

Two, 6 week session of classes.

**RACQUET CENTER EARLY BIRD REGISTRATION**

Take \$10 off during Early Bird Registration.  
Early Bird Period: May 11 - May 31



**GYMNASTICS/TUMBLING REGISTRATION INFORMATION**

**Registration Information:**

The Gymnastics/Tumbling programs are located at the Racquet, Fitness & Gymnastics Center. Registrations are accepted until two weeks after classes have started.

**Registration Dates:**

Resident registration begins: **May 11**  
Non-Residents registration begins: **May 18**

**EARLY BIRD REGISTRATION**

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**GYM DETAILS & ATTIRE**

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. They may not wear sports bras only or shirts that show their belly. No jeans allowed!

Kids typically stay in a level for about 1 year.

Special Olympics Gymnastics is on pg. 56.

**Preschool Playtime** (Age: 1-5)

One-on-one time with your Preschooler is so valuable, and what better place to spend that time than in the gym? Open Gym is a full hour of crawling, jumping, climbing, and swinging. An adult over the age of 18 is required to stay with participant during open gym time, This is a parent supervised activity. A maximum number of children per adult is two. Pirouettes Gymnastics staff will be on duty to provide safety guidelines for our gym. You must pay at the front desk and turn your receipt into Pirouettes gymnastics staff for admittance to open gym. There will be a limit of 45 participants to an open gym.

Daily Fee: \$5/Child

Year Round: Tuesday, 12:30-1:30P

August 20 - May: Thursday, 11:15A-12:15P

**All Ages Open Gym**

Open gymnastics is not a class, it is a time for students to work on whatever skills they would like or just to have fun with a friend. However, time will be structured for safety reasons. Pirouettes Gymnastics staff will be on duty for supervision and to assist and/or spot. Due to the format and a wide variety of ages involved in this program parents are required to stay with their children.

**June - August:**

Mondays - 1:00-2:00P

Wednesdays - 2:00-3:00P

Fee: \$5/Gymnast

**Girls Preschool Gymnastics** (Age: 3-5)

Gymnastics at a young age provides a strong basis for all sports. Our program focuses on the development of fine and gross motor skills, social skills while introducing your child to gymnastics in a fun, encouraging environment emphasizing basics and safety. Students will increase coordination, flexibility, strength, and self-esteem by participating in gymnastics. Girls will learn basic skills on Vault, Bars, Beam, and tumbling, each level builds up to the next. Participants must be toilet trained. All beginner girls ages 3-5 should register for Mini Stars. (dw)

Session 1: July 5-August 15

Session 2: August 16-September 26 (**No class 9/07**)

**Mini-Stars** (Beginners) Res/NR: \$55/\$62.50

Session 1	Session 2	Day	Time
110201-01	110221-01	Su	9:00A-10:00A
110201-11	110221-11	M	10:00-11:00A
110201-14	110221-14	M	5:00-6:00P
110201-15	110221-15	M	6:15-7:15P
110201-21	110221-21	Tu	10:15-11:15A
110201-23	110221-23	Tu	3:45-4:45P
110201-24	110221-24	Tu	6:15-7:15P
110201-31	110221-31	W	10:00-11:00A
110201-32	110221-32	W	3:45-4:45P
110201-33	110221-33	W	6:15-7:15P
110201-43	110221-43	Th	3:45-4:45P
110201-61	110221-61	Sa	9:00-10:00A
110201-62	110221-62	Sa	11:30-12:30P

**Shooting Stars** (Advanced Beginner)

Res/NR: \$55/\$62.50

Session 1	Session 2	Day	Time
110202-01	110222-01	Su	11:30A-12:30P
110202-11	110222-11	M	11:15A-12:15P
110202-12	110222-12	M	3:45-4:45P
110202-21	110222-21	Tu	9:00-10:00A
110202-22	110222-22	Tu	5:00-6:00P
110202-31	110222-31	W	11:15-12:15A
110202-32	110222-32	W	5:00-6:00P
110202-43	110222-43	Th	5:00-6:00P
110202-44	110222-44	Th	6:15-7:15P
110202-61	110222-61	Sa	10:15-11:15A

**Super Stars Girls** (Intermediate)

Res/NR: \$66/\$75

Session 1	Session 2	Day	Time
110203-11	110223-11	M	12:30-1:45P
110203-22	110223-22	Tu	5:00-6:15P
110203-61	110223-61	Sa	11:45A-1:00P

**Mega Stars** (Age: 3-6, INVITE ONLY)

Res/NR: \$280/\$320

Session 1	Session 2	Day	Time
110204-21	110224-21	M, W	3:45-5:30P



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**Girls School Aged Gymnastics**

