

# Special Recreation



## Oak Lawn Park District Mission Statement

The Oak Lawn Park District is committed to promoting a strong sense of community by providing cultural and recreational opportunities in a fun and safe environment. Our mission is to enhance the quality of life for all ages, abilities, and ethnic backgrounds by offering a variety of leisure services that will promote physical and mental wellness. We are devoted to preserving open space as well as establishing and maintaining beautiful parks and facilities.

## Special Recreation Cooperative Agreement Registration Information

Though a cooperative agreement, residents with disabilities of Bedford Park, Bridgeview, Burbank, Central Stickney, Chicago Ridge, Evergreen Park, Hometown, Hickory Hills, Palos Hills and South Stickney can participate in program offerings of the Oak Lawn Park District at resident rates. Fees for residents of other suburbs and Chicago are 50% higher. The following registration rules must be followed:

- 1.) Those in the co-op may register at their own park district or at the Oak Lawn Park District. All fees must be paid at the time of registration unless other arrangements have been made with Julie Ryan the Superintendent of Recreation, Special Recreation.
- 2.) PLEASE NOTE: New registration forms must be filled out by all cooperative participants. This carbon copy registration form will be sent back to your district to show what you have signed up for. This way the district that you reside in will know that you have only paid the resident rate. The District will be paying the non-resident rate.
- 3.) All individuals must complete the Registration Form for each program session and annually complete the Participant Information Form. Not completing both forms will delay the registration. For more specific questions, contact the Special Recreation Department at (708) 857-2200. NO SENIOR OR FAMILY DISCOUNTS APPLY.

## Americans With Disabilities Act Compliance

The Oak Lawn Park District Special Recreation advocates for full participation under the Americans with Disabilities Act (ADA). Every attempt at reasonable accommodation will be made so that individuals may participate in a desired program. Any questions or concerns in regard to the ADA should be directed to Julie Ryan, Superintendent of Recreation and Special Recreation/ADA Compliance Coordinator at (708) 857-2200.

## Atlantoaxial Instability (AAI)

Individuals with Down Syndrome, who want to compete in Special Olympics, are required to show proof that they have been cleared of Atlantoaxial Instability (AAI). Participants with AAI will not be allowed to participate in tumbling, gymnastics, diving, alpine skiing, exercise programs and soccer without written authorization from their physician. This policy is to insure the safety of all the participants involved. A physician's report form needs to be signed by the attending physician after the participant has been tested. Direct any questions or concerns to Todd Mallo, Special Recreation Supervisor, (708) 857-2200.

## Code Of Conduct

Oak Lawn Park District Special Recreation participants are expected to exhibit appropriate behavior at all times. The following rules have been developed to make the programs safe and enjoyable for all participants. Additional rules may be developed for specific programs and athletic leagues as deemed necessary by staff.

Participants shall:

- 1.) Show respect to all participants, staff and volunteers and take direction from staff.
- 2.) Refrain from using abusive or foul language.
- 3.) Refrain from public displays of affection to other participants.
- 4.) Refrain from causing bodily harm to self, other participant or staff.
- 5.) Show respect to equipment, supplies and facilities.

Failure to follow these rules may result in suspension from all programs.

## Inclusion Services

Oak Lawn Park District Special Recreation understands that not every person with a special need or disability condition requires Special Recreation Programming. In cooperation with our member district, the Special Recreation staff will be happy to advise and /or assist residents who wish to participate in the Oak Lawn Park District recreation department programs. We strongly encourage integration, as this inclusive recreation environment provides our resident with even greater options for their leisure time. We strive to make all of our experiences safe and positive ones. Therefore we must have a parent fill out Inclusion Information sheets TWO WEEKS prior to the program start date. This will help us understand the needs for you or your child.

Support service may include:

- One-to-one consultation
- In-service training with park district and recreation department staff
- Assistance through the use of Inclusion Aide
- Provisions of community resources

These services are provided at no cost. We are committed to doing everything possible to make your inclusion experience a successful one. A new inclusion form must be filled out each session. For information, call Jacqueline Canty, Special Recreation Coordinator at (708) 857-2200.

## Late Pick-Up Policy

Participants must be picked up at the end of the program or as specified by instructors. There will be a late charge after 30 minutes of \$5 for every 15 minutes to be paid in cash before your child can attend this program again. More than two late pick-ups may result in the participant being dropped from a program.

## Errors And Adjustments

The district reserves the right to correct any errors or make any adjustments that may have been printed incorrectly or omitted in this book. Fees, times, dates or board policy changes are among pertinent information that may be adjusted at any time.

