FRANKFORT
Park District

140 OAK STREET | FRANKFORT
815-469-9400
www.frankfortparks.org

Come join the fun!

SPRING 2021

Check out all the fantastic programs offered this Spring! Brochure available online to view & download.

RESIDENT REGISTRATION - MARCH 1 • NON-RESIDENT - MARCH 8

Contents

The Frankfort Park District is committed to providing responsive, friendly, courteous and excellent service to our customers.

Founders Community Center

140 Oak Street | Frankfort, IL 60423
Phone: 815-469-9400
Fax: 815-469-9275

Office Hours:
Monday - Friday | 9:00 am-4:00 pm
Please visit our website for updates.

SCAN FOR DIRECT ACCESS TO OUR WEBSITE!

Office Hours	2
Executive Directors Message	3
COVID Info & Updates	4
Special Events	5-6
Park Perks	7
Preschool/Prairie Care	8
Summer Day Camp	9
Youth Programs	10-14
Teen Programs	15
Gymnastics	16
Youth Athletics	17-20
Adult Athletics	21-22
Adult Fitness	23-25
Adult Programs	26-28
Senior Programs	29
Travel Programs	30
Community Garden/Flower Bed	31
Community Events	32
District Map & Directory	33
Registration Form	34
Registration Information	35
Bark Park	35
Rental Information	36
Charitable Giving Options	37
LWSRA/Community Organizations	38
Spring Craft & Vendor Show	39
Town Center Bank	40

Due to the fluid nature of the COVID pandemic, information in this brochure is subject to change. Please visit our website for updates at www.frankfortparks.org

Board of Commissioners

Board meetings are held at 6:30 pm the 2nd Tuesday of each month at the Founders Community Center, 140 Oak St. The public is always welcome.

Tom Barz
President
tbarz@frankfortparks.org

Matt Schedin
Vice President
mschedin@frankfortparks.org

Tom Ruvoli
Treasurer
truvoli@frankfortparks.org

Mark Ponton
Secretary
mponton@frankfortparks.org

Patrick Bickett
pbickett@frankfortparks.org

Administrative Staff

Gina Hassett - Executive Director
ghassett@frankfortparks.org

Stacy Proper - Superintendent of Recreation
sproper@frankfortparks.org

Edward Newton - Superintendant of Buildings & Grounds
enewton@frankfortparks.org

Kristen Morrison - Recreation Supervisor
Early Childhood & Before and After School Care
kmorrison@frankfortparks.org

Maurice Sullivan - Recreation Supervisor
msullivan@frankfortparks.org

Cali DeBella - Recreation Supervisor
cdebella@frankfortparks.org

Lisa Slattery- Business Manager
lslattery@frankfortparks.org

Deborah Gorchos - Public Relations Coordinator
dgorchos@frankfortparks.org

Office Assistants

Lisa Carney, Susan Reidy

Maintenance Staff

Andrew Farkas, Robert Turk, Bill Urso, Dave Gow, Chuck Doctor, Mark Fletcher & Oscar Hammerberg

FRANKFORT Park District

Message from the Executive Director . . .

Dear Frankfort Park District Residents,

It is AWESOME to hear voices in the halls of the Founders Center. It was very lonely around here. Although the staff can't see the smiling facing of our participants (hidden under their masks), it is assumed that they are as happy to be back as we are to have you back. At the time I write this letter, the Frankfort community is in Phase 4 of the Covid mitigation, which allows for in-person programming and facility rentals to resume.

The Park District team continues to navigate the on-going Covid mitigation. This means that District continues to be flexible so that as the mitigation restrictions are lifted, the District will resume permitted services. The District continues to adjust programming to meet the mitigation guidelines and provide safe facilities. The District's service model had previously been only in-person programming. The Pandemic continues to evolve how the District functions. Many of us never thought our participants would want on-line programming!

The District understands that not everyone is ready to return to in-person registration. When possible, virtual classes will be offered and as weather permits, some classes will go outdoors. This year will continue to bring changes in how the District provides services. The staff is excited to serve the Park District participants. Come out and join the fun!

Looking forward to seeing you!

Gina Hassett, Executive Director

STAY SAFE TOGETHER
Frankfort Park District

As a friendly reminder when at our facilities, programs and events:

Please remember to wear a face covering when you cannot keep a safe distance from others, socially distance, wash your hands well & use hand sanitizer.

Let's stay safe together, Frankfort!

COVID-19 INFORMATION AND UPDATES

The programs and events listed in this brochure are subject to change. Please visit our website for the most up-to-date program information. We encourage everyone to register online for easy access 24 hours/day, 7-days/week. If you do not have an online account, please visit our website and click on the "Register Online" icon and from there click on "Create Account". Once you have entered your information, it will be sent to the Park District for approval. This process could take up to 24 hours. For those with an account that have trouble logging in, please contact our office at 815-469-9400. If you are unable to use register online, you can mail, fax or drop off your registration form in our drop box located outside of the main entrance of the Founders Community Center. Registration may also be done in person during regular business hours.

COVID-19 Information and Updates

The Frankfort Park District is looking forward to the Winter season and offering our services in a safe manner, while following the recommendations from the Governor's office, Centers for Disease Control (CDC), and the Illinois Department of Public Health (IDPH). As we prepared this brochure, restrictions caused by the COVID-19 pandemic affected program and event planning. Decisions were made using the best information available at the time. To limit attendance, you will see that some special events now require pre-registration and/or have multiple time slots. Class enrollment limits have been reduced to stay within limitations in effect at the time this brochure was published. The Park District will continue to make changes to programs and events as new guidelines are put in place to ensure the health and safety of our participants and staff. **Please check our website for additional updates as guidelines may change.**

Self-Assessment COVID-19 Symptom Questionnaire

COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness. Before attending a Park District program or event, please take our Self-Assessment COVID-19 Symptom Questionnaire available on our website.

GUIDELINES PUT IN PLACE:

Face Coverings: Face coverings must be worn by everyone (ages 2 & older) entering a Park District or school facility and must cover your nose and mouth. Face coverings must be worn at all times if a social distance of 6 feet cannot be maintained. Face coverings must be worn during athletic programs/league play.

Reducing Program Sizes: Participation numbers have been reduced to meet with the guidelines set in place. Participants will follow social distancing guidelines remaining 6-feet apart.

Practicing Good Hygiene: More frequent hand washing requirements have been implemented within programs, such as at the beginning and ending of programs, as well as the availability of hand sanitizer for all participants. Also, depending upon program activity types, additional handwashing breaks will be included.

Staggering of Program Start Times & Building Access: To avoid large gatherings during program check-in and check-out times, we are staggering program start times. Participants will receive an email with the door number they are to enter when arriving for a program. This will help with traffic control if one program is ending in one part of the building while another is beginning, and participants are not entering and exiting out of the main entrance. Participants should arrive no earlier than 5 minutes before a program begins. Parents should arrive to pick up their child no earlier than 5 minutes before the program ends. If you arrive earlier, please remain in your car until it is time to enter the building.

Increased Cleaning and Sanitizing: New standards have been implemented to ensure the regular cleaning and sanitizing of equipment and facilities after each program.

Supplies: Participants should bring their own water bottle and hand sanitizer to class.

Upcoming Summer 2021 Events

- Parties in the Park
- Short Run on a Long Day 5k
- 4th of July Celebration
- Movies on the Green
- Community Garage Sale
- Senior Picnic
- Back to School Bash

Bunny Time

DONUTS WITH THE BUNNY

Join Peter Cottontail for some crafts, holiday games, donuts, egg hunt and a special photo opportunity with the Bunny! Remember to bring your cameras. **Face coverings must be worn.**

Registration Deadline: March 23 or until filled

Location:	Founders Community Center
Day/Date:	Saturday, March 27
Session I:	10:30 - 11:00 am
Session II:	11:15 - 11:45 am
Ages:	All
Fee:	$6 per child
Min/Max:	25/35

EGG HUNT WITH PETER COTTONTAIL

Kids, grab your baskets and hop over to our annual Egg Hunt at Commissioners Park! Each time slot will have a designed hunt area with plastic eggs spread all over. **Pre-registration is required. Open to Frankfort Park District residents only. Face coverings must be worn.**

Location:	Commissioners Park (Fort Frankfort)
Day/Date:	Saturday, March 27
Time:	12:45 pm 1:15 pm 1:45 pm 2:00 pm
Ages:	1 - 8 years
Fee:	FREE (Pre-registration required - Park District Residents ONLY)
Min/Max:	25/50 per time slot

FREE

SUPER DOG EGG HUNT

Egg hunting has gone to the dogs! Dash around the Bark Park at Commissioners Park with your dog collecting treat-filled eggs and help your dog sniff out the special egg to win a prize. After the hunt, visit with our dog friendly vendors and get your photo with Peter Cottontail. Families and all friendly dogs are welcome at this free, on-leash event. An adult should accompany dog-owners under the age of 12. **Gate will open at 2:20 pm. Hunt will start at approximately 2:30 pm.**

Location:	Bark Park at Commissioners Park
Day/Date:	Saturday, March 27*
Time:	2:30 pm (approx.)
Fee:	FREE

**Rain Date: Tuesday, March 30 @ 6:00 pm*

Sponsored by: Bentley's PETstuff

FREE

new

BUNNY HOME VISIT

Watch your child's eyes light up as they receive a personal visit from the Bunny at your house. The Bunny will hop on over for an outdoor photo and will bring your child a special treat. You will receive a phone call a day before the visit with an approximate arrival time. Be sure to have your camera ready for the bunny arrival. **Open to Frankfort Park District residents only.** Bunny will spend approximately 10 minutes at each location.

Location:	Your House
Date/Time:	Tuesday, March 30/10:00 am - 2:00 pm Thursday, April 1/1:00 - 4:00 pm Friday, April 2/10:00 am - 2:00 pm
Ages:	All
Fee:	$25 (Fee includes outdoor home visit with the Bunny and gift for one child) $5 for each additional child in household* *Online Code: BUNNY 2021

Special Events

SPRING BREAK MOVIE FUN

Looking for something fun to do during Spring Break? Join the Frankfort Park District for an afternoon of crafts, snacks and the movie "Zootopia". We will enjoy pizza, popcorn, cookies and punch and settle in for the movie on the big screen.

Registration deadline: March 26

Location:	Founders Community Center
Day/Date:	Monday, March 29
Time:	11:00 am - 2:00 pm
Ages:	4 - 10 years
Fee:	$10/NR $13/person
Min/Max:	10/20

15th ANNUAL FAMILY FUN FLY

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!

Location:	Fort Frankfort at Commissioners Park
Day/Date:	Thursday, April 1
Time:	11:00 am - 12:00 pm
Ages:	All
Fee:	FREE

• Rain/Weather Date: Saturday, April 24 @ Main Park 12:30 - 2:30 pm

KIDS GARAGE SALE

Kids, clean out your closets, your toy box and under those beds. Sell your unwanted or no longer needed toys, games, books and other items and make a few extra dollars! Each child will have one parking space to sell. All kids must be supervised by a parent or guardian. A detailed letter with more information will be sent to sellers. The garage sale is open to the public. **Face coverings must be worn.**

Registration Deadline: April 16 or until filled

Location:	Main Park North Parking Lot
Day/Date:	Saturday, April 24
Time:	11:30 am - 2:30 pm
Ages:	5 - 14 years old (sellers)
Fee:	$10 per space (includes table & advertising)
Min/Max:	20/30

CELEBRATING EARTH DAY

Come out to Main Park for an afternoon of Earth Day fun! There will be kid friendly games, learning activities for children, crafts, give-a-ways, popcorn, hot dogs, paper shredding drop off, and more! Each family will receive a tree sapling to plant and help make a difference this Earth Day. **Face coverings must be worn.**

Location:	Main Park
Day/Date:	Saturday, April 24
Time:	12:30 - 2:30 pm
Age:	Families
Fee:	FREE

MOTHER/SON BOWLING NIGHT

Hey moms, looking for a fun evening out with your little guy? Join us at Thunderbowl in Mokena for two games of bowling and dinner. This is a great opportunity to have some fun spending time together with a little competition mixed in. Pizza, pop, two games of bowling, shoes, and bowling balls are included in the fee. NO TICKETS will be sold at the door.

Registration Deadline: April 16 or until filled

Location:	Thunderbowl 18700 Old LaGrange Road, Mokena
Day/Date:	Friday, April 30
Time:	6:00 - 8:00 pm
Ages:	All
Fee:	$22/NR $25/person
Min/Max:	30/60

MOTHER/DAUGHTER BOARD GAME NIGHT

Moms, get your daughters together for a fun evening of board games, puzzles, music and laughs. This will be a great evening to spend some time together while having fun! Pizza, salads and desserts will be served.

Registration Deadline: May 5

Location:	Founders Community Center
Day/Date:	Wednesday, May 12
Time:	6:00 - 8:00 pm
Ages:	All Ages
Fee:	$10/NR $13/person
Min/Max:	30/75

Park Perks

Customer Service Statement: The Frankfort Park District is committed to providing responsive, friendly, courteous and excellent service to our customers.

PARK DISTRICT NEWS

Playground Replacements

The Park District has budgeted to replace two playgrounds, located at Brookmeadow Park and Sandalwood Park. With feedback from the residents, the equipment designs and color choices have been selected. The Board will approve and award the final design this spring. Weather permitting, the projects will begin this spring and completed by early June.

Photo: Brookmeadow Park Playground Rendering

Photo: Sandalwood Park Playground Rendering

Splash Pad Improvements Slated for 2021

The splash pad at Commissioners Park was installed in 2005 and has been a great way to cool off in the summer months. The water source for the splash pad is a dedicated well which provides an economical water source. The water from the deep well is cold water and it has a high iron content. To improve the water quality, the Park District plans to install a recirculation system to the splash pad. The iron will be filtered out, then the water will be treated and held in an underground tank. The splash pad surface is due for replacement and will be done as part of the project. The District hopes to refresh several of the features on the splash pad. The projected is slated to be done at the end of the 2021 operating season.

Photo: Splash Pad located @ Commissioners Park

Upcoming Spring 2021 Events

22nd Annual Spring Craft & Vendor Show
March 20

Donuts with the Bunny
March 27

Egg Hunt with Peter Cottontail
March 27

Super Dog Egg Hunt
March 27

Spring Break Movie Fun
March 29

Bunny Home Visit
March 30 or
April 1 or
April 2

15th Annual Family Fun Fly
April 1

Kids Garage Sale
April 24

Celebrating Earth Day
April 24

Mother/Son Bowling
April 30

Mother/Daughter Game Night
May 12

140 Oak Street, Frankfort, IL 60423 • (815) 469.9400

Park Perks!

Preschool/Praire Care

REGISTRATION

All preschool programs run from September 2021 to May 2022. Registration began on Monday, February 8 for in-district residents and February 15 for non-residents. Registration takes place at the Founders Community Center at 140 Oak Street, Frankfort and can only be done IN PERSON. ***A copy of the child's birth certificate is required at the time of registration for new participants.*** Consult website for current office hours.

A $50 non-refundable registration fee is due at the time of registration. ***If your tuition is paid in full between May 1st and July 15th, 2021, you will receive a 10% discount for the entire year. For Non-residents, the discount will be taken off the resident rate.*** **AUTO - PAYMENT will be mandatory for the monthly payment option (see form in preschool packet). Auto-payment forms MUST be turned in by July 15, 2021. Please have all paperwork turned in by July 15 to confirm your registration commitment.** Call the Park District at 815-469-9400 if you have any questions or would like to visit our programs while they are in session.

ME TWO 2 YEARS

This program will provide young children with the experience of socializing with their peers and practice separating from parents. The children will enjoy age appropriate arts & crafts, music, stories, games and snack time. The child must be 2 years by September 1, 2021. Being toilet trained is NOT mandatory. A physical is required.

Day: Tuesday & Thursday
Time: 9:00 - 11:00 am OR 12:00 - 2:00 pm
Tuition: $1,035/NR $1,170*
9 monthly auto-payments of $115/NR $130 per month

WEE WORKS 2.5 YEARS

This twice weekly program is perfect for young children anxious to meet friends. The class will be filled with play time, arts & crafts, stories, music and snack time. The child must be 2.5 years old by September 1, 2021. Being toilet trained is NOT mandatory. A physical is required.

Day: Wednesday & Friday
Times: 9:00 - 11:00 am OR 12:00 - 2:00 pm
Tuition: $1,035/NR $1,170*
9 monthly auto-payments of $115/NR $130 per month

PLAY SCHOOL 3 YEARS

This program will provide time for young children to learn how to interact with their peers. Fun activities help the children learn to share and follow directions. Colors, numbers, and the alphabet are introduced. The child must be 3 years old by September 1, 2021 and MUST be toilet trained. A physical is required.

