p
93626	93762	Intermediate/Advanced (Purple & up)	8:05p-9:05p

YOUTH & ADULT—AGE 7 & UP

THUR	FRI		
PROG#:	PROG#:	LEVEL:	TIME:
93634	93636	Beginner/Continuer (White thru Red belt))	5:55p-6:55p
93637	93638	Novice—(Orange thru Green)	7:00p-8:00p
93639	93640	Intermediate/Advanced (Purple & up)	8:05p-9:05p

OTOKAN KARATE



MAGIC CLASS

Enter the fascinating and unbelievable world of magic with Gary Kantor! Children learn a collection of mesmerizing tricks to amaze friends and family! All materials are provided and each child will receive a magic kit to take home. Children are grouped by age, and tricks are always age appropriate. Each class features new tricks so returning participants are welcome!

INSTRUCTOR: Gary Kantor
PROG#: 93358
DATE: Jul 19
DAY: Tuesday
TIME: 5:00p-5:55p
AGE: 5 to 12
LOCATION: FLC—Room 109
FEE: Resident \$23
Non-resident \$35

YOUTH SPANISH

Learning a second language can open a world of possibilities for your child. In this class, students will learn Spanish conversation, reading, and writing skills through interactive and engaging activities. New material is covered each session.

INSTRUCTOR: Language in Action
DAY: Friday
TIME: 11:20a-12:10p
AGE: 7 to 11
LOCATION: Cultural Center
FEE: Resident: \$50
Non-resident \$60
PROG#: 93382
93383
DATE: Jun 24-Jul 15
Jul 22-Aug 12

**SEE THE CAMPS SECTION FOR
MORE GREAT YOUTH CLASSES!**

ADVERTISE AT SPORTSPLEX

**YOUR
AD
HERE**



For details
please contact
**Recreation@
orlandpark.org**

Youth & Teens **43**

adult — noun
1 a person who is fully grown or developed or of age.

senior citizen — noun
1 an elderly or aged person, especially one who is retired.

COMMUNITY CARDS

FOR ADULTS & SENIORS

Do you like to play cards? Looking for a game? Drop by the Cultural Center and join in a FREE game on any of the days listed below.

TIME: 10a (starting times may vary)
LOCATION: Cultural Center—Commons
DROP IN GAME: **DAY:**
 Bridge Tuesday, Wednesday & Friday
 Mahjong Thursday

SPORTSPLEX SENIOR CLUBS

Open to those age 55 & better. Groups will meet each week at the Sportsplex to utilize the fitness center, walk the track, play volleyball, bocce ball, and finish with some camaraderie with fellow Senior Club members. This is a great way to meet friends, be active and stay fit. Club enrollment includes use of locker rooms and towel service during the club meeting time.

WOMEN'S CLUB: Monday
MEN'S CLUB: Friday
TIME: 10a–12p weekly
AGE: 55 and up
SEMI-ANNUAL FEE: Resident \$25
 Non-resident \$35
 Sportsplex Members *FREE*
Registration required.

SENIOR PAINTING WITH OIL PASTEL

While creating an oil pastel painting we will learn the basic methods. Create a painting using templates.

INSTRUCTOR: Connie Kaden
DAY/TIME: Friday / 10:30a–11:30a
AGE: 50 and up
LOCATION: Cultural—Art Studio
FEE: Resident \$15 | Non-resident \$23
PROG#: **DATE:**
 93769 Jun 17
 93770 Jul 29

WATER COLOR

Never painted before? This is the class for you! Create a simple water color painting while learning the basic methods. All supplies are included and templates are provided as needed.

INSTRUCTOR: Connie Kaden
DAY/TIME: Friday / 10:30a–11:30a
AGE: 50 and up
LOCATION: Cultural—Art Studio
FEE: Resident \$15 | Non-resident \$23
PROG#: **DATE:**
 93766 Jun 10
 93767 Jul 22
 93768 Aug 2

IMPROV AUDITIONS

Do you think you're a quick wit, funny, or a real comedian? Well, now's your chance to show off your talents. Come out and audition for the one and only 'No Limit Laughs' IMPROV comedy players. We'd love to see you there! (Due to adult content, you must be at least 18 years of age to audition). Once cast, members must pay the \$35 registration fee. Rehearsals will be held on Wednesdays from 7:30p–9:30p, August thru May. Performances will be once a month from September 2022 thru May 2023.

INSTRUCTOR: Bryan Riess
PROG#: 93546
DATE: Aug 1 & 2
DAY: Monday & Tuesday
TIME: 7:00p–10:00p
AGE: 18 and up
LOCATION: Cultural Center—Exhibit Hall
FEE: \$35.00 (once cast)

PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a whiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications.

Pickleball is available at the Sportsplex Monday thru Friday from 9a–2p, with Monday, Wednesday and Friday geared toward beginner play, and Tuesday and Thursday for the Intermediate/Advanced players.

SPORTSPLEX DROP IN FEE:

- Resident \$4
- Non-resident \$15
- Senior Non-resident 55 & up \$6
- Sportsplex Member FREE

* For court reservations & availability, call Kurt at 708.403.6284. Sportsplex hourly rates apply.

Outdoor pickleball courts are also available at fourteen of our enjoyable parks. Please see pages 10-11 for a complete list.

Park location information can be found in the Great Outdoors section of this guide.



NEW

WALK WITH EASE

WALKING CLUB

Lace up your shoes and start moving! Walking clubs are a great way to meet other active people, stay fit and walk safely in our community. This program is an intro to fall Walking Club. If the weather is nice, we will walk outside.

PROG#: 93755
DATE: Jun 13, Jul 11, Aug 8
DAY: Mondays
TIME: 9:00a-10:00a
LOCATION: Franklin Loebe Center—
Walking Track
AGE: 50 and up
FEE: \$10

SEE THE CULTURAL ARTS, DANCE AND FITNESS SECTIONS
FOR MORE GREAT ADULT PROGRAMS.

Adults & Seniors **45**



VILLAGE OF ORLAND PARK

VOLUNTEER PROGRAM

Share your time and talent with the Village of Orland Park where you can make a difference. The Village of Orland Park offers a wide variety of volunteer opportunities throughout the season. If you are interested in volunteering at any of our events please mail this form to the Recreation Administration Office, 14600 Ravinia Ave., Orland Park, IL 60462, email orlandrecreation@orlandpark.org, or fax 708.403.3208. Students—Earn Community Service Hours! If earning Community Service hours, please list your school.

1 MAKE A DIFFERENCE AND BECOME A VOLUNTEER!

Print Name: _____ Age: _____

Home Phone: _____ Cell Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

What school do you attend? _____ Student I.D.: _____

2 CHOOSE AN EVENT, OR TWO!

Events with multiple dates, choose one or more days to volunteer. You will be contacted if needed.

- ☐ **Dance Recital | June 8 & 9 and June 11 & 12 | Times Vary | Carl Sandburg Performing Arts Center**
- ☐ **Market at the Park | June 2-August 18 (No market June 30 & August 4) | 3p to 8:30p | Crescent Park**
- ☐ **Sports Camp | Jun 14-Jul 7 & Jul 12-Aug 4 | 8:30a-3:30p | Sportsplex**
- ☐ **Veteran's Liberty Run | Jul 1 | 6p to 8p | Centennial Park/153rd St. Metra Station**
- ☐ **Taste of Orland Park | Aug 5-Aug 7 | Various Times & Activities | Village Hall Complex**
- ☐ **Veteran's Golf Classic | Aug 30 | 7:30a to 5:30p (various shifts) | Silver Lakes Country club**
- ☐ **Special Recreation Programs & Events | Various Dates & Times | Various Locations**
- ☐ **I am willing to volunteer as needed.**

3 READ AND SIGN THE VOLUNTEER CONSENT AND RELEASE FORM

I offer to volunteer my services to the Village of Orland Park and recognize that I will not be paid in any way. As a volunteer, parent, or legal guardian of a volunteer I acknowledge that there are certain risks of physical injury to volunteers in their activities and I agree to assume full risk of any and all injuries, damages or loss that I may sustain as a result of said participation. I agree and covenant on behalf of myself and any minor child/ward of mine that I/we will not under any circumstances file any claim or suit against the village or any of its agents, employees or representatives based on my voluntary participation in any village activity. I do further agree to hold harmless, indemnify and defend the Village, it's trustees, officers, officials, agents, and employees from any claim, suit, demand or liability being asserted at any time in the future by me or by the minor child/ward or on his/her/our behalf for any loss, costs or damages (including reasonable attorney's fees and costs of defense) resulting from the death, bodily injury or property damage suffered by me or the minor resulting from any volunteer activities as outlined above. In applying to be a volunteer for a Village of Orland Park children's recreational program (or the parent of a minor child/ward offering to be a volunteer for such a program) I certify that I (or the minor child/ward) have neither been convicted of a sex offense nor found to be a child sex offender. Additionally I hereby give consent for the Village of Orland Park to use photos or video coverage of me and my minor child/ward in future publications and promotions, and that these photos/videos remain the property of the Village of Orland Park.

Signature of adult volunteer or parent/guardian of minor volunteer

Date

SPECIAL EVENTS



Plus

CENTENNIAL
PARK WEST
CONCERT SERIES
and
MARKET
AT THE PARK

MARKET

at the Park

9705 WEST 142ND ST. CRESCENT PARK

FREE WEEKLY: LIVE ENTERTAINMENT | MARKET ROAMERS CHILDREN'S PROGRAM

JUNE 2 TO AUG 18 | THURSDAYS | 4P-8P

(Located near the 143RD Street Metra Station. No Markets June 30 or August 4.)

FOOD&MUSIC=FUN

**FREE LIVE WEEKLY ENTERTAINMENT
AND CHILDREN'S ACTIVITIES!**

All ages will enjoy a night out in the park with new themed activities each week, including dance performances, games, dance lessons, costume contests and more.

WEEKLY THEMES INCLUDE:

**DANCING IN THE PARK • FIESTA
BEACH BUMS • ROCKIN' ORLAND
PARK • KICKIN' IT COUNTRY • CHEERS
TO ORLAND PARK • THROWBACK
THURSDAY • HOMETOWN PRIDE***

KIDS MARKET

Roamers

**Subject to change*



The market returns to Crescent Park again this summer with a focus on ready to eat foods, specialty foods and live music. Vendors include a variety of food items, so come hungry and enjoy dinner in the park. A limited number of vendors will rotate weekly offering arts, crafts and artisanal items. Stay tuned to social media and our website for updates, visit orlandpark.org/market.

MAYOR KEITH PEKAU & THE VILLAGE OF ORLAND PARK TRUSTEES PRESENT

CENTENNIAL
PARK WEST



CONCERT
SERIES

WHO'S ROCKIN' ORLAND PARK?

CHECK OUT THE

BAND
LINE UP

@



TICKETS @
UNIVERSE.COM



MAZDA
OF ORLAND PARK



AT THE FOREFRONT
UChicago
Medicine



Northwestern
Medicine

CANCELLATION AND REFUNDS: This is a rain or shine event. Concerts may be postponed, suspended, or cancelled in the case of lightning, heavy winds, heavy rain or other threatening weather or conditions that place the audience, artists, crew or staff at risk. In the event of cancellation due to weather or other discretionary reasons, no refunds or credits will be issued. However, in the limited circumstances of concert cancellation caused by federal, State or local government directives, guidelines and recommendations relating to event cancellations, social distancing and/or other public health and safety measures only, ticket holders will be eligible for a full refund (in the case of cancellation of all three concerts) or partial, pro-rated refund (in the case of cancellation of one or two of the concerts). Refunds will not be given until the cancellation or conclusion of the entire concert series.

Special Events **49**

N L I M I T L A U G H S

Improv

Performances

8-10p
Ages 18 & up

Cultural Center
Exhibit Hall
14700 Park Ln
Orland Park

\$7 at the door
orlandpark.org

MAY 20 | LAST PERFORMANCE OF THE SEASON

Get your *funny* on!

Join us for an unforgettable night of improvised comedy. Each show is guaranteed to be a unique experience, as the audience's suggestions fuel off-the-cuff fun!

Director: Bryan Riess

Questions? Contact Jean Petrow at jpetrow@orlandpark.org



Concerts
in the Park

FREE CONCERT

6P-7:30P

CRESCENT PARK — 143RD STREET METRA STATION*

**Rain site — Franklin Loebe Center — Gym*

SUNDAYS

JUNE 12 **THE DAVENPORT PROJECT** (Rock)

JULY 10 **THE STINGRAYS** (50s/60s/70s Rock)

Visit orlandpark.org/events for more information.

**Subject to change*



**CENTRAL CREDIT UNION
OF ILLINOIS**

www.centralcu.org



50

ORLANDPARK.ORG/EVENTS | OrlandParkRec

The Village Of Orland Park

INDEPENDENCE CELEBRATION

VETERANS LIBERTY RUN & WALK

Sprint, jog or walk the 1 or 2 mile course through beautiful Centennial Park. All participants receive a dri-fit race shirt, a USA hand flag, a pass for *one free admission to the Centennial Park Aquatic Center, post-race refreshments and entry into a prize raffle. Awards to the top overall male and female finisher and the top three male and female finishers in each age group, 9U to 70+. A portion of the proceeds will be donated to local veterans organizations. Race packet pick-up: June 25-June 30 at Human Race (15148 S La Grange Rd, Orland Park). Onsite registration and packet pick-up for those not yet picked up begins at 5:30pm on July 1st at the race site.

* Good for one free admission on one day only:

July 7,8,9, or 10, 2022.

DAY/DATE: Friday, Jul 1
TIME: 7p-8p **AGE:** All ages
LOCATION: Metra—153rd Street
PROG#: COURSE: FEE:
93359 Run Resident \$14 | Non-resident \$20
93362 Walk Resident \$8 | Non-resident \$14

KID'S RUN FOR FUN— 50 YARD DASH

Cheer on our youngest participants in the 50 yard, everyone wins, dash! Pre-registration is not required for this FREE event. The dash will begin at approximately 7:30p. Medals to all participants. All ages welcome.

INDEPENDENCE DAY

MONDAY, JULY 4

CONCERT—7:15P-9:30P | FIREWORKS—9:30P

Continue your Independence Day festivities at Centennial Park with a 4CAST concert, Presentation of Colors, and fireworks! Pack a blanket, lawn chairs, your favorite snacks and beverages as 4CAST rocks the park, playing the best of 4 decades of rock! Concert begins at 7:15pm with concessions, beer and wine available for purchase.

PRESENTATION OF COLORS: 9:30P IN FRONT OF THE MAIN STAGE

Before the spectacularly choreographed fireworks at 9:30pm, join us for the Posting of the Colors and singing of the National Anthem to salute the men and women of the armed forces.



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aligned
MODERN HEALTH

DuPage Medical Group is now:

duly
HEALTH AND CARE

Special Events **51**



AT THE FOREFRONT

UChicago Medicine PRESENTS TASTE OF ORLAND



JOIN US FOR THE 19TH ANNUAL TASTE OF ORLAND PARK WHERE YOU CAN EAT, SIP AND SAVOR THE FLAVORS AS SEVERAL LOCAL RESTAURANTS SHOWCASE THEIR SPECIALTIES. THIS THREE-DAY SUMMER FESTIVAL OFFERS SOMETHING FOR EVERYONE WITH LIVE ENTERTAINMENT ON TWO STAGES, KIDS' ZONE, A CAR SHOW, BINGO, LIVE BAND KARAOKE, TRIVIA CONTEST, COMMUNITY AND SPONSOR BOOTHS AND MUCH, MUCH MORE. FOR INFORMATION, PLEASE CALL 708.403.5000 OR VISIT ORLANDPARK.ORG.

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FOR PARTICIPATING RESTAURANTS, PLEASE VISIT: ORLANDPARK.ORG/EVENTS |



OrlandParkRec

VILLAGE OF ORLAND PARK

TASTE OF ORLAND PARK

VILLAGE GREEN, 14700 S. RAVINIA AVE.


AUG 5-7, 2022

ENTERTAINMENT SCHEDULE*

FRIDAY, AUG 5 | 5p-11p

5p-7:30p	Hillbilly Rockstarz (Country)	M
7p-10p	Band Showcase	C
8:30p-11p	Electric Avenue (80's)	M

SATURDAY, AUGUST 6 | 1p-11p

1p-3p	Tom Holland & the Shuffle Kings (Blues)	M
1p-9p	Bingo	CC
4p-6:30p	Motor City (The Motown Revue)	M
7p 	Veterans' Tribute	M
8p-11p	Live Band Karaoke	C
8:30p-11p	7th Heaven (Variety)	M

SUNDAY, AUGUST 7 | 1p-9p

1p-3p	Peter Oprisko & The Mini Big Band (Vintage Rhythm/Blues)	M
1p-8p	Bingo	CC
4p-6p	M&R Rush (Rock)	M
4:30p-6:30p	Improv Mash-up	CC
6p-8p	American English (Beatles Tribute)	M

M = Main Stage CC = Civic Center

C = Community Stage *Subject to change

TRIVIA CONTEST

SATURDAY, AUGUST 6 | 2p-6p | FREE

Test your trivia expertise while enjoying a break from the heat inside Civic Center. No entry fees, prizes awarded to category winners. Space is limited, join us early.

2p-2:45p – Musical Movies

3p-3:45p – Throwback Cartoons

4p-4:45p – People's Choice*

5p-5:45p – People's Choice*

*Follow us on social media to cast your vote

NEW BACK LOT

FRIDAY, SATURDAY & SUNDAY DURING TASTE HOURS | FREE

Bring your beverage, friends, and family for yard games and camaraderie in our new Back Lot. Visit orlandpark.org/events and social media for Bags Tournament entry information.

KIDS' ZONE*

VILLAGE GREEN

Each day will be full of free activities for kids to enjoy in the great outdoors! Local community groups and clubs will be on hand sharing organization information and activities for kids to try. Inflatables, face painting, and balloon makers, there's something for everyone. Games and activities are subject to change and may vary each day.

SATURDAY, AUGUST 6 | 1p-4p | FREE

Touch a Truck
Prime Time Racing remote control cars
Mr. D's Magic Show 3:00pm
Face Painting
Balloon Animals by Dude Dale
Giant Games
Inflatables

SUNDAY, AUGUST 7 | 1p-4p | FREE

Pony Rides
Train Rides
Crosstown Exotics
Jason Kollum's Bubbles
Face Painting
Giant Games
Inflatables

CAR SHOW—

JOHN HUMPHREY PARKING LOT

SUNDAY, AUGUST 7 | 11a-3p

Calling all car enthusiasts! You won't want to miss over 200 vintage and modern day cars take over John Humphrey Complex. Bring the whole family for muscle cars, classic cars, and everything in between!

ENTER YOUR CAR: 9a—12p

PROG#: 93828 | **FEE:** \$20 registration fee to display car

Pre-registration to display your car will be available on the Village of Orland Park website in May. Day of registration will also be available beginning at 9:00 AM, ending at 12:00 PM. Event will be held rain or shine, no refunds. Last car through the gate at 1p.

QUESTIONS: 708.403.6144



THE VILLAGE OF ORLAND PARK PRESENTS

OUTDOOR MOVIE SERIES

JUN 17-E.T.

**FREE Movie—No registration required

Location: Crescent Park, 9705 142nd Street

JUL 16-Jungle Cruise

Prog#93808

Location: Orland Park Health & Fitness Parking Lot, 15430 West Avenue

AUG 12-Encanto

**FREE Movie—No registration required

Location: Crescent Park, 9705 142nd Street



Movies begin at dusk.

Enjoy watching movies on the big screen under the stars. All movies begin at dusk with seating/parking beginning one hour before. Check our social media for special features at each movie.

Visit us @OrlandParkRec



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VILLAGE OF ORLAND PARK ARTS COMMISSION PHOTO CONTEST

The Village of Orland Park Arts Commission will be hosting its third annual photo contest. This event is free but you must complete the waiver to be included in the contest. Prizes will be given out to the winners in three age divisions (ages 14 & under, 15 to 17, and 18 & over). No more than one submission per resident. Besides artistic merit, the picture will be judged on how it reflects life in our great town of Orland Park! Photos will be displayed in Village facilities the month of October and used in our social media campaigns.