# Special Recreation

## Swim Programs for ALL AGES!

These swim classes are for people with special needs. Special Olympic Coaches design and assist in these programs. Join in for fun, fitness, strength training or Special Olympic competition. Easy step stairs and hydraulic lift available. All Swim classes are by permission of the instructors. Participants that are enrolled in fall classes may sign up October 24 one week before General Registration.

Winter Session - January 7- March 17

Spring Session - March 24- June 2

## Advanced Swim Lessons & Special Olympic Training (ages 8 & up)

Calling all swimmers. If you can swim one full length of the pool, you can compete on the swim team. All swim team members receive training for Special Olympic competition. Athletes must have their application for participation in Special Olympics on file with the Oak Lawn Park District. \* Spring S.O. classes are by permission of the instructor only! Time Trials will be at Stagg H.S. on Feb 18. District aquatics meet will be March 3. No class: 2/18 & 3/3

Location: Richards High School

Class#	Day	Dates	Time	R(Coop)/NR
<b>Winter Session</b>				
#9030	Sat	1/7-3/17	7-8pm	\$50/\$75
<b>Advanced II (Admission by Coach only)</b>				
#9016	Sat	1/7-3/17	4-6pm	\$80/\$120
<b>Spring Session</b>				
#3091	Sat	3/24-6/2	5-6pm	\$60/\$90
<b>Advanced II (Admission by Coach only)</b>				
#3090	Sat	3/24-6/2	6-8pm	\$100/\$150

## Hydrotherapy (age 18 & up)

Modified water exercise for adults 18 and up with various physical disabilities such as heart problems, strokes, MS, arthritis, CP, muscular dystrophy, and knee and hip replacements. Easy step stairs and hydraulic lift is available. If you need special assistance please contact Todd at 857-2200. No class: 2/18 & 3/3

Location: Richards High School

Class#	Day	Dates	Time	R(Coop)/NR
#9018	Sat	1/7-3/17	3-4pm	\$50/\$75
#3093	Sat	3/24-6/2	4-5pm	\$60/\$90

## Swim Lessons For Children with Special Needs (ages 6-12)

Learn to swim or just improve your skills through swim lessons. Your instructors will work with you to individualize your lesson and assist you in reaching your swimming goals through drills and activities. So sign up now—don't wait. (tm)

Open to: All Abilities

Instructor: Emily Griffith

Location: Richards High School

Max/Min: 10/6

Class#	Day	Dates	Time	R(Coop)/NR
#3092	Sat	3/24-6/2	3-3:45pm	\$60/\$90

## WE LOVE OUR PARENTS/GUARDIANS, BUT . . .

With your child's best interest in mind, we ask that you not visit or observe a program without prior approval from the Special Recreation staff. Our staff always welcomes your questions, feedback, and input, but need to concentrate on the needs of the participants during program times. In addition, we have found that most individuals respond best to staff direction when parents are not present at programs. We appreciate your cooperation and understanding!

## Social Clubs

### Socializers Youth Social Club (Ages 4-12)

This program is jam packed with fun. Each week we will listen to music, make a craft, play a game and have fun with our friends. This program is a great way to introduce or emphasize fairness to your child. Turn taking, rules, and important safety information will be taught and reinforced throughout the session. Each activity planned will enhance learning. This program will also assist your child in the process of socialization and friend making.

Open to: All Abilities

Instructor: Jacqueline Canty

Location: Dream Center

Max/Min: 12/4

Class#	Day	Dates	Time	R(Coop)/NR
#9080	Sat	1/7-2/25	11am-1pm	\$85/\$127.50
#1380	Sat	3/17-5/5	11am-1pm	\$85/\$127.50

### Circle of Life (Pre-teens and teens, ages 10-20)

This Sunday social club is designed specifically for preteens and teens. During this challenging period of growth and change in your life, it is important to have a familiar place you can go and be with friends who like you just the way you are! Circle of Friends gives you the opportunity to establish lasting friendships, develop self-esteem, participate in community activities and obtain social independence. The members of the club will assist in planning the activities. Come on out and see what this group is all about! We might meet some Friday nights for dances.

Open to: All Abilities

Instructor: Jacqueline Canty/Special Recreation Staff

Location: Dream Center

Max/Min: 25/10

Class#	Day	Dates	Time	R(Coop)/NR
#9081	Sun	1/8-2/26	12-2pm	\$85/\$127.50
#1358	Sun	3/18-5/6	12-2pm	\$85/\$127.50

### Young Adult Club (age 16 & up)

Bring some excitement to your Wednesday nights by joining the Young Adult Club. This is the perfect environment to socialize with your closest friends and to continue to meet new people. Throughout the season, we have many exciting activities and adventures planned that place a strong emphasis on socialization skills. We will also explore new ideas for future activities.

