



Park Pulse

News from the Frankfort Park District - **TEEN Edition**

January 2022

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

TEEN Programs:

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

TEEN GAME DAY **NEW!**

LCR, short for "Left, Center, Right", Bingo, Apples to Apples, just to name a few that will be available to play during this fun afternoon. Teens will enjoy pizza, popcorn and refreshments while getting to spend time with their friends!

Location: Founders Community Center Gym
Day/Date: Monday/January 17
Time: 11:00 am - 1:00 pm
Age: 10 - 14 years
Fee: \$10/NR \$15



JR. HIGH DRAWING **NEW!**

If your older child already loves to draw, we want to expand upon their skills plus introduce them to the wonderful world of coloring with watercolor pencils and pastels. Each week features a brand new drawing lesson using Young Rembrandts award-winning, kid-tested, kid-approved step-by-step drawing methodology. Students will be introduced to advanced coloring skills that alternate between markers, color pencils, watercolor pencils and pastels. All supplies provided.

Instructor: Young Rembrandts
Day: Monday
Session I: January 31 - February 21
Session II: February 28 - March 21
Session III: April 11 - May 2
Session IIII: May 9 - 23*
Time: 4:45 - 5:45 pm
Grade: 6th - 8th
Fee: 4 Weeks: \$45/NR \$50
*3 Weeks: \$35/NR \$40



BABYSITTER TRAINING

This is a two day class which focuses on providing youth who are planning to babysit with the knowledge & skills necessary to safely & 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 & others safe, help children behave & learn about basic child care & basic first aid. Certification for this class includes participant's workbook, emergency guide & 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
Day: Monday & Wednesday
Dates: February 7 & 9
Dates: April 4 & 6
Time: 4:30 - 8:00 pm
Age: 11 - 15 years
Fee: \$75/NR \$80



FUN WITH CUPCAKES **NEW!**

Junior chefs, grab your aprons for this hands-on class where you will decorate cupcakes with frosting and plenty of confections to decorate your sweet treats. You will have enough cupcakes to share. Please list any food allergies at the time of registration.

Instructor: Lesley Shworles
Day/Date: Tuesday/February 8
Time: 4:30 - 6:30 pm
Age: 7 - 13 years
Fee: \$37/NR \$42



DODGEBALL & PIZZA **NEW!**

Get ready to rock your sweatband and gym shoes cause we're playing some dodgeball! This is a drop-off party so please bring your teen in for check-in and return for pick-up. After the big games, we will enjoy some pizza... so come ready to dodge, duck and dive!

Day/Date: Monday/February 21
Time: 11:00 am - 1:00 pm
Age: 10-14 years
Fee: \$10/NR \$15



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
Session I: February 22 - March 29
Session II: April 5 - May 10
Time: 4:00 - 4:45 pm
Grade: 6th - 8th
Fee: \$75/NR \$80



YOUTH YOGA **NEW!**

This program is unique because it is structured and progressive. Participants will work through traditional yoga sequences that are meant to improve mobility, calm and focus. This 7-week class is centered around the traditional aspects of yoga.

Instructor: Certified Yoga Instructor
Location: Yoga Life Center
19820 Wolf Road, Mokena
Time: 4:45 - 5:45 pm
Age: 8 - 14 years
Day: Tuesday
Session I: March 8 - April 19
Session II: May 3 - June 14
Day: Wednesday
Session I: March 9 - April 20
Session II: May 4 - June 15
Fee: \$102/NR \$107



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

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TEEN Programs (continued):

MANDALA ROCK PAINTING

Learn how to design and paint your own mandala project. All supplies will be included - you just have to bring your creativity. You'll have 2 large (3.5-5") rocks to paint. Paint will be acrylics, washable but still a little messy.

Instructor: Kim Bennett

Day/Date: Wednesday/March 9

Time: 6:00 - 7:00 pm

Age: 8 - 14 years

Fee: \$25/NR \$30

\$20/NR \$25/Additional child



PIZZA MAKING NEW!

Each student will make their own pizza dough and sauce from scratch. There will be a variety of toppings to customize your pizza and a salad will also be provided. Please list any food allergies at the time of registration.

Instructor: Chef Lesley Shworles

Day/Date: Thursday/March 10

Time: 4:30 - 6:30 pm

Age: 7 - 13 years

Fee: \$37/NR \$42



PASTA MAKING NEW!

Students will learn and make their own homemade cheese ravioli and help in making a homemade marinara sauce. The instructor will also show how to make a salad with homemade dressing to accompany the pasta dish. Please list any food allergies at the time of registration.

