

# Oak Lawn Park District Comprehensive Plan

## Matrix of Program Opportunities

## **Current Program Offerings**

The following matrixes examine the current program offerings of the Oak Lawn Park District and comparable programs offered by other agencies within the community.

# Oak Lawn Park District Assessment

## Adult and Youth Athletics

<b>Activity</b>	<b>1-5</b>	<b>6-12</b>	<b>Teens</b>	<b>Adults</b>	<b>Seniors</b>
Basketball	1	1,7	1,5,7	1,5	1,5
Baseball	1	1	1	1	1
Football	1				
Golf	1	1	1	1	1
Hockey	1	1	1	1	1
Figure Skating	1	1	1	1	1
Soccer	1	1,7	1,7		
Softball	1				
Swimming	1	1,6	1,6,7	1,6,5	1,6,5
Tennis	1	1	1,7	1	1
Volleyball	1,7	1	1	1	
Racquetball	1	1	1	1	1
Track	1,6,5	1,6,5	1,6,5	1,6,5	
Rock Climbing		5	5	5	
Pickleball		1	1	1	1
Baseball & Softball		1	1		

Key:

1. Oak Lawn Park District
2. Oak Lawn Senior Center
3. Village of Oak Lawn
4. Oak Lawn Public Library
5. XSPORT Fitness
6. LA Fitness
7. School Districts
8. LA Fitness

# Oak Lawn Park District Assessment

## Adult Interests

<u>Activity</u>	<u>1-5</u>	<u>6-12</u>	<u>Teens</u>	<u>Adults</u>	<u>Seniors</u>
Adult Jazz				1	1
Ballroom Dance				1	1
Computer Classes		4	4	4	4
Latin/Salsa Dance				1	1
Organizational Classes			1	1	1
Rubber-Stamping Workshop				1	1
Golf			1	1	1
CPR Certification			1	1	1
CPR Friends & Family			1	1	1

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## Aquatics

<b>Activity</b>	<b>1-5</b>	<b>6-12</b>	<b>Teens</b>	<b>Adults</b>	<b>Seniors</b>
Adult Lessons				1,8	1,8
Advance Levels		1	1	1	1
Diving Lessons		1	1	1	1
Learn To Swim	1	1	1	1	1
Intro to Water Skills	1	1	1,7	1,7	1,7
Fundamental Skills	1	1	1,7	1,7	1,7
Lifeguard Training			1	1	1
Private Lessons		1	1	1	1
Water Aerobics			1,8	1,8	1,8
Open Pool	1	1	1,5,6,8	1,5,6,8	1,5,6,8
Sauna			5,6	5,6	5,6

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## Clubs to Join

<b>Activity</b>	<b>1-5</b>	<b>6-12</b>	<b>Teens</b>	<b>Adults</b>	<b>Seniors</b>
Embroiderers Club				1	1
Bridge Club			1	1,2	1,2
Pinochle Club				2	2
Chess Club			1	1	1
Senior's Club					1,2
Garden Club				1	1
Table Tennis Club		1	1	1	1

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## Dance/Music & Drama

<b>Activity</b>	<b>1-5</b>	<b>6-12</b>	<b>Teens</b>	<b>Adults</b>	<b>Seniors</b>
Ballet	1	1	1	1	1
Hip-Hop	1	1,6	1,6	1,6	
Jazz	1	1	1,6	1,6	1,6
Tap	1	1	1	1	1
Ballroom Dance			1	1	
Creativity & Movement	1	1			
Irish Dance		1	1		
Latin/Salsa Dance			6	1,6	1,6
Summer Dance Camp	1	1			
Creative Drama	1	1			
Group/Private Piano Lessons		1	1	1	1
Stage Play	1	1	1		

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## Dog Obedience

<b>Activity</b>	<b>1-5</b>	<b>6-12</b>	<b>Teens</b>	<b>Adults</b>	<b>Seniors</b>
Advanced Obedience	1	1	1	1	1
Basic Obedience	1	1	1	1	1
Puppy Kindergarten	1	1	1	1	1