Days: Tuesday & Thursday
Times: 8:45 - 11:15 am OR 12:15 - 2:45 pm
Tuition: $1,215/NR $1,350*
9 monthly auto-payments of $135/NR $150 per month

PREP SCHOOL 4 YEARS

This Kindergarten preparation program is for children who will be 4 years old by September 1, 2021 and MUST be toilet trained. The curriculum includes age appropriate activities for language arts, math, science, motor skills, and socialization. Field trips are also taken. A physical is required.

Days: Monday, Wednesday, & Friday
Times: 8:45 - 11:15 am OR 12:15 - 2:45 pm
Tuition: $1,395/NR $1,530*
9 monthly auto-payments of $155/NR $170 per month

STEPPING STONES (KINDER-BRIDGE) 4 YEARS

This class is for children who will be 4 years old by September 1, 2021 and MUST be toilet trained. This 5- day program will focus on school readiness skills of language arts, math, science, and fine motor skills. Emphasis is also placed on improving social skills. Field trips are taken and a physical is required.

Days: Monday through Friday
Times: 9:00 - 11:30 am OR 12:30 - 3:00 pm
Tuition: $1,800/NR $1,935*
9 monthly auto-payments of $200/NR $215 per month

If your tuition is paid in full between May 1st and July 15th, 2021, you will receive a 10% discount for the entire year. For Non-residents, the discount will be taken off the resident rate.

Start of School

Preschool classes for the fall will begin the week of September 6th (after Labor Day) and run through May 2022. Orientation days are scheduled on Tuesday & Wednesday, September 7th & 8th. Please check your preschool packet for your child's scheduled day and time.

Please note: This is not a regular school day. Please plan on staying with your child on this day. Your children will stay all by themselves at the next scheduled class session.

PRAIRIE CARE: Before & After School Care

This partnership between the Park District and Frankfort School District 157-C provides before and after school care for 157-C students in grades K-5. The program is located at Grand Prairie School and is available as early as 6:30 AM until the start of school and again after school until 6:30 PM. Prairie Care is also available on early dismissal days and district holidays. ***For more information, please call (815) 469-9400 or (815) 464-5579 or view forms on our website. www.frankfortparks.org***

	Before School Care	After School Care
Kindergarten-5th Grade	$12 Daily	$17 Daily

Day Camp Registration will begin
Residents: April 1
Non-Residents: April 8
Online Registration Available

Frankfort Adventures Summer Day Camp

Frankfort Adventures Day Camp is back for another awesome summer. This day camp program is designed for children **entering 1st – 6th grade, in the Fall of 2021**. Our camp will provide plenty of outdoor activities, water days, arts & crafts, and walking field trips. We will also have special in house entertainment once a week. Bring a lunch and water bottle each day. Registration can be done online or in person at the Founders Community Center. A Day Camp Packet will need to be completed and turned in to the Frankfort Park District at the time of registration or at least one week prior to your child starting camp. The packet can be found on our website at www.frankfort parks.org or a packet can be picked up at the Park District office. ***A copy of your child's birth certificate must be presented at the time of registration or when you submit your Day Camp packet.***

Campers may register for the entire camp or on a per session basis. Save 10% if you register for all 4 Sessions.

Camp Schedule
Session 1 – June 14 - 25
Session 2 – June 28 - July 9 (No Camp July 5)
Session 3 – July 12 - 23
Session 4 – July 26 - August 6

Day Camp – 9:00 am - 4:00 pm
$350/NR $400 per 2 week session
$315/NR $365 (session 2)

If you would like to register for camp one week at a time, the fee will be $200/NR $225.

Before Camp 7:00 - 9:00 am
$60
$54 (session 2)

After Camp 4:00 - 6:00 pm
$60
$54 (session 2)

Frankfort Adventures Summer Half Day Camp

This half-day day camp program is designed for children **entering 1st – 6th grade, in the Fall of 2021**. This camp will provide outdoor activities, games, water activities, art & crafts, walking excursions. Bring a lunch and water bottle each day. A Day Camp Packet will need to be completed and turned in to the Frankfort Park District at the time of registration or at least one week prior to your child starting camp. The packet can be found on our website at www.frankfort parks.org or a packet can be picked up at the Park District office. ***A copy of your child's birth certificate must be presented at the time of registration or when you submit your Day Camp packet.***

Location: TBA

Camp Schedule
Session 1 – June 14 - 25
Session 2 – June 28 – July 9 (No Camp July 5)
Session 3 – July 12 - 23
Session 4 – July 26 – August 6

Half Day Camp – 9:00 am - 1:00 pm
$200/NR $225 per 2 week session
$180/$205 (session 2)

The Day Camp information is subject to change. Please visit our website at www.frankfortparks.org for updated information.

Youth Programs

MIGHTY MUSIC MAKERS

Celebrate your child's growing independence through fun music and movement activities. 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 to widen your child's exposure and appreciation of different music styles. This class is designed for a child and adult to participate together.

Instructor: Angie Pope

Location:	Founders Community Center
Day:	Monday
Dates:	April 19 - May 24
Time:	9:00 - 9:45 am
Age:	3 - 5 years
Fee:	$70/NR $75
Min/Max:	5/18

ROCKIN TOTS

Participate with your toddler in singing, chanting, moving, dancing, listening and playing simple percussion instruments. Activities will bridge the natural connection between music and movement; improve listening abilities, and increase exposure and appreciation to different types of music. This class is designed for a child and adult to participate together.

Instructor: Angie Pope

Location:	Founders Community Center
Day:	Monday
Dates:	April 19 - May 24
Time:	10:00 - 10:45 am OR 11:00 - 11:45 am
Age:	1 - 2 years (with parent)
Fee:	$70/NR $75
Min/Max:	5/18

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

Location:	Founders Community Center
Day:	Tuesday
Dates:	April 27 - May 25
Time:	9:15 - 10:00 am
Age:	3 - 5 years
Fee:	$30/NR $35
Min/Max:	6/12

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

Location:	Founders Community Center
Day:	Thursday
Dates:	April 29 - May 27
Time:	9:30 - 10:15 am
Age:	2 - 3 years (with parent)
Fee:	$35/NR $40
Min/Max:	8/20

MUSICSTART

Learn to read music and play tunes! Brought to you by AES and The Music Path Company, this amazing program teaches young students the beginnings of music! Using specialized, proprietary MusicStart keyboards, students learn to play familiar tunes in a group setting by color, letter and note matching while using problem-solving strategies - without sacrificing any important musical knowledge - we are not taking shortcuts to playing and reading music. Prepare your student to take any instrument by giving them a solid musical foundation with this exciting program!

Instructor: After School Enrichment

Location:	Founders Community Center
Day:	Monday
Dates:	March 15 - May 3 (No class March 29)
Time:	4:30 - 5:30 pm
Grade:	K - 4th
Fee:	$160/NR $165
Min/Max:	6/10

Afterschool Enrichment Solutions

DATES ARE SUBJECT TO CHANGE
Please visit our website for updates.
www.frankfortparks.org

Follow us for information on . . .
upcoming programs and events on Instagram.

BUNNY BABIES

new

Spring has arrived! What a better way to celebrate than by making your very own 8" Bunny baby! Each participant will receive an unstuffed animal, fluff to stuff, wishing star, loving heart, birth certificate and carry home bag PLUS one hour of Bunny fun! Hop on over for a story, game, craft and grand finale march! Stuffing kits will be dropped off at the Park District for you to pick up 3 days before the class. The private zoom link will be included in the kit.

Instructor: Heather Giertuga

Location:	Zoom Platform
Day:	Tuesday
Date:	March 16
Time:	5:00 - 6:00 pm
Age:	3.5 - 8 years
Fee:	$29/NR $34
Min/Max:	6/10

BEGINNING POTTERY FOR KIDS

Learn several basic pottery techniques to create your own works of art. We'll have project ideas for you and you can design your own pieces of art/jewelry. You are free to bring your own stamps, molds and cookie cutters if you have something cool you'd like to use. Each session will have a theme as noted below. In week 1, you'll make your pieces and leave them with us to dry. In week 2, you'll decorate your pieces and take them home with you. We'll be using Crayola brand air dry clay and non-toxic paint/markers.

Instructor: Kim Bennett

Location:	Founders Community Center
Day:	Wednesday
Dates/Theme:	March 24 & 31/Bunny Spring
Dates/Theme:	April 28 & May 5/Mother's Day
Time:	6:00 - 7:00 pm
Age:	5 - 10 years
Fee:	$30/NR $35 (per session)
	$20/NR $25/Additional child (per session)
Min/Max:	6/12

HOLIDAY ORNAMENTS

Join Tess Gutkowski, Owner of Brilliant Werks, Inc and make a special keepsake ornament for yourself or someone special. The fee includes the class and one ornament. Additional ornaments can be purchased at the time of registration for a fee of $8. All supplies are included.

Instructor: Tess Gutkowski

Location:	Founders Community Center
Day:	Thursday
Date/Theme:	March 25/Easter Bunny
Date/Theme:	April 22/Earth Day
Time:	6:00 - 7:00 pm
Age:	8 - 16 years
Fee:	$23/NR $28
	$8/additional ornament
Min/Max:	8/10

VIRTUAL PROGRAMS
Look for this symbols

Virtual Only Program

HERE COMES PETER COTTONTAIL!

Hop on down to the bunny trail for some hip-pity hop-pity fun. Each child will decorate a hardboiled egg to bring home. Will it be blue, yellow, orange or purple? It will be your decision. There will be a craft to make and a light snack to eat. Don't forget to bring along your Easter Basket for the Egg Hunt!

Instructor: Sharon Koczor

Location:	Founders Community Center
Day:	Friday
Date:	March 26
Time:	6:30 - 8:15 pm
Age:	3 - 9 years
Fee:	$24/NR $29
Min/Max:	5/15

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, improve 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 theater arts and have the opportunity to earn belts to demonstrate their learned skills!

Instructor: After School Enrichment

Location:	Founders Community Center
Day:	Tuesday
Dates:	April 6 - May 25
Time:	4:30 - 5:30 pm
Grade:	K - 4th
Fee:	$148/NR $153
Min/Max:	6/10

Afterschool Enrichment Solutions

CHESS SCHOLARS AFTERSCHOOL CHESS CLUB

Develop your child's intellect through the fun game of chess! Current research has shown a strong link between chess and academic performance in a variety of areas, including mathematics and language arts. Also, chess has been proved to enhance children's motivation, concentration, focus, social skills, and creativity. Learn how to win at chess! No previous knowledge of chess is necessary. Each class will consist of a fun interactive teaching period and guided practice time. Due to the small size of the group, each child will receive plenty of personalized attention. Both new and returning participants are welcome and will get to the next level under the guidance of an experienced Chess Scholars coach. Children will have an opportunity to test for a Chess Belt® under a unique Chess Scholars system patterned after martial arts belts. There will also be a chess competition with prizes!

Instructor: Chess Scholar's Staff

Location:	Founders Community Center
Day:	Wednesday
Dates:	April 7 - May 26
Time:	4:30 - 5:30 pm
Grade:	K - 8th
Fee:	$149/NR $154
Min/Max:	6/10

LET'S BUILD IT - CHAIN REACTIONS: IN ACTION!

The ball rolls down the ramp, turns the switch, that moves the post, that activates the zip-line that knocks the ball down the ramp and into the goal! In this STEAM program, students will be building Rube Goldberg "Mouse Trap" chain-reaction machines featuring levers, pulleys and other simple machines. Engineering and physics concepts will be introduced and reinforced through hands-on, innovative lessons and creative play time. Problem solving skills and teamwork will be put to the test as the complexity of the projects increases from week to week. On the final class, there will be a building competition - How many contraptions can you connect in the chain reaction? No previous experience is necessary - just a desire to learn and build. Each student will receive an award on the last day of the session and have the opportunity to earn Energy Belts to demonstrate their learned skills!

Instructor: After School Enrichment

Location:	Founders Community Center
Day:	Thursday
Dates:	April 8 - May 27
Time:	4:30 - 5:30 pm
Grade:	K - 6th
Fee:	$170/NR $175
Min/Max:	6/10

Afterschool Enrichment Solutions

YOUNG REMBRANDTS DRAWING PROGRAM

Join Tess Gutkowski, Youth Drawing Director at Young Rembrandts to get creative and learn all about drawing and ART! Each week will feature a brand new drawing lesson using Young Rembrandts award-winning, kid-tested, kid-approved step-by-step drawing methodology. Pencils and black sharpies will be provided. Students should bring markers, colored pencils and crayons to each class.

Instructor: Young Rembrandts Staff

Location:	Founders Community Center
Day:	Thursday
Session I:	April 8 - 29
Session II:	May 6 - 27
Time:	4:45 - 5:45 pm
Grade:	K - 5th Grade
Fee:	$45/NR $50
Min/Max:	8/10

ZOOM SPANISH FOR KIDS

Join us right from your living room as we explore new cultures and learn the Spanish language via the interactive Zoom platform! Younger children will learn conversational Spanish through fun and interactive activities and music while older children will also learn some Spanish phonetics to begin reading and writing in Spanish. Each session covers new material. Taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class. Note: Each student in family must register individually.

Instructor: Language in Action, Inc.

Location:	Zoom Platform
Day:	Thursday
Dates:	April 8 - May 13
Fee:	$75/NR $80
Min/Max:	6/12

I Speak Spanish

Ages:	3 - 6 years
Time:	5:00 - 5:45 pm

Youth Spanish

Ages:	7 - 11 years
Time:	6:15 - 7:00 pm

VIRTUAL PROGRAMS
Look for this symbols

Virtual Only Program

PASTEL DRAWING

Join Tess Gutkowski, Youth Drawing Director at Young Rembrandts to experience the joy of using oil pastels to take your drawing and coloring skills to the next level! All supplies will be provided.

Instructor: Young Rembrandts Staff

Location:	Founders Community Center
Day:	Thursday
Date/Theme:	April 8/Comparing Apples to Oranges
Date/Theme:	May 13/Spring Blooms
Time:	6:30 - 7:45 pm
Age:	8 - 16 years
Fee:	$32/NR $37
Min/Max:	8/10

CARS, CARS, CARS!

If you like to play with cars, then this party is for you. The whole night is all about cars! There will be all sorts of cars and vehicles to play with among friends. Using your imagination and creativity you will design your own vehicle using food. The Disney-PIXAR Movie "Cars" will be fun to watch, while you relax and enjoy eating your edible vehicle that you created.

Instructor: Sharon Koczor

Location:	Susan Puent Building
Day:	Friday
Date:	April 9
Time:	6:30 - 8:30 pm
Age:	3 - 9 years
Fee:	$25/NR $29
Min/Max:	5/15

SPANISH FOR KIDS (IN-PERSON)

Expand your child's world! Introduce your child to the Spanish language in this Spanish immersion class developed especially for very young learners. Children will be immersed in the Spanish language through fun and educational activities and music. New and exciting material each session!

Instructor: Language in Action, Inc.

Location:	Founders Community Center
Day:	Tuesday
Dates:	April 13 - May 18
Fee:	$75/NR $80
Min/Max:	6/10

I Speak Spanish

Ages:	3 - 6 years
Time:	5:00 - 5:45 pm

Youth Spanish

Ages:	7 - 11 years
Time:	6:15 - 7:00 pm

For information on . . .

upcoming programs and events

Like **us on Facebook.**

FOR ONLINE REGISTRATION please visit www.frankfortparks.org

JE PARLE FRANCAIS - I SPEAK FRENCH!

new

Learning a second language can open a world of possibilities for your child. In this class, students will learn French conversation and some French grammar, reading and writing skills through interactive, engaging and fun activities.

Instructor: Language in Action, Inc.

Location:	Founders Community Center
Day:	Wednesday
Dates:	April 14 - May 19
Time:	6:00 - 6:45 pm
Age:	6 - 11 years old
Fee:	$75/NR $80
Min/Max:	6/10

COOKIE SURPRISE

If you love cookies, then this night of baking is for you. Grab your apron, put on your chef's hat, and come indulge in some yummy cookies. You will learn to read a recipe and follow directions. This is a hands-on class, so everyone will get to participate in baking cookies. The type of cookie will be a surprise. Come make, bake, and enjoy sampling your cookie surprise (A recipe will be sent home with you to enjoy all over again). Please list any allergies at the time of registration.

