



Adult Sports

Tennis

Adult Tennis Lessons

JM

The Park District of Oak Park is pleased to offer tennis instruction to adults 18 years old and older that are geared to your general skill development level. Players are introduced to new techniques, fun challenges and game situations with a friendly, supportive learning structure. Players are encouraged to develop their skills and abilities and progress to higher levels of play throughout the playing season. Singles, doubles and mini match situations are offered.

Lessons are taught by Steve Chertok a USPTA certified tennis instructor. Class size is limited to 12 students. Students are required to bring their own racquet and MUST wear court shoes. Sun protection and comfortable court apparel are strongly recommended. Beginner adults may use a Park District racquet during lessons, balls are provided.

Stay healthy, alert and alive! Meet others, challenge yourself, grow your social network of tennis players and have fun while playing the game of a lifetime.

Please see class listings below. Note different skill levels meet on different days. In case of inclement weather conditions, please call our tennis hotline at (708) 725 - 2720 and press 5 once you enter the hotline to check the status of the class for that day.

Beginner Guidelines

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

Intermediate Guidelines

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

Advanced Guidelines

- Has shot depth, can put pace on the ball, and has overall ball control
- Covers court well and can exploit some opponent's weaknesses
- Would like to develop more consistency, better positioning and a shot weapon
- Developing match-toughness, winning strategies, fitness and conditioning



**Park District of Oak Park
Tennis Hotline: (708)
725-2720**

Oak Park Tennis Association

The Oak Park Tennis Association (OPTA) is a not-for-profit organization dedicated to providing local adult tennis players with the opportunity to meet and compete with other players at similar skill levels. Please visit www.optennis.com for more details.

Indoor Tennis @ Tennis and Fitness Centre (Ages 15 and up)

- The Park District is pleased to partner with The Tennis and Fitness Centre to offer tennis instruction to adult residents and non-residents of Oak Park. Each week, players are introduced to new techniques, fun challenges, and game situations within a friendly, supportive structure. Players will develop their skills, abilities, and fitness to progress to higher levels of play in the future. Students must bring their own racquets and wear court shoes. (Club membership is not required.)
- Location: Tennis and Fitness Centre, 301 Lake Street
- Class Maximum: 6/pro
- Session 1: Sept 14 - Nov 1
- Session 2: Nov 2 - Dec 20

Not a Park District program - please call The Tennis and Fitness Centre at (708) 386-2175 for more information or to register.

GOLF LESSONS @ BUSHWOOD CENTER

Due to the construction and installation of a dome at Bushwood Driving Range, we will not be offering golf this fall. Look for lessons beginning in January in the winter brochure.

Level	Location	Day	Session Dates	Time	Fee	Code
Beginner	Taylor Park	M, W	Sep 8 - Oct 1 (4 weeks)	6:30-8pm	\$112/\$168	#434800-01
Intermediate	Taylor Park	Tu, Th	Sep 9 - Oct 2 (4 weeks)	6:30-8pm	\$112/\$168	#434800-02
Advanced	Scoville Park	Sa	Sep 6 - Oct 11 (6 weeks)	9-11am	\$112/\$168	#434800-03



Fall Sports Leagues

Fall Power Volleyball League

CD

Competitive volleyball is back! Six teams rotate and play two matches a night using two nets. The teams waiting in rotation must score, officiate and record the games in play. All teams advance to playoffs. The champion and runner-up receive plaques.

Location: Julian Middle School

W, 6:45-9:15pm

\$475/\$555

Sep 17 - Dec 10 (No class 11/26)

#443520-01

of weeks: 12

Min 4/Max 6

NEW! Fall Bocce Ball League

CD

Who wants to play some bocce ball! Each team must have a minimum of four players with a maximum of 10. Completed roster with full payment must be submitted at the time of registration to reserve a team spot.

Location: Field Park

Tu, 6:15-7:15pm

\$72/\$108

Sep 9 - Sep 30

#443575-01

of weeks: 4

Min 4/Max 4

Fall Co-Ed Volleyball

CD

This program is recommended for players who have participated in competitive volleyball. Teams will be formed each Wednesday night and games will follow. No instruction given. Children will not be permitted to enter the facility.

Location: Brooks Middle School

W, 7-9:15pm

\$75/\$113

Sep 10 - Dec 10 (No class 11/26)

of weeks: 13

#443540-01
Min 10/Max 20

Co-ed Volleyball punch pass cards

If you can't make a night, you won't lose out if you purchase a card. Each card is good for ten nights of play. Cards can be purchased at the Park District Administrative Center. The cost of the card is \$60/\$90.



Basketball

Adult Indoor Basketball (Mens and Co-Ed)

CD

Participants in this program must be self-insured and assume all risks inherent in the participation of these programs listed below. Programs are recommended for adults 18 years and up - no instruction is given. Children will not be permitted to enter these facilities during program time. Max 20 participants per class.

Dates: Week of Sep 9 - Week of Dec 11

of weeks: 13

No program 10/23, 11/11 or 11/27)

Time: 7-9:15pm

Location	Dates	Division	Fee	Code
Irving School/Hatch School*	Tu, Sep 9 - Dec 9	Mens	\$75/\$113	#443550-01
Brooks School	Tu, Sep 9 - Dec 9	Mens	\$75/\$113	#443550-02
Brooks School	Th, Sep 11 - Dec 11	Co-ed	\$70/\$105	#443550-03

* Meets at Hatch school during the month of November (Nov 4 - 25)

CHECK IT OUT

Do you need to check your team schedule? Do you need to find info on rain-out reschedules?

Do you need to check where your team ranks? See when the next adult sport league starts?

www.quickscores.com/oakpark

has all the answers you're looking for!

Floor Hockey

Women's Floor Hockey

(Ages 18 & Up)

JG

Join in the fun for an hour and a half of exercise!

No past experience is necessary. Floor hockey sticks and pucks will be provided. Shin guards and mouth guards are not required but highly recommended.

Location: Mann School Gym, 921 N. Kenilworth Ave*

Sign up for all classes and save!

MUST BE PRE-REGISTERED TO ATTEND!

M, 6:30-8pm

No class 10/13

* Oct 6, 20 & 27 meet at Beye School

of weeks: 13

Dates	Codes	Fee
M, Sep 15	#412349-14	\$8/\$12
M, Sep 22	#412349-15	\$8/\$12
M, Sep 29	#412349-16	\$8/\$12
M, Oct 6*	#412349-17	\$8/\$12
M, Oct 20*	#412349-18	\$8/\$12
M, Oct 27*	#412349-19	\$8/\$12
M, Nov 3	#412349-20	\$8/\$12
M, Nov 10	#412349-21	\$8/\$12
M, Nov 17	#412349-22	\$8/\$12
M, Nov 24	#412349-23	\$8/\$12
M, Dec 1	#412349-24	\$8/\$12
M, Dec 8	#412349-25	\$8/\$12
M, Dec 15	#412349-26	\$8/\$12
ALL CLASSES	#412349-31	\$80/\$120

* Oct 6, 20 & 27 meet at Beye School