(Age: 6 & up)  
Bring your future athletes to us, Gymnastics at a young age provides a strong basis for all sports. Gymnastics can help your child to increase coordination, flexibility, strength, and self-esteem. The Pirouettes Gymnastics Medal Program is based on USA Gymnastics Junior Olympic levels 1-6. Each class builds up to the next level; children must master skills on Vault, Bars, Beam, and Floor in each class before being promoted to the next. All beginner girls ages 6 and up should enroll in Bronze I. (dw)

**Session 1:** July 5-August 15  
**Session 2:** August 16-September 26 (**No class 9/07**)

**Bronze 1 (Beginner) Res/NR: \$66/\$75**

Session 1	Session 2	Day	Time
110401-01	110421-01	Su	10:30-11:45A
110401-11		M	9:00-10:15A
110401-12	110421-12	M	3:45-5:00P
110401-13	110421-13	M	5:15-6:30P
110401-14	110421-14	M	6:45-8:00P
110401-21		Tu	9:00-10:15A
110401-22	110421-22	Tu	5:15-6:30P
110401-23	110421-23	Tu	6:45-8:00P
110401-31		W	11:00A-12:15P
110401-32	110421-32	W	3:45-5:00P
110401-33	110421-33	W	5:15-6:30P
110401-34	110421-34	W	6:45-8:00P
110401-42	110421-42	Th	3:45-5:00P
110401-52	110421-52	F	6:45-8:00P
110401-62	110421-62	Sa	10:30A-11:45A

**Bronze 2 Girls (Advanced Beginner) Res/NR: \$66/\$75**

Session 1	Session 2	Day	Time
110402-03	110422-03	Su	9:00A-10:15P
110402-11		M	10:30A-11:45A
110402-12	110422-11	M	3:45-5:00P
110402-13	110422-13	M	5:15-6:30P
110402-14	110422-14	M	6:45-8:00P
110402-21		Tu	10:15-11:30A
110402-22	110422-22	Tu	3:45-5:00P
110402-23	110422-23	Tu	6:45-8:00P
110402-31		W	11:45A-1:00P
110402-32	110422-32	W	3:45-5:00P
110402-33	110422-33	W	5:15-6:30P
110402-34	110422-34	W	6:45-8:00P
110402-42	110422-42	Th	5:15-6:30P
110402-43	110422-43	Th	6:45-8:00P
110402-51	110422-51	F	5:15-6:30P
110402-61	110422-61	Sa	9:00-10:15A



**Silver 1 (Intermediate #1)**

Res/NR: \$87.50/\$95

Session 1	Session 2	Day	Time
110403-01	110423-01	Su	10:45A-12:30P
110403-11		M	10:00-11:45A
110403-13	110423-13	M	5:45-7:30P
110403-21		Tu	9:00-10:45A
110403-22	110423-22	Tu	3:45-5:30P
110403-31		W	9:00-10:45A
110403-32	110423-32	W	3:45-5:30P
110403-33	110423-33	W	5:45-7:30P
110403-61	110423-61	Sa	12:00-1:45P

**Silver 2 (Intermediate #2)**

Res/NR: \$87.50/\$95

Session 1	Session 2	Day	Time
110404-01	110424-01	Su	9:00-10:45A
110404-11	110424-11	M	3:45-5:30P
110404-21	110424-21	Tu	10:45A-12:30P
110404-22	110424-22	Tu	5:45-7:30P
110404-31		W	9:00-10:45A
110404-32	110424-32	W	3:45-5:30P
110404-41	110424-41	Th	5:45-7:30P
110404-61	110424-61	Sa	12:00-1:45P

**Gold 1 & 2 (Advanced) Res/NR: \$105/\$110**

GOLD 1 & 2 participants are required to sign up for 2 days a week, however have the option to choose which day to attend. Please choose two days during the registration process.

Session 1	Session 2	Day	Time
110405-12	110425-12	M	6:45-9:00P
110405-31	110425-31	W	6:45-9:00P
<b>Gold 1 &amp; 2</b>			
110405-10		M	9:00-11:30A
110405-11	110425-11	M	3:45-6:15P
110405-30		W	9:00-11:30A
110405-31	110425-31	W	3:45-6:15P
110405-51	110424-51	F	3:45-6:15P
110405-61	110425-61	Sa	9:00-11:30A
<b>Gold 2</b>			
110405-21	110425-21	Tu	6:00-9:00P
110405-41	110425-41	Th	6:00-9:00P