Location: Oak View Center

Class#	Day	Dates	Time	R(Coop)/NR
#9020	Wed	1/11-3/14	7- 9pm	\$70/\$105
#3095	Wed	3/28-5/30	7-9pm	\$70/\$105

### Funtastics Club (age 21 & up)

What's better in the winter months than having some quality time with your friends? We have great things planned for you this session. You will socialize with your peers and make your presence known in some of the hottest spots in the community. Door to door transportation is available.

Location: Oak View Center

Class#	Day	Dates	Time
#9021	Mon	1/9-3/12	7-9pm
Fee: \$60(R/Coop)/\$80(R/Coop w/trans)/\$90(nr)			
#3096	Mon	3/26-5/28	7-9pm
Fee: \$60(R/Coop)/\$80(R/Coop w/trans)/\$90(nr)			

# Special Recreation

## Guys & Gals (age 18 & up)

Don't stress over planning Tuesday afternoons- let Oak Lawn Park District do it for you. We will plan new and exciting events and some old favorites. Make sure your Tuesday and spent laughing with your friends. Door to door transportation is available.

Open to: All Abilities

Location: Oak View Center

Instructor: Donna Perisin

Max/Min: 25/12

Class#	Day	Dates	Time
#9022	Tues	1/3-3/6	1-3pm
Fee: \$35(R/Coop)/\$52.50(R/Coop w/trans)			
#3097	Tues	3/20-5/22	1-3pm
Fee: \$35(R/Coop)/\$52.50(R/Coop w/trans)			

## General Programs and Special Events

### Holiday Mini Camp (ages 5 & up)

Bored during your holiday break? Come join us for a four-day camp that will include fun games, crafts, movies, and lunch! Siblings ages 5 & up are welcome to come too! Sign up for one day or all four days!

Open to: All Abilities

Instructor: Jacqueline Canty

Location: Dream Center

Max/Min: 20/8

Class#	Day	Dates	Time
#9032	Mon	12/26	10am-3pm
#9033	Tues	12/27	10am-3pm
#9035	Wed	12/28	10am-3pm
#9036	Thurs	12/29	10am-3pm

Fee: \$20 per day (Res/Coop), \$30 per day (Non-Resident)  
\$75 for all 4 days (Res/Coop), \$95 for all 4 days (Non-Resident)

### Spring Fling (ages 5 & up)

Don't get bored during Spring Break! Join your friends for four days of games, music, dancing, crafts, sports and/or outdoor activities (weather permitting), and more! You'll also have a hand in preparing your own lunch. Each day will be packed with fun! Siblings ages 5 & up are welcome to register as well.

Open to: All Abilities

Location: Dream Center

Instructor: Jacqueline Canty

Max/Min: 20/8

Class#	Day	Dates	Time
#7885	Tues	3/20	10am-3pm
#7886	Wed	3/21	10am-3pm
#7887	Thurs	3/22	10am-3pm
#7888	Fri	3/23	10am-3pm

Fee: \$20 per day (Res/Coop), \$30 per day (Non-Resident)  
\$75 for all 4 days (Res/Coop), \$95 for all 4 days (Non-Resident)

### Photo Friends Club

Come join us for some photo fun! Don't miss this awesome experience on Wednesday night to take pictures and share them with friends. We will meet on 2-3 Saturdays for local field trips to take photos. Photos will be displayed in the community. Bring your own Camera (any kind). We will be creative, explore, socialize and have fun.

Open to: All Abilities

Location: Dream Center

Max/Min: 12/4

Class#	Day	Dates	Time	R(Coop)/NR
#9657	Wed	4/11-6/6	7:30-8:15pm	\$20/\$30

## Parent's Night Out (All Ages)

Calling All Parents!!! It is your turn for a fun night out on the town! Bring your kids to us for their own exciting night of stories, games, music, and arts and crafts. We will provide the entertainment and a small snack. This is a great opportunity for your child to make new friends, and for you to have a wonderful worry-free evening! Sign up for one or all of the nights! Pre-registration is required. A one-week registration deadline is required, and payment is due at the time of registration. Brothers and sisters are welcome to attend also. **NO REFUNDS WILL BE GIVEN FOR THIS PROGRAM.**

