Fall 2022 Frankfort Park District

Park Pulse

Back To School

News from the Frankfort Park District **September 2022**

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

Youth Programs:

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

ZUMBINI TIME! *NEW!*

Zumbini was created by Zumba and BabyFirst TV as the ultimate Music, Movement and Bonding experience for parent and child. Get ready to sing, dance, play instruments, and have FUN! This program is the gold standard for social/cognitive/physical development. ***Theme: Kalino Finds the Music***

Instructor: Jennifer Corp
Location: Mokena Park District Program Center 10925 W. LaPorte Road, Mokena
Age: 0 - 4 years (with adult)
Day: Saturday
Session I: September 10 - October 15
Time: 10:30 - 11:15 am
Fee: $65/NR $70

JUMP START LITTLE LEARNERS

Let your little ones get a jump start with learning! During each class, your child will be introduced to a different letter. The fun doesn't stop there! Numbers, colors, shapes and counting will be incorporated in their learning experience. Each week will bring new things to learn. What a great start for building their foundation of learning.

Instructor: Sharon Koczor
Day: Monday & Wednesday
Session I: September 12 - October 24 (No Class October 10)
Time: 10:00 - 11:00 am
Age: 3 - 4 years
Fee: $100/NR $105

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 13 - October 11
Time: 10:30 - 11:15 am
Age: Walking - 3 years (with parent)
Fee: $45/NR $50

VAMONOS YOUTH SPANISH

Learning a second language can open a world of possibilities for your child. In this class, students will learn Spanish conversation and some Spanish grammar, reading and writing skills through interactive, engaging and fun activities and games. Each session covers new and exciting materials!

Instructor: Language in Action
Day: Tuesday
Session I: September 13 - October 18
Time: 6:00 - 6:45 pm
Age: 6 - 11 years
Fee: $80/NR $85

EASY AFTER SCHOOL SNACKS *NEW!*

Have you built up an appetite after school but don't want to ruin your dinner? Learn how to make some easy and healthy after school snacks like no bake Protein cookies, healthy trail mix and a few others. Please list any food allergies at the time of registration.

Instructor: Lesley Shworles
Day/Date: Wednesday/September 14
Time: 4:30 - 6:30 pm
Age: 8 - 13 years
Fee: $39/NR $44

KIDS DRAWING CLUB

Does your child already like to draw? Does your child want to learn to draw something new and exciting each week? Mrs. G, the Youth Drawing Director from Young Rembrandts is coming to the Founders Center to not only teach kids how to draw but also how to properly color with markers, color pencils, fine-tip markers, watercolor pencils, oil-based pastels and even putting a creative spin on coloring with crayons. Throughout the entire school year, each week will feature a different subject matter, different coloring method that has been kid-tested, kid-approved. All supplies provided. Pictures go home same day. Come join the drawing fun!

Instructor: Young Rembrandts Staff
Day: Thursday
Session I: September 22 - October 27
Time: 5:30 - 6:30 pm
Grade: 1st - 7th Grade
Fee: $90/NR $95

AMERICAN GIRL PARTIES - CAMPING ADVENTURE

Grab your favorite American Girl and come have fun with us! Bring a flashlight and your best gal pal! Come embark on a fun camping adventure. Sit around the "campfire" and tell stories. Enjoy s'mores and participate in other camping activities.

Instructor: Gina Barrett
Day/Date: Thursday/September 22
Time: 6:00 - 7:30 pm
Age: 4 - 10 years
Fee: $25/NR $30

YOUTH SELF DEFENSE TRAINING

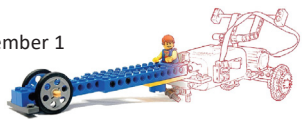
Does your child need to build confidence while they are by themselves? This self-defense class is designed for children 7-11 years old. Topics include stranger danger, situational awareness, consent, grooming, basic striking and more.

Instructor: Lindsey Daehnke, Strictly Self Defense
Day/Date: Monday/September 26
Time: 4:30 - 6:00 pm
Age: 7 - 11 years
Fee: $29/NR $34

TRANSPORTATION TIMELINE *NEW!*

If you like planes, trains and automobiles, then this unit is for you! Each week, students will build motorized models of a dragster, a railroad crossing gate, an airplane and more! Explore the history of transportation from horse and buggy and trains to the development of the automobile and flight. Each lesson introduces terminology related to each mode of transportation, like "steam powered, speed, lift and propulsion", as well as describes how each "vehicle" works. And the best part is - the models are so much fun to play with!

Instructor: Bricks 4 Kidz
Day: Tuesday
Date: September 27 - November 1
Time: 5:15 - 6:15 pm
Age: 6 - 12 years
Fee: $103/NR $108



STEAM

This exciting program from Afterschool Enrichment Solutions 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. No experience necessary!