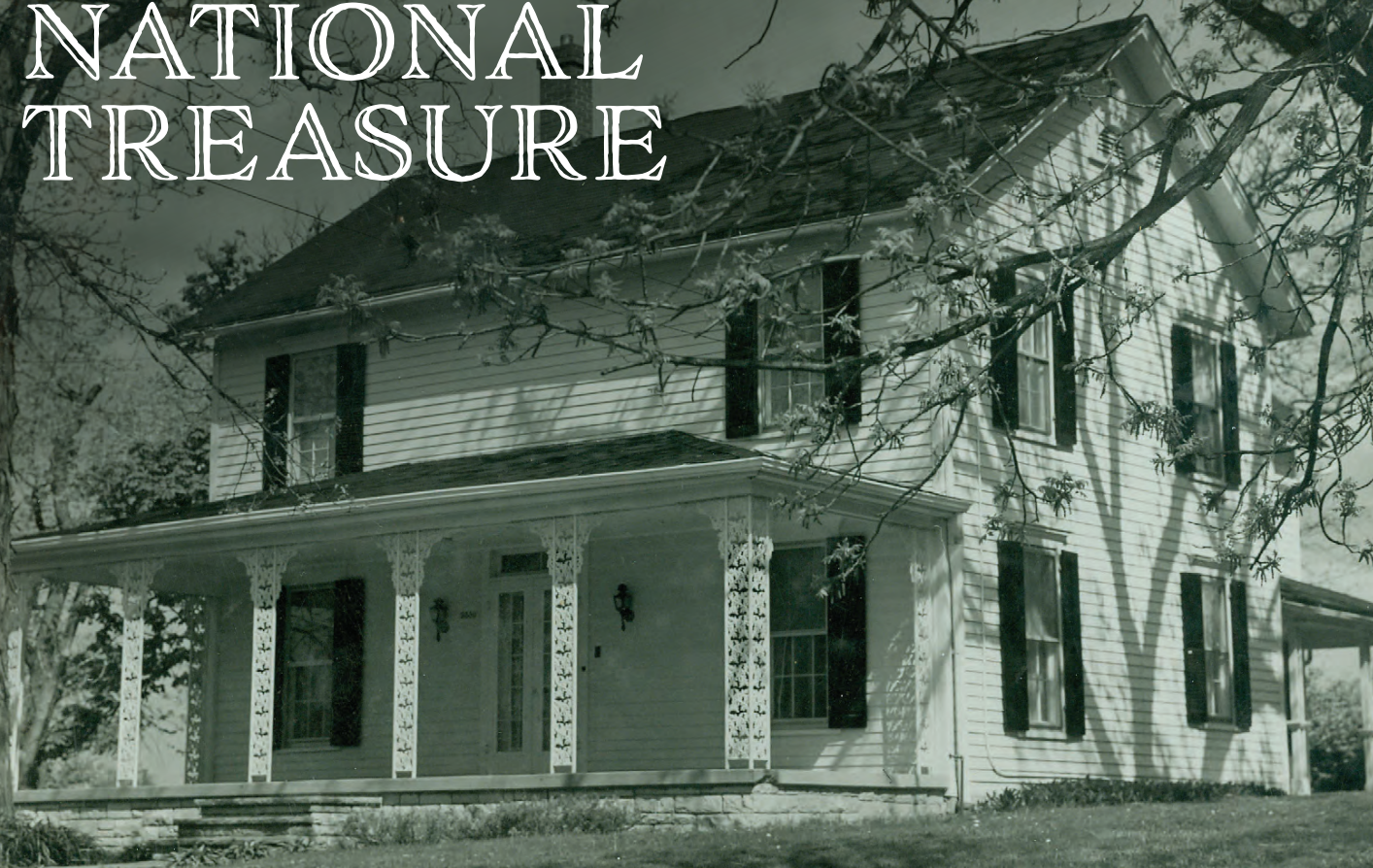
Rules are simple. The subject of the photos could be any structure, place, nature, animal or person, and must be taken within the boundaries of Orland Park. Please email your picture to Jean Petrow at jpetrow@orlandpark.org. A waiver will be sent to you upon submission. This waiver will include permission for us to use your picture (credited to the photographer) on our social media, website, brochure, etc. Winners will be announced on September 15, 2022.

DEADLINE: Wednesday, Aug 31
SUBMIT TO: Jean Petrow at jpetrow@orlandpark.org
AGE DIVISION: School Age-14 & under | High School-15-17 | Adult-18 & up



Photo by Cassie O'Malley, 2021.

SUPPORT A NATIONAL TREASURE



HUMPHREY HOUSE FUNDRAISER

SAT, AUG 27

3-7p • \$50 *per person*

Spend an afternoon transported back in time at the Humphrey House. Tour historic Orland sites by bus, including the Chiappetti Slaughterhouse, Hostert Cabins, Museum, and the streets of Old Orland. Meet characters dressed for the occasion and sharing stories of Orland's past, all while enjoying cocktails and snacks. At the end of the "living history" tour, meet back at the Humphrey House to enjoy hor d'oeuvres, music and hear about the house and future projects set to take place. For more information, contact Sarah Stasukewicz at 708.873.1622.

Program #93842



ORLAND PARK

HISTORY MUSEUM

Special Events **55**

ORLAND PARK VETERANS ★ GOLF CLASSIC ★ 2022

TUES • AUG 30

SILVER LAKE COUNTRY CLUB

14700 S 82ND AVE, ORLAND PARK

TIME: 8AM CHECK-IN FOR GOLF
3PM COCKTAILS & DINNER

REGISTRATION DEADLINE: AUG 26

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The Orland Park Veterans Golf Classic will benefit the Orland Park Veterans Commission and area Veterans and military groups.

The Orland Park Veterans Golf Classic is limited to 144 golfers. Foursome fill-up fast, so register early! For more information, please contact: Darryl Wertheim 708.403.6115, dwertheim@orlandpark.org



GOLF & DINNER PACKAGE* — includes 18 holes of golf with all games on the course except the par 3 holes, 1/2 cart, continental breakfast, on-course lunch and beverages, cocktail hour, dinner, and golfer's gift.

PROGRAM#: 93256 • **FEE:** \$175.00*

GOLF ONLY PACKAGE* — includes 18 holes of golf with all games on the course except the par 3 holes, 1/2 cart, continental breakfast, lunch on the course, and golfer's gift.

PROGRAM#: 93257 • **FEE:** \$145.00*

DINNER ONLY — open bar and full dinner

PROGRAM#: 93258 • **FEE:** \$50.00

*The Golf Packages includes 1 grand prize raffle ticket. (Chance to win 1 of 3 prizes — total \$2,500)



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WASTE MANAGEMENT

WESTSIDE CHILDREN'S THERAPY—MOKENA

MAZDA OF ORLAND PARK PRESENTS



BEER, WINE & LIBATIONS

SATURDAY, SEP 17 • 6:30 PM—9:30 PM

ORLAND PARK PUBLIC WORKS GARAGE

Craft beer enthusiasts and newbies alike will enjoy the Orland Park Brewfest! Sample craft beer from over 40 selections, enjoy dinner and live entertainment from Fletcher Rockwell. Ticket includes (20) tasting tickets, souvenir glass, dinner and live entertainment! Open to adults age 21 & older. Limited tickets available.

TICKETS AVAILABLE IN JUNE AT [UNIVERSE.COM](https://universe.com)

CANCELLATION AND REFUNDS: This is a rain or shine event. In the limited circumstances of event cancellation caused by federal, State or local government directives, guidelines and recommendations relating to event cancellations, social distancing and/or other public health and safety measures only, ticket holders will be eligible for a full refund.



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Special Events

ORLANDPARK.ORG/EVENTS | OrlandParkRec

MY FIRST SPORTS CLASS

Are you looking for something for your youngster to participate in? If so, this class allows children to play a variety of sports in a relaxed atmosphere. Kids will play games such as soccer, basketball, T-ball, floor hockey, etc. Get your little one signed up today! Parent must participate with their child—one parent per child. *No class July 2.*

DAY/DATE: Saturday / Jun 11-Jul 16
AGE: 1 1/2 to 2 years
LOCATION: Sportsplex—Gym 3
FEE: Sportsplex member \$40
 Resident \$45 | Non-resident \$70
PROG#: **TIME:**
 93279 9:00a-9:40a
 93280 11:00a-11:40a

PARENT/CHILD SOCCER

Practicing together and working together will develop skills and friendships. You must participate with your child. The instructor will decide what to do each class. Register the child only. *No class July 2.*

DAY/DATE: / Jun 11-Jul 23
LOCATION: Sportsplex—Soccer N
FEE: Sportsplex member \$54
 Resident \$59 | Non-resident \$89
PROG#: **TIME:** **AGE:**
 93287 8:15a-9:15a 3 to 4
 93289 9:15a-10:15a 4 to 5

ORLAND PARK

SOCCER CLINIC

Boys and girls will improve their soccer skills focusing on a different topic each week including: shooting, trapping, passing, dribbling, heading, and team play. *No class July 2.*

DAY/DATE: Saturday / Jun 11-Jul 23
LOCATION: Sportsplex—Soccer Field
FEE: Sportsplex member \$54
 Resident \$59 | Non-resident \$89
PROG#: **TIME:** **AGE:**
 93285 10:30a-11:30a 6 to 7
 93286 11:30a-12:30p 8 to 14

ADVERTISE ON OUR BALLFIELDS

YOUR AD HERE

For details please contact
Recreation@orlandpark.org

ULTIMATE VOLLEYBALL

DATE: Jul 6-Aug 10
DAY: Wednesday
LOCATION: Sportsplex—Gym 2

ALL SKILLS I

Players learn passing, setting, attacking, serving, blocking, footwork and the rules of the game through drills and match play. Fundamental skills are broken down into simple steps and reinforced through demonstration and cue words. This class is offered to beginner and intermediate level boys and girls.

PROG#: 93293
TIME: 3:45p-4:45p
GRADE: Kindergarten thru 4th
FEE: Resident \$60 | Non-resident \$80

ALL SKILLS II

As a continuation from All Skills I, players will focus on all fundamental skills, technique and repetitions through drills and games. This class will focus on the proper skills of passing, setting, attacking, digging, serving and blocking through individual skill sessions as well as match play. Players will be grouped by age and/or ability.

PROG#: 93295
TIME: 4:45p-6:00p
GRADE: 5th thru 8th
FEE: Resident \$73 | Non-resident \$97



ULTIMATE

volleyball club

SUMMER

OUTDOOR T-BALL

All fundamentals of T-ball will be taught on Mondays and Wednesdays. **Games will be played at 9:00a on Saturday, July 9 & July 16 at Doogan Park.** Each participant will receive a 5 x 7 team photo. Schedules will be given out at the first regularly scheduled class. Adults interested in coaching should contact the Athletic Supervisor, Jack Savage at 708.403.6279. *No class July 4 & 6.*

DATE: Jun 6-Jul 13
DAY: Monday & Wednesday
AGE: 5 to 7
LOCATION: Doogan Park—Ballfield
FEE: Resident \$65 | Non-resident \$84
PROG#: **TIME:**
 93281 10:00a-10:50a
 93282 10:55a-11:45a

noun
 1 (usually used with a plural verb)
 athletic sports, as running, rowing, or boxing.
 2 British
 track-and-field events

Athletics





SKYHAWKS BASEBALL TOTS

Baseball Tots classes focus on fine and gross motor skills as well as body control. We teach all the baseball basics, such as throwing, catching, hitting, and running control. We are excited to help these little ones develop a love of the game! Parent participation may be required for 3 year olds.

DATE: Jul 18-Aug 10
DAY: Monday & Wednesday
LOCATION: Sportsplex—Soccer S
FEE: Resident \$89 | Non-resident \$112

BATTERS—AGE: 3 YEARS

PROG#: **TIME:**
 93801 5:30p-6:10p

HITTERS—AGE: 4 YEARS

PROG#: **TIME:**
 93802 6:20p-7:00p

HOMERS—AGE: 5 YEARS

PROG#: **TIME:**
 93803 7:10p-7:50p

SKYHAWKS SOCCER TOTS

Soccer Tots is our flagship program! These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all else, we promote fun, fun, fun! Parent participation may be required for 3 year olds. *No class June 27 & July 4.*

DATE: Jun 6-Jul 6
DAY: Monday & Wednesday
LOCATION: Sportsplex—Soccer N
FEE: Resident \$89 | Non-resident \$112

CUBS—AGE: 3 YEARS

PROG#: **TIME:**
 93800 5:30p-6:10p

BEARS—AGE: 4 YEARS

PROG#: **TIME:**
 93810 6:20p-7:00p

GRIZZLIES—AGE: 5 YEARS

PROG#: **TIME:**
 93811 7:10p-7:50p

INDOOR HITTING/PITCHING LESSONS

Individual lessons for instruction on hitting and pitching techniques are available. Hitting lessons will be taught using batting tees and live pitching. Pitching lessons will stress the positive mental attitude needed to be a successful pitcher. Pitching students must provide their own glove. Lessons are 30 minutes in length and offered by appointment only. Call 708.403.6279 for available lesson times.

DATE | TIME: By appointment only (determined by facility schedule)
LOCATION: Sportsplex—Batting Cages
AGE: 6 & up
FEE PER LESSON: Resident \$35 | Non-resident \$53 | Sportsplex member \$30
3 LESSON PKG: Resident \$85 | Non-resident \$128 | Sportsplex member \$80
5 LESSON PKG: Resident \$125 | Non-resident \$175 | Sportsplex member \$120

INCLUSION

The Recreation & Parks Department welcomes participants with special needs in all areas of programming. We strive to make these programs an optimal experience by providing reasonable modifications to the program activity. The Special Recreation Division provides inclusion assistance to programs servicing clientele ages three years and up. Please indicate at the time of registration that 1:1 assistance is needed. Programs that are not eligible for 1:1 services are as follows: Mom and Tot classes, offsite and/or contracted programs and day care services. If you are registering online or new to the program you must contact Special Recreation Supervisor, Nick Harvey at 708.403.6269 two weeks prior to the start of the program.

ULTIMATE FRISBEE

Chicago Union runs this 5-day camp designed to introduce kids to Ultimate Frisbee while providing a legendary experience! Ultimate is a non-contact action-packed sport played with a flying disc (Frisbee) where players pass the disc from one player to the next until someone catches it in the opponent's end zone for a goal, worth one point.

Camp participants will learn:

- The basic rules, strategies, and spirit of the game of Ultimate Frisbee
- How to throw a backhand and forehand
- Proper catching techniques
- Basic offense and defense
- On-field and off-field leadership and teamwork skills

The camps are centered around Ultimate, but most importantly prioritize getting kids moving and having FUN! Various activities will include throwing accuracy games, partner catching, Randy Moss drills, footwork games, pulling contests, small scrimmages, and much more. These week-long camps are run in half-day sessions and are tailored for ages 8-13.

All camp participants will receive:

- Chicago Union gaiter/neckie for nose and mouth protection
- 4 tickets to a select 2022 Chicago Union home game
- 15 hours of beginner ultimate training
- Additional prizes for skills challenges, effort, teamwork, and good spirit

INSTRUCTOR: Chicago Union
PROG#: 93324
DATE: Aug 1-Aug 5
DAY: Monday thru Friday
TIME: 9:00a-11:30a **AGE:** 8 to 13
LOCATION: Centennial Park—Soccer 1
FEE: Resident \$130 | Non-resident \$163



LATE PICK-UP POLICY

The Village of Orland Park has established the following late pick-up policy for all of our program locations. There is a 3 strike policy—a warning in writing will be given after each offense when a parent/guardian is more than 10 minutes late picking up their child. After the 3rd strike, a \$1.00 per minute fee will be assessed the next time the parent or guardian is late. That fee must be paid prior to the participant being admitted to the next class.

PICKLEBALL



SHOOT 2 SCORE BASKETBALL

Boys and girls will develop the fundamental skills of basketball. Geared toward a child's age and ability, we will focus on improving shooting, ball handling, passing, offensive and defensive skills. *No class July 2 & 19.*

DATE: Jun 14-Jul 23
GRADE: Kindergarten to 2nd
LOCATION: Sportsplex—Gym 2
FEE: Sportsplex member \$54
Resident \$59 | Non-resident \$75
PROG#: **DAY:** **TIME:**
93296 T 4:15p-5:00p
93297 Sa 10:00a-10:45a

MEN'S PICK-UP BASKETBALL

Play full-court pick-up games between informal teams. Participants should provide their own basketball and carry in their playing shoes.

PROG#: 93298
DATE: Jun 30-Aug 18
DAY: Thursday
TIME: 8:00p-10:00p
AGE: 18 and up
LOCATION: Sportsplex—Gym 3
FEE: Sportsplex member \$49
Resident \$54 | Non-resident \$81

GOLF LESSONS AT WHITE MOUNTAIN

Golf lessons will be taught by Dennis Piotrowski, PGA Golf Professional and his staff at White Mountain Golf Course. All students receive instruction within a group format including proper grip, stance, full swing, pitching, putting, rules and etiquette. A \$5.00 range ball fee will be payable to the instructor at each class. Students are to bring a 7 iron to the first lesson. *No class July 2.*

MINI JR. GOLF

DAY/TIME: Wednesday / 10:00a-11:00a
AGE: 5 to 8
FEE: Resident \$56 | Non-resident \$84
PROG#: **DATE:**
93319 Jun 15-Jul 6
93320 Jul 20-Aug 10

JUNIOR GOLF

AGE: 9 to 15
FEE: Resident \$56 | Non-resident \$84
PROG#: **DATE:** **DAY:** **TIME:**
93312 Jun 15-Jul 6 W 9:00a-10:00a
93314 Jun 18-Jul 16 Sa 12:00p-1:00p
93317 Jul 20-Aug 10 W 9:00a-10:00a
93318 Jul 23-Aug 13 Sa 12:00p-1:00p

ADULT GOLF

DAY/TIME: Wednesday / 6:00p-7:00p
AGE: 16 and up
FEE: Resident \$69 | Non-resident \$95
PROG#: **DATE:**
93310 Jun 15-Jul 13
93311 Jul 20-Aug 17

PICKLEBALL CLINIC BEGINNER/ADVANCED BEGINNER

Come join the fun and learn to play the fastest growing sport in America. It is a game for all ages and skill levels, and combines elements of tennis, ping pong, badminton, and chess. Participants will be taught the history, rules and all the basic skills for the game, from serving to dinking, running drills throughout the session, and how to play a game.

PROG#: 93321
DATE: Jun 4
DAY: Saturday
TIME: 1:00p-3:00p
AGE: 18 and up
LOCATION: Doogan Park—Pickleball Court
FEE: Resident \$8 | Non-resident \$10

PICKLEBALL DRILL & PLAY ADVANCED BEGINNER/INTERMEDIATE

Come join the fun and learn to play the fastest growing sport in America. It is a game for all ages and skill levels, and combines elements of tennis, ping pong, badminton, and chess. Participants will be taught the history, rules and all the basic skills for the game, from serving to dinking, running drills throughout the session, and how to play a game.

PROG#: 93322
DATE: Jun 11-Jul 16
DAY/TIME: Saturday / 10:30a-12:00p
AGE: 18 and up
LOCATION: Doogan Park—Pickleball Court
FEE: Resident \$75 | Non-resident \$94

GENERAL

Tennis

INFORMATION

DATE: Jun 20-Jul 25 (No class July 4)

Challenge Tennis Academy will provide tennis instruction for all classes. Challenge Tennis has been providing instruction in the southwest suburbs for over 25 years. For more information on these programs, call Challenge Fitness at 815.838.3621. For inclement weather information, call 708.401.0043 ext.39 (Cachey) | ext.46 (Doogan) 1/2 hour prior to start of class.

MINI TENNIS

This class is for beginning players. The focus will be on hand-eye coordination, footwork, games, and fun! Class will use red/orange low compression balls to allow for easier hitting and faster learning. Please bring a racquet 25 inches in length or shorter. A limited number of loaner racquets will be available at the first lesson.

AGE: 4 to 7

FEE: Resident \$88 | Non-resident \$110

PROG#:	DAY:	TIME:	LOCATION:
93302	M & W	3:30p-4:10p	Doogan Park
93304	T & Th	3:30p-4:10p	Cachey Park
93303	M & W	5:20p-6:00p	Doogan Park
93305	T & Th	5:20p-6:00p	Cachey Park

YOUTH TENNIS

This class is for novice players. Participants will learn forehand, backhand and serves. Class will use orange and/or green dot low compression tennis balls to allow for quicker success. Emphasis will be on learning proper technique, movement, rallying and playing points/games. Please bring your own racquet. A limited number of loaner racquets will be available at the first lesson.

AGE: 8 to 12

FEE: Resident \$96 | Non-resident \$120

PROG#:	DAY:	TIME:	LOCATION:
93306	M & W	2:30p-3:30p	Doogan Park
93307	T & Th	2:30p-3:30p	Cachey Park
93308	M & W	4:15p-5:15p	Doogan Park
93309	T & Th	4:15p-5:15p	Cachey Park

ADULT TENNIS

These tennis lessons are for beginning players looking to play in high school or adults who just want to learn the game for fun. Please bring your own racquet.

AGE: 13 and up

FEE: Resident \$91 | Non-resident \$114

PROG#:	DAY:	TIME:	LOCATION:
93299	M & W	6:00p-7:00p	Doogan Park
93301	T & Th	6:00p-7:00p	Cachey Park

GYMNASTICS

DATE: Jul 5 - Aug 15 | **LOCATION:** Sportsplex—Gymnastics Studio

The Gymnastics Program is under the direction of Glen Willmeng and United Gymnastics Academy (UGA) located in Frankfort, Illinois. UGA and their well-trained staff will provide a positive atmosphere for your child to help them increase their coordination, agility, listening skills, work ethic, leadership, and respect for their teacher and classmates. Children must reach the age listed prior to the start of the program.

BABY CUBS

Parents looking for things to do with their young kids but aren't sure what's available at their age? Well look no further. Baby Cubs classes offer the fundamental skills for walking, crawling and climbing. In this class, students helped by their parents will learn to assess common physical challenges they will face in their day to day lives to help them grow.

AGE:	Walking to 2 years	
FEE:	Resident \$59 Non-resident \$89	
PROG#:	DAY:	TIME:
93486	M	9:00a-9:40a
93487	T	9:00a-9:40a
93488	W	10:00a-10:40a
93489	W	11:00a-11:40a
93490	Th	10:00a-10:40a

GYM LIONS

So your child has learned how to walk, crawl and run, but you want them to learn something more? In Gym Lions class, kids begin the transition of breaking away from parent helped classes to be more independent. They will learn listening skills, structure and fun activities to help them begin building gymnastics skills. Forward rolls (somersaults), bar swings, and playful games are just some of the many activities children will partake in.

AGE:	3 years	
FEE:	Resident \$69 Non-resident \$104	
PROG#:	DAY:	TIME:
93491	M	9:00a-9:50a
93492	M	10:00a-10:50a
93516	M	4:00p-4:50p
93493	W	9:00a-9:50a
93494	W	5:00p-5:50p
93495	Th	1:00p-1:50p
93496	Sa	11:00a-11:50a

GYM CUBS

The Gym Cubs is a parent/tot class centered around age appropriate development movements on the different gymnastics equipment. There is a strong emphasis on socialization, learning to take turns, sharing, and building self-confidence through fundamental gymnastics skills. *Parent participation is REQUIRED—one adult per participant.

