



# Park Pulse

News from the Frankfort Park District

September 2021



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

## Youth Programs:

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

### IGNITE CHEERLEADING

Our cheer classes are a great way to introduce your athlete to the sport of cheerleading. Athletes will learn level appropriate skills including but not limited to cheers, dance, jumps, motions and beginner stunts. Classes are held in two sessions; Fall & Winter/Spring. Each 14-week session will end with an in-house competition between all of our locations. In our 55-minute classes held once a week, coaches follow a detailed lesson plan to ensure that each student is learning while having fun. During the last class of the session, students will showcase everything they learned. The Ignite In-House Recreational Competition is OPTIONAL. If your athlete chooses to compete, there is a \$50 competition fee and a \$160 uniform fee. Uniforms remain the same until your athlete grows out of it (normally last up to two years). In order to participate, you need to also register with Ignite at [ignitecheerleading.com](http://ignitecheerleading.com). You will then receive a waiver and parent handbook, which explains in detail payment for uniform and practice expectations.

**Instructor:** Ignite Cheerleading Staff  
**Day:** Wednesday  
**Date:** September 8 - December 15  
(No Class November 24)

**Heat Division:** 4 - 6 years/6:00 - 6:55 pm  
**Flame Division:** 7 - 9 years/7:00 - 7:55 pm  
**Ignite Division:** 10 - 14 years/8:00 - 8:55 pm  
**Fee:** \$170/NR \$175



### ALL BY MYSELF

This class is designed to help children practice separation from their parent/caregivers while engaging them in one of their first classroom experiences. Socializing, learning to share, playing with toys and listening to stories will be the focus of this class. The instructor will guide these children through fun activities that will help develop their independence. A great jump-start on preschool preparation. If a child has trouble with separation, the parent may stay with the child to wean them into the program.

**Instructor:** Sharon Koczor  
**Day:** Monday & Wednesday  
**Session I:** September 13 - October 25  
(No Class October 11)  
**Time:** 9:00 - 9:45 am  
**Age:** 2 - 3 years  
**Fee:** \$95/NR \$100



### WIGGLES AND GIGGLES

Preschoolers will wiggle and giggle their way through this fun filled class while stretching their muscles and marching to music. Age appropriate activities will vary each week using balls, balloons and bubbles! Finger plays, rhymes and rhythm movements, hoops & parachutes are also included.

**Instructor:** Chris Johnson  
**Day:** Tuesday  
**Session I:** September 14 - October 12  
**Time:** 9:30 - 10:15 am  
**Age:** 2 - 3 years (with parent)  
**Fee:** \$35/NR \$40



### TOT TIME

Are you ready to meet new people and spend some playtime with your little one in a non-structured environment? This is the class for you! We will explore large and fine motor activities through play (lots of toys), circle time (we sing songs and do finger plays), and special time (different each week, examples are: playing with the parachute, musical instruments, crafts, etc.). So take some time and have fun with us!

**Instructor:** Chris Johnson  
**Day:** Tuesday  
**Session I:** September 14 - October 12  
**Time:** 10:30 - 11:15 am  
**Age:** Walking - 3 years (with parent)  
**Fee:** \$35/NR \$40



**FALL 2021 Brochure**  
Available now to download  
@  
[www.frankfortparks.org](http://www.frankfortparks.org)  
or  
Pick-up a copy at the  
Founders Community Center  
140 Oak Street

### DRAWING CLUB NEW!

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, step-by-step drawing method. All supplies provided.

**Instructor:** Young Rembrandts Staff  
**Day:** Thursday  
**Session I:** September 9 - 30  
**Time:** 4:45 - 5:45 pm  
**Grade:** 1st - 6th Grade  
**Fee:** 4 Weeks: \$45/NR \$50



### PIRATE'S QUEST NEW!

Shiver me timbers as we explore the popular culture behind the life of a pirate! Build a motorized pirate ship, a helm and an anchor, as we batten down the hatches and prepare for mutiny. Protect the hands-on deck by building a launching trebuchet. Beware me mateys, watch out for crocodiles! Anchors aweigh!

**Instructor:** Bricks 4 Kidz  
**Day:** Tuesday  
**Date:** September 21 - October 26  
**Time:** 5:15 - 6:15 pm  
**Age:** 6 - 12 years  
**Fee:** \$103/NR \$108



### 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 this exciting class, students will learn theatrical skills, improv basics and participate in interactive drama games. **Instructor:** After School Enrichment Solutions

**Day:** Tuesday  
**Date:** September 28 - November 2  
**Time:** 4:30 - 5:30 pm  
**Age:** 6 - 9 years  
**Fee:** \$120/NR \$125



### CHESS SCHOLARS

Develop your child's intellect through the royal 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. Both beginner and experienced players are welcome & will learn under the guidance of an experienced coach.

