



# Adult Sports

## CHECK IT OUT

Do you need to check your team schedule? Do you need to find info on rain-out reschedules? Do you need to check where your team ranks? See when the next adult sport league starts? [www.quickscores.com/oakpark](http://www.quickscores.com/oakpark) has all the answers you're looking for!

## Kickball

### Fall Co-Ed Adult Kickball League (Ages 18+)

CD

For all adults out there that need to relive those elementary school playground years or for those of you that still can't let go of those childhood memories of being king of the kickball field, here is your opportunity. Join the adult Co-Rec Kickball League! Space is limited so don't wait. You won't want to miss this exciting opportunity to act like a kid again! The regular season is eight games with a post season tourney for those teams that qualify. Trophies for the winners. Eight game regular season and post-season tourney for those who qualify!

Location: Ridgeland Common  
 Th, 6:45-10:45pm \$370/\$490  
 Aug 27 - Nov 5 #343570-01  
 Min 6/Max 12

## Soccer

### Fall Outdoor Co-Rec Soccer League (Ages 18+)

CD

Non-Lottery Program

This adult recreational league emphasizes fun and participation. Teams will play an eight game schedule. We will attempt to place all teams registering but they will be accepted on a 1st come 1st serve basis. Registration for all teams begins on July 7th. Games to be announced, will be played primarily at the new synthetic surfaced fields at the Oak Park and River Forest High School and Forest Park Park District, and one of the grass fields in Oak Park. Eight game regular season.

Location: Barrie Park  
 Su, 8am-1:30pm \$800  
 Aug 16 - Nov 8 #343560-01  
 Min 6/Max 20

## Fall League Softball

### Fall Adult Softball Leagues (Ages 18+)

CD

Non-Lottery Program

- Mens 14" A, B, C, and Open and Co-ed 14" leagues offered
- Game times are at 6:45, 7:45, 8:45, and 9:45 pm (dependant on number of teams)
- 8 game regular season + post-season tournament for those teams that qualify
- All games played at Ridgeland Common Park
- League fee \$442 (additional \$20 per non-resident, if applicable) or \$672 quick pay & play

Please note: The Park District of Oak Park reserves the right to place teams into divisions that it feels will produce the most appropriate level of play for all divisions. Factors that will be taken into consideration will include, but are not limited to, the number of teams registered, the relative quality of teams based on recent historical data, and recent feedback from other teams. Any questions please contact Chad Drufke 725-2109 or Bob Mullin 514-7257.

#### Fall 2009 Softball Timeline:

- **Monday, July 13, 2009** - Registration begins for all 2008 returning teams. A deposit of \$300 is required to reserve a spot.
- **Tuesday, July 28, 2009** - Registration begins for all new teams.
- **Friday, August 14, 2009** - Deadline for entering a team for the fall league.
- **Week of August 24, 2009** - Season begins.

Note: All registration materials (Team Roster Form, Registration Form) and league fees for both new teams and returning teams are due. If all registration materials and league fees are not received by the start of the season, your team will not be placed on the schedule.

Note: Completed rosters are due prior to the first game.

League	Day	Max # of Teams	Code
Mens B 14" League	M	14	#343510-01
Mens A 14" League*	Tu	8	#343510-02
Mens C 14" League**	Tu	6	#343510-05
Mens Open 14" League	W	14	#343510-03
Co-ed 14" League	F	10	#343510-04

\*Need to be pre-approved for entry into this league

\*\* Must have a record of 3-8 or lower in previous season

## Basketball

### Men's Summer Indoor Basketball (Ages 18 & Up)

CD

Are you ready for some summer hoops? Register for this program that will take place at the Lawless gym, home of the Fenwick Friars. A gym supervisor will organize game play; no instruction will be given. You must be registered in advance to participate; this is not a drop-in program. Please enter building from Washington Blvd. entrance.

Location: Fenwick High School, Lawless Gym  
 W, 7-9:15pm \$50/\$75  
 Jun 10 - Jul 29 #343550-01  
 # of weeks: 8 Min 10/Max 20

### NEW! Men's Summer Outdoor Basketball (Ages 18 & Up)

CD

Are you looking to play some basketball outdoors under the lights? Register for this new program that is located at the new outdoor basketball court at Longfellow Park. A supervisor will organize game play; no instruction will be given. You must be registered in advance to participate; this is not a drop-in program.

Location: Longfellow Park  
 Tu, 7-9pm \$30/\$45  
 Jul 7 - Aug 11 #343550-02  
 # of weeks: 6 Min 10/Max 15

## CO★OP Derby Lite Demonstration Day (Just for Women Ages 20+) CD

Roller derby is the world's fastest growing sport for women. Tens of thousands of women participate in this fast-paced, high intensity activity. It's one that builds cardiovascular health as well as strong muscles and skating skills. Derby Lite: Oak Park was founded in 2007 to provide a way for working women and moms to share the commitment, fitness and rewards of learning a new skill that never gets boring. However, Derby Lite does it without the contact or impact of derby regular (like flag football or no-check hockey). The Park Districts of Forest Park, Oak Park, and River Forest are entering into a co-operative agreement with Derby Lite to provide a fall "league." On August 1, the ladies of Derby Lite: Oak Park will conduct a typical practice, demonstrating many different skating skills and derby-style drills. Brave onlookers and interested ladies are invited to join in for a "try before you buy" way to check it out in person. Participants are required to bring their own helmet; all other gear (including skates) will be available to borrow at no charge for the day!