AGE:	2 to 3	
FEE:	Resident \$69 Non-resident \$104	
PROG#:	DAY:	TIME:
93497	M	10:00a-10:50a
93498	M	11:00a-11:50a
93499	T	11:00a-11:50a
93500	W	9:00a-9:50a
93501	W	10:00a-10:50a
93502	W	5:00p-5:50p
93503	Th	9:00a-9:50a
93504	Sa	12:00p-12:50p

LION KINGS

At this age, children are learning and growing seemingly by the minute. We try to capture both the physical and mental gymnastics skills at this important time. In this class, kids will learn gymnastics basics like cartwheels, hand stands, backward rolls, as well as some event skills like bars, vault and beam. Don't worry, it's still a very introductory level and no previous gymnastics experience is required.

AGE:	4 to 5	
FEE:	Resident \$69 Non-resident \$104	
PROG#:	DAY:	TIME:
93505	M	12:00p-12:50p
93524	M	5:00p-5:50p
93506	T	10:00a-10:50a
93507	W	11:00a-11:50a
93508	W	4:00p-4:50p
93509	W	6:00p-6:50p
93511	Th	12:00p-12:50p
93512	Sa	9:00a-9:50a
93513	Sa	10:00a-10:50a

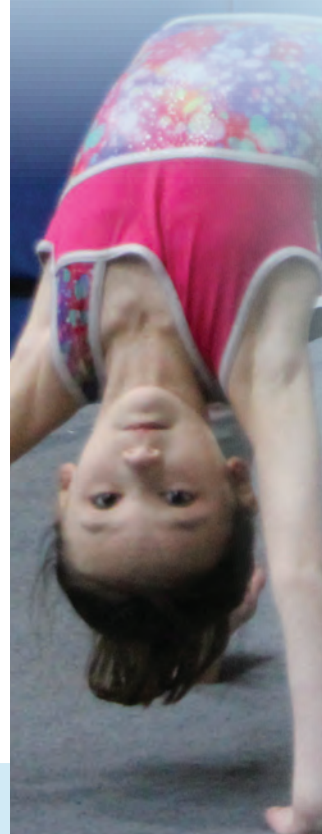


NOTE: ALL PROGRAMS SHOWN WITH THIS SYMBOL REQUIRE A PARENT/GUARDIAN TO ATTEND WITH CHILD.

gymnastics

gymnastic – adjective
1 of or relating to physical exercises that develop and demonstrate strength, balance, and agility, especially such exercises performed mostly on special equipment.

noun
2 (used with a singular verb) the practice art, or competitive sport of gymnastic exercises.



Gymnastics COMPETITIVE TRAINING

AGE: 6 and up

LOCATION: Sportsplex—Gymnastics Studio

The gymnasts on the competitive training team, the Orland Park Royal Twisters, compete in the Amateur Athletic Union. The compulsory meets begin in September and conclude with a state meet in December. The optional meets begin in January and conclude with a state meet in May. Gymnasts are divided into competition levels depending on their skill and ability. Each participant has the opportunity throughout the season to advance at their own pace based upon their scores at the competitions. Team participants on the Orland Park Royal Twisters practice 2–3 times per week, depending on their skill level. **NOTE: Gymnasts interested in joining should contact Glen Willmeng at 815.469.8282 to set-up a tryout. Instructor approval required to register for Competitive Training.**

GIRLS COMPETITIVE TRAINING— LEVEL II

DAY:	Tuesday & Thursday
TIME:	5:00p-8:30p
FEE:	Resident \$150 Non-resident \$200
PROG#:	DATE:
93537	Jun 14-Jul 14
93538	Jul 19-Aug 11

GIRLS COMPETITIVE TRAINING— LEVEL III & IV

DAY:	Tuesday & Thursday
TIME:	5:00p-8:30p
FEE:	Resident \$150 Non-resident \$200
PROG#:	DATE:
93539	Jun 14-Jul 14
93540	Jul 19-Aug 11

GIRLS COMPETITIVE TRAINING— LEVEL V & UP

DAY/TIME:	Tuesday & Thursday 5:00p-8:30p
	Friday 5:00p-7:15p
FEE:	Resident \$200 Non-resident \$250
PROG#:	DATE:
93541	Jun 14-Jul 15
93542	Jul 19-Aug 12



GIRLS GYMNASTICS

DATE: Jul 5-Aug 15
AGE: 6 and up
LOCATION: Sportsplex—Gymnastics Studio

BEGINNER

The beginner girls' gymnastics program provides a full fitness workout plus activities that will challenge them physically and mentally. No prior experience in gymnastics is necessary. The small student to teacher ratio ensures that each child is supported in her learning.

FEE:	Resident \$74 Non-resident \$111	
PROG#:	DAY:	TIME:
93517	M	12:00p-1:00p
93518	M	4:00p-5:00p
93519	W	4:00p-5:00p
93520	W	6:00p-7:00p
93521	Th	5:00p-6:00p
93523	Sa	12:00p-1:00p

INTERMEDIATE

Gymnasts will be taught skills on the vault, bars, beam and floor exercise. Strength, flexibility, and coordination will be concentrated on greatly, as these skills will be necessary to safely and effectively learn to perform on all gymnastics equipment.

FEE:	Resident \$74 Non-resident \$111	
PROG#:	DAY:	TIME:
93525	M	4:00p-5:00p
93526	M	5:00p-6:00p
93527	W	4:00p-5:00p
93528	Sa	10:00a-11:00a

ADVANCED

This is the highest level of gymnastics in our recreational program. This program gives the more advanced student the opportunity to continue to grow with their gymnastics at their own pace. Students must be able to do a back hip circle and back walkover.

FEE:	Resident \$99 Non-resident \$149	
PROG#:	DAY:	TIME:
93529	M	5:00p-6:30p
93530	T	6:00p-7:30p
93531	W	5:00p-6:30p



**INDICATES ONLINE
REGISTRATION IS NOT
AVAILABLE FOR THIS COURSE.**

NOTE: The Village of Orland Park Sportsplex is used as a training facility for gymnastics training sessions. UGA is solely responsible for team operations, events, and competitive meets.

HOT SHOTS

This developmental program is for girls who show potential and ability to advance in the sport of gymnastics. This class will advance their skills in an age appropriate manner. Participation in previous gymnastics class is required. Enrollment is by instructor recommendation only.

DATE: Jul 5-Aug 15
AGE: 4 1/2 to 7
LOCATION: Sportsplex—Gymnastics Studio
FEE: Resident \$74 | Non-resident \$111
PROG#: **DAY:** **TIME:**
 93514 M 11:00a-12:00p
 93515 T 4:00p-5:00p

RISING STARS GYMNASTICS

This class is offered to girls who are 4 & 5 years old with APPROVAL from their current instructor. The class is an hour long and runs similar to our Beginner Girls Gymnastics class. The Rising Stars class incorporates all of the gymnastics equipment including vault, bars, beam, and floor. Requirements for this class include excellent listening skills and a general understanding of forward and backward rolls, handstands, cartwheels, and bridges.

DATE: Jul 5-Aug 13
AGE: 4 to 5
LOCATION: Sportsplex—Gymnastics Studio
FEE: Resident \$74 | Non-resident \$111
PROG#: **DAY:** **TIME:**
 93804 T 5:00p-6:00p
 93805 Th 11:00a-12:00p
 93806 Sa 9:00a-10:00a

TUMBLING FOR CHEERLEADERS

Students will learn basic body positions and skills for tumbling. Tumbling skills introduced will include back walkovers, round offs, and flip flop work. Students will be prepared to begin working on more advanced tumbling and cheerleading skills.

DATE: Jul 9-Aug 15
GRADE: 1st thru 8th
LOCATION: Sportsplex—Gymnastics Studio
FEE: Resident \$74 | Non-resident \$111
PROG#: **DAY:** **TIME:**
 93532 M 6:00p-7:00p
 93533 Sa 11:00a-12:00p



BOYS GYMNASTICS

Boys gymnastics is some of the most difficult and grueling test of skill & strength. With six events, boys must learn to master a variety of challenges. In this class, boys will work on strength and coordination needed for rings, vault, bar, and floor exercise. They will be tested but in a fun environment to help them grow into the sport of gymnastics.

PROG#: 93536
DATE: Jul 7-Aug 11
DAY: Thursday
TIME: 4:00p-5:00p
AGE: 6 and up
LOCATION: Sportsplex—Gymnastics Studio
FEE: Resident \$74 | Non-resident \$111

SPORTS READINESS

This class is designed to prepare boys and girls for sports activities by developing strength, power, flexibility, coordination and speed, along with all other fundamentals of movement (i.e. running, jumping, climbing, balance, and agility). Your child will develop skills to enhance all sports that he/she are involved with. This is going to be a blast! A big benefit for all children and a must for kids interested in excelling in all sports.

INSTRUCTOR: United Gymnastics Academy
DATE: Jul 7-Aug 15
AGE: 6 to 12
LOCATION: Sportsplex—Gymnastics Studio
FEE: Resident \$68 | Non-resident \$102
PROG#: **DAY:** **TIME:**
 93534 M 6:30p-7:30p
 93535 Th 6:00p-7:00p

INCLUSION The Recreation & Parks Department welcomes special needs participants in all areas of programming. We strive to make these programs an optimal experience by providing reasonable modifications to the program activity. The Special Recreation Division provides inclusion assistance to programs servicing clientele ages three years and up. Please indicate at the time of registration that 1:1 assistance is needed. Programs that are not eligible for 1:1 services are as follows: Mom and Tot classes, offsite and/or contracted programs and day care services. If you are registering online or new to the program you must contact Nick Harvey at 708.403.6269 two weeks prior to the start of the program.



BUDDING BALLERINAS

This class will teach basic musical concepts to develop motor skills, fundamental coordination and body awareness through song and dance. This is a great introduction to ballet. *No class July 2 and August 2 & 3.*

DATE:	Jun 21-Aug 6	PROG#:	DAY:	TIME:	INSTRUCTOR:
AGE:	3 to 4	93736	T	9:15a-10:00a	Ms. Kristin
LOCATION:	Cultural Center—Dance Studio	93737	W	9:00a-9:45a	Ms. Alexis
FEE:	Resident \$50 Non-resident \$63	93738	W	4:45p-5:30p	Ms. Ashley/ Ms. Jorie
		93739	Sa	9:00a-9:45a	Ms. Jessica

PRE BALLET/TAP

This class is an age appropriate introduction to ballet and tap. Students will begin to learn positions and terminology as they have fun learning to dance. *No class July 2 and August 3 & 4.*

DATE:	Jun 22-Aug 6	PROG#:	DAY:	TIME:	INSTRUCTOR:
AGE:	5 to 6				
LOCATION:	Cultural Center—Dance Studio				
FEE:	Resident \$50 Non-resident \$63				
PROG#:	DAY:	TIME:	INSTRUCTOR:		
93740	W	5:30p-6:15p	Ms. Ashley/ Ms. Jorie		
93741	Th	9:15a-10:00a	Ms. Kristin		
93742	Sa	9:45a-10:30a	Ms. Jessica		

PIXIE POM

This is a fun, energetic introduction to dancing with poms! Little dancers will love learning basic jazz style dancing and pom moves, jumps and tricks. Pompons will be provided. Please wear ballet shoes and comfortable clothing (no jeans). *No class July 4.*

INSTRUCTOR:	Ms. Kristin
PROG#:	93743
AGE:	4 to 6
DATE:	Jun 20-Aug 1
DAY/TIME:	Monday / 4:00p-4:45p
LOCATION:	Cultural Center—Dance Studio
FEE:	Resident \$50 Non-resident \$63

PRE JAZZ/TAP

NEW

This new combination class will introduce young dancers to the genre of Jazz and Tap. Positions, steps and FUN are all a part of this class. Jazz and tap shoes are required.

INSTRUCTOR:	Ms. Ashley/Ms. Jorie
PROG#:	93659
DATE:	Jun 22-Jul 27
DAY:	Wednesday
TIME:	4:00p-4:45p
AGE:	5 to 6
LOCATION:	Cultural Center—Dance Studio
FEE:	Resident \$50 Non-resident \$63

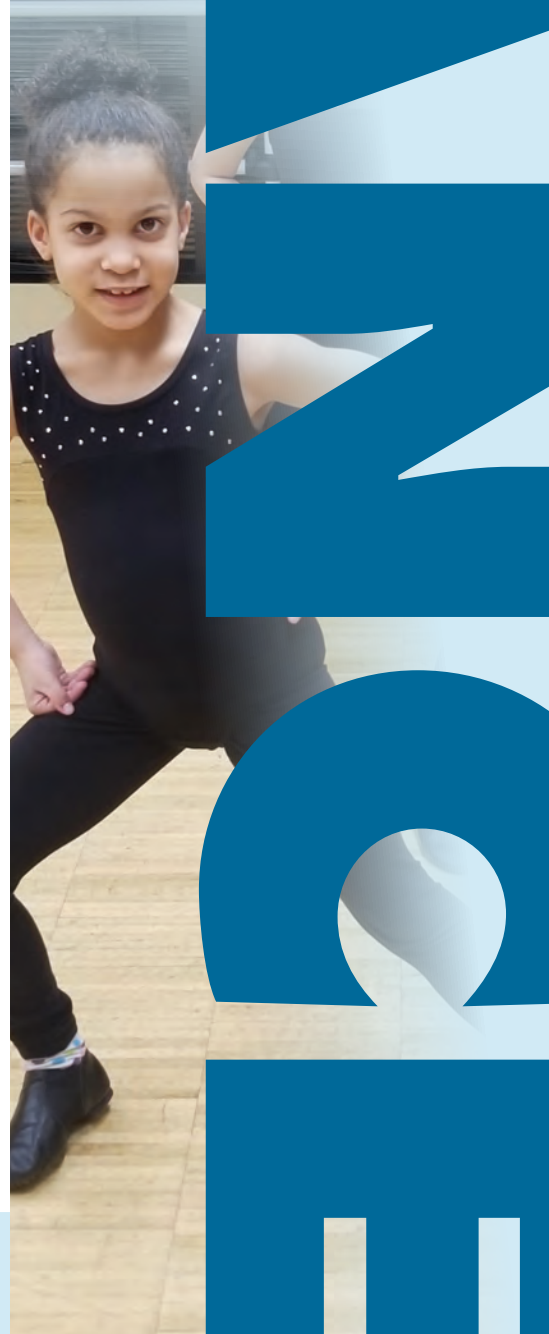
PRE HIP HOP

This class is designed to get you moving. You will dance to all of the latest songs in this very energetic class. Learn the moves that will make you the envy of all your friends. *No class July 2 & August 4.*

DATE:	Jun 23-Aug 6		
AGE:	5 to 6		
LOCATION:	Cultural Center—Dance Studio		
FEE:	Resident \$50 Non-resident \$63		
PROG#:	DAY:	TIME:	INSTRUCTOR:
93734	Th	5:30p-6:15p	Ms. Jorie
93735	Sa	10:30a-11:15a	Ms. Jessica

verb
1 to move one's feet or body, or both, rhythmically in a pattern of steps, especially to the accompaniment of music.

Dance



YOUTH SUMMER DANCE CLASSES

DATE: Jun 20-Aug 1 (*no class July 4*)

FEE: Resident \$54 | Non-resident \$68

PROG#:	COURSE:	DAY:	TIME:	AGE:	LOCATION:	INSTRUCTOR:
93744	Ballet	M	6:00p-7:00p	7 to 11	FLC	Ms. Alexis
93748	Jazz/Pom	M	7:00p-8:00p	7 to 11	FLC	Ms. Alexis
93746	Jazz	W	9:45a-10:45a	7 to 11	CAC	Ms. Alexis
93747	Hip Hop I	W	6:15p-7:15p	6 to 9	CAC	Ms. Ashley/Ms. Jorie
93745	Ballet/Tap II	W	7:15p-8:15p	10 to 12	CAC	Ms. Ashley/Ms. Jorie
93749	Hip Hop—Int./Adv.	Th	6:15p-7:15p	8 to 12	CAC	Ms. Jorie

SUMMER DANCE CAMP

Join our dance staff and have a blast this summer. Each week will have a popular theme and will include a dance being taught, a dance prop being made, games, and activities. Please bring a snack each day as a break will also be included. A performance will be done during the last 1/2 hour of the last day of camp incorporating the dances learned throughout the session.

INSTRUCTOR: Ms. Kristin

DAY: Tuesday & Thursday

LOCATION: Cultural Center—Dance Studio

FEE: Resident \$108 | Non-resident \$135

PROG#:	DATE:	TIME:	AGE:
93750	Jun 21-Jul 7	10:00a-12:00p	4 to 6
93751	Jun 21-Jul 7	1:00p-3:00p	7 to 9
93752	Jul 12-Jul 28	10:00a-12:00p	4 to 6
93753	Jul 12-Jul 28	1:00p-3:00p	7 to 9

COMPANY INTENSIVE

Company Intensive class is for current Mini, Junior, and Senior Dance Company members who are looking to keep up on their skills this summer. The Mini Intensive class will work on proper ballet and jazz techniques, while the Junior and Senior Intensive class will consist of advanced ballet skills with barre, center, and across the floor technique. Tap Intensive is open for junior and senior members. This will be a fast-paced tap class, which will focus on building skills, technique, and combinations.

INSTRUCTOR: Ms. Kristin

DATE: Jun 21-Jul 26

DAY: Tuesday

LOCATION: Cultural Center—Dance Studio

FEE: Resident \$64 | Non-resident \$80

PROG#:	COURSE:	TIME:	GRADE:
93671	Jr. & Sr. Company	6:00p-7:00p	6th & up
93668	Mini Company	3:00p-4:00p	2nd to 5th
93672	Tap	5:00p-6:00p	6th & up

DANCE COMPANY PREP

Dance Company Prep is a class for those planning on auditioning for the Mini, Junior, or Senior Dance Company in August. Class will focus on proper ballet and jazz technique, including barre, across the floor, turns, leaps, and jumps. Ballet or jazz shoes are required. *No class July 4.*

INSTRUCTOR: Ms. Kristin

DATE: Jun 13-Aug 1

DAY: Monday

LOCATION: Cultural Center - Dance Studio

FEE: Resident \$74 | Non-resident \$93

PROG#:	COURSE:	TIME:	GRADE:
93666	Mini Company	4:45p-5:45p	2nd to 5th
93667	Jr. & Sr. Company	5:45p-6:45p	6th & up



REQUIRED DANCE ATTIRE

A black leotard & pink tights are required for all ballet and tap classes. PLEASE—No tutus, long skirts, or black ballet shoes.

- Ballet & Budding Ballerinas—pink leather ballet shoes
- Tap—black tap shoes required
- Pre-Ballet/Tap — black tap shoes and pink leather ballet shoes
- Jazz—black jazz pants, leggings, or dance shorts, black leotard & black jazz shoes
- Lyrical—black leggings or dance shorts, black leotard, tights and black jazz shoes
- Hip Hop (*all levels*)— tank top, t-shirt, leggings, joggers or fitted sweat pants (*no jeans*), clean gym shoes (*please don't wear outside shoes*)

Visit our website and refer to the School of Dance Handbook for more information.



URNS, LEAPS, AND JUMPS

This technique class focuses on the leaps, jumps, kicks and turns that dancers perform in ballet and jazz. Dancers should be ready to challenge themselves to learn exciting new tricks, strengthen their technique and push themselves to learn complicated combinations. Ballet shoes are required.

INSTRUCTOR: Ms. Kristin
PROG#: 93754
DATE: Jun 21-Jul 26
DAY/TIME: Tuesday / 4:00p-5:00p
AGE: 12 to 18
LOCATION: Cultural Center—Dance Studio
FEE: Resident \$54 | Non-resident \$68

DADDY & ME DANCE TEA PARTY **NEW**

Dress in your best dress and have a special date night with Dad! Dancers and dads will join Ms. Kristin for an hour of dancing, making crafts, and of course spending time together. A small snack and drink will be provided. Participants should wear comfortable/ballet shoes to dance in. Register child only.

INSTRUCTOR: Ms. Kristin
PROG#: 93662
DAY/DATE: Friday, Jun 17
TIME: 6:00p-7:00p
AGE: 3 to 6
LOCATION: Cultural Center—Dance Studio
FEE: Resident \$20 | Non-resident \$25

LYRICAL DANCE

This class uses aspects of ballet, jazz and modern dance to create its own artistic expression. Class will include a warm up and some technique work, but will focus on learning a choreographed piece. The musical choices and movements will be expressive and follow along with the lyrics of the music. Jazz shoes are required for class.

INSTRUCTOR: Ms. Jorie
PROG#: 93673
DATE: Jun 23-Jul 28
DAY: Thursday
TIME: 7:15p-8:15p
AGE: 13 to 18
LOCATION: Cultural Center—Dance Studio
FEE: Resident \$54 | Non-resident \$68

KIDS NIGHT OUT DANCE PARTY

While parents are out enjoying the evening, kids will be with friends making a craft, learning a dance, and playing games. A small snack and water will be provided. Each night is a different theme, so come dressed up for the night, but remember there will be dancing involved, so make sure you can move and groove in whatever you are wearing.

INSTRUCTOR: Ms. Kristin
DAY: Friday
TIME: 6:00p-8:00p
AGE: 4 to 9
LOCATION: Cultural Center—Dance Studio
FEE: Resident \$20 | Non-resident \$30
PROG#: 93773
DATE: Jun 24
PARTY THEME: Fun at the Beach
 93774 Jul 15 Stars & Stripes

YOUTH PRIVATE LESSONS

FEE: Resident \$45 | Non-resident \$56

Private dance lessons are available upon request at various times. To arrange private lessons, please call Jen at 708.403.7280 or email at jfarrell@orlandpark.org. Fee is per lesson and lessons are 45 minutes in length. Registration and payment must be made in advance.

