

Racquet Center

U.S.T.A. TENNIS LESSONS & LEAGUES

Winter Session January 8th-March 17th -10 weeks • Spring Session March 18th-May 26th- 10 weeks

Please Sign Up Early, Classes Not Reaching Minimum Participant Numbers Will Be Canceled One Week Prior To Class Starting Date. Take advantage of Early Bird Discounts!

Tennis is a fun and exhilarating lifetime sport that can be enjoyed by all ages! Our experienced instructors will help develop the necessary skills to enjoy the sport at any level and for a lifetime. Participants will progress to the next level when they have mastered the skills required for progression to the next level, instructors will communicate when participant is ready. (mp)

- Membership is NOT required to take tennis lessons!
- If participant is in the wrong class, we will work to find a level that is challenging for him/ her.
- Free loaner racquets are available for program participants.
- Proration of classes will only be available for participants who are NEW to our programs at the Oak Lawn Park District Tennis Program
- PDNA – Program discounts do not apply.

Adult Lessons (Ages 18 & Up)

Fee: \$109

Winter	Spring	Level	Day	Time
#8450	#3650	Beginner	Thurs	9-10 am
#8451	#3651	Beginner	Thurs	7-8 pm
#8452	#3652	Beginner	Sat	9-10 am
#8453	#3653	Adv Beginner	Thurs	7-8 pm

Youth Tennis

Fee: \$109

(Ages 9-10)

Winter	Spring	Level	Day	Time
#8440	#3640	#1	Wed	6-7pm
#8442	#3642	#1	Sat	9-10am
#8444	#3644	#2	Sat	9-10am
#8445	#3645	#3	Sat	11am-12pm

(Ages 11-17)

Winter	Spring	Level	Day	Time
#8460	#3660	Level 1	Tues	4-5 pm
#8461	#3661	Level 1	Sat	10-11am
#8462	#3662	Level 2	Sat	11am-12pm
#8463	#3663	Level 2	Tues	5-6pm
#8464	#3664	Level 3	Tues	6-7 pm

Tournament Training (Ages 10 & up)

Students needs to be able to play points an must be placed in level.

Winter	Spring	Level	Day	Time
#8446	#3646	Grand Prix	Thurs	4-6:30pm
#8447	#3647	National Tour	Thurs	6-7:30pm
#8441	#3641	Grand Prix/National Tour	Tues	5-6:30pm
Winter	Spring	Level	Day	Time
#8448	#3648	Academy	Wed	5-7pm

New USTA Quickstart Tennis for kids 10 & under

New to OLPD in for the Fall of 2011 into our Kids Tennis Program. Quick-Start Tennis is an exciting new play format sponsored and developed by USTA for learning tennis. It is designed to bring kids ages 10 & under into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring. It is all tailored to age and size for kids –ages 10 and under.



The QuickStart Tennis play format allows kids to rally and play real tennis shortly after picking up a racquet for the first time. For the first time, kids can fall in love with tennis right away – a love that can last a lifetime. (mp)

Fee: \$109

Winter	Spring	Ages	Level	Day	Time	Court
#8449	#3649	4-5	#1	Tues	4-4:30pm	36'
#8454	#3654	4-5	#1	Thurs	4:30-5pm	36'
#8430	#3630	5-8	#1	Mon	4-5pm	36'
#8431	#3631	5-8	#1	Mon	6-7pm	36'
#8432	#3632	5-8	#1	Wed	4-5pm	36'
#8433	#3633	5-8	#1	Sat	10-11am	36'
#8434	#3634	5-8	#1	Mon	5-6pm	36'
#8435	#3635	5-8	#2 & #3	Wed	5-6pm	36'
#8436	#3636	5-8	#2 & #3	Sat	9-10am	36'

Drill & Play-2 Hour Walk-On Drills Adult Drill Fee: \$18 Teen Drill Fee: \$15

All drills age ages 18 & up except for the teen drill on Sunday Nights. Drills offered October - May.

NTRP	Monday	Tuesday	Wednesday	Thursday	Sunday
Teen					6-8pm
3.0		10am-12pm			
3.5-4.0	7-8:30pm		8:30-10pm	10am-12pm	
4.0 & up	8:30-10pm		7-8:30pm	12-2pm	
Travel Teams		7-8:30pm Women's		8-9:30pm Men's	9:30-11am

New Early Bird Registration

Take \$10 off if you register during Early Bird Registration.

