



# Park Pulse



News from the Frankfort Park District

October 3, 2016

For questions call the Park District office at 815-469-9400 or visit [www.frankfortparks.org](http://www.frankfortparks.org)

Frankfort Park District  
Fall 2016

## Youth Programs:

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

### DESIGN YOUR OWN HALLOWEEN COOKIES

All little bakers! Come enjoy an evening out with your friends baking Halloween cookies. You'll be using some yummy sugar cookie mix along with a variety of Halloween cookie cutters. You will decorate your cookies and take some home to share. Each baker will of course sample some of their cookies too. A Halloween story will be read while they bake in the oven.

**Instructor:** Sharon Koczor  
**Day/Date:** Friday/October 7  
**Time:** 6:30 - 8:30 pm  
**Ages:** 3 ½ - 9 years  
**Fee:** \$22/NR \$27



### MAD SCIENCE

In this Mad Science series, your child will embark on a new adventure each week! All Mad Science classes are filled with hands-on learning, inquiry-based discussions, spectacular demonstrations and awe-inspiring experiments.

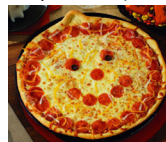
**Instructor:** Mad Science Staff  
**Day:** Tuesday  
**Dates:** October 11 - November 8  
**Time:** 4:30 - 5:30 pm  
**Age:** 5 - 10 years  
**Fee:** \$75/NR \$80



### PUMPKIN PATCH PIZZA

"Witch" recipe shall we use for this cackling good Halloween treat? Cast a magical spell as we measure, mix, cook and eat this terrifyingly good individual pumpkin shaped pizza. Gourmet goblins will also create a sweet surprise to take home and share. Fee includes all ingredients. (Note: peanut products may be used).

**Instructor:** Chris Johnson  
**Day/Date:** Wednesday/October 12  
**Time:** 4:45 - 6:00 pm  
**Age:** 4 - 10 years  
**Fee:** \$19/NR \$24



### WITCHES BREW

Calling all ghosts, goblins and skeletons for some spooktacular fun! Come dressed in your Halloween costume for some Halloween fun. Plenty of spooky games will be played. Look out for the bugs in the witches brew as you sit down for some creepy crawling snacks. Watch out behind you so no one scares you, as you listen to a Halloween story.

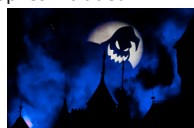
**Instructor:** Sharon Koczor  
**Day/Date:** Friday/October 14  
**Time:** 6:30 - 8:30 pm  
**Ages:** 3 - 9 years  
**Fee:** \$22/NR \$27



### BOO'RRIFIC DRAWING WORKSHOP NEW!

Students will receive draw step-by-step drawing instruction by a Young Rembrandts drawing coach. Several Halloween inspired spooky fun pictures will be introduced and drawn in class. If time permits, coloring techniques may also be covered. This spooktacular two hour drawing workshop is open to students in grades 1-6. Parents are also welcome to stay and draw with their young goblin at no additional charge. All supplies included.

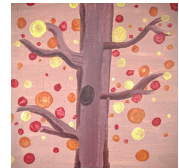
**Instructor:** Young Rembrandts Staff  
**Day/Date:** Saturday/October 15  
**Time:** 9:00 - 11:00 am  
**Age:** 1st - 6th grade  
**Fee:** \$27/NR \$32



### 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 be sure to get your creative juices flowing! They'll bring a sample painting and will guide you through all the steps of painting a picture on a 12x12 canvas. You'll still have plenty of room to express your artistic style while staying focused on recreating a piece of art. 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:** Wednesday  
**Dates:** October 19 &/OR November 9  
**Time:** 4:00 - 5:00 pm  
**Age:** 5 - 12 years  
**Fee:** \$20/NR \$25



### 8-HOUR CORE COOKING PROGRAM NEW!

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:** Wednesday  
**Age/Dates:** 5 - 8 years /October 19 - November 9  
**Age/Dates:** 9 - 13 years /November 16 - December 7  
**Time:** 4:30 - 6:30 pm  
**Fee:** \$125/NR \$130



### LIL' SPROUTS COOKING CLASS NEW!

Don't think your toddler can cook? Think again! 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. Parents are welcome to stay and cook with their little one.

**Instructor:** Tippi Graham, Certified Health Coach  
**Day:** Thursday  
**Dates:** October 20 - November 10  
**Time:** 11:30 am - 12:30 pm  
**Age:** 2 - 5 years  
**Fee:** \$75/NR \$80



### 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:** Wednesday/October 26  
**Time:** 6:00 - 7:30 pm  
**Age:** 5 - 11 years  
**Fee:** \$25/ NR \$30



For up-to-date information on upcoming programs and events, [Like](#) us on Facebook.



# HALLOWEEN HAUNTING - Friday, October 21 @ 6:00 - 9:00 pm

Founders Community Center, 140 Oak Street

**Wristbands are \$10\* at the door, and include:** Unlimited access to: giant inflatables, DJ music, balloon artist, kids entertainment show, spooky games, haunted hay ride, movie room, 1 kid craft and 1 small pumpkin from the patch for the first 150 kids.