Sa, Aug 1 Noon - 2:00 pm  
 Veteran's Park Outdoor Skating Rink in Forest Park (west end of park, 7501 Harrison)

## Biker's Smarts & Traffic Tips (Ages 18+) CD

Get More out of your bike! The Chicagoland Bicycle Federation's professional cycling instructors will teach you to ride confidently on any street at any time of the day. Be aware of traffic all around you, as well as the road ahead. Adjust and maintain your bicycle for control and comfort. Easily choose equipment that helps you ride safely and more often.

Location: Longfellow Park  
 Tu, 6-8pm \$25/\$38  
 Jul 7 - Jul 14 #343621-01  
 # of weeks: 2 Min 6/Max 12

# Adult Sports

## Park District Tennis Lessons (Outdoor)

### Adult Tennis Lessons

JM

The Park District of Oak Park is pleased to offer tennis instruction to adult residents and non - residents of Oak Park for the summer and fall. These classes are for adults 18 and older and are geared towards general skill development level. Each class players are introduced to new techniques, fun challenges and game situations with a friendly, supportive learning structure. Players are encouraged to develop their skills, abilities and progress to higher levels of play throughout the playing season. Singles, doubles and mini match situations are offered. Class size is limited 12 students. Students are required to wear court shoes/sneakers; sun protection and comfortable court apparel are strongly recommended. Beginner adults may use a Park District racquet during lessons; intermediate and advanced students must bring their own racquet. Balls are provided.

Location: Taylor Park  
 Fee: \$122/\$183  
 Min 6/Max 12

Level	Instructor	Day	Session Dates	Time	Location	Code
Beginner	Greenwald	Tu/Th	Jun 16 - Jul 9	6-7:30pm	Euclid Park	#343800-01
Beginner	Greenwald	Tu/Th	Jul 14 - Aug 6	6-7:30pm	Scoville Park	#343800-02
Beginner	Hodzic	Tu/Th	Aug 11 - Sep 3	6-7:30pm	Scoville Park	#343800-03
Beginner	Chavez	M/W	Jun 15 - Jul 8	6:30-8pm	Taylor Park	#343800-04
Beginner	Chavez	M/W	Jul 13 - Aug 5	6:30-8pm	Taylor Park	#343800-05
Beginner	Hodzic	M/W	Aug 10 - Sep 2	6:30-8pm	Taylor Park	#343800-06
Intermediate	Greenwald	M/W	Jun 15 - Jul 8	6-7:30pm	Euclid Park	#343800-07
Intermediate	Chavez	M/W	Jul 13 - Aug 5	6-7:30pm	Scoville Park	#343800-08
Intermediate	Chavez	M/W	Aug 10 - Sep 2	6-7:30pm	Scoville Park	#343800-09
Intermediate	Chertok	Tu/Th	Jun 16 - Jul 9	6:30-8pm	Taylor Park	#343800-10
Intermediate	Chertok	Tu/Th	Jul 14 - Aug 6	6:30-8pm	Taylor Park	#343800-11
Intermediate	Chertok	Tu/Th	Aug 11 - Sep 3	6:30-8pm	Taylor Park	#343800-12
Advanced	Greenwald	M/W	Jun 15 - Jul 8	8:15-9:45pm	Taylor Park	#343800-13
Advanced	Greenwald	M/W	Jul 14 - Aug 6	8:15-9:45pm	Taylor Park	#343800-14
Advanced	Chertok	Tu/Th	Aug 11 - Sep 3	8:15-9:45pm	Taylor Park	#343800-15

## Adult Summer Sand Volleyball Tournament

### Non-lottery program

CD

Grab some friends and form a team for a single elimination sand volleyball tournament at the new sand courts at Rehm Park! Teams must consist of three men and three women. The tournament will consist of a semifinal game, championship game along with a third place game. Trophy for the tournament champion!

Location: Rehm Park Sand Volleyball Courts  
 W, Aug 19 \$90/\$135 per team  
 5:45-8pm #343540-01  
 Min 4 teams/Max 4 teams

## Adult Tennis Tournament

CD

- Want to show off your newly-honed tennis skills? Or maybe you want to see just how good you've become.
- Either way be sure to sign up for the Park District's Adult Tennis Tournament, scheduled for a five day period in July. Limited to the first 32 participants to sign up, so register early! Each player will be guaranteed at least two matches and receive a t-shirt for participating in the tournament.

• Location: Taylor Park  
 • M-Th, 6:30-9:30pm \$27/\$41  
 • Jun 8 - Jun 11 #343800-16  
 • Min 8/Max 32