Winter Early Bird Deadline: December 15th

Spring Early Bird Deadline: February 15th

Racquet Center

Private Tennis Lessons

Private Tennis lessons consist of 1 hour of tennis instruction catered to your needs and skill level. Please see one of the OLPD Tennis staff to schedule a lesson or for a referral of another staff member. You must pay for lesson at the front desk on the day of the lesson and give receipt to private lesson instructor. (mp)

One On One Lesson

1 Hour lesson for one student \$48
½ hour lesson for 1 students \$26

Semi-Private 1-Hour Lessons (available for up to 5 students)

2 & Pro-\$52 \$26/Person
3 & Pro-\$52.50 \$17.50/Person
4 & Pro- \$52 \$13/Person
5 & Pro-\$52.50 \$10.50/Person

Sunday's Taste of Tennis

If you or your child is completely new to the sport, or if you are simply brushing up on basics, we have a class that's perfect for you! Come to the Oak Lawn Park Districts Tennis Program to try out the lifetime sport of tennis. All classes are 5 weeks long. (mp)

Winter Session: February 5th-March 4th

Spring Session: April 15th-May 20th- No class Mothers day May 13th

Fee: \$69

Winter	Spring	Level	Ages	Time
#8400	#3600	Quick Start	5-8	2-3pm
#8401	#3601	Youth Tennis	9-11	3-4pm
#8402	#3602	Youth Tennis	12-17	4-5pm
#8403	#3603	Adult & Refresher	18 & up	5-6pm

Cardio Tennis

Come out to get a great cardio workout through the sport of tennis. Get introduced or reintroduced to the game, demo racquets and meet other players all while burning calories! The goal is not primarily to improve tennis skills but rather participants will use the basic movements involved in the sport to obtain a cardiovascular workout.

Program runs October 8 - April 28.

Day/Times: TBA

Daily Fee: \$12 Walk-On

Personal Training

Work one-on-one with a certified trainer! Our programs are individually designed to help you achieve your fitness goals, cardiovascular, muscle strength and endurance, flexibility and body-fat amount.

Sessions are by appointment only. No shows and/or cancellations made in less than 24 hours will be charged full price and must be paid prior to any further appointments. Please call the Racquet Center at 708-857-2215 to schedule.

Trainers: Mary Rankin, Tom Coti, Kate Siriani

Fitness Members

\$18/30 Minutes
\$30/60 Minutes

Non-Fitness Members

\$21/30 Minutes
\$35/60 Minutes

Homemade Chicken Noodle Soup

Submitted by: CM from www.Cooks.com

Ingredients

3 to 4 lbs. chicken
5 cups water or chicken broth
1 lb. baby carrots
5 cloves garlic, minced
3 celery stalks, finely sliced
2 tbsp. fresh parsley, minced
1 tsp. low sodium chicken soup base (or bouillon)
1 large onion, chopped
1 or 2 green onions, chopped (optional)
2 bay leaves
pinch ea oregano and thyme
salt and pepper (to taste)
additional seasonings of your choice (to taste)
Put all ingredients in Crockpot.

Cooks Note: Allow soup to come to a boil for 1 minute, then reduce heat until steaming hot but not boiling (barely simmering is OK). A boiled chicken soup is tasteless. If your Crockpot doesn't allow a steaming hot soup without rapid boiling, do not use it for making soup.

Cook all day (6-8 hours) or until chicken is tender (not stringy).

Thirty minutes before serving time, add homemade noodles; cook until noodles are tender. Taste and season soup with salt, pepper, garlic and onion powder, to taste, before serving.

Homemade Noodles:

1 cup sifted flour
1/2 tsp. salt
1 egg, beaten
1-2 tbsp. water or milk

Measure flour onto a work surface or into a large bowl. Make a well in the center of the flour and add egg, water and salt into the center. Mix to make a stiff paste. Turn dough out onto a floured work surface and knead until it forms a smooth ball. Cover and let rest for 5 minutes.

Roll out to a 1/8-inch thickness. Turn and roll very thin. (A pasta machine may be used).

Allow to dry for 1 hour, then cut into lengthwise strips of 2 1/2-inches wide and stack. Then slice the other way to one-eighth to one-sixteenth inch width. Separate and allow to dry.

Add noodles to chicken soup and cook on high for 20 minutes.

Variation: To make pot-pie noodles, cut noodles into 1 1/2 to 2 inch squares.