**Private Gymnastics/Tumbling Lessons**

(Age: 6 & up)  
**MUST BE CURRENT STUDENT OF THE GYMNASTICS/TUMBLING PROGRAM AND AGE 6 & UP TO PARTICIPATE.** Private lessons consist of 1 hour of a warm-up, stretching and gymnastics/tumbling lesson catered to your child's needs and skill level. Please see your child's current instructor to schedule a lesson or for a referral of another Pirouettes Gymnastics staff member. You must pay for lesson at the front desk on the day of the lesson and give receipt to private lesson instructor. (dw)  
**ONE ON ONE LESSONS**  
1 Hour lesson for one student FEE: \$40  
**SEMI-PRIVATE LESSONS**  
(available for up to 3 students)  
1 Hour lesson for 2 students FEE: \$45

**USA Gymnastics Competitive Team**

This advanced-level program requires commitment and love for the sport of gymnastics. There are 5 competitive levels (4-9). Team members will train year-round and compete at USA Gymnastics Competitions. Head Team Coach will invite potential team members for trial training time with the team. Team members will train at least 3-4 days per week. PDNA (dw)

**Cheer Tumbling (Age: 6 & up)**

Cheer Tumbling is a great introduction to tumbling, as well as a great time for more advanced tumblers to improve their tumbling skills and jumps for cheerleading. The students learn the proper form and technique for cartwheels and round offs. Emphasis is on body awareness and understanding of how the body performs through tumbling skills. Before moving onto an intermediate class athletes are expected to perform cartwheels, round-offs, back walkovers or back tumblers without a spotter and with good form. Beginner tumblers should sign up for the Cheer Tumble Beginner class. Note-If a Tumbler is signed up for the wrong level class they will be moved to the appropriate level and safest place to learn. (dw)

**Session 1:** July 5-August 15  
**Session 2:** August 16-September 26 (**No class 9/07**)

**Tumbling Beginner Res/NR: \$55/\$62.50**

Session 1	Session 2	Day	Time
110701-21	110721-21	Tu	6:15-7:15P
110701-31	110721-31	W	6:00-7:00P

**Tumbling Intermediate Res/NR: \$55/\$62.50**

Required Skills- cartwheels, roundoffs, back walkovers or back limbers without a spotter and with good form.

Session 1	Session 2	Day	Time
110702-21	110722-21	Tu	7:30-8:30P
110702-31	110722-31	W	7:15-8:15P

**Tumbling Advanced Res/NR: \$55/\$62.50**

Required Skills- round-off flip flop & standing Flip Flop without spotter.

Session 1	Session 2	Day	Time
110703-12	110723-12	M	7:15-8:15P
110703-31	110723-31	W	8:30-9:30P

**Tumbling Elite Res/NR: \$55/\$62.50**

Required Skills- round off flip flop back tuck & standing back tuck without spotter.

Session 1	Session 2	Day	Time
110704-31	110724-31	W	8:30-9:30P

**Pirouettes Open Gym (Age: 6 & up)**

Open gymnastics is not a class, it is a time for students to work on whatever skills they would like or just to have fun with a friend. However, time will be structured for safety reasons. Pirouettes Gymnastics staff will be on duty for supervision and to assist and/or spot. You must pay at the front desk and have your hand stamped to be admitted into the gymnastics area for an open gym. Home phone numbers and emergency contact information must be given to the Pirouettes Gymnastics each week. Participants must be currently enrolled in the Pirouettes Gymnastics program. (dw)

**June - August**

**DAY/TIME:** Tuesdays, 1:30-2:30P  
**FEE:** \$5/Gymnast

Kids typically stay in a level for about 1 year.

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Kids typically stay in a level for about 1 year.



**Boys Only Preschool Gymnastics** (Age: 3-5)

Gymnastics at a young age provides a strong basis for all sports. Our program focuses on the development of fine and gross motor skills, social skills while introducing your child to gymnastics in a fun, encouraging environment emphasizing basics and safety. Students will increase coordination, flexibility, strength, and self-esteem by participating in gymnastics. Boys will learn basic skills on vault, high bar, p-bars, rings and tumbling, each level builds up to the next. Participants must be trained. All beginner boys ages 3-5 should register for Boys Mini Stars. (dw)

Session 1: July 5-August 15

Session 2: August 16-September 26 (No class 9/07)

**Mini Stars-Boys Only** (Beginner)

Res/NR: \$55/\$62.50

Session 1	Session 2	Day	Time
110301-01	110321-01	Su	10:15-11:15A
110301-21	110321-21	Tu	10:00-11:00A
110301-12	110321-12	M	3:45-4:45P
110301-13	110321-13	M	6:15-7:15P
110301-31	110321-31	W	3:45-4:45P
110301-32	110321-32	W	5:00-6:00P
110301-61	110321-61	Sa	9:15-10:15A