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## Fitness & Wellness

<b>Activity</b>	<b>1-5</b>	<b>6-12</b>	<b>Teens</b>	<b>Adults</b>	<b>Seniors</b>
Pilates			1,5,6,8	1,5,6,8	1,5,6,8
Yoga		1	1,5,6,8	1,5,6,8	1,5,6,8
Aerobics			1,5,6,8	1,5,6,8	1,5,6,8
Body Pump			1,5,6	1,5,6,	1,5,6,
Boot Camp			1,5,6,	1,5,6,	1,5,6
Cardio Sculpt			1,5,6,8	1,5,6,8	1,5,6,8
Cross Training			1,5,6,8	1,5,6,8	1,5,6,8
Fitness for Beginners			1,5,6,8	1,5,6,8,	1,5,6,8,
Functional Fitness			5,6	1,5,6,	1,5,6,
Lunch Break		1,5,6,	1,5,6,	1,5,6,	
Me & Baby Fitness	1				
Parent & Child Workout	1	1	1	1	
Conditioning			1,5,6,8,	1,5,6,8,	1,5,6,8

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## Gymnastics

<b>Activity</b>	<b>1-5</b>	<b>6-12</b>	<b>Teens</b>	<b>Adults</b>	<b>Seniors</b>
Boys Gymnastics	1	1	1	1	
Tumbling	1	1	1	1	
Competitive Team Gymnastics	1	1			
Pirouettes B-Day Parties	1	1			
Pirouettes Medal Program	1	1			
Jump Start Gymnastics	1	1			
Preschool Gymnastics	1				
Spec Olympic Gymnastics	1	1	1	1	
Spec Rec Open Gym	1	1	1	1	1
Parent & Tot	1				
Ninja		1	1		

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## Martial Arts

<b>Activity</b>	<b>1-5</b>	<b>6-12</b>	<b>Teens</b>	<b>Adults</b>	<b>Seniors</b>
Shotokan Karate Club		1	1	1	1
Judo		1	1	1	1
Karate			1	1	1
Tai-Chi				1	1
Tae Kwon Do			6	6	6

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## Nature and Gardening

<b>Activity</b>	<b>1-5</b>	<b>6-12</b>	<b>Teens</b>	<b>Adults</b>	<b>Seniors</b>
Nature Workshops	1	1			
Nature Camps	1	1			
Adopt A Flowerbed	1	1	1	1	1
Community Garden		1	1	1,2	1,2

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## Special Events

<b>Activity</b>	<b>1-5</b>	<b>6-12</b>	<b>Teens</b>	<b>Adults</b>	<b>Seniors</b>
Pitch Hit/Run		1	1		
Competitive Team Gymnastics		1	1		
See-More Needs You	1	1	1	1	1
Movie Nights	1,2,3,4	1,2,3,4	1,2,3,4	1,2,3,4	1,2,3,4
Easter Egg Hunt	1,3	1,3	1,3	1,3	1,3
WW Day Of Play	1	1	1	1	1
Figure Skating Exhibition	1	1	1	1	1
StoryWalk	1	1	1	1	1

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## Summer Day Camps

<u>Activity</u>	<u>1-5</u>	<u>6-12</u>	<u>Teens</u>	<u>Adults</u>	<u>Seniors</u>
Horseback Riding Camp		1	1	1	1
Extended Day Camp		1	1		
Full Day Camp		1	1		
Basketball Camp		1	1		
Mini Sports Camp		1	1		
Pre-School Camp	1				
Dance Camp	1	1			
Sports Camp		1	1		
Spec.Rec. Camp	1	1	1		
Swim Camp Mini Aquatics	1	1			

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## Teen/Pre-Teens

<b>Activity</b>	<b>1-5</b>	<b>6-12</b>	<b>Teens</b>	<b>Adults</b>	<b>Seniors</b>
Teen Leagues			1		
Teen Wellness			1		
Friday Night Open Ice Skates			1		

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## Tots

<b>Activity</b>	<b>1-5</b>	<b>6-12</b>	<b>Teens</b>	<b>Adults</b>	<b>Seniors</b>
Parents & Tots	1				
Preschool Programs	1				
Rug Rats Sports	1				
Sport Dev. Programs	1				
Tot Playtime	1				
Tot Stars	1				
Swim Lessons	1				

## Tot Enrichment Programs

Mommy & Me Ballet	1				
Over the Rainbow	1				
Hands In Motion	1				
Shape Up	1				
Fiesta Fridays	1				

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