

Oak Lawn Park District Comprehensive Plan

Matrix of Program Opportunities

III. CURRENT PROGRAM OFFERINGS

The following matrixes examine the current program offerings of the OLPD and comparable programs offered by other agencies within the community.

Oak Lawn Park District Assessment

Aquatics

<u>Activity</u>	<u>1-5</u>	<u>6-12</u>	<u>Teens</u>	<u>Adults</u>	<u>Seniors</u>
Adult Lessons				1,7	1,7
Advance Levels		1	1	1	1
Diving Lessons		1	1	1	1
Lear To Swim	1	1	1	1	1
Intro to Water Skills	1	1	1	1	1
Fundamental Skills	1	1	1	1	1
Lifeguard Training			1	1	1
Private Lessons		1	1	1	1
Water Aerobics			1,7	1,7	1,7
Open Pool	1	1	1,5,7	1,5,7	1,5,7
Sauna			5,7	5,7	5,7

Key:

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9. Morgan Park Sports Center

Oak Lawn Park District Assessment

Adult and Youth Athletics

<u>Activity</u>	<u>1-5</u>	<u>6-12</u>	<u>Teens</u>	<u>Adults</u>	<u>Seniors</u>
Basketball	1	1,6	1,5,6	1,5,7	1,5,7
Football	1	1,6			
Golf	1	1	1	1	1
Hockey	1,9	1,9	1,9	1,9	1,9
Figure Skating	1,9	1,9	1,9	1,9	1,9
Pickleball			1	1	1
Soccer	1	1,7	1,7		
Softball				1	
Swimming	1	1,5,7	1,5,7	1,5,7	1,5,7
Tennis	1	1	1	1	1
Volleyball		1,6	1,6	1	1
Racquetball	1	1	1	1,7	1,7
Track		1,5	1,5	1,5	1,5
Rock Climbing		1	1,5	5	5

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Adult Interests

<u>Activity</u>	<u>1-5</u>	<u>6-12</u>	<u>Teens</u>	<u>Adults</u>	<u>Seniors</u>
Adult Jazz				1,8	1,8
Ballroom Dance				1	1
Gardening				1	1
Dance				1	1
French			1,4	1,4	1,4
Music Lessons			1,8	1,8	1,8
Sewing/Crochet				1	1
Art			1,8	1,8	1,8
CPR			1	1	1
Rubber-Stamping Workshop				1	1

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Clubs to Join & Youth Programs

Activity	1-5	6-12	Teens	Adults	Seniors
Embroiderers Club				1	1
Bridge Club		1	1	1,2	1,2
Chess Club			1	1	1
G.O.L.D. Club		1	1	1	1
Senior's Club					1,2
Woodworkers Club				1	1
Camera Club				1	1
Garden Club				1	1
Table Tennis Club		1	1	1	1

Youth Programs

Art		1,8	1,8	1,8,4	1,8,4
Cooking for Kids	1	1	1		
French	1	1	1	1	1
Horseback Riding		1	1	1	1

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Activity	Cultural Arts				
	1-5	6-12	Teens	Adults	Seniors
Ballet	1,8	1,8	1,8	1,8	1
Hip-Hop		1,8	1,8	1	1
Jazz	1,8	1,8	1,8	1,8	1,8
Tap	1,8	1,8	1,8	1,8	1,8
Ballroom Dance				1	1
Creativity & Movement	1,8	1,8			
Irish Dance		1	1		
Latin/Salsa Dance					
Summer Dance Camp	1,8	1,8			
Creative Drama	1,8	1,8	8		
Group/Private Piano Lessons		1	1	1	1
Guitar Lessons			1		
Voice Lessons		1	1	1	1
Stage Play	1	1	1		
Theatre			1,8	1,8	1,8

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Fitness & Wellness

<u>Activity</u>	<u>1-5</u>	<u>6-12</u>	<u>Teens</u>	<u>Adults</u>	<u>Seniors</u>
<u>Pilates</u>			1,5,7	1,5,7	1,5,7
<u>Yoga</u>		1	1,5,7	1,5,7	1,5,7
<u>Aerobics</u>			1,5,7	1,5,7	1,5,7
<u>Body Pump</u>			1,5	1,5	1,5
<u>Boot Camp</u>			1,5	1,5	1,5
<u>Cardio Sculpt</u>			1,5,7	1,5,7	1,5,7
<u>Cross Training</u>			1,5,7	1,5,7	1,5,7
<u>Fitness for Beginners</u>			1,5,7	1,5,7	1,5,7
<u>Functional Fitness</u>			5	1,5	1,5
<u>Lunch Break</u>			1,5	1,5	1,5
<u>Me & Baby Fitness</u>	1				
<u>Parent & Child Workout</u>		1	1	1	1
<u>Conditioning</u>			1,5,7	1,5,7	1,5,7
<u>Zumba</u>		1		1,5,7	1,5,7
<u>Seniorcise</u>					1,2,5
<u>Slimnastlos</u>			1,5,8	1,5,8	1,5,8
<u>Smart Strength</u>			1,5,8	1,5,8	1,5,8
<u>Stability Ball</u>			1,5	1,5	1,5
<u>Total Body Workout</u>			1,5,7	1,5,7	1,5,7