Instructor: Sharon Koczor

Location:	Founders Community Center
Day:	Friday
Date:	April 16
Time:	6:30 - 8:30 pm
Age:	3 - 9 years
Fee:	$25/NR $30
Min/Max:	5/15

SAFE AT HOME

This class is for the child who stays by himself/herself occasionally, cares for siblings, babysits or is just ready to accept responsibility. Topics covered include: safety in the home, use of keys, what to do in case of an emergency, strangers, and house rules. Upon completion of class, a Red Cross certificate will be received.

Instructor: Donna Giove

Location:	Founders Community Center
Day:	Monday
Date:	April 19
Time:	4:30 - 6:00 pm
Age:	6 - 10 years
Fee:	$32/NR $37
Min/Max:	4/5

American Red Cross

FIRST AID FOR KIDS

This American Red Cross class teaches children basic health and safety tips focusing on shock, bleeding, choking, the Heimlich maneuver, burns, poisons and much more! Many hands on activities will be provided for additional reinforcement. Upon completion of class, a Red Cross certificate will be received.

Instructor: Donna Giove

Location:	Founders Community Center
Day:	Monday
Date:	April 19
Time:	6:15 - 7:45 pm
Age:	6 - 10 years
Fee:	$32/NR $37
Min/Max:	4/5

American Red Cross

MAKE YOUR OWN PIZZA....PARTY!

Come dressed in your PJ's and bring your favorite stuffy for a pizza pajama party! Parents get the chance to have a night out on the town, while the kids are having their own kind of fun. Drop off the kids and let the fun begin for all! The kids will start off in the kitchen making their own pizza. After all that hard work, they can relax and enjoy eating their pizza and watch a movie snuggling with their stuffy. We will end the night with a bedtime story, just in time for parents to pick up the kids and put them to bed. Please list any allergies at the time of registration.

Instructor: Sharon Koczor

Location:	Founders Community Center
Day:	Friday
Date:	April 23
Time:	6:30 - 9:00 pm
Age:	3 - 9 years
Fee:	$29/NR $34
Min/Max:	5/12

MAGIC CLASS!

Children will have a great time as they learn a collection of fascinating and mesmerizing tricks! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading, and more. While the tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials are provided, and each child receives a magic kit to take home. New tricks are always taught each session!

Instructor: Magic Team of Gary Kantor

Location:	Founders Community Center
Day:	Monday
Date:	April 26
Time:	5:00 - 5:55 pm
Age:	5 - 12 years
Fee:	$22/NR $27
Min/Max:	10/15

MAKE IT FOR MOTHER'S DAY

During this class, we'll make a special gift for your mother, grandmother, aunt or whomever you wish! We will be decorating flower pots and planting flowers. You'll leave the class with a wrapped and ready homemade present that will be cherished forever!

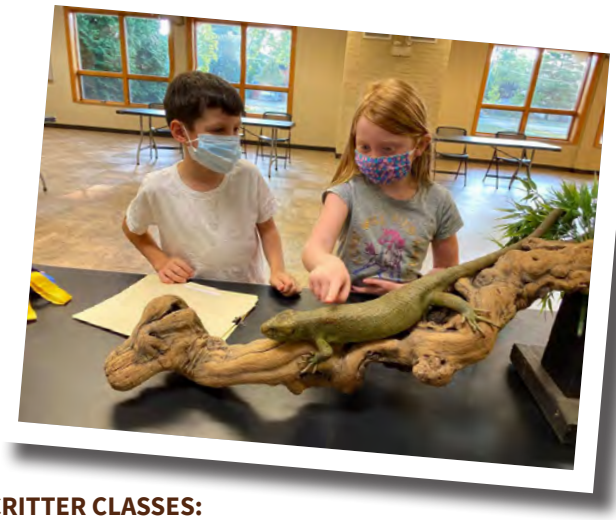
Location:	Mary Drew School Room 108, 20130 S. Rosewood Dr.
Day:	Tuesday
Date:	April 27
Time:	4:00 - 5:00 pm
Age:	5 - 8 years
Fee:	$18/NR $23
Min/Max:	6/10

DELICIOUS CUPCAKES

Come to the kitchen and have some fun learning a new recipe. Something delicious will be baking in the oven, made by our little bakers. We will be baking Carmel Pretzel Cupcakes! Every baker will be participating in pouring and mixing the ingredients. They will learn the safety of being in the kitchen and how to read a recipe. Every kid loves cupcakes! This recipe will go home with them, so all the little bakers can enjoy baking these delicious cupcakes with their families. Please list any allergies at the time of registration.

Instructor: Sharon Koczor

Location:	Founders Community Center
Day:	Friday
Date:	April 30
Time:	6:30 - 8:30 pm
Age:	3 - 9 years
Fee:	$25/NR $30
Min/Max:	5/15



CRITTER CLASSES: REPTILES, AMPHIBIANS, BUGS AND MORE!

This 4-week class is an introduction to some of the World's most misunderstood creatures: Reptiles, Amphibians and Bugs. We will teach the importance of these creatures to the environment as their natural history and how to take care of them as pets. Each class will feature live animals. Classes are taught by the experts from Crosstown Exotics, who have entertained and amazed audiences throughout Chicagoland with their extensive collection of cold-blooded ambassadors. Some classes take place outdoors, so dress accordingly. No open toed shoes please!

Instructor: Crosstown Exotics

Location:	Founders Community Center
Day:	Tuesday
Dates:	May 4 - 25
Time:	6:00 - 7:00 pm
Age:	5 - 12 years
Fee:	$52/NR $57
Min/Max:	10/15

KIDS CUPCAKE DECORATING

Have your child join us for a fun filled time of learning how to make frosting and learning how to decorate cupcakes just in time for Mother's Day. Each child will have a dozen cupcakes to decorate and an assortment of sprinkles. They will also receive containers to decorate for Mother's Day to take home their tasty treats.

Instructor: Chef Lesley Shworles

Location:	Founders Community Center
Day:	Saturday
Date:	May 8
Time:	10:00 am - 12:00 pm
Age:	7 - 13 years
Fee:	$40/NR $45
Min/Max:	6/9

BABYSITTER TRAINING

This is a two day class which focuses on providing youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly provide care for children and infants in the absence of parents. This training will help participants to develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe, help children behave and learn about basic child care and basic first aid. Certification for this class includes participant's workbook, emergency guide and CD-Rom as well as an American Red Cross Babysitters Training certificate. Attendance is required for the entire two days to receive certificate. Any exceptions need to be approved in advance by the instructor. The instructor will give the students a 15 minute break each day, please provide your child with a snack.

Instructor: Donna Giove

Location:	Founders Community Center
Day:	Monday & Wednesday
Dates:	March 22 & 24
Time:	4:30 - 8:00 pm
Age:	11 - 15 years
Fee:	$75/NR $80
Min/Max:	4/6

HOLIDAY ORNAMENTS

Join Tess Gutkowski, Owner of Brilliant Werks, Inc and make a special keepsake ornament for yourself or someone special. The fee includes the class and one ornament. Additional ornaments can be purchased at the time of registration for a fee of $8. All supplies are included.

Instructor: Tess Gutkowski

Location:	Founders Community Center
Day:	Thursday
Date/Theme:	March 25/Easter Bunny
Date/Theme:	April 22/Earth Day
Time:	6:00 - 7:00 pm
Age:	8 - 16 years
Fee:	$23/NR $28
	$8/additional ornament
Min/Max:	8/10

VIRTUAL PROGRAMS
Look for this symbols

Virtual Only Program

NERF WARS TOURNAMENT

Participants may register as teams of 4 or as an individual to be matched up with a team. Teamwork, speed, and strategy will be needed to defeat your opponent in the Nerf Wars Arena. Participant must bring Nerf gun and eye safety equipment. Additional tournament rules available at the time of registration.

Location:	Founders Community Center
Day:	Thursday
Date:	April 1
Time:	2:30 - 4:30 pm
Age:	8 - 13 years
Fee:	$10/NR $15 per participant
Min/Max:	4/6 Teams

ZOOM SPANISH FOR JR. HIGH

This class is a great supplement to middle school or Jr. High Spanish classes or may also be taken by students not currently enrolled in a school Spanish class. Students will learn Spanish grammar and communication skills that will give them a strong foundation for high school Spanish. Classes are taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class.

Instructor: Language in Action

Location:	Zoom Platform
Day:	Tuesday
Dates:	April 6 - May 11
Time:	4:00 - 4:45 pm
Grade:	6th - 8th
Fee:	$75/NR $80
Min/Max:	6/12

ZOOM SPANISH FOR HIGH SCHOOL

This class is a great supplement to high school Spanish classes or may also be taken by students not enrolled in a high school Spanish class. High school students will cover basic grammar points and vocabulary and practice conversational skills. Classes taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class.

Instructor: Language in Action

Location:	Zoom Platform
Day:	Tuesday
Dates:	April 6 - May 11
Time:	5:15 - 6:15 pm
Grade:	9th - 12th
Fee:	$75/NR $80
Min/Max:	6/12

PASTEL DRAWING

Join Tess Gutkowski, Youth Drawing Director at Young Rembrandts to experience the joy of using oil pastels to take your drawing and coloring skills to the next level! All supplies will be provided.

Instructor: Young Rembrandts Staff

Location:	Founders Community Center
Day:	Thursday
Date/Theme:	April 8/Comparing Apples to Oranges
Date/Theme:	May 13/Spring Blooms
Time:	6:30 - 7:45 pm
Age:	8 - 16 years
Fee:	$32/NR $37
Min/Max:	8/10

Gymnastics

UNITED GYMNASTICS ACADEMY
722 Center Road, Frankfort
815-469-8282

UNITED GYMNASTICS ACADEMY

United Gymnastics Academy is a place for all ages to learn the sport of gymnastics and tumbling. Gymnastics is the cornerstone of all sports and the perfect foundation for beginning your child's athletic training. Through gymnastics, your child will increase his/her coordination, physical agility, self-confidence, listening skills, work ethic, and leadership. He or she will also learn to respect teachers and classmates. UGA provides a positive atmosphere with well-trained staff and the newest facility in the south suburbs of Chicago.

Session I: Monday /May 10 - July 12
(No Class May 31 & July 5)
Wednesday /May 12 - June 30
Saturday /May 15 - July 17
(No Class May 29 & July 3)

GYM CUBS

The Gym Cubs is a parent/tot class centered around age appropriate development movements on the different gymnastics equipment. There is a strong emphasis on socialization, learning to take turns, sharing, and building self-confidence all through fundamental gymnastics skills. This is the perfect opportunity for you to bond with your child. Prices reflect an 8-week session.

Location:	United Gymnastic Academy
Age:	2 - 3 years
Fee:	$120/NR $125
Day/Time:	Monday/6:00 - 6:50 pm
Day/Time:	Saturday/10:00 - 10:50 am

GYM LIONS

The Gym Lions will learn to interact in a teacher/student setting without Mom or Dad. This program is structured to emphasize coordination, encourage imagination and fun, help in awareness, and most importantly developing self-confidence through learning fundamental basic gymnastics skills. Prices reflect an 8-week session.

Location:	United Gymnastic Academy
Age:	3 years
Fee:	$120/NR $125
Day/Time:	Wednesday/4:00 - 4:50 pm

LION KINGS

As a Lion King your child will learn to achieve realistic goals in an independent setting. Similar to the Gym Lions class, we will emphasize coordination, encourage imagination and fun, help in awareness, and most importantly developing self-confidence through learning fundamental gymnastics skills. This class is at a quicker pace than the Gym Lions class. Prices reflect an 8-week session.

Location:	United Gymnastic Academy
Age:	4 - 5 years
Fee:	$120/NR $125
Day/Time:	Monday/4:00 - 4:50 pm
Day/Time:	Wednesday/5:00 - 5:50 pm
Day/Time:	Saturday/11:00 - 11:50 am

BEGINNER GYMNASTICS

The beginner girls' gymnastics program provides a full fitness workout plus activities that will challenge them physically and mentally. Gymnasts will be taught skills on the vault, bars, beam, and floor exercise. Strength, flexibility, and coordination will be concentrated on greatly, as these skills will be necessary to safely and effectively learn to perform on all gymnastics equipment. No prior experience in gymnastics is necessary. The small student to teacher ratio assures that each child is supported in her learning. Prices reflect an 8-week session.

Location:	United Gymnastic Academy
Age:	6 - 18 years
Fee:	$130/NR $135
Day/Time:	Monday/5:00 - 6:00 pm
Day/Time:	Wednesday/6:00 - 7:00 pm
Day/Time:	Saturday/9:00 - 10:00 am

BEGINNER BOYS GYMNASTICS

This class is designed to cover apparatuses that are not used for girls programs. Boys will enjoy this exciting gymnastics experience along with building coordination and confidence. Prices reflect an 8-week session.

Location:	United Gymnastic Academy
Age:	6 - 14 years
Fee:	$130/NR $135
Day/Time:	Saturday /8:00 - 9:00 am

HORSEBACK RIDING LESSONS

Master the discipline of horseback riding at Nova Quarter Horses; group riding lessons taught by experienced and passionate instructors, promote a safe and educational environment for riders of all ages to learn. With Nova's indoor and outdoor arenas, lessons are offered year round with flexible scheduling aimed at making your time at Nova convenient and fun. Please call ahead to reserve space in one of our many lessons! You can also visit their website at: www.novaquarterhorses.com for additional information about the barn and the services they offer.

Location:	Nova Quarter Horse, Inc. 10129 W. 187th Street, Mokena IL (708) 479-3696
Age:	6 years & older
Fee:	$200/five 1- hour lessons/ Lessons are offered 6 days a week, please contact Nova Quarter Horse to schedule your lesson.
Min/Max:	Open

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
Dates:	April 6 - May 11
Time:	6:00 - 6:45 pm
Age:	1st - 2nd Grade
Fee:	$60/NR $65
Min/Max:	6/20

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
Dates:	April 6 - May 11
Age/Time:	3rd - 5th Grade/6:45 - 7:30 pm
Age/Time:	6th - 8th Grade/7:30 - 8:15 pm
Fee:	$60/NR $65
Min/Max:	6/20

LITTLE HITTERS

Throwing, catching, base running, fielding and hitting will be taught in this introduction to T-ball. Skills will be taught in a fun and easy to learn environment. Non-competitive games will be played during each class allowing all participants to get involved. Soft baseballs and scaled down equipment will be used.

Instructor: Bill Brannigan

Location:	Founders Community Center
Day:	Friday
Dates:	March 26 - May 7 (No Class April 2)
Time:	5:00 - 5:45 pm
Age:	4 - 6 years
Fee:	$54/NR $59
Min/Max:	6/16

PEE-WEE GOLF

Pee Wee Golf classes are for youngsters ages 3-5 with little or no experience. Classes are designed to introduce kids to the game of golf, in a fun and relaxed environment. They will learn the basic fundamentals including; full swing, grip, posture, stance, chipping, and putting. All participants will even get a chance to play on the course. Everyone will get a video of their swing. SNAG equipment will be used to simplify the learning process. If you don't have clubs, the instructor will supply. $5 ball fee payable each week.

Instructor: Suzie Owens, LPGA Teaching Professional

Location:	White Mountain Golf Course 9901 West 179th St, Tinley Park
Day:	Saturday
Dates:	March 27 - May 8 (No Class April 3)
Time:	9:00 - 9:45 am
Age:	3 - 5 years
Fee:	$59/NR $64
Min/Max:	4/6

Check out our website at . . .
WWW.FRANKFORTPARKS.ORG

DATES ARE SUBJECT TO CHANGE
Please visit our website for updates.
www.frankfortparks.org

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 are 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
Dates:	March 29 - April 2
Time:	10:00 am - 12:30 pm
Age:	7 - 14 years
Fee:	$125/NR $130
Min/Max:	10/28

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.

Instructor: Skyhawks Staff

Location:	Founders Community Center
Day:	Monday - Friday
Dates:	March 29 - April 2
Time:	12:45 - 2:15 pm
Age:	7 - 14 years
Fee:	$79/NR $84
Min/Max:	10/28

ICE SKATING

No skating experience necessary. Learn how to balance and skate unassisted. Class is for future figure skaters, hockey players or recreational skaters. Skate rental is available for an additional $2.00 per week. No Make-Up Classes. Please note all classes are subject to change and run depending on class enrollment.

