

Beach Volleyball League for Adults (Age: 18 & up)

Come join our 4-person beach volleyball league on Mondays. We will have a men's and women's league with at least 4 teams so you are guaranteed 2 matches per night. Game times will be at 8pm and 9pm. Your team will play two matches per night. Leagues games run four weeks. Teams of 4's or 2's are welcome to join. Recreational thru advance players are welcome to join. This will be a very Social Night to start your summer Mondays.

PDNA (ds)

Location: Community Pavilion Sand Volleyball Courts

Women's 4s

Code	Days	Date	Time	Res/NR
101111-01	M	6/03-6/24	8:00-10:00P	\$180/\$180
101111-02	M	7/08-7/29	8:00-10:00P	\$180/\$180
101111-03	M	8/05-8/26	8:00-10:00P	\$180/\$180

Men's 4s

Code	Days	Date	Time	Res/NR
101112-01	M	6/03-6/24	8:00-10:00P	\$180/\$180
101112-02	M	7/08-7/29	8:00-10:00P	\$180/\$180
101112-03	M	8/05-8/26	8:00-10:00P	\$180/\$180

Learn to Play and Compete in Beach Volleyball (Age 16 & up)

It's time to take your beach volleyball GAME to another level. This weekly class features all the latest drills and training techniques that enhance your passing, setting, serving and spiking for better performance. Many additional game situation drills will be implemented as the group progresses. Lots of contests and games too, with fun and active instructors! You will learn to overhand serve and play organized games. "Challenge court" games will ensure good competition and plenty of game time for all level of athletes.

PDNA (ds)

Location: Community Pavilion Sand Volleyball Courts

Instructor: EVP VOLLEYBALL PROS STAFF

Code	Days	Date	Time	Level	Res/NR
101113-01	M	6/03-6/24	6:00-7:00P	Doubles	\$49
101113-02	M	6/03-6/24	7:00-8:00P	Adults 101	\$49
101113-03	M	7/08-7/29	6:00-7:00P	Adv. Doubles	\$49
101113-04	M	7/08-7/29	7:00-8:00P	Adults 102	\$49
101113-05	M	8/05-8/26	6:00-7:00P	Adv. Doubles	\$49
101113-06	M	8/05-8/26	7:00-8:00P	Adults 102	\$49
101113-07	M	9/09-9/30	6:00-7:00P	Adv. Doubles	\$49
101113-08	M	9/09-9/30	7:00-8:00P	Adults 102	\$49

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. 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	6:00-10:00P	\$7/player

**Adult Golf Lessons**

Adult Lessons will go over the fundamentals of the golf swing for development of the correct swing motion. Instruction will include chipping and putting. Lessons are offered in sessions. (ts)

Location: Stony Creek Golf Course

Day	Dates	Time	Res/NR
W,F	5/15-5/24	6:00-7:00	\$55/\$65
W,F	7/10-7/19	5:30-6:30	\$55/\$65
W,F	7/10-7/19	7:00-8:00	\$55/\$65
T,Th	7/09-7/18	5:30-6:30	\$55/\$65
T,Th	7/09-7/18	7:00-8:00	\$55/\$65
T,Th	7/23-8/01	6:00-7:00	\$55/\$65
Sa	7/06-7/27	1:00-2:00	\$55/\$65

New Traditions Adult Horseback Riding (Age: 18 & up)

Lessons will be offered in cooperation with the New Traditions Riding Academy at Palos Hills Riding Stables. All lessons are one hour in length. Riders must wear long pants; shoes with heels no higher than 1 1/2 inch and wear a helmet. Helmet rental is one dollar per lesson. Adult Beginner lessons are offered Mondays, 8:30pm and Sundays, 12:15pm. Adult Pleasure Riding is offered Wednesdays, 12N and Sundays, 10am (coffee and discussion afterwards). Registration is required at the park district for discounted rates. After registration is completed at the Oak Lawn Park District, call the riding school to arrange your schedule and bring your receipt to your first lesson.