Personal Trainer	1	1,5,8	1,5,8	1,5,8
Cycling		1,5,	1,5,	1,5,
Step Aerobics		1,5,8,	1,5,8,	1,5,8
Free Weights		1,5,8	1,5,8	1,5,
Kickboxing		1,5,	1,5,	1,5
Meditation		1	1	1

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Dog Obedience/Martial Arts

<u>Activity</u>	<u>1-5</u>	<u>6-12</u>	<u>Teens</u>	<u>Adults</u>	<u>Seniors</u>
<u>Advanced Obedience</u>	1	1	1	1	1
<u>Basic Obedience</u>	1	1	1	1	1
<u>Puppy Kindergarten</u>	1	1	1	1	1
<u>Shotokan Karate Club</u>		1	1	1	1
<u>Judo</u>		1	1	1	1
<u>Karate</u>			1	1	1

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Gymnastics

<u>Activity</u>	<u>1-5</u>	<u>6-12</u>	<u>Teens</u>	<u>Adults</u>	<u>Seniors</u>
Boys Gymnastics	1	1,9	1,9		
Cheer Tumbling		1	1		
Competitive Team Gymnastics		1	1		
Girls Gymnastics		1,9	1,9	1,9	
Adult Gymastics		1	1	1	1
Jump Start Gymnastics		1	1		
Spec Olympic Gymnastics		1	1	1	

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Special Events

<u>Activity</u>	<u>1-5</u>	<u>6-12</u>	<u>Teens</u>	<u>Adults</u>	<u>Seniors</u>
Ice Arena	1	1	1	1	1
Pepsi/Pitch Hit/Run		1	1		
Earth Day	1,3	1,3	1,3	1,3	1,3
Famazing Race 1	1		1	1	1
Star Spangled 4 th of July	1,3	1,3	1,3	1,3	1,3
Movie Nights	1,4	1,4	1,4	1,4	1,4
Concerts	1,3	1,3	1,3	1,3	1,3
Easter Egg Hunt	1,3	1,3	1,3	1,3	1,3
Woofstock	1	1	1	1	1
Spookview	1	1	1	1	1
Frozen Express	1	1	1	1	1

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Special Recreation

<u>Activity</u>	<u>1-5</u>	<u>6-12</u>	<u>Teens</u>	<u>Adults</u>	<u>Seniors</u>
<u>Support Groups</u>	<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>Parent's Night Out</u>	<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>Basketball</u>	<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>Baseball</u>	<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>Piano Lessons</u>			<u>1</u>	<u>1</u>	<u>1</u>
<u>Soccer</u>			<u>1</u>	<u>1</u>	<u>1</u>
<u>Gymnastics</u>	<u>1</u>				
<u>Ride a Bike</u>		<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>Spares & Strikes</u>		<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>S.O. Bowling</u>		<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>Power Lifting</u>			<u>1</u>	<u>1</u>	<u>1</u>
<u>Floor Hockey</u>			<u>1</u>	<u>1</u>	
<u>S.O. Golf</u>		<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>Unified Golf</u>		<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>S.O. Gymnastics</u>		<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>Swim Programs</u>		<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>Social Clubs</u>		<u>1</u>	<u>1</u>	<u>1</u>	
<u>Vet Programs</u>				<u>1</u>	<u>1</u>

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Summer Day Camps

<u>Activity</u>	<u>1-5</u>	<u>6-12</u>	<u>Teens</u>	<u>Adults</u>	<u>Seniors</u>
Baseball Camp		1	1		
Horseback Riding Camp		1	1	1	1
Extended Day Camp		1	1		
Full Day Camp		1	1		
Basketball Camp		1	1		
Skate and Swim		1	1		
Tennis		1	1		
Mini Sports Camp		1	1		
Nature		1	1		
Pre-School Camp	1				
Dance Camp 1		1	1		
Sports Camp		1	1		
Technologies Camp 1					
Spec.Rec. Camp	1	1	1	1	1
Theatre Camp					

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Activity	1-5	6-12	Tots Teens	Adults	Seniors
Parents & Tots	1				
Preschool Programs	1				
Rug Rats Sports	1				
Sport Dev. Programs	1				
Tot Playtime	1				
Tot Stars	1				
Swim Lessons	1				
Art Programs	1				
Music Programs	1				
Mommy & Me Ballet	1				
Jr. Scientists	1				
Kids Can Cook	1				
All by Myself	1				
Messy Fingers	1				

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Trips

<u>Activity</u>	<u>1-5</u>	<u>6-12</u>	<u>Teens</u>	<u>Adults</u>	<u>Seniors</u>
<u>Adult</u>				1,4,2	1,4,2
<u>Teen</u>			1		
<u>Overnight</u>			1	1	1
<u>Clifscapes</u>				1	1

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Nature and Gardening

<u>Activity</u>	<u>1-5</u>	<u>6-12</u>	<u>Teens</u>	<u>Adults</u>	<u>Seniors</u>
Nature Workshops	1	1	1	1	1
Nature Camps		1	1		
Adopt A Flowerbed			1	1	1
Gardening Workshops			1	1,2	1,2

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