Instructor: Afterschool Enrichment Solutions
Day: Thursday
Date: September 29 - November 3
Time: 4:30 - 5:30 pm
Grade: K - 5th Grade
Fee: $138/NR $143

Upcoming Events

Mother/Son Dance

Friday • September 23 • 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 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.

FRANKFORT "ON POINTE" DANCE PROGRAM

Fall 2022 Youth Dance - Session I
Classes Start September 21 & 22

Classes include:

- Little Stars
- Pre-Ballet
- Ballet/Tap Fusion
- Ballet 1, 2 & 3
- Jazz 1, 2 & 3
- Tap 1, 2 & 3

Class times and fees available at the Park District office or online at www.frankfortparks.org. For more information contact the Frankfort Park District office at (815) 469.9400.

Athletic Programs:

K-O TENNIS ACADEMY YOUTH BEGINNER/INTERMEDIATE (AGES 4 to 12 years)

Players will learn basic tennis concepts such as court dimensions, simple scoring methods, stroke techniques and games that relate and enhance their eye hand coordination for tennis. Players will be separated into groups based on skill level. Notes: Students must demonstrate an ability and willingness to learn and follow basic instruction. Student must have their own racquet. Instructor can assist selection and purchase…. space is limited, please sign up early!

Instructor: K-O Tennis Academy Staff
Location: Main Park Tennis Court
Day: Tuesday &/OR Thursday
Date: September 6 - 29
Age/Time: 4 - 7 years/4:00 - 4:45 pm
Age/Time: 8 - 12 years/4:45 - 5:45 pm
Fee: $52/NR $57 (1x/week)
$104/NR $109 (2x/week)

BEGINNING GOLF

Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. Golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting, and body positioning. To assist in this training, Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. No need to bring your own clubs--all equipment is provided.

Instructor: Skyhawks Staff
Location: Commissioners Park
Day: Monday
Session I: September 12 - October 3
Age/Time: 4 - 6 years/5:00 - 5:45 pm
Fee: $69/NR $74
Age/Time: 7 - 12 years/6:00 - 7:00 pm
Fee: $75/NR $80

FLOOR HOCKEY

Participants in this floor hockey class will learn the basic skills, terms and general playing tactics from a level 3 certified USA Hockey Coach. Having fun will be the primary objective with exercise and friendship building being a big part of class. Everyone should bring their own water bottle and be ready to have some fun!

Instructor: Michael Deegan
Location: Founders Community Center
Day: Tuesday
Date: September 13 - October 18
Time: 4:45 - 5:30 pm
Grade: 3rd - 6th
Fee: $53/NR $58

NINJA WARRIOR TRAINING

Come train like a Ninja Warrior! Kids will develop strength, speed, agility, balance, and coordination on obstacles that replicate ones from American Ninja Warrior. Over six weeks, kids will learn how to navigate obstacles correctly leading up to a group competition during the class.

Instructor: Bill Brannigan
Location: Founders Community Center
Day: Wednesday
Date: September 14 - October 19
Time: 4:30 - 5:15 pm
Age: 8 - 11 years
Fee: $60/NR $65

CO-ED INSTRUCTIONAL VOLLEYBALL

The experienced instructors at Ultimate Volleyball will teach fundamental volleyball skills, while emphasizing teamwork and sportsmanship. Instruction will be given at beginning, intermediate and advanced levels. Players will be divided by grade and/or ability. All participants will learn new skills, practice old skills and play volleyball games during every class session.

Instructor: Ultimate Volleyball
Location: Grand Prairie School North Entrance (Door #10)
Day: Tuesday
Date: September 20 - October 25
Grade/Time: 3rd - 5th Grade/6:45 - 7:30 pm
Grade/Time: 6th - 8th Grade/7:30 - 8:15 pm
Fee: $65/NR $70

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 consists of weekly 1 hour practices and an eight-game regular season. Volunteer coaches are needed to make this program successful.

Registration Deadline September 19. A $10 late fee will be charged after the deadline.
Volunteer coaches meeting will be held at Roma Sports Club on Monday, October 3 @ 6:30 pm.

Location: ROMA Sports Club
9115 Roma Ct, Frankfort
Day: Monday Practice & Saturday Games
Date: October 10 - December 17
(No Meeting November 21 & 26)
Times: Practice: 5:00 pm, 6:00 pm,
7:00 pm, and 8:00 pm
*Games: 8:30 am - 3:00 pm
Grade: 1st - 2nd, 3rd - 4th,
5th - 6th & 7th - 8th Grade
Fee: $139/NR $144
*Your child will play one game scheduled anytime between 8:30 am - 3:00 pm. Game scheduled will be released after the first practice.

Sponsored by: Phillips Chevrolet Frankfort • Lansing • Bradley

Frankfort Park District