

FALL
2023



FRANKFORT

Park District

140 OAK STREET | FRANKFORT
815-469-9400

www.frankfortparks.org

Come join
the fun!



RESIDENT REGISTRATION - AUGUST 22
NON-RESIDENT - AUGUST 29



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SCAN FOR DIRECT
ACCESS TO OUR
WEBSITE!

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



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.



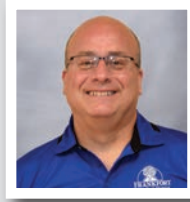
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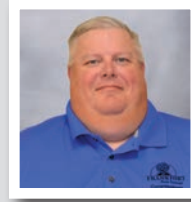
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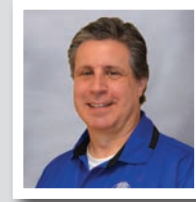
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Andrew Farkas, Robert Turk, Tyler Byrd, Dave Gow, David Cook & Conrad Jordan

Dear Frankfort Park District Residents,

Re: Park District must consider Referendum for 2024 ballot

The Park District is not exempt from the effects associated with inflation. Higher cost to do business, coupled with mandated minimum wage increases and the District's stale tax rate continues to jeopardize the District's ability to maintain and replace aging assets.

The Park District works to provide quality programs and recreation facilities to the residents of Frankfort. In 2022, the Park District had a referendum on the ballot to ask voters for a tax rate increase that would generate additional money to fund the rising operating costs of the Park District. The tax rate measure did NOT pass.

This has resulted in the Park District redirecting money for events to operational costs and reducing services. This concerned some local sponsors which have assisted the District to continue to offer a number of free community events that were going to be cut.

The Park District collects \$1.8 million in property taxes allocated to operate and maintain 19 neighborhood parks and playgrounds and 65,000 sq. ft of indoor space, most of which was constructed prior to 1970's.

The current level of funding is not enough to cover the minimum required to responsibly maintain the resident's assets that the Park District has been appointed to preserve. Unlike other local government agencies, the Park District has never had a tax rate increase or bond issue approved by voters that allow the District to accumulate cash reserve that can sustain the growth and increased costs.

In 2024, the Park District will be asking residents again to consider a vote on for a tax rate increase referendum and consideration for a bond issue to repair existing facilities or to construct a new facility. Please follow our social media and website to learn more as we share with residents the financial challenges and facility needs of the district.

The goal of the Park District remains to provide quality recreation services and facilities at a reasonable cost.

Sincerely,

Gina Hassett, Executive Director





Upcoming Winter/Spring 2024 Events

Daddy Daughter Dance -
February 2 & 3

Spring Craft Show - March 2

Bunny Events - March 23

Kids Garage Sale - April 20

Earth Day - April 20



Halloween Happenings

THRILLER AT MAIN PARK

Join us for a family friendly Halloween event at Main Park. There will be a DJ dance party, balloon artist, inflatables, spooky games, hayride, thriller dance contest, kid crafts, small pumpkin patch, and more. The deadline for pre-registration will be October 6 or until filled. Children registered by October 6 will receive a goody bag. Registrations taken after the deadline (if space is available) will be charged \$15. Please call the office for availability. Goody bags are not guaranteed after October 6. In the event of inclement weather, a decision will be made 48 hours prior to the event. If event moves indoors, some attractions will be modified or removed.

Registration Deadline: October 6 or until filled

Location: Main Park
400 W. Nebraska Street

Date: Friday, October 13

Session I: 4:30 - 6:00 pm

Session II: 6:30 - 8:00 pm

Fee: \$10/child (Register by October 6)
\$15/child (Register after October 6 - based on availability)

Min/Max: 75/150

Weather Location: Founders Community Center

Sponsored by:



HOWL-A-WOOF

Trick or Treat!!! Bring your dog all dressed up for this costume competition, bone yard hunt, and trick or treating event. Dogs will have the opportunity to "Trick or Treat" with the vendors at the Bark Park so remember to bring your bags to collect all their goodies. Dogs will also have a chance to enter the costume contest to be judged on - Best Overall, Funniest, and Scariest. All friendly dogs are welcome at this FREE, on-leash event. An adult must accompany dog-owners under the age of 12. While you are enjoying this event, please remember to pick-up a membership packet for the Bark Park.

Location: Bark Park at Commissioners Park
Day/Date: Saturday, October 14
Time: 10:00 am - Gate will open at 9:50 am
Fee: FREE

FREE

Sponsored by:



SCARECROW BUILDING CONTEST

Calling all families, scout groups, homeowners associations and business members...to come join the fun by participating in 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 21. All entries are due by October 10. Voting will run October 12-31. Voting will take place at the Founders Community Center office & on the Park District's Facebook page.

Scarecrow's Due: October 10
Voting: October 12 - 31

Special Events



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Special Events

FAMILY CAMPFIRE

Start the fall season out with your family and friends. Enjoy a cool fall evening around a campfire at Commissioners Park. Roast marshmallows, enjoy a hayride and listen to ghost stories. Please note: if you are registered for the Family Campout that was advertised in our Summer brochure, you do not need to register for this event.

Registration Deadline: September 11 or until filled

Location: Commissioners Park
Day/Date: Friday, September 15
Time: 6:30 - 8:00 pm
Age: Families
Fee: FREE (pre-registration required)
Min/Max: 50/75



HARVEST MOON BALL

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. To capture your evening together, a professional photographer will be available to take formal pictures at an additional charge. Pre-registration is required, NO TICKETS will be sold at the door.

Registration Deadline: September 19 or until filled

Location: Founders Community Center
Day/Date: Friday, September 22
Time: 6:00 - 8:00 pm
Age: All
Fee: \$15/NR \$20 per person
Min/Max: 75/125

Sponsored by:



WWW.BRYLESRESEARCH.COM



Follow us on social media for information on . . .
upcoming Park District happenings.

SENIOR FALL LUNCHEON

Celebrate the coming of fall with your friends and an afternoon of delicious food and live entertainment. After lunch, enjoy more entertainment, socializing and dessert. Don't miss out on this special day!