Location:	Homewood-Flossmoor Ice Arena 777 Kedzie Avenue, Homewood, IL (708) 957-0100
Day:	Monday
Dates:	March 29 - May 17 (No Class April 19)
Age/Time:	4 - 6 years/5:30 - 6:00 pm
Age/Time:	7 - 12 years/6:15 - 6:45 pm
Fee:	$113
Min/Max:	1/6

DON'T DELAY...REGISTER TODAY!

If you wait until the last minute to register, the program you want may not be there. At some point, we have to determine if enrollment is sufficient to hold the class. If you wait too long, the class may get cancelled due to low enrollment.

NERF WARS TOURNAMENT

Participants may register as teams of 4 or as an individual to be matched up with a team. Teamwork, speed, and strategy will be needed to defeat your opponent in the Nerf Wars Arena. Participant must bring Nerf gun and eye safety equipment. Additional tournament rules available at the time of registration.

Location:	Founders Community Center
Day:	Thursday
Date:	April 1
Time:	2:30 - 4:30 pm
Age:	8 - 13 years
Fee:	$10/NR $15 per participant
Min/Max:	4/6 Teams

BOWLING LESSONS

Learn to bowl with the Frankfort Park District and Thunder Bowl! Each lesson will include game time, shoe rental and professional instruction from qualified staff members at Thunder Bowl Bowling Alley in Mokena. Pizza and pop will be served on the last day of each session.

Instructor: Gerry Ball

Location:	Thunder Bowl Bowling Alley 18700 South Old LaGrange Road, Mokena
Day:	Tuesday
Dates:	April 6 - May 11
Time:	5:30 - 6:30 pm
Age:	6 years & older
Fee:	$60/NR $65
Min/Max:	4/10

YOUTH GOLF LESSONS

Golf lessons will be taught by Dennis Piotrowski, PGA Golf Professional and his staff. This winter all students will be using the sensor simulator. Participants will actually hit a golf ball into a net and it will show your ball flight, swing, speed and opening of the club face. If the weather is nice, lessons will be taught outside. There is limited space available so Sign Up Today!

Instructor: Dennis Piotrowski

Location:	White Mountain Golf Club 9901 West 179th St, Tinley Park
Day:	Saturday
Dates:	April 10 - May 1
Time:	1:00 - 2:00 pm
Age:	7 - 15 years
Fee:	$75/NR $80
Min/Max:	4/7

ELITE BASKETBALL TRAINING

This is a high intensity basketball training program. It is designed for the players who are serious about achieving the goals they have set for themselves in the game of basketball. Each workout will focus on the different skills of the game, along with footwork, speed and agility. At the end of the six sessions, each player will receive an individualized skills evaluation. Workouts will be conducted by Dave Esterkamp, who recently concluded a successful 13 year professional career in Europe.

Instructor: Dave Esterkamp

Location:	Founders Community Center
Day:	Wednesday
Dates:	April 28 - June 2
Time:	5:00 - 5:45 pm
Age:	7 - 14 years
Fee:	$59/NR $60
Min/Max:	7/20

TINY TOT BASKETBALL

Dribbling, passing, shooting and teamwork will be taught in this introduction to basketball. All skills will be taught in a fun and easy to learn environment. Non-competitive games will be played during each class allowing all participants to get involved. Each week a new skill will be introduced to get ready for the big game on the last day of class. Mini basketballs and a lowered basket will be used.

Instructor: Dave Esterkamp

Location:	Founders Community Center
Day:	Wednesday
Dates:	April 28 - June 2
Time:	4:15 - 5:00 pm
Age:	4 - 6 years
Fee:	$54/NR $59
Min/Max:	6/16

new

BADMINTON

Badminton is not just a PE unit on the monthly lesson plan, it has also been a recognized Olympic Sport since 1992. Join instructor Steve Evenhouse as he teaches all the basics of the sport. The session will end with a friendly tournament among the group. Come learn, play, and compete. Come join the fun!

Instructor: Steve Evenhouse

Location:	Founders Community Center
Day:	Thursday
Dates:	April 29 - June 3
Time:	5:00 - 6:00 pm
Age:	6 - 12 years
Fee:	$60/NR $65
Min/Max:	6/12

YOUTH TENNIS LESSONS

Certified USPTA Professional Cindy Heidkamp and the Lincoln Way Area CTA staff will work with every level of player. Featuring the Net Generation play format, students will learn the sport 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. Bring a racquet to each class.

Instructor: Cindy Heidkamp and the Lincoln Way Area CTA Staff

Location:	Main Park Tennis Courts
Day:	Monday
Dates:	May 3 - June 7
	(No Class May 31)
Age Time:	5 - 7 years /4:30 - 5:30 pm
Age/Time:	8 - 10 years/5:30 - 6:30 pm
Age/Time:	11 - 14 years/6:30 - 7:30 pm
Fee:	$60/NR $65
Min/Max:	6/16

ALL STAR SPORTS MULTI-SPORT

This is for the all-around athlete or for a child who wants to take a shot at different sports! Stay active and work on balance, motor skills and hand eye coordination all while learning the rules of baseball, football, floor hockey, soccer, basketball and more! We will focus on a new sport each class and work on basic rules and mechanics all while we play games that keep everyone moving. There's no reason to pick a sport when you can play them all!

Instructor: All Star Sports

Location:	Founders Community Center
Day:	Monday
Dates:	May 3 - June 14
	(No Class May 31)
Time:	5:00 - 6:00 pm
Age:	5 - 8 years
Fee:	$73/NR $78
Min/Max:	6/12

ALL STAR SPORTS SOFTBALL

Our top notch softball trainers will cover the importance of proper throwing mechanics, rotational hitting, bunting, fielding, pitching and catching. Speed and agility will be added to increase core strength & mobility for added bat speed, range in the field and linear speed for base running. In game strategies will be taught to increase each players overall knowledge.

Instructor: All Star Sports

Location:	Founders Community Center
Day:	Monday
Dates:	May 3 - June 14
	(No Class May 31)
Time:	6:00 - 7:00 pm
Age:	8 - 12 years
Fee:	$73/NR $78
Min/Max:	6/12

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.

Instructor: Sensei David Smith 5th Degree Black Belt

Location:	Founders Community Center
Day:	Tuesday
Dates:	May 4 - June 8
Time:	6:00 - 6:30 pm
Age:	4 - 7 years
Fee:	$50/NR $55
Discounts:	½ off additional family members
Min/Max:	6/20

FAMILY KARATE

This is a great way for family's to learn a sport together. Parents and children can get fit, bond with each other and have fun while learning martial arts and self-defense. We will work on various techniques and skills that will build confidence, allow you to earn belt ranks and strive for excellence together. Individuals are welcome as well.

Instructor: Master David Smith, 6th Degree Black Belt

Location:	Founders Community Center
Day:	Tuesday
Dates:	May 4 - June 8
Time:	6:30 - 7:45 pm
Age:	8 years & older
Fee:	$70/NR $75
Discounts:	½ off additional family members
Min/Max:	6/20

FIRE-STARTERS SPRING OUTDOOR SOCCER LEAGUE

The Fire Starters Staff will conduct an instructional soccer program focusing on the basic skills for the beginning and novice youth players, ages 4 through 6th grade. This program will consist of a training session (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. Training sessions will be conducted by Fire Starters staff coaches. As always, volunteer parent coaches will be needed to ensure the successful operation of this program. Each player will be responsible to purchase 2 Uniform tops. The tops may be ordered at registration for $20 ($10/Shirt). You may use your t-shirts from last year (Red & Grey). All players are required to wear Shin Guards and shorts to all games and practices. Don't forget to bring a soccer ball to all training sessions.

Registration Deadline: March 16 - A $10 late fee will be added if registered after March 16

Volunteer Coaches Meeting: March 30 at 6:30 pm at the Founders Community Center.

Instructor: Fire Starters Staff

Location:	**Commissioners Park Soccer Fields**
Dates:	**April 6 - May 29**
Age:	**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*
Age:	**1st - 3rd grade**
Session III:	**Tuesday/6:00 - 7:00 pm**
	Saturday/9:00 am - 2:00 pm*
Session IV:	**Thursday/6:00 - 7:00 pm**
	Saturday/9:00 am - 2:00 pm*
Age:	**4th - 6th grade**
Session V:	**Thursday/6:00 - 7:00 pm**
	Saturday/9:00 am - 2:00 pm*
Fee:	**$105/NR $110**
	($5 off for additional siblings)

****Your child will play 1 game scheduled anytime between 9 am - 2 pm. Game schedules will be released on or before the first practice.***

ADULT ARCHERY LESSONS

new

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. All BowDoc Archery Staff 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:	Tuesday
Dates:	March 2 - 23*
Time:	8:15 - 9:15 pm
Age	18 years & older
Fee:	$70/NR $75
Min/Max:	8/16

***In Winter brochure - register today!**

ADULT OPEN GYM TEAM RENTAL

Whether you're a group of friends looking to stay in shape or a team looking to get some extra practices, The Frankfort Park District has the answer. Contact the Frankfort Park District administrative office to reserve your team rental. Teams may request set up for basketball, volleyball, or pickle ball. Team rentals are $40 per hour. Reservations are available in one or two-hour slots. If you would like to reserve your team slot or have any questions, please contact the Frankfort Park District at 815-469-9400.

ADULT GOLF LESSONS

Golf lessons will be taught by Dennis Piotrowski, PGA Golf Professional and his staff. This winter all students will be using the sensor simulator. Participants will actually hit a golf ball into a net and it will show your ball flight, swing, speed and opening of the club face. If the weather is nice, lessons will be taught outside. There will be limited space available so Sign Up Today!

Instructor: Dennis Piotrowski

Location:	White Mountain Golf Course 9901 West 179th St, Tinley Park
Day:	Thursday
Dates:	April 1 - 22
Time:	5:30 - 6:30 pm
Age:	16 years & older
Fee:	$75/NR $80
Min/Max:	4/7

MENS' BASKETBALL LEAGUE

Sign up now for this exciting league. Team registrations only, no individual sign ups.The league will consist of one 21+ Division. Games will consist of (2) twenty-minute halves (running clock). League fee includes gym usage, referee fee, and Prize Money! Each team is guaranteed 8 games. Rosters are limited to 10 players per team. Grab your buddies; it will be a slam dunk! NOTE: All teams must provide their own numbered jersey or t-shirt.

Registration Deadline: March 26

Location:	Grand Prairie School North Entrance (Door #10)
Day:	Thursday
Dates:	April 9 - June 11
Time:	Evenings - TBA
Division:	21 years & older
Fee:	$475/NR $525 (includes regular season/playoffs)
Min/Max:	4/10 Teams

OPEN PICKLEBALL

new

The Frankfort Park District is now offering dedicated open play at the new Pickleball Courts at Commissioners Park through the summer. With dedicated times beginners can all meet to play and learn together while more advanced players can gather to compete.

Location:	Commissioners Park Pickleball Courts
Dates:	May 11 - July 29
Time:	5:00 - 7:00 pm
Day:	Tuesdays
Level/Rating:	Beginners (1.0 - 2.0)
Day:	Thursdays
Level/Rating:	Advance Beginners (2.5 - 3.0)

PICKLEBALL CLINIC

Come experience the growing game of Pickleball. Certified IPTPA instructor Cindy Heidkamp will teach Pickleball basic skills & rules of play. You will be on your way to meeting new people & staying active. Everyone can play on the first day! Equipment will be provided for clinics. Pre-registration is required. Registration Deadline: One week prior to the program date.

Instructor: Cindy Heidkamp

Location:	Commissioners Park Pickleball Courts
Day:	Tuesday
Date:	May 4
Time:	6:00 -7:00 pm
Age:	18 years & older
Fee	$10
Min/Max:	6/20

DATES ARE SUBJECT TO CHANGE
Please visit our website for updates.
www.frankfortparks.org

MEN'S 12" SOFTBALL LEAGUE

Get your team organized for a season full of fun and fitness on the softball diamond. Teams will play a fourteen game season with a single elimination tournament for the top four teams at the end of the season. A trophy will be awarded to the tournament champion of each division. Cash prizes will be awarded to league champion and runner-up of each division. A non-refundable $250 deposit is required at registration to hold your spot in the league. The balance is to be paid by April 20th to insure placement into the league. If the balance is not paid by April 20th you will forfeit your spot in the league, no exceptions will be made.

Team packets, rules and softballs will be available on April 27th for pick-up at the Founders Center, 140 Oak Street.

Location:	Commissioners Park
Day:	Tuesday
Dates:	May 4 - August 10
Time:	Games start at 6:30 pm
Age:	18 and older
Fee:	$725/ NR $775
Min/Max:	4/8 Teams

CO-REC 12" SOFTBALL LEAGUE

Get a group of friends together and enjoy this recreational co-ed softball league. The league will consist of eight teams playing an 8 game schedule with a single elimination tournament for the top 4 teams at the end of the season. Games will be played on Friday nights at 6:30, 7:30, 8:30 and 9:30 pm. A trophy will be awarded to the league champion. Cash prizes will be awarded to the league champion and runner-up. A non-refundable $225 deposit is due at the time of registration to hold your spot in the league. The balance is due on May 26th to ensure placement into the league.

Team rosters, rules and softballs will be available for pick up on or after June 2nd at the Founders Center, 140 Oak Street.

Location:	Commissioners Park
Day:	Wednesday
Dates:	June 9 - August 11
	(includes post season tournament)
Time:	Games start at 6:30, 7:30, and 8:30pm
Age:	18 years & older
Fee:	$525/NR$575
Min/Max:	4/6 Teams

ADULT CO-REC VOLLEYBALL LEAGUE

Here's an opportunity for fun and recreation in a great lifetime sport. A team captain must register for the team. No individual player registration. Teams must have a minimum of six players (3 male 3 female) and a maximum of twelve. The league will consist of seven game regular season and one post season tournament. A cash prize will be awarded to the League Champion.

Registration Deadline: March 26

Location:	**Grand Prairie School**
	North Entrance (Door #10)
Day:	**Friday**
Date:	**April 9 - May 28**
	(includes post season tournament)
Time:	**Games start at 7:00 pm**
	(1-60 minute session)
Age:	**18 years & older**
Fee:	**$350/NR $400 per team**
Min/Max:	**4/8 Teams**

JAZZERCISE

WE BRING THE MOVES, YOU TURN UP THE HEAT! You wanna be fit? You want that look good, feel great, got-my-stride-on-and-you-love-it-confidence? That's where we come in. **TURN IT UP!** You thought we were stuck in the 80's dancing to jazz music, right? Nope. We're dropping it to the newest body-pumping beats on the radio right now. Shakira? Yep. Pitbull? Check. Ariana Grande? We got it. Snoozy jazz music? Not even close. Music is make-it-or-break-it when it comes to workouts. So we update our playlists constantly to keep it fresh. With new moves and new music in every class plateaus are no problem. For more information and special offers visit http://www.jazzercise.com/. This is an on-going program register at your first class or online at http://www.jazzercise.com/. **Please verify class times by going to www.jazzercise.com/, click on enter location and type in Frankfort, IL. Questions? Send a text or call Karen at 815-585-5376 or email klabriola1@sbcglobal.net

Instructors: Karen Labriola, Certified Instructor
Deb Klir, Certified Instructor
Chris Beissel, Certified Instructor

Location:	Founders Community Center
Day/Time:	Mon. - 6:00 pm
	Tues - 8:30 am and/or 6:00 pm
	Wed - 8:30 am and/or 6:00 pm
	Thurs - 6:00 pm (format will vary)
	Fri - 8:30 am
	Sat - 8:30 am and/or Strength class 9:30 am
Fee:	$20/single visit
	$54 month to month unlimited classes
	$160 - 10 class pass

Prices are subject to change. Visit jazzercise.com for current pricing information.

All classes are "Dance Mixx" format with the exception Tuesday evening classes. Those classes incorporate "Lo-Dance Mixx" format.

STROLLER STRIDES

Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! Each Stroller Strides instructor is skilled to meet you where you are mentally and physically. You'll leave class feeling connected, successful and energized! This class is all about self-care in a supportive and encouraging environment. To register please visit: frankfort.fit4mom.com or contact MichelleMarinello@fit4mom.com

Instructor: FIT4MOM Instructor

Location:	Founders Community Center
Day:	Wednesday
Dates:	March 3 - April 28
Time:	9:45 - 10:45 am
Age:	18 years & older

STRIDES 360

Strides 360 is a workout designed to increase your endurance while also developing speed, agility and quickness to help you charge through mom life. Bring your kiddos with you in the stroller or use this as time for you! To register please visit: frankfort.fit4mom.com or contact MichelleMarinello@fit4mom.com

Instructor: FIT4MOM Instructor

Location:	Founders Community Center
Day:	Friday
Dates:	March 5 - April 30
Time:	9:45 - 10:45 am
Age:	18 years & older

ZUMBA GOLD

Love Zumba® but the regular version is too hard? Zumba® Gold is perfect for anyone looking for a Zumba "light" class or beginners to Zumba, active older adults, (both men and women) who are looking for a modified Zumba® class, pregnant women or anyone who may have limited mobility. Zumba® Gold recreates the original moves you love at a lower-intensity! Focuses on balance, range of motion and coordination as well as cardiovascular & muscular conditioning. Come ready to sweat, and prepare to leave empowered and feeling strong.

