



Park Pulse



News from the Frankfort Park District

March 2020

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

Youth Programs:

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

MUSIC MAESTROS

Like Music Masters 3, Music Maestros takes all of the concepts of Music Masters 3 one notch up: independent musical play through rhythm instruments will include more introductory piano concepts and piano activities. Ear training games are more specific, including beginning identification of musical intervals. However, song, dance, and fun are still 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! Attention parents: this Maestro class will feature more introductory piano concepts and piano activities.

Instructor: The Music Connection

Day: Friday

Session II: March 6 - April 24
(No Class April 3 & 10)

Time: 10:00 - 10:45 am

Age: 3 - 5 years (with parent)

Fee: \$79/NR \$84



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 are also included.

Instructor: Chris Johnson

Day: Thursday

Session II: March 12 - April 9

Time: 9:30 - 10:15 am

Age: 2 - 3 years (with parent)

Fee: \$35/NR \$40



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: Tuesday

Session II: March 17 - April 7

Time: 9:15 - 10:00 am

Age: 3 - 5 years

Fee: \$30/NR \$35



MAKE YOUR OWN PAJAMA PANTS *NEW!*

Learn how to design and create your own pajama pants. Bring your sewing machine and construct a one of a kind piece under the guidance of an instructor. Class supply list will be provided at the time of registration.

Instructor: Gina Barrett

Day/Date: Thursday/March 19

Time: 6:00 - 7:00 pm

Age: 10 years & older

Fee: \$20/NR \$25



STAGE STARS

It's time to raise the curtain on our Stage Stars class! Our drama program introduces students to the craft of stage acting. During the one-hour class, students will learn theatrical skills, improv basics and participate in interactive drama games. This is an opportunity for students to have fun, express themselves, interact with others within the context of theatre arts and have the opportunity to earn belts to demonstrate their skills!

Instructor: Afterschool Enrichment Solutions

Day: Tuesday

Session II: April 7 - May 26

Time: 4:30 - 5:30 pm

Grade: K - 6th Grade

Fee: \$149/NR \$154



CHESS SCHOLARS AFTERSCHOOL CHESS CLUB

Develop your child's intellect through the royal game of chess! Chess has been proven to enhance children's motivation, concentration, focus, social skills, and creativity. No previous knowledge of chess is necessary. Each class will consist of a fun interactive teaching period and guided practice time. Both beginner and experienced players are welcome and will get to the next level under the guidance of an experienced Chess Scholars coach. There will also be a chess competition with prizes at the end of the session! **Registration Deadline: 2 weeks before the start of session.**

Instructor: Chess Scholar's Staff

Day: Wednesday

Session II: April 8 - May 27

Time: 4:30 - 5:30 pm

Grade: K - 5th Grade

Fee: \$149/NR \$154



LET'S BUILD IT - CHAIN REACTIONS - READY, SET, ROLL! *NEW!*

See the laws of motion at work in this thrilling, hands-on course. Students will construct machines, like the Heavyweight Hammer and the Spin-o-Matic, and then combine them to create exciting chain reactions! Each week, the chain reactions will become more complex with the introduction of new machines. The projects will afford students the opportunity to delve into concepts such as force, gravity, velocity, types of energy, and balance. At the end of the session, students will be challenged to create the Ultimate Chain Reaction by working cooperatively to see how many machines they can incorporate. Each participant will receive an award on the last day of the session and have the opportunity to earn Energy Belts by demonstrating their learned skills!

Instructor: Afterschool Enrichment Solutions

Day: Thursday

Date: April 9 - May 28

Time: 4:30 - 5:30 pm

Grade: 1st - 6th Grade

Fee: \$165/ NR \$170



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



Like us on Facebook.



Upcoming Events ●●●●●●●●●●

21st Annual Spring Craft & Vendor Show

Saturday • March 21 • 9:00 am - 3:00 pm • FREE Admission
Founders Community Center • 140 Oak Street
 Craft Items Include: Doll Clothes, Painted Glass, Kitchen Items, Spring Decorations, Blankets, Pillows, Note Cards/Tags, Scarves, Handmade Jewelry, Hair Accessories & much more!
 Vendors Include: Tastefully Simple, Tupperware, Avon, Nothing Bundt Cakes, Origami Owl, Lilla Rose, Cute-Nick Jewelry, Norwex, Damsel in Defense, Hempworx, Papparazzi Jewelry, Scentsy, Usborne Books, Color Street & much more!