Registration Deadline: October 2 or until filled

Location: Founders Community Center
Day/Date: Friday, October 6
Time: 12:00 - 2:00 pm
Age: 55 years & older
Fee: \$7
Min/Max: 50/80

Sponsored by:



CANDY COLLECTION FOR VETERANS

We Want Your Leftover Unopened Halloween Candy! The Frankfort Park District is collecting Bite Size Halloween Candy for the residents at the Veterans Home in Manteno. Bite Size Candy is the #1 item requested by the residents at the Veterans Home. You can drop off unopened candy at the Frankfort Park District, Founders Community Center, 140 Oak Street.
Deadline: November 2

CANDY BAR BINGO

Join us for an afternoon of bingo games and sweet treats. Each participant must bring one full size candy bar or bag of candy (e.g. Skittles, M&Ms) in exchange for one bingo card (maximum of 3 cards). Participants will play for chances to win the many candy bars in the pot for each round. Players will keep the same card throughout the entire event. Six to eight bingo games will be played. A maximum of 3 bingo cards per child. Pre-registration is required.

Registration Deadline: November 16 or until filled

Location: Founders Community Center
Day: Monday
Date: November 20
Time: 11:00 am - 12:00 pm
Age: 4 - 13 years
Fee: FREE - Participant must bring full size candy bar/bag (max 3)
Min/Max: 10/20



LETTERS TO SANTA

Starting November 20, Santa's mailbox will be displayed at the Founders Community Center. Santa will personally write to each family who writes him a letter, provided that all letters are received by 4:00 pm on Friday, December 1. Santa can only send letters to children who include the following: child's full name, address, city, zip code and of course, their wish list! Parents, please complete the checklist when sending the letter. Checklists will be available at the main office and on the Park District website. Please address letters to: Santa Claus, 25 Candy Cane Lane, North Pole (c/o Frankfort Park District, 140 Oak Street, Frankfort, IL 60423).

Due Date: December 1 by 4:00 pm
Frankfort Park District Residents Only



PUZZLE MANIA - HOLIDAY EDITION

Looking for a fun evening with your family and friends before the holiday season? Put together a team of 4, wear your favorite holiday sweater, and register for Puzzle Mania, a jigsaw puzzle tournament. Teams will race against each other to finish the same puzzle. There will be two divisions: kids only & family/friends. The puzzles will be 300 pieces for the kids and 500 pieces for the family/friends competition. Bring snacks and enjoy an evening working together to solve the holiday themed puzzle. Prizes will be given to the winning teams.

Registration Deadline: November 17 or until filled

Location: Founders Community Center
Day: Friday
Date: December 1
Time: 6:00 - 9:00 pm
Division/Age: Family & Friends/All Ages
 Kids Only/5 - 13 years
Fee: \$25 per team
Min/Max: 10/14



SANTA PHOTOS & WORKSHOP

Santa is making a special appearance at the Founders Community Center this holiday season. There will be crafts, holiday themed games, cookie decorating, and a chance to visit with Santa. Remember to bring your cameras. There are three time slots available, please specify the time you would like, at the time of registration.

Registration Deadline: December 4 or until filled

Location: Founders Community Center
Day/Date: Saturday, December 9
Session I: 11:30 am - 12:00 pm
Session II: 12:00 - 12:30 pm
Session III: 12:30 - 1:00 pm
Age: All
Fee: \$10/NR \$15 per child
Min/Max: 25/35

PAWS WITH CLAUS

Bring your friendly family pet and your camera for a holiday photo opportunity with Santa Claus. All pets MUST be on a leash. Please bring a pet item to be donated to Cache Creek Animal Rescue. No registration required.

Location: Founders Community Center
Day/Date: Saturday, December 9
Time: 1:15 - 1:45 pm
Age: All
Fee: \$2 per pet family



THE POLAR EXPRESS STORYTIME TRAIN

ALL ABOARD...The Frankfort Park District would like to invite children and their parents to take this special train ride to the "North Pole". On the way to the "North Pole," Santa's elves will be busy making balloon animals while you enjoy listening to the "Polar Express" story. When we reach the "North Pole," we will find Santa Claus and bring him back with us on the train to the Hickory Creek Metra Station. Enjoy holiday cookies and music on our way home. A parent or guardian must accompany all the children. Due to the popularity of this event, a maximum of six tickets per household are available to purchase at the time of registration.

Location: Hickory Creek Metra Station
 9430 Hickory Creek Drive, Mokena
Day/Date: Sunday, December 10
1 Time: Train departs at 9:30 am sharp
2 Time: Train departs at 11:20 am sharp
Age: All
Fee: \$20/person Frankfort Park District Residents Only
 \$25/person Non-Residents (if tickets are still available after resident registration)

FRANKFORT PARK DISTRICT RESIDENTS ONLY

Frankfort Park District Boundary Resident Only Lottery Registration

Special Registration forms will be accepted at the Founders Community Center office from November 1 - 8. All forms are due by November 8 at 4:00 pm. Forms will be available on our website beginning November 1. All forms will be processed on November 9 and families will be notified. Tickets will be available for pick-up at the main office.

NEW YEAR'S COUNTDOWN

Kids, get ready to countdown to 2024!!! Celebrate New Year's Eve with dancing, party games, crafts, and ice cream. There will be a "Countdown to 2024" balloon drop at noon to celebrate the New Year!

Registration Deadline: December 26 or until filled

Location: Founders Community Center
Day/Date: Sunday, December 31
Time: 11:00 am - 12:30 pm
Age: 4 - 10 years
Fee: \$9/NR \$14
Min/Max: 10/25

Park Perks

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

P A R K D I S T R I C T N E W S

Senator Hastings Secures Over \$1.5 Million for Park Replacement

Partnerships are key to a successful operation. The Frankfort Park District would like to celebrate our partnership and friendship with Senator Michael Hastings who serves the 19th District.

Senator Hastings is committed to making sure that Southland receives funding for projects that enhance the quality of life for its residents. The funding Senator Hastings has allocated to the Frankfort Park District has helped with additional funds outside of our levy to fill the gaps in the district's budget allowing us to update recreation facilities for our residents. In the past two years, Senator Hastings has secured \$750,000 for the splash pad and Lincoln Meadows Park improvements and \$175,000 in OSLAD funding for Windy Hill.

The Frankfort Park District has a long list of deferred capital projects. One of the projects that is looming is the replacement of Fort Frankfort playground at Commissioners Park. The playground was constructed in 1997 and is due for replacement in the near future. The "Fort" is special, Frankfort residents via Operation Playground Foundation, raised funds to finance the project and physically assisted to build the structure. To continue the legacy of the "Fort" it will take over a million dollars to replace. Given the limited budget of the Park District, the replacement of the "Fort" even with assistance from Operation Playground Foundation and submitting for a matching grant from the State of Illinois the likelihood seemed grim.

