



Park Pulse



News from the Frankfort Park District

January 9, 2017

For questions call the Park District office at 815-469-9400 or visit www.frankfortparks.org

Youth Programs:

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

FRANKFORT "ON POINTE" DANCE PROGRAM Winter/Spring - Session II

Register Today - classes begin starting January 9.

Classes include:

- Pre-Dance
- Beginning Dance
- Dance Fusion
- Ballet I
- Ballet II & III
- Tap
- Jazz



Class times and fees available at the Park District office or online at www.frankfortparks.org. For more information contact the Frankfort Park District office at (815) 469.9400.

UNDERWATER ADVENTURE WITH DORY & FRIENDS *NEW!*

Explore Dory's underwater world with activities and games centered around her adventures in the movie. Learn about life under the sea. Enjoy a sea themed snack and make a new sea creature friend.

Instructor: Gina Barrett

Day/Date: Monday/January 16

Time: 6:00 - 7:00 pm

Age: 4 - 9 years

Fee: \$19/NR \$24



WIGGLES & GIGGLES

Preschoolers will wiggle and giggle their way through this fun filled class while stretching their muscles and marching to music. Age appropriate activities will vary each week using balls, balloons and bubbles! Finger plays, rhymes and rhythm movements, hoops and parachutes included.

Instructor: Chris Johnson

Day: Thursday

Session I: January 19 - February 16

Time: 9:30 - 10:15 am

Age: 2 - 3 years (with parent)

Fee: \$35/NR \$40



MUSIC IN THE BOX - FAMILY MUSIC MASTERS

This class incorporates ear training, pitch development, and early music concepts through singing and movement. Children are taught by a professional musician who is trained in the Music in the Box curriculum. These classes encompass the Montessori learning style with music, books, bubbles, games and Suzuki violin and piano melodies which gives a child a head start in preparation for later private lessons. This program provides a weekly music experience for parent and child in a loving environment.

Instructor: The Music Connection

Day: Friday

Session I: January 20 - February 24

Time: 9:15 - 9:45 am

Age: 0 - 5 years (with parent)

Fee: \$69/NR \$74



BEGINNING VIOLIN WORKSHOP I & II

Learn to play the violin along with beginning music reading and writing skills. Students' progress rapidly utilizing proven methods and games establishing fundamental playing technique and natural tone production. All sheet music is provided including a method book and DVD. There is a one-time accessories package that will need to be purchased for \$15. A Violin will be provided to each student for the session to take home for practice. Violin II is for students who have had previous instruction.

Instructor: The Music Connection

Day: Saturday

Session I: January 21 - March 4 (No Class February 25)

Violin I: 5 - 9 years/10:00 - 10:50 am

Violin II: 10 - 14 years/11:00 - 11:50 am

Fee: \$125/NR \$130



PAINT WITH ART-A-LA-CARTE

Like painting but not sure how to get started? This step by step class will help you create a masterpiece! Artists from Art-A-La-Carte will bring a sample painting and will guide you through all the steps of painting a picture on a 12x12 canvas. Wear clothes that can get messy! All materials included.

Instructor: Art-A-La-Carte Staff

Day/Date: Wednesday/January 25

Time: 4:00 - 5:00 pm

Age: 5 - 12 years

Fee: \$20/NR \$25



RAINBOW KIDS

Your toddler will love learning about colors and shapes, in this busy hands-on class. Multi-sensory activities, glue, tape, crayons, and paint will spark creativity, improve motor skills, and create an environment for social interaction. Parent may stay if child has trouble with separation.

Instructor: Chris Johnson

Day: Thursday

Session I: January 26 - February 9

Time: 11:00 - 11:45 am

Age: 3 - 5 years

Fee: \$30/NR \$35



MIGHTY MUSIC MAKERS

These classes will work on the child's attention and self-expression and include singing, chanting, moving, focused listening, musical games, exploring musical instruments, creative movement and storytelling. A variety of musical types included to widen your child's exposure and appreciation of different music styles. **Instructor:** Angie Pope

Day: Monday

Session I: January 30 - March 13 (No Class on February 20)

Time: 9:00 - 9:45 am

Age: 3 - 5 years

Fee: \$65/NR \$70

FAMILY SWIM

Get out of the cold and join us indoors for swimming! Registration is done at the door at the Lincoln-Way East Aquatic Center. Children 18 & under must be accompanied by a parent/guardian.

