



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 has all the answers you're looking for!

Indoor Tennis Instruction @ the Tennis & Fitness Centre

(Not a Park District Program)

The Park District of Oak Park is pleased to partner with the Tennis & Fitness Centre to offer professional tennis instruction for kids and adults during the fall, winter and spring seasons. Classes are available for beginners and advanced beginners. Each week players will be introduced to new techniques, challenges, and game situations within a friendly, supportive structure by professional tennis instructors. Skill development, fitness, and the necessary fundamentals will be the focus. Non-marking shoes are required! Classes begin the week of January 4. This is not a Park District of Oak Park program - for more information and to register, please call the Tennis & Fitness Centre at 708-386-2175. Tennis for a Lifetime!

Sports Leagues

Co-Ed Indoor Soccer

CD

Co-Rec Indoor Soccer is offered for men and women at the Oak Park & River Forest High School Field House. This is a recreational league. USSF official rules apply. Teams play with six players: five on the field and one keeper. Two women must be on the playing field at all times. Teams play two 20-minute halves. NOTE! The Park District may refuse any team with incomplete registration and payment! Rosters are due the date of the captain's meeting (date TBD). Division winners will receive shirts.

Games played on Sundays at the OPRFHS Fieldhouse, 10:45am-4pm

\$560 per team (additional \$20 per non-resident)

OR \$635 quick pay and play.

Coordinator: Bob Mullin

Su, 10:45am-4pm

\$560/\$635

Season starts Jan 18, 2009

#141356-01

of games: 8

Min 8/Max 14

Winter Power Volleyball League

CD

Competitive volleyball is back! Six teams rotate and play two matches a night using two nets. The teams waiting in rotation must score, officiate and record the games in play. Three teams advance to playoffs. The champion and runner-up receive plaques.

Location: Julian Middle School

W, 6:45-9:15pm

\$500/\$565

Jan 14 - Apr 8 (No class 4/1)

#141344-01

of weeks: 12

Min 4/Max 6

Co-Ed Volleyball

CD

This program is recommended for players who have participated in competitive volleyball at the B and A level. No instruction is given in this 20 week session!

Location: Brooks Middle School

W, 7-9:15pm

\$115/\$173

Jan 7 - May 27 (No class 4/1)

#143540-01

of weeks: 20

Min 10/Max 24

Co-ed Volleyball punch pass cards

If you can't make a night, you won't lose out if you purchase a card. Each card is good for ten nights of play. Cards can be purchased at the Park District Administrative Center. The cost of the card is \$60/\$90.

Floor Hockey

Women's Floor Hockey

(Ages 18 & Up)

JG

Join in the fun for an hour and a half of exercise!

No past experience is necessary. Floor hockey sticks and pucks will be provided. Shin guards and mouth guards are not required but highly recommended.

Location: Mann School Gym, 921 N. Kenilworth Ave

Sign up for all classes and save!

MUST BE PRE-REGISTERED TO ATTEND!

M, 6:30-8pm

No class Feb 16

of weeks: 13

Dates	Codes	Fee
M, Jan 12	#112220-36	\$8/\$12
M, Feb 2	#112220-37	\$8/\$12
M, Feb 9	#112220-38	\$8/\$12
M, Feb 23	#112220-39	\$8/\$12
M, Mar 9	#112220-40	\$8/\$12
M, Mar 16	#112220-41	\$8/\$12
M, Mar 23	#112220-42	\$8/\$12
M, Apr 6	#112220-43	\$8/\$12
M, Apr 13	#112220-44	\$8/\$12
M, Apr 20	#112220-45	\$8/\$12
M, Apr 27	#112220-46	\$8/\$12
M, May 4	#112220-47	\$8/\$12
M, May 11	#112220-48	\$8/\$12
M, May 18	#112220-49	\$8/\$12
ALL CLASSES	#112220-50	\$80/\$120

Basketball

Adult Indoor Basketball (New 35 & up Division)

CD

Dust off your sneakers, its time for some hoops! Practice your jump shot as teams will be formed each program night playing games on a rotating basis. Play only, no instruction is given. Children are not allowed in the facility.

Dates: Week of Jan 6 - Week of May 26

of weeks: 20 for Tu classes, 19 for Th classes

Time: 7-9:15pm

Location	Dates	Division	Fee	Code
Irving School/Hatch School*	Tu, Jan 6 - May 26 (No program 3/31)	Men	\$115/\$172	#143550-04
Brooks School	Tu, Jan 6 - May 26 (No program 3/31)	Men Age 35 & up	\$115/\$172	#143550-03
Brooks School	Th, Jan 8 - May 28 (No program 3/12 & 4/2)	Men	\$110/\$165	#143550-02

* Meets at Hatch school during the month of November (Nov 4 - 25)