



Park Pulse



News from the Frankfort Park District

January 2018

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

Frankfort Park District
Winter 2018



Youth Programs:

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

BEGINNING VIOLIN LESSONS

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 \$10. Parents are welcome and encouraged to attend and participate in all classes. A Violin will be provided to each student for the session to take home for practice.

Instructor: The Music Connection
Day: Tuesday
Session I: January 16 - March 6
Time: 5:00 - 5:45 pm
Age: 6 - 12 years
Fee: \$160/NR \$165



ZUMBA KIDS

Zumba kids is a fun high-energy fitness class packed with specially choreographed, kid-friendly routines set to their favorite Pop songs as well as to Latin and World music. Increased focus, coordination, self-confidence, and metabolism boost are all benefits that will come from this fun-focused class. Please wear comfortable clothing and bring gym shoes and a water bottle to each class.

Instructor: Jenn Raleigh
Day: Wednesday
Session I: January 17 - February 21
Time: 5:00 - 5:45 pm
Age: 6 - 12 years
Fee: \$39/NR \$44



MUSIC MAESTROS *NEW!*

Independent musical play through rhythm instruments will include more complex rhythms and two part rhythmic ensemble playing. Song, dance, and fun are an important part of the class! Music theory concepts such as dynamics, beat vs. rhythm, 1 octave scale, beginning piano keyboard geography, pre-music reading, and composition are introduced/reinforced through musical games, music picture books, written and flash card exercises, and some hands on piano experience with a few tunes!

Instructor: The Music Connection
Day: Friday
Session I: January 19 - February 23
Time: 10:00 - 10:45 am
Age: 3 - 5 years (with parent)
Fee: \$79/NR \$84



JUMP START LITTLE LEARNERS *NEW!*

Let your little ones get a jump start with learning at the beginning of the week. In this one hour class, your child will be introduced to a different letter at each class. The fun doesn't stop there! Numbers, colors, shapes and counting will be incorporated in their learning experience. Each week there will be new things to learn. What a great start for building their foundation of learning. A story will be enjoyed to end this hour of fun.

Instructor: Sharon Koczor
Day: Monday
Session I: January 22 - March 12 (No Class February 19)
Time: 10:00 - 11:00 am OR 4:00 - 5:00 pm
Age: 3 - 4 years
Fee: \$50/NR \$55



LEGO® ENGINEERING ADVENTURES *NEW!*

So you want to be an engineer or architect? Well what are you waiting for? This is your chance! Join us as we put our engineering skills to the test to build bridges, buildings, vehicles and more. We'll learn about different types of careers for you to explore. Do you like to design cities? You might become an urban architect one day! Do you want to build bridges? Then civil engineering might be the job for you! Want to design the next cool electric car? Then you may be destined to become an automotive or mechanical engineer! Come experience engineering adventures with us! Every child takes home a custom LEGO® mini-figure at the end of the last class.

Instructor: Bricks 4 Kidz Staff
Day: Monday
Dates: January 22 - March 5
(No Class February 19)
Time: 5:00 - 6:00 pm
Age: 5 - 10 years
Fee: \$69/NR \$74



YOUNG REMBRANDTS ELEMENTARY DRAWING

Young Rembrandts' acclaimed drawing method teaches children to break down complex objects into basic foundational shapes. As they learn to deconstruct and reconstruct images, the experience, repetition and variety of engaging subject matter bring them to increased levels of mastery in drawing. Students will explore the elements of art such as shading, balance, line, volume, depth and color while completing one new drawing each week. * Please note: the registration deadline is the Saturday before the session begins.

Instructor: Young Rembrandts Staff
Location: Grand Prairie School*
Day: Tuesday
Session I: January 23 - February 13
Time: 2:55 - 3:55 pm
Age: K - 2nd Grade
Fee: \$45/NR \$50



HEALTHY HANDS CONDENSED CORE COOKING CLASS *NEW!*

In our condensed Core Cooking Class, we will prepare healthier versions of Breakfast, Lunch and Dinner. Breakfast-bliss! Get ready because we're going to dive right in and make some amazing breakfast dishes. Lunch n' Munch: School cafeteria lunches can be costly and unhealthy. Well not anymore. We're going to create some fun and exciting lunches that are easy to make and packed with important nutrients for "kids on the grow". Favorite Meals: Our kids have their favorites and we will learn how to substitute and rework some of these recipes to create the healthier versions while still tasting GREAT! We will also spend time learning about important nutritional information to support our skills of healthy cooking. All materials are included.

Instructor: Tippi Graham, Certified Health Coach
Day: Monday
Session I: February 5 - 19
Time: 5:30 - 7:30 pm
Age: 6 - 9 years
Fee: \$115/NR \$120



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



us on Facebook.



Upcoming Events . . .



WINTER ON THE GREEN – WINTER CARNIVAL!

Saturday, January 20 • 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 - "UNDER THE SEA"

Friday, February 2 or Saturday, February 3 • 6:00 - 8:00 pm • Founders Community Center

Registration Deadline: January 26 or until filled

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

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.

Athletic Programs:

KARATE CLASSES

Instructor: Master David Smith, 4th Degree Black Belt

Location: Founders Community Center

Day/Date: Tuesday/January 9 - February 13

Discounts: ½ off additional family members

KARATE KIDS

This class 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.

Time: 6:00 - 6:30 pm

Age: 4 - 7 Years

Fee: \$45/NR \$50



KARATE

Students learn basic and advanced traditional karate skills - katas, sparring, and self-defense. Individuals and families participate in this class. Great opportunity to do something with your child(ren)! In Beginner Level, you may earn a White, Yellow, & Green Belt. In Advanced Level, you may earn a Blue, Purple, Brown, & Black Belt.

Level/Time: Beginner/6:30 - 7:30 pm

Advanced/6:30 - 7:45 pm

Age: 8 years & older

Fee: \$65/NR \$70

ARCHERY 101 LESSONS

Whether you are new or an experienced archer, come out and enjoy 4 sessions of archery fun. Students will learn safety, proper technique and form, range procedures, and etiquette. There will be lots of shooting in each session, with challenges and fun competition mixed in. The staff at BowDoc Archery are USA Archery certified coaches. BowDoc Archery will supply all of the necessary equipment for this class. Please wear shoes that cover the entire foot.

Instructor: BowDoc Archery Certified Coaches

Location: BowDoc Archery

18801 Unit 4 Wolf Road, Mokena

Day/Date: Tuesday/January 9 - 30

Time: 7:00 - 8:00 pm

Age: 8 - 17 years

Fee: \$60/NR \$65



MLK DAY BASKETBALL DAY CAMP

All the high intensity drills used in the Elite Basketball Training Program 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 15

Time: 9:00 am - 3:00 pm

Age: 6 - 14 years

Fee: \$85/NR \$90



Open House

Saturday, February 3, 2018 from 10:00 am - 12:00 pm
at the Susan Puent Building, 400 W. Nebraska Street
Meet some of the preschool staff and see the facility first hand.



Preschool Registration

Programs: Me Two-2 years, Wee Works-2.5 years,
Play School-3 years, Prep School-4 years, and
Stepping Stones-4 years.

In-district residents registration begins February 5, 2018.

Non-residents registration begins February 12, 2018.

Registration can only be done IN PERSON at the Founders Community Center at 140 Oak Street. A copy of the child's birth certificate is required for new participants.



ICE SKATING @ MAIN PARK!

Two Rinks: located at Main Park, 200 S. Locust.

One rink will be designated for open skate and the other will be designated 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

SLED HILL @ COMMISSIONERS PARK

The Sled Hill will be open daily until 9:00 pm.

(weather permitting)