We are happy to announce funding has been provided! Senator Michael Hastings has secured over \$1.5 million in funding through the Rebuild Illinois Project Fund to replace the Fort Frankfort playground!!! This level of funding will allow for an inclusive design that removes the physical barriers allowing all abilities to play together. In the coming months, staff will be reaching out to the community to get feedback on designs concepts. This is an exciting opportunity for the residents of Frankfort. A special thank you to Senator Hastings for including Frankfort residents and the Park District in his planning.

Windy Hill OSLAD Project Update

The Park District has finalized the design and received approval from the OSLAD grant staff for the Windy Hill Park Improvements. This park project was awarded an OSLAD grant from the State of Illinois that matches the districts contribution for a total project of \$350,000. The project was bid this summer and construction is anticipated to start in the spring of 2024. The funding provided by the OSLAD grant allowed for expanded park improvements which have a nature-based design. The improvements include a playground, fitness area, solar powered charging stations and foot paths.



Lincoln Meadows Ribbon Cutting

The installation of the Lincoln Meadows Ninja/Challenge course was completed in June. The Park District held a ribbon cutting on July 25th. The \$400,000 project was funded with DCEO funds from the State that were secured by Senator Hastings. The event included an opportunity for attendees to test the course which has a solar powered timing mechanism.

Upcoming Fall 2023 Events

Family Fall Campfire
September 15

Family Campout
September 15

Harvest Moon Ball
September 22

Senior Fall Luncheon
October 6

**Scarecrow Building
Contest**
October 10

Thriller at Main Park
October 13

Howl-A-Woof
October 14

Pours for Parks
October 21

**Candy Collection for
Veterans**
November 2

Candy Bar Bingo
November 20

Letters to Santa
December 1

**Puzzle Mania - Holiday
Edition**
December 1

**Santa Photos &
Workshop**
December 9

Paws with Claus
December 9

**The Polar Express
Storytime Train**
December 10

New Year's Countdown
December 31

Park Perks!

Founders Center Gym Remains Offline

Earlier this year, the Park District found structural deficiencies in the Founders Center Gym. The gym is currently stabilized but is not available for programs or rentals which is impacting the operation of the district programming. The Founders Center was constructed in 1938, and the gym was added in 1957.

For the last couple of years, the District has been advocating for a tax rate increase which is desperately needed to preserve the residents' assets. Just like your home, it is necessary to maintain, update and repair buildings and infrastructure. When that is postponed the amount of money needed increases.

The Founders Center has a number of areas that need attention immediately including replacement of multiple roofs, aging plumbing, failed air conditioning and structural issues. The Park District is awaiting a decision if the structural issues will be covered by insurance that would repair the structure deficiency. If the claim is denied, some hard decisions will need to be made. Given the number of costly projects that are needed, the Park District will be seeking input from residents on consideration to construct a new facility to replace the Founders Center.

Funds to construct a new facility or improve the existing facility would require a bond referendum supported by voters. The Frankfort Park District tax rate has been stale since the early 90's and holds as one of the lowest tax rates of park district in the south suburbs. These two constraints limit the Park District's ability to improve and construct new recreation facilities.



Photo: Scaffolding stabilizing the Founders Center Gym

Photo: Roofs that required replacement



Photo: Corroded galvanized and cast-iron plumbing



Spotlight on Instructor New Dance Teacher – Jill Rector



The Frankfort Park District would like to introduce and welcome Ms. Jill Rector, our new Dance Instructor. Jill will join Ms. Kristen Bruns as our instructor this Fall 2023 for the Frankfort On Pointe Dance Program. She will be teaching Ballet/Tap/Jazz (5-6 years), Ballet 2, Jazz 2 & Tap 2 (10-12 years), Tap 3 (13-18 years), and Dance Troupe.

Ms. Jill began dancing at age 3 and has studied all forms of dance. She has a Bachelor of Arts degree from Columbia College with an emphasis in both teaching and performance/choreography. She is also a certified personal trainer and choreographer for a local children's theater group, and most recently choreographed Lincoln-Way West's spring musical.

"When my youngest brother was enrolled in a class at the park district, I used to sit and watch the class. One day the instructor said she needed help and asked if I wanted to be her assistant. I enjoyed it so much and went on to assist her for a few years until I was old enough to teach my own classes. And because of that, I knew I wanted to become a teacher. I had been in dance since I was three, so it became obvious that I would become a dance teacher and could not imagine doing anything else." Said Jill.

Jill has been teaching dance in the south suburbs for over 30 years. As a dance teacher, she aims to share her passion for dance with all her students. She feels that it is important for her students to feel confident and inspired while growing in a comforting and encouraging environment. "Dance is the only art of which we ourselves are the stuff of which it is made." (Quote by Ted Shawn)

Jill has lived in New Lenox with husband Jim for over 30 years and has two children Jade and Nate.

Ignite Shooting Stars Competition

Ignite Cheerleaders brought home the win! The Frankfort Ravens brought three outstanding teams to a cheer competition in April. Our mini level (4-6 year olds) hit it out of the park with a first-place finish for the second competition in a row. Our youth level (7-9 year olds) crushed it also bringing home a first-place finish as well as two-time grand champions. Our juniors' level (10-14 year olds) hit everything in their routine and scored a second place finish! We're super proud of all the athletes and can't wait to be back for another competition session in the fall.



Photo: Ignite Cheerleaders mini level (4 - 6 years) receiving their first place ribbons.



Start of School

Preschool classes for the fall will begin the week of September 4th (after Labor Day) and run through May 2024. Orientation days are scheduled on Tuesday & Wednesday, September 5th & 6th. You will be sent an email reminder with your child's class orientation date 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. Please bring school supplies on this day.



REGISTRATION

All preschool programs run from September 2023 to May 2024. 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.

A \$50 non-refundable registration fee is due at the time of registration. AUTO - PAYMENT will be mandatory for the monthly payment option (see form in preschool packet). Auto-payment forms MUST be turned in upon registration. You may also pay in full for the entire year. 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.

