

Village of Orland Park Media Relations

NEWSRelease

Frederick T. Owens Village Hall
14700 South Ravinia Avenue - Orland Park, IL 60462

FOR IMMEDIATE RELEASE

August 26, 2009

Orland Park Recreation Offers Variety of Gymnastics Programs

The Village of Orland Park Recreation Department's Gymnastics Program is directed by Kevin Quirk and United Gymnastics Academy of Frankfort, IL. "The village offers an all-inclusive program with UGA," said Recreation Program Supervisor Quincy Bejster. "We start with our Gym Cubs for two and three year olds, cover all age groups in between, and offer Gymnastics Competitive Training for those up to eighteen years of age," Bejster added.

Orland Park's gymnastics classes are offered in the gymnastics studio of the village's Sportsplex at 11351 West 159th Street. Detailed class descriptions can be found in the Orland Park Recreation Department Fall Program Guide or on line in the recreation area of the village's website, www.orland-park.il.us. The first fall session begins **September 8**. Registration and further information are available at the Sportsplex and at the Franklin Loebe Recreation Center, 14650 South Ravinia Avenue. For more information, call 708/645-PLAY.

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Orland Park Sportsplex Promotes Kids' Fitness

The Village of Orland Park Recreation Department is offering two fitness programs during its fall session, geared toward making children more physically fit and aware of the importance of nutrition.

In Kids' Fitness and More, preschoolers, ages four to six, will learn about the importance of staying active and being healthy at any age. Participants will enjoy sports, fitness conditioning and learn about nutrition. Children should bring a healthy snack to the class that meets Tuesday and Thursday mornings from **September 22 through November 12**.

Children ages seven to fourteen are invited to register for the department's Kids' Fitness Club. This program includes working out under the supervision of a certified trainer. Participants will learn nutrition, eating tips, stretching and healthy habits while setting realistic fitness goals. Three or four day a week enrollments are available during the three sessions of the program, the first of which begins **September 8**. Each class is limited to ten participants. Registration and further information are available at the Village of Orland Park Sportsplex, 11351 West 159th Street, or by calling 708/645-PLAY.

“Kick It” At Orland Park Sportsplex Boot Camp

Fitness enthusiasts wanting an intense, early morning work out will want to try the Village of Orland Park Recreation Department’s Kicking It Boot Camp. Open to those ages eighteen and older, the 6:30 a.m. class will meet in the Sportsplex Aerobics Studio, 11351 West 159th Street. Weights, tubes, medicine balls, jump ropes and hoops will be used. Both men and women are invited to participate in this program designed to boost participants’ routines and get them into shape. The cost is \$90 for village residents, \$135 for non-residents and \$85 for Sportsplex members. Two sessions are available, **September 9** to October 5 and October 7 to November 2. For more information, call 708/645-PLAY.

Spanish for All Ages Offered in Orland Park

The Village of Orland Park Recreation Department’s fall itinerary includes three separate programs for residents of all ages to learn Spanish. Preschool Spanish is available for those nine months through six year. Youth Spanish is designed for those in first through fifth grades and Adult Spanish is tailored for those ages sixteen and older. All classes are held at the village’s Cultural Center, 14760 Park Lane. A number of sessions are available with the first beginning **September 11**. For more information, visit the Franklin Loebe Recreation Center at 14650 South Ravinia or call 708/403-PARK.

Orland Park Sportsplex to Host Preschool Sports Programs

The Village of Orland Park Recreation Department is offering a number of preschool sports programs specially designed to introduce young participants to different sports games and programs. Among the fall offerings are Super Sport Preschool Games, Little Swingers Golf, Tiny Hawk Camp, Pip Squeak Soccer, Parent/Child Soccer, Pee Wee Floor Hockey, Mini Dribblers Basketball and Little Swingers T-Ball. The first session for some of the programs begins **September 12**.

Sessions and class days vary for the programs that are described in detail on page 29 of the department’s fall program guide. Preschool sports programs may also be found in the recreation area of the village’s website at www.orland-park.il.us. Registration is available at Orland Park’s Franklin E. Loebe Recreation Center, 14650 South Ravinia Avenue or the Village Sportsplex, 11351 West 159th Street. For more information, call the Recreation Department at 708/403-7275.

Orland Park Offers Women's Volleyball and Men's Basketball

The Orland Park Recreation Department's Women's Volleyball League plays Monday evenings beginning **September 14**. Teams compete for prize money and positioning for a post season tournament. Games are played every 50 minutes beginning at 6:30 p.m. Each team is guaranteed ten games, all of which are held at the village's Sportsplex. Participants must register as a team of six players. The cost is \$255 for a resident team and \$355 for a non-resident team.

