



Park Pulse



News from the Frankfort Park District

March 1, 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

Winter 2017 Frankfort Park District

Youth Programs:

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

LUCKY SHAMROCK

Throw on your green and hope for some luck to find a pot of gold. We will be searching for a pot of gold that the Leprechaun has lost. There will be lots of Leprechaun games to play as well. A treat and drink will be served to all the little Leprechauns.

Instructor: Sharon Koczor
Day/Date: Friday/March 10
Time: 6:30 - 8:30 pm
Ages: 3 - 9 years
Fee: \$22/NR \$27



BEGINNING VIOLIN WORKSHOP I & II

Learn to play the violin along with beginning music reading and writing skills. 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. Parents are welcome. 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 II: March 11 - April 22
(No Class March 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



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. Session 2: My supermarket, meet our local farmer, grow it in a garden & snack attack.

Instructor: Tippi Graham, Certified Health Coach
Day: Monday
Session II: March 13 - April 10
(No Class March 27)
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 to just learn some important kitchen skills and build confidence in the kitchen. We will cover 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: March 13 - April 10
(No class March 27)
Time: 4:30 - 6:30 pm
Age: 5 - 8 years
Fee: \$125/NR \$130



Fort Frankfort/Teen Adventures Summer Day Camp
Parent Meeting
Tuesday, March 7th @ 7:00 pm
Founders Community Center
140 Oak Street, Frankfort
Registration information will be available.
Parents come learn about our Summer Day Camp Program.



BUGS NEW!

Children are introduced to the world of entomology. Examining real specimens and models help them familiarize themselves with insect anatomy. Discover that insects have specific body parts that set them apart from other arthropods. An insect habitat match-up helps children understand how insects adapt to their environment. They learn how insects defend themselves and pollinate plants.

Instructor: Mad Science Staff
Day/Date: Wednesday/March 15
Time: 4:30 - 5:30 pm
Age: 5 - 10 years
Fee: \$17/NR \$22



THE LAND OF HARRY POTTER

Calling all Wizards and Muggles! Come explore the amazing realm of Harry Potter and the wizarding war that lies ahead. From wands and potions, to quidditch and more. Learn spells, create potions and take a look in the Mirror of Erised. Many enchanting and mysterious adventures await you.

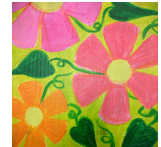
Instructor: Gina Barrett
Day/Date: Monday/March 20
Time: 6:00 - 7:30 pm
Age: 5 - 11 years
Fee: \$25/ NR \$30



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! Staff will bring a sample painting and guide you through all the steps of painting a picture on a 12x12 canvas. Come meet some new people while sharing a common interest in art and painting. Wear clothes that can get messy! All materials are included.

Instructor: Art-A-La-Carte Staff
Day/Date: Wednesday/March 22
Time: 4:00 - 5:00 pm
Age: 5 - 12 years
Fee: \$20/NR \$25



LEGO® GALAXY FAR AWAY NEW!

Build the Redstone Rocket to blast through the atmosphere into a realm that is truly out of this world. Travel back in time to build NASA's Gemini Capsule. We'll build motorized models that represent spacecraft from your favorite popular space movie. Come experience this stellar journey to a galaxy far away! Each child takes home a custom LEGO® mini-figure at the end of the week. Water will be provided, but children must bring their own snack.

Instructor: Bricks 4 Kidz Staff
Day: Monday & Tuesday
Dates: March 27 - 28
Time: 1:00 - 3:30 pm
Age: 5 - 10 years
Fee: \$65/NR \$70



Upcoming Events ●●●●●●●●●●

18th Annual Spring Craft & Vendor Show
Saturday • March 25 • 9:00 am - 3:00 pm
Founders Community Center, 140 Oak Street
FREE Admission

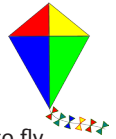


Craft items include; doll clothes, kitchen items, Spring/Easter decorations, blankets, note cards / tags, personalized photos, handmade jewelry, hair accessories, hand painted glassware and much more! Vendors included; Tastefully Simple, LuLa Roe, Pampered Chef, Tupperware, Avon, Norwex, Scentsy, Usborne Books, Mary Kay, It Works,

Real Time Pain Relief, Papparazzi Jewelry and much more!
 For additional information please contact the Frankfort Park District office at 815-469-9400 or www.frankfortparks.org

Spring Time Hunt
Saturday • March 25 • 12:00 pm - Sharp • 2 - 8 years • FREE
West side of Founders Community Center (outside)
 Registration is not required • Prizes • Rain or Shine