**Shooting Stars-Boys Only**

(Advanced Beginner) Res/NR: \$55/\$62.50

Session 1	Session 2	Day	Time
110302-21	110322-21	Tu	11:15A-12:15P
110302-12	110322-12	M	5:00-6:00P
110302-31	110322-31	W	6:15-7:15P
110302-61	110322-61	Sa	10:30-11:30A

**Sports & Agility Class** (COED Age: 3-5)

We practice skills that will help you in all sports. You will never slow down, not that you ever want to. This program will be taught by Pirouettes Gymnastics staff and will take place in the gymnastics area using gymnastics and sports equipment. Sports introduced during this class; gymnastics, baseball/softball, hockey, football, tennis, soccer, kickball, martial arts, volleyball, bowling and Ninja skills. Participants must be toilet trained. (dw)

Session 1: July 5-August 15

Session 2: August 16-September 26

(No class 9/07)

Res/NR: \$55/\$62.50

Session 1	Session 2	Day	Time
110304-21	110324-21	Tu	9:00A-9:50A

**Boys School Aged Gymnastics** (Age: 6 & up)

Boys can increase coordination, flexibility, strength, and self-esteem by participating in gymnastics. Gymnastics provides a strong basis for all sports. Boys will learn basic skills on the Rings, Pommel Horse, Vault, High Bar, Tumble Trak, Tumbling and P-bars. See below for Bronze Boys ages 9 & Up. Beginner boys ages 6-8 sign up for Boys Bronze 1. (dw)

Session 1: July 5-August 15

Session 2: August 16-September 26 (No class 9/07)

**Bronze 1 & 2 Boys** (Beginner, Age: 6 & up)

Res/NR: \$66/\$75

Session 1	Session 2	Day	Time
110501-21	110521-21	Tu	3:45-5:00P
110501-22	110521-22	Tu	5:10-6:25P
110501-61	110521-61	Sa	11:30-11:45A

**Silver Boys** (Intermediate, Age: 6 & up)

(2 hours) Res/NR: \$97.50/\$105

Session 1	Session 2	Day	Time
110503-31	110523-31	W	4:00-6:00P

**Bars Boot Camp** (Age: 6-18)

Is your child serious about the sport of gymnastics but is struggling to move up to the next level? Most children struggle on the uneven bars because their lack of upper body strength but now we can change that. This 1.25 hour class is designed for the most determined children. It will consist of strength, conditioning, and bar skills. This is a supplementary class to gymnasts already enrolled in either a bronze or silver class.

Session 1: July 5-August 15

Session 2: August 16-September 26 (No class 9/07)

Res/NR: \$66/\$75

**Silver**

Session 1	Session 2	Day	Time
110400-11	110420-11	M	6:15-7:30P

**Bronze**

110400-21	110420-21	Tu	6:15-7:30P
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**Cheer Tumble Open Gym** (Age: 12 & up)

Beginner through advanced Tumblers will enjoy this time to work on their skills and jumps for Cheerleading. You will need to pay at the front desk and turn in your receipt into the Pirouettes Gymnastics staff for admittance to an open gym. There will be a limit of 30 participants per open gym. The Oak Lawn Park District's Pirouettes Gymnastics Staff will be present to provide safety guidelines for our gym. (dw)

Fee: \$5/Tumbler

Day	Time
Tu & Th	8:30-9:30P

**Adult Gymnastics** (Age: 16 & up)

This class is not just for the former gymnast. It is geared for the very beginner who wants to try to walk on the beam, learn a cartwheel or hang on the bars. Pirouettes staff will help you experience your gymnastics dreams at an introductory level. We also work to help you developing core strength, coordination, balance, flexibility and body

Session 1: July 5-August 15

Session 2: August 16-September 26 (No class 9/07)

Res/NR: \$55/\$62.50

Session 1	Session 2	Day	Time
110001-11	110021-11	W	7:00-8:00P



Like the Oak Lawn Park District Gymnastics Facebook Page Today!

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**Gym Ninjas**

Does your child need strength, agility, body control, or discipline just like a ninja? Then this might be the class for them. Kids will learn to focus, be physically fit, and fall like a ninja all while incorporating cross-fit and gymnastics into one class.