MOMMY & ME DANCE

This class is an introduction to the exciting world of dance. These classes are structured to stimulate coordination, balance, music interpretation, motor development, and creative movement. Basic dance and tumbling moves are introduced in a fun and positive atmosphere. Parent participation is required. Register child only. *No class July 4.*

INSTRUCTOR: Ms. Kristin
PROG#: 93733
DATE: Jun 20-Aug 1
DAY: Monday
TIME: 3:30p-4:00p
AGE: 2 to 4
LOCATION: Cultural Center—Dance Studio
FEE: Resident \$50 | Non-resident \$63

NOTE: ALL PROGRAMS SHOWN WITH THIS SYMBOL REQUIRE A PARENT/GUARDIAN TO ATTEND WITH CHILD.



Dance69



LINE DANCE CLASSES

The beginner class is taught at a slower pace to introduce the dance steps and terminology for the beginner students. Intermediate class is for those with previous dance experience and know the terminology and basic dance steps.

BEGINNER

TIME: 11:15a-11:45a
FEE: Resident \$12 | Non-resident \$18
PROG#: **DATE:**
93658 Jun 7-Jun 21
93756 Jul 12-Jul 26
93757 Aug 9-Aug 23

INSTRUCTOR: Ray Ulrich
DAY: Tuesday
AGE: 18 and up
LOCATION: Sportsplex—Dance Studio

INTERMEDIATE

TIME: 12:00p-1:15p
FEE: Resident \$15 | Non-resident \$23
PROG#: **DATE:**
93758 Jun 7-Jun 21
93759 Jul 12-Jul 26
93760 Aug 9-Aug 23

PRIVATE WEDDING DANCE

FEE: Resident \$30 | Non-resident \$38

These private lessons are for future brides and grooms, or even whole dance parties. If you want to add an extra flair to your first dance or just brush up on your dance skills, then these lessons are for you. Our instructor, Kristin, can also work with wedding parties on a fun, choreographed dance that will be sure to impress your guests. Lessons are available upon request at various times to work with everyone's hectic schedule. Fee is per person, per one-hour lesson. **Please email Jen at jfarrell@orlandpark.org for more details.**

ADULT DANCE CLASSES

These classes will be a great workout while learning about ballet, tap or jazz. Beginner classes will introduce the fundamentals of basic steps, choreography and terminology, while the intermediate classes will work on more challenging steps and combinations. Please wear comfortable clothing. Tap, ballet or jazz shoes are required. *No class July 4.*

INSTRUCTOR: Colleen Panega
DATE: Jun 20-Aug 1
AGE: 18 and up
FEE: Resident \$60 | Non-resident \$75

PROG#:	COURSE:	DAY:	TIME:	LOCATION:
93675	Beginner Jazz	M	2:00p-3:00p	Sportsplex—Dance Studio
93674	Beginner Ballet	M	5:00p-6:00p	FLC—Dance Studio
93676	Beginner Tap	Th	5:00p-6:00p	FLC—Dance Studio
93677	Intermediate Tap	T	2:30p-3:30p	Sportsplex—Dance Studio
93678	Intermediate Ballet	W	2:00p-3:00p	Sportsplex—Dance Studio

COUPLE'S DANCE

Learn the basics of the Waltz, Foxtrot, Swing, Cha Cha and the popular Latin Salsa. John and Maria will take you down memory lane as you learn how to "slow dance" and experience the joy of dancing with that certain someone! Fees are per person. *No class July 1.*

INSTRUCTORS: John and Maria Bell
PROG#: 93657
DATE: Jun 17-Aug 12
DAY: Friday
TIME: 7:30p-9:00p
AGE: 18 and up
LOCATION: OPHFC—Studio B
FEE: Resident \$65 | Non-resident \$82



GUITAR, UKULELE & BASS GUITAR

Proper technique, reading music, learning songs, and chords are among the things that will be covered in these one-on-one lessons. An electric or acoustic guitar, ukulele or bass guitar is required. Other required materials will be assessed during first lesson based on age and skill level. **NOTE:** Must register by Friday prior to Monday lesson.

INSTRUCTOR: Matthew Motto

DAY:	Monday
TIME:	by appointment between 2p-9p
AGE:	5 and up
LOCATION:	Cultural Center—Room 204
FEE:	Resident \$110 Non-resident \$138
PROG#:	DATE:
93353	Jun 6-Jun 27
93354	Jul 11-Aug 1
93355	Aug 8-Aug 29

SOUTHWEST COMMUNITY CONCERT BAND

DAY: Tuesdays | **TIME:** 7:30p to 9:30p | **LOCATION:** Cultural Center, Room 203

The Southwest Community Concert Band is open to musicians ages 16 & over with varied capabilities, no auditions required. New members can join at any time. For more information, visit swcommunityband.com

BAGPIPE LESSONS

Join teacher Wayne Hoefler in learning the great art of playing the bagpipes. Students will be learning on a practice chanter which can be purchased separately. Please have the chanter for the first lesson. No musical experience is necessary to join. Come out and have some fun while learning something new. As students progress, they will be integrated into the Doonaree Pipe Band which practices at the Cultural Center on Thursday evenings. **NOTE:** Instructor will contact student with exact start/end dates.

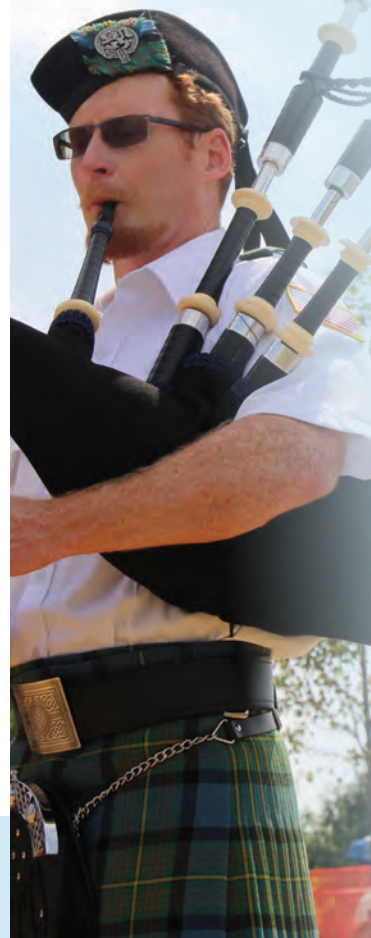
INSTRUCTOR: Wayne Hoefler
PROG#: 93352
AGE: 12 and up
DAY/DATE: Thursday / Jun 2-Aug 25
TIME: 6:45p-7:30p
LOCATION: Cultural—Room 201
FEE: Resident \$51 | Non-resident \$77

DOONAREE PIPE BAND

REHEARSALS

DAY: Thursdays
TIME: 7p-9p
LOCATION: Cultural Center, Room 101

Incorporated on May 25, 1993, The Doonaree Pipe Band is a member of the Midwest Pipe Band Association, competing at Grade V. They are honored to have won Champion Supreme Grade V two times! The Doonaree Pipe Band performs at St. Patrick's Day celebrations, parades, the Taste of Orland Park, and are also available for weddings and funerals.



the arts — plural noun
 1 imaginative, creative, and nonscientific branches of knowledge considered collectively, esp as studied academically

CULTURAL ARTS

YOUNG REMBRANDTS

LOCATION: Cultural Center | DAY: Wednesday

FEE: Resident \$51 | Non-resident \$77

AGE: 3 TO 5 | TIME: 10:00A-10:45A

DESERT

It's hot outside, and hot in class! We kick off this summer with a fun filled month of great desert-inspired drawings. June drawings give our students a clever canvas to master drawing and coloring with crayons and markers. Cactus, camel and lizards are a fun way to master these techniques.

PROG#: 93375
DATE: Jun 8-Jun 29

RAIN FOREST

July is all about the rainforest and will be jam-packed with fun as we learn how to draw the amazing animals of the deep-dark jungle. Snakes are the first on our list. Drawing these slithering reptiles will get us excited for what comes next—an exciting drawing of a jaguar. Up next, it's time to take flight as we strap on our wings and learn how to draw a toucan. Finally, we close the month of July with a colorful rainforest scene. We can almost hear the monkeys now!

PROG#: 93376
DATE: Jul 6-Jul 27

UNDER THE SEA

During the month of August, we jumpstart our artistic skills by exploring the world of sea animals! A cute crab, toothy walrus and a squirmy octopus are just a few of the colorful animals we will draw. Preschool drawing, Under the Sea with Young Rembrandts is a fun way to cool off this summer.

PROG#: 93377
DATE: Aug 3-Aug 24



Young Rembrandts

AGE: 5 TO 12 | TIME: 10:55A-11:55A

"JUNGLE"

Ready, set, DRAW! Cartoon chimps are first in line as we begin our summer of drawing some cartoon jungle fun. Chimps are very animated and make excellent cartoon subjects to draw. Cartoon snakes are next as we learn to draw our slithery friends. Then it's time for some jungle fun as we create a drawing dedicated to this hot climate forest. Finally, we combine our newly acquired skills in a gorgeous rainforest scene.

PROG#: 93372
DATE: Jun 8-Jun 29

"TOPSY TURVY"

Don't let the lazy days of summer kick in quite yet as we have a lot more moving to do during our month of topsy turvy drawings! We start by drawing lizards. Our colorful reptile friends provide us with many great opportunities to perfect our cartoon illustrating abilities. To cool us off, penguins are the star of our next exciting lesson. We draw penguins in out-of-place situations for some comedic fun. The next lesson is dedicated to picnic ants! One by one and two by two, the marching ants take their jobs seriously! Finally, we close the month of July with our furry friends, the prairie dogs. These critters are fast (but not too furious)!

PROG#: 93373
DATE: Jul 6-Jul 27

"SUMMER FUN"

This month we get to use our new cartooning skills to bring summer to life! Hold on tight! We start off with an inner tube sequence. We then head for the slides and swings as we create playground-inspired drawings. Color usage becomes our next subject as we learn to draw scenes inspired by hot temperatures. We'll close the month of August with drawings of sports balls. See the lighter side of sports as we draw these fun cartoon characters!

PROG#: 93374
DATE: Aug 3-Aug 24

YOUNG REMBRANDTS ART WORKSHOPS

DAY: Monday thru Thursday

LOCATION: Cultural Center

FEE: Resident \$75 | Non-resident \$113

All supplies included in fee

"IF YOU GIVE A MOUSE A COOKIE"

Preschool children will explore the world of Laura Numeroff in this four-day workshop full of art and reading. Each day the class will read a different Laura Numeroff book, and afterwards, students will draw a Young Rembrandts lesson which incorporates one feature of the book they've enjoyed reading together. Students will create wonderful drawings and bring their favorite stories to life by combining creativity and imagination! Sign up your reading artist today.

PROG#: 93378
DATE: Jun 20-Jun 23
TIME: 2:45p-4:15p
AGE: 3½ to 5

AFRICAN SAFARI WORKSHOP

Go on a Safari adventure with Young Rembrandts this summer! We'll explore the exciting land and many animals that inhabit Africa. In four days we will draw a variety of animals in various scenes with different media. To keep things exciting, we will explore the African Safari through the fun technique of cartoon as well, and challenge our artistic talents by creating 2 large scenes: one in a graphic style filled with a variety of animals, and another focusing on the twists and turns of an African snake completed with pastel chalks. Our exploration through Africa allows for a bounty of adventure and creativity.

PROG#: 93370
DATE: Jun 6-Jun 9
TIME: 1:00p-2:30p
AGE: 5 to 12

APPS & VIDEO GAMES

Art is all around us, including on phones and online! Join Young Rembrandts for a workshop mimicking the amazing imagery of our favorite apps and video games! Every day students will learn new illustration and coloring techniques inspired by popular video games. Artwork is inspired by pixel block characters, plants, zombies and many more classic apps and games.

PROG#: 93371
DATE: Jul 11-Jul 14
TIME: 1:00p-2:30p
AGE: 5 to 12

CONNIE'S ART CLUB

MINI CAMP

Learn while using various media to produce an 8 x 10 canvas that you can proudly display. Subject matter includes landscapes, animals and flowers. Templates will be provided. All materials will be included.

INSTRUCTOR: Connie Kaden
DAY: Monday thru Wednesday
TIME: 4:00p-5:00p
AGE: 7 to 13
LOCATION: Cultural Center—Art Studio
FEE: Resident \$30 | Non-resident \$45
PROG#: **DATE:**
93761 Jun 20-Jun 22
93763 Jul 5-Jul 7 (Tuesday-Thursday)
93764 Aug 1- Aug 3
93765 Aug 15-Aug 17

FIESTA TIME

MAKE YOUR OWN PINATA!

Looking for something fun AND educational for your child to do this summer? In this class children will decorate their very own mini pinata while singing songs in Spanish, learning Spanish words and discovering the Mexican culture. All materials are included.

INSTRUCTOR: Language in Action
PROG#: 93384
DATE: Jun 17
DAY: Friday
TIME: 10:00a-11:30a
AGE: 4 to 10
LOCATION: Cultural Center—Room 101
FEE: Resident \$20 | Non-resident \$30

I SPEAK SPANISH

Did you know that young children learn language naturally and much more easily than older children and adults? Introduce your child to the Spanish language in this Spanish immersion class developed especially for very young learners. Children will learn the Spanish language through fun and educational activities and music. New material is covered in each session.

INSTRUCTOR: Language in Action
DAY: Friday
TIME: 10:20a-11:10a
AGE: 3 to 6
LOCATION: Cultural Center—Room 101
FEE: Resident \$65 | Non-resident \$100
PROG#: **DATE:**
93379 Jun 24-Jul 15
93380 Jul 22-Aug 12



Photo by Brian Hufnagl, 2021



VILLAGE OF ORLAND PARK ARTS COMMISSION PHOTO CONTEST

The Village of Orland Park Arts Commission will be hosting its third annual photo contest. This event is free but you must complete the waiver to be included in the contest. Prizes will be given out to the winners in three age divisions (ages 14 & under, 15 to 17, and 18 & over). No more than one submission per resident. Besides artistic merit, the picture will be judged on how it reflects life in our great town of Orland Park! Photos will be displayed at Village facilities and used in our social media campaigns.

Rules are simple. The subject of the photos could be any structure, place, nature, animal or person, and must be taken within the boundaries of Orland Park. Please email your picture to Jean Petrow at jpetrow@orlandpark.org. A waiver will be sent to you upon submission. This waiver will include permission for us to use your picture (credited to the photographer) on our social media, website, brochure, etc. Winners will be announced on September 15, 2022.

DEADLINE: Wednesday, August 31
SUBMIT TO: Jean Petrow at jpetrow@orlandpark.org
AGE DIVISION: School Age-14 & under | High School-15-17 | Adult-18 & up

74 Cultural Arts

ORLAND PARK HISTORY MUSEUM | 14415 BEACON AVENUE, ORLAND PARK, IL 60462

NEW MUSEUM HOURS: THURSDAY - SATURDAY, 10a-3p | OR BY APPOINTMENT

For questions about the Orland Park History Museum, please contact
Sarah Stasukewicz, Museum Curator, at 708.873.1622 | sstasukewicz@orlandpark.org

LOCATION OF EVENTS ARE AT THE ORLAND PARK HISTORY MUSEUM UNLESS OTHERWISE NOTED

CONSPIRACY



THE TRAIL OF ASSASSINS

Did you know that nearly every major assassination in American History has a Chicago connection? From each presidential murder to Civil rights martyrs, to the slaying of a beloved Beatle, there's a troubling thread that spins through the Windy City. Join us as we learn about these assassins! Beer and wine available for purchase.

INSTRUCTOR: Clarence Goodman | **PROG#:** 93784 | **DAY/DATE:** Thursday / Jun 9 | **TIME:** 6:30p-8:00p
AGE: 18 and up | **FEE:** Member \$10 | Resident \$15 | Non-resident \$17

MUSEUM MEMBERSHIPS

\$10 INDIVIDUAL / \$20 FAMILY

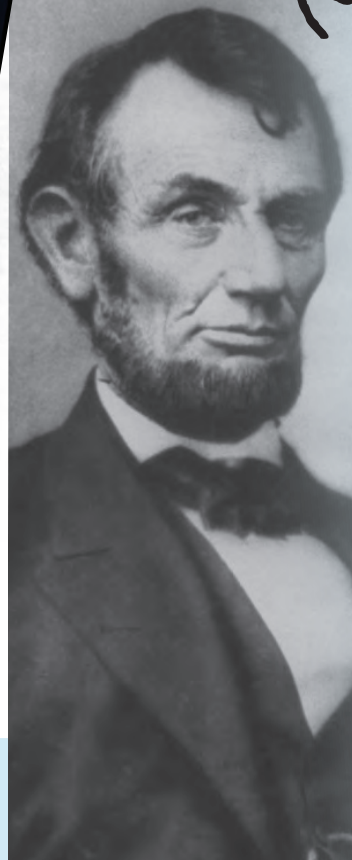
The Orland Park History Museum invites you to contribute to local history by signing up for an annual membership! Your membership will support Museum exhibits, programs, and preservation projects. A membership also provides free or discounted prices on special events or programs. Memberships may be purchased at the Sportsplex office, Village Hall cashier's office, Museum, or online. Contact Sarah Stasukewicz at sstasukewicz@orlandpark.org if you have questions.

REGISTRATION RECOMMENDED. WALK-INS WELCOME.
PROGRAMS MAY BE CANCELLED IN ADVANCE DUE TO LOW REGISTRATION.

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noun
1 a building or place where works of art, scientific specimens, or other objects of permanent value are kept and displayed.

ORLAND PARK History Museum



Birds eye view of Orland, Ill.

1892-2022: 130 YEARS



SEE P. 55 FOR INFORMATION ABOUT OUR HUMPHREY HOUSE FUNDRAISING EVENT.

IT'S ALL ABOUT THE ARCHITECTURE!

Enjoy a fun-packed day filled with architectural history! Register for one or both.

- #93789—Burnham, Mies, Gang & Their Legacies: Chicago Architecture—Learn about prominent Chicago architects and the structures they built in our great city. Many milestones, from the first school to the post-modern era, will be covered.
- #93790—Stroll through the oldest part of Orland Park and learn about the different buildings that once existed and about the buildings that still stand. Architectural styles will also be covered on this tour!

INSTRUCTOR: Clarence Goodman and Staff | **DAY/DATE:** Saturday / July 30 | **AGE:** 18 and up

PROG#:

COURSE:

TIME:

FEE:

93789

Burnham, Mies, Gang and Their Legacies: Chicago Architecture

11:00a-12:00p

Member \$10 | Resident \$15 | Non-resident \$17

93790

Old Orland Walking Tour

12:30p-1:30p

Member \$10 | Resident \$15 | Non-resident \$17

93791

Chicago Architecture/Old Orland Walking Tour (combination of both)

11:00a-1:30p

Member \$15 | Resident \$23 | Non-resident \$27



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ORLANDPARK.ORG

REGISTRATION RECOMMENDED. WALK-INS WELCOME.
PROGRAMS MAY BE CANCELLED IN ADVANCE DUE TO LOW REGISTRATION.

looking west.

OF ORLAND

JUNE 11 • 1P-3P EXHIBIT OPENER

EXHIBIT RUNS JUNE 11-NOVEMBER 5

Celebrate Orland Park's 130th anniversary at the Museum with this new exhibit! Learn about what was happening in America during the time Orland Park was incorporated, and how far the Village has come in its 100+ years of existence.

Exhibit opener includes a short presentation and walking tour of Old Orland, taking you back to the Streets of Orland in 1892.

Wine and refreshments will be served.

PROG#: 93840
EXHIBIT OPENER: Saturday, Jun 11
TIME: 1:00p-3:00p
AGE: All ages
FEE: Museum Member \$15
Resident \$20
Non-member \$23

ORLAND PARK HISTORY TOURS

One-hour guided group tours are available!

PRICING (*Supplies not included.*)

General Public: \$35 for 10 people,
\$3 per person (exceeding 10)

Non-Profits (scouts, churches, municipalities):
\$25 for 10 people
\$2 per person (exceeding 10)

Orland schools are free!

TYPE OF TOURS

Old Orland: includes Museum, Beacon Avenue, Humphrey House and outbuildings. (Hostert Cabins and Chiappetti Slaughterhouse can be added for an additional \$10)

Stellwagen: Includes all buildings on site. Farmhouse closed to visitors until it is deemed safe to use.

REGRETTING MR. WRIGHT

Mamah Bouton Borthwick and Frank Lloyd Wright spent time together and fell in love. The catch? They were both married, with eight children to care for between them. During the Victorian period, men could be forgiven for their indiscretions. That was not the case for a Victorian lady, like Mamah. She eventually got divorced, becoming the head of the household, but her life ended in murder. Meet Mamah for yourself, hearing her story with Mr. Wright and how her life tragically ended. Wine included with presentation.

INSTRUCTOR: Ellie Presents
PROG#: 93821
DAY/DATE: Friday / Aug 26
TIME: 6:30p-8:00p
AGE: 21 and up
FEE: Member \$15
Resident \$20 | Non-resident \$23

MUSEUM NIGHT OUT

Join Museum staff at Peace Marketplace for the Museum's 2nd annual night out to celebrate the importance of history! This is a fundraising event to help increase Museum memberships and support. Enjoy some shopping, listen to music, and partake in raffles. A night out, for a good cause, you don't want to miss! Already a Museum member? This is a special event to say thank you! Event is free to members. A non-member? Entrance fee also includes a year individual membership to the Museum!

INSTRUCTOR: Museum and Peace Market Staff
PROG#: 93785
DAY/DATE: Thursday / Sep 8
TIME: 6:00p-8:00p **AGE:** 21 and up
LOCATION: Peace Marketplace Market
14314 Beacon Avenue
FEE: Member Free | Non-member \$15

PARTNERS IN WINE

Enjoy a Friday night out wine tasting with hors d'oeuvres on the porch of the historic Humphrey House. A show of illusions, with historic magic tricks, to take place at the Museum after the tasting. Wine and refreshments included in price.