WEE WORKS 2.5 YEARS

This twice-weekly program is perfect for young children anxious to meet friends. The class will be filled with playtime, arts & crafts, stories, music, and snack time. The child must be 2.5 years old by September 1, 2023. 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: \$1,170/NR \$1,305*

9 monthly auto-payments of \$130/NR \$145 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, 2023 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: \$1,350/NR \$1,485*

9 monthly auto-payments of \$150/NR \$165 per month

PREP SCHOOL 4 YEARS

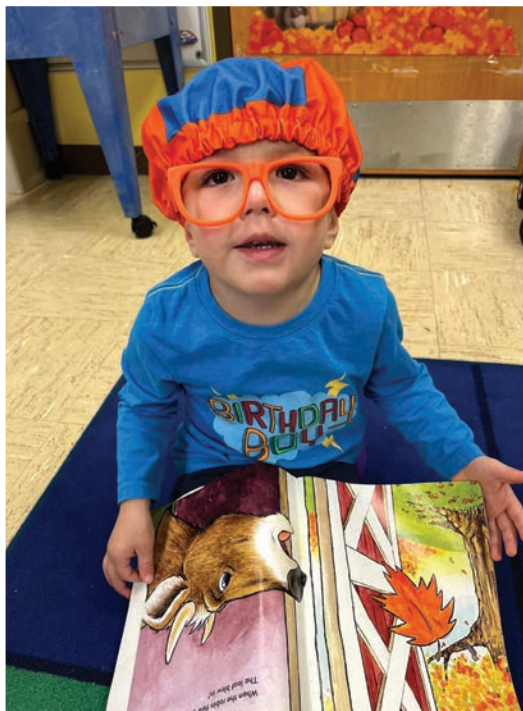
This Kindergarten preparation program is for children who will be 4 years old by September 1, 2023 and MUST be toilet trained. The curriculum includes age-appropriate activities for language arts, math, science, motor skills, and socialization. Field trips are also taken. A physical is required.

Days: Monday, Wednesday, & Friday

Times: 8:45 - 11:15 am OR 12:15 - 2:45 pm

Tuition: \$1,530/NR \$1,665*

9 monthly auto-payments of \$170/NR \$185 per month



STEPPING STONES (Kinder-Bridge) 4 YEARS

This class is for children who will be 4 years old by September 1, 2023 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

Tuition: \$1,935/NR \$2,070*

9 monthly auto-payments of \$215/NR \$230 per month



PRAIRIE CARE Before & After School Care Program

The Prairie Care program is designed to provide a safe, recreational based program for children attending **District 157C schools in grades Kindergarten - 5th grade**. The program is coordinated by qualified staff who strive to develop a warm constructive relationship with the children. Prairie Care provides a creative and stimulating environment in which children can learn, grow and thrive at their own developmental pace.

Regular hours of the program will be from 6:30 AM until school begins and then from the end of school until 6:30 PM. Most district institute days are available. **ALL BEFORE AND AFTER SCHOOL PROGRAMS WILL FOLLOW THE SCHOOL DISTRICT POLICY ON SNOW DAYS - CLOSED.**

Registration and payments are due on Wednesday two weeks prior to the month of requested service. Your payment will reserve your spot for the month. Please see current registration forms for more information. You may drop off your payments to the Frankfort Park District at 140 Oak Street or at the Prairie Care site (if turned in on time). **You may also email registration forms in at registration@frankfortparks.org.** All forms are available on our website at www.frankfortparks.org. No same week registration. Late fees will apply at the discretion of Prairie Care staff.

BEFORE CARE	\$14 per day	6:30 - 8:30 am
AFTER CARE	\$19 per day	2:30 - 6:30 pm



DISTRICT HOLIDAYS

Participants of Prairie Care and other students that are a part of 157C may register for all District Holidays/Early Dismissals on a per day basis except for Spring Break. Below are Prairie Care offerings of the dates that 157C students are off school. Labor Day weekend, the day before and after Thanksgiving, Winter Break and Memorial Day are not available.

Note: There must be a minimum of 12 participants to run this program. You do not have to be a regular participant of Prairie Care to sign up for the District Holidays/Early Dismissal Days.

HOLIDAY CARE	\$60 per day	7:00 am - 4:00 pm
EARLY DISMISSAL	\$30 per day	after school until 6:30 pm

Here are the District Holiday offerings for Prairie Care.
Payment is due 2 weeks prior.

October 6	Holiday	\$60
October 9	Holiday	\$60
October 31	Early Dismissal	\$30
November 17	Early Dismissal	\$30
December 22	Early Release (1-Hour)	\$19
January 15	Holiday	\$60
February 16	Early Dismissal	\$30
February 19	Holiday	\$60
March 22	Early Release (1-Hour)	\$19
March 25 - 29	Spring Break Camp	\$250
May 24	Early Dismissal	\$30
June 11	Early Dismissal	\$30



PARK DISTRICT YOUTH LICENSE PLATE

Get Licensed to Support Illinois Youth! The sale and subsequent renewals of each plate generate \$25 for the PowerPlay! Beyond School Grant Program, which funds youth programs in park and recreation agencies throughout Illinois. The goal of the PowerPlay! program is to increase the number of opportunities designed to show youth the lifelong benefits of fitness, health and nutrition. For more information contact the Illinois Association of Park Districts at 217-523-4554 or iapd@ilparks.org.



The Frankfort Park District has been a recipient of this grant thirteen times, including the upcoming 2023-24 school year!

Early Childhood Programs



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Early Childhood Programs

RUG TIME REMIX

In this play-based music & movement class, mini-musicians will explore diverse genres of music from around the world! 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. This class is designed for the child and adult to participate together. Check us out on Instagram @ missphallons_neighborhood.

Instructor: Miss Phallon
Location: Founders Community Center
Day: Saturday
Session I: September 9 - October 14
Session II: October 28 - December 9
(No Class November 25)
Time: 9:00 - 9:40 am
Age: 1 - 2 years (with parent)
Fee: \$70/NR \$75
Min/Max: 4/10



ONCE UPON A SONG

In this play-based music & movement class, mini-musicians will explore diverse genres of music from around the world! Miss Phallon radically revamps classic sing-a-longs, and combines them with a thematic story time to meet kiddos where they are and teach them the fundamentals of literacy, S.T.E.A.M., and musicianship! This program is an adult participation class that is sure to keep grownups grooving and toddlers moving to remixes of old school jams and nursery rhymes all the way through!

Instructor: Miss Phallon
Location: Founders Community Center
Day: Saturday
Session I: September 9 - October 14
Session II: October 28 - December 9
(No Class November 25)
Time: 10:00 - 10:40 am
Age: 1 - 4 years (with parent)
Fee: \$70/NR \$75
Min/Max: 4/10



MISS PHALLON'S NONSTOP HIP HOP

In this music and movement class, your kiddos will learn to pop, lock, and play their way through the 4 parts of Hip Hop: MCing, DJing, Breakdancing, and Graffiti. In this Music & Movement class, little artists will explore concepts of rhythm and rhyme, while developing their literacy through Hip Hop inspired story times and crafting their own radical rap lyrics. This is an adult participation class.