Instructor: Lisa Corrrao

Location:	Founders Community Center
Day:	Wednesday
Dates:	March 10 - April 21
	(No class March 31)
Time:	10:00 - 11:00 am
Age:	21 years & older
Fee:	$50/NR $55
Min/Max:	6/10

EVENING YOGA

Are you tired after a long day at work or running around after kids? This class will help you wind down and relax after a busy day. We will stretch away tension and slow down, moving in and out of poses mindfully, transitioning from a busy day to a more relaxed you!

Instructor: Mary Dempsey, 200 CYT, DSWHI Health Coach

Location:	Founders Community Center
Day:	Monday
Dates:	April 12 - May 17
Time:	6:30 - 7:30 pm
Age:	18 years & older
Fee:	$60/NR $65
Min/Max:	5/10

VIRTUAL PROGRAMS
Look for this symbol

Virtual Option Available

CHALLENGE YOURSELF FITNESS

This class is designed to challenge you regardless of your fitness level. Whether it's been a while since you have exercised, taken an exercise class or if you work out regularly, this class is for you. Each class is a blend of aerobics, weight training, balance and flexibility designed to improve your whole body and health. Whether you are a beginner or more advanced, each exercise can be modified to match your fitness level. Please bring a set of manageable hand weights and water to class.

*Seven classes each session

Instructor: Karen Volk, CPT

Location:	Founders Community Center
Days:	Monday & Wednesday
Dates:	April 5 - April 28
	(No Class April 12)
Time:	6:15 - 7:00 pm
Age:	18 years & older
Fee:	$66/NR $71
Min/Max:	10/15

BUTTS & GUTS TONING

A focused workout targeting the lower body, designed to sculpt and firm your core, butt and thighs. This series will include, but is not limited to: squat & lunge variations, fitness balls, resistance bands, and plenty of mat-work (planks, bridges, crunches). ALL FITNESS LEVELS WELCOME - you'll be working at your own pace to achieve YOUR personal best. Please bring a water bottle, a towel, and wear comfy workout clothes - we're gonna get sweaty!

Instructor: Kim Bennett

Location:	Founders Community Center
Day:	Monday
Dates:	April 12 - May 17
Time:	7:00 - 8:00 pm
Age:	16 years & older
Fee:	$49/NR $54
Min/Max:	6/20

GENTLE YOGA

Gentle yoga is a great class for anyone new to yoga or the continuing practitioner. Yoga helps to develop strength, balance and flexibility and helps calm the mind. We will work at a slow and steady pace using blocks and straps to aid in alignment. Friendly to any fitness level! Please bring a yoga mat. *Please call the Park District office for availability.

Instructor: Mary Dempsey, 200 CYT DSWHI Health Coach

Location:	Founders Community Center
Day:	Tuesday &/OR Thursday
Dates:	April 13 - May 20
Time:	9:00 - 10:00 am
Age:	21 years & older
Fee:	$60/NR $ 65 (1x week)
	$95/NR $100 (2x week)
Min/Max:	6/12

VIRTUAL GENTLE YOGA

Gentle yoga is a great class for anyone new to yoga or the continuing practitioner. Yoga helps to develop strength, balance and flexibility and helps calm the mind. We will work at a slow and steady pace using blocks and straps to aid in alignment. Friendly to any fitness level! Please have a yoga mat.

Instructor: Mary Dempsey, 200 CYT DSWHI Health Coach

Location:	Zoom Platform
Day:	Tuesday
Dates:	April 13 - May 18
Time:	10:00 - 11:00 am
Age:	21 years & older
Fee:	$60/NR $ 65
Min/Max:	6/12

HEALTHY MOVEMENT YOGA

Stay fit, healthy and flexible with this class. Yoga helps build strength, improve balance and flexibility while promoting calmness. Feel healthier, energized and more agile in your everyday movements. Please bring a mat and water bottle to class. *Please call the Park District office for availability.

Instructor: Mary Dempsey, 200 CYT, DSWHI Health Coach

Location:	Founders Community Center
Day:	Wednesday
Dates:	April 14 - May 19
Time:	9:00 - 10:00 am
Age:	18 years & older
Fee:	$60/NR $65
Min/Max:	6/12

CARDIO DRUMMING

Release your inner rock star while you get an all-over body workout and some excellent cardio. We'll use standard drumsticks to drum on exercise balls. Participants must provide their own exercise ball. All other equipment will be provided. Bring a water bottle and dress to move comfortably and sweat.

Instructor: Kim Bennett

Location:	Founders Community Center
Day:	Thursday
Dates:	April 15 - May 20
Time:	7:30 - 8:15 pm
Age:	16 years & older
Fee:	$49/NR $54
Min/Max:	6/10

GOOD MOVES-GOOD HABITS

Do something Good for You! This class explores how we use our bodies in our everyday movements, the way we sit, walk and stand. With simple movements we can move away from pain and tight muscles. You will also learn some tips to make Good for You changes in lifestyle, attitude and nutrition. Get a simple healthy recipe each week! Start to make small changes that are Good for You!

Instructor: Mary Dempsey, 200 CYT DSWHI Health Coach

Location:	Founders Community Center
Day:	Friday
Dates:	April 16 - May 21
Time:	9:00 -10:00am
Age:	18 years & older
Fee:	$60/NR $65
Min/Max:	5/10

VIRTUAL PROGRAMS

Look for these symbols

Virtual Only Program **Virtual Option Available**

CHAIR YOGA

Chair Yoga is designed to increase flexibility, balance and range of movement. This class will move your whole body through a series of seated and standing yoga poses using a chair for support. Poses are modified so those with health restrictions, decreased range of motion and physical challenges can enjoy the benefits.

Instructor: Arlene Santiago

Location:	Founders Community Center
Day:	Thursday
Dates:	April 22 - May 27
Time:	11:00 am - 12:00 pm
Age:	18 years & older
Fee:	$44
Min/Max:	10/20

FIT BOOMERS

This class is perfect for "Older Adults" or as a "Starting Point" for beginner exercisers. This class helps battle against osteoporosis, joint and back pain, and falling. When we build muscle, we build bone. When the muscles supporting the spine and the joints are strong and flexible, we have less pain and risk of injury. As we age, our ability to balance declines. Since the consequences of falling for older adults can be severe - even fatal - balance training is essential. Exercises are performed seated and/or standing using chairs, weights, and other equipment, which are provided for you. No previous exercise experience necessary.

Instructor: Arlene Santiago

Location:	Founders Community Center
Days:	Monday & Wednesday
Dates:	April 26 - June 7 (No Class May 31)
Time:	9:30 - 10:30 am
Age:	30 years & older
Fee:	$44
Min/Max:	15/30

FRANKFORT/NEW LENOX RUNNING CLUB

Come on Frankfort, let's get moving! Running is a lot more fun when you have people to do it with you, so come on out for some healthy fun and enjoy our beautiful village. As a member of the Frankfort Running Club you will run short 5k to 10k runs in various neighborhoods in Frankfort. So come on out and have some fun and run, run, run!! It's Free!! For more information, please visit the Frankfort/New Lenox Running Club Facebook page. https://www.facebook.com/groups/152931338065783/

DON'T DELAY...REGISTER TODAY!

If you wait until the last minute to register, the program you want may not be there. At some point, we have to determine if enrollment is sufficient to hold the class. If you wait too long, the class may get cancelled due to low enrollment.

TOTAL STRENGTH, CORE & MORE!

This class strengthens and sculpts upper body, lower body and core muscles through the use of weights, stability balls, and other resistance equipment - all provided for you. With focus on proper alignment and form, you will safely and effectively tone muscles, increase bone density, boost metabolism rate, and more. Bring your own mat and water.

Instructor: Laurie Myers, CPT, PTA, LMT, 200 CYT

Location:	Founders Community Center
Day:	Tuesday &/OR Thursday
Dates:	April 27 - June 3
Time:	8:30 - 9:30 am
Age:	16 years & older
Fee:	$52/NR $57 (1x/week) $72/NR $77 (2x/week)
Min/Max:	6/20

GOOD MORNING STRETCH CLASS

Do you wake up feeling stiff and sore every morning? Does that stop you from doing things that you enjoy? Did you know that it doesn't have to be that way? The Good Morning Stretch Class is designed to empower you to release your muscle tension using gentle, safe and effective stretches on the floor to improve your overall flexibility and mobility which can help to improve postural imbalances and pain. Please bring your yoga mat.

Instructor: Laurie Myers, CPT, PTA, LMT, 200 CYT

Location:	Founders Community Center
Day:	Tuesday &/OR Thursday
Dates:	April 27 - June 3
Time:	9:45 - 10:45 am
Age:	16 years & older
Fee:	$52/NR $57 (1x/week) $72/NR $77 (2x/week)
Min/Max:	6/20

VINYASA FUN FLOW

Enjoy a fun vinyasa flow with a variety of classic rock music for 60 minutes. Vinyasa flow is asana (postures) with movement including breath (prana) work. Please bring a mat and water bottle to class. All levels welcomed.

Instructor: Nicole Green

Location:	Founders Community Center
Day:	Thursday
Dates:	April 29 - June 3
Time:	5:15 - 6:15 pm
Age:	18 years & older
Fee:	$65/NR $70
Min/Max:	10/20

TAI CHI CHUAN

Tai Chi is moving meditation that combines postures and movements into an elegant and gentle flowing form, which by design stretches and strengthens many of the muscles and tendons of the body as well as enhances the circulation of the blood. Originally developed in China as a very formidable martial art, today most of the millions of people that practice the art of Tai Chi do so for its considerable health benefits. Tai Chi is a flowing, graceful exercise that stabilizes balance, increases flexibility, and reduces stress. It requires no special clothing, equipment, or skills and comfort is the operative word here. It can be practiced by people of all ages and body types. **If you are new to Tai Chi, please arrive at 6:00 pm on the first day of class for a brief introduction.**

Instructor: Wayne Jupiter

Location:	Founders Community Center
Day:	Thursday
Dates:	April 29 - June 3
Time:	6:30 - 7:30 pm
Age:	21 years & older
Fee:	$45/NR $50
Min/Max:	6/9

Adult Programs

RAIN GARDEN PROGRAM

Rain gardens are one way to trap rain and allow it to be absorbed by plants and slowly return it to the ground. Too much of our precious water is currently being swept away in the storm sewer system, and flushed into our rivers, carrying with it dirt and pollutants. Adding a rain garden to your yard will also help beautify your landscape and helps turn low, wet areas into functioning gardens. The plantings will create great habitat for birds and butterflies too! In this program, you will learn about rain gardens, how to create one in your yard, and how The Conservation Foundation staff can help you with your yard problems! All attendees will receive a native plant guide.

Instructor: The Conservation Foundation

Location:	Founders Community Center
Day:	Saturday
Date:	March 20
Time:	10:00 - 11:00 am
Age:	18 years & older
Fee:	FREE (must pre-register)
Min/Max:	6/10

PREPARING FOR SPRING IN THE GARDEN

This class is about everything to do with Spring in the Garden. How to identify wild spring flowers in your landscape and how to propagate them. Also, how to prepare for the awaking of your garden. Pruning of plants, when, why and how. Potting advise and which annual flowers will survive the Chicago weather in Spring. What to plant during the year for more color in your yard the next Spring. Learn how to keep wildlife from eating your plants. Choosing flowering trees for your garden. Lecture will be followed by a question and answer session.

Instructor: Eileen Ficek

Location:	Founders Community Center
Day:	Thursday
Date:	March 25
Time:	6:30 - 9:30 pm
Age:	18 years and older
Fee:	$40/NR $45
Min/Max:	6/20

SELF CORDED CUSHION CLASS

Have a chair cushion, outdoor cushion, or couch cushion that needs to be recovered but you don't know where to start? Learn how to make a customized cushion to replace those worn out cushions or update an out of style cushion. You will learn how to make a self-corded box cushion in this class.

Instructor: Eileen Ficek

Location:	Lincoln-Way North High School Please enter through the back - door #28
Day:	Wednesday
Dates:	April 7 & 14
Time:	7:00 - 9:00 pm
Age:	18 years & older
Fee:	$60/NR $65
Min/Max:	3/5

VIRTUAL PROGRAMS
Look for this symbols

Virtual Only Program

LEARN TO USE YOUR FLASH

Learn to control your camera's flash along with camera settings. Add light when needed without making your subject too bright or too dark. Please have your digital SLR camera ready for class. External flashes welcome but not required.

Instructor: Laurie Piton

Location:	Zoom Platform
Day:	Wednesday
Dates:	April 7 - May 12
Time:	7:00 - 8:00 pm
Age:	16 years & older
Fee:	$65/NR $70
Min/Max:	5/12

ZOOM SPANISH FOR ADULTS

Have you ever wanted to learn a foreign language, but never had the opportunity? Now is the time! Stay connected and learn Spanish from the safety and comfort of your own home via the interactive Zoom platform! In this class, you will learn conversational Spanish that you can immediately begin using. The class will be tailored to the needs of the students enrolled. Taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class.

Instructor: Language in Action

Location:	Zoom Platform
Day:	Wednesday
Dates:	April 7 - May 12
Time:	6:00 - 7:00 pm
Age:	18 years & older
Fee:	$75/NR $80
Min/Max:	6/12

SOCIAL BALLROOM DANCE

Grab your partner and put on your dancing shoes! In no time at all you'll learn the basic steps of the waltz, foxtrot, rumba, and jitterbug. This class emphasizes fun, ease of movement, and music recognition. This class is a great way to get ready for all those upcoming events, such as weddings, reunions and parties. Our instructor combines the joy of movement with the romance of ballroom dancing. Instruction will be taught in a friendly and relaxed atmosphere. You will need to register with a partner.

Instructor: Becky Simon

Location:	Founders Community Center
Day:	Thursday
Session I:	April 8 - 29
Session II:	May 6 - 27
Time:	7:00 - 8:00 pm
Ages:	18 years & older
Fee:	$40/NR $45 per person
Min/Max:	12/20

CHESS FOR ADULTS

Chess Scholars adult chess programs are designed for a wide range of players, from teenagers to seniors and from absolute beginners through an intermediate level ready for tournament play. Chess stimulates cognitive, metacognitive, social and emotional development in people of all ages! Our chess coaches will be covering such topics as how the pieces move, the concepts of check and checkmate, the relative value of the pieces and an introduction to strategy, tactics and basic endgames. Each class will begin with an instructional period and then we will play in-class games. A social and fun chess tournament will be held at the end of the session.

Instructor: Chess Scholars

Location:	Founders Community Center
Day:	Thursday
Dates:	April 8 - 29
Time:	6:30 - 7:30 pm
Age:	16 years & older
Fee:	$80/NR $85
Min/Max:	8/12

SPANISH FOR ADULTS (IN-PERSON)

Have you always wanted to learn a foreign language, but never had the opportunity? Now is the perfect time! In this relaxed, small-class environment you will learn Spanish conversation, grammar and phonetics which you can immediately begin using. This class will be tailored to fit the needs of the students enrolled.

Instructor: Language in Action

Location:	Founders Community Center
Day:	Tuesday
Dates:	April 13 - May 18
Time:	7:00 -8:00 pm
Age:	18 years & older
Fee:	$75/NR $80
Min/Max:	6/10

SWING DANCE

Swing Dance remains one of the most popular dance styles in modern dance clubs. Dance to the big bands, the Beach Boys, Lady Gaga and more! You will learn the single time swing (jitterbug) and the triple time swing. The basic dance steps of each style are relatively easy to learn. As you gain more confidence you can layer on different moves as the mood - and the song rhythm - strikes you. Couples are recommended but not necessary. Singles are not guaranteed a partner. Please wear comfortable clothing and shoes.