INSTRUCTOR: Jeanette Andrews
PROG#: 93819
DAY/DATE: Friday / Sep 9
TIME: 6:00p-8:00p **AGE:** 21 and up
LOCATION: Senator John Humphrey House
Orland Park History Museum
FEE: Member \$25
Resident \$30 | Non-resident \$33

History Museum **77**

KIDS' SUMMER CAMPS & PROGRAMS

LOCATION OF EVENTS ARE AT THE ORLAND PARK HISTORY MUSEUM UNLESS OTHERWISE NOTED

AGE: 6 TO 8 | TIME: 10:00a-12:00p
Be sure to bring a snack for snack time!

PIONEER CAMP

What did kids do for fun in the past and what chores did they have to do? Learn all about it in this mini camp, exploring activities, games, crafts, and chores!

PROG#: 93786
DATE: Jun 23-Jun 24
DAY: Thursday thru Friday
FEE: Member \$50
Resident \$60 | Non-resident \$75

AMERICAN GIRL DOLL CAMP

Join Museum staff and hang out with your favorite doll! Play games, read stories, and create a variety of crafts for you and your doll to enjoy!

PROG#: 93777
DATE: Jul 12-Jul 15
DAY: Tuesday thru Friday
FEE: Member \$90
Resident \$100 | Non-resident \$115

A TRAVELER'S CAMP

Do you love planes, trains and automobiles? Enjoy this mini summer camp exploring different types of transportation, making crafts, and creating your very own form of transportation!

PROG#: 93775
DATE: Aug 4-Aug 5
DAY: Thursday thru Friday
FEE: Member \$50
Resident \$60 | Non-resident \$75

AGE: 8 TO 10 | TIME: 10:00a-12:00p
Be sure to bring a snack for snack time!

ART CAMP

Get creative in this new summer camp! Paint, mold, and explode your own art pieces to take home or gift to your friends or family members!

PROG#: 93783
DATE: Jul 19-Jul 22
DAY: Tuesday thru Friday
FEE: Member \$90
Resident \$100 | Non-resident \$115

THE LIFE OF AN ARCHAEOLOGIST CAMP

Dig into history, learning about ancient civilizations, solving mysterious puzzles, and going on an archaeological hunt for old artifacts!

PROG#: 93778
DATE: Jul 27-Jul 29
DAY: Wednesday thru Friday
FEE: Member \$75
Resident \$85 | Non-resident \$100

THE LIFE OF A FARMER CAMP

Learn about life on the farm! Plant some seeds, finish some farm chores, play games, make candles and butter, and MORE!

INSTRUCTOR: Stellwagen Family
PROG#: 93776
DATE: Aug 10-Aug 12
DAY: Wednesday thru Friday
LOCATION: Stellwagen Farm
FEE: Member \$75
Resident \$85 | Non-resident \$100



SCRAPBOOK YOUR HISTORY

Scrapbooking has been around for centuries, beginning as diaries or journals. It later became a way for people to write and cherish their memories. Make your own scrapbook about your family, your favorite activities, and things you love!

PROG#: 93787
DAY: Saturday
DATE/TIME: Aug 13 / 10:00a-12:00p
LOCATION: Orland Park History Museum
FEE: Member \$15
Resident \$20 | Non-resident \$23

BIRTHDAY PARTIES AT THE MUSEUM

Looking for a cool place that has unique, fun-themed birthday parties? Have your next party at the Orland Park History Museum! Choose one of the themes geared towards your child's age and historic interests. Parties are 2 hours and will include a themed craft and activity. Tablecloths will be provided. Other types of tablecloths and/or decorations can be brought in if desired. Time for cake and opening gifts will also be allotted. Parties are tailored for children ages 4 - 10 years old. **Please book your party at least two weeks in advance by contacting the Museum Curator at 708.873.1622 or emailing ssasukewicz@orlandpark.org.**

PARTY THEMES: **AGES 4 & UP** – Planes, Trains, and Automobiles | Enchanting Fairy Tales | Historic Games
AGES 6 & UP – American Girl | Nature | **AGES 8 & UP** – Victorian Tea | Pioneering

PARTY FEES: Member \$115 | Residents \$125 | Non-resident \$150 *(Fees for up to 10 participants. There is a \$5 charge for each additional participant.)*

STELLWAGEN FARM

17701 108TH AVENUE
ORLAND PARK, IL

COME OUT TO THE FARM AND ENJOY THESE GREAT
PROGRAMS ALONG WITH A LITTLE BIT OF HISTORY.

Sign up early, space is limited.

VINTAGE BASEBALL GAME

Baseball and history lovers unite! Come to the Stellwagen Farm to enjoy some vintage baseball. The Chicago Salmons will take on Indiana's Deep River Grinders. Come out for this summer game on the farm, have some popcorn, and enjoy some drinks!

TEAM: Chicago Salmons vs. Deep River Grinders
PROG#: 93788 **DAY/DATE:** Saturday / Jul 9
TIME: 1:00p-4:00p **AGE:** All ages
LOCATION: Stellwagen Farm
FEE: Member \$20 | Resident \$25 | Non-resident \$27

YOGA ON THE FARM

Enjoy a 75 minute outdoor yoga class at the Stellwagen Farm, taught by instructor and Hart Yoga Studio owner, Linzie Hartmann. Afterwards, enjoy a refreshing mimosa, bagels, and fresh fruit! Feel free to walk the grounds of the farm, as the outbuildings will be open for viewing!

INSTRUCTOR: Linzie Hartmann
PROG#: 93820
DAY | DATE: Saturday, Jul 23
TIME: 9:30a-11:00a
AGE: 21 and up
LOCATION: Stellwagen Farm
FEE: Member \$20
Resident \$25 | Non-resident \$27

History Museum **79**

ORLAND PARK Health & Fitness Center

noun
1 the general condition of the body or mind with reference to soundness and vigor.



FITNESS MEMBERSHIP AT ORLAND PARK HEALTH & FITNESS CENTER

As a proud certified member of the **Medical Fitness Association (MFA)**, we focus on health benefits and preventative care along with transformational exercise. We believe that both a healthy mind and body are essential to healthy living. That's why we approach health and wellness from a medically integrated perspective.

Want to get in shape, lose weight or just unwind?
It's all here for you at Orland Park Health & Fitness Center.

MEMBERSHIP INCLUDES:

- FREE fitness assessment and personalized exercise plan to help you achieve your goals
- State-of-the-art fitness facility and equipment
- Myzone® Connected Heart Rate Technology (Additional fee for purchase of Myzone® belt)
- 70+ group exercise classes, FREE to members
View our full list of classes at ophfc.com.
- Access to personal training and specialty programs led by our degreed and certified fitness specialists*
- Locker rooms: towels, locker service, sauna, whirlpool, and steam room
- 25-yard lap pool, warm-water therapy pool
- Massage services*
- Indoor walking/running track
- Kids Club – Child care services*
- Basketball court
- Pickleball
- FREE Wifi

*Additional fees apply

GUEST AND PUNCH PASSES

GUEST PASSES*

	Residents	Non-Residents
Daily	\$10	\$15
Weekly	\$30	\$45
Monthly	\$78	\$110

PUNCH PASSES

3-Punch	\$25	\$45
5-Punch	\$40	\$60
10-Punch	\$75	\$120

Sportsplex members, get a 10-punch pass for just \$60!

ENROLLMENT FEE

This one-time fee includes a fitness assessment and one-on-one orientation.

Individual	\$50
------------	------

Orland Park residents, receive FREE enrollment when you commit to a 12 month membership!

Residents Non-Residents

MONTHLY DUES

Receive one FREE month when you prepay and commit to a 12 month membership!

Individual	\$74	\$82
Couple	\$130	\$142
Family	\$167	\$194
Kids Club†	\$20	\$20
Senior Individual††	\$68	\$76
Senior Couple††	\$120	\$132
College Student (No enrollment fee)	\$55	\$63

†\$20 per child, ages 2-11 years of age, Kids Club rate may not exceed total Family monthly dues.

†† To qualify as a senior, must be age 62 or older

EXPERIENCE PACKAGES

UPGRADE YOUR NEW MEMBERSHIP BY PURCHASING AN EXPERIENCE PACKAGE.

EXCEL

\$175 (\$417 Value)

- Orientation and Assessment
- Personal Training* (Five 30-minute sessions)
- Massage* (30-minute session)
- \$50 in FitFunds upon completion of your six-month reassessment†
- Promotional Item

ENHANCE

\$125 (\$222 Value)

- Orientation and Assessment
- Personal Training* (Four 30-minute sessions)

EMERGE

\$75 (\$140 Value)

- Orientation and Assessment
- Personal Training* (Two 30-minute sessions)

*Ancillary sessions expire six months from date of purchase.

†FitFunds expire 90 days after activation and are non-transferable. Learn more at ophfc.com/FitFunds today.



OPHFC.COM

Elevate your wellness journey with  fitfunds. Start earning today!

Redeem FitFunds for personal training, special programs, massage therapy, and more!

FitFunds are earned during qualifying promotions and events throughout the year. Some restrictions apply. Learn more about FitFunds by visiting ophfc.com/fitfunds today.

COLLEGE STUDENT SUMMER MEMBERSHIP

ACADEMIC PREP FROM THE INSIDE OUT.

START YOUR STUDENT MEMBERSHIP NOW WITH FREE ENROLLMENT AND DISCOUNTED MONTHLY RATES.

SUMMER STUDENT SPECIAL!

College Students that purchase a 2 month College pass, get their 3rd month FREE!

	Residents	Non-Residents
1-Month	\$53	\$61

Must be 16 or older. Students that are 16-17 must have parent present to sign-up. Current class schedule or school ID required.



MASSAGE

Orland Park Health & Fitness Center hosts a unique combination of wellness and fitness services, including Massage Therapy. Book a massage for yourself or a loved one today.

DATE: Ongoing
LOCATION: Orland Park Health & Fitness Center

	Members	Residents	Non-Residents
STANDARD			
30 Minutes	\$35	\$40	\$50
60 Minutes	\$65	\$70	\$80
90 Minutes	\$100	\$105	\$115


ADD-ONS*

Cupping	\$20	*Add-On service is in addition to the cost of your massage therapy fee.	
Hot Stone	\$25		

EARN A COMPLIMENTARY 1-HOUR MASSAGE

Massage therapy is not only used to relax and renew, but also for pain management. Our massage therapists at Orland Park Health & Fitness Center are here to serve you with effective treatments for a variety of conditions.

COMPLETE:
(9) 1-hour massages
OR
(18) 30-minute massages
to earn \$50 in FitFunds.*

MESSAGE REWARDS

ORLAND PARK
HEALTH & FITNESS CENTER

Earn \$50 in FitFunds when you complete (9) 1-hour massages or (18) 30-minute massages. Redeem completed card at the Member Services desk.

Name _____ Issue Date _____

30 min.	30 min.	30 min.	30 min.	30 min.	30 min.	30 min.	30 min.	30 min.	30 min.
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FitFunds will be added to your account. FitFunds will expire 90 days from redemption. FitFunds are not redeemable for cash and cannot be used toward monthly dues. Center is not responsible for lost or stolen cards. Card valid for name listed on the card. Card expires one year from issue date. Some restrictions may apply. See Center for details.

Health & Fitness Center **81**



KIDS' BIRTHDAY PARTIES

ORLAND PARK HEALTH & FITNESS CENTER OFFERS FUN WAYS TO CELEBRATE! SCHEDULE YOUR PARTY WITH US. TO LEARN MORE, PLEASE CALL OUR KIDS CLUB AT 708.675.4534.

CHILD CARE

Kids Club is a fun-filled and secure environment for children to enjoy while their parents utilize the Center. Kids Club features play equipment and a wide selection of games and toys. Our qualified and professional staff are CPR certified and provide attentive, interactive care in a familiar, clean, and safe setting. In addition, they plan daily activities that teach the benefits of exercise, inspire creativity, and enhance social and developmental skills. These include youth fitness, arts and crafts, and active games. Children may attend Kids Club for a maximum of two hours per day.

DATE: Ongoing
DAY/TIME: See Center for details
AGE: 6 weeks-12 years
LOCATION: Orland Park Health & Fitness Center, Kids Club
FEE: See Membership Department for details.

PARENTS' TIME OUT

Parents' Time Out is a great opportunity for parents to enjoy time to themselves. During Parents' Time Out, parents do not have to remain in the building. Children 6 weeks to 12 years old will enjoy fun activities, crafts and more!

DAY/DATE: Friday, Jun 10
Friday, Jul 8
Friday, Aug 5
TIMES: 1-3p
FEE: Resident \$17 / Non-resident \$24 / Member \$12

PARENTS' NIGHT OUT

Parents enjoy a night out while our Kids Club staff takes care of your little one! Kids will enjoy fun games/activities, crafts, and dinner.

DAY/DATE: Friday, Jul 22
TIMES: 4-7p
AGE: 3-12 years
FEE: Resident \$25 / Non-resident \$35 / Member \$20

SWIM PARTY

This swimming spectacular will provide your child with a splashing good time!

Your party includes:

- Party room rental
- Two party coordinators
- Certified lifeguard
- Pool toys and swim aides
- Use of family locker room, towels
- Plates, napkins, silverware, table cloth, happy birthday sign, and streamers

DAY/TIME: Saturdays / 1:30-3:30p or 4:30-6:30p
DAY/TIME: Sundays / 3:30-5:30p
DURATION: 2 hours
CAPACITY: 20 children
FEE: Resident \$180 / Non-resident \$230 / Member \$175

GYM PARTY

Come for fun and games in the gym! Activities in the gym may include: basketball, relay races, bag toss, parachute, and a variety of sport activities. We plan activities based on your needs!

Your party includes:

- Party room rental
- Two party coordinators
- All gym equipment
- Plates, napkins, silverware, table cloth, happy birthday sign, and streamers

DAY/TIME: Fridays / 6-8p
DAY/TIME: Saturdays / 1:30-3:30p or 4:30-6:30p
DAY/TIME: Sundays / 1:30-3:30p or 4:30-6:30p
DURATION: 2 hours
CAPACITY: 20 children
FEE: Resident \$140 / Non-resident \$195 / Member \$130

SWIM & GYM PARTY

Combine our swim and gym party options for the ultimate birthday bash! **Your party includes everything in the Swim Party package and Gym Party package!**

DAY/TIME: Saturdays / 1:30-4:30p
DAY/TIME: Sundays / 3:30-6:30p
DURATION: 3 hours
CAPACITY: 20 children
FEE: Resident \$240 / Non-resident \$290 / Member \$235

FAMILY AND FRIENDS PARTY

Are you looking for something a little more inclusive? A space that the whole gang can enjoy? No worries, we've got you covered! **Your party includes the use of the gymnasium and one party coordinator.**

DAYS: Saturdays, Sundays
TIMES: 1:30-4:30p / 3-6p
DURATION: 3 hours
CAPACITY: Up to 60 persons
FEE: Resident \$250 / Non-resident \$300 / Member \$245

PARTY UPGRADES

ADDITIONAL TIME: 30-min. \$30 / 60-min. \$60
(If scheduling permits)
PHOTO BACK DROP: \$20

Parties are reserved and are on a first come, first serve basis. Full payment is required at the time of booking. Parents are welcome to bring party foods and serving items.

EVENT SPACE RENTAL

Make OPHFC your next stop to host events, team building, parties or team practices! We offer a variety of spaces within our Center for rental opportunities. Facility rental location options include the usage of the Gymnasium, Conference Room, and Exercise Studios.

CONFERENCE ROOM: 45 max. capacity
GYMNASIUM: 200 max. capacity
STUDIOS: Capacity based on activity

For more information on the rental fees, please call the Center at 708.226.0555.

Improving lives through
guided exercise

MyFitRx®



Choose one of 10 specialized pathways designed to **help you meet your health and fitness goals if you are living with a medical condition or need additional support to be more active.** In eight weeks, our certified fitness specialists will help you improve your level of physical activity through a customized fitness plan, fitness assessments, and full membership access to our medically integrated fitness center.



Cancer Fitness

Guides movement to help reduce fatigue while improving muscle function and range of motion.



Cardiac Fitness

Delivers guidance to help reduce risk factors for cardiovascular disease, gain strength and increase endurance.



Cognitive Health

Uses exercise to help support and improve mental capacity, self-esteem, mood, sleep, energy and stress levels.



Diabetes Fitness

Encourages management of prediabetes and type 1 and type 2 diabetes by balancing physical activity levels and promoting healthy habits.



Fit for Surgery

Helps build muscular strength and endurance prior to surgery to aid in recovery.



Functional Fitness

Promotes pain reduction through gentle movement for conditions such as arthritis, fibromyalgia, lupus, multiple sclerosis, and other autoimmune conditions.



Orthopedic Fitness

Encourages strength training in targeted muscle groups after physical therapy.



Pulmonary Fitness

Develops specialized plans to help improve breathing capabilities, muscle function and exercise tolerance.



Transitional Care

Provides motivation to help improve stamina and health-related issues due to an inactive lifestyle.



Weight Management

Encourages realistic goal setting for healthy weight and helps develop physical activity habits.

Ask your provider if a referral to MyFitRx is right for you. **Begin any pathway today for *just* \$99.** (Members \$49)

Program is open to the community. Orland Park Health & Fitness Center membership not required.

Some prerequisites apply. Contact Orland Park Health & Fitness Center for details.



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Health & Fitness Center 83

TITLEIST® PERFORMANCE INSTITUTE

GOLF MOBILITY AND CONDITIONING PERSONAL TRAINING

Swing Analysis: Uses video analysis to determine the TPI "Big 12" common swing characteristics. Several of these swing characteristics have a detrimental effect on body health. These are directly related to how the body functions called Body-Swing Connection™. No swing changes - See your local PGA professional.

15-Movement Physical Screen: Your physical capabilities will be evaluated using the TPI screen. This will result in an understanding of how you move and how it correlates to the golf swing. This helps to quickly identify key areas that may be holding a golfer back from playing their best.

Golf Conditioning: Using the information from the two previous steps, You'll receive a custom golf conditioning program. First, to correct any limitations or weakness within the body as it relates to the golf swing. Secondly, increase mobility and strength within the golf swing to improve performance.

Please contact the Center for more information on program details and rates.

For more information
visit MYTPI.COM.



MEET OUR PERSONAL TRAINERS

Personal Training may seem intimidating at first, but it is a great step towards reaching your goals and truly investing in your health! **Our discounted Personal Training Intro Packs are perfect for those who are new to personal training.**

Contact our Fitness Manager today to be matched with one of our degreed and certified trainers based on your needs, interests, and availability. We look forward to helping you reach your goals!

Pricing is based on membership status and residency. Potential clients must first speak with our Fitness Manager, or one of our personal trainers, for approval for this discount prior to purchasing sessions.



Emily Jamroz



Michael Kane



Ben Plotner



Aryanna Sahagun



Nikki Durkin



Deidre Dalton



Nate Wilson



Joe Kamenske



Matt Sutor

PERSONAL TRAINING

Have a degreed and certified fitness specialist develop a workout routine and partner with you to help you achieve your goals.

DATE: Ongoing
LOCATION: Orland Park Health & Fitness Center

	Members	Residents	Non-Residents
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1-HOUR INTRO PACK (First time PT participants only.)

4 Sessions	\$188	\$208	\$248
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1-HOUR SESSIONS

1 Session	\$64	\$69	\$79
4 Sessions	\$248	\$268	\$308
8 Sessions	\$464	\$504	\$584
12 Sessions	\$660	\$720	\$840

30-MINUTE INTRO PACK (First time PT participants only.)

	Members	Residents	Non-Residents
4 Sessions	\$116	\$136	\$176

30-MINUTE SESSIONS

1 Session	\$45	\$50	\$60
4 Sessions	\$172	\$192	\$232
8 Sessions	\$328	\$368	\$448
12 Sessions	\$456	\$516	\$636

1-HOUR GROUP SESSIONS (2+ participants. Priced per person.)

1 Session	\$49	\$54	\$64
4 Sessions	\$188	\$208	\$248
8 Sessions	\$360	\$400	\$480
12 Sessions	\$516	\$576	\$696

AQUATICS AT OPHFC

SENIOR AQUA

This class will focus on light cardiovascular conditioning and basic toning exercises. Equipment will be used.

DATE: Ongoing
DAY/TIME: Mondays, Wednesdays / 9:15-10a
Fridays / 10:15-11a
AGE: All ages, seniors encouraged
LOCATION: Orland Park Health & Fitness Center, Therapy Pool
FEE: Resident \$10 / Non-resident \$15 / Member FREE

WET PROGRAM

This class is ideal for those with arthritis, joint replacement, fibromyalgia, chronic pain, etc. Participants engage in a variety of exercises that will improve range of motion and strengthen muscles and joints.

DATE: Ongoing
DAY/TIME: Mondays, Wednesdays / 10:45-11:30a
Mondays, Wednesdays, Fridays / 12-12:45p
Tuesdays, Thursdays / 12:30-1:15p
Thursdays / 7-7:45p
AGE: 12 and up
LOCATION: Orland Park Health & Fitness Center, Therapy Pool
FEE: Resident \$10 / Non-resident \$15 / Member FREE

ARTHRITIS AQUA

This program is geared for individuals with mobility challenges such as arthritis, joint injuries, or surgery. Class will consist of low intensity exercises emphasizing range of motion with the aid of the water's buoyancy and resistance. Exercises designed by the NAF and are led by Certified Instructors.

DATE: Ongoing
DAY/TIME: Tuesdays / 7-7:45p
Thursdays / 10:15-11a
AGE: 12 and up
LOCATION: Orland Park Health & Fitness Center
FEE: Resident \$10 / Non-resident \$15 / Member FREE

MS AQUA

This class is designed for individuals with MS. Participants will achieve improvements in muscular strength, balance, coordination, and an increase in circulation. Water exercises help to reduce spasticity, and maintain or improve joint flexibility and range of motion.

