

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

**Facility Hours: September 30th - May 22nd**  
**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 9/01/2019)**



**Tennis & Wallyball Membership**

Tennis & Wallyball Memberships are valid September 1st, 2019- August 31st, 2020 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)	\$225	\$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
<b>NTRP LEVELS</b>	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 9-13 yrs.	3.6-4.0
<b>TIME</b>	7-9P	10-11A	11A-1P	7-9P	10A-11A	11A-1P	4-6P	12-2P

**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.

**Baseball/Softball Cage Rental- 3 cages available for rent**

Long Cage \$20/hour: Cage size 12' x 85' has a hitting tee, pitching mound, backdrop/pitcher trainer and a L screen.

Short Cage \$10/half hour : Cage size 14' x 35' has a hitting tee, backdrop/pitcher trainer and a L screen

**Must supply your own equipment such as batting helmets, balls, bat and glove. No spikes please. Reservations only by calling 708-857-2215.**

**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
<b>SUN</b>	Nov. 1, 2019 - May 19, 2020	Nov. 1, 2019 - May 19, 2020	Nov. 1, 2019 - May 19, 2020
<b>TIME</b>	Junior Varsity 4:00-6:00P	Varsity 6:00-8:00P	All Levels 6:00-8:00P

**Calling all adult tennis players. We are offering competitive play with local clubs for players 3.5 and above. Jack Berry League offers men and women's divisions and the Illiana league is a co-ed league for ages 55+.**  
**For more information please contact Nick at nmagro@olparks.com or 708-857-2215.**

**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 nmagro@olparks.com with any questions. PDNA (nm)  
 Location: Racquet, Fitness & Gymnastics Center

Day	Time	Res/NR
M-F	6:00A-12:00P	\$5/player
M	6:00-10:00P	\$7/player

**3 MONTHS OF CLASSES!**  
Payment Plans Available.

## 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 min. of 5 registered participants in each class for class to run

### 10 & Under Junior Tennis Programs (Age: 5-10) Res/NR: 1hr/\$135

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. Ages 6-8 and first time tennis players 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 the appropriate level. [PDNA](#) (nm)

Session: January 6 - April 5 (3 months)

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
318201-61-A	Sa	8:00-9:00A ( <i>Advanced Red Level</i> )

#### 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 6 - April 5 (3 months)

#### Youth Beginner Level 1 Res/NR: 1hr/\$135

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. In addition, 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: 2hrs/\$245

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
318302-31	M	5:00-7:00P



### TENNIS EARLY BIRD REGISTRATION

Take \$10 off if you register during Early Bird Registration on or before November 25.

### Teen Tennis Lessons (Age: 13-17)

Session: January 6 - April 5 (3 months)

#### Teen Beginner Level 1 Res/NR: 1hr/\$135

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/\$245

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

Code	Day	Time
318402-61	Sa	10:00A-12:00P

#### Youth & Teen Advanced Level 3 Res/NR: 2hr/\$245

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 6 - April 5 (3 months)

#### Adult Beginner Res/NR: 1hr/\$135

This class is geared towards adults aged 18+ 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
318601-42	Th	8:00-9:00P
318601-61	Sa	9:00-10:00A
*318601-62	Sa	8:00-9:00A

\*Must participate in class 61 to enroll in class 62

#### Adult Intermediate Res/NR: 1hr/\$135

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 3.5+ only, please. 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 during Early Bird  
 Registration on or before November 25.

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

**Tournament Training Lessons** (Age: 13-18)

**Location:** Racquet Fitness & Gymnastics Center  
**Session:** January 6 - April 5 (3 months)

**Grand Prix Drop-In Drill (High School Players ONLY)** Res/NR: 2hr/\$15

This class is a level above Teen Level 3. This class 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 netplay. **PDNA** (nm)

**Days**      **Time**  
 Tu            4:00-6:00P

**Academy (High School Players ONLY)** Res/NR: 2hr/\$245

**Session:** January 6 - April 5 (12 wks.)  
 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**      **Time**  
 318502-41      Th            5:00-7:00P

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**Location:** Racquet, Fitness & Gymnastics Center

**Day**      **Time**      **Res/NR**  
 M-F      6:00A-12:00P      \$5/player  
 M        6:00-10:00P      \$7/player

**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

**Semi-Private 1-Hour Lessons**  
 2 & Pro-\$52 • \$26/Person  
 3 & Pro-\$52.50 • \$17.50/Person

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**Adult Co-Ed Wallyball League**

Each team will play at least 10 matches on Wednesdays in a round-robin format. Schedules, rules, and general league information will be reviewed before the season begins. Rosters will be due before the first matches. Match times will be 6:30P, 7:30P, or 8:30P. Wallyball rules can be found at [www.wallyball.com](http://www.wallyball.com) and will be sent out before the season. Each team will have 4 players. The registration fee for team \$20 and \$12 per team weekly

**Code**      **Day**      **Dates**      **Time**      **Res/NR**  
 324302-32      W            1/10-4/04      6:30-9:30P      \$20



 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!