Adult Men's Basketball begins **September 15** from 8:00 p.m. until 10:00 p.m. at the village's Sportsplex. Men age eighteen and older play on Tuesdays while those age 35 and older play on Thursdays. Play full court pick up games between informal teams. Participants should bring their own basketballs and carry in their playing shoes. The registration cost is \$61 for residents, \$92 for non-residents and \$56 for Sportsplex members.

Registration is available at the village's Sportsplex, 11351 West 159th Street or at the Franklin Loebe Recreation Center, 14650 South Ravinia Avenue. For more information, call 708/645-PLAY.

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Learn How To Use Your Digital Camera

Learn digital camera basics in the Orland Park Recreation Department's Digital Photography Program, offered for those ages sixteen and older. Understand pixels, memory, resolution, exposure and how to choose a camera. A second level of the program addresses color correction, brightness and contrast, editing and using a photo in Microsoft Word. All participants must bring a digital camera to the class, held Monday evenings from 7:00 p.m. to 8:30 p.m. at the village's Cultural Center. The Level I session is from **September 14** to October 5 and Level II is offered November 9 through November 30. The cost for village residents is \$45 and non-residents pay \$68. Registration is available at the Orland Park Sportsplex, 11351 West 159th Street and at the Franklin Loebe Center, 14650 South Ravinia Avenue. For more information, call 708/645-PLAY.

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Computer Tots Tailored for Three to Five Year Olds

Parents can introduce their pre-schoolers to the exciting world of computers with the Village of Orland Park Recreation Department's Computer Tots Program, tailored for three to five year olds. Participants will explore exciting computer activities in small, interactive groups using computers and other peripherals. Computer Tots encourages reading and math readiness, creativity and teamwork to help prepare the young student for kindergarten. New learning activities will be presented during each of the three sessions offered, the first of which begins **September 15**. Each class is limited to four participants and the cost is \$48 for residents and \$73 for non-residents. Classes meet in Room 100 of the village's Cultural Center, 14760 Park Lane. Registration is available at

the village's Sportsplex, 11351 West 159th Street or at the Franklin Loebe Recreation Center, 14650 South Ravinia Avenue. For more information, call 708/645-PLAY.

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Computer Explorers Designed for Eight to Twelve Year Olds

Computer enthusiasts age eight to twelve will have the opportunity to learn and create things they've only dreamed of with the Village of Orland Park's Computer Explorers Program. Held each Tuesday afternoon at the village's Cultural Center, 14760 Park Lane, the cost for each of the following classes is \$81 for residents and \$122 for non-residents. "Alien Invasion Robotics," offered **September 15** through October 6, uses the amazing LEGO Mindstorms Systems and infrared technology. Students will build and program robots to help astronauts explore the planet and communicate with the aliens. Participants will work in teams using touch and light sensors and Robolab software to learn to program their robots. Register for program number 61766.

"Claymation Cinema," offered October 20 to November 10, enables students to create characters out of clay and bring them to life using digital cameras and animation software. Participants will discover creative ways to build the characters, learn animation concepts, develop and story plan and storyboard the details of the movie. Participants will take home a clay model from the class along with a copy of their movie on a CD Rom. Register for program number 61767.

"Video Game Animation" takes participants into the world of video game animation by creating characters that dance, sing and interact with one another. The addition of sound effects and music create a dynamic video animation game using software designed for young users. Students will then post their games on line so that friends and family can play. Register for program number 61768.

Registration is available at the village's Sportsplex, 11351 West 159th Street or at the Franklin Loebe Recreation Center, 14650 South Ravinia Avenue. For more information, call 708/645-PLAY.

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Learn Chess from World Renowned Master

Dr. Mikhail Korenman, a world renowned chess master, will again share his love of the game, teaching chess to those ages five through eighteen. Beginner and intermediate classes are being offered by the Village of Orland Park Recreation Department Wednesday evenings at the village's Cultural Center, 14760 Park Lane, **September 16** to December 2. All supplies are provided and those registering for the intermediate session must have completed two sessions of beginner chess with Dr. Korenman. The cost for village residents is \$152.00 and non-residents pay \$227.00. Registration is available at the village's Sportsplex, 11351 West 159th Street or at the Franklin Loebe Recreation Center, 14650 South Ravinia Avenue. For more information, call 708/645-PLAY.

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Veteran Coach Dick Conrad Leads Flag Football at Orland Park Sportsplex

The Orland Park Recreation Department's Flag Football Program teaches team work, all-around skills, positions and how to play the game. Offered on Thursday afternoons, from 4:00 p.m. to 5:15 p.m., **September 17** through October 29, this class will be held on the soccer field of the Orland Park Sportsplex, 11351 West 159th Street.