Session 1: July 5-August 15

Session 2: August 16-September 26 (No class 9/07)

Res/NR: \$65/\$65

**Gym Ninjas Age: 6 & up**

Session 1	Session 2	Day	Time	Ages
110005-01	110025-01	Su	9:00-9:50A	6-8
110005-02	110025-02	Su	10:00-10:50A	6-8
110005-03	110025-03	Su	11:00-11:50A	8-12
110003-21		Tu	9:00-9:50A	6-8
110003-22		Tu	10:00-10:50A	6-8
110003-23		Tu	11:00-11:50A	8 & up
110005-50	110025-50	F	3:50-4:40P	6-8
110005-51	110025-51	F	4:50-5:40P	6-8
110005-52	110025-52	F	5:50-6:40P	8 & up
110005-53	110025-53	F	6:50-7:40P	8 & up
110005-55	110025-55	F	6:50-7:40P	Invite only
110005-61	110025-61	Sa	12:40-1:30P	6-8
110005-62	110025-62	Sa	1:40-2:30P	6-8

**Jr. Gym Ninjas Age: 4-6**

Session 1	Session 2	Day	Time
110003-21	110023-21	Tu	9:00-9:45A
110003-22	110023-22	Tu	9:55-10:40A
110003-23	110023-23	Tu	10:50-11:30A
110003-30		W	10:00-10:45A
110003-31		W	10:55-11:40A
110003-32		W	11:50A-12:35P
	110023-30	W	1:30-2:15P
	110023-31	W	2:15-3:00P
	110023-32	W	3:15-4:00P
110003-51	110023-51	F	4:00-4:45P
110003-52	110023-52	F	4:55-5:40P
110003-53	110023-53	F	5:50-6:35P
110003-61	110023-61	Sa	10:00-10:45A
110003-62	110023-62	Sa	10:55-11:40A
110003-63	110023-64	Sa	11:50A-12:35P



**Gymnastics Parties (Age: 1-12)**

Fun is the theme for Pirouettes Gymnastics Birthday Parties! We can cater to ages 1-12 years old. Kids love our Obstacle Courses, Gymnastics Equipment, Tumble Tramp and Foam Pit. Children of all ages are welcome for one hour of gymnastics instruction and games followed by 45 minutes in our Party Room of treats and opening gifts (you provide the treats). Children should wear gym clothes. Reserve your party by calling the Pirouettes Gymnastics Department at (708) 857-2215. PDNA (dw)

**Birthday Party Fees:**

\$120/per 10 Children

\$10 for each individual after 10 Children

**PARTY OPTIONS:**

**Preschool Gymnastics (Age: 1-6)**

Parents and preschool-aged children can explore the gymnastics gym together. Pirouettes Gymnastics instructors will provide supervision for your party-goers to have a safe and fun experience while jumping, climbing and swinging. Children ages 1-3 years are required to be accompanied by an adult. Adults will not be permitted to try the equipment in the gymnastics area.

**School Aged Gymnastics (Age: 5-12)**

Pirouettes Gymnastics instructors will provide your party goers with a safe and fun experience while jumping, climbing and swinging in our state of the art gymnastics facility. Instructors will lead kids through party activities such as an obstacle course, tumble track, parachute, pit and more. During our school-aged gymnastics parties, the gymnastics area is a kids-only zone. Adults are required to stay in the viewing area.

**Gym Ninja Parties (Age: 5-12)**

The focus of our Gym Ninja parties is to be a challenging fun experience. Party guests will climb, swing and jump their way into fun. Party plans include the warped wall, ring obstacle, monkey bar bridge, Tumble Trak, rock wall and the pit. During our Gym Ninja parties, the gymnastics area is a kids-only zone. Adults are required to stay in the viewing area.

10444 S. Central Ave., Oak Lawn  
 P: 708/857-2215 • F: 708/857-5179 • racquet@olparks.com

**Facility Hours: May 22nd - September 30th**  
**M-F: 6:00A-10:00P**  
**Sa: 7:00A-7:00P**  
**Su: 7:00A-5:00P**

The Park District reserves the right to make any changes in policy, fees or operational structure as it deems necessary.

**Court & Membership Rates (Effective as of 9/01/2020)**



**Tennis & Wallyball Membership**

Tennis & Wallyball Memberships are valid September 1st, 2020- August 31st, 2021 and is paid annually. Membership allows members to make reservation up to one week in advance. Tennis membership does not include court time. **Early Bird: \$25 off before 8/31/2020.**

Annual Fee (PLUS Court Time)	Tennis Membership	Wallyball Membership	Add Fitness to your membership
	\$250	\$112	\$75

**Member Court Rates**

(Prime Time Hours-weekdays 4:00-close, Saturday & Sunday)  
 Tennis Non-Members must pay a \$6 guest fee when playing with a member!