**Instructor:** Chess Scholars  
**Day:** Wednesday  
**Date:** September 29 - November 3  
**Time:** 4:30 - 5:30 pm  
**Age:** 6 - 14 years  
**Fee:** \$114/NR \$119



### STEAM NEW!

This exciting program brings together elements of science, art and math in a hands-on, action-packed environment! Students will conduct experiments, play educational games and unlock their creativity through building challenges and projects. **Instructor:** Afterschool Enrichment Solutions

**Day:** Thursday  
**Date:** September 30 - November 4  
**Time:** 4:30 - 5:30 pm  
**Age:** 6 - 11 years  
**Fee:** \$131/NR \$136



## Upcoming Events . . . . .



### FAMILY FALL CAMPFIRE

Friday • September 17 • 6:30 - 8:00 pm

@ Commissioners Park

FREE (Pre-registration required)

Registration Deadline: September 14

Start the fall season out with your family and friends. Enjoy a cool fall evening around a campfire at Commissioners Park.

Roast marshmallows, drink hot chocolate, enjoy a hayride and listen to ghost stories.



### FAMILY CAMPOUT

Friday • September 17

6:30 pm (Friday) - 9:00 am (Saturday)

@ Commissioners Park

\$40 per campsite (up to 6 people)

Registration Deadline: September 14

Pitch a tent, roast some marshmallows, and

enjoy an evening under the stars with family and friends! Families will have an opportunity to make s'mores around the campfire, play field games, go on a hayride around Commissioners Park, and listen to ghost stories. We will also enjoy an outdoor movie with popcorn and a continental breakfast in the morning. Family fun for all!

Please bring your tent, sleeping bag, snacks and flashlights.

Please note: electricity is available to blow up air mattresses.



## MOTHER/SON DANCE

Friday • September 24 • 6:00 - 8:00 pm

Founders Community Center

140 Oak Street

\$15/NR \$20 per person

Pre-registration is required,  
NO TICKETS will be sold at the door.

Registration Deadline: September 20 or until filled

Moms and sons join us for a fun night to show off your best dance moves. Whether you dress fancy-

formal or NOT, this is a night you will remember for years to come. Light refreshments will be served along with entertainment courtesy of a live DJ.

## SCARECROW BUILDING CONTEST



Scarecrow's Due: October 7

Voting: October 8 - 28

Calling all scout groups, homeowners associations, business members and families...join the annual Scarecrow Building Contest! Scarecrows will be displayed outside the Founders Community Center, so let your creative skills shine and construct eye catching entries. The cross sticks will be provided by the Park District and will be available for pick-up starting August 24. All entries are due by October 7. Voting will run from October 8-28. Voting will

take place at the Founders Community Center office and on the Park District's Facebook page.

## Athletic Programs:

### BADMINTON

Badminton is not just a PE unit on the monthly lesson plan, it has also been a recognized Olympic Sport since 1992. Participants from beginner to advanced players are welcome to participate. The session will end with game play among the group. Come learn, play, and compete. Come join the fun!

Instructor: Steve Evenhouse

Location: Founders Community Center

Day: Thursday

Date: September 16 - October 21

Time: 4:00 - 5:00 pm

Age: 8 - 14 years

Fee: \$60/NR \$65



### BASKETBALL SKILLS CHALLENGE NEW!

If you think you're ready to put your skills to the test sign up now!

Each participant will participate in a series of shooting and ball handling challenges. Participants will compete in age divisions of 10-12 years and 13-14 years. The winner in each division will receive a Frankfort Park District gift bag

Instructor: Dave Esterkamp

Location: Main Park Basketball Court

Day: Saturday

Date: September 18

Time: 12:00 - 2:00 pm

Age: 10 - 14 years

Fee: \$20

Rain Location: Founders Community Center



### INDOOR FLAG FOOTBALL LEAGUE

In an effort to provide a safe alternative to the rough and tough game of football, the Frankfort Park District has partnered with ROMA Sports Club to provide an Indoor Youth Flag Football League. The league consist of weekly 1 hour practices and an eight game regular season with post season tournament. Volunteer coaches are needed to make this program successful. Fill out the volunteer coaches registration in person or at <https://www.teamsideline.com/Frankfort>.

\*Registration Deadline September 20.

A \$10 late fee will be charged after the deadline.

\*Volunteer coaches meeting will be held at Roma Sports Club on Monday, October 4 @ 6:30 pm.

Location: ROMA Sports Club

9115 Roma Ct., Frankfort

Day: Monday or Tuesday Practices & Saturday Games

Date: October 11 - December 18

(NO Practices/Games November 22 & 27)

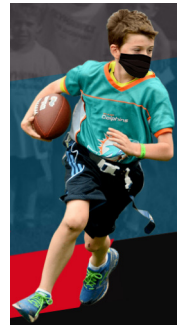
Times: Practice: 5:00 pm, 6:00 pm, 7:00 pm, & 8:00 pm

\*Games: 8:30 am - 3:00 pm

Grade: 1st - 2nd, 3rd - 4th, 5th - 6th & 7th - 8th Grade

Fee: \$130/NR \$135

\*Your child will play one game scheduled anytime between 8:30am -3:00pm. Game schedules will be released after the first practice.



### COVID Guidelines:

Please visit our website for updates

[www.frankfortparks.org](http://www.frankfortparks.org)

Masks may need to be worn.

For up-to-date information on upcoming programs & events.



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