**\* Wear a costume, and receive \$1.00 off your wristband price!**

Sponsored by:



## Upcoming Events

### HOWL-A-WOOF

Saturday, October 22 @ 10:00 am  
Bark Park at Commissioners Park  
FREE



Trick or Treat!!! Bring your dog all dressed up for this costume competition, dog friendly games, bone yard hunt and trick or treating event. Dogs will have the opportunity to "Trick or Treat" around the Bark Park so remember to bring your bags to collect all their goodies. Dogs will also have a chance to enter the costume contest and be judged on - Best Overall, Funniest and Scariest. Families and all friendly dogs are welcome at this FREE, on-leash event. An adult should accompany dog-owners under the age of 12. While you are enjoying this event, please remember to sign up for the Bark Park.

Rain Date: Saturday, October 29 at 10:00 am

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### SCARECROW BUILDING CONTEST

Scarecrow's Due: October 10

Voting: October 12 - 26

Calling all scout groups, homeowners associations, business members and families...Join the 5th annual Scarecrow Building Contest and decorate the Founders Community Center for Halloween. The cross sticks are provided by the Park District and are available for pick-up now! All entries are due by October 10. Voting will take place at the Founders Community Center office, 140 Oak Street, and on the Park District's Facebook page. Let your creative skills shine and construct some eye catching entries.



### 23rd ANNUAL HOLIDAY CRAFT & VENDOR SHOW

SAVE THE DATE: Saturday, November 12 @ 9:00 am - 3:00 pm  
Founders Community Center, 140 Oak Street  
FREE Admission

A diverse selection of crafters and vendors. For additional information or booth availability, please contact the Frankfort Park District office at 815-469-9400 or [www.frankfortparks.org](http://www.frankfortparks.org)

## Athletic Programs:

### CHICAGO BULLS SKILLS CAMP

A fundamental basketball camp for Boys and Girls aged 5-14 years old, teaching the latest techniques in ball handling, passing, shooting, rebounding and offensive and defensive team play. All instructors have learned directly from Chicago Bulls Coaches. From terminology to drills, your child will get an NBA workout and experience. This is the camp every young player should start and expand his or her basketball skills. Regrettably, we must limit enrollment to preserve performance standards and our player to coach ratio of 10 to 1 therefore, students will be accepted on a "first come, first served" basis. In addition to the daily premier instruction, each student will receive a skills camp t-shirt and an evaluation form.

**Location:** Grand Prairie School (North Entrance Door #10)  
**Day:** Thursday  
**Dates:** October 6 - October 27  
**Time:** 6:00 - 7:30 pm  
**Age:** 5 - 14 years  
**Fee:** \$124



### BASKETBALL SKILLS CLINIC NEW!

Spend time each week working on a different aspect of basketball. This clinic is for players that want to get ready for the upcoming basketball season doing more intensive drills. We will focus on helping athletes improve their skills and develop their talent by learning basic practice drills and emphasizing the fundamentals. Workouts will be directed more for the individual player to get as much work in as they can.

**Instructor:** Dave Esterkamp  
**Location:** Founders Community Center  
**Age:** 8 - 14 years  
**Day:** Saturday  
**Session I:** October 22 - November 19  
(No Class November 12)  
**Time:** 10:30 - 11:45 am  
**Fee:** \$45/NR \$50



### YOUTH BASKETBALL LEAGUES

REGISTRATION DEADLINE: NOVEMBER 9TH (BASED ON AVAILABILITY)  
BOYS & GIRLS LEAGUES • 3<sup>rd</sup> - 8<sup>th</sup> GRADES

The Youth Basketball League is for boys and girls entering 3rd-8th grades. The league is designed for participants to utilize fundamental skills of basketball in game situations. A volunteer head coach, who will provide instruction on basketball fundamentals, in a positive and fun environment, will direct each team. The head coach, staff and referees will be reinforcing the skills that have been taught or are being developed during practice. In addition to the focus on basketball skills, the program offers children the opportunity to interact with both peers and coaches, learn good sportsmanship and learn how to work as part of a team. Players will have **one practice and one game per week**. Practices will be held on Tuesday (5:30 pm, 6:30 pm or 7:30 pm) evenings and games will be held on Saturdays. The locations of these events will take place at Hickory Creek Jr. High, Chelsea Intermediate School and Grand Prairie School. \*Team rosters, practice and game schedules and rules for the league will be available to the **Head Coach Only** on or after November 18th and will be distributed at an Informational Coaches Meeting to be determined by the Frankfort Park District. The Coach will then contact the players about the first practice. The Park District, as well as the head coaches, strongly believe in equal participation so all participants will play at least half of each game.

**VOLUNTEER PARENT COACHES** are needed to ensure the success of this program. If you are interested, please let the Park District know at the time of registration.

**Location:** Hickory Creek, Chelsea, Grand Prairie or Founders Community Center

**Days:** Tuesdays (Practices) and Saturdays (Games)

**Dates:** December 6 - March 11

**Time:** To be announced

**Fee:** \$129/NR \$134  
(\$5 off additional Siblings)

