

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT  
BROCHURE PROGRAM LIST

1/19/2026

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| <b>SUPERVISOR NAME:</b>              |               | Deborah Graham   |                           |                                                 | <b>SEASON:</b>                                            | Spring / Summer 2009         |            |                                                         |
|--------------------------------------|---------------|------------------|---------------------------|-------------------------------------------------|-----------------------------------------------------------|------------------------------|------------|---------------------------------------------------------|
| <u>PROGRAM NAME</u><br>(Alpha Order) | <u>NEW(X)</u> | <u>AGE GROUP</u> | <u>OVER NIGHT TRAVEL?</u> | <u>NO. OF SEASON'S OFFERED</u>                  | <u>LAST OFFERED &amp; COMPLETED SEASON'S ENROLLMENT #</u> | <u>LAST SEASON'S REVENUE</u> |            | <u>EST. CONTRACTUAL COSTS (\$5,000+ for the SEASON)</u> |
|                                      |               |                  | Y/N                       | F/fall,<br>W/winter,<br>Sp/spring,<br>Su/summer | RES NR                                                    | RES NR                       |            |                                                         |
| CPR/ AED Classes                     |               |                  |                           |                                                 |                                                           |                              |            |                                                         |
| Fitness Camp                         |               | 7 to13           |                           | S                                               | 23 13                                                     | \$837.00                     | \$80.00    |                                                         |
| Fitness and More                     |               | 4 to 7           |                           | F,W, SP                                         | 10 1                                                      | \$720.00                     | \$80.00    |                                                         |
| Fitness Assesments                   |               | 14 and up        |                           | F, W, SP, S                                     | 80                                                        | Free with membership         |            |                                                         |
| Fitness Orientations                 |               | 14 and up        |                           | F, W, SP, S                                     | 80                                                        | Free with membership         |            |                                                         |
| Group Exercise Classes               |               | 14 and up        |                           | F, W,SP, S                                      | Varies for each                                           |                              | \$0.00     | \$0.00                                                  |
| Kids Fitness Club                    |               | 7 to 14          |                           | F, W, SP, S                                     | 3 0                                                       | \$198.00                     |            |                                                         |
| Mommy/ Tummy Class                   |               | all ages         |                           | F, W, SP,S                                      | 23 15                                                     | \$1,016.00                   | \$324.00   |                                                         |
| Morning Workout Mix                  |               | 18 and up        |                           | F, W, SP, S                                     | 32 27                                                     | \$1,015.00                   | \$393.00   |                                                         |
| Personal Training                    |               | 15 and up        |                           | F, W, SP, S                                     | 84 3                                                      | \$21,245.00                  | \$415.00   |                                                         |
| Personal Training- Youth             |               | 7 to 14          |                           | F, W, SP, S                                     | Included above                                            |                              |            |                                                         |
| Personal Training- Pilates           |               | All ages         |                           | F, W, SP, S                                     | 24 0                                                      | \$4,341.00                   |            |                                                         |
| Pilates Mat                          |               | 14 and up        |                           | F, W, SP, S                                     | 36 8                                                      | \$1,320.00                   | \$540.00   |                                                         |
| Pilates Reformer - Beg- Adv          |               | 14 and up        |                           | F, W, SP, S                                     | 128 50                                                    | \$8,734.00                   | \$1,094.00 |                                                         |
| Pilates Reformer- Seniors            | x             | Seniors          |                           | F, W, SP, S                                     |                                                           |                              |            |                                                         |
| Strength and Conditioning Training   |               | All ages         |                           | F, W, SP, S                                     | 13 2                                                      | \$2,220.00                   | \$235.00   |                                                         |
| Tai Chi Chuan                        |               | 18 and up        |                           | F, W, SP, S                                     | 6 3                                                       | \$360.00                     | \$270.00   |                                                         |
| Teen Pi/ Yo Mix "Getting Centered"   | x             | Teens            |                           | F, W, SP                                        |                                                           |                              |            |                                                         |
| Kickin in Boot Camp                  |               | 18 and up        |                           | F, W, Sp, S                                     | 12 2                                                      | \$1,465.00                   | \$240.00   |                                                         |
| Yoga- Fitness                        |               | 14 and up        |                           | F, W, SP, S                                     | 87 80                                                     | \$3,304.00                   | \$1,335.00 |                                                         |
| Yoga- Gentle                         |               | Seniors          |                           | F, SP, S                                        | 8 1                                                       | \$770.00                     | \$90.00    |                                                         |
| Yoga- Parent/ Child                  |               | all ages         |                           | F, W, SP                                        | 11 1                                                      | \$545.00                     | \$40.00    |                                                         |

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|                                      |               |                  | Y/N                       | F/fall,<br>W/winter,<br>Sp/spring,<br>Su/summer | RES                                                       | NR                           | RES      | NR                                                      |
| Yoga- Prenatal/ Postnatal            | x             | 18 and up        |                           |                                                 |                                                           |                              |          |                                                         |
| Yoga- Pilates                        |               | 14 and up        |                           | F, W, SP, S                                     | 4                                                         | 0                            | \$230.00 | \$0.00                                                  |
| Yoga- Camp                           | x             | 6 to 11          |                           | S                                               |                                                           |                              |          |                                                         |

| <u>PROGRAM NAME</u> | <u>NEW<br/>(X)</u> | <u>AGE<br/>GROUP</u> | <u>NO. OF<br/>SEASON'S<br/>OFFERED</u> | <u>LAST SEASON'S<br/>ENROLLMENT NO.</u> |          | <u>LAST<br/>ENROLLI<br/>RES.</u> |
|---------------------|--------------------|----------------------|----------------------------------------|-----------------------------------------|----------|----------------------------------|
|                     |                    |                      |                                        | RES.                                    | NON-RES. |                                  |

|           |   |           |                                |     |     |     |
|-----------|---|-----------|--------------------------------|-----|-----|-----|
| Example 1 |   | Preschool | 2<br>Spring/Summer             | n/a | n/a | 15  |
| Example 2 |   | Youth     | 3<br>Fall / Winter /<br>Spring | 5   | 5   | 8   |
| Example 3 | X | Adults    | 4                              | 10  | 5   | n/a |

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EST.  
CONTRACTUAL  
YEAR'S      COSTS (OVER \$5,000  
MENT NO.      for the SEASON)  
**NON-RES.**

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5

n/a