

Park Pulse

News from the Frankfort Park District Summer 2023

This monthly letter highlights upcoming events, programs, and the latest news from the Frankfort Park District. If you have any questions or to register for a program, call the Park District office at 815-469-9400 or visit www.frankfortparks.org

Youth Programs:

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

ALL BY MYSELF

This class is to help the child practice separation from their parent/caregivers while engaging them in one of their first classroom experiences. Socializing, learning to share, playing, coloring, and listening to stories will all be part of the program. 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: May 8 - June 14
 (No Class May 29)
Time: 9:00 - 9:45 am
Age: 2 - 3 years
Fee: \$95/NR \$100



MUSIC WITH MY MINI-ME

Come join this music & movement class that hosts a variety of age groups, where kids sing, move and groove with their grownups. Families will enjoy remixed nursery rhymes, pop songs and thematic story times in this groovy grouped focused class. This class is designed for the child and adult to participate.

Instructor: Miss Phallon
Day: Thursday
Session I: May 11 - June 15
Session II: July 13 - August 17
Time: 5:00 - 5:45 pm
Age: 2.5 - 5 years (with parent)
Fee: \$60/NR \$65



RUG TIME REMIX

In this class, Miss Phallon utilizes developmentally appropriate musical instruments, toys, interactive songs, and movements to encourage and stimulate the development of your mini creatives' music appreciation, language, and motor skills. This program is an adult participation class that is sure to keep the grownups grooving and the toddlers moving to remixes of old school jams and nursery rhymes all the way through.

Instructor: Miss Phallon
Day: Saturday
Session I: May 13 - June 24
 (No Class May 27)
Time: 9:00 - 9:40 am
Age: 1 - 2 years (with parent)
Fee: \$60/NR \$65



LITTLE VETERINARIAN SCHOOL - DOG

After "adopting" their very own plush puppy, students will roleplay the key responsibilities of a veterinarian, including how to properly perform a nose-to-tail exam. These future veterinarians will learn how to sew stitches, remove ticks, make healthy treats and vaccinate their dog.

Instructor: Little Medical School
Day: Tuesday
Date: June 13 - July 25
 (No Class July 4)
Time: 5:30 - 6:30 pm
Age: 6 - 11 years
Fee: \$160/NR \$165



DRAWING CLUB

Attention all artists! Let's get creative and learn all about drawing and art! Each day has a different theme and drawing lesson using the Young Rembrandts award-winning step-by-step drawing methodology. Artists will be divided in groups based on ages and drawing abilities. All supplies are provided. You can register for one day or all three!

Instructor: Young Rembrandts Staff
Time: 9:00 - 11:30 am
Grade: Entering 1st - 8th grade
Fee: \$37/NR \$42 per day



Date/Theme: Tuesday, June 13/Animals
 All about drawing animals using mixed marker media.

Date/Theme: Wednesday, June 14/Sea Creatures
 All about drawing sea creatures using watercolor pencils.

Date/Theme: Thursday, June 15/Landscapes
 All about drawing landscapes using oil and chalk pastels.

THE STEAM ZONE

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: June 15 - July 20
Time: 4:30 - 5:30 pm
Grades: K - 5th
Fee: \$138/NR \$143



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: Wednesday/June 28
Time: 5:30 - 7:00 pm
Age: 7 - 11 years old
Fee: \$35/NR \$40



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



Upcoming Events

PARTIES IN THE PARK

Join the Frankfort Park District each month this summer and have outdoor fun at the Parties in the Park. There will be outdoor games, activities including a DJ Dance Party and much more fun!

Monday, June 12 • 6:00 - 7:30 pm • FREE Family Fun

Timbers Edge Park, Oakfield Drive & Pineview Lane

Monday, July 10 • 6:00 - 7:30 pm • FREE Family Fun

Shaffer Park, Tanglewood & Colorado

Monday, August 7 • 1:30 - 3:00 pm • FREE Family Fun

Indian Boundary Park*, Nebraska St. & Luther Lane

Sponsored by: 

Splash Park After Hours Party

Tuesday, June 27 • 5:30 - 7:00 pm

Commissioners Park Splash Park, 22108 S. 80th Ave.

2 - 10 years with parent • \$10 per child

Kick off the summer season at the Splash Park after hours party. There will be an inflatable jump, games, pizza, cookies, and fun in the splash park. Remember to bring your beach towels and get ready to get wet! Please list any food allergies at time of registration. Fee includes dinner for child only. **Registration Deadline: June 20**

23rd Annual Short Run on a Long Day 5k Run/Walk

Wednesday, June 21 • 7:00 pm @ Main Park

Registration Fee:

\$25 Pre-Registration (by noon 6/12) * \$35 (after 6/12-Race Day)

Register On-Line with fees at www.RunSignUp.com/Race/IL/Frankfort/ShortRunLongDay (need to update)

Register On-Line without fees at www.frankfortparks.org

Download Registration form at www.frankfortparks.org

Download Race Map at www.frankfortparks.org

Race T-Shirt Guarantee Deadline - May 10

Chip Timing by: J3 Timing

Sponsored by:

Jeffrey LaMorte
salon day spa



Athletic Programs:

CHICAGO WHITE SOX BASEBALL CAMP

Learn from the pros this summer at a White Sox Summer for kids ages 5 - 12 at every ability level. On top of the four (4) days of camp, each camper will receive tickets to a White Sox game (date TBD), a White Sox t-shirt, hat, and other various White Sox goodies.