DATE: Ongoing
DAY/TIME: Wednesdays, Fridays / 11-11:45a
AGE: 12 and up
LOCATION: Orland Park Health & Fitness Center
FEE: Resident \$10 / Non-resident \$15 / Member FREE

AQUA AEROBICS

Put the water resistance to work for you during this high-energy cardiovascular workout. The class concludes with strengthening exercises and a stretch.

DATE: Ongoing
DAY/TIME: Mondays, Thursdays, Saturdays / 8:30-9:15a
Tuesdays, Fridays / 9:30-10:15a
Wednesdays / 4:30-5:15p
Thursdays / 6-6:45p
AGE: 12 and up
LOCATION: Orland Park Health & Fitness Center, Lap Pool
FEE: Resident \$10 / Non-resident \$15 / Member FREE

AQUA ZUMBA®

Perfect for those looking to make a splash by adding low impact high-energy aquatic exercise to your fitness routine. With less impact on joints, water creates natural resistance, which means every step is more challenging and helps tone your muscles! Join us for this fun new cardio class!

DATE: Ongoing
DAY/TIME: Mondays / 5:30-6:15p
Wednesdays / 10-10:45a
AGE: 12 and up
LOCATION: Orland Park Health & Fitness Center, Lap Pool
FEE: Resident \$10 / Non-resident \$15 / Member FREE



“ I attribute my good health to taking aqua classes three times a week. I’m almost 80 years old and I feel great! ”

Henry T.

INTRO TO BOOTCAMP

Interested in taking your workout to the next level, losing weight and feeling your best? Then this class was made for you! This class is designed to help build muscular strength, lower your body fat percentage, improve core strength and flexibility. Intro to Bootcamp is suited for beginner/intermediate level participants.

DATES: Jun 30-Aug 18 and Aug 25-Oct 13
DAY/TIME: Thursdays / 4-5p
AGE: 12 and up
LOCATION: Orland Park Health & Fitness Center
FEE: Resident \$100 / Non-resident \$110 / Member \$95
INSTRUCTOR: Aryanna Sahagun

WEEKEND WARRIOR BOOTCAMP

This is a great way to start your weekends off right. Join Aryanna for your weekend workout and build muscular strength, lose weight, and tone up while improving core strength and flexibility. Class is suited for intermediate/advanced level participants.

DATES: Jun 25-Aug 13 and Aug 20-Oct 8
DAY/TIME: Saturdays / 9-10a
AGE: 12 and up
LOCATION: Orland Park Health & Fitness Center
FEE: Resident \$100 / Non-resident \$110 / Member \$95
INSTRUCTOR: Aryanna Sahagun

STRENGTH TRAINING FOR WOMEN

Strength Training for Women is a 6-week, high intensity program for members looking to advance their skills to the next level. During class you will utilize a variety of equipment to maximize your overall strength, core and cardio output. This program provides individuals with a competitive, fun environment, where giving 110% effort is encouraged! Don't wait to improve yourself tomorrow, join today!

DATES: Jul 1-Aug 5 and Aug 12-Sep 16
DAY/TIME: Fridays / 9:30-10:30a
AGE: 12 and up
LOCATION: Orland Park Health & Fitness Center
FEE: Resident \$125 / Non-resident \$135 / Member \$120
INSTRUCTOR: Becky Kastys



special programs
AT OPHFC



BODY WEIGHT TRAINING

6 WEEKS

Join us for this moderate-intensity class. We will focus on muscular endurance and stability by utilizing suspension straps and your own body!

DATES: Jun 14-Jul 19 and Jul 26-Aug 30
DAY/TIME: Tuesdays / 4:45-5:45p

DATES: Jun 15-Jul 20 and Jul 27-Aug 31
DAY/TIME: Wednesdays / 9-10a

AGE: 12 and up
LOCATION: Orland Park Health & Fitness Center, The Rig

FEE: Resident \$95 / Non-resident \$105 / Member \$90

INSTRUCTORS: Deidre Dalton and Joe Kamenske

GET TO WORK

8 WEEKS

EMOM is an acronym that stands for 'every minute on the minute'. This High Intensity Interval Training style workout will challenge you to complete exercises for a certain number of reps in less than 60 seconds. Once you complete the exercises you use the rest of the minute to rest until the next minute starts. This class is designed to help build muscular strength, increase stamina, lower body fat percentage and improve core strength.

DATES: Jul 11-Aug 22
DAY/TIME: Mondays / 6-6:45a

DATES: Jul 21-Sep 8
DAY/TIME: Thursdays / 9:30-10:15a

AGE: 12 and up
LOCATION: Orland Park Health & Fitness Center
FEE: Resident \$100 / Non-resident \$110 / Member \$95

INSTRUCTOR: Aryanna Sahagun

BOOT CAMP

8 WEEKS

Build muscular strength, lose weight and tone up while improving core strength and flexibility.

DATES: Jun 28-Aug 16 and Aug 23-Oct 11
DAY/TIME: Tuesdays / 6-7p

DATES: Jun 30-Aug 18 and Aug 25-Oct 13
DAY/TIME: Thursdays / 5:30-6:30p

AGE: 12 and up
LOCATION: Orland Park Health & Fitness Center
FEE: Resident \$100 / Non-resident \$110 / Member \$95

INSTRUCTOR: Aryanna Sahagun

CAN'T COMMIT?

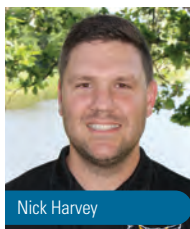
Drop-in rates available. Some exclusions apply. See Center for details.

NOTE: PROGRAM DATES ARE SUBJECT TO CHANGE, PLEASE CALL THE CENTER AT 708.226.0555 FOR MORE DETAILS.

1 provision of recreation programs and services that are provided for people who require special accommodations because of unique needs they have owing to some physical, cognitive, or psychological disability. Therapeutic Recreation.

Welcome!

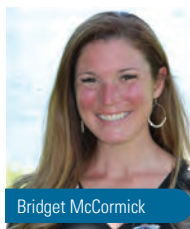
The Village of Orland Park Recreation and Parks Department would like to welcome you to our summer lineup of programs designed for individuals with special needs. Orland Park Special Recreation provides vocational, leisure, fitness, sports, social activities, and much more to participants of all ages from Orland Park and surrounding areas. Our team looks forward to the many programs and events participants have to choose from! Thank you to all the families, participants, and staff for your dedication and continued commitment to our program!



Nick Harvey

Special Recreation Supervisor, *CTRS, CPRP

Owls Athletics, Special Recreation Division Operations
708.403.6269



Bridget McCormick

Senior Program Coordinator

Special Events, Trips, Fri. Social & Sat. Programs
708.403.6263

ORLAND PARK RECREATION & PARKS DEPARTMENT USING ePACT NETWORK

ePACT is a secure emergency network that is used to collect medical and emergency contact information electronically. Not only will ePACT replace paper forms, but it will also ensure we have a way to communicate with you in the event of an illness, injury, or larger scale emergency.



How it works

- If you are new to our program—SPECIAL RECREATION AND/OR INCLUSION SERVICES—please provide an email at the time of registration, to begin the new participant process.
- From there you'll receive an email invite to share information with the Village of Orland Park.
- Click 'Complete Request' to create a free account, or log-in if you already have an existing ePACT account.
- Accounts must be updated annually to participate in programs.

Please provide detailed information so we may better serve our participants.



*** CTRS**—A certified therapeutic recreation specialist (CTRS) is a professional who works to improve the mental, emotional, and physical well-being of individuals with special needs. A CTRS possesses certification by the National Council for Therapeutic Recreation Certification (NCTRC). This credential serves as evidence to employers and clients that they are a service provider who adheres to quality standards.

GENERAL PROGRAMS

TIME TO SPARE BOWL

This program is open to all bowlers with special needs. Bowlers will be grouped by lanes appropriate for the participant's skill and age level. Develop and improve your bowling skills, learn proper etiquette, and still have time to socialize with your friends.

No class July 6

REGISTRATION DEADLINE: May 25

CONTACT: Bridget McCormick

PROG#: 93330

DATE: Jun 8-Jul 27

DAY/TIME: Wednesday / 4:15p-5:30p

AGE: 8 and up

LOCATION: TBA

FEE: Resident \$90 | Non-resident \$140

TAKE OUT

We'll hit a variety of restaurants in Orland Park and the surrounding towns. Each outing will include bus transportation to the restaurants, a meal, and staff supervision. Staff will encourage proper etiquette while dining in social situation. Our restaurant agenda will be handed out prior to our first class. **NOTE:** We will leave directly from the bowling alley immediately after "Time to Spare Bowling". If registered for the "Time to Spare Bowling Bus Service", payment is not necessary for the "Take Out Bus"; however, registration for the bus is required. *No class July 6*

REGISTRATION DEADLINE: May 31

CONTACT: Bridget McCormick

PROG#: 93331

DATE: Jun 15-Jul 13

DAY/TIME: Wednesday / 6:00p-7:30p

AGE: 15 and up

LOCATION: FLC—Parking Lot

FEE: Resident \$70 | Non-resident \$105

BAGS

Be a part of the hottest game in town, Bean Bag Toss. Participants will learn proper distance, technique, and scoring. Our last class we will challenge our family and friends with our newly acquired skills.

REGISTRATION DEADLINE: July 6

CONTACT: Nick Harvey

PROG#: 93290

DATE: Jul 20-Aug 24

DAY: Wednesday

TIME: 5:00p-6:00p

AGE: 10 and up

LOCATION: FLC—Gym

FEE: Resident \$55 | Non-resident \$82

GOLF CRAZE

Fore! This instructional program will focus on the basic skills of golf: proper grip, swing, putting, chipping and club choice. Each week, participants will work on their golf game at the beautiful Silver Lake Country Club. Participants are encouraged to bring their own golf set.

REGISTRATION DEADLINE: July 21

CONTACT: Nick Harvey

DATE: Aug 4-Sep 8

DAY: Thursday

AGE: 8 and up

LOCATION: Silver Lake C.C.

FEE: Resident \$55 | Non-resident \$88

PROGRAM#:	COURSE:	TIME:
93294	Beginner	4:15p-5:30p
93300	Intermediate	5:30p-6:45p

HEALTH & FITNESS

CIRCUIT TRAINING

Get ready to pump some iron! We will meet at Sportsplex once a week to train with experienced staff, who will teach us the proper techniques and some tricks of the trade. Come prepared to work hard and break a sweat. *No class July 4 & 7.*

REGISTRATION DEADLINE: May 23

CONTACT: Bridget McCormick

DATE: Jun 6-Aug 4

TIME: 6:00p-7:00p

AGE: 13 and up

LOCATION: Sportsplex—Fitness Center SR

FEE: Resident \$70 | Non-resident \$110

PROG#: **DAY:**

93283 Monday

93284 Thursday

FITNESS

ONE STEP FURTHER

Fitness fanatics, join in for some new and different fun! Every other week we will head out into the community for fitness fun, in activities such as bowling, hiking, and rock climbing. On the weeks we are not out, we will make our own fun in the gym! *No class July 2.*

REGISTRATION DEADLINE: June 10

CONTACT: Nick Harvey

PROG#: 93340

DATE: Jun 25-Aug 6

DAY: Saturday

TIME: 10:30a-12:30p

AGE: 15 and up

LOCATION: FLC—Gym

FEE: Resident \$53 | Non-resident \$80

WALKING CLUB

Let's hit the walking trails! Participants will visit local trails and will work to improve endurance and cardiovascular strength. Please come dressed in weather appropriate attire and bring a water bottle. Time to get out and enjoy the great outdoors! *No class July 7.*

Registration Deadline: June 16

CONTACT: Nick Harvey

PROG#: 93288

DATE: Jun 30-Aug 18

DAY: Thursday

TIME: 10:00a-11:30a

AGE: 15 and up

LOCATION: FLC—Parking Lot

FEE: Resident \$88 | Non-resident \$132





RHODES TO INDEPENDENCE

ADULT DAY PROGRAM

Take this opportunity this summer to give back to the community while also enjoying local parks and attractions. Each class will focus on a different skill and volunteer opportunity in the area. After a hard day, we will enjoy a picnic at one of our local forest preserves. All participants are required to bring lunch.

REGISTRATION DEADLINE: May 23

CONTACT: Bridget McCormick

DAY: Monday & Wednesday

TIME: 9:00a-1:00p

AGE: 21 and up

LOCATION: Cultural Center—Room 101

FEE: Resident \$180 | Non-resident \$270

PROG#: **DATE:**

93291 Jun 6-Jun 22 (Session 1)

93292 July 18-Aug 3 (Session 2)

SPECIAL RECREATION BUS SERVICE

The Recreation and Parks Department transportation service will be available for the programs listed below. Door to door services are available to individuals residing within the Village of Orland Park boundaries. Vehicles are equipped with a hydraulic lift to accommodate wheelchairs. All participants must have the same pick up and drop off points. Please note the following: minimum number to provide transportation services is 2. There is no charge for Take Out Bus if registered for Time to spare Bowling Bus Service, and bus registration deadlines are specific to each program.

Online bus registration is available. If a message window pops up regarding an overlap of times, click OK to continue registration. **CONTACT:** Nick Harvey

PROG#:	COURSE:	DATE:	DAY:	TIME:	FEE:
93345	Rhodes to Independence 1	Jun 6-Jun 22	M & W	8:00a-2:00p	\$60
93346	Time to Spare	Jun 8-Jul 27	W	3:00p-7:00p	\$80
93347	Take Out	Jun 15-Jul 13	W	5:00p-9:00p	\$40
93348	Fitness One Step Further	Jun 25-Jul 30	Sat	9:00a-2:00p	\$60
93349	Rhodes to Independence 2	July 18-Aug 3	M & W	8:00a-2:00p	\$60
93351	Owls Volleyball	Aug 2-Oct 4	Tu	5:00p-9:00p	\$90
93350	Owls Bocce	Aug 8-Oct 10	M	3:00p-6:00p	\$90



ORLANDPARK.ORG



OWL ATHLETICS CONTACT: Nick Harvey | 708.403.6269 | nharvey@orlandpark.org



SUMMER GAMES

Pack up your suitcases, we are heading back to Illinois State University! Athletes earning the gold medal in Bocce, Track and Field, Powerlifting, Swimming, and Soccer at a Regional Tournament are eligible to attend. **Please Note:** Team sports take precedence over individual sports. Come enjoy a weekend, and make lifelong memories with your teammates!

REGISTRATION DEADLINE: June 3

PROG#: 93329

DAY | DATE: Friday, Jun 17, bus departs 7:00a
Sunday, Jun 19, bus returns 3:00p

AGE: 8 and up

LOCATION: Meet bus at FLC—Parking Lot

FEE: \$175.00

OWLS VOLLEYBALL

Do you want to learn how to bump, set, spike and serve, come join Owls Volleyball! Athletes have the opportunity to participate on a modified, traditional, and unified team offering participants new experiences while meeting the needs of all ability levels.

REGISTRATION DEADLINE: July 19

DATE: Aug 2-Oct 4

DAY: Tuesday

TIME: 5:30p-7:00p (August)
6:30p-8:00p (September-October)

LOCATION: FLC—Gym

PROG#:	TEAM:	FEE:
93313	Modified	Resident \$100 Non-resident \$155
93315	Traditional	Resident \$100 Non-resident \$155
93316	Unified	Resident \$100 Non-resident \$155
93841	Unified Partner	Resident \$50 Non-resident \$75

OWLS FLAG FOOTBALL

Are you ready for some football? Athletes will work on passing, kicking, catching, speed and agility, and teamwork to prepare for a full season of games. The District Tournament will be held in September, and State in November. Come be part of our growing football dynasty!

REGISTRATION DEADLINE: July 13

PROG#: 93327

DATE: Jul 27-Sep 14

DAY: Wednesday

TIME: 6:00p-7:30p

AGE: 15 and up

LOCATION: Eagle Ridge II

FEE: Resident \$85 | Non-resident \$130

OWLS BOWLING TOURNAMENT

Come join the Owls Bowling team for your chance to roll for the gold! Athletes may compete individually or with a partner but not both. Don't stay stuck in the gutter this summer, come out and enjoy the fun at the bowling alley.

REGISTRATION DEADLINE: June 3

CONTACT: Nick Harvey

PROG#: 93326

DAY | DATE: Saturday, Aug 6

TIME: 8:00a-12:00p

AGE: 8 and up

LOCATION: TBA

FEE: Resident \$25 | Non-resident \$37

ADVANCED COMPETITION

DATE | TIME: TBA

PROG#:	TOURNAMENT:	FEE:
93822	Sectional	Athlete \$50
93316	State	Athlete \$100

OWLS BOCCE BALL

This low key strategic sport is a great time for the whole family! Athletes will work on mental toughness, teamwork, and ball rolling in a competitive format. Participants can choose to compete in singles, doubles, unified, or team match play. No class September 5

REGISTRATION DEADLINE: July 25

DATE: Aug 8-Oct 10

DAY/TIME: Monday / 4:00p-5:00p

AGE: 8 and up

LOCATION: Sportsplex—Soccer N

PROG#:	PARTICIPANT:	FEE:
93323	Athlete	Resident \$90 Non-resident \$135
93325	Unified Partner	Resident \$40 Non-resident \$60

OWLS FLOOR HOCKEY

The State Champs are back to defend their title! Athletes will work to develop stick handling skills, hand eye coordination, passing, and teamwork. Instructional practices will be offered to participants with a full game schedule. The State Floor Hockey Tournament is tentatively scheduled for November.

REGISTRATION DEADLINE: August 5

PROG#: 93328

DATE: Sep 21-Nov 16

DAY: Wednesday

TIME: 6:30p-8:00p

AGE: 15 and up

LOCATION: FLC—Gym

FEE: Resident \$100 | Non-resident \$155

Special Recreation **91**



Photo Courtesy of Cedar Point

SPECIAL RECREATION

FRIDAY NIGHT FUN

SOCIAL CLUB INFORMATION

Designed for individuals with special needs, these programs offer something for everyone. The Recreation and Parks Department offers door-to-door transportation within the Village of Orland Park boundaries. Our mini-bus is equipped with a hydraulic lift to accommodate wheelchairs. **NOTE:** Separate program numbers exist for social club bus transportation. Same charge for round trip or one way.

CONTACT: Bridget McCormick | **AGE:** 15 & up | **DAY:** Friday | **BUS FEE:** \$10 Resident

Please note: In-house programs will be hosted at Cultural Center

FEE: Resident \$30 | Non-resident \$45

HAWAIIAN LUAU

Dress in Hawaiian best. Tonight we will head to Romeoville to enjoy NWCSRA's Annual Luau. Fee includes dinner, DJ and some Hawaiian extras.

REGISTRATION DEADLINE: July 8

PROG#: 93334 **BUS#:** 93341

DATE/TIME: Jul 15 / 6:00p-9:00p

GANGS ALL HERE

Join us for our 21st annual celebration! We will all meet for a night of outdoor play, a delicious meal and some fun! Full Dinner will be served.

REGISTRATION DEADLINE: July 29

PROG#: 93332 **BUS#:** 93342

DATE/TIME: Aug 5 / 6:00p-8:00p

MINI GOLF

Talk about a hole in one at the mini golf course! After we hit the mini links, we will head out for a tasty treat.

REGISTRATION DEADLINE: August 12

PROG#: 93333 **BUS#:** 93343

DATE/TIME: Aug 19 / 6:00p-8:30p

COUNTRY WESTERN NIGHT

We'll be boot scootin' over to Bolingbrook to enjoy a full meal, live band and lots of good old fashioned country fun.

REGISTRATION DEADLINE: Aug 19

PROG#: 93335 **BUS#:** 93344

DATE/TIME: Aug 26 / 6:00p-9:00p

SUMMER

Getaway



Summer Getaway 2018—
Gaitlinburg, TN

Pack your bags and get ready for an adventure! We are heading to **Sandusky, Ohio** for a fun filled week. We will make stops along the way to take in the sites and spend a day at all the awesome places Sandusky has to offer! Sign up quickly, you don't want to miss out on this awesome trip.

REGISTRATION DEADLINE: June 10

CONTACT: Bridget McCormick

PROG#: 92982

DEPARTS: Sunday, Jun 26 at 9:00am

RETURNS: Thursday, Jun 30 at 1:00pm

AGE: 15 and up

LOCATION: Meet bus at Recreation
Administration Parking Lot

FEE: Resident \$1300
Non-resident \$1900

IMPORTANT TRIP INFORMATION

Participants that register for overnight trips must be completely independent with all ADL activities (feeding, grooming, toileting, and dressing). Also, participants must be able to share sleeping quarters with others. Participants must actively participate in general programming for one year in order to be eligible for registration in an overnight trip.

PROCEDURE FOR TRIP PAYMENT PLANS

A credit card is required for a payment schedule. A \$25 service charge will be assessed for all rejected credit card payments. A deposit of one half of the fee is due at registration and the remaining balance will be due June 10, 2022 prior to trip departure.

TRIPS & OUTINGS

TAKE ME OUT TO THE BALLGAME

Is there any better way to spend a summer night than by watching a ballgame? Let's cheer the Windy City Thunderbolts on to victory! Dinner will be included but please send extra money for snacks and souvenirs.

REGISTRATION DEADLINE: July 1

CONTACT: Bridget McCormick

PROG#: 93336

DAY/DATE: Saturday / Jul 16

TIME: 5:00p-10:00p **AGE:** 15 and up

LOCATION: FLC—Parking Lot

FEE: Resident \$50 | Non-resident \$75

SAIL AND DINE

Hold onto your hats, we are off to see the sites of Chicago on the Seadog Speed Boat Tours. Navy Pier is where we will start our adventure, and after we take in the sites we will have lunch at a local restaurant on the pier. Please bring additional money for souvenirs. This is a loud event and may not be appropriate for individuals who become easily overstimulated or are sensitive to loud sounds.