Flag Football is limited to twenty participants in grades third through sixth and will be led by Veteran Coach Dick Conrad. The cost is \$68 for residents, \$102 for non-residents and \$63 for Sportsplex members.

"Coach Conrad has been coaching for the last 35 years," said Orland Park Recreation Athletic Supervisor Quincy Bejster. "Most people in the area will remember the 28 years that he spent at Carl Sandburg High School, where he served as department chair and coached football, girls' basketball, boys' basketball and boys' baseball."

"I enjoy teaching fundamentals, the basics of the game, the things players need to know to be successful," Conrad said. "I also see kids grow and mature and see their confidence grow, which is great," he added.

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Veteran Bagpiper to Lead Orland Park's Fall Lessons

After several weeks of learning finger placement, note value and timing, the students in Terry McHugh's bagpipe class advance to their first tune, "Amazing Grace."

Each of the students in McHugh's class with the Orland Park Recreation Department took turns playing parts of the song while the others followed along, silently moving their fingers along their practice chanters. "This is a song that everyone knows and it's one of the easiest to play," McHugh said.

Similar in appearance to the recorder, the practice chanter is a double reed woodwind instrument on which students learn and practice.

"Like any other instrument or task, people who practice will advance," McHugh said. "Those who only practice on class day will learn a little slower," he added. "It's the time that people want to put into it," he added.

A native of County Monahan Ireland, the Lockport resident has been playing bagpipes since the 1960s. He has performed with a number of pipe bands, including the Shannon Rovers, the Invermich Gaelic Society Pipe Band and the Doonaree Pipe Band. McHugh founded Doonaree in 1991 and is the pipe major and bagpipe instructor. He has also taught bagpipes for a number of police departments.

Orland Park Recreation Program Supervisor Stephanie Simpson oversees the village's cultural offerings.

“We were excited to add bagpipes to the Recreation Department’s list of music classes because we offer other types of music lessons at the village’s Cultural Center,” Simpson said.

The village will offer bagpipe lessons on Thursday evenings during its fall session, **September 17** to December 10. Two sessions are available, one for ten to fifteen year olds and the second for those ages sixteen and older.

“A number of colleges now have bagpipe bands,” McHugh said, noting the number of college scholarships available for students who play. “There are bands all over the city and across the country that people can join once they learn to play,” he added.

Village residents pay \$87 for the lessons while non-residents pay \$131. Each student must also buy a practice chanter, available for purchase from the instructor for \$70.00.

Each session is limited to fourteen participants and registration is open. Registration is available at Orland Park’s Franklin E. Loebe Recreation Center, 14650 South Ravinia Avenue or the Village Sportsplex, 11351 West 159th Street. For more information, call the Recreation Department at 708/403-7275.

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Orland Park’s “Cooking for Kids” Covers Appetizers, Cakes & Holidays

The Orland Park Recreation Department’s “Cooking for Kids Program” offers three areas of culinary study for budding chefs from age three through age ten. Hors d’oeuvres, cake decorating and holiday cooking are offered during two sessions each, one for those age three to six and the second for those age five to ten. Sessions begin **September 24**. Participants will learn to prepare delicious dishes and how to display creations with beautiful table set up techniques. Appropriate table manners will also be addressed. Each class is limited to 30 participants and the classes will meet at the village’s Cultural Center, 14760 Park Lane. Registration is available at Orland Park’s Franklin E. Loebe Recreation Center, 14650 South Ravinia Avenue or the Village Sportsplex, 11351 West 159th Street. For more information, call the Recreation Department at 708/403-7275.

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Tent Camping Available in Orland Park

Families are invited to bring their tents and sleeping bags to Orland Park’s Centennial Park for the village’s annual “Camp Beneath the Stars” overnight, **September 26** to September 27. Activities will include a cookout, bonfire and a movie. Campsites must be reserved and monitored by an adult, age eighteen or older. Dinner for four, including a hot dog or hamburger, chips and drink, is included in the fee. Open fires, fireworks, alcohol and grills are prohibited. Extra meals may be purchased for \$4.00 per person and quiet time begins at 11:00 p.m. Check in on September 26 begins at 4:00 p.m. and camp sites must be cleared by 10:00 a.m. the following day. The cost per camp site is \$28 for residents and \$41 for non-residents. Registration is available at Orland Park’s Franklin E. Loebe Recreation Center, 14650 South Ravinia Avenue or the Village Sportsplex,

11351 West 159th Street. For more information, call the Recreation Department at 708/745-7529.

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Village of Orland Park Royal Twisters Gymnastics Team Host Open House

The award winning Royal Twisters Gymnastics Team will hold an open house on Saturday, **September 26** at 1:30 p.m. at the Orland Park Sportsplex, 11351 West 159th Street. Those interested in learning more about the Village of Orland Park's competitive gymnastics team, under the direction of United Gymnastics Academy of Frankfort, Illinois, are invited to visit the Sportsplex gymnastics studio to learn more about the team. For more information, call the Orland Park Sportsplex at 708/645-PLAY.

