

VILLAGE OF ORLAND PARK RECREATION AND PARKS DEPARTMENT
BROCHURE PROGRAM LIST

4/13/2011
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SUPERVISOR NAME:		Deborah Graham Geghen			SEASON:	Fall 2011				
<u>PROGRAM NAME</u> (Alpha Order)	<u>NEW</u> (X)	<u>AGE</u> <u>GROUP</u>	<u>OVER</u> <u>NIGHT</u> <u>TRAVEL?</u>	<u>NO. OF</u> <u>SEASON'S</u> <u>OFFERED</u>	<u>LAST OFFERED &</u> <u>COMPLETED</u> <u>SEASON'S</u> <u>ENROLLMENT #</u>		<u>LAST SEASON'S</u> <u>REVENUE</u>		<u>EST.</u> <u>CONTRACTUAL</u> <u>COSTS (\$5,000 +</u> <u>for the SEASON)</u>	
			Y/N	F/fall, W/winter, Sp/spring, Su/summer	RES	NR	RES	NR		
Chair Workouts	x	55 and up	n	F, W, Sp, Su						
CPR/AED/ First Aid		14 and up	n	F, W, Sp, Su	18	1	\$138	\$81		
Fitness and More		4 to 7	n	F, W, Sp, Su	6	0	\$480	0		
Fitness Assesments		14 and up	n	F, W, Sp, Su	80		Free w/ membership			
Fitness Orientations		14 and up	n	F, W, Sp, Su	80		Free w/ membership			
Hot Yoga/ Bikram yoga	x									
Group Exercise Classes		14 and up	n	F, W, Sp, Su	Varies for each		Free w/ membership			
Kids Incorporated		7 to 14	n	F, W, Sp, Su						
Kids Turkey Trot		3 to 8	n	F	73	16	\$826	\$240		
Kids Turkey Trot- Diaper Dash	x	Crawlers- New walkers		F						
Mommy/ Tummy Class		14 and up	n	F, W,Sp, Su	11	4	\$985	\$490		
Morning Workout Mix		14 and up	n	F, W,Sp, Su	26	1	\$1,281	\$99		
Parent/Child Hula-Yoga	x	all ages	n	F,W, Sp	No #'s- First offered Spring 2011					
Personal Training		15 and up	n	F, W,Sp, Su	62	13	\$15,950	\$3,713		
Personal Training- youth		7 to 14	n	F, W,Sp, Su	Included above					
Personal Training- Pilates		All ages	n	F, W,Sp, Su	9	0	\$2,295	\$0		
Pilates Mat		14 and up	n	F, W,Sp, Su	7	1	\$566	\$125		
Pilates Reformer- all levels		14 and up	n	F, W,Sp, Su	64	5	\$5,644.00	\$542		
Pilates Circuit		14 and up	n	F, W,Sp, Su	Included Above					
Jumpboard Class	x	14 and up	n	F, W,Sp, Su						
Pilates Jump Reformer	x	11 to14	n	F, W,Sp, Su						
Run/ Bike/ Run Bootcamp	x	14 and up	n	F, Sp						
Runner's Club	x	All ages	n	F, Sp						
Self Defense for Women	x	12 and up	n	F, W, Sp, S						

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			Y/N	F/fall, W/winter, Sp/spring, Su/summer	RES	NR	RES	NR		
Senior Week		Seniors	n	F						
Senior Clubs		Seniors	n	F, W, Sp, Su	19	0	\$370	0		
Sport-boxing	x	14 and up	n	F, W, Sp, S						
Sports Conditioning	x	10 and up	n	F, Wtr., Sp.						
Stretch & Strength for Seniors		55 and up	n	Sp	3	0	Cancelled			
Suspension Training		14 and up	n	F, W, Sp, Su	8	0	\$325	0		
Suspension Training- Pilates Based	x	14 and up		F, W, Sp, Su						
Tai Chi Chuan		18 and up	n	F, W, Sp, Su	7	1	\$392	\$84		
Weight Loss Bootcamp		18 and up	n	F, W, Sp	18	5	\$2,540	\$975		
Weight Loss Bootcamp-teens		Teens 12-16	n	F, W, Sp	Included Above					
Yoga- Fitness		14 and up	n	F, W, Sp, Su	30	6	\$2,435	\$609		
Yoga- Gentle		Seniors	n	F, W, Sp	14	0	\$1,147	\$0		
Cholesterol Awareness Month-September	x	14 and up	n	F						
Diabetes Awareness Month-October	x	14 and up	n	F						
Stroke Awareness Month-November	x	14 and up	n	F						
Surviving the Holidays Month-December	x	14 and up	n	F						