Tennis Member Weekday	Tennis Member Weekend	Wallyball Member
6:00A-4:00P \$20/hr.	\$25/hr. Saturday & Sunday	\$20/hr. (All Times)
4:00P-Close - \$25/hr.		

**Fitness Memberships**

Membership expires one year from date of purchase  
 Receive \$10 off fees when renewing before expiration date. Please check with front desk to monitor your expiration date.

Daily Rate	\$5
Adult Yearly	\$145
Senior Yearly (60 & Over)	\$135

**Tennis Drills**

Adult Prime Drill: \$25  
 Adult Non-Prime Drill: \$20  
 1-hour Drill (10:00-11:00A): \$10  
 Youth Drill: \$15  
 All drills are ages 18 & up except for the Youth Drill on Fridays.  
 Drills are offered year round.

DAYS	Mon	Tue	Tue	Wed	Thu	Thu	Fri	Fri	Sat
NTRP LEVELS	4.1-4.5	3.1-3.5 (1 HOUR)	3.6-4.0	3.6-4.0	3.1-3.5 (1 HOUR)	3.6-4.0	Youth 9-13 yrs.	Adult	3.6-4.0
TIME	7-9P	10-11A	11A-1P	7-9P	10A-11A	11A-1P	4-6P	5-7P	12-2P

**Chiropractic Wellness & Rehabilitation**

Call: 708-207-8007 Or 708-398-6299  
 Take advantage of the services of Dr. John A. Kulig. He offers chiropractic adjustments, gentle mobilization, flexion-distraction therapy, spinal and joint rehabilitation, acupuncture, individualized exercises and stretches, nutritional counseling and physical therapies. Chiropractic wellness can be used to treat many physical problems such as lower-back pain, neck pain, headaches, sinusitis, numbness, knee pain, carpal tunnel syndrome, stress and more.

**Baseball/Softball Cage Rental- 4 cages available for rent**

**Long Cage** \$20/hour: Cage size 12' x 85' has a hitting tee, pitching mound, backdrop/pitcher trainer and a L screen.  
**Short Cage** \$10/half hour : Cage size 14' x 35' has a hitting tee, backdrop/pitcher trainer and a L screen  
**Must supply your own equipment such as batting helmets, balls, bat and glove. No spikes please. Reservations only by calling 708-857-2215.**

**Racquet Ball Membership**

Racquet Ball Non-members must pay a daily \$5 fee.

Fees	Court Time	Fitness
\$40/Monthly (12 Months)	Included in Membership	Included in Membership

**Non-Member Court Rates**

Non members can reserve court time on the day of play or purchase on a walk-in basis.

Wallyball Non-Member	Tennis Non-Member
\$25/hr.	\$40/hr.



**Calling all adult tennis players. We are offering competitive play with local clubs for players 3.5 and above. Jack Berry League offers men and women's divisions and the Illiana league is a co-ed league for ages 55+. For more information please contact Nick at nmagro@olparks.com or 708-857-2215.**

**Year-Round Pickleball Drop in Play**

Pickleball is designed to be easy to learn and play whether you're five, eighty-five or somewhere in between. Pickleball is traditionally played on a badminton-sized singles court with special Pickleball paddles, made of wood or high-tech aerospace materials. The ball used is similar to a wiffle ball. The lower net and wiffle ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their mettle. Enjoy our air conditioned facility during hot, summer days to get your pickleball fix in! Pickleball paddles, balls and nets will be provided by the facility. No registration necessary. Contact nmagro@olparks.com with any questions. PDNA (nm)

Location: Racquet, Fitness & Gymnastics Center

Day	Time	Res/NR
M-F	6:00A-12:00P	\$5/player
M	6:00P-10:00P	\$7/player

# TENNIS LESSONS

Two, 6 week sessions of classes.

Location: Racquet, Fitness & Gymnastics Center

**REGISTRATION INFORMATION:**

- Membership is NOT required to take tennis lessons
- If a participant is in the wrong class, we will find a level that is challenging for them
- Participants should bring their own racquet and gym shoes
- Must have a min. of 5 registered participants in each class for class to run

**RACQUET CENTER EARLY BIRD REGISTRATION**

Take \$10 off if you register during Early Bird: May 11 - May 31.