12th Annual Family Fun Fly
Tuesday • March 28 • 11:00 am - 12:00 pm
All Ages • FREE
Fort Frankfort at Commissioners Park
 Bring your own kite or borrow one from the Park District to fly.
Rain/Weather Date: Saturday, April 22 @ Main Park 12:30 - 2:30 pm



Spring Break Movie Fun - "Zootopia"
Thursday • March 30 • 10:30 am - 1:00 pm • 4 - 10 years
Founders Community Center, 140 Oak Street
\$9/NR \$12/person
 A Spring Break afternoon of crafts, games, pizza, popcorn, cookies & punch & movie on the big screen.
Registration deadline: March 27



Lunch with Bunny
Saturday • April 8 • 11:00 am - 12:30 pm
Founders Community Center, 140 Oak Street
\$9/NR \$12/person • Registration Deadline: April 3



Join Peter Cottontail for lunch, a family-friendly magic show and more! Each child will receive a goody bag. All participants must be registered, including parents. Remember that after this luncheon; join us at Commissioners Park for the annual Egg Hunt! This is going to be a hopping good time! **NO TICKETS** will be sold at the door.

Athletic Programs:

CO-ED INSTRUCTIONAL VOLLEYBALL
 The experienced instructors at Ultimate Volleyball will teach fundamental volleyball skills, while emphasizing teamwork and sportsmanship. Instruction will be given at beginning, intermediate and advanced levels. Players will be divided by grade and/or ability. All participants will learn new skills, practice old skills and play volleyball games during every class session.
Instructor: Ultimate Volleyball
Location: Grand Prairie School (north entrance door #10)
Day/Date: Tuesday/March 14 - April 25 (No Class March 28)
Age: 3rd - 5th Grade
Time: 6:45 - 7:30 pm
Age: 6th - 8th Grade
Time: 7:30 - 8:15 pm
Fee: \$54/NR \$59



CHICAGO FIRE SPRING BREAK SOCCER CLINIC
 Fire Starters Staff will instruct your children the fundamentals of the game while learning new and exciting skills. Each training session will be organized with fun games for your children to learn basic soccer skills. Whether your child is a beginner or wants more practice, Fire Starters Staff will work with your child to maximize their potential as a future All-Star soccer player. Please wear shin guards, bring a soccer ball and water to all training days.
Instructor: Chicago Fire Staff
Location: Commissioners Park
Day: Monday - Friday
Date: March 27 - March 31
Time: 9:00 - 10:30 am
Age: 4 - 12 years
Fee: \$75/NR \$80



PINK/PURPLE LEAGUES
 IGLA offers two levels of league play in the spring: Pink and Purple. Both are recreational, community lacrosse. Pink teams practice once/week. Purple teams practice twice/week and may travel more for games. Players considering Purple must first attend a skills assessment. **Register at www.igla.org**



League Uniform: IGLA pinny is required and may be purchased during registration at www.igla.org
Instructor: Illinois Girls Lacrosse Association Staff
Location: Summit Hill Junior High, Frankfort Square
Day (PINK): Sunday (games) and Wednesday (practice)
Day (Purple): Sunday (games) and Monday AND Wednesday (practices)
Date: April 9 - June 4
Age/Time: 8U - 10U/ 6:00 - 7:00pm
 12U - 14U/ 6:00 - 7:15pm
Fee: Pink: \$200 (plus pinny)
 Purple: \$300 (plus pinny)

CHICAGO FIRE INDOOR DEVELOPMENT SOCCER LEAGUE
 The Chicago Fire Soccer Club Staff will conduct an instructional indoor soccer program focusing on the basic skills for the beginning and novice player's age 4 through 4th grade. This 6 week program will consist of 20 minutes of instruction and 40 minute games on Saturdays. The Micro Soccer program revolves around small sided games for maximum touches on the ball and maximum participation for the player. A red Chicago Fire/ Frankfort Park District jersey is needed and can be purchased at the time of registration for \$10. You may use a previous year's red Jersey. All players are required to wear shin guards and shorts at all training sessions. Please bring a soccer ball and water bottle to all classes.
Instructor: Chicago Fire Soccer Staff
Location: Grand Prairie School (North entrance door #10)
Day/Date: Saturday/March 18 - April 29 (No Games March 25)
Age: 4 years - Kindergarten
Time: 9:00 - 10:00 am
Time: 10:00 - 11:00 am
Age: 1st - 4th grade
Time: 11:00 am - 12:00 pm
Fee: \$75/NR \$80