Open to: All Abilities

Instructor: Jacqueline Canty

Location: Dream Center

Max/Min: 20/4

Class#	Day	Dates	Time
#1362	Sat	1/7	5-8:30pm
#1364	Sat	2/11	5-8:30pm
#1365	Sat	3/24	5-8:30pm
#1376	Sat	4/14	5-8:30pm
#1377	Sat	5/19	5-8:30pm

Fee: \$15 per evening, additional child \$10 each

## Friday Night Drop In For Fun! (ages 10 & up)

Bring your friends! NO PARENTS ALLOWED! We will have fun doing everything from cards to ping pong and twister to Wii and dancing. Light concessions will be available for purchase. Special Recreation Staff will be present. If you are interested in attending, you must call or email Jacqueline @ 708.857.2200 or jcanty@olparks.com to hold a spot!

Location: Dream Center, 9600 E. Shore Drive

Fee: \$9/week

Dates	Time
1/13	6-9pm
2/10	6-9pm
3/23	6-9pm
4/20	6-9pm
5/4	6-9pm

## NEW - Saturday Night Bingo Bonanza! (ages 10-adult)

B-I-N-G-O! Come on out on the dates listed below to play America's favorite group game! We will play different variations and have cool prizes! Remember, it's not about winning, it's about having fun! Light concessions will be available for purchase. Special Recreation Staff will be present. If you are interested in attending, you must call or email Jacqueline @ 708.857.2200 or jcanty@olparks.com to hold a spot!

Location: Dream Center, 9600 E. Shore Drive

Fee: \$7/week

Dates	Time
1/21	6:30-8:30pm
2/25	6:30-8:30pm
3/31	6:30-8:30pm
4/7	6:30-8:30pm
5/26	6:30-8:30pm

## ARRIVING EARLY

We ask that you arrive no earlier than the schedule time for program. The Oak Lawn Special Recreation Department is not responsible for participants arriving prior to the schedule program time.

# Special Recreation

## Friday Night Fun! (ages 10 & up)

Start your weekend right! Come out and join us for some fun activities! You may sign up for one night or all of the nights listed! For most activities, we will meet at Oak View, and return to Oak View after the activity for pick-up. Family members and siblings (10 & up) are welcome to come too! No refunds will be given for this program.

Open to: All Abilities

Max/Min: 20/4

Sign up for all for all six activities and get a discount!!!

Class #: #9010

Fee for all six activities: \$143(Res/Coop)/\$210(NR)

### Activity 1: Hollywood Boulevard Theater and Restaurant

Fee includes: Transportation, movie ticket, and dinner

Class#	Day	Dates	Time	R(Coop)/NR
#9002	Fri	1/6	6-10:30pm	\$40/\$60

### Activity 2: Craft Night & Pizza at the Dream Center

Fee includes: Dinner and craft NOTE: Meet at the Dream Center

Class#	Day	Dates	Time	R(Coop)/NR
#9003	Fri	1/20	6-8pm	\$15/\$22.50

### Activity 3: Cheeseburger in Paradise and Scavenger Hunt

Fee includes: Transportation, dinner, and scavenger hunt with prizes.

Class#	Day	Dates	Time	R(Coop)/NR
#9004	Fri	2/3	5-10pm	\$28/\$42

### Activity 4: Red Robin Restaurant and Space Golf

Fee includes: Transportation, dinner, and indoor miniature golf

Class#	Day	Dates	Time	R(Coop)/NR
#9005	Fri	2/17	5:30-9:30pm	\$34/\$51

### Activity 5: Wallyball & Healthy Dinner at Jason's Deli

Fee includes: Transportation, dinner, and wallyball

Class#	Day	Dates	Time	R(Coop)/NR
#9006	Fri	3/16	6-8:30pm	\$18/\$27

### Activity 6: Spring Fling Dance at the Dream Center

Fee includes: Dance and light dinner-Meet at the Dream Center

Class#	Day	Dates	Time	R(Coop)/NR
9007	Fri	3/30	6:30-8:30pm	\$16/\$24

## Spring Session:

Sign up for all for all five activities and get a discount!!!