Location: Lincoln-Way East Aquatic Center

Day: Sunday

Dates: January 22

February 12

March 19

Time: 2:00 - 4:00 pm

Fee: \$2/child & \$5/adult



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

Like us on Facebook.



Winter 2017 Frankfort Park District



Upcoming Events . . .



WINTER ON THE GREEN – WINTER CARNIVAL!

Saturday, January 14 • 12:00 - 2:00 pm • Breidert Green • FREE Admission

Why wait until summer to enjoy an outdoor carnival? Come enjoy an afternoon with your family, friends and Frosty the Snowman! Enjoy DJ music, kid friendly carnival games, crafts and much more. Also, stay warm by the bonfire with your hot chocolate and cookies!



DADDY/DAUGHTER DANCE – “SOCK HOP”

Friday, February 3 or Saturday, February 4 • 6:00 - 8:00 pm • Founders Community Center

Join us for a special evening with your little girl at our annual Daddy/Daughter Dance. Light refreshments will be served along with entertainment courtesy of a live DJ. To capture your evening together, a professional photographer will be available to take formal pictures at an additional charge. Register early, this event fills up quickly. Pre-registration is required, NO TICKETS will be sold at the door.

Registration Deadline: January 28 or until filled

Fee: \$11/person/NR \$14/person

Athletic Programs:

ELITE BASKETBALL DAY CAMP **NEW!**

All the high intensity drills built into a one day camp. Participants will be taught the keys to achieving their personal goals as well as focusing on the different skills of the game, such as footwork, speed and agility. Lunch is included in the fee. Please list any food allergies at the time of registration.

Instructor: Dave Esterkamp
Location: Founders Community Center
Day/Date: Monday/January 16
Time: 9:00 am - 3:00 pm
Age: 6 - 14 years
Fee: \$85/NR \$90



SKYHAWKS DODGEBALL **NEW!**

Skyhawk's Dodgeball - 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/Dates: Thursday/January 26 - March 2
Age: 6 - 10 years
Time: 5:00 pm - 6:00 pm
Fee: \$75/NR \$80



SKYHAWKS FLAG FOOTBALL **NEW!**

Skyhawk's Flag Football is 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! 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/Dates: Thursday/January 26 - March 2
Age: 6 - 10 years
Time: 6:15 pm - 7:15 pm
Fee: \$75/NR \$80



SPORTS STATIONS **NEW!**

Does your child love gym? Well they will love Sports Stations. Throughout the 6 week session, we will learn three sports and work on skills related to that sport in stations.

Instructor: Paul Kobialko
Location: Founders Community Center
Day/Dates: Friday/January 27 - March 3
Grade/Time: 1st- 2nd/4:30-5:30pm
Grade/Time: 3rd- 5th/5:30-6:30pm
Fee: \$59 /NR \$64



SLED HILL AT COMMISSIONERS PARK

When it snows, grab your sled and head over to Commissioners Park. The Sled Hill will be open daily until 9:00 pm. (weather permitting)



ICE SKATING AT MAIN PARK!

This winter, the Frankfort Park District will once again have two ice rinks located at Main Park, 200 S. Locust. One rink for open skate and the other for Hockey. The Ice Rink Hours (weather permitting): Monday - Saturday from 7:00 am - 9:00 pm Sunday from 7:00 am - 8:00 pm

Rentals:

Ice Skates/ Snowshoes: \$5/pair for 1-week*

* A \$25 refundable deposit required.

* Please visit our website at www.frankfortparks.org for sizes and quantities.

FRANKFORT GIRLS SOFTBALL ON-LINE REGISTRATION IS NOW OPEN

10/15/16 – 3/25/17

Free skills development clinics beginning in January to all registered participants



AGE Groups
 6U, 8U, 10U, 12U, 15U,
 18U, and 23U

Register Now to Save Your Spot for the 2017 Season and be part of the largest recreational girls softball organization in the South Suburbs

For information & registration please visit:
www.frankfortgirlssoftball.com

For Registration Questions, Please Contact
 Elmer Gentry, fgsprez@att.net