Instructor: Miss Phallon
Location: Founders Community Center
Day: Saturday
Session I: September 9 - October 14
Session II: October 28 - December 9
(No Class November 25)
Time: 11:00 - 11:40 am
Age: 2 - 4 years (with parent)
Fee: \$70/NR \$75
Min/Max: 4/10

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
Location: Founders Community Center
Age: 2 - 3 years
Fee: \$100/NR \$105
Min/Max: 4/10
Day: Monday & Wednesday
Time: 9:00 - 9:45 am
Session I: September 11 - October 18
Session II: October 23 - December 6
(No Class November 20 & 22)
Day: Thursday & Friday
Time: 10:45 - 11:30 am
Session I: September 14 - October 20
Session II: October 26 - December 8
(No Class November 23 & 24)



MISS ANGIE'S 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 the child and adult to participate together.

Instructor: Angie Pope
Location: Main Park (weather permitting)
Rain location - Founders Community Center
Day: Monday
Session I: September 11 - October 23
(No Class October 9)
Location: Founders Community Center
Session II: October 30 - December 11
(No Class November 20)
Time: 9:15 - 10:00 am
Age: 3 - 5 years (with parent)
Fee: \$75/NR \$80
Min/Max: 5/15

MISS ANGIE'S 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:	Main Park (weather permitting) Rain location - Founders Community Center
Day:	Monday
Session I:	September 11 - October 23 (No Class October 9)
Location:	Founders Community Center
Session II:	October 30 - December 11 (No Class November 20)
Time:	10:15 - 11:00 am OR 11:15 am - 12:00 pm
Age:	1 - 2 years (with parent)
Fee:	\$75/NR \$80
Min/Max:	5/15

LITTLE LEARNERS LUNCH BUDDIES

If you want your child to get some extra help or just reinforce what they already know, then this is the class for them. We will focus on the alphabet, numbers, shapes, and colors. This class is for all levels of learning. This class is designed for preschoolers that are just being introduced to worksheets. Tracing will be introduced to children with more advanced fine motor skills. Midway through each class, participants will take a break eating their lunches/drinks with their friends. Lunches should be nut free.

Instructor:	Sharon Koczor
Location:	Founders Community Center
Day:	Monday & Wednesday
Session I:	September 11 - October 18
Session II:	October 23 - December 6 (No Class November 20 & 22)
Time:	10:00 am - 12:00 pm
Age:	3 - 5 years
Fee:	\$180/NR \$185
Min/Max:	4/10

I'M A BIG KID NOW

Does your child think they are A BIG KID? This class is a great introduction for this age before they start school. They will interact with their peers during free play, while learning to share and take turns. They will use watercolor paints, markers, and crayons to create little masterpieces. Your little one will experience many new things while having fun. Sign up for both sessions to get double the experience.

Instructor:	Sharon Koczor
Location:	Founders Community Center
Day:	Tuesday & Thursday
Session I:	September 12 - October 19
Session II:	October 24 - December 7 (No Class November 21 & 23)
Time:	9:00 - 10:30 am
Age:	2.5 - 3 years
Fee:	\$180/NR \$185
Min/Max:	4/10

**BONJOUR! A TRIP TO PARIS**

This class is a wonderful introduction to French language and French culture through music, stories, arts, and crafts. Young children can develop their cognitive, fine, and gross motor skills while learning a new language. There will be a new adventure in every class.

Instructor:	Miss Zara
Location:	Founders Community Center
Day:	Tuesday
Session I:	September 12 - October 17
Session II:	October 24 - December 5 (No Class October 31)
Time:	3:30 - 4:15 pm
Age:	4 - 8 years
Fee:	\$90/NR \$95
Min/Max:	4/10

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 and parachutes are also included.

Instructor:	Chris Johnson
Location:	Founders Community Center
Day:	Tuesday
Session I:	September 19 - October 17
Session II:	November 7 - December 5
Time:	9:30 - 10:15 am
Age:	2 - 3 years (with parent)
Fee:	\$45/NR \$50
Min/Max:	7/10

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
Location:	Founders Community Center
Day:	Tuesday
Session I:	September 19 - October 17
Session II:	November 7 - December 5
Time:	10:30 - 11:15 am
Age:	Walking - 3 years (with parent)
Fee:	\$45/NR \$50
Min/Max:	7/10

**DINO HOUR AT THE CENTER**

Bring your little one for an hour of Dinosaur discovery fun! See real dinosaur fossils, listen to a story, make a craft to take home and dig in the sand to assemble dinosaur puzzle pieces. So much fun packed into an hour! The program is held outdoors (October) and indoors (December). In the event of inclement weather, class will be moved indoors at the Founders Community Center.

Instructor:	T-Rexplorers
Location:	Founders Community Center
Day:	Wednesday
Session I:	October 4
Session II:	December 6
Time:	9:00 - 10:00 am OR 10:30 - 11:30 am
Age:	3 - 5 years (with adult)
Fee:	\$43/NR \$48
Min/Max:	6/12

FOR ONLINE REGISTRATION
please visit
www.frankfortparks.org



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). Once you are registered with the Park District, you will receive a link to register with Ignite Cheer (this will be sent a week before the session date), there you will receive a waiver and parent handbook, which explains in detail payment for uniform and practice expectations.

Instructor:	Ignite Cheerleading Staff
Location:	Founders Community Center
Day:	Wednesday
Date:	September 6 - December 13 (No Class November 22)
Age/Time:	4 - 6 years/6:00 - 6:55 pm
Age/Time:	7 - 9 years/7:00 - 7:55 pm
Age/Time:	10 - 13 years/8:00 - 8:55 pm
Fee:	\$175/NR \$180
Min/Max:	10/30

VIRTUAL PROGRAMS

Look for this symbol



Virtual Only Program



ZOOM ASL (AMERICAN SIGN LANGUAGE)



Interested in learning the basics of American Sign Language? Join us from the comfort and convenience of your living room as you learn to sign in a fun, interactive and lively environment. Each session covers new material. Taught live on the Zoom platform by a Language in Action instructor. Zoom login information will be emailed to participants before the first class.