Class #: #7898

Fee for all four activities: \$96 (Resident/Coop) \$142 (NR)

### Activity 1: Mexican Fiesta Dance

Fee includes: Transportation, Mexican dinner, and dance

Class#	Day	Dates	Time	R(Coop)/NR
7893	Fri	4/13	5:45-9:15pm	\$23/\$34.50

### Activity 2: Dave & Busters!

Fee includes: Transportation, dinner, and \$10 game card

Class#	Day	Dates	Time	R(Coop)/NR
7894	Fri	4/27	5-9pm	\$44/\$66

### Activity 3: Shopping at Naperville River Walk & Dessert

Fee includes: Transportation and dessert

Class#	Day	Dates	Time	R(Coop)/NR
7895	Fri	5/18	6:30-10pm	\$18/\$27

### Activity 4: School's Out Dance at the Dream Center

Fee includes: Dance and light dinner-Meet at the Dream Center

Class#	Day	Dates	Time	R(Coop)/NR
#7896	Fri	5/25	6:30-8:30 p.m.	\$16/\$24

## Kitchen Fitness (ages 6 & up)

What's cooking? Each participant will assist with the menu, food preparation, and the actual cooking of each recipe. Cooking is an extremely important life-skill and we will focus on practical kitchen skills in this class. If your child has any dietary restrictions, please contact Jacqueline Canty at 708.857.2200 or jcanty@olparks.com before the start of the class.

Open to: All Abilities

Location: Dream Center

Instructor: Jacqueline Canty/Special Recreation Staff

Max/Min: 12/6

Class#	Day	Dates	Time	R(Coop)/NR
#9041	Sat	1/7-2/25	1:30-2:30pm	\$60/\$90
#9042	Sat	3/17-5/5	1:30-2:30pm	\$60/\$90

## Mardi Gras Mambo (age 18 & up)

Put on your dancing shoes and get ready to boogie! This is a great time to mingle with old friends & meet new ones. Fee includes: Supervision, admission, snacks, and D.J. Funtastics, Circle of Life & Young Adult Club will be attending this event.

Open to: All Abilities

Location: Oak Lawn Pavilion

Max/Min: 100/25

Class#	Day	Dates	Time	R(Coop)/NR
#9024	Fri	2/24	7-9pm	\$8(R/Coop)/\$12(nr)



Parents get involved with Special Recreation Athletic Support Association L.T.D. This association supports all Special Recreation Sports programs. Get involved to organize and plan events with other Special Recreation parents. For more information please contact President; Karen Schmidt at SRASAoaklawn@gmail.com or Todd Mallo @ tmallo@olparks.com

# Special Recreation

## 6th Special Recreation Families and Friends Night! (all ages)

Tonight, we will be feasting on delicious pizza and yummy cake! This will be a night filled with family, friends, while listening and dancing to some music. We will be playing bingo, some other games, and eat, eat, eat!!! This will be a great opportunity to meet new participants and families in the neighborhood. Be sure to wear something GREEN! Register by March 10th to make sure you don't miss this fun and exciting night.

Open to: EVERYONE!

Location: Oak View Center

Max/Min: 150/20

Class#	Day	Dates	Time
#1361	Sat.	3/17	5-7pm

Fee: \$10.00 per person, \$5.00 for children under the age of 5

## B.E.A.M.S (Becoming Educated About M.S.)

Informal and friendly atmosphere to hear informational speakers, participate in social activities, will all be part of the chance to share with others facing the challenges associated with Multiple Sclerosis.

Open To: All M.S. Families, Friends

Facilitator: Dave Noren/ Mary Ellen Tinman

Location: Oak View Center

Max/Min: 25/12

Day	Time	Fee
3rd Wed of each month	11am- 1pm	Free

## Piano

### Piano Lessons (age 10 & up)

Learn the basics of piano or keyboard playing at you own pace. Start learning music for pleasure and develop confidence in performing for others. Focus on music reading, and proper finger technique.

Open to: All Abilities

Instructor: Barb Miles

Location: Oak View Center

Max/Min: 6/3

Class#	Date	Day/Time	Fee (10) 30-min. lessons
#9028	January- April	Individually	\$95/\$119
#3103	March - May	Arranged	\$95/\$119

## Sports & Fitness

### NEW - Fit and Fun! (Ages 10-adult)

In this new program, we will do various exercise activities each week. Each week's activity will be tailored to the participants needs and abilities. Some activities may include: hip hop dance, relays, walking the track, and aerobics. Participants should be prepared to exercise in comfortable clothing and shoes. We will eat a healthy snack and water after each week's activity.

Open to: All Abilities

Instructor: Jacqueline Canty/Special Recreation Staff

Location: Dream Center

Class#	Day	Dates	Time	R(Coop)/NR
9660	Sat	2/4, 3/3, 4/21, 5/12	3:30-5:30pm	\$28/\$42

## Spares & Strikes

Is there any better way to socialize with your friends than during a few friendly games of bowling? Come join us at the Brunswick Zone and learn how to bowl or practice your technique. Fee includes shoes; two games of bowling and participants will receive one bowling t-shirt per-year, & free admission to an awards banquet in September. Please call if you need special assistance.