PDNA (jm)

Location: New Traditions Riding Academy, Palos Heights Riding Stables, 10100 S. Kean Ave.

Phone: 708-598-7718

5 Lesson & 10 Lesson Packages available.

HeartSaver CPR (Age: 16 & up)

This course is designed for those non-professional healthcare providers who have a duty to respond to a cardiac emergency on the job or those that

would like to learn to use at home. This course teaches you how to recognize an emergency. Adult, Child and Infant CPR techniques are taught in addition to rescue techniques for choking victims. AED use will also be covered. Completion of this course give a 2-year certification in accordance with the American Heart Association's guidelines. All participants will be issued a Heartsaver Student Workbook and a certification card. (mc)

Location: Administration

Instructor: Mary Crout

Code	Day	Dates	Time	Res/NR
102011-01	Th	6/13	5:00-9:30P	\$59/\$75
102011-02	Th	7/11	5:00-9:00P	\$59/\$75
102011-03	Th	8/22	5:00-9:30P	\$59/\$75

Rubberstamping (Age: 16 & up)

Want to learn how to create some beautiful handmade greeting cards to send to all of your family and friends? This class is for you! This popular class will increase your creative side as you learn different techniques using the art of stamping. The prep work is done, so you will have the opportunity for several projects. Each class is different so sign up for all of them! Bring color pencils, adhesive, and scissors to class. All other materials will be supplied. PDNA (jm)

Location: Oak View Center

Instructor: Barbara Kamenczak

Code	Days	Date	Time	Res/NR
102201-1	Tu	6/18-6/18	7:00-9:30P	\$10/\$10
102201-2	Tu	7/16-7/16	7:00-9:30P	\$10/\$10
102201-3	Tu	8/20-8/20	7:00-9:30P	\$10/\$10

New! Canvases can be purchased at the Oak View Center for all Art classes. We have 2 sizes available. 11x14 canvases will be available for \$5, and 16x20 canvases will be \$7. Please note: Canvases can only be purchased during Oak View front desk office hours.

Private Art Lessons (Age: 10 & up)

Total of 6 hours of private instruction per course session spread throughout four 1.5 hour sessions. Enjoy one-on-one instruction with our award winning art instructor in our dedicated art room. Lessons are geared for the beginner or for those with minimal experience. Relax and work stress free at your own pace. Choose from one of the following sessions: Learn to Draw, Beginning Acrylic Painting, Introduction to Watercolor, Abstract Acrylic Painting, and Easy Portrait Drawing. Canvases are required for the Beginning Acrylic Painting & Abstract Acrylic Painting sessions. Canvases can be purchased at the Oak View front desk during operating hours, or students can bring their own to their lessons. Sessions are individually arranged with the instructor. Participants that are interested in these private art lessons must fill out a request form at the Oak View Center. Our art instructor will contact you and set-up a schedule for your lessons after the request is received. For more information, please call 708-857-2200.

All materials will be provided, except for canvases. PDNA (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Res/NR: \$175

NEW! Flow Acrylic Painting- Beginner Level (Age: 15 & up)

Exciting, creative, sometimes unpredictable, and totally amazing results! Everyone is able to create finished pieces of art- absolutely no prior experience needed. This class will teach you the basic terminology and beginner pouring techniques of flow acrylic painting. Learn measuring, ratios, consistency, finishing, and how to achieve beautiful "cells" in your work. Each basic pour will be demonstrated before you begin. Class structure: Demonstration and then remaining time is student's for completing the project at their own pace. All paint, flow medium, silicone, and designing tools will be provided. **We supply your first canvas. All canvases after this will be the responsibility of the student. Canvas size 11x14 only for beginner sessions.**

PDNA (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Days	Date	Time	Res/NR
128125-01	W	7/10-8/14	12:30A-2:00P	\$75/\$84

NEW! Flow Acrylic Painting Evening Workshops- Beginner

(Age: 15 & up)