Instructor: Becky Simon

Location:	Founders Community Center
Day:	Tuesday
Dates:	April 13 - May 4
Time:	7:00 - 8:00 pm
Ages:	18 years & older
Fee:	$40/NR $45 per person
Min/Max:	10/20

WALKING WEDNESDAY - PARK PROGRESSION

Dust off your walking shoes and join us for a series of scenic walks through our gorgeous parks. These walks give you a chance to see the treasures of our community while meeting your neighbors. Bring some water and good conversations.

Pre-registration required.

Day:	Wednesday
Dates:	April 14 - Main Park
	April 21 - Commissioners Park
	April 28 - Janssen Park
	May 5 - Indian Boundary Park
Time:	10:00 - 11:00 am
Ages:	16 years & older
Cost:	FREE
Min/Max:	6/25

PARLEZ-VOUS FRANCAIS? FRENCH FOR ADULTS

Has learning French always been on your bucket list? Well, here's your perfect opportunity to learn this beautiful language! In this relaxed, small-class environment, you will learn French conversation and some grammar and phonetics that you can immediately begin using. This class will be tailored to the needs of the students enrolled.

Instructor: Language in Action

Location:	Founders Community Center
Day:	Wednesday
Dates:	April 14 - May 19
Time:	7:00 - 8:00 pm
Age:	18 years & older
Fee:	$75/NR $80
Min/Max:	6/10

TWIN SPIRAL BRACELET

Looking for a fun girl's night out! Lean how to create a copper spiral bracelet for you or as a gift. Learn how to make metal spirals, texture, wire wrap and clasps out of different gauge copper wire. All tools and supplies are included in the fee.

Instructor: Liz Credio

Location:	Founders Community Center
Day:	Friday
Date:	April 16
Time:	6:00 - 9:30 pm
Age:	16 years & older
Fee:	$31/NR $36
Min/Max:	5/12

FOR ONLINE REGISTRATION please visit www.frankfortparks.org

A NEW NORMAL: RESTORING OUR LIFE AFTER COVID

How has a global Pandemic reshaped retirement and the plans we make? Retirement planning expect Gregory Kurinec from Bentron Financial Group will help you understand what has changed and what the new normal will look like. Topics include; embrace technology, establish a good relationship with your healthcare providers, keep household essentials well stocked and bolster work on social supports / friendships. The zoom link will be emailed the day before the workshop.

Deadline: April 8

Location:	Virtual Platform
Day:	Thursday
Date:	April 15
Time:	7:00 - 8:00 pm (plus Q & A)
Ages:	18 years & older
Fee:	FREE

COUNTRY LINE DANCE

Learn the hottest dances that are currently being done at the saloons and country dance clubs in the Chicago area. Dances are simple enough for beginners, no partner required. So put on your boots and get ready to have some fun dancing to Country top hits!

Instructor: Rita Svane

Location:	Founders Community Center
Day:	Monday
Dates:	April 19 - May 24
Time:	7:15 - 8:15 pm
Ages:	16 years & older
Fee:	$45/NR $50 per person
Min/Max:	10/20

VIRTUAL BEGINNER BIRDWATCHING

A flash of red, a hint of blue- what is fluttering around in the trees? Join The Conservation Foundation's Jamie Viebach as we explore the variety of birds you might encounter in your own backyard. Also learn some birding tips and how to bring even more feathered friends to your yard.

Instructor: Jamie Viebach

Location:	Zoom Platform
Day:	Tuesday
Date:	April 27
Time:	7:00 pm
Age:	16 years & older
Fee:	FREE (must pre-register)
Min/Max:	6/15

MEXICAN FIESTA

Students will learn how to make some authentic Mexican favorites, which includes homemade chicken enchiladas, Spanish rice, baked chips, fresh pico, lime crema and even fried ice cream for dessert. This is a demo and hands on class. Containers will be given for leftovers.

Instructor: Lesley Shworles

Location:	Founders Community Center
Day:	Thursday
Date:	April 29
Time:	6:00 - 8:00 pm
Age:	18 years & older
Fee:	$52/NR $57
Min/Max:	6/10

FLASH AND NATURAL LIGHT

The key to great picture-taking lies in the application of light. In this illuminating new class, we will learn how to work with ambient natural light as well as the proper use of an external flash to provide light sources for our photography. Learn about differentiating between manual and automatic modes when using the flash, setting the proper flash output and blending the flash with sunlight to eliminate shadows. Please have an external flash and camera for class.

Instructor: Laurie Piton

Location:	Founders Community Center
Day:	Wednesday
Dates:	May 19 - June 9
Time:	7:00 - 8:00 pm
Age:	16 years & older
Fee:	$65/NR $70
Min/Max:	5/12

RAIN BARREL PURCHASE PROGRAM

The Conservation Foundation sells rain barrels year-round through a partnership with Upcycle Products, Inc. The cost is $60.00. The 55-gallon rain barrels are made of recycled food-grade plastic and come in a variety of colors (terra cotta, black, grey, blue, avocado). This is the most common size. People are welcome to pick them at the Farm for free or they can be shipped to the home for $10 more. (please make note and read carefully in choosing the delivery/shipping option). A portion of each sale through this program benefits the Conservation Foundation.

For more information on rain barrels visit:
www.theconservationfoundation.org/conservation-home/rain-barrels

To order your rain barrel visit:
http://www.upcycle-products.com/static.asp?path=4387

• THE • CONSERVATION FOUNDATION

Follow us for information on . . .
upcoming programs and events on Instagram.

WALKING WEDNESDAY - PARK PROGRESSION

Dust off your walking shoes and join us for a series of scenic walks through our gorgeous parks. These walks give you a chance to see the treasures of our community while meeting your neighbors. Bring some water and good conversations.

Pre-registration required.

Day:	Wednesday
Date/Location:	April 14 - Main Park
	April 21 - Commissioners Park
	April 28 - Janssen Park
	May 5 - Indian Boundary Park
Time:	10:00 - 11:00 am
Ages:	16 years & older
Cost:	FREE
Min/Max:	8/25

FIT BOOMERS

This class is perfect for "Older Adults" or as a "Starting Point" for beginner exercisers. This class helps battle against osteoporosis, joint and back pain, and falling. When we build muscle, we build bone. When the muscles supporting the spine and the joints are strong and flexible, we have less pain and risk of injury. As we age, our ability to balance declines. Since the consequences of falling for older adults can be severe - even fatal - balance training is essential. Exercises are performed seated and/or standing using chairs, weights, and other equipment, which are provided for you. No previous exercise experience necessary.

Instructor: Arlene Santiago

Location:	Founders Community Center
Days:	Monday & Wednesday
Dates:	April 26 - June 3
Time:	9:30 - 10:30 am
Age:	30 years & older
Fee:	$44
Min/Max:	15/30

VIRTUAL PROGRAMS
Look for these symbols

Virtual Only Program **Virtual Option Available**

BINGOCIZE

Bingocize is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls. Participants need to be at least 60 years of age and have access to either a computer or tablet. Representatives from Catholic Charities, Diocese of Joliet will deliver a bag of supplies that you will need for the classes. If you have questions or would like to register, please call Amanda at (815) 523-9919.

Registration Deadline: March 22

Location:	Zoom Platform
Days:	Tuesday & Thursday
Date:	April 1 - June 10
Time:	2:30 - 3:30 pm
Ages:	60 years & older
Fee:	FREE

Wii BOWLING

Have you already hung up those bowling shoes? Is the strain and impact of a 10-lb bowling ball too much for you anymore? Now you can enjoy the fun of bowling no matter what your ability is. You can stand or sit, but just have fun! We will keep weekly scores and prizes will be given the last week.

Registration Deadline: April 14

Location:	Founders Community Center
Day:	Tuesday
Dates:	April 20 - May 11
Time:	12:00 - 1:30 pm
Ages:	55 years & older
Fee:	$12
Min/Max:	8/16

BUNCO AND BUNDT CAKES

Looking for a fun afternoon with friends? Join us at Main Park for bunco, bundt cake and laughs. We will be serving slices from Nothing Bundt Cakes and coffee.

Location:	Main Park North Pavilion
Day:	Wednesday
Dates:	May 12
Time:	12:30 - 2:00 pm
Age:	60 years & older
Fee:	$4
Min/Max:	8/20

BRIDGE SOCIAL GROUP

Did you know the Park District has a Bridge group that meets twice a week at the Founders Community Center? If you enjoy playing the game of Bridge and would like to meet new people, then join us on Mondays and Thursdays from 9:00 am - 12:00 pm. It is free to join. For more information, please call 815-469-9400.

MAHJONG

Do you play Mahjong or want to learn how to play? There is a new group that meets on Wednesday afternoons at 1:30 pm at the Founders Community Center. This is a great opportunity to meet new people while playing a fun game. For more information, please call 815-469-9400.

Travel Programs

LYNFRED WINERY TOUR & TASTING

Roselle, IL

At Lynfred Winery in Roselle you will experience an educational tour of their wine production area along with a guided sampling of seven Lynfred wines. Tour and tasting lasts about an hour. We will have lunch (on separate checks) at Italian Pizza Kitchen afterwards.

Registration deadline: April 5

Day/Date:	Monday, May 10
Depart:	9:45 am Founders Community Center
Return:	4:15 pm (Approx.)
Fee:	$39 (Fee includes tour, wine tasting & transportation)
Max:	10 spots

GET YOUR KICKS ON ROUTE 66!

Join us for the ultimate Route 66 experience led by the award winning Route 66 author John Weiss! We will travel the historic Route 66 from the town of Dwight all the way to Atlanta, IL. Our first stop will include a big breakfast at the Route 66 Family restaurant on the historic road. This family owned restaurant has lots of Route 66 atmosphere and hospitality. From there we will begin our adventure as we journey along Route 66 visiting sites such as an old police station, Dead Man's curve, the Spraque Super Service, Route 66 Visitors Center, the Bunyon Giant, a visit to the Beer Nuts factory and Outlet Store, and more! We will also visit the historic Funk Sirup Farm to see how it's made and have a taste. Yes, it is spelled Sirup! We will end our day with dinner at the historic Palm Café in Atlanta. Don't forget your camera!

Registration Deadline: April 21

Day/Date:	Wednesday, May 19
Depart:	7:15 am Founders Community Center
Return:	8:00 pm (Approx.)
Fee:	$110 (Fee includes motor coach transportation, meals, tour and gratuity)
Max:	12

ILLINOIS RAILWAY MUSEUM

Union, IL

All aboard! Ride the electric trains and check out the numerous railroad displays at the Illinois Railway Museum in Union, IL. So much to see! The museum houses the largest collection of historic railway equipment in North America. See how people rode the rails a century ago and view Pullman sleeping cars, opulent private cars, streetcars, trolleys, huge steam locomotives and an 1859 vintage horse drawn streetcar - the oldest car in the museum. Plenty of Chicago railway history including the historic 50th Ave. elevated station from Chicago which has been restored to its 1920's appearance. Worried about too much walking? Admission to the museum includes unlimited rides on their electric trains offering 35 - 45-minute rides on their five-mile track. So, spend as much time as you like riding the rails or sitting out on benches in a beautiful picnic setting. Participants may purchase sandwiches and snacks in the diner or bring ***their own. Registration deadline: April 26***

Day/Date:	Thursday, June 3
Depart:	8:30 am Founders Community Center
Return:	5:00 pm (Approx.)
Fee:	$49 (Fee includes motorcoach transportation & admission)
Max:	18

WASHINGTON, D.C.

Set off for our Nation's Capital to see the remarkable monuments and renowned buildings during your Guided Tour of Washington DC. You will enjoy detailed information on some of DC's most incredible landmarks including the US Capitol, the White House, National Archives, Embassy Row, Georgetown, Washington Monument, World War II Memorial, Arlington National Cemetery, the Smithsonian and much more! This trip also includes deluxe motor coach transportation, 6 nights lodging and 10 meals. Travel insurance through Travel Insured International is available and recommended. The fee for insurance is $69/person. Please write a separate check payable to "Travel Insured International, Inc." or pay it online at travelconfident.com. Limited space available so don't wait to register!

Registration Deadline/Final Payment: July 9

Day/Date:	Thursday, September 16 - 22
Depart:	8:30 am from the Founders Community Center
Return:	In the evening on September 30 (TBA)
Fee:	$779/person - double occupancy $1,064/person - single occupancy $759/person - triple occupancy * $75 deposit due upon signing
Max:	20 spots

IMPORTANT TRIP INFORMATION

Cooperative Programming

To ensure the success of our bus trips, we work in cooperation with the New Lenox & Manhattan Park Districts. The number of spots listed, is the maximum number of registrations the Frankfort Park District can take. If a bus trip is full, we will call the other agencies to see if spots are available or you may be added to a waitlist.

Pick-up/Drop-off times

Pick-up/drop off location is at the Founders Community Center unless otherwise noted. Departure times are set and abided by. If changes occur, participants will be notified by phone. Please arrive 15 minutes prior to the scheduled departure time. Return times may vary depending on traffic or weather conditions; we make every attempt to return by the designated time.

Cancellations/Refunds

Refunds are given under the following circumstances:

- The trip is cancelled by the Frankfort Park District. If we have not met our registration minimum by the deadline date, the trip will be cancelled and a full refund will be issued.
- There is a waitlist and we are able to fill your spot. Please see refund policy.
- The person asking for the refund finds a replacement for the trip.

COMMUNITY GARDEN PLOTS

at Commissioners Park

The Garden Plot Program is an opportunity for individuals to be part of a community gardening program. Residents and non-residents participating in the program enjoy nature, plant flowers, grow fruits and vegetables for food, and get exercise from the practice of gardening. Approximately 24 garden plots are available to rent on a first come first served (one plot per family) basis. Plots measure 20 x 20 feet and are located at Commissioners Park. The Garden Plot season is from May 1 – October 31 (weather permitting).

The Garden Plot Manual will be available at the Founders Community Center and on the Park Districts web-site: www.frankfortparks.org. The rules and guidelines within this manual ensure that all participating gardeners have the opportunity for a positive gardening experience, that garden plot sites are a positive asset to the community and that all plots are used in a productive manner. By following the rules and guidelines, gardeners show that they want the garden plot program to be an important aspect in the community. All gardeners must agree to follow the rules and guidelines of the Garden Plot Program.

LOCATION
Commissioners Park
22108 S. 80th Ave
(Located by the Frankfort Bark Park)

SEASON
May 1 - October 31
(Must begin planting by June 1)

GARDEN PLOT FEES
Residents: $25*
Non-Residents: $40*

* A $50 refundable clean-up deposit is required at the time of registration

Garden Plot Meeting

An informational meeting will be held for those registered in the 2021 Garden Plot program. The meeting will be held on Monday, April 26 @ 6:00 pm at the Founders Community Center.

Adopt-A-Flower-Bed Program

What is an Adopt-A-Flower-Bed? Adopt-A-Flower-Bed is a volunteer activity where area volunteer groups "adopt" a flower bed at a Frankfort Park District park location. The adoptive group is responsible for planting flowers in May and maintaining the bed through summer and fall clean up. Maintenance includes weeding, deadheading flowers and cleaning up the bed for the winter. Beds should be planted by the Saturday following Memorial Day.

The Park District provides all planting materials. The Park District provides all planting materials. The FPD crews will provide all the plants you need, bed preparation including fertilizer and soil amendments, mulch and watering. Volunteer groups need provide energy, time and enthusiasm! This is an ideal service project for all ages - children to seniors. If you are a U of I Master Gardener, this project can earn you many volunteer hours.

Interested? If you or your group would like to Adopt-A-Flower Bed, please stop by the Park District office to pick up a form or download it on our website at www.frankfortparks.org. Once you complete the form, please return it to the Park District. The District will make efforts to assign your group to their requested location. If you have questions please call 815-469-9400. The efforts by the volunteer(s) will be acknowledged in the fall Park District Brochure.

For additional information, please visit the Park District website @ www.frankfortparks.org or call the Park District office at 815.469.9400

Community Events

ENJOY FRANKFORT

There is always something happening in Frankfort. The pace is more relaxed, and the experience, memorable. So, check the Village, Chamber and Park District Event Calendar to see what's happening, or just come explore what's going on off the beaten path in our community.

- Family-friendly events scheduled throughout the year
- Award-winning restaurants
- Unique shopping
- Outdoor recreation

EARTH DAY/ARBOR DAY CELEBRATION

The Village of Frankfort will host its annual Earth Day/Arbor Day Celebration on April 24. This community-wide event will again feature the annual all-volunteer clean-up of various areas throughout the Village, along with tree and flower plantings. The day's activities will begin at the Utilities / Public Works Garage (524 Center Road) at 8:30 am with coffee and donuts. A free luncheon is held for all volunteers. **Additional information and details will be available at www.villageoffrankfort.com**

FRANKFORT HISTORIC BUSINESS ALLIANCE (FHBA)

Since 1855, downtown Frankfort has been a gathering place. The Grainery once held the yield from local crops. Today it towers over Breidert Green, our town center and home to year-round community events sponsored by the Frankfort Historic Business Alliance, the Village of Frankfort, the Frankfort Chamber of Commerce and the Frankfort Park District. We invite you to come on down…town!