Instructor:	Language in Action
Location:	Zoom Platform
Day:	Wednesday
Session I:	September 13 - October 18
Session II:	October 25 - November 29
Session III:	December 6 - January 10
Time:	5:00 - 5:45 pm
Age:	7 - 11 years
Fee:	\$75/NR \$80
Min/Max:	6/12

AMERICAN GIRL CAMPING ADVENTURE

Bring a flashlight and your best American 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
Location:	Founders Community Center
Day:	Wednesday
Date:	September 13
Time:	6:00 - 7:30 pm
Age:	4 - 10 years
Fee:	\$30/NR \$35
Min/Max:	6/12

KIDS DRAWING CLUB

If your 1st through 5th grade child already loves to draw and is ready to be introduced to various subject matter, let's expand their drawing abilities! Mrs. G, the Young Drawing Director from Young Rembrandts is returning to the Frankfort Founders Center to not only guide students through the drawing process, but also how to properly color with crayons, markers and colored pencils. Throughout the entire school year, each class will feature a different subject matter and different coloring methods that have been kid-tested, kid-approved. All supplies provided. Pictures go home after each class. Come join the drawing fun and even gain some new friends!

Instructor:	Young Rembrandts Staff
Location:	Founders Community Center
Day:	Thursday
Session I:	September 14 - October 19
Session II:	October 26 - December 7 (No Class November 23)
Session III:	January 11 - February 15
Time:	5:30 - 6:30 pm
Grade:	1st - 5th Grade
Fee:	\$90/NR \$95
Min/Max:	10/20

LITTLE DOCTOR SCHOOL

Through role-play and activities, students will learn the key responsibilities of a doctor and explore the heart, lungs and digestion. Students will use real medical instruments (stethoscope, reflex hammer and blood pressure cuff) and practice scrubbing, suturing and tying knots like a real surgeon.

Instructor:	Little Medical School
Location:	Founders Community Center
Day:	Monday
Date:	September 18 - October 30 (No Class October 9)
Time:	5:15 - 6:15 pm
Ages:	7 - 11 years
Fee:	\$160/NR \$165
Min/Max:	8/16



I SPEAK SPANISH!

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. Each session covers new and exciting material!

Instructor:	Language in Action
Location:	Founders Community Center
Day:	Tuesday
Session I:	September 19 - October 24
Session II:	November 7 - December 19 (No Class November 21)
Time:	5:00 - 5:45 pm
Age:	3 - 6 years
Fee:	\$90/NR \$95
Min/Max:	6/12

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
Location:	Founders Community Center
Day:	Tuesday
Session I:	September 19 - October 24
Session II:	November 7 - December 19 (No Class November 21)
Time:	6:00 - 6:45 pm
Age:	6 - 11 years
Fee:	\$90/NR \$95
Min/Max:	6/12



PORTAL TO ADVENTURE

Join our mini-figs, Logan and Zoe, as they travel across the spans of time, in this multi-part adventure! Logan and Zoe were a little behind on their schoolwork, so mom said they could use the "Portal" to help them catch up - so long as they promised not to get out. Unfortunately, their puppy, Trevor, didn't understand. On the plus side, they might catch up in time. On the minus side, is that a T-Rex on Jet Ski? Come and find out in this fun and educational LEGO-building adventure with Bricks 4 Kidz. We use age-appropriate models for different levels of building skill. This hands-on class explores STEM concepts (Science, Technology, Engineering and Math) primarily using LEGO Bricks, in which children will develop problem-solving and critical thinking skills in a fun and engaging way.

Instructor:	Bricks 4 Kidz
Location:	Founders Community Center
Day:	Tuesday
Part I:	September 19 - October 24
Part II:	November 7 - December 19 (No Class November 21)
Part III:	January 9 - February 13
Time:	5:15 - 6:15 pm
Age:	6 - 12 years
Fee:	\$103/NR \$108
Min/Max:	6/16

CRAYOLA ARTIST'S PASSPORT

Embark on an around-the-world cultural adventure-explore far-off places and learn about the people who live there, from the Americas to Polynesia, from the cosmopolitan to the countryside. Experiment with Crayola products, while trying art techniques such as calligraphy, sculpting and patterning developed by local artists and artisans. Make different masterpieces each week such as drums, masks, canvases, prints, buses and more! Bring the unique creations home and build a globally-inspired art gallery.

Instructor:	Crayola Imagine Arts Academy
Location:	Founders Community Center
Day:	Tuesday
Date:	September 19 - November 14 (No Class October 31)
Time:	4:30 - 5:30 pm
Age:	5 - 12 years
Fee:	\$170/NR \$175
Min/Max:	10/20



SCRUMPTIOUS DELICIOUS

Calling all little bakers to come join in on something that will be delicious to eat! Bring a friend or make a new friend as you participate in mixing up something delicious. Will it be a cake, cookies, or something else yummy? Come with your apron on and find out what scrumptious treat you will be making. Being in the kitchen is a lot of fun, especially when you can enjoy sampling it too. Please note any food allergies at the time of registration. Drop off program only.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Thursday
Date: September 21
Time: 6:30 - 8:45 pm
Ages: 3 - 9 years
Fee: \$30/NR \$35
Min/Max: 6/15

EDIBLE SCIENCE

Did you know that there is a science to making food? Students will make fizzy lemonade, curds and whey (a.k.a. ricotta cheese) and even edible soil layers. Please note any food allergies at the time of registration.

Instructor: Lesley Shworles
Location: Founders Community Center
Day: Saturday
Date: September 23
Time: 10:00 am - 12:00 pm
Ages: 8 - 13 years
Fee: \$50/NR \$55
Min/Max: 6/12



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. Chess has been proven to enhance children's motivation, concentration, focus, social skills and creativity. Each class will consist of a fun, interactive teaching period and guided practice time. Both beginner and experienced players are welcome and will learn under the guidance of an experienced Chess Scholars coach.

Instructor: Chess Scholars
Location: Founders Community Center
Day: Wednesday
Date: September 27 - November 1
Time: 4:30 - 5:30 pm
Grade: K - 8th Grade
Fee: \$130/NR \$135
Min/Max: 6/12



JR. CHEF'S PIZZA BREAD

Calling all Jr. Chef's, come and learn how to make homemade French bread and turn that into pizza bread. Students will get to make bread from scratch and turn into pizza bread using a variety of toppings including lots of cheese. Please note any food allergies at the time of registration.