Registration only available at whitesox.com/play

Location: Main Park Field
Day: Monday - Thursday
Date: June 12 - 15*
Time: 8:30 - 11:30 am
Age: 5 - 12 years
Fee: \$159



FLAG FOOTBALL CAMP

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Bring a water bottle, two snacks, sunscreen, and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks t-shirt.

Instructor: Skyhawks Staff
Location: Commissioners Park
Day: Monday - Friday
Session I: June 12 - 16
Time: 9:00 am - 12:00 pm
Age: 6 - 12 years
Fee: \$165/NR \$170



BEGINNING GOLF POWER

Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Camps. Every child receives an award certificate & t-shirt.

Instructor: Skyhawks Staff
Location: Commissioners Park
Day: Tuesday - Friday
Session I: June 20 - 23
Time: 9:00 am - 12:00 pm
Age: 5 - 9 years
Fee: Session I: \$149/NR \$154



OUTDOOR BASKETBALL CAMP

This fun outdoor camp is for anyone wanting to improve their skills and have fun competing in the summer.

Instructor: Dave Esterkamp
Location: Main Park (Outdoor Basketball Courts)
Day: Monday - Thursday
Date: July 10 - 13*
Session I: 9:00 - 10:30 am
Session II: 10:45 am - 12:15 pm
Age: 7 - 13 years
Fee: \$75/NR \$80



UNITED GYMNASTICS ACADEMY

United Gymnastics Academy is a place for all ages to learn the sport of gymnastics and tumbling.

Location: United Gymnastic Academy
722 Center Road, Frankfort, 815-469-8282

Date: June 12 - August 11 (No Classes the week of July 3)

NEW CLASSES:

- Life Is The Bubbles Under
- Cheerleaders...Bring It On!
- Be Our Guest
- Spidey Takes On UGA

UGA Classes:

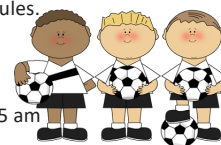
- Gym Cubs
- Gym Lions
- Lion Kings
- Beginner Gymnastics
- Beginner Tumbling



SOCCER SHOTS

Soccer Shots is a high-energy program introducing fundamental soccer principles, using your feet, dribbling and the basic rules.

Instructor: Soccer Shots
Location: Founders Community Center
Day: Thursday
Session I: June 1 - July 6
Age/Time: 2 - 3 years (with parent)/11:15 - 11:45 am
Age/Time: 3.5 - 5 years/11:45 am - 12:30 pm
Age/Time: 3.5 - 5 years/5:00 - 5:45 pm
Age/Time: 6 - 9 years/5:45 - 6:30 pm
Fee: \$80/NR \$85



KARATE KIDS

Time: 6:00 - 6:30 pm
Age: 4 - 7 years
Fee: \$55/NR \$60

Instructor: Master David Smith, 6th Degree Black Belt
Location: Founders Community Center
Day: Thursday
Session I: June 8 - July 13
Discounts: ½ off additional family members

KARATE 8 YEARS & OLDER

Time: 6:30 - 7:30 pm
Age: 8 years & older
Fee: \$75/NR \$80

K-O TENNIS ACADEMY YOUTH BEGINNER LESSONS

Instructor: K-O Tennis Academy Staff
Location: Main Park Tennis Court
Day: Monday &/OR Wednesday
Session I: June 12 - July 12
Age/Time: 4 - 7 years/1:45 - 2:30 pm
Age/Time: 8 - 11 years/2:30 - 3:30 pm
Age/Time: 12 - 18 years/3:30 - 4:30 pm
Fee: \$70/NR \$75 (1x/week) \$140/NR \$145 (2x/week)



Session II: July 17 - August 16

FIRE STARTERS DEVELOPMENTAL SOCCER LEAGUE

Instructor: Fire Starters Staff
Location: Commissioners Park Soccer Fields
Date: August 8 - October 7* (No Games September 2)
Age: 4 years - 6th Grade
Fee: \$119/NR \$124 (includes a jersey) (\$5 off for additional siblings)



Registration Deadline: July 10 NO Refunds will be given after the deadline.

A \$15 late fee will be added if registered after July 10

Visit our website www.frankfortparks.org for more detailed information.