**Teen Tennis Lessons** (Age: 13-17)

Session 1: July 5-August 15  
Session 2: August 16-September 26 (**No class 9/07**)

**Teen Beginner Level 1** Res/NR: \$75/\$75

Classes are geared towards players with beginning or no tennis experience. Teen Beginner Level 1 teaches basic tennis skills, grips, fundamentals and techniques to participants ages 13-17, who are new to tennis. In addition, they are introduced to basic court movements and positioning developed through instruction and fun age-appropriate games. PDNA (nm)

Session 1	Session 2	Day	Time
118401-11	118421-11	M	4:00-5:00P
118401-41	118421-41	Th	6:00-7:00P

**Teen Intermediate Level 2** Res/NR: \$135/\$135

This 2-hour class expands skill and shot development. It focuses on spins, improve consistency and adding more direction to ground strokes while developing transition shots, volleying and serve grips, and court positioning. PDNA (nm)

Session 1	Session 2	Day	Time
118402-61	118422-61	Sa	10:00A-12:00P

**Youth & Teen Advanced Level 3** Res/NR: \$135/\$135

Students at this Advanced Level 3 2-hour class are committed to improving their games. They have the ability to hit volleys, overheads, approach shots and serves. They are working on proper footwork, technique along with learning game strategy and shot selection. Most will play more than once a week. Players in this level are working toward playing High School Varsity Tennis. PDNA (nm)

Session 1	Session 2	Day	Time
118403-11	118423-11	M	5:00-7:00P

**Adult Tennis Lessons** (Age: 18 & up)

Session 1: July 5-August 15  
Session 2: August 16-September 26

**Adult Beginner** Res/NR: 1hr/\$75

This class is geared towards adults ages 18 & up who have little to no experience with tennis. It will focus on introducing the six strokes of the sport, as well as getting students to progressively rally a ball from an increasing distance from the net. Point play will also be presented here. PDNA (nm)

Session 1	Session 2	Day	Time
118601-41	118621-41	Th	7:00-8:00P
118601-61	118621-61	Sa	9:00-10:00A
118601-62	118621-62	Sa	8:00-9:00A

**Adult Intermediate** Res/NR: 1hr/\$75

Because the players in this class are able to produce all six strokes with spin, and consistently rally a ball from the baseline, this class is focuses on rally based games and drills. Tactics and situational based drills are important features of intermediate Tennis. PDNA (nm)

Session 1	Session 2	Day	Time
118603-41	118623-41	Th	8:00-9:00P

**10 & Under Junior Tennis Programs** (Age: 5-10) Res/NR: \$75/\$75



This program is an exciting play format sponsored and developed by USTA for learning tennis. It's designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring. It's all tailored to age and size for kids. The play format allows kids to rally and play real tennis shortly after picking up a racquet for the first time. Ages 5-8 and first time tennis players should register for Red Level. If your child is signed up for a class that is too challenging or not challenging enough they will be moved to the appropriate level. Classes will be offered in two separate 6 week sessions during the summer. PDNA (nm)

Session 1: July 6-August 15  
Session 2: August 16-September 26

Session 1	Session 2	Day	Time
<b>Red Level 1 (Age: 5-8)</b>			
118201-31	118221-31	W	4:00-5:00P
118201-32	118221-32	W	5:00-6:00P
118201-61	118221-61	Sa	10:00-11:00A

Session 1	Session 2	Day	Time
<b>Orange Level 2 (Age: 8-10)</b>			
118202-31	118222-31	W	5:00-6:00P
118202-61	118222-61	Sa	9:00-10:00A

Session 1	Session 2	Day	Time
<b>Green Level 3 (Age: 8-10)</b>			
118203-31	118223-31	W	6:00-7:00P

**Youth Tennis Programs** (Age: 11 & up)

Session 1: July 5-August 15  
Session 2: August 16-September 26 (**No class 9/07**)

**Youth Beginner Level 1** Res/NR: \$75/\$75

The fundamentals of hand-eye coordination, agility and balance are mastered in Youth Level 1. Players have a blast while they develop their skills by engaging in matches and cooperative/competitive games. In addition, players will make friends while developing forehands, backhands, volleys and serves. Play uses yellow ball on a full sized court. All beginners ages 11+ should register for Youth Beginner Level 1. PDNA (nm)

Session 1	Session 2	Day	Time
118301-11	118321-11	M	4:00-5:00P
118301-32	118321-32	W	6:00-7:00P
118301-61	118321-61	Sa	11:00A-12:00P

**Youth Intermediate Level 2** Res/NR: \$135/\$135

Youth Intermediate Level 2 challenges players while focusing on their technical and tactical skill development. All-court tennis skills are emphasized with a wide range of drills that simulate match play situations and allow players to work on their movement and recovery skills. Serve, return of serve and rally skills are emphasized. PDNA (nm)

Session 1	Session 2	Day	Time
118302-11	118322-11	M	5:00-7:00P

**NEW! Youth on Court**

When enrolled in a current tennis class, participants can enjoy \$5 court time and can invite up to 3 other friends/family(\$5 per person) to practice their new & improving skill set during designated drop-in times. 2-hour max limit.