Instructor: Lesley Shworles
Location: Founders Community Center
Day: Thursday
Date: September 28
Time: 4:30 - 6:30 pm
Age: 8 - 13 years
Fee: \$50/NR \$55
Min/Max: 6/10

GIRLS NIGHT OUT

It's Friday night and it's time for all the girls to get together! Come out and gather with some friends. It will be fun to do some beading as you make a bracelet and a necklace. The girls will enjoy listening to some music and we will also have a dance party. So, bring along a friend or make a new friend as you enjoy this night out! A little snack will be served. Please note any food allergies at the time of registration. Drop off program only.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Friday
Date: September 29
Time: 6:30 - 9:00 pm
Ages: 3 - 9 years
Fee: \$30/NR \$35
Min/Max: 6/15



STAGE STARS - DRAMARAMA

Does your child have a "dramatic side"? You might have a budding Stage Star in your family! Our drama class introduces students to the craft of stage acting with a skilled theater instructor. During this exciting class, student will learn theatrical skills, improv basics and participate in interactive drama games. This class provides opportunities for students to have fun, express themselves, gain confidence and interact with others, all within the context of theatre arts.

Instructor: Afterschool Enrichment Solutions
Location: Founders Community Center
Day: Tuesday
Date: October 3 - November 14
Time: 4:30 - 5:30 pm
Grade: K - 6th Grade
Fee: \$130/NR \$135
Min/Max: 8/16



Follow us on social media for information on . . .
upcoming Park District happenings.

BEGINNING POTTERY FOR KIDS FALL/HALLOWEEN THEME

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. We will be providing Halloween themed equipment. 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
Date: October 4 & 11
Time: 6:00 - 7:00 pm
Age: 6 - 12 years
Fee: \$30/NR \$35
 \$20/NR \$25/Additional child
Min/Max: 4/15



DESIGN YOUR OWN HALLOWEEN COOKIES

Calling little bakers! Come enjoy an evening out with your friends baking Halloween cookies. You'll be using some yummy sugar cookie mix along with a variety of Halloween cookie cutters. You will decorate your cookies and take some home to share. Each baker will of course sample some of their cookies too. A Halloween story will be read while they bake in the oven. Please note any food allergies at the time of registration. Drop off program only.

Instructor: *Sharon Koczor*
Location: Founders Community Center
Day: Friday
Date: October 6
Time: 6:30 - 8:45 pm
Age: 3 - 9 years
Fee: \$30/NR \$35
Min/Max: 6/15

JR. CHEF'S ADVANCED DONUT MAKING

In this advanced class, Jr. Chef's will learn and make homemade donuts from scratch including their own icing. Students will get to make a variety of donuts including sweet and savory. Please note any food allergies at the time of registration.

Instructor: *Lesley Shworles*
Location: Founders Community Center
Day: Thursday
Date: October 12
Time: 4:30 - 6:30 pm
Age: 8 - 13 years
Fee: \$50/NR \$55
Min/Max: 6/10

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*
Location: Founders Community Center
Day: Wednesday
Date: October 18
Time: 4:30 - 6:00 pm
Age: 7 - 11 years
Fee: \$35/NR \$40
Min/Max: 8/12

WITCHES BREW

Calling all ghosts, goblins and skeletons for some spooktacular fun! Come dressed in your Halloween costume for some Halloween fun. Plenty of spooky games will be played. Look out for the bugs in the witch's brew as you sit down for some creepy crawling snacks. Watch out behind you so no one scares you, as you listen to a Halloween story. Each child will go home with a goody bag. Please note any food allergies at the time of registration. Drop off program only.

Instructor: *Sharon Koczor*
Location: Founders Community Center
Day: Friday
Date: October 20 OR October 27
Time: 6:30 - 9:00 pm
Age: 3 - 9 years
Fee: \$30/NR \$35
Min/Max: 6/15

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 class!

Instructor: *Magic Team of Gary Kantor*
Location: Founders Community Center
Day/Date: Tuesday/October 24
 Thursday/November 30
Time: 5:00 - 5:55 pm
Age: 5 - 12 years
Fee: \$22/NR \$27/class
Min/Max: 10/15

CHILLIN LIKE A VILLAIN

Come for a spellbinding evening dressed like your favorite villain. (Star Wars, Harry Potter, Marvel, DC, Disney) Possibilities are endless. Participants will enjoy pizza, crafts and dance the night away for a wicked time.

Instructor: Gina Barrett
Location: Founders Community Center
Day: Wednesday
Date: October 25
Time: 6:00 - 7:30 pm
Age: 5 - 12 years
Fee: \$30/NR \$35
Min/Max: 6/12

new

SHRINK-ART (MAGNET/ORNAMENT)

Draw your own designs on a special plastic sheet, cut them out and we'll "cook" them to create your own cool holiday gifts; ornaments, magnets, keychain, pendants/charms for jewelry, etc. All materials are provided.

Instructor: Kim Bennett
Location: Founders Community Center
Day: Wednesday
Date: November 1
Time: 6:00 - 7:30 pm
Age: 6 - 12 years
Fee: \$20/NR \$25
Min/Max: 5/12

THE PIRATES ARE COMING!

ARRRHHH!! Ahoy Matey! Shiver me timbers girls and boys. Come aboard and join a pirate adventure! Arrive dressed up like a pirate and let the journey begin. Each pirate will use a treasure map as they sail on a voyage looking for hidden treasure. A pirate story will be read and a snack will be served. Land Ahoy! Let the treasure hunt for gold begin! Please note any food allergies at the time of registration. Drop off program only.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Thursday
Date: November 2
Time: 6:30 - 8:30 pm
Age: 3 - 9 years
Fee: \$28/NR \$33
Min/Max: 6/15

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.

Instructor: Donna Giove
Location: Founders Community Center
Day: Monday
Date: November 6
Time: 4:30 - 6:00 pm
Age: 6 - 10 years
Fee: \$40/NR \$45
Min/Max: 6/12



new

LITTLE VETERINARIAN SCHOOL - CAT

Students will role-play the key responsibilities of a veterinarian and perform a whiskers-to-tail exam on their newly "adopted" plush cat. These future veterinarians will learn about animal body language, maintaining a healthy environment such as proper litterbox placement, create a cat toy and design a vet clinic.

