

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

Facility Hours: October 1 - May 24
M-F: 6:00A-10:00P
Sa: 7:00A-9:00P
Su: 7:00A-8:00P

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 9/01/2018)



Tennis & Wallyball Membership

Tennis & Wall Ball Memberships are valid September 1st, 2018- August 31st, 2019 and is paid annually. Membership allows members to make reservation up to one week in advance. Tennis membership does not include court time.

Annual Fee	Tennis Membership	Wallyball Membership	Add Fitness to your membership
(PLUS Court Time)	\$200 (on or before 8/31/18) \$225 (on or after 9/01/18)	\$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	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 9-13yrs.	3.6-4.0
TIME	7-9P	10-11A	11A-1P	7-9P	10A-11A	11A-1P	4-6P	12-2P

50 & up Batting Cage Rental Special

Head to the Racquet Center to practice your swing!
 Take advantage of our 50 & up batting cage rental rate.
 \$5/half hour Monday-Friday from 6AM-3PM.



We are excited to announce the Oak Lawn Racquet, Fitness & Gymnastics Center has received one of 24 USTA 2018 Outstanding Facility Awards! This award recognizes excellence in the construction and renovation of tennis facilities throughout the country. A big thanks to our patrons and staff for your continuous support.

Racquet Ball Membership

Racquet Ball Non-members must pay a \$10 guest fee when paying with a member.

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	Racquetball Non-Member
\$25/hr.	\$40/hr.	\$20/hr.

High School Tennis/Badminton

High School Tennis Drill: \$15
 High School Badminton Drop In Play: \$5

	Tennis	Tennis	Badminton
SUN	Nov. 1 to May 12, 2019	Nov. 1 to May 12, 2019	Nov. 1 to May 12, 2019
TIME	Junior Varsity 4:00-6:00P	Varsity 6:00-8:00P	All Levels 6:00-8:00P

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.

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 708-857-2215 for drop in play night reservations.

PDNA (nm)
Location: Racquet, Fitness & Gymnastics Center
Day **Time** **Res/NR**
 M-F 6:00A-12:00P \$5/player

TENNIS LESSONS

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 minimum of 5 registered participants in each class for class to run

10 & Under Junior Tennis Programs (Age: 3-10) Res/NR: 1hr/\$130



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. First time participant's ages 3-5 should register for Level A and ages 6-8 should register for Level 1. If your child is signed up for a class that is too challenging or not challenging enough they will be moved to appropriate level. PDNA (nm)

Session: January 7 - March 30 (12 weeks)

Code	Day	Time
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Red Level 1 (Age: 5-8)

318201-31	W	4:00-5:00P
318201-32	W	5:00-6:00P
318201-61	Sa	10:00-11:00A

Orange Level 2 (Age: 8-10)

318202-31	W	5:00-6:00P
318202-61	Sa	9:00-10:00A

Green Level 3 (Age: 8-10)

318203-31	W	6:00-7:00P
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Youth Tennis Programs (Age: 11 & up)

Session: January 7 - March 30 (12 weeks)

Youth Beginner Level 1 Res/NR: 1hr/\$130

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. 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)

Code	Day	Time
318301-11	M	4:00-5:00P
318301-31	W	6:00-7:00P
318301-62	Sa	11:00A-12:00P

Youth Intermediate Level 2 Res/NR: 2hr/\$240

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 stimulate 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)

Code	Day	Time
318302-11	M	5:00-7:00P
318302-61	Sa	9:00-11:00A

Youth Advanced Level 3 Res/NR: 2hr/\$240

Youth Advanced Level 3 looks to build on the continual development of rallying skills, developing tactical and court positioning skills, as well as more familiarity with singles and doubles play. Introduction and emphasis on developing the overhead serve and transition shots, such as a slice backhand and approach shots. PDNA (nm)

Code	Day	Time
318303-21	Tu	5:00-7:00P

Teen Tennis Lessons (Age: 13-17)

Session: January 7 - March 30 (12 weeks)

Teen Beginner Level 1 Res/NR: 1hr/\$130

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)