Please visit www.frankfortchamber.com or on Facebook at www.facebook.com/shopdineplayinfrankfort for more information and upcoming events.

CELEBRATING EARTH DAY

Come out to Main Park for an afternoon of Earth Day fun! There will be kid friendly games, learning activities for children, crafts, give-a-ways, hot dogs, paper shredding drop off, and more! Each family will receive a tree sapling to plant and help make a difference this Earth Day.

Location:	Main Park
Day/Date:	Saturday/April 24
Time:	12:30 - 2:30 pm
Age:	Families
Fee:	FREE

FRANKFORT COMMUNITY SHOWCASE

Come see what Frankfort is all about! The event features businesses and organizations highlighting their goods and services. This is not your old fashion business expo, but a day of fun for the entire family! This event will be held outdoors at Main Park located at 400 W. Nebraska in Frankfort on Saturday, May 22 from 10:00 am to 1:00 pm. Rain location: Founders Community Center. **For more details, please visit www.frankfortchamber.com**

FRANKFORT COUNTRY MARKET

Dates: April 25 - October 24*
9:00 am - 1:00 pm

Open Air Farmers Market along the bike path in historic downtown Frankfort. Spring Market is focused on early crops, gardening items and specialty items. Summer Market features full roster of growers and producers, featured music, demos and seminars throughout the season. ***For more information, visit www.villageoffrankfort.com**

The EVENTS listed on this page are tentative. Please visit the organization websites for updates.

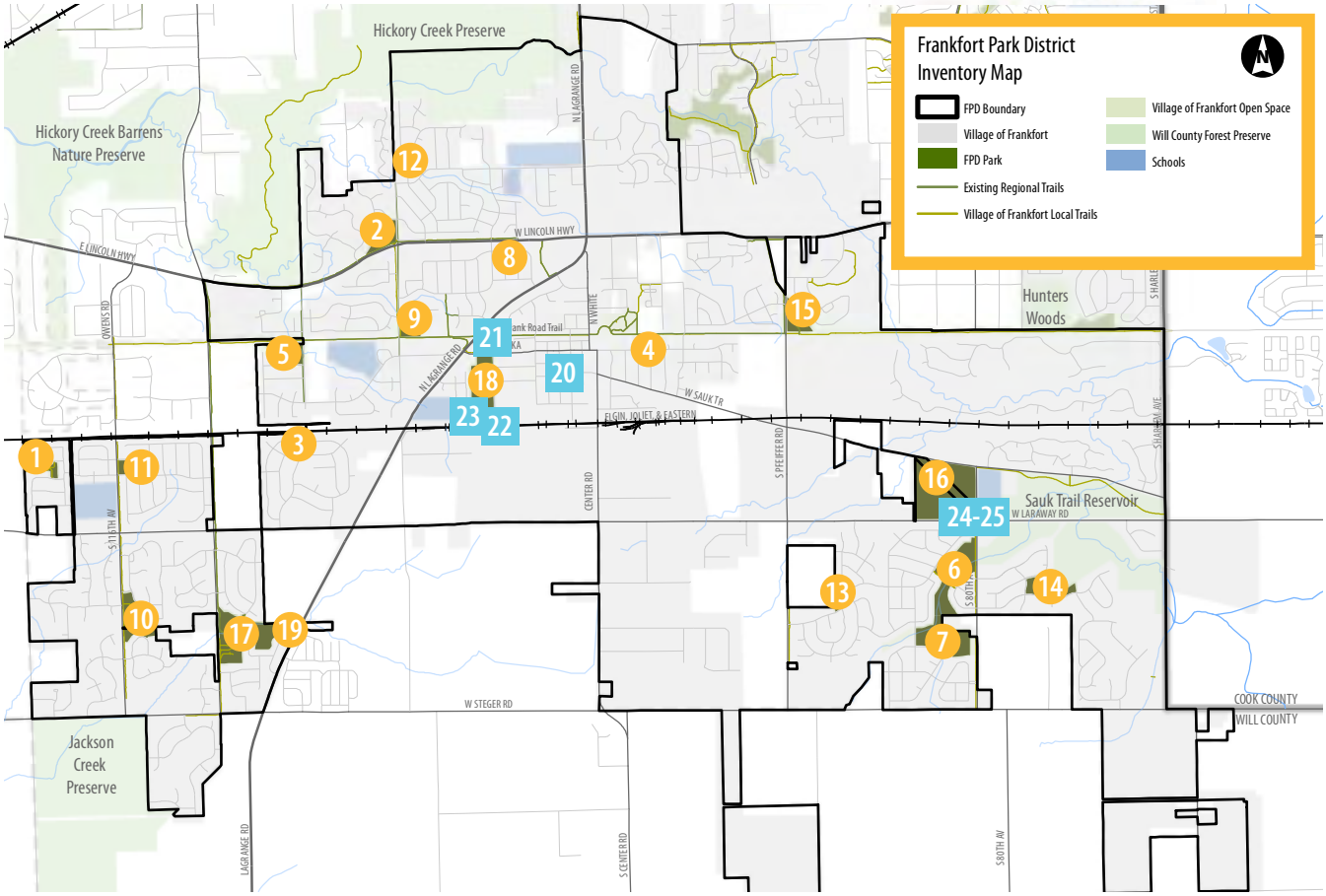
Frankfort Park District Park Directory & Map

			ACRES / SQUARE	TRAILS	FACILITIES		DAY USE FACILITIES			SPORTS FIELDS AND COURTS											WATER BASED FACILITIES				
			Acreage / Square Feet - Owned	Multi-Use Trails (miles)	Restrooms	Concessions	Picnic Shelter	Picnic Area	Playground	Baggo	Basketball	Baseball	Disc Golf (holes)	Football	Horseshoes	Skate Park	Soccer	Softball	Tennis	Volleyball	Fishing allowed	Fishing Pier / Overlook	Ice Skating	Splash Pad	Dog Park
Neighborhood Parks																									
1	Brookmeadow Park	Elise Blvd. west of Mary Dr.	12.98	●					1												1				
2	Butternut Creek Woods Park	Cedar Rd. & Lincoln Ln.	9.41	●			1	1	1																
3	Heritage Knolls Park	Heritage Dr. & Parkway Ln.	5.03	●	1				1									1		1					
4	Indian Boundary Park	Nebraska St. & Luther Ln.	3.89		1				1									1							
5	Kohlhagen Park	Cardinal Lake Dr. & 108th Ave.	8.78						1												1				
6	Lakeview Estates North Park	Pineridge Dr. and Callista Dr.	25.81	●			1	1	1			1									1	1			
7	Lakeview Estates South Park	Madeline Ln. & Lakeview Estates Rd.	20.05	●			1	1	1												1	1			
8	Lincoln Meadows Park	Johnson Ave. & Elm St.	1.75						1			1													
9	Michele Bingham Memorial Park	Elsner Rd. & Old Plank Trail	5.74		1				1								1	1							
10	Roy and Dorothy Janssen Park	116th Ave. & Netherby Way	10.01	●			1	1	1												1	1			
11	Sandalwood Park	116th Ave. & Sandalwood Dr.	5.94	●	1				1			2									1				
12	Shaffer Park	Tanglewood Ln. & Colorado Ave.	1.16						1																
13	Stone Creek Park	Pine Ridge Dr. & High Stone Way	2.92																						
14	Timbers Edge Park	S. Oakfield Dr. & Pineview Ln.	11.41				1	1	1			1					1								
15	Windy Hill Park	Pfeiffer Rd. & Charrington Rd.	8.29	●			1	1	1																
		Neighborhood Park Acreage	***133.17***																						
Community Parks																									
16	Commissioners Park	22108 S. 80th Ave.	60.50	●	2	2	2	4	1		1	5	9			1	3	1	2					1	1
17	Jackson Creek Park	Wolf Rd. 1/2-mi. south of Laraway Rd.	20.78	●	1		1	1	1		3					1		3			1	1			
18	Main Park	400 W. Nebraska St.	23.70	●	3	1	3	3	1	2	2	4	3	1	1			2	2	2			1		
19	Sara Spring Park	22724 S. La Grange Rd.	16.22																						
		Community Park Acreage	***121.20***																						
		Total Land Holdings (acres) & Amenities	***254.37***	●	10	3	12	14	17	2	6	14	12	1	1	2	5	9	4	3	7	4	1	1	1

Indoor Recreation Space						
20	The Founders Community Center	140 Oak Street	31,670		3	
21	Susan A. Puent Educational Building	400 W. Nebraska St.	7,539		3	
22	Building & Grounds Facility	Maintenance Center	13,536		1	
23	Main Park Falcoln Football / Concessions Building	Commissioners Park	1,800		1	1
24	Commissioners Park Concessions North	Commissioners Park	1,250		1	1
25	Commissioners Park Concessions South	Commissioners Park	1,250		1	1
	Total Indoor Recreation Space (square feet)		***57,045***			

School - Park Space	
Chelsea Intermediate School	22265 S. 80th Ave.
Grand Prairie Elementary School	10480 W. Nebraska St.
Hickory Creek Middle School	22153 116th Ave.
LincolnWay East High School	201 Colorado Ave.

FRANKFORT Park District



Registration Form *(please print)*

Mail, Drop-Off or Fax :

Frankfort Park District
140 Oak Street
Frankfort, IL 60423
Phone: 815-469-9400
Fax: 815-469-9275

Family Last Name_____ Date_____

Street Address_____ Home Phone_____

City_____ Zip _____ Cell Phone_____

E-Mail Address_____ **I want to receive program & Park District updates via email □ Yes □ No**

□ The Frankfort Park District welcomes individuals with disabilities into its programs. Please check the box if you or a family member require special assistance and describe any accommodations needed_____

_____

Participant Name	Program Name	Session	Birthdate Mo/Day/Yr	Grade	Sex: M/F	Fee

Please Indicate your choice of payment ☐**Check** ☐ **Cash** ☐ **Credit Card** **Total Enclosed** **$**

Account Number - must complete when using Visa, MasterCard , or American Express

Cardholder Name_____ Exp. Date_____ Charge Amount_____

Authorized Signature_____ Security Code_____

Must have signature to be processed

READ CAREFULLY

Please be aware that, in signing up and participating in Frankfort Park District programs, you will be waiving and releasing all claims for injuries, arising out of these programs, that you or the other named participants might sustain. The terms "I", "me", and "my" also refer to parents or guardians as well as participants in the programs. In registering for these programs, you are agreeing as follows:

As a participant in these programs, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, damages of loss, which I may sustain as a result of participating, in any manner, in any and all activities connected with or associated with such programs. I further recognize and acknowledge that all athletic activities involving **strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risks of injury.**

I hereby grant authority to the Frankfort Park District and the teacher/instructor supervising an event to obtain a paramedic to give emergency treatment to my child or obtain ambulance services for my child when it is deemed necessary. I also give permission to the selected paramedic/physician to treat my child as requested by the Frankfort Park District in the event that I cannot be reached. I am aware that any expenses incurred for any of the above services will not be the responsibility of the Frankfort Park District.

I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against the Frankfort Park District, any and all participating cooperating governmental units, any and all independent contractors, officers, agents, servants and employees of the governmental bodies and independent contractors, and any and all other persons entities, or whatever nature, might be directly or indirectly liable for a n injuries that I might sustain while participating in these programs. (The parties described in the preceding sentence are referred to as "released parties" in the remainder of this Agreement.)

I do hereby fully release and discharge the Frankfort Park District and any and all claims for injuries, damage or loss which I may have or which may accrue to me on account of my participation in these programs.

I further agree to indemnify, hold harmless and defend the Frankfort Park District and any and all other released parties, from any and all claims resulting from injuries, damages and losses sustained by anyone, and arising out of , connection with, or in any way associated with my conduct and the activities of these programs.

I further understand and agree that the terms such as "participation", "programs", and "activities", referred to in this Agreement, include all exercises and physical movements of any nature while I am participating in these programs and further include the provision of or failure to provide proper instructions of supervision, the use and adjustment of any and all machinery, equipment, and apparatus, and anything related to my use of the services, facilities, or premises involved in these programs, and transportation to any from any events.

I understand the nature of these programs for which I am registering, and have read and fully understand this Waiver, Release and Hold Harmless the nature of these programs for which I am registering, and have read and full understand this Waiver, Release and Hold Harmless Agreement. I further understand that any advisements or warning of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become a part of this Agreement.

CANCELLATION AND REFUND POLICY: Refunds of 100% will be made, less a $10.00 service charge, if notified at least 2 working days prior to the start of the program or if a doctor's note is provided for an injury or illness. The doctor's note and a completed refund form must be submitted to us within a week of the doctor visit. Refund checks take up to two weeks to be processed. *****There are no refunds given for Trips, One-Day Programs, or Special Events. All League deposits are non-refundable. There are NO refunds on Leagues once the teams/schedules are made.*** A 50% refund will be given if notified prior to the second course meeting for reasons other than a doctor-verified illness or injury. All refunds less than $20 will be applied as a credit to the customer's account. All refunds must be done in person at the park district office. They cannot be completed over the phone or by fax. Full refunds are granted without penalty for: A refund that is initiated by the Park District (i.e. low enrollment/canceled class)

NSF RETURNED CHECK POLICY: For any check returned to the Park District for non-sufficient funds, the issuer must pay with cash to cover the check, pay any bank charges and fees and pay a $25 NSF surcharge to the Park District.

_____ _____

X Mandatory signature of participant, parent or legal guardian **Date**

SIMPLE WAYS TO REGISTER:

- **In Person:** At the Founders Community Center, 140 Oak Street. During business hours. Patrons may pay with cash, check, Park District gift certificate, or credit card (Visa, Master Card, Discover or American Express).
- **On-Line:** via our website; www.frankfortparks.org. In order to register online, patrons must set-up an online account to be approved by Park District staff within 24-48 hours of initial account set-up. Once your account has been approved, you may begin to register for programs online by signing in with the username and password you created for your account.

  Please note that for select special events, trips, camps and leagues, online registration is not available and will be noted in the brochure with this icon.
- **Mail-in:** Send your completed and signed registration form to Frankfort Park District, 140 Oak Street, Frankfort, IL 60423. Patrons may pay with check, Park District gift certificate, or credit card (Visa, Master Card, Discover or American Express).
- **Fax*:** Fax your completed and signed registration form with your credit card information to 815-469-9275. **When registering via fax, it is mutually understood that the facsimile document shall substitute for and have the same legal effect as the original form.*
- **Drop Box:** Place your completed and signed registration form, along with your check or credit card information in a sealed envelope and place it in the drop box located outside the main entrance of the Founders Community Center, 140 Oak Street. Registrations dropped off after 5:00 pm, will be processed the next business day.

INCLUSION - The Frankfort Park District welcomes participation in all programs by individuals with disabilities and special needs. The Frankfort Park District works cooperatively with the Lincolnway Special Recreation Association (LWSRA) to facilitate successful participation for individuals who request an inclusion aide. If you are asking for special assistance for your child to participate in a Park District program, please inform the Park District Staff at the time of registration. An evaluation process will then be implemented by LWSRA. Therefore, timely registration is important. Please register and request an aide no later than two weeks before the start of the program.

REFUND POLICY

- Refunds of 100% will be made, less a $10.00 service charge, if notified at least 2 working days prior to the start of the program or if a doctor's note is provided for an injury or illness. Refund checks take up to two weeks to be processed. ***There are no refunds given for Trips, One-Day Programs, or Special Events.*
- All League deposits are non-refundable. There are NO refunds on Leagues once the schedules/teams are made.
- A 50% refund will be given if notified prior to the second course meeting for reasons other than a doctor-verified illness or injury. The doctor's note and a completed refund form must be submitted to us within a week of the doctor's visit and also within the program session dates.
- All refunds less than $20 will be applied as a credit to the customer's account.
- All refunds must be done in person at the Park District office. They cannot be completed over the phone or by fax.
- Full refunds are granted without penalty for: A refund that is initiated by the Park District (i.e. low enrollment/canceled class)

NSF RETURNED CHECK POLICY - For any check returned to the Park District for non-sufficient funds, the issuer must pay with cash to cover the check, pay any bank charges and fees and pay a $25 NSF surcharge to the Park District.