REGISTRATION DEADLINE: July 8

CONTACT: Bridget McCormick

PROG#: 93337

DAY/DATE: Sunday / Jul 24

TIME: 10:00a-3:00p **AGE:** 15 and up

LOCATION: FLC—Parking Lot

FEE: Resident \$65 | Non-resident \$98

MOVIE MATINEE

We will head to the local movie theater to take in a new flick. Afterward we will enjoy lunch and conversation with our friends at a neighboring restaurant. Movie ticket and meal included in registration.

CONTACT: Bridget McCormick

DAY/TIME: Saturday / 11:30a-3:30p

LOCATION: FLC—Parking Lot **AGE:** 15 and up

FEE: Resident \$40 | Non-resident \$60

PROG#: **DATE:** **REGISTRATION DEADLINE:**

93338 Jul 30 Jul 22

93339 Aug 13 Aug 6

SPECIAL RECREATION PROGRAM INFORMATION

BEHAVIOR CODE OF CONDUCT

OPSR is committed to providing individuals with special needs exceptional therapeutic recreation services in a fun, safe, and comfortable environment. Behavior guidelines have been developed to make sure all individuals (participants, staff, volunteers, and parents/guardians) have an optimal experience while participating in special recreation services. There may be additional rules developed for specific OPSR program offerings (athletics and trips) as deemed necessary by staff. All individuals at OPSR programs are expected to exhibit appropriate behaviors at all times, and must follow behavior guidelines listed below:

- Must show respect to all participants, staff, volunteers, and parents/guardians.
- Must refrain from threatening or causing bodily harm to self or others.
- Must refrain from using foul or inappropriate language.
- Must demonstrate respect of all Village of Orland Park equipment, supplies, vehicles, and facilities.
- Must stay within the designated program boundaries without threats of elopement.

DISCIPLINARY ACTION

The Village of Orland Park reserves the right to dismiss any individual attending an OPSR program/event whose behaviors endanger the safety of themselves or others, if it is in the best interest of the department. With the main priority of keeping participants, staff, volunteers, and parents/guardians safe. Each incident will be evaluated on a case by case basis, and will provide a prompt resolution to the behavior.

ATTENDING PROGRAMS/EVENTS IF SHOWING SIGNS OR SYMPTOMS OF ILLNESS

Please be considerate of others and refrain from attending programs and events if you are experiencing any of the following conditions:

- Vomiting or diarrhea within the last 24 hours.
- Exhibiting any symptoms of COVID-19.
- Symptoms of flu, chicken pox, strep throat, mumps, measles, head lice, mites, impetigo, coxsackie virus, and ringworm.
- Pink eye (conjunctivitis) or any discharge from the eye that may show signs of infection.
- Experiencing a fever of 100 degrees or higher.
- On-going cough and or cold symptoms.
- Contagious rash of unknown origin.

Parents/Guardians, please contact OPSR staff if your participant contracts any illness that will affect their attendance at programs or events. Parents/Guardians may be contacted to pick up their participant by OPSR staff if exhibiting any of these conditions at programs and events. Participants can plan to return to programs at the recommendation of a doctor, and are clear of any symptoms that may hinder his/her participation. OPSR may request a doctor's release before participation can resume.

THANK YOU!

The Orland Park Special Recreation participants and parents would like to thank the following organizations for their support over the past year:

- ACT Foundation
- Tinley Park Knights of Columbus
- White Mountain Golf Park
- Orland Bowl
- Orland Chateau
- Orland Park Lions Club
- Coach's Corner, Orland Park
- School District 135
- School District 230
- Silver Lake Country Club
- Starbucks Coffee—Orland Park
- Sunshine Through Golf Foundation

PARTICIPANT'S FIRST NAME: _____

TOTAL PAID: \$ _____

Once program registration has been completed, an email confirmation will be sent. Please do not drop off non-resident registrations prior to the registration date.

SPECIAL RECREATION PROGRAMS

SESS I SESS II

PROG#:	PROG#:	PROGRAM NAME:	(R)	(N)
93290		Bags	\$55	\$82
93283		Circuit Training (M)	\$70	\$110
93284		Circuit Training (TH)	\$70	\$110
93340		Fitness One Step Further	\$53	\$80
93294		Golf Craze (Beginner)	\$55	\$88
93300		Golf Craze (Intermediate)	\$55	\$88
93338		Movie Matinee (7/30)	\$40	\$60
93339		Movie Matinee (8/13)	\$40	\$60
93323		Owls Bocce	\$90	\$135
93325		Owls Bocce Unified	\$40	\$60
93326		Owls Bowling	\$25	\$37
93327		Owls Flag Football	\$85	\$130
93328		Owls Floor Hockey	\$100	\$155
93313		Owls Volleyball (Modified Team)	\$100	\$155
93315		Owls Volleyball (Traditional Team)	\$100	\$155
93316		Owls Volleyball (Unified Team)	\$100	\$155
93841		Owls Volleyball (Unified Partner)	\$50	\$75
93291	93292	Rhodes to Independence (M/W)	\$180	\$270
93337		Sail and Dine	\$65	\$98
93329		Summer Games	\$175	\$175
92982		Summer Getaway-Sandusky	\$1300	\$1900
93336		Take Me Out To The Ballgame	\$50	\$75
93331		Take Out	\$70	\$105
93330		Time To Spare	\$90	\$140
93288		Walking Club	\$88	\$132

FRIDAY NIGHT SOCIAL CLUB/BUS

PROG#:	BUS#:	Program Name:	(R)	(N)	BUS
93334	93341	Hawaiian Luau	\$30	\$45	\$10
93332	93342	Gangs All Here	\$30	\$45	\$10
93333	93343	Mini Golf Adventure	\$30	\$45	\$10
93335	93344	Country Western Dance	\$30	\$45	\$10

WEEKLY PROGRAM BUS SERVICE

PROG#:	PROGRAM NAME	(R)
93346	Time to Spare	\$80
93347	Take Out	\$40
93348	Fitness One Step Further	\$60
93345	Rhodes to Independence—Session 1	\$60
93349	Rhodes to Independence—Session 2	\$60
93350	Owls Bocce	\$90
93351	Owls Volleyball	\$90

SUMMER REGISTRATION DATES

Please do not drop off non-resident registrations prior to the registration date.

RESIDENT REGISTRATION BEGINS May 5 | NON-RESIDENT REGISTRATION BEGINS May 18

Program limits will be adhered to. If you wait too long, the class may be full, or cancelled due to low enrollment.

VILLAGE OF ORLAND PARK SPECIAL RECREATION: ADVERSE WEATHER GUIDELINES AND PROGRAM CANCELLATIONS

Cold Weather Guidelines

- Outdoor programs: If a temperature with wind chill reaches 0 degrees or less.
- Programs with transportation: Temperature of 0 degrees or less including wind chill. Please note that in some circumstances programs or events may still be offered without transportation services.
- All programs: Winter Weather warnings are in effect (Blizzard / Ice Conditions / Snowstorm), and if restrictions to traveling and emergency accident plans are in affect.

Hot Weather Guidelines

- Outdoor programs: Heat index of 100 degrees or higher, National Weather Service has issued an extreme heat warning for the program/event area.
- Programs with transportation: Heat index of 100 degrees or higher. Please note that in some circumstances programs or events may still be offered without transportation services.
- All programs: National weather service has issued a tornado warning for Cook or surrounding counties.

Lightning Guidelines

In the event of lightning in or around the surrounding area for outdoor programs, an event/program will be suspended and individuals will be moved to a safe location. Programs may resume after 30 minutes after the last sound of thunder or flash of lightning, or a VOP detection sounds the OK to resume play.

Program Cancellations

OPSR will make every attempt to reschedule programs, however in the event this cannot happen OPSR will follow the below notification process:

- OPSR will make a program or event cancellation decision three hours prior to the start time.
- If the program or event is cancelled, staff will update families by email, phone calls, and will be listed on the Rainout Line. Families will be issued a credit and or refund for the canceled class.
- OPSR will work to extend programs that are canceled if there is availability to do so, and will notify families of makeup details.

EARLY DROP-OFF / LATE PICK-UP POLICY

EARLY DROP OFF—When dropping off participants for programs, please do not arrive more than 15 minutes prior to the start of the program. A staff member **must** be present before entering programs.

LATE PICKUP POLICY—The Village of Orland Park has established the following late pick-up policy for all of our program locations. There is a 3 strike policy-a warning in writing will be given after each offense when a parent/guardian is more than 10 minutes late picking up their child. After the 3rd strike, a \$1.00 per minute fee will be assessed the next time the parent or guardian is late. That fee must be paid prior to the participant being admitted to the next class.

Special Recreation **95**



SPECIAL RECREATION REGISTRATION FORM

Register in person or by mail, email to:
Sportsplex, 11351 W. 159th St., Orland Park IL 60467 or Village Hall, 14700 Ravinia Ave., Orland Park IL 60462
Email: OrlandRecreation@orlandpark.org | Questions? Call 708.403.5000

Family Last Name:	Primary Phone: ()	Home <input type="checkbox"/> Cell <input type="checkbox"/>
Address:	Secondary Phone: ()	Home <input type="checkbox"/> Cell <input type="checkbox"/>
City, State, Zip:	Work Phone: ()	
Email Address:	Cell Phone Carrier:	

Program Number	Program Name	Participant's First and Last Name	**ADA	Birth Date	Grade	Age*	Sex	Fee

Please read this form carefully and be aware that in registering for and participating in the above program, or any other program you verbally agree to transfer into, you will be waiving and releasing all claims for injuries that you or the above participants may sustain while participating in the programs. As a participant, parent, or legal guardian of a participant in the above-named activity and/or program, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, including death, damages or loss which I, or the above participant(s) may sustain as a result of participating in any and all activities with or associated with such program, including any risks inherent in out-of-state and/or air travel. I do further agree to indemnify, hold harmless, defend and covenant not to sue the Village of Orland Park and its officers, agents, servants and employees from any and all claims resulting from injuries, including death, damages and loss sustained by me or the above participants and arising out of, connected with, or in any way associated with the activity and/or my participation in the program.

I permit and hereby give my consent to the taking of photos, audio and video tapes of me or my likeness during Recreation and Parks Department activities for publication and use as the department deems necessary. To participate in Village of Orland Park Recreation & Parks department programs, all persons ages eighteen and older are required to sign the Waiver and Release of All Claims Form. I have read and fully understand the refund policy located in the registration information section. I agree to waive and relinquish all claims that I, or the above participants, may have as a result of participating in the programs against the Village of Orland Park and its officers, agents, servants and employees. I do hereby fully release and discharge the village and its officers, agents, servants and employees from any and all claims from injuries, including death, damages or loss which I, or the above participants, may have or which may occur to me (us) as a result of participation in a program.

I understand and acknowledge that the village is not responsible for and assumes no liability for the dispensing or administering of any medication to the participant. I hereby fully release and discharge the Village of Orland Park, its officers, agents, servants and employees from any and all liability with respect thereto, and accept full responsibility for the dispensing and administering of any medication which may or may not be vital to the participant's health and well-being. By signing below, as the legal guardian of a disabled adult participant(s), I hereby expressly represent and certify of the Village of Orland Park that I am the legal guardian of the above-named participant(s) and that I have determined that it is in the best interests of such person(s) to participate in the program and to waive and relinquish all claims for injuries that I, or the above-named participant(s) may have arising out of, connected with, or in any way associated with the program. I have read and fully understand the above Program Registration Information, policies and waiver, releasing the Village of Orland Park of all claims.

X _____ **X** _____ Date _____
Mandatory signature(s) of each participant, 18 & over, parent or legal guardian of minor or adult with disability.

****ADA** - The Village of Orland Park strives to comply with the Americans with Disabilities Act (ADA). Please note if any participant needs special assistance or accommodation to participate in programs. A staff member will contact you to make necessary arrangements.

Yes, _____ needs assistance/modifications. New Participant? Yes ☐ No ☐
(Name of participant(s) requiring special accommodations)

Amount of Payment: \$	Check #:	Payable to: VILLAGE OF ORLAND PARK			
Credit Used:	Cash	Visa	MC	Discover	AmEx
Card Number:	Exp. Date:		CVV:		
Card Holder Name:					
Authorized Signature:					
I agree to pay the amount charged to the card listed above in accordance with the card issuer agreement.					
PLEASE NOTE: Your charge will be listed on your statement as 'ACT* OP RECREATION 708-4035000TX' OR 'ACT*REGISTRATION TEXAS'					

Payment plans are accepted for Special Recreation Trips.

By completing and signing the credit card information noted above, I am choosing the optional payment plan and hereby authorize the Village of Orland Park to charge the payment plan to the above named credit card. Payments made by cash or check will still be accepted prior to the scheduled date. Any payments not made prior to the schedule date will be charged to the above named credit card. A \$25 service fee will be assessed for all declined credit cards.

Office Use Only	
Date:	Initials:
Resident ID issued	<input type="checkbox"/>
R	NR M DL I
Total Amount: _____	
Amount Due: _____	
Payment Schedule:	

Initial: _____	
Approved: _____	
Director Approval: _____	

ADA

The Village of Orland Park Recreation and Parks Department advocates for full participation under the Americans with Disabilities Act (ADA). A request for ADA modifications or assistance at a program is required at the time of registration. Please mark the ADA box on the registration form. NOTE: Early registration, along with a request for accommodation, is strongly suggested to assure that appropriate modifications are secured prior to the start of the program. We need at least two weeks to have modifications in place. Every attempt at reasonable modifications will be made so that individuals may participate in a desired program. It may not be possible for the participant to attend the program until modifications are provided.

INCLUSION

The Recreation and Parks Department welcomes participants with special needs in all areas of programming. We strive to make these programs an optimal experience by providing reasonable modifications to the program activity. The Special Recreation Division provides inclusion assistance to programs servicing clientele ages three years and up. Please indicate at the time of registration that 1:1 assistance is needed. Programs that are not eligible for 1:1 services are as follows: mom and tot classes, offsite and/or contracted programs, personal training, and day care services. If you are registering online or new to the program you must contact Special Recreation Supervisor, Nick Harvey at 708.403.6269 two weeks prior to the start of the program.

BEHAVIOR POLICY

The Village of Orland Park Recreation Department has an established behavior policy relative to inappropriate behavior, which is defined as that which disrupts a recreation program and which requires a program leader to call for a stop to the behavior due to its effect on other participants or on the leader's ability to conduct the program. Such behavior may call for immediate and/or permanent dismissal of the participant. Additional rules may be developed for individual programs and athletic events as deemed necessary by staff. For more information on the policy please call 708.403.5000.

BOATING

Boats with electric trolling motors will be allowed for fishing on Lake Sedgewick. Only watercraft that complies with state registration requirements and safety regulations will be allowed. All boaters 16 years of age & younger must wear a life vest at all times.

BIRTH CERTIFICATES

A certified copy of the birth certificate issued by the county in which the child was born will be required for all children 5 years and younger at initial preschool registration. HOSPITAL COPIES WILL NOT BE ACCEPTED. If your child was born in Cook County, IL, you may call the Cook County Clerk's Office 708.974.6150. If your child was born in Illinois, but outside Cook County, call the Department of Vital Records of the county in which your child was born. Birth certificates may also be requested if a child's age is in question.

DOGS IN PARKS

All dogs shall be restrained at all times on adequate leashes no greater than five feet (5') in length. Any person responsible for the entry of a dog or other domestic animal shall immediately remove any animal droppings left by the animal to the nearest refuse container.

EDITORIAL POLICY

Although the Recreation and Parks Department makes every effort to ensure the accuracy of the information in our publications, an occasional error may occur. In the event that this happens, we will advise you of the change as quickly as possible. Thank you in advance for your patience and understanding.

EMAIL RECEIPTS

In our efforts to "Go Green" the Recreation and Parks Department is working toward paperless communication. We are requesting registrants submit their email address at time of registration. Once registration for a program has been completed, an email confirmation will be sent.

GIFT CARDS

Gift cards are redeemable for merchandise, programs or services at the following locations: Sportsplex, Centennial Park Aquatic Center & Village Hall. They can be purchased at the Sportsplex Registration Office or the cashier's office at Village Hall during business hours. Gift cards are not refundable and cannot be redeemed for cash, used at Village concessions and special events. For additional information, call the Recreation and Parks Department at 708.403.5000.



GENERAL INFORMATION

adjective

1. considering or dealing with overall characteristics, universal aspects, or important elements, especially without considering all details or specific aspects.



NON-RESIDENT MEMBERSHIP

To offset the cost of recreation programming, the Village of Orland Park offers a non-resident membership fee of \$300, per family. Once a membership has been purchased, your family is entitled to resident fees for recreational programs for 1 year from date of purchase during non-resident registration dates. Also included is one Preschool, and Day Camp registration per child at resident fees, and Orland Park based youth athletic group non-resident fees. This does not include Sportsplex Memberships, Centennial Pool Memberships, Orland Park Health and Fitness Center, rentals, parties, or any daily fees. Any non-resident fees paid prior to purchasing a membership card will not be credited toward the membership. Memberships are non-refundable and available for purchase during regular registration hours at Sportsplex office or the cashier's office at Village Hall.

RESIDENCY REQUIREMENTS

Proof of residency is required by showing a valid driver's license/state ID denoting the current Orland Park address. The Recreation and Parks Department strongly encourages obtaining a Resident ID to avoid any discrepancy. Non-resident rates will be charged to all participants without valid proof of residency or a Village of Orland Park Resident ID.

RESIDENTS VS. NON-RESIDENTS

To qualify for the resident rate for a Recreation and Parks Department program, participants must reside within the corporate limits of Orland Park. Those residing outside of these limits are considered non-residents. Those unsure whether they reside within the boundaries of Orland Park, please call the Recreation and Parks Department office at 708.403.5000 so that a boundary map can be consulted. All non-residents must pay the non-resident fee listed in the program information unless a non-resident membership has been purchased. This benefits the resident and should not be considered an inconvenience.

WAITING LISTS

If a program is full, names may be placed on a waiting list. The Recreation and Parks Department staff does attempt to place individuals on waiting lists into already existing programs. When this is possible, you will be called. However, due to schedule restrictions, it is not always possible to accommodate all individuals on waiting lists and in such cases those individuals will not be called.

PARK HOURS

Village parks are open daily from daybreak until 9:00 PM, except parks with lights and parks wherein departmentally scheduled and supervised activities are occurring. Lighted parks shall close at 10:30 PM, and all ballfield lights shall be extinguished no later than 10:45 PM. (Ord. 1650, 3-2-87).

PARK WATCH PROGRAM

Orland Park's park sites total over 650 acres of park land within the village. These facilities are maintained by the Parks and Grounds Department for everyone to enjoy. Unfortunately, there have been occurrences of vandalism in parks within the village. Residents are asked to please be alert for any signs and sounds of vandalism in their neighborhood parks. To reduce vandalism in Orland Park's parks, the village is offering a \$200 reward for information leading to the arrest and conviction of any person(s) damaging village property. Should you see vandalism occurring, please immediately call the Orland Park Police at 708.349.4111.

PICNIC SHELTERS

Permits to reserve picnic shelters are available to residents only for Doogan Park, Hostert Log Cabin Area, Schussler Park and Veterans Park shelters, as well as the Centennial Park Gazebo (not available Memorial Day weekend through Labor Day) at no charge (\$150 security deposit on a credit card is required). All renters are responsible for the general clean-up of their picnic area. Use of alcoholic beverages and/or narcotics is strictly prohibited on park grounds. BBQ grills, camp fires, and tents are prohibited in all village parks. Utilizing a built-in grill in parks that have this feature is permitted. Please contact the Recreation and Parks Department at 708.403.5000 for more information and availability. One week notice is required to reserve a shelter.

RECYCLING PRODUCT DISPOSAL

Residential Waste Management customers may participate in the Village's "At Your Door" pick up service. Visit wmatyourdoor.com to complete the request form online or call 800.449.7587 between 7:00 am and 7:00 pm, CST Monday through Friday to schedule a pick up. This service is limited to Village residents only and is not available for businesses. Acceptable items for pick up include automotive products, including used motor oil, oil filters and batteries; garden chemicals including pesticides, herbicides, weed killers; paint products; household cleaners; swimming pool chemicals; electronics including televisions, computers, monitors; household batteries; fluorescent tubes and compact fluorescent lamps; thermometers and thermostats.

BLOCK PARTIES

Block Party permits are available to Village residents and are required to host a block party that involves any level of street closure or use.

- Applications are available at the Sportsplex.
- Applicants must be 21 or older.
- Applicant is directly responsible for the proper supervision of participants, and use of the licensed area during the license period.
- Permit is available to Village of Orland Park residents only. Permit license is for exclusive use of the specified area only, unless additional amenities are approved in advance, in writing.
- Reservations for the use of area(s) and equipment are final only upon written approval of the Recreation & Parks Department.
- The organization/group/residents using the area are responsible for cleaning the area including removing all trash and placing into containers.
- The local police and fire departments will be notified of all block parties. Police and Fire vehicles shall be allowed entry to all areas at all times.
- Roadways must remain passable at all times
- Barricades are available at a minimum of 5 for \$50. Additional barricades are \$5 each. Barricades will be dropped off on Fridays and picked up on Mondays

RECREATION ADVISORY BOARD

The members of the village's Recreation Advisory Board are appointed by the Mayor, with the advice and consent of the Board of Trustees. This group recommends improvements in leisure time activities, services, facilities and programs to the Village Board, which then make the final decision. The Recreation Advisory Board meets on the first Tuesday of every month at 6:30 PM at the Recreation Administration Office. The public is invited to attend. Please visit our website for scheduled meeting dates.

SPONSORSHIP OPPORTUNITIES

Are you interested in being a part of the Special Events hosted by the Village of Orland Park? Please call the Recreation Office at 708.403.5000 for complete details on all opportunities.

THANK YOU VOLUNTEERS

The Village of Orland Park is grateful to the many volunteers who support our programs throughout the year. An integral part of the Orland Park community, these volunteers ensure the quality and safety in our programs while giving freely of their time and energy. Area residents interested in volunteering to help with a Recreation and Parks Department program are asked to fill out the volunteer application form and return it to the Recreation Administration office.