Open to: All Abilities

Location: Brunswick Zone

Max/Min: 12/5

Class#	Day	Dates	Time	R(Coop)/NR
<i>(ages 18 &amp; up)</i>				
#9023	Thurs	1/5-3/8	4-5pm	\$65/\$97
#3100	Thurs	3/22-5/25	4-5pm	\$65/\$97
<i>(ages 6 &amp; up)</i>				
#9029	Thurs	1/5-3/8	5-6pm	\$65/\$97
#3114	Thurs	3/22-5/25	5-6pm	\$65/\$97

## Winter Games (ages 8 & up)

Come out and join our Winter Sports team. We will be working on basic skills to get you ready for winter games. Athletes can compete in Snowshoe, cross-Country Ski, or Alpine Ski Competition. Time trials will be January 7, 2012. Athletes must have current Special Olympic apps on file to compete. Athletes must have their own equipment. Call Todd, (708) 857-2200.

**Class will be 12/5, 12/12, 12/19, 1/2, 1/9, 1/16, 1/23, and 1/30.**

Open to: All Abilities

Instructor: Todd Mallo

Location: Oak View Center

Max/Min: 5/3

Class#	Day	Time	R(Coop)/NR
#9026	Mon	5-6pm	\$50/\$75

## Hip-Hop Aerobic

Learn Hip Hop moves while doing Aerobics so you can burn at least 600 calories every hour that we dance. The dance moves are easy to pick up since we do them over and over again until you perfect it. All ages welcome

Open to: All Abilities

Location: Oakview Center

Max/Min: 15/5

Class#	Day	Dates	Time	R(Coop)/NR
#6261	Wed	1/11-3/14	5-6pm	\$40/\$60
#6263	Wed	3/28-5/30	5-6pm	\$40/\$60

## Special Olympic Basketball Day

This day is all about the athletes! We hope you can join us as our Jr. Jordans & Eagles take the court to play some basketball. During half time we will also have some incredible Cheerleading! So come out and support SRASA!

Location: Brother Rice High School

Day	Date	Time
Sat	1/14	12pm- 3pm

Tickets: \$5.00 at the door

## SRASA Spring Banquet

Calling all Jr. Jordans, Eagles, Pep Squad, Winter Games, & Special Olympic Bowling athletes. This night is all about you! Come for the food, stay for the awards! All families / athletes attending must register for this event

Class #	Day	Date	Time
#9040	Friday	4/20	6:30pm- 9:30pm

Fee: Each athlete will get two free admissions, a \$10.00 fee for everyone after.

# Special Recreation

## Open Basketball (age 16-up)

Learn skills; develop hand-eye coordination and physical endurance. Eagles basketball players will get a chance to practice during the regular season.

Open to: Eagles Basketball Team

Location: St. Linus School/ Church

Max/Min: 15/8

Class#	Day	Dates	Time	R(Coop)/NR
# 6269	Thurs	12/1- 2/23	6-7pm	\$20/\$30

## "Sunshine Through Golf" Clinic (ages 8-up)

This is your chance to shine, once in a lifetime opportunity to get involved with golf. This clinic will provide participants with a 6-week, 1-hour per session class that will cover basic principals of woods, irons, chipping, putting, etiquette, rules of golf. Professional golfers will provide the instruction to improve anyone's skill level. We will have an Awards Ceremony at the end of the last class. Remember this program is for everyone, so sign up now. (tm)

Open to: All Abilities

Instructor: Stony Creek Golf Pros

Location: Stony Creek Golf Complex

Max/Min: 15/6

Class#	Day	Dates	Time	R(Coop)/NR
#3119	Tues	5/1-6/5	5-6pm	\$20/\$30

## Challenger Little League Baseball (ages 6-12)

This program is open to all children with physical or cognitive challenges. We will be playing all games at Oak view ball diamond. Participants are given the opportunity to play at their own level while practicing teamwork at the same time. Instructions in baseball fundamentals are conducted with the emphasis on increasing self-esteem and building confidence. Note: Some games require you to travel. If we have 16 players we will have 2 teams. (tm)

Open to: All Abilities

Location: Oak View Fields

Max/Min: 20/8

Class#	Day	Dates	Time	R(Coop)/NR
#3104	Thurs	5/3-8/2	6-7pm	\$75/\$112.50

## Special Olympic Track & Field (ages 8 & up)

Do you like to run, jump, and throw? If so, join our team! All athletes must have a current Special Olympic medical application on file. Area games will be held May 5. If you qualify for state games, there will be six additional practices to prepare for state games held June 8-10. (tm)