Instructor: Lesley Shworles

Day/Date: Saturday/March 12

Time: 10:00 am - 12:00 pm

Age: 7 - 13 years

Fee: \$37/NR \$42



KINDNESS ROCK GARDEN NEW!

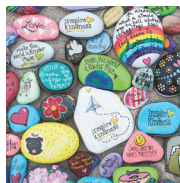
We have all seen Kindness Rocks while walking throughout town or at a local park. Have you ever wanted to make some Kindness Rocks to leave around Frankfort? Get your creative ideas together and come decorate your rocks with us. All supplies will be provided. Pre-registration required.

Day/Date: Monday/March 28

Time: 11:00 am - 12:00 pm

Age: 10 - 14 years

Fee: FREE



CANDLE CREATIONS AND BATH BOMBS NEW!

Students will learn how to make their own homemade candles and bath bombs made with essential oils to enjoy a spa in their own home. Self-care is so important so don't miss out on this fun hands-on class.

Instructor: Lesley Shworles

Day/Date: Saturday/April 9

Time: 10:00 am - 12:00 pm

Age: 11 - 14 years

Fee: \$37/NR \$42



DISC GOLF 101 NEW!

Have you ever seen the metal baskets in the park and wondered what is it or how do you play that game? This is a one-day class that will go over the basics of disc golf, from how to putt, throw, keep score and proper etiquette.

Instructor: Andrew Davidson

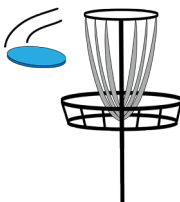
Location: The Oaks Disc Golf Course
10847 W. LaPorte Road, Mokena

Day/Date: Monday/April 25

Time: 5:00 - 6:00 pm

Grade: 1st - 8th

Fee: \$30/NR \$35



DRONE BASICS: 101

ARE YOU INTERESTED IN DRONES? NEW!

Educational STEAM Drone basics, the purpose of the event is to educate the community about drones and showcase some of the great ways they can be used recreationally; as well as, interest youth in the fast-growing industry of UAS (Unmanned Aerial Systems) 3d printing and Drone balloon pop demonstration.

Instructor: Andrew Davidson

Location: Yunker Barn

10824 W. LaPorte Road, Mokena

Day/Date: Saturday/April 30

Time: 2:00 - 5:00 pm

Age: 8 - 14 years

Fee: \$20/NR \$25



BREAD IN A BAG NEW!

Have you ever wanted to make your own homemade bread, but didn't want to spend all day waiting for it to rise and bake? Well, wait no longer. Students will make 2 mini loaves of homemade bread and learn how to make some flavored butter to go along with their bread. The instructor will also show them how to make an easy monkey bread that they will get to eat. Please list any allergies at the time of registration.

Instructor: Lesley Shworles

Day/Date: Wednesday/May 4

Time: 4:30 - 6:30 pm

Age: 11 - 14 years

Fee: \$37/NR \$42



TEEN Athletic Programs:

DEVELOPMENTAL BASKETBALL CLINIC

Join Dave Esterkamp and his Ranch Training Staff in this 8-week developmental clinic. The first half of the clinic will focus on developing skills; passing, shooting, ball-handling, and game concept or rules. Instruction will also center on situational play where they play in 3 on 2 situations and learn basic play. The second half will include gameplay; 3 vs 3 or 4 vs 4 depending on the number of participants in the program. Each participant will receive a t-shirt.

Instructor: Dave Esterkamp & The Ranch Training Staff

Location: Chelsea Intermediate School

Day: Thursday

Date: January 20 - March 10

Grade/Time: 5th - 8th Grade Girls/5:30 - 6:30 pm

7th - 8th Grade Boys/6:30 - 7:30 pm

Fee: \$120/NR \$125



INTRODUCTION TO LACROSSE

Join coach Cae for intro to lacrosse. In these lacrosse sessions, former University of Indianapolis player and current Lincolnway coach, coach Cae will guide you through drills to build strong fundamentals. Each participant will learn small sided play and concepts in a fun welcoming environment.

Instructor: True Lacrosse

Location: Grand Prairie School North Entrance (Door #10)

Day: Monday

Date: February 14 - March 21

Age/Time: 6 - 10 years /5:00-6:00 pm

11 - 14 years /6:00-7:00 pm

Fee: \$75/NR \$80



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 session.

Instructor: Ultimate Volleyball

Location: Grand Prairie School
North Entrance (Door #10)

Day: Tuesday

Date: April 5 - May 10

Age/Time: 6th - 8th Grade/7:30 - 8:15 pm

Fee: \$60/NR \$65