ORLAND PARK RECREATION PARTNERS

Confused over who to call regarding information on local athletic organizations, or other non-recreational village information? For your convenience, we have compiled a list of frequently requested contact numbers/websites. If you have a question or concern, please contact them; they are happy to answer any questions.

Orland Youth Association—Boys' Division

OYA Boys' Hotline: 708.364.7187
www.OYABoys.org

Orland Youth Association—Girls' Division

www.oyagirls.org

O. P. Pioneer Football & Cheerleading

www.OPPioneers.com

ORLAND Park Pioneer Wrestling

Contact: Joe Tholl | 708.567.1801

Orland Park Soccer Club

www.OrlandParkSoccerClub.com

ORLAND A's SOFTBALL

www.orlandparkas.com

Senior Softball

Contact: Bill Johnson 708.710.6823 or
Ray Arndt 708.975.1852

Chicago Fire Soccer

Jsmith@chicagofirejuniorssouth.com

POSA

www.posaeagles.org

Orland Park Police Department

Non-emergency number: 708.349.4111
www.orlandpark.org

Orland Fire Protection

Non-emergency number: 708.349.0074
www.orlandfire.org

Orland Park Library

General Information: 708.428.5100
www.orlandparklibrary.org

Orland Township

General Information: 708.403.4222
www.orlandtwp.org



ADVERTISE ON OUR BALLFIELDS

YOUR AD HERE

For details please contact
Recreation@orlandpark.org.

RAINOUTLINE.COM

**STAY UPDATED ON THE LATEST FIELD CONDITIONS, OUTDOOR PROGRAM STATUS AND SPECIAL EVENTS.
GO TO RAINOUTLINE.COM AND DOWNLOAD THE FREE APP NOW, OR CALL 708.401.0043 FOR UPDATED INFORMATION.**

LOCATION INFORMATION

Carl Sandburg High School	13300 S. LaGrange Road	708.671.3100
Centennial Park	15600 West Avenue	708.403.5000
Centennial Park Aquatic Center	15600 West Avenue	708.401.0043 Ext. 66
Centennial Park West	15609 Park Station Blvd.	708.403.5000
Challenge Fitness (Tennis)	2021 S. Laurence Avenue	815.838.3621
Civic Center	14750 Ravinia Avenue	708.403.6200
Cultural Center	14760 Park Lane	708.403.5000
"Dogout" Dog Park	15600 West Avenue	708.403.5000
Franklin Loebe Center	14650 Ravinia Avenue	708.403.5000
Grinding Edge Skate Park	15600 West Avenue	708.401.0043 Ext. 76
John Humphrey Complex	147th & West Avenue	708.403.6389
Orland Chateau	14500 S. LaGrange Road	708.349.7878
Orland Junior High School	14855 West Avenue	708.364.4200
Orland Nature Center	13951 S. LaGrange Road	708.403.5000
Orland Park Health & Fitness Center	15430 West Avenue	708.226.0555
Orland Park History Museum	14415 Beacon Avenue	708.873.1622
Orland Park Public Library	14921 S. Ravinia Avenue	708.349.8138
Rainoutline/Special Events	Rainout.com	708.401.0043 Ext. 78
Recreation Administration Office	14600 S. Ravinia Avenue	708.403.5000
Silver Lake Country Club	14700 S. 82nd Avenue	708.349.6940
Stellwagen Farm	17701 S. 108th Avenue	708.403.5000
Sportsplex	11351 W. 159th Street	708.403.5000
United Gymnastics Academy	722 Center Road, Frankfort	815.469.8282
Village Hall	14700 Ravinia Avenue	708.403.6100
White Mountain Golf Course	9901 W. 179th Street	708.478.4653

General Information 99

REGISTRATION INFORMATION

Registration Information

noun

1 the act of registering.

register – verb

17 to enroll (a student, voter, etc.) in a school or course of study, on the voting rolls, etc.

26 to enroll in a school or course of study.

Photo by Emma Birmingham, 2021

REGISTRATION POLICIES

1. Fees for late registrations will not be prorated.
2. A government issued birth certificate is required for all participants five years and younger before preschool registration will be accepted.
3. The Recreation & Parks Department reserves the right to cancel or postpone programs due to an insufficient number of participants.
4. **Parents/guardians may register for immediate family members only. Each adult must sign form.**
5. If there is a problem with your registration, we will try to contact you by phone or email. If we cannot reach you, the registration form will be returned by mail and your place in the program cannot be saved. Be sure to include a valid daytime phone number on all registration forms.
6. Registration is not complete until a confirmation email receipt has been issued.
7. The Recreation & Parks Department is not responsible for lost or late mail.
8. The program number for each offering is listed with the description. This program number is essential for processing registrations.
9. Participants or their parents (if participant is a minor) permit the taking of photos, audio and video tapes during the activities and events for publication and use as the village deems necessary.
10. Participants registering for strenuous activities are encouraged to seek a physician's approval.
11. **All registration forms must be signed. Those without signatures will be returned to the sender, thereby jeopardizing registration and program placement.**
12. **Proof of residency is required for all registrants. Falsification of residency may be grounds for non-refundable expulsion from program or membership.**
13. **A \$25 service charge will be assessed on all rejected credit card payments, and \$40 service charge on all returned checks.**
14. **The Village reserves the right to suspend participation in activities of customers whose account is in "bad standing" until all fees are paid. Failure to pay may result in collection costs being added to outstanding balance.**



INDICATES A PARENT/GUARDIAN IS REQUIRED TO ATTEND WITH CHILD.



INDICATES VOLUNTEERS ARE NEEDED FOR THIS EVENT.

RANDOM RESIDENT REGISTRATION

Registration for Village of Orland Park residents only will be accepted upon receipt of the brochure. These registrations will be held until **Thursday, May 5**, and will then be entered on a random basis along with any forms received on this day. After this date, all subsequent resident registrations will be entered on a first come, first served basis. See Information page 84 for proof of residency requirements.

- Review the brochure and choose your programs.
- Complete the registration form—incomplete registration forms will not be processed.
- One family may register on each form. (immediate family members only)
- Be sure to sign the registration form.
- Mail-in, drop-off, or email completed registration forms to the Village Hall or Sportsplex registration office.

NON-RESIDENT REGISTRATION

Non-resident registration begins **Wednesday, May 18, at 9:00a**. Registrations are accepted at the Village Hall and Sportsplex offices. Non-residents may follow the online, mail-in, drop-off, email, or walk-in procedures beginning May 18.



GIFT CARDS MAKE A GREAT GIFT!

Redeemable for merchandise or services at Centennial Park Aquatic Center, Sportsplex, or for recreation programs and memberships. Some exclusions apply. For more information, contact the Recreation and Parks Department at 708.403.5000.

RECREATION REGISTRATION FORM

Register by mail, email, or in person: Sportsplex, 11351 W. 159th St., Orland Park IL 60467 or Village Hall, 14700 Ravinia Ave., Orland Park, IL 60462

Email: OrlandRecreation@orlandpark.org | Questions? Call 708.403.5000

Family Last Name:	Primary Phone: ()	Home <input type="checkbox"/> Cell <input type="checkbox"/>
Address:	Secondary Phone: ()	Home <input type="checkbox"/> Cell <input type="checkbox"/>
City, State, Zip:	Work Phone: ()	
Email Address:	Cell Phone Carrier:	

Program Number	Program Name	Participant's First and Last Name	**ADA	Birth Date	Grade	Age	Sex	Fee

Please read this form carefully and be aware that in registering for and participating in the above program, or any other program you verbally agree to transfer into, you will be waiving and releasing all claims for injuries that you or the above participants may sustain while participating in the programs. As a participant, parent, or legal guardian of a participant in the above-named activity and/or program, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, including death, damages or loss which I, or the above participant(s) may sustain as a result of participating in any and all activities with or associated with such program, including any risks inherent in out-of-state and/or air travel. I do further agree to indemnify, hold harmless, defend and covenant not to sue the Village of Orland Park and its officials, agents, servants, employees and volunteers from any and all claims or legal actions resulting from injuries, including death, damages and loss sustained by me or the above participants and arising out of, connected with, or in any way associated with the activity and/or my participation in the program.

I permit and hereby give my consent to the taking of photos, audio and video tapes of me or my likeness during Recreation and Parks Department activities for publication and use as the department deems necessary. To participate in Village of Orland Park Recreation and Parks Department programs, all persons ages eighteen and older are required to sign the Waiver and Release of All Claims Form. I have read and fully understand the refund policy located in the registration information section and below.

I understand and acknowledge that the Village is not responsible for and assumes no liability for the dispensing or administering of any medication to the participant. I hereby fully release and discharge the Village of Orland Park, its officials, agents, servants, employees and volunteers from any and all liability with respect thereto, and accept full responsibility for the dispensing and administering of any medication which may or may not be vital to the participant's health and well-being. By signing below, as the legal guardian of a disabled adult participant(s), I hereby expressly represent and certify of the Village of Orland Park that I am the legal guardian of the above-named participant(s) and that I have determined that it is in the best interests of such person(s) to participate in the program and to waive and relinquish all claims for injuries that I, or the above-named participant(s) may have arising out of, connected with, or in any way associated with the program. I have read and fully understand the above Program Registration Information, policies and waiver, releasing the Village of Orland Park, its officials, agents, servants, employees, and volunteers of all claims.

X _____ X _____ Date _____

Mandatory signature(s) of each participant, 18 & over, parent or legal guardian of minor or adult with disability.

****ADA** - The Village of Orland Park strives to comply with the Americans with Disabilities Act (ADA). Please note if any participant needs special assistance or accommodation to participate in programs. A staff member will contact you to make necessary arrangements.

Yes, _____ needs assistance/modifications. New Participant? Yes ☐ No ☐
(Name of participant(s) requiring special accommodations)

Amount of Payment: \$	Check #:	Payable to: VILLAGE OF ORLAND PARK			
Credit Used:	Cash	Visa	MC	Discover	AmEx
Card Number:	Exp. Date:		CVV:		
Card Holder Name:					
Authorized Signature:					
I agree to pay the amount charged to the card listed above in accordance with the card issuer agreement.					
PLEASE NOTE: Your charge will be listed on your statement as 'ACT* OP RECREATION 708-4035000TX' OR 'ACT*REGISTRATION TEXAS'					

Payment plans are accepted for Preschool, Young Achievers, Day Camp, Dance Company and select noted classes.

By completing and signing the credit card information noted above, I am choosing the optional payment plan and hereby authorize the Village of Orland Park to charge the payment plan to the above named credit card. Payments made by cash or check will still be accepted prior to the scheduled date. Any payments not made prior to the schedule date will be charged to the above named credit card. A \$25 service fee will be assessed for all declined credit cards. Failure to pay may result in additional collection costs being added to outstanding balance.

Office Use Only	
Date:	Initials:
Resident ID issued <input type="checkbox"/>	
R NR M DL I	



DAY CAMP INFORMATION FORM

Please circle the camp & days you are selecting | 5 days (M thru F) or 3 days (M/W/F)

CAMPER #1 Name: _____ Grade entering in Fall 2022 _____

☐ Male ☐ Female

Camp / Grade	Before Camp		Buddies / 1st to 2nd		Voyagers / 3rd to 4th		Adventurers / 5th to 7th		Summer Pals	
Session 1	5 day 93071	3 day 93073	5 day 93056	3 day 93059	5 day 93061	3 day 93063	5 day 93065	3 day 93067	5 day 93075	3 day 93077
Session 2	5 day 93072	3 day 93074	5 day 93057	3 day 93060	5 day 93062	3 day 93064	5 day 93066	3 day 93068	5 day 93076	3 day 93078

1. Is your child a swimmer? Yes _____ No _____

2. Does your child take any medication (over the counter or prescribed)? Yes _____ No _____

If yes, please specify: _____

(Medication Form must be completed if being administered at camp.)

3. Does your child have allergies? Yes _____ No _____ If yes, please list: _____

4. T-shirt size - Child sizes not available for Adventurers

CIRCLE SIZE (T-shirt sizes are not guaranteed after May 1)

Child: S (6/8) M (10/12) L (14/16) OR Adult: S M L XL

CAMPER #2 Name: _____ Grade entering in Fall 2022 _____

☐ Male ☐ Female

Camp / Grade	Before Camp		Buddies / 1st to 2nd		Voyagers / 3rd to 4th		Adventurers / 5th to 7th		Summer Pals	
Session 1	5 day 93071	3 day 93073	5 day 93056	3 day 93059	5 day 93061	3 day 93063	5 day 93065	3 day 93067	5 day 93075	3 day 93077
Session 2	5 day 93072	3 day 93074	5 day 93057	3 day 93060	5 day 93062	3 day 93064	5 day 93066	3 day 93068	5 day 93076	3 day 93078

1. Is your child a swimmer? Yes _____ No _____

2. Does your child take any medication (over the counter or prescribed)? Yes _____ No _____

If yes, please specify: _____

(Medication Form must be completed if being administered at camp.)

3. Does your child have allergies? Yes _____ No _____ If yes, please list: _____

4. T-shirt size - Child sizes not available for Adventurers

CIRCLE SIZE (T-shirt sizes are not guaranteed after May 1)

Child: S (6/8) M (10/12) L (14/16) OR Adult: S M L XL

Camper's Home Address:

Father/Guardian's Name: _____ Mother/Guardian's Name: _____

Home#: _____ Cell#: _____ Home#: _____ Cell#: _____

Business#: _____ Business#: _____

If we need to contact you during Day Camp hours, who should be contacted first? (CIRCLE ONE) Father Mother Guardian

In case of emergency, if parental contact is not made, please call:

Name & Relationship: _____ Phone: () _____

Name & Relationship: _____ Phone: () _____

I give permission for my child to be transported on the bus for scheduled swim days to Centennial Park Aquatic Center and field trip destinations to be announced. If I cannot be reached or there is insufficient time to contact me, I give my consent to the Village of Orland Park Recreation and Parks Department in the event of any accident or emergency to seek and procure whatever emergency care or treatment deemed reasonably necessary at the time. I agree to the permission stated, and agree to pay medical bills arising from such treatment. My child and I agree to read the Day Camp Procedures and Discipline Policy available upon registration. We understand and agree to abide by them, plus acknowledge that the appropriate consequences will be implemented if necessary.

Parent/Guardian Signature: _____ Date: _____ Staff Initial: _____

ONLINE REGISTRATION

It's ... Fast, Easy and Convenient! Access our up-to-date program information 24 hours a day, seven days a week.

Go to orlandpark.org and click on the Recreation & Parks button. Then click on Register Here. This will bring you to the online registration site.

- Click the "Activities" tab to browse our programs and register
- If you would like to register, select the family member that you want to register, then click on 'Add to Cart' button
- Select 'Continue Shopping' or 'Proceed to Shopping Cart'
- Verify your selections, review all fees, then 'Proceed to Checkout'
- **Note:** A \$2.50 non-refundable online convenience fee will be added to your cart at checkout
- Enter your payment information, agree to the liability waiver, and select 'Pay & Finish'
- Your receipt will appear on the screen
- Always remember to logout after your online session

For New Customers /Create An Account:

Click on 'Create an Account' link.

Fill in your name, address, and required fields indicated by a red asterisk (*). *Note: to receive text message alerts, including cancellation notifications, please indicate your cell phone carrier.

If you are registering a child for an activity, please begin by using your own information when filling out the online registration account request, NOT the information of the child you wish to register for an activity. You will have the opportunity to add family members upon completion of your information. Once you have established an account, you may register online.



INDICATES ONLINE REGISTRATION IS NOT AVAILABLE FOR THIS PROGRAM.

ADDITIONAL WAYS TO REGISTER

1 MAIL-IN/DROP BOX

Place the signed registration form with check or credit card number in a sealed envelope and mail to:

- Sportsplex 11351 W. 159th Street, Orland Park, IL 60467

Or place in Drop Box outside the following locations:

- Sportsplex 11351 W. 159th Street
- Village Hall 14700 Ravinia Avenue
- Cultural Center 14760 Park Lane

2 WALK-IN

Beginning May 5, walk-in registration will be accepted from residents and entered on a random basis along with forms previously dropped off at the Sportsplex Office and Village Hall Cashier's Office.

3 EMAIL

Scan registration form with completed credit card information, birth certificates, and any other pertinent forms, then email this information to OrlandRecreation@orlandpark.org. Scanned forms have the same legal effects as the original documents.

A.D.A.

A request for ADA modifications or assistance at a program is required at the time of registration. Please mark the ADA box on the registration form. Early registration, along with a request for accommodation, is strongly suggested to assure that appropriate modifications are secured prior to the start of the program. We request at least two weeks notice to have modifications in place. Please see page 97 for more details on ADA and Inclusion.

REFUND POLICY

1. All withdrawal requests must be made before the start of the second class and cannot be done online.
2. No refund will be granted after the second meeting of the program or without written medical excuse prior to completion of the program.
3. All refund requests, including online registration, must be made in person at Sportsplex or Village Hall.
4. A \$5.00 administrative charge will be assessed per program for all refunds over \$5.00 including refunds for medical reasons.
5. Refunds will not be issued if the refund amount is \$5.00 or less. Monies will be left on customer's account.
6. Refunds will not be given on special events, workshops, or certain trips less than seven days prior to the date of the program.
7. Refunds requested after the start of a contractual class will be subject to proration. Participant will also incur the cost of any related supplies, tickets, etc.
8. No refunds will be given for adult sports leagues.
9. The online \$2.50 convenience fee is non-refundable.
10. When any program is cancelled or changed by the Recreation & Parks Department, a full refund will be given on the program.
11. Medical excuses will result in a prorated refund based upon the number of classes held prior to the date listed on the physician's excuse.
12. Please allow four to six weeks for the refund check to arrive. These may not be cashed at Village Hall.

ALL VILLAGE OF ORLAND PARK REGISTRATION POLICIES APPLY

RESIDENT REGISTRATION BEGINS May 5, 2022 | **NON-RESIDENT REGISTRATION BEGINS** May 18, 2022

Registration Information **103**

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noun

1 (in a non-fiction book, monograph, etc.) a more or less detailed alphabetical listing of names, places, and topics along with the numbers of the pages on which they are mentioned or discussed, usually included in or constituting the back matter.

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ADVERTISE AT SPORTSPLEX

**YOUR
AD
HERE**



For details
please contact
**Recreation@
orlandpark.org**

Photo by Marty Majewski / 2021

Sportsplex

VILLAGE OF ORLAND PARK

12 MONTH RESIDENT MEMBERSHIPS

	INDIVIDUAL	COUPLE	FAMILY	ADD'L FAMILY	SENIOR	STUDENT	TRACK ONLY
Yearly	\$385	\$640	\$760	\$144	\$250	\$250	Free
Monthly*	\$38	\$60	\$70	\$13	\$27	\$27	Free

12 MONTH NON-RESIDENT MEMBERSHIPS

	INDIVIDUAL	COUPLE	FAMILY	ADD'L FAMILY	SENIOR	STUDENT	TRACK ONLY**
Yearly	\$454	\$765	\$1035	\$179	\$378	\$378	\$225
Monthly*	\$43	\$72	\$97	\$16	\$35	\$35	\$20

12 MONTH CORPORATE MEMBERSHIPS

Individuals & immediate family members employed or owning a business within the Village of Orland Park. To be eligible for the corporate membership rate you must have 4 or more employees enrolled.

	INDIVIDUAL	COUPLE	FAMILY	ADD'L FAMILY	SENIOR	STUDENT	TRACK ONLY
Yearly	\$385	\$640	\$760	\$144	\$250	\$250-	-----
Monthly*	\$38	\$60	\$70	\$13	\$27-	\$27	-----

3 MONTH MEMBERSHIPS

	INDIVIDUAL	COUPLE	FAMILY	ADD'L FAMILY	SENIOR	STUDENT	TRACK ONLY**
Resident	\$152	\$240	\$280	\$52	\$108	\$108	Free
Non-resident	\$192	\$320	\$420	\$72	\$160	\$160	\$80

*Members may prepay a 12-month membership (and save \$) or they may set-up monthly payments from their Discover, Visa or Mastercard. Payment schedules are only available for 12-month memberships. Three-month memberships must be paid in full, in advance. A \$25 service charge will be applied to all declined payments. All members will be issued a photo I.D.

INDIVIDUAL—Adults 14 years & over. COUPLE—Two persons living in the same household. FAMILY—Includes a total of 5 immediate family members living in the same household. Immediate family members are defined as parents and their non-adult (24 yrs. & under) children residing in the same household. SENIOR—Persons 55 & older. STUDENT—Persons attending school full-time. Proof of enrollment required.

**TRACK ONLY MEMBERSHIP—Allows member access to track & locker rooms only. Residents, 14 years & up, have free access to the track with a Resident ID.

Convenient Access to World-Class Primary and Specialty Care

Over 40 services offered, including:

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- » Digestive Diseases Care
- » Echo and Stress Testing
- » General and Specialty Surgery
- » Heart and Vascular Care
- » Hepatology (Liver Disease)
- » Infusion Services
- » Lab Testing
- » Maternal-Fetal Medicine
- » Mammography Screening
- » Neurology and Neurosurgery
- » Orthopaedic Surgery
- » Otolaryngology (Ear, Nose & Throat)
- » Pain Management
- » Pediatric Specialties
- » Physical Medicine and Rehabilitation
- » Plastic Surgery
- » Primary Care
- » Women's Health
- » X-ray and Ultrasound



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AT THE FOREFRONT

UChicago Medicine

14290 S. La Grange Road, Orland Park, IL

Call to make an appointment **1-844-755-8267**

UChicagoMedicine.org/Orland-Park



ORLAND PARK

VILLAGE OF ORLAND PARK

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Orland Park, IL 60462

OrlandPark.org

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EVEREVE



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