



Park Pulse



News from the Frankfort Park District

September 1, 2016

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

Frankfort Park District
Fall 2016

Youth Programs:

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

MISS ANGIE'S 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 will be included. This class is designed for the child and adult to participate.

Instructor: Angie Pope
Day: Monday
Session I: September 12 - October 17
Time: 9:00 - 9:45 am
Age: 3 - 5 years (with parent)
Fee: \$65/NR \$70



WIGGLES AND 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 are also included.

Instructor: Chris Johnson
Day: Thursday
Session I: September 15 - October 13
Time: 9:30 - 10:15 am
Age: 2 - 3 years (with parent)
Fee: \$30/NR \$35



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.

Instructor: The Music Connection
Day: Saturday
Dates: September 17 - November 19
Violin I: 5 - 9 years/10:00 - 10:50 am
Violin II: 10 - 14 years/11:00 - 11:50 am
Fee: \$179/NR \$184



LEGO® ADVANCED ENGINEERING NEW!

During our Black Diamond Builders session students will customize their builds and modify the model's performance by changing the gear ratios and/or axle placements. Problem solving, and thinking beyond the scope of the building plans, is what it is all about!! All take home a custom LEGO® mini-figure at the end of the last class.

Instructor: Bricks 4 Kidz Staff
Day: Monday
Dates: September 19 - October 24
Time: 5:00 - 6:00 pm
Age: 8 - 12 years
Fee: \$75/NR \$80



SEWING BASICS NEW!

Come alone, bring your mom, or bring a friend, but just be sure to bring along your machine. Learn basic sewing skills and techniques to create a beautiful finished sewing product. Supply list will be given out at the 1st day of class.

Instructor: Gina Barrett
Day: Monday
Dates: September 19 - October 24
Time: 6:00 - 7:00 pm
Age: 10 years & older
Fee: \$69/NR \$74



LEARN SPANISH WITH LANGUAGE STARS NEW!

Bring the world to your child! Language Stars offers Spanish language classes to K-2, Grade 3-5, and Grade 6-8 students. By using native-speaking teachers alongside our Funimmersion curriculum, Language Stars creates an activity, play-based experience for active and engaged language learning. We help make learning a second language easy and fun!

Registration Deadline: September 10

Instructor: Language Stars
Day: Monday
Session I: September 19 - November 28
(No Class October 31)

Age/Time: K - 2nd Grade /4:30 - 5:30 pm
3rd - 5th Grade /5:30 - 6:30 pm
6th - 8th Grade /6:30 - 7:30 pm

Fee: \$150/NR \$155



Frankfort "On Pointe" Dance Programs

This is a progressive program open to boys and girls ages 3 years & older. Students will be divided according to age and experience level in the following classes. A Recital Presentation will be scheduled for May 2017. Session II will begin in January.

DANCE PROGRAMS INCLUDE:

Pre-Dance, Beginning Dance, Dance Fusion, Ballet I, Ballet II & III, Pointe Dancing (Permission from instructor is required), Tap, Jazz, Competition Troupe (This class competes in two dance competitions a year). For detailed descriptions of each class, ages, days, and times see page 19 of the Frankfort Park District's Fall 2016 Program brochure.

Instructor: "Ms. Jen" Ward
Location: Founders Community Center Dance Studio
Fee: 30-minute class - \$69/NR \$74
45-minute class - \$89/NR \$94
Discount: Receive \$5 off each additional class/child.

SESSION I

*Students enrolled in Session I will have priority registration for Session II.

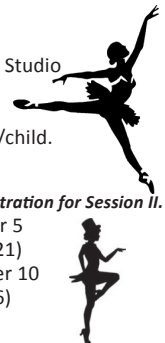
Day/Dates: Mondays/September 19 - December 5
(No Class October 31 & November 21)
Saturdays/September 24 - December 10
(No Class October 8 & November 26)

SESSION II

Registration will begin Dec 12 (Residents) & Dec 19 (Non-Residents)*

Day/Dates: Mondays/ January 9 - May 15 (16 week session) *
(No Class February 20, March 27 & April 17)
Saturdays/ January 14 - May 13 (16 week session) *
(No Class February 18 & April 15)

Please request an information sheet regarding dance attire and shoe purchase at time of registration.



FALL 2016 Registration

Visit our website at www.frankfortparks.org to download the Fall 2016 brochure.
Sign-up Today!

Upcoming Events ●●●●●●●●

FAMILY FALL CAMPFIRE

Friday, September 23 • 6:30 - 8:00 pm
 @ Commissioners Park
 \$5/child (adults free)



Start the fall season out with your family and friends. Enjoy a cool fall evening around a campfire in Commissioners Park. Roast marshmallows, drink hot chocolate, play field games, enjoy a hayride, dance to music and listen to ghost stories. Family fun for all!
Registration Deadline: September 20

Mother/Son Dance

Friday, September 30
 6:00 - 8:00 pm
 Founders Community Center, 140 Oak St.
 All Ages
 \$9/NR \$12/person



Join us for a special evening with your little boy at our Mother/Son Dance. Light refreshments will be served along with entertainment courtesy of a live DJ. Pre-registration is required, NO TICKETS will be sold at the door.

