



# Park Pulse



News from the Frankfort Park District

April 3, 2017

This monthly letter highlights upcoming events, programs, and the latest news from the Frankfort Park District. If you have any questions or to register for a program, call the Park District office at 815-469-9400 or visit [www.frankfortparks.org](http://www.frankfortparks.org)

## Youth Programs:

All programs are held at Founders Community Center, 140 Oak Street, unless otherwise specified.

### HERE COMES PETER COTTONTAIL

Hop on down to the bunny trail for some hip-pity hop-pity fun. Don't forget to bring along your basket for an Egg Hunt. Choose your favorite color and dye your egg. Will it be blue, green, yellow, orange or purple? It's your decision. We will make a craft to help you carry your eggs home. A light snack will be served after all the fun is had!

**Instructor:** Sharon Koczor  
**Day/Date:** Friday/April 7  
**Time:** 6:30 - 8:30 pm  
**Ages:** 3 - 8 years  
**Fee:** \$22/NR \$27



### ROCKET SCIENCE *NEW!*

Students are provided with a valuable hands-on experience as they build a functional model rocket. As they move through the various stages of construction, students learn the components of a rocket and the roles each play in a rocket's flight. Students will learn about the four forces affecting flight in lessons that will be reinforced with a fun game in which they race through space.

**Instructor:** Mad Science Staff  
**Day/Date:** Wednesday/April 12  
**Time:** 4:30 - 5:30 pm  
**Age:** 5 - 10 years  
**Fee:** \$17/NR \$22



### AMERICAN GIRL PARTY - Spring Fling

Grab your favorite gal pal and come party with us. Be sure you both dress in your favorite party dress. We will start the party by visiting the salon then make a doll sized gift. Party games, dancing, and cake are all a must!

**Instructor:** Gina Barrett  
**Day/Date:** Thursday/April 20  
**Time:** 6:00 - 7:30 pm  
**Age:** 5 - 10 years  
**Fee:** \$25/NR \$30/class



### MONKEY SEE, MONKEY DO *NEW!*

There's no monkeying around when it comes to baking in the kitchen, but in this kitchen there's lots of monkey business happening. This recipe involves no mixing bowls. The little bakers will have loads of fun just putting all of the ingredients into a plastic bag and shaking it. They will follow each other like "Monkey See, Monkey Do". After all this fun in the kitchen, each baker will enjoy eating some very yummy "Monkey Bread"! This recipe will go home with them, so they can monkey around in their own kitchen.

**Instructor:** Sharon Koczor  
**Day/Date:** Friday/April 28  
**Time:** 6:30 - 8:30 pm  
**Ages:** 3 - 9 years  
**Fee:** \$22/NR \$27



### MAGIC CLASS!

Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading, and more. While the tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials are provided, and each child receives a magic kit to take home. Children always learn tricks that are age-appropriate.

**Instructor:** Magic Team of Gary Kantor  
**Location:** Frankfort Square Park District  
7540 W. Braemar Lane  
**Day/Date:** Thursday/April 20  
**Time:** 5:00 - 5:55 pm  
**Ages:** 5 - 12  
**Fee:** \$22/NR \$27



### LIL' SPROUTS PRESCHOOL CLASS

Our "Me & my Adult" Lil' Sprouts Preschool classes are designed specifically for ages 2-5. We've got fun, age appropriate classes bursting with hands-on activities, healthy concept learning through games, and of course, empowering your little one to create their own special healthy snacks. Classes are theme-based; Session 1: Colors on my plate, fruits, vegetables & wonderful water, Session 2: My supermarket, meet our local farmer, grow it in a garden & snack attack, and Session 3: Breakfast buddies, sensational smoothies, simply salads & international foods. Sign-up for 1, 2 or all 3 sessions!

**Instructor:** Tippi Graham, Certified Health Coach  
**Day:** Monday  
**Date:** May 1 - 22  
**Time:** 11:00 am - 12:00 pm  
**Age:** 2 - 5 years (with adult)  
**Fee:** \$75/NR \$80



### 8-HOUR CORE COOKING PROGRAM

Your child will learn how to make healthy snacks, breakfasts, lunches and dinners for him/herself. This is a foundational cooking program for any child aged 5-8 or 9-13 who is looking to help with a family meal or just learn some important kitchen skills and build confidence in the kitchen. We will cover all kinds of foundational information such as kitchen preparedness, kitchen safety, proper food handling and more. Each child will receive a Certificate of Completion.