Days	Time
Su-F	2:00-5:00P
Sa	2:00-4:00P



**TENNIS EARLY BIRD REGISTRATION**

Take \$10 off if you register during Early Bird:  
May 11 - May 31.

**Tournament Training Lessons** (Age: 13-18)

Location: Racquet Fitness & Gymnastics Center

**Grand Prix Drop-In Drill (High School Players ONLY)** Res/NR: 2hr/\$15

This class is a level above Teen Level 3. This class is geared towards high school team players and younger players with OLPD instructor's approval who are familiar with the game of tennis. The player in Grand Prix should be participating in extra tennis activities each week, such as Sunday Walk On Drills and/or private lessons with a coach. Grand Prix will introduce more competitive tactics and solidify serve consistency and net play. Please note that the tennis instructor reserves the right to move any Grand Prix student up to Tournament training or Teen Level 3 in order to ensure appropriate placement. PDNA (nm)

Day	Time
Tu	4:00-6:00P

**Academy (High School Players ONLY)** Res/NR: \$135

Session 1: July 5-August 15

Session 2: August 16-September 26

Participation on Varsity High School Tennis Team and younger players with OLPD Instructor's Approval Required. Tournament Training is for varsity level high school players. Like Grand Prix, it furthers players' competitive tactical knowledge at the next level. Players in this class should already be able to rally the ball 10-20 times in the full court with depth. This player already has a good working knowledge of all six strokes and is able to direct the ball to all areas of the court. Many participants are already competing in USTA sanctioned tournaments and/or playing matches at least twice per week. Please note that the tennis instructor reserves the right to move any Grand Prix student up to Tournament training or Teen Level 3 in order to ensure appropriate placement. PDNA (nm)

Session 1	Session 2	Day	Time
118501-41	118521-41	Th	5:00-7:00P

Don't miss out on the Quarterly Adult Tennis Newsletter.  
Email Nick at [nmagro@olparks.com](mailto:nmagro@olparks.com) to be added to the email list!

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Location: Racquet, Fitness & Gymnastics Center

Day	Time	Res/NR
M-F	6:00A-12:00P	\$5/player
M	6:00P-10:00P	\$7/player

**Outdoor Youth Tennis Camp** (Age: 5-10) Res/NR: \$170

Agility, Balance & Coordination is the focus of QuickStart Summer Camp. Players aged 5-10 of all skill levels will benefit from a variety of games and activities that hone tennis playing ability! Kids will learn the basics of sending/receiving the ball over the net with racquets.

The majority of the games are cooperative, but some competition will be introduced as well. Camp takes place Monday-Thursday from 9 AM-11 AM at the Memorial Park tennis courts, located at 102nd & Major. In the case of rain, class will be held at the racquet center located at 10444 S. Central Avenue. Please bring your own drink and snack! If you have any questions please contact [nmagro@olparks.com](mailto:nmagro@olparks.com) or 708-857-2215. PDNA (nm)

Code	Days	Date	Time	Res/NR
118200-21	M-Th	7/06-7/09	9:00-11:00A	\$170/\$170

**Outdoor Tennis Camp** (Age: 11-15) Res/NR: \$230

Agility, Balance & Coordination (the "ABCs") and match play is the focus of the Youth Tennis Camp. Players aged 11-15 of all skill levels benefit from a variety of games and activities to hone tennis playing ability! Kids solidify the basics of sending/receiving the ball over the net, fundamental footwork patterns, match tactics and increased ball control. Games are both cooperative and competitive match play. Camp takes place Monday-Thursday from 9 AM-12 PM at the Memorial Park tennis courts, located at 102nd & Major. In the case of rain, class will be held at the Racquet Center located at 10444 S. Central Avenue. Please bring your own drink and snack! If you have any questions please contact [nmagro@olparks.com](mailto:nmagro@olparks.com) or 708-857-2215. PDNA (nm)

Code	Days	Date	Time	Res/NR
118300-21	M-Th	7/20-7/23	9:00A-12:00P	\$230/\$230

Additional Tennis Camps can be found on page 9.

**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. PDNA (nm)

**One On One Lesson**

1 hour lesson for one student: \$48

**Semi-Private 1-Hour Lessons**

2 & Pro-\$52 • \$26/Person

3 & Pro-\$52.50 • \$17.50/Person



Follow the Oak Lawn Racquet, Fitness & Gymnastics Center on Instagram! Check us out at [olpdracquetcenter](https://www.instagram.com/olpdracquetcenter).



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