

**Central Park Building**  
15601 South Central Avenue  
(708) 687-7270



**Don Gorman Rec Center**  
4412 Henry Street  
(708) 687-8882

**Oak Forest Park District Health & Fitness Center presents:  
"8-Week Cardio Boot Camp"**



Let us help you improve your endurance, strengthen your heart, build your stamina, or simply "spring" into your summer body with a well-structured, cardio-focused boot camp for all fitness levels instructed by our very own **Roger Bradley**.

**Who:** Ages 18+                      **Where:** OFPD (gymnasium)  
**When:** May 8<sup>th</sup> – June 26<sup>th</sup>      **Time:** 5pm-6pm (beginner)/6pm-7pm (intermediate)  
**Cost:** \$215/member - \$235/non-member

**Pre and post fitness assessments & measurements, One fitness coaching call with your boot camp fitness specialist per 4- week session, Weekly progress check-ins via email or text  
Free OFPD Health & Fitness Center t-shirt , Goal oriented prizes**

*Please pre-register  
\*Call 708-535-5030 for details*

*There's still time to sign up for Summer Day Camps!*

Registration for Summer Day Camps is now being taken.  
Sign up at the Park District!

<u>Camp</u>	<u>Grade/Age</u>	<u>Time</u>
Youth Day Camp:	Those entering 1st-5th grade	9:30am-3:30pm
Camp Quake:	Those entering 6th-8th grade	9:30am-3:30pm
Camp Care:	Those enrolled in Youth Day Camp or Camp Quake	7:00am-9:30am & 3:30pm-6:00pm
Camp Enterprise:	Those entering 1st-3rd grade	10:00am-1:00pm
Camp Little Tykes:	Those 2-3 years (by 1-02-17)	10:00am-12:00pm
Camp FunTime:	Those 3-5 years (by 9-01-16)	10:00am-1:00pm
Camp Little Critters:	Those 2-4 years	10:00am-12:30pm
Camp Curiosity:	Those 3-9 years	10:00am-1:00pm

*El Morro and Forest Trails*

will open May 14h! Be sure to check out our Special Events and what movies we will be playing this year for Movie In The Park!



This event is not sponsored by Community Consolidated S.D. 146, any of its schools, or groups officially associated with the District.

*Family Kite Fly*

All ages are invited to join us for a day of fun! Bring your kite, and enjoy the sunshine. First 75 participants will be given a build-a-kite kit! Concessions will be available for purchase.

**When:** Saturday, May 6th  
**Where:** Jesk Park  
155th & Ridgeland  
**Time:** 10:00am-2:00pm  
**Fee:** FREE!



## Sunday Funday at the Park District

9:00am-10:00am: Basketball #2524-2201  
 10:00am-11:00am: Soccer #2527-2201  
 11:00am-12:00pm: Track & Field #2521-2201  
 12:15pm-1:15pm: Volleyball #2526-2201

**Who:** 6-12 years  
**When:** Sundays—5/21-6/18  
**Fee:** \$59.00 R/NR



**Next session will run Sundays, July 9-Aug 6.**

## Summer Sport Camps

We will be holding Summer Sport camps for the following sports:

Basketball, Baseball, Track and Field, and Ultimate Summer "Multi Sport". More info can be found in our brochure!

## Mesmerizing Magic

Children are guaranteed to have a great time as they learn a collection of fascinating tricks! While the tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials provided and each child receives a magic kit to take home. New tricks every session!

PROGRAM	# DATES	TIME
2420-2101	Fri., 5/12	5-5:55pm
2420-2201	Thurs., 7/20	4-4:55pm

**Instructor:** Magic Team of Gary Kantor  
**Who:** 5-12 yrs.  
**Location:** Central Park Building  
**Fee:** \$20.00 R /\$26.00 NR



## Tae Kwon Do

Learn the Korean martial art of Songahm Tae Kwon Do. Techniques taught include punching, kicking, forms and self-defense. More importantly, develop discipline, confidence, concentration and self-control. Advancement is available. Each session is 6 weeks.

**Location:** ATA Tae Kwon Do Center  
 15423 Cicero Ave.  
**Date:** Mondays and Wednesdays  
 May 8-June 14

Program	Age	Time	Fee
1220-2101	3-6 years	5:30-6:00pm	\$70 Res/ \$75 NR
1220-2102	7 years +	6:00-6:45pm	\$80 Res/ \$85 NR

## Adult Heartsaver CPR Classes

We offer CPR certification classes for those 16 and older. The class will certify you for two years on infant, child and adult CPR and will also cover AED. BLS classes also available. Contact ext. 117 for more information.

PROGRAM #	DATES	Who:	Location:	Day:	Time:	Fee:
3035-2201	May 10	16 years and older	Central Park Bldg 15601 S. Central Ave.	Wednesday	6:00pm – 10:00pm	\$40.00 R/NR
3035-2301	June 7					
3035-2401	July 12					
3035-2501	August 9					



## Open Gym

Check out [www.oakforestparks.org](http://www.oakforestparks.org) for the Open Gym Basketball Schedule. \$2.00 for residents and for those who attend Oak Forest Schools (must present a drivers license or school ID). \$5.00 for non-residents.  
*\*Schedule can be subject to change without notice\**