PARTICIPATION POLICY - The Frankfort Park District assumes NO responsibility for personal injury or loss of personal property for those participating in Park District-sponsored activities. It is urged that all participants have active medical insurance coverage.

PHOTOGRAPH POLICY/SOCIAL MEDIA - The Frankfort Park District uses pictures of program participants to highlight the many recreational activities available. We do not use identification in our brochure or other print opportunities. If you do not want a picture of yourself or your child taken, please tell the instructor and/or the photographer.

FRANKFORT CABLE COMMISSION - The Frankfort Park District, in cooperation with the Village of Frankfort Cable Commission, airs school and Park District events and programs. Your child may be filmed for programs submitted for cable television (FCTV Channel 6 in Frankfort). If you do not want yourself or your child to be involved in such programs, please state that in writing and submit to the Director's Office of the Frankfort Park District at the Founders Center, 140 Oak Street, Frankfort. Please do so by September 1, annually.

Frankfort Bark Park

2020-21 Registration

LOCATED AT COMMISSIONERS PARK • 80th AVE. & SAUK TRAIL

Bark Park Season July 1, 2020 – June 30, 2021

What you need to do:

1. **Complete the 2020 registration packet.** (This can be found on our website, www.frankfortparks.org or at the Park District Office, 140 Oak Street)
2. Bring a copy of your dog's current shot records. These can be obtained from your veterinarian's office.
3. **Half price membership begins January 4:**
   $35 Resident Fee: $25 membership plus $10 key card deposit.
   $40 Non-Resident Fee: $30 membership plus $10 key card deposit.

If you are a current member, please bring the 2020 registration forms and your current shot records.

140 Oak Street, Frankfort, IL 60423 • (815) 469.9400

RENTAL INFORMATION

The Founders Center is available for weddings, showers, parties, meetings and all of your conference needs. Our classrooms, gymnasium and Founders Room are perfect for groups of 5-50 (Restore Illinois Phase 4 Guidelines). The Founders Room of the Founders Center may be reserved six months prior to the scheduled event. For more information and rental rates call (815) 469-9400.

FACILITY	RENTAL FEES			SEC. DEPOSIT		
	RES	NR	Bus/Org	RES	NR	Bus/Org
Founders Room*	$75/Hr.	$150/Hr.	$200/Hr.	$150	$300	$300
Classroom*	$35/Hr.	$50/Hr.	$75/Hr.	$70	$100	$100
Gymnasium*	$40/Hr.	$60/Hr.	$80/Hr.	$80	$120	$120
Gym Special Event **	$80/Hr.	$140/Hr.	$200/Hr.	$160	$280	$280
Main Park Pavilion	$100/Day	$150/Day	$200/Day	$100	$150	$150
Fort Frankfort Pavilion	$75/Day	$125/Day	$175/Day	$100	$125	$125
Splash Pad Party	$175/Ses	$225/Ses	$225/Ses	$175	$175	$175

2Hr Minimum ** 3Hr Minimum

No charge for use of the kitchen when renting other program space (based on availability). Security deposits are fully refundable if program space is left clean. Clean Up fee rate will be applied toward Security Deposit for any additional clean up.

LOOK FOR THE STAFF SHIRT

There will be a Park District Building Supervisor present for every activity at the Founders Center and all Park programs held at Hickory Creek Middle School, Chelsea Intermediate School, Grand Prairie Elementary School and Lincoln-Way East Field House. They are responsible for monitoring the building and assisting when needed. They are easily identified by their Park District shirt.

PAVILION RENTALS

All pavilions at Commissioners Park and Main Park shall require a permit for use by 10 or more persons. There must be a minimum of 1 adult per every 10 children. The maximum number of persons per pavilion shall be 50. User must complete the Application for Use of Facilities form provided by the Park District and pay fees accordingly. Rental of a pavilion includes the pavilion ONLY. Rentals do not include playgrounds, ballfields or any other recreational area. All rules and ordinances of the Park District must be followed and will apply to pavilion users.

GUIDELINES FOR USE OF PARK DISTRICT FACILITIES

- Rental applications must be completed in full, signed by an adult over the age of 21 who assumes responsibility for the event and will be present during the entire rental period.
- All rental applications must be submitted no later than 14 days prior to the rental date requested. No functions are to be held for the purpose of advertising or promotion of outside organizations without prior authorization.

Cancellation Policy:

- Cancellations made earlier than 14 days will be required to pay a 25% cancellation fee of the rental fee.
- Cancellations made within 14 days of the event will be required to pay a 40% cancellation fee of the rental fee.

Rental Modification Policy:

- To change the rental date you must cancel and complete a new Application for Rental of Facilities.
- Any changes to the rental times made 14 days prior to the rental will be charged a $25 processing fee.
- Any changes to the rental times made under 14 days of the rental will be charged a $50 processing fee.
- All rental modifications will be approved based on staff and facility availability.

- Participants are not to arrive earlier than the designated starting time listed on the permit/rental agreement.
- No persons shall use any Park District building facilities that are not exclusively for the use of their function
- Any organization or group must supply their own equipment and may not use Park District equipment unless prior permission has been granted.
- Special requests must be provided prior to activity for the use of chairs, tables and any other equipment that you may deem necessary.
- A fee will be charged in order to compensate for manpower, supplies and insurance, which will be at the discretion of the Executive Director.
- Outside organizations must furnish the Park District with a certificate of insurance, naming the Park District as the additional insured.
- Children must be supervised at all times with a Parent to Child ratio of 1:10.
- Guests attending your event must remain in your designated room. Use of other areas of the center is prohibited. Your guests are your sole responsibility.
- **No smoking allowed** – the Frankfort Park District is a tobacco free environment. Smoking and all tobacco products are prohibited at all our parks, park buildings and any park property outside of our buildings.
- No improper language or conduct shall be displayed, no damage shall be done to Park property nor shall any person engage in any indecent act or other personal behavior not accepted in public areas.
- All Park facilities shall be put back in order and all trash cleared out of rented area.
- The Park District will have staff on duty during your rental to assist you. They will set up tables, remove trash and assist you in any way they can. It is the sole responsibility of the host to provide supervision for any and all activities during the rental. All guests should enter and exit through the main entrance.
- No glitter, confetti, nails, Velcro, or other permanent adhesives may be used on the walls. Masking or painters tape may be used. Please remove all tape and decoration before leaving. Failure to remove any of these items may result in loss of security deposit.

Check out our website at . . .
WWW.FRANKFORTPARKS.ORG

OPERATION PLAYGROUND FOUNDATION

Operation Playground is a 501(c)(3) organization and was established in 2000 by a group of volunteers in Frankfort, Illinois. Its initial project was the construction of Fort Frankfort, a children's park which is situated within Commissioner's Park located at Laraway Road and S. 80th Ave. Operation Playground's second major project was Frankfort Bark Park, a dog park with a state-of-the-art gate and monitoring system. The dog park which opened in May 2007 sits on three acres of land at the northwest corner of Commissioner's Park. Latest projects include funding of the 3-on-3 basketball half courts at Main Park and installation of the Ga-ga pit and Pickle Ball Courts at Commissioners Park. Operation Playground continuously raises money year-round to maintain both of these parks as well as adding amenities or enhancements to other Frankfort parks.

For more information, please call the Park District office at 815-469-9400 or visit the website at www.opfrankfort.org.

MEMORIAL BENCH

The Frankfort Park District also offers a memorial black iron park bench which can be placed in the park of your choice, with Park District approval. A personal plaque will be attached to the bench. The donation fee is $1,000. Please stop by the Founders Center for more information and to see a sample of the bench outside of the main entrance.

Please visit www.frankfortparks.org to download an application.

MEMORIAL TREE DONATIONS

The Frankfort Park District is proud to continue a Memorial Tree Program to plant trees in parks for all Frankfort residents to enjoy. Through this program, you can honor or remember a person, an event or an organization by having a tree planted in their name. A tree can be given to celebrate someone's birthday, to memorialize a deceased, commemorate a special event in your life or recognize an organization and their accomplishments.

A donation of $500 will purchase a tree in a park designated by the donor or honoree. Trees will be planted in the spring and fall each year. In addition, the year, along with the name of the person, event or organization being honored, will be proudly displayed on the Living Tree Plaque in the Founders Community Center. This program benefits the community as a whole, and the tree can be enjoyed for years to come.

For all information regarding the Living Tree Program, contact the Park District office in the Founders Community Center at 815-469-9400 or go to www.frankfortparks.org to download an application. The Park District will assist you in selecting a park where trees are needed.

TREE MEMORIAL CHOICES

The following trees are recommended for high use public park areas and are considered to be in the cost range of this program:

- Red Sunset Maple
- Sugar Maple
- Autumn Blaze Maple
- Red Oak
- White or Pink Flowering Crab Apple
- American Linden
- Chanticleer Pear

The Park ct deems certain species of trees to be inappropriate for public parks: Birch, Cottonwood, Weeping Willow, Elm, Poplar.

Sponsorship Opportunities

Sponsorship is the best way to boost your presence in the community!

Sponsorships are vital to the success and growth of the Frankfort Park District programs, leagues and events. This is an excellent opportunity to highlight your business while promoting family fun in the Frankfort Community. We offer various levels of giving that can increase your exposure to different demographics in Frankfort. Below are just some of the opportunities your business can be part of. If interested, please contact Stacy Proper, Superintendent of Recreation, at sproper@frankfortparks.org or Cali DeBella, Recreation Supervisor, at cdebella@frankfortparks.org or call the Park District office at 815-469-9400.For additional information, please visit our website at www.frankfortparks.org to download our Sponsorship package. *Come Join the Fun!*

• Senior Luncheons • Celebrate Earth Day • Short Run on a Long Day 5k • Softball Fence Banner •
• 4th of July Celebration • Back to School Bash • Parties in the Park • Day Camp •
• Thriller At Main Park • Santa's Workshop • Youth Basketball League • And much more!

LINCOLNWAY SPECIAL RECREATION ASSOCIATION (LWSRA)

LWSRA has provided adaptive recreational opportunities for individuals with disabilities since 1976 and is supported through a cooperative agreement with Frankfort, Frankfort Square, Manhattan, Mokena, New Lenox, Peotone and Wilmington Island Park Districts as well as special agreements with the Village of Monee and Homer Township. LWSRA offers a wide variety of social recreation programs, athletic activities, and special events for individuals from preschool through adult who have disabilities and whose recreational needs are not met by regular park district programs including:

- Age based programming offered (youth, teens, and adults)
- Social events (dances, game nights, bowling, etc.)
- Special events (trips, musicals, sporting events, etc.)
- Adapted Sports (wheelchair basketball, softball, boccia, etc.)
- Special Olympics (basketball, volleyball, track & field, swimming, softball, golf, etc.)
- Sports, Fitness & Aquatics (swim lessons, strength & conditioning)
- Adult day program (TITANS) year-round for ages 18+
- Summer Camps (ages 3-12 split day options for those in summer school and for 13-18 full day option for Teen camp)

For more information or to request a brochure, visit the Lincolnway Special Recreation Center, located at 1900 Heather Glen Drive in New Lenox, call 815-320-3500 or visit www.lwsra.org. Office hours are Monday - Friday, 9 am - 5 pm.

FRANKFORT LIONS CLUB – Frankfort Lions are active in the Frankfort and Frankfort Square communities serving residents by providing technology for the visually impaired at the Frankfort Public Library, hosting free diabetic retinopathy screenings, delivering food baskets during the holidays to area families, and supporting local children and schools through scholarships. **To learn more about Frankfort Lions, service activities and the annual Frankfort Lions Wurst Festival, like us on Facebook or visit us at www.frankfortlionsclub.com.**

KIWANIS CLUB OF FRANKFORT - The Kiwanis Club of Frankfort was established in 1976 with the goal of working to make our community a better place. Kiwanis is a global humanitarian organization of over 600,000 volunteers who are dedicated to changing the world one child and one community at a time. The Kiwanis Club of Frankfort provides scholarship funds to area high school seniors and recognizes outstanding student achievements. We also annually conduct special recreation games for children and adults with intellectual disabilities. Additionally, we assist cancer survivor patients by volunteering and donating to Frankfort's Camp Quality. The Kiwanis Club of Frankfort is an excellent social and professional networking organization where community service, leadership, and giving are our primary focus. Meetings are held the 1st and 3rd Thursday at 7:30 am in Griffin's Lair Rm at Lincoln-Way East High School. Give the club a call at (815) 693-2438 or visit us on Facebook.

FRANKFORT AREA ROTARY CLUB - The flowers around the Commissioners Park sign at Sauk Trail & 80th Ave. are planted and maintained by the Frankfort Area Rotary Club. Rotary is one of the largest international humanitarian service organizations in the world. We are business and professional leaders who are committed volunteers working together to improve communities. **Please check us out at www.TinleyFrankfort.clubexpress.com**

FRANKFORT CABLE COMMISSION - The Frankfort Park District, in cooperation with the Village of Frankfort Cable Commission, airs school and Park District events and programs. Your child may be filmed for programs submitted for cable television (FCTV Channel 6 in Frankfort). If you do not want yourself or your child to be involved in such programs, please state that in writing and submit to the Director's Office of the Frankfort Park District at the Founders Center, 140 Oak Street, Frankfort. Please do so by September 1, annually.

FRANKFORT ARTS ASSOCIATION

The Frankfort Arts Association is a newly formed non-profit organization dedicated to enhancing the community through creation, education, promotion, and appreciation of the arts. Our goals include offering art classes to adults and youth, sponsoring gallery shows to promote local artists, and working with the village to bring more art and culture to the area through public works and various events. If you are interested in volunteering, go to our website, www.frankfortartsassociation.org or follow us on Facebook and Instagram.

FRIENDS OF THE FRANKFORT PUBLIC LIBRARY

Friends of the Frankfort Public Library District is an independent non-profit dues-based organization that provides community support to the Frankfort Library. Friends raises funds for equipment and programs not included in the regular budget. This is done through the ongoing used book sale inside the library, and a Spring Herb and Geranium Sale. Friends' also maintains a Little Free Library inside Founders Community Center. Becoming a dues paying Friend is very simple and requires no other obligation. It is a fabulous way to show support for your library. Brochures are available in the library and you can find us on Facebook. Board meetings are held at the library every third Tuesday (except December) at 11:30 am. You are invited to come and see what we are about.

FRANKFORT ATHLETIC ASSOCIATIONS

Frankfort Falcons have grown to be one of areas largest youth athletic organizations with over 800 boys and girls participating in tackle football, cheer and flag football. Since 2004, we have achieved 5 league super bowl championships and 3 consecutive state cheerleading championships. Online registration opens in January for the season. **Please visit our website for more information at www.frankfortfalcons.org or email us at football@frankfortfalcons.org**

Frankfort Baseball offers baseball leagues for kids from age 5 up to 14. Our young athletes learn the fundamentals of baseball and put them into action in games against other teams in their league. While the League provides an important social outlet for our players, it also creates a sense of team, athletic ability and competitive spirit. From Shetland to Palomino, our mission as a league is not only to teach the basic principles of baseball, but also to promote fair play, sportsmanship, pride and identity in our young athletes. **Go to our website for all information and contacts: www.frankfortbaseball.com**

Frankfort Girls Softball is a premier fast-pitch Girls softball league in the Chicagoland area. With over 500 players ages 5 through 20 and teams from Mokena, Orland Hills, Tinley Park, and Monee, FGS offers top notch instruction including professional clinics and indoor batting facilities for players at all levels of play. **From April through June, players have a full schedule of practice and games. http://www.frankfortgirlssoftball.com/**

22nd Annual

FREE ADMISSION

Spring Craft and Vendor Show

Saturday • March 20 • 9:00 am - 3:00 pm

Founders Community Center • 140 Oak Street

Easter decorations, note cards / tags, doll clothes, blankets, hair accessories, handmade candles, scarves, wooden flags, ceramics and much more!

Vendors included; Tastefully Simple, Avon, Usborne Books, Origami Owl, Nothing Bundt Cakes, Color Street, Paparazzi Jewelry, Lip Sense and much more!

For additional information or booth availability, please contact the Frankfort Park District office at 815-469-9400 or visit our website www.frankfortparks.org to download an application.

FRANKFORT
Park District
FRANKFORT FOUNDERS CENTER
140 Oak Street | Frankfort, IL 60423
Phone: 815-469-9400 | Fax: 815-469-9275
WWW.FRANKFORTPARKS.ORG

Look for the Digital Summer Brochure Available online in late April