

## Basketball

### Adult Indoor Basketball (Mens 18 & up or 35 & up) **AS**

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. This program is for men whose age is 18 and over. Children are not allowed in the facility.

# of weeks: 19  
Time: 7-9:15pm

Division	Location	Dates	Fee	# of weeks	Code
18 & up	Julian Middle School	Th, Jan 12 - May 24 (No class 3/29)	\$128/\$192	19	#143550-02
35 & up	Brooks School	Tu, Jan 10 - May 22 (No class 3/27)	\$128/\$192	19	#143550-03

## Derby Lite

### Roller Skating Fun & Fitness for Women Old Enough to Know Better! **AS**

This is a workout like no other! Non-competitive, non-impact weekly practices include off-skates dynamic warm-ups, free skate time, learn-to-skate skills training, high intensity skating drills, upper body strength exercises, and cool-down stretching led by certified instructors. In Intermediates, ladies' skating and fitness will continue to improve with new and challenging skills and drills.

Derby Lite: Park District classes are designed to improve skating skills and physical fitness of both beginner and experienced skaters. We start with how to stop, fall, and feel confident on your skates while building strength, agility and cardio fitness all while having fun. No roller skating experience is required, however we strongly recommend that if you have not skated in years (or ever), that you go skate at a local rink to make sure that you are comfortable with roller skating for fitness, understanding that Derby Lite is not strictly a "how to skate" class. Required equipment includes quad speed skates (inline or boot skates not allowed), helmet, knee pads, wrist guards, elbow pads and mouth guard which Derby Lite will help you get.

**VERY IMPORTANT:** You must take the confirmation code on the receipt provided by the park district to [www.DerbyLite.org](http://www.DerbyLite.org) to complete your registration, confirm your place in class and get into the proper skates and protective gear. You can choose to rent or purchase skates through Derby Lite if you do not already own quad speed skates with appropriate indoor wheels. The deadline to rent or purchase skates through Derby Lite is January 6, otherwise we cannot guarantee all your equipment will be available for the first class. For additional information, please visit [www.DerbyLite.org](http://www.DerbyLite.org), check out the FAQs, or email [ParkDistrict@DerbyLite.org](mailto:ParkDistrict@DerbyLite.org).

#### Beginner

For participants with NO Derby Lite experience or for continuing skaters who wish to reinforce basic skills before moving to Intermediate. Choose M or Sa class.

M, 7-8:30pm	\$160/\$240
Jan 16 - Mar 26	#143750-01
Sa, 8:30-10am	\$160/\$240
Jan 14 - Mar 24	#143750-03
# of weeks: 11	Min 8/Max 18

#### Intermediate

For Continuing and/or experienced skaters who are ready to kick their skills & fitness up a notch.

W, 7-9pm	\$190/\$285
Jan 18 - Mar 28	#143750-02
Sa, 10am-12pm	\$190/\$285
Jan 14 - Mar 24	#143750-04
# of weeks: 11	Min 8/Max 18

## Dodge This!

### Pickup Dodge Ball (Age 18 +) **AS**

This classic grade-school sport is just as exciting as you remember, and way more fun as an adult. This program is casually competitive which means you will have a great time no matter what. This program is a great opportunity to get in shape or meet new people! Teams of up to 6 people compete 6 on 6 throwing six 8.5" rubber coated foam balls at the opposing team. It's a wild time, sure to raise your heartbeat and to bring a smile on your face.



Location: Irving School  
Tu, 7:15-8:45pm \$42/\$63  
Feb 21 - Apr 3 (No class 3/27) #141345-01  
# of weeks: 6 Min 10/Max 20

## Fencing

### Beginning Fencing **TS**

En garde! Diana Unger, a certified coach with the United States Fencing Association with more than 25 years of fencing experience, will teach you the basics of fencing. Fencing requires patience, concentration, discipline, and self-awareness. Self-confidence, self-control, and emotional strength gained from this sport will lead to a healthier lifestyle. Weapons, jackets, and masks will be provided and shared among classmates.

Instructor: Diana Unger, Chicago Fencing Club  
Location: Stevenson Center  
Th, 7-7:55pm \$107/\$54  
Jan 19 - Mar 8 #133260-05  
# of weeks: 8 Min 4/Max 10

## Softball

### Umpire Clinic

**AS**

It's that time of year to start gearing up for a new softball season. Are you looking to become a slow pitch softball umpire or are you an experienced umpire who needs a refresher course on the rules for the upcoming spring season? If so this program will serve your needs. Our own adult softball crew chief umpire Bob Mullin will use his experience and expertise to provide you the knowledge needed to umpire slow pitch softball. The clinic emphasizes and offers training on slow pitch softball rules as well as proper umpire mechanics. The program will be class based and no official certification is attained by completing the program.

Location: Stevenson Center

W, 7:15-8:45pm \$60/\$90  
 Feb 22 - Mar 28 #143753-01  
 # of weeks: 6 Min 8/Max 20

## Soccer

### Adult Co-ed Indoor Soccer (Age 18 +)

**AS**

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. Team 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! Park District may refuse any team with incomplete registration and payment! Teams will be accepted on a 1st come 1st serve basis with a max of 9 teams allowed in the league.

Game Location & Times: OPRFHS Field House, 10:45 am-3:00 pm

Season Begins: Jan 29, 2012

Fees: \$616 per all Oak Park resident team (additional \$20 per non-resident, if applicable)

OR \$666 quick pay & play.

Program Coordinator: Bob Mullin

Location: OPRF High School

Su, 10:45am-3pm \$616/\$666  
 Jan 29 - Mar 18 (No class 2/5) #141356-01  
 # of weeks: 7 Min 6/Max 9

## Volleyball

### Power Co-Ed Volleyball League (Age 18 +)

**AS**

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. All teams advance to playoffs. The champion and runner-up receive plaques.

Location: Julian Middle School

W, 6:45-9:15pm \$547/\$597  
 Jan 18 - Apr 11 (No class 3/28) #141344-01  
 # of weeks: 12 Min 4/Max 6

### Co-Ed Volleyball (Int/Adv) (Age 18 +)

**AS**

This program is recommended for players who have participated in competitive volleyball. Teams will be formed each Wednesday night and games will follow. No instruction given. Children will not be permitted to enter the facility.

Location: Brooks Middle School

W, 7-9pm \$128/\$192  
 Jan 11 - May 23 (No class 3/28) #143540-01  
 # of weeks: 19 Min 10/Max 20

### Co-Ed Volleyball Punch Cards (Age 18 +)

**AS**

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. A valid pass must be presented to the supervisor before entering the gym.

W, 7-9pm \$77/\$116  
 Jan 11 - May 23 (No class 3/28) #143540-02  
 # of weeks: 19 Min 1/Max 20



## Indoor Tennis @ Tennis and Fitness Centre (Ages 15+)

The Park District is pleased to partner with The Tennis and Fitness Centre for adult tennis classes during the winter season. Each week, Beginning and Advanced Beginning players are introduced to new techniques, fun challenges, and game situations within a friendly, supportive structure. Skills development, game fundamentals and fitness are the focus.

Location: Tennis and Fitness Centre, 301 Lake Street

**Not a Park District program - please call The Tennis and Fitness Centre at (708) 386-2175 for more information or to register.**