Spring Break Movie Fun - "HOP"

Thursday • March 30 • 1:00 - 3:00 pm
Founders Community Center • 140 Oak Street
\$10/NR \$13/person • 4 - 10 years
 Looking for something fun to do during Spring Break. Join the Frankfort Park District for an afternoon of crafts, snacks and the movie "HOP". We will enjoy pizza, popcorn, cookies and punch and settle in for the movie on the big screen.
Registration deadline: March 27



15th Annual Family Fun Fly

Thursday • April 2 • 11:00 am - 12:00 pm • FREE
Fort Frankfort at Commissioners Park • All Ages
 Grab your kites and join us as we celebrate "Flying for Kids Month", a statewide kite fly to promote park districts, recreation agencies and the Park District Youth License Plate. Bring your own kite or borrow one from the Park District to fly. This event is FREE and open to the public!
Rain/Weather Date:
Saturday, April 25 @ Main Park 12:30 - 2:30 pm



Donuts with the Bunny

Saturday • April 4 • All Ages • \$5 per child
Session I: 11:00 - 11:30 am
Session II: 11:30 am - 12:00 pm
Founders Community Center, 140 Oak Street
 Join Peter Cottontail for some donuts, crafts, holiday games and a special photo opportunity with the Bunny! Remember to bring your cameras. Check out the annual Egg Hunt at Commissioners Park that afternoon.
Registration Deadline: April 1 or until filled
Sponsored by: Fleckenstein's Bakery



Athletic Programs:

JUNIOR SPIKERS VOLLEYBALL

This program will assist 1st-2nd grade boys and girls in developing coordination and motor skills while learning the great lifetime sport of volleyball. The experienced instructors at Ultimate Volleyball will teach fundamental skills in a positive athletic environment. Teamwork, sportsmanship and FUN will be emphasized. Participants will use a special "no sting" lightweight volleyball along with lowered nets.
Instructor: Ultimate Volleyball
Location: Grand Prairie School (North Entrance Door #10)
Day: Tuesday
Date: March 17 - April 28 (No Class March 31)
Time: 6:00 - 6:45 pm
Age: 1st - 2nd Grade
Fee: \$58/NR \$63



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: Tuesday
Date: March 17 - April 28 (No Class March 31)
Age/Time: 6th - 8th Grade/7:30 - 8:15 pm
Fee: \$58/NR \$63



SKYHAWKS SPRING BREAK BASKETBALL CAMP

This basketball camp was developed to give boys and girls a positive first step into athletics and Basketball. The essentials of Basketball is taught in a safe, structured environment with lots of encouragement and a big focus on fun and respect for the game. Our basketball games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks coaches are experienced and trained to handle the specific needs of young athletes.
Instructor: Skyhawks Staff
Location: Founders Community Center
Day: Monday - Friday
Date: March 30 - April 3
Time: 10:00 am - 12:30 pm
Age: 7 - 14 years
Fee: \$119/NR \$124



SKYHAWKS SPRING BREAK DODGEBALL CAMP

Skyhawk's Dodgeball - You know this fun game from playgrounds, backyards and your family get-togethers. 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 1 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
Instructor: Skyhawks Staff
Location: Founders Community Center
Day: Monday - Friday
Date: March 30 - April 3
Time: 12:45 - 2:15 pm
Age: 7 - 14 years
Fee: \$69/NR \$74



FIRE STARTERS SPRING OUTDOOR SOCCER LEAGUE

The Fire Starters Staff will conduct an instructional indoor soccer program focusing on the basic skills for the beginning and novice players ages 4 years through 6th grade. This program will consist of training sessions (weekday) and games on Saturdays. The training curriculum will be age appropriately designed to create a fun and exciting environment for maximum participation for each player. All training sessions will be conducted by the Fire Starters staff coaches. As always, volunteer parent coaches will be needed to ensure successful operation of the program. Each player will be responsible to purchase 2 uniform tops. The tops may be ordered for \$30 (\$15 per uniform top Red & Grey). You may use your t-shirts from previous seasons (Red & Grey). All players are required to wear shin guards and shorts at all training sessions and games. Please bring a soccer ball and water to all training sessions and games.
Registration Deadline: March 23 - A \$10 late fee will be added if registered after March 23rd.
Volunteer Coaches Meeting: March 24 at 6:30 pm at the Founders Community Center.
Instructor: Fire Starters Staff
Location: Commissioners Park Soccer Fields
Date: April 7 - May 30



4 years - Kindergarten

Session I: Tuesday/5:00 - 6:00 pm & Saturday/9:00 am - 2:00 pm
Session II: Thursday/5:00 - 6:00 pm & Saturday/9:00 am - 2:00 pm

1st - 3rd grade

Session III: Tuesday/6:00 - 7:00 pm & Saturday/9:00 am - 2:00 pm

4th - 6th grade

Session IV: Thursday/6:00 - 7:00 pm & Saturday/9:00 am - 2:00 pm

Fee: \$105/NR \$110 (\$5 off for additional siblings)