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Boating Safety Offered by Orland Park Recreation Department

Boating safety will be the topic of discussion when the Orland Park Recreation Department hosts this informational program led by a U.S. Coast Guard Auxiliary Instructor. The one day seminar on Saturday, **October 3** will include information needed to successfully complete the boating certification exam, which is included in the course. Topics include introduction to boating, safety equipment, boating law, navigation and problem solving. Limited to twenty participants, age eighteen and older, the course will meet at Orland Park's Cultural Center, 14760 Park Lane, from 8:30 a.m. to 4:30 p.m. and participants should bring a lunch. The cost is \$51 for residents and \$64 for non-residents. Registration is available at Orland Park's Franklin E. Loebe Recreation Center, 14650 South Ravinia Avenue or the Village Sportsplex, 11351 West 159th Street. For more information, call the Recreation Department at 708/645-7529.

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Expand Camera Knowledge with Orland Park's Photo Fundamentals

Photo Fundamentals, offered by the Orland Park Recreation Department, will meet Monday evenings from 7:00 p.m. to 8:30 p.m., **October 12** through November 2. An introductory course in 35mm photography, utilizing traditional film or digital SLR, is designed for users who want to expand their camera knowledge. Course topics include proper exposure, action photos, depth of field, close ups, methods of focus and more. Participants should bring film and a 35mm camera that will work in manual mode or a digital SLR with a removable lense. The course is limited to ten participants, age eighteen and older. The cost is \$45 for residents and \$68 for non-residents and will meet at the Orland Park Cultural Center. Registration is available at Orland Park's Franklin E. Loebe Recreation Center, 14650 South Ravinia Avenue or the Village Sportsplex, 11351 West 159th Street. For more information, call the Recreation Department at 708/403-7275.

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Orland Park Special Rec Garage Sale Planned

The Village of Orland Park Special Recreation Program will hold its Fall Garage Sale on Saturday, **November 7** at the Orland Park Civic Center. Sellers may rent six foot tables for \$22 each with tables being available on a first come, first served basis. Set up for the sale begins at 7:00 a.m. and the doors open at 9:00 a.m. The deadline to reserve a table is October 31, 2009. Tables may be reserved by those age eighteen and older at the Franklin E. Loebe Recreation Center, 14650 South Ravinia Avenue or the Orland Park Sportsplex, 11351 West 159th Street. Proceeds benefit the village's Special Recreation Program. For more information, call the Recreation Department at 708/403-7275.

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Orland Park To Host Two Turkey Trots

What began as a Thanksgiving Day tradition in Orland Park twenty-one years ago will now be offered on two days, enabling children to enjoy Orland Park's Turkey Trot excitement.

New this year is the Kids' Turkey Trot, offered for children age three to seven. Friends and family are invited to cheer on the participants as they trot the indoor running track at the Orland Park Sportsplex on Saturday, **November 21**. Check in begins at 8:30 a.m. and the run begins at 9:00 a.m. Twenty participants will be accepted per age group. Three year olds will complete three laps with those age four to five will complete six laps. Participants age six to seven are to complete ten laps. All participants will receive t-shirts and post race refreshments. The deadline to register is November 14 and the cost is \$12 for residents, \$15 for non-residents and \$7 for Sportsplex members.

Thanksgiving Day brings an Orland Park tradition that first began in 1988. The village's annual Turkey Trot will be held Thursday, **November 26** with check in at 7:00 a.m. and the race beginning at 8:00 a.m. Open to all ages, this event is limited to 400 participants and sells out every year. This 2.5 mile cross country race travels streets, paths and woods with awards going to the top overall male and female finishers. All participants receive t-shirts and are eligible for post race raffle prizes. Registration closes November 18 or when 400 participants are registered. Pre-race packets are available November 19 to 24 at Human Race Sports, 15148 South LaGrange Road. The cost is \$18 for residents and \$23 for non-residents.

Registration for the November 21 Kids' Turkey Trot and the Thanksgiving Day Annual Turkey Trot is available at Orland Park's Franklin E. Loebe Recreation Center, 14650 South Ravinia Avenue or the Village Sportsplex, 11351 West 159th Street. For more information, call the Recreation Department at 708/403-7275.

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