Want to try Flow Acrylic Painting? Don't have a lot of time for classes? Sign up for our evening workshops this summer. This method of painting is exciting, creative, sometimes unpredictable, and has totally amazing results! Learn basic terminology, techniques, supplies, and paint ratios/mixing. Watch a demonstration of a beginning pouring technique, and then it's your turn! Paintings will need time to set & dry. Everyone will be given pick up dates and varnishing instructions (not required) in their workshops. No prior experience necessary- everyone is able to create finished art! Different pouring technique taught in Level I and Level II. All materials will be supplied. PDNA (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Level	Days	Date	Time	Res/NR
128126-01	I	W	6/19	6:30-8:30P	\$50
128126-02	II	W	6/26	6:30-8:30P	\$50
128126-03	I	Th	7/18	7:00-9:00P	\$50
128126-04	II	Th	7/25	7:00-9:00P	\$50
128126-05	I	Su	7/21	12:00-2:00P	\$50
128126-06	II	Su	7/28	12:00-2:00P	\$50

Artistic Endeavors (Age: 15 & up)

Has it been a while since you dabbled in art? Are you interested in trying but feel a lack of confidence? Join us and learn something new, or work in something you enjoy. Discover your inner artist in our relaxing & inspiring art program for adults. Use pastels, charcoal, colored pencils, acrylic, watercolor, ink, tempera paints, or work with air dry clay and create your own unique art! Individual attention and instruction are the hallmarks of this class. This is not a pre-determined project class. Project ideas and selection are students choice, however, we do have ideas and examples available if you get stuck! All materials supplied- EXCEPT if you choose to work on canvases. PDNA (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Days	Date	Time	Res/NR
128112-01	W	7/10-8/14	11:00A-12:30P	\$75/\$84

Pantry Garden

The Pantry Garden, located within the Oak Lawn Community Garden, gives the community a place to grow produce for local food pantries. We are in need of volunteers to build more beds, help with planting, care for the vegetable plants, weed, harvest the produce, deliver the produce and more! We will offer FREE gardening classes periodically in the garden for both Pantry Volunteers and Allotment renters. Interested volunteers must register and sign a volunteer agreement at the Oak View Center. Email dfoster@olparks.com to be added to a mailing list.com. to receive information on volunteer meetings. (DF)



Community Garden & Pantry Garden

This space has been built as a place for families and individuals to rent allotments and grow their own food. If you are a novice gardener, no worries. Starting in spring of 2019 we will be hosting various information session on a wide variety of veg gardening subjects. Why Community Garden? You grow your own produce and control what goes on them, exercise while tending your garden, relax in the garden after a long day at the office and learn from other gardeners. There are three sizes of gardens available; ADA beds are 2'x6'x 24" tall; regular sized beds are 4'x10'x10" tall; XL beds are 4'x16'x 10" tall. By using the principles of square-foot gardening, everyone can get the best results from their allotment. Registration and signing a Rental Agreement is required to participate. Contact Dolly Foster for bed availability before registering. Please register only at the Oak View Center. The garden is located at the Oak Lawn Senior Center 104th & Cook. Get on the mailing list to be informed of free gardening programs through the season. Email dfoster@olparks.com. (DF) Community Garden Season:

Code	Days	Date	Res/NR
427213-01	M-Su	4/01-11/30	\$25/\$35
427213-02	M-Su	4/01-11/30	\$30/\$35

Succulent Social Hour

Learn how to assemble a colorful- easy to grow succulent planter. Bring a friend, socialize and bring home a planter full of cute little plants! These plants are easy to care for. Save \$ AND create thoughtful gifts for others. Reuse an old dish, garden container or some great yard-sale find! Just about anything will do, however succulents are easier to care for in containers that have a drain hole (a lot easier to not over-water). If you do not have a container there will be containers at the class. Soil and plants included in the price of the class. No prior gardening experience necessary. (DF)

Location: Stony Creek Restaurant & Banquets

Code	Day	Dates	Time	Res/NR
427210	F	6/07	7:00-9:00P	\$25