Open to: All Abilities

Instructor: Todd Mallo

Location: Richards High School

Max/Min: 15/6

Class#	Day	Dates	Time	R(Coop)/NR
#3106	Wed	3/21-6/6	5-6pm	\$80/\$120

## Special Olympic Softball (ages 13 & up)

Dust off that mitt and lace up your spikes! It's time to take you out to the ballgame and play special Olympic softball with your friends. We will be playing all home games on the Oakview ball diamond. Note: Must have Special Olympic medical application on file to participate. Transportation will be provided to away games. (tm)

Open to: All Abilities

Instructor: Todd Mallo

Location: Oak View Softball field

Max/Min: 15/9

Class#	Day	Dates	Time	R(Coop)/NR
#3099	Tues	5/1-8/10	6:30-7:45pm	\$90/\$135

## Special Olympic Power lifting

Athletes will have an opportunity to improve their overall strength and agility while enhancing their cardiovascular performance. Staff will condition and train athletes as they prepare for the Special Olympics bench press, dead lift, and squat competition. A current Special Olympics Medical Application must be on file by 1/9/12, all athletes who want to compete at district and state levels must wear a one-piece spandex suit and weight belt. The athletes must purchase the suit. Park has weights belts. All athletes will be registered for competition at North Central College on April 29, 2012. (tm)

Open to: All Abilities

Instructor: Todd Mallo

Location: Oak Lawn Pavilion

Max/Min: 6/3

Class#	Day	Dates	Time	R(Coop)/NR
#9033	Thurs	1/12-3/22	4:30-5:30pm	\$50/\$75
#9027	Thurs	3/29-6/7	4:30-5:30 pm	\$50/\$75

## Day-to-Day and Overnight Adventures

### Starved Rock (Ages 10 & up)

Let's head out to Starved Rock for a day full of hiking, waterfalls, and fun at one of our closest state parks! Be sure to wear proper hiking clothes and gym shoes and bring a water bottle. We will stop to enjoy a lunch, which is included in the fee. Who doesn't love to exercise while having fun?

Open to: All Abilities

Depart/Return to: Oak View Center

Max/Min: 16/6

Class#	Day	Dates	Time	R(Coop)/NR
#9045	Sat	4/28	9am-4pm	\$35 /\$52.50

### Lock-In @ the Dream Center! (Ages 12-21)

It's an overnight adventure! We'll get settled in, and then have a yummy pizza dinner! After dinner, we will play games, socialize, and watch a movie. Breakfast will consist of fruit, cereal bars, donuts, and juice. You will need to bring pajamas, blankets, and pillows. There will be both male & female staff present.

Open to: All Abilities

Location: Dream Center

Max/Min: 20/5

Class#	Day	Dates	Time	R(Coop)/NR
#4111	Fri/Sat	3/9-3/10	6:30pm(Fri)- 9am(Sat)	\$55/\$82

### Chicago City Escape (ages 13 & up)

Calling all teens and adults to join us for an overnight adventure to downtown Chicago! We will do some sightseeing and experience the Windy City! We will hang out at Navy Pier, have dinner at the Hard Rock Café, and relax in one of Chicago's topnotch hotels!

*Note: Prior to the trip, registered participants will receive a packing list and trip itinerary. Participants must be able to function in a 4:1 participant to staff ratio and have independent self-help skills.* Fee includes: Transportation, Saturday lunch and dinner, Sunday brunch, hotel accommodations, and snacks. If souvenirs or extras are desired, please send spending money.

Open to: All Abilities

Max/Min: 20/6

Class #: #9037

Dates: May 5-6th

Time: Leave Oak View on Saturday at 9 a.m.

Return to Oak View on Sunday at 1 p.m.

Fee: \$175 (Res/Coop) \$225 (NR)

**Payment Plans  
Available**

# Special Recreation

## GYMNASTICS/TUMBLING REGISTRATION INFORMATION

The Gymnastics/Tumbling programs are located at the Racquet, Fitness & Gymnastics Center. All registration for these programs must be done at this facility. You may pre-register for the Winter 2012 session if your child is currently enrolled in the Fall 2011 session of gymnastics & You may pre-register for the Spring 2012 session if your child is currently enrolled in the Winter 2012 session of gymnastics. The first day of registration starts at 9 a.m. Registrations are accepted until two weeks after classes have started. Programs run in 12-week sessions.