**Instructor:** Tippi Graham, Certified Health Coach  
**Day:** Monday  
**Dates:** May 1 - 22  
**Age:** 9 - 13 years  
**Time:** 4:30 - 6:30 pm  
**Fee:** \$125/NR \$130



### MOTHER'S DAY SURPRISE

Want to surprise mom with a gift as special as her and have some fun while making it? Grab your friends and do a kids night out, while putting the end result to great use...a present for Mother's day. Snacks and drinks will be served while you hang out with friends and get creative.

**Instructor:** Gina Barrett  
**Day/Date:** Monday/May 8  
**Time:** 7:00 - 8:00 pm  
**Age:** 5 - 10 years  
**Fee:** \$20/NR \$25



## Upcoming Events ●●●●●●●●



### Egg Hunt with Peter Cottontail

Saturday • April 8 • 1:00 pm • FREE

Commissioners Park (Fort Frankfort)

1 - 8 years

Grab your baskets and come to the Annual Egg Hunt. The Frankfort Area Jaycees and the Frankfort Park District are again teaming together to bring the children a special holiday event. Peter Cottontail will join them in the hunt for the eggs. Every child will receive a bag of candy.

**Rain location:** Founders Community Center, 140 Oak Street.

## Celebrating Earth Day

Saturday • April 22 • 12:30 - 2:30 pm

Main Park • 400 W. Nebraska Street

FREE

Come out to Main Park for an afternoon of Earth Day fun! There will be kid friendly games, inflatable jump, learning activities for children, crafts, give-a-ways, popcorn, hot dogs, paper shredding drop off, electronic recycling/sponsored by E-Scrap Technologies (see www.



frankfortparks.org for the item accepted), tree dedication and more! Each family will receive a tree sapling to plant and help make a difference this Earth Day.

## Athletic Programs:

### CHICAGO FIRE SOCCER INSTRUCTIONAL CLASS

The Chicago Fire Juniors Staff will conduct an instructional class for player's ages 6-12 years old. Each day will have a fundamental theme with a soccer skill set and fun small sided games will be played at the end of each training session. Players will learn how to dribble, pass and shoot through various activities and small sided games. Shin guards, soccer ball and water bottle are required for this class.

**Instructor:** Chicago Fire Staff

**Location:** Commissioners Park Soccer Field

**Day:** Wednesday

**Date:** April 12 - May 17

**Time:** 5:00 - 6:00 pm

**Age:** 6 - 12 years

**Fee:** \$85/NR \$90



### SKYHAWKS DODGEBALL NEW!

Skyhawk's Dodgeball - You know this fun game from playgrounds, backyards and your family get-togethers. We take all of the traditional aspects of the game and put a Skyhawk's Sports spin on it. Your young athletes will learn strategy in addition to the rules of this game while we incorporate sportsmanship and teamwork into this 6 week-long session. Bring your friends or come and make new ones in this unique and fast-paced program. The participant-to-coach ratio is approximately 10:1. All participants will receive a t-shirt and a merit award!

**Instructor:** Skyhawks Staff

**Location:** Grand Prairie School

**Day:** Thursday

**Date:** April 13 - May 18

**Age:** 6 - 10 years

**Time:** 5:00 pm - 6:00 pm

**Fee:** \$75/NR \$80



### SKYHAWKS FLAG FOOTBALL NEW!

Skyhawk's Flag Football is the perfect introduction to "America's Game" or a great refresher for those who want to brush up on their skills preparing for league play. Through our "skill of the day" exercises, campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning - all presented in a fun and positive environment. The session ends with the Skyhawk's Super Bowl, giving participants a chance to showcase their skills on the gridiron! The participant-to-coach ratio is approximately 10:1. All participants will receive a t-shirt and a merit award!

**Instructor:** Skyhawks Staff

**Location:** Grand Prairie School

**Day:** Thursday

**Date:** April 13 - May 18

**Age:** 6 - 10 years

**Time:** 6:15 pm - 7:15 pm

**Fee:** \$75/NR \$80



### YOUTH TENNIS LESSONS



Junior tennis has a whole new attitude. Certified USPTA Professional Cindy Heidkamp and the Lincoln Way Area CTA staff will work with every level of player.

Students will learn the sport of tennis using age and skill appropriate racquets, nets and tennis balls. Every player will learn the basics including grips, groundstrokes, volleys and serves. Students will also be taught areas of the court, rules of the game and scoring. Loaner racquets will be available at the first class.

**Instructor:** Cindy Heidkamp & Lincoln Way Area CTA Staff

**Day:** Monday

**Date:** April 24 - May 22

**Location:** Main Park Tennis Courts

**Age/Time:** 5 - 7 years /4:30 - 5:30 pm

**Age/Time:** 8 - 11 years/5:30 - 6:30 pm

**Fee:** \$55/NR \$60



For up-to-date information on upcoming programs and events,

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