Code	Day	Time
318401-11	M	4:00-5:00P
318401-41	Th	7:00-8:00P

Teen Intermediate Level 2 Res/NR: 2hr/\$240

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

Code	Day	Time
318402-61	Sa	10:00-11:00A

Teen Advanced Level 3 Res/NR: 2hr/\$240

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)

Code	Day	Time
318403-11	M	5:00-7:00P

Adult Tennis Lessons (Age: 18 & up)

Session: January 7 - March 30 (12 weeks)

Adult Beginner Res/NR: 1hr/\$130

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)

Code	Day	Time
318601-41	Th	7:00-8:00P
318601-61	Sa	9:00-10:00A

Adult Intermediate Res/NR: 1hr/\$130

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 focused on rally based games and drills. Tactics and situational based drills are important features of Advanced Tennis. NTRP ratings of 3.0-3.5 ONLY. Feel free to speak with a tennis professional with questions. PDNA (nm)

Code	Day	Time
318602-41	Th	8:00-9:00P



TENNIS EARLY BIRD REGISTRATION

Take \$10 off if you register
on or before November 26.

TENNIS EARLY BIRD REGISTRATION

Take \$10 off if you register during Early Bird Registration.
Early Bird Period: October 29 - November 26

Tournament Training Lessons (Age: 13-18)

Location: Racquet Fitness & Gymnastics Center

Session: January 7 - March 30 (12 weeks)

Tennis Pro approval is REQUIRED to attend either of these tennis programs. The tennis Pro WILL move a student to the appropriate class based on their tennis level. If a student is unsure about which class to attend, a free 15 minute tennis analysis will be conducted by a member of the tennis staff to determine the student's placement in the appropriate class. PDNA (nm)

Grand Prix Drop-In Drill (High School Players ONLY) Res/NR: 2hr/\$15
 Participation on a High School Tennis Team or Instructor Approval Required. This class is a level above Teen Level 3. This one is geared towards high school team players 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)

Days	Date	Time
Tu	1/8-3/26	4:00-6:00P

Academy (High School Players ONLY) Res/NR: 2hr/\$240

Participation on a Varsity High School Tennis Team or Instructor Approval Required. Tournament Training is geared for varsity level high school players. Like Grand Prix, it furthers players' competitive tactical knowledge. 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. PDNA (nm)

Code	Days	Date	Time
318502-41	Th	1/10-3/28	5:00-7:00P



Keep updated on

10 & Under, Youth, Teen and Adult tennis information! Make sure your email is updated in your household account. New events, tournaments and drills will be sent out via email. If you want to be added to this list please let us know. Contact 708-857-2215.

Yoga for Tennis (Age: 18 & up)

Session: January 7 - March 30 (12 weeks)

As many dedicated players know, tennis is tough on the body. The game requires strength, flexibility and mental concentration. Tennis is also a game of strategy, being calm, centered and focused. Many tennis players, from the amateurs to the pros have discovered that the combination of yoga and tennis makes for a win-win situation. Our yoga for tennis class will focus specifically on developing your tennis game through flexibility in the hips, back, ankles, shoulders and wrists, creating a better range of motion to enable more strength and racquet speed, better core strength and stronger, injury-prone joints. PDNA (nm)

Location: Oak Lawn Racquet, Fitness & Gymnastics Center

Code	Days	Time	Res/NR
318626-31	W	10:00-11:00A	\$130/\$130

Pickleball Appreciation Day

Calling all pickleball athletes! The Oak Lawn Racquet Center will be hosting our 3rd Pickleball Appreciation Day. Enjoy refreshments and a free day of play. All participants will receive a special gift! We know you're a big dill so come on out! (nm)

Day	Date	Time
Th	3/14	6:00A-12:00P

GET SOCIAL WITH US



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



Like the Oak Lawn Racquet, Fitness & Gymnastics Center Facebook Page Today!

Don't miss out on the Quarterly Adult Tennis Newsletter.
 Email Nicholas at nmagro@olparks.com to be added to the email list!

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
 ½ hour lesson for one student: \$26

Semi-Private 1-Hour Lessons
 (available for up to 3 students)

2 & Pro-\$52 • \$26/Person
 3 & Pro-\$52.50 • \$17/Person