Payment plans are available to families with more than one child in the gymnastics program and/or any child who is enrolled in two or more days of classes. ALL Gymnastics payment plans will now be set up for automatic payment from your credit card. Partial payments will not be excepted unless you are on a payment plan.

Winter 2012 Registration dates for Participants enrolled in Fall 2011 Program  
Resident registration begins: November 7th  
Non-Resident registration begins: November 14th

Winter 2012 Open Registration Dates  
Open Registration begins for Residents: November 9th  
Open Registration begins for Non-Residents: November 16th

Spring 2012 Registration dates for Participants enrolled in Winter 2012 Program  
Resident registration begins: February 6th  
Non-Resident registration begins: February 13th

Spring 2012 Open Registration Dates  
Open Registration begins for Residents: February 7th  
Open Registration begins for Non-Residents: February 15th

### GYM DETAILS

Spectators will be allowed to view the classes on the first and last day of each session. Girls should wear a leotard and spandex shorts are optional. No skirts, tights, jewelry or belts. Long hair must be tied back. Boys should wear shorts or sweat pants with a tucked in T-shirt. Cheer Tumble participants should wear a t-shirt tucked in or tank top with shorts, long hair should be pulled back and No Jewelry. Participants may not wear sport bras only or shirts that show their belly. No jeans allowed!

## Special Recreation Gymnastics

### Special Recreation Gymnastics Open Gym

This class is a full hour of crawling, jumping, climbing, and swinging. Kids love our Obstacle Courses, Gymnastics Equipment, Preschool Play Area, Tumble Tramp and Foam Pit. An adult over the age of 18 is required to stay with participant during open gym time. Pirouettes Gymnastics staff will be on duty to provide safety guidelines for our gym. You must pay at the front desk turn and turn in receipt to open gym instructors for admittance to the gymnastics area for open gym. Open gym time is great for children of all levels. This open gym time is special for kids with disabilities, to have as their own, please do not bring siblings without disabilities to open gym. Program will run through the end of May 2012.

Day/Time: Sundays 5-6pm

Fee: \$5/ Special Rec. Participant

Max: Limited to 30 participants

### Special Olympics Gymnastics (Ages 8 -18)

Calling all gymnasts! It's time to sharpen your skills and learn your routines for Gymnastics. Athletes will have the option to learn new gymnastics skills and routines or to train for competitions beginning in January-June. There will be an additional charge for competitions and uniforms if your athletes decided to compete. All athletes must have an updated application for participation on file with Oak Lawn Park District Special Recreation. Class schedules will be by appointment only with Pirouettes Gymnastics Staff. All Gymnastics program registrations should be taken at the Racquetball, Fitness & Gymnastics Center.

Open to: All Abilities

Location: Racquetball, Fitness & Gymnastics Center

Max/Min: 15/6

Days/Time: Vary

Class#: #9031

Winter Session: January 9th- March 31st (12 weeks)

Fee: \$120(R/Coop)/\$180(NR)

Gymnastics Early Bird Registration fees (November 8th - 29th)

\$130(R/Coop)/\$190(NR) (After-11/29/10)

Spring Session: April 9th- June 30th (12 weeks)

Fee: \$120(R/Coop)/\$180(NR)

Gymnastics Early Bird Registration fees (February 7-28th)

\$130(R/Coop)/\$190(NR)(After-2/28/11)

## Butternut Squash and Turkey Chili

Submitted By: CPolencheck on [www.allrecipes.com](http://www.allrecipes.com)

### Ingredients:

2 tablespoons olive oil  
1 onion, chopped  
2 cloves garlic, minced  
1 pound ground turkey breast  
1 pound butternut squash - peeled, seeded and cut into 1-inch dice  
1/2 cup chicken broth  
1 (4.5 ounce) can chopped green chilies  
2 (14.5 ounce) cans petite diced tomatoes  
1 (15 ounce) can kidney beans with liquid

1 (15.5 ounce) can white hominy, drained  
1 (8 ounce) can tomato sauce  
1 tablespoon chili powder  
1 tablespoon ground cumin  
1 teaspoon garlic salt

### Directions:

1. Heat the olive oil in a large pot over medium heat. Stir in the onion and garlic; cook and stir for 3 minutes, then add the turkey, and stir until crumbly and no longer pink.
2. Add the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce; season with chili powder, cumin, and garlic salt. Bring to a simmer, then reduce heat to medium-low, cover, and simmer until the squash is tender, about 20 minutes.