Registration Deadline: September 19

SCARECROW BUILDING CONTEST

Scarecrow's Due: October 10

Voting: October 12 - 26

Calling all scout groups, home owners associations, business members and families...Join the 5th annual Scarecrow Building Contest and decorate the Founders Community Center for Halloween. The cross sticks will be provided by the Park District and are available for pick-up today! All entries are due by October 10. Voting will run from October 12 - 26. Voting will take place at the Founders Community Center office, 140 Oak Street, and on the Park District's Facebook page Remember to let your creative skills shine and construct some eye catching entries.



HALLOWEEN HAUNTING

Friday, October 21

6:00 - 9:00 pm

Founders Community Center, 140 Oak St.

Wristbands are \$10* at the door.

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

Sponsored by:



Athletic Programs:

KARATE KIDS - Introduces young children to the martial arts. Participants will learn and develop basic karate skills, techniques and principles. Through a variety of fun activities, children will improve motor skills, physical fitness, and gain confidence. Just added is a "Just Kick It" program designed for kids to work on various techniques and skills added from the handout each session. There is a \$25 fee for testing, which includes belt and certificate.

KARATE - Students learn basic and advanced traditional karate skills - katas, sparing, and self-defense. Individuals and families participate in this class. In the Beginner Level, you may earn a White, Yellow, and Green Belt. In the Advanced Level, you may earn a Blue, Purple, Brown, and Black Belt.

Instructors: Master David Smith, 4th Degree Black Belt & Master Chad Smith, Masters Rank, 6th Degree Black Belt
Location: Founders Community Center
Day: Tuesday
Session I: September 6 - October 11
Discounts: ½ off additional family members



KARATE KIDS	KARATE
Time: 6:00 - 6:30 pm	Level/Time: Beginner/6:30 - 7:30 pm
Age: 4 - 7 years	Level/Time: Advanced/6:30 - 7:45 pm
Fee: \$45/NR \$50	Age: 8 years & older
	Fee: \$65/NR \$70

TENNIS LESSONS

Junior tennis has a whole new attitude. Certified USPTA Professional Cindy Heidkamp and her staff will work with every skill 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.

Instructors: Cindy Heidkamp & the Lincoln Way Area CTA Staff
Location: Main Park Tennis Courts
Day: Monday
Date: September 12 - October 30
Age/Time: 5 - 7 years/4:30 - 5:30 pm
Age/Time: 8 - 12 years/5:30 - 6:30 pm
Fee: \$55/NR \$60



ILLINOIS GIRLS LACROSSE LEAGUE

Be part of a youth lacrosse league exclusively for girls from Chicago, and the north, northwest, west, and south suburbs. The emphasis of this program is to develop the girl within the sport of lacrosse. The goals of the program are to understand the rules of lacrosse, active teamwork, sportsmanship, and foster personal development in a respectful environment led by positive coaching. IGLA is adopting the US Lacrosse "PLAYERS FIRST" ATHLETE DEVELOPMENT MODEL which means smaller fields and a smaller number of players. Kids are more engaged, get more touches on the ball, and further develop their skills. All players will receive equal playing time. Practices are one day per week, with games being played on Sunday afternoons. Game locations rotate within your division. There will be 4 levels within the league. Teams are coached by volunteer parents (with support of IGLA coaching staff). All participants must provide their own lacrosse stick, goggles and face guard. Any questions contact: south2@igla.org For more specific information e-mail at: info@igla.org or call (773) 909-5940

Instructor: Illinois Girls Lacrosse Association Staff
Location: Lincoln-Way North
Day: Wednesday (Practice) & Sunday (Game Time TBD)
Dates: September 14 - October 30
Age/Time: 2nd - 3rd grade/5:30 - 6:30 pm
 4th - 5th grade/5:30 - 6:30 pm
 6th - 7th grade/5:30 - 6:45 pm
 8th - 9th grade/5:30 - 6:45 pm
Fee: \$180 (plus pinny fee)



P.E. 2 THE MAX **NEW!**

Students will actively participate in a fun-filled physical fitness program. This program will promote life-long enjoyment of being physically active. It will support a safe and encouraging environment where each child will find success in his/her own abilities. Students will enjoy various games and activities that promote team work.

Instructor: Paul Kobialko
Location: Founders Community Center
Day: Tuesday
Dates: September 27 - November 1
Age/Time: 1st - 2nd Grade/4:30 - 6:00 pm
Age/Time: 3rd - 5th Grade/6:00 - 7:30 pm
Fee: \$89/NR \$94