Instructor: Little Medical School
Location: Founders Community Center
Day: Monday
Date: November 6 - December 18
 (No Class November 20)
Time: 5:15 - 6:15 pm
Ages: 7 - 11 years
Fee: \$160/NR \$165
Min/Max: 8/16

**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: November 6
Time: 6:30 - 8:00 pm
Age: 6 - 10 years
Fee: \$40/NR \$45
Min/Max: 6/12

**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
Location: Founders Community Center
Day: Wednesday
Date: November 8 - December 20
 (No Class November 22)
Time: 4:30 - 5:30 pm
Grade: K - 5th Grade
Fee: \$140/NR \$145
Min/Max: 6/12

FOR ONLINE REGISTRATION
 please visit
www.frankfortparks.org

NIGHTMARE BEFORE CHRISTMAS

Come and throw some snowballs vs throwing heads. We will be busy building a toy and absolutely no one will be dead. Enjoy crafts, games and more. It will be a fun time and not be a bore.

Instructor: Gina Barrett
Location: Founders Community Center
Day: Friday
Date: November 3
Time: 6:00 - 8:00 pm
Age: 5 - 12 years
Fee: \$30/NR \$35
Min/Max: 6/12

THANKS TO GRANDPARENTS

Let's give thanks to Grandparents this holiday season. Come enjoy a night out with your grandparent and show them how thankful you are for them. Spend some time together making a memorable craft that will be cherished forever. A story and light snack will be included. Please note any food allergies at the time of registration.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Thursday
Date: November 9
Time: 7:00 - 8:15 pm
Age: 3 - 9 years (with grandparent)
Fee: \$27/NR \$32
Min/Max: 4/15

**COMEDY IMPROV WORKSHOP**

Are you ready to laugh?! Most comedians you know and love have taken improv classes and now it is YOUR chance! Come play games that work on teamwork, confidence, public speaking, and creative thinking! No experience necessary!

Instructor: Kate Wiersema
Location: Founders Community Center
Day: Saturday
Date: November 11
Grade/Time: 1st - 2nd grade/10:00 - 10:50 am
 3rd - 5th grade/11:00 - 11:50 am
Fee: \$15/NR \$20
Min/Max: 6/15

**BEGINNING POTTERY FOR KIDS
WINTER/HOLIDAY THEME**

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. We will be providing winter/holiday themed equipment. 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
Date: November 15 & 29
Time: 6:00 - 7:00 pm
Age: 5 - 12 years
Fee: \$30/NR \$35
 \$20/NR \$25/Additional child
Min/Max: 6/12

THANKS FOR SWEETNESS

We always like something sweet to eat, especially around the holidays. Come learn how to make a recipe that will satisfy your sweet tooth. Every little baker will take turns adding the ingredients and mixing. It will be a sweet surprise of what the recipe will taste like. The yummy part will be sampling it. The recipe will go home with each participant, so they can enjoy making it again. Please note any food allergies at the time of registration. Drop off program only.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Friday
Date: November 17
Time: 6:30 - 8:45 pm
Age: 3 - 9 years
Fee: \$30/NR \$35
Min/Max: 6/15

**CRITTER CLASS:
REPTILES, AMPHIBIANS, BUGS AND MORE!**

This one-day 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, their natural history, and how to take care of them as pets. This 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. No open toed shoes please!

Instructor: Crosstown Exotics
Location: Founders Community Center
Day: Wednesday
Date: November 29
Time: 6:00 - 7:00 pm
Age: 5 - 12 years
Fee: \$32/NR \$37
Min/Max: 10/15

**COOKIES FOR SANTA**

Santa is coming and he loves cookies made by children! Come join in the fun in preparing for Santa's arrival on Christmas Eve. You will create and decorate your own cookies. Don't worry you will be able to taste your cookies too, along with a yummy glass of milk. Come dressed in your pajamas to enjoy a book and watch a Christmas movie. Please note any food allergies at the time of registration. Drop off program only.

Instructor: Sharon Koczor
Location: Founders Community Center
Session I: Friday/December 1
Session II: Wednesday/December 6
Time: 6:30 - 9:00 pm
Age: 3 - 9 years
Fee: \$30/NR \$35
Min/Max: 6/15

AMERICAN GIRL WINTER WONDERLAND

Come and explore the joys of winter with your favorite American gal pal. We will have a snowball fight, build a snowman and make your doll a new winter scarf. Your bestie will also make a trip to the hair salon so she will be looking her best for all the holiday parties that might be coming up.

Instructor: Gina Barrett
Location: Founders Community Center
Day: Friday
Date: December 1
Time: 6:00 - 7:30 pm
Age: 4 - 10 years
Fee: \$30/NR \$35
Min/Max: 6/12

new

MAKE A GRINCH ORNAMENT

He's a mean one and we'll capture his cranky likeness in an acrylic ornament, complete with green glitter and his fuzzy hairdo. All materials included.

Instructor: Kim Bennett
Location: Founders Community Center
Day: Wednesday
Date: December 6
Time: 6:00 - 7:00 pm
Age: 6 - 12 years
Fee: \$30/NR \$35
Min/Max: 5/10

JR. CHEF'S HOLIDAY COOKIE MAKING/DECORATING

Students will have a variety of cookies to make and decorate for the upcoming holiday season! There will be plenty of icing and sprinkles to make your cookies shine! Please note any food allergies at the time of registration.

Instructor: Lesley Shworles
Location: Founders Community Center
Day: Thursday
Date: December 7
Time: 4:30 - 6:30 pm
Age: 8 - 13 years
Fee: \$50/NR \$55
Min/Max: 6/10

CANDY CANE LANE

Looking for a holiday craft to do with your friends during the holidays? Come to Candy Cane Lane! The kids will enjoy spending the night out while parents can do some shopping. It will be fun to be with your friends (or make new friends) while creating a candy cane ornament to hang on your tree. We will listen to holiday music and enjoy eating a light snack. Please note any food allergies at the time of registration. Drop off program only.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Friday
Date: December 8
Time: 6:30 - 8:30 pm
Ages: 3 - 9 years
Fee: \$28/NR \$33
Min/Max: 6/15

**ELF MOVIE**

Calling all cotton-headed ninny muggings! Come play Elf for the evening by bringing your Christmas presents to be wrapped. (5 per participant) We will enjoy Santa's cookies and play a few games all while watching the movie ELF. "There is room for everyone on the Nice List!"

Instructor: Gina Barrett
Location: Founders Community Center
Day: Friday
Date: December 8
Time: 6:00 - 8:00 pm
Age: 5 - 10 years
Fee: \$30/NR \$35
Min/Max: 6/20

GRINCH-MAS

You're a mean one Mr. Grinch! Come celebrate the holiday with all the Who's in Whoville and the Grinch. Participants will play Grinch games, have a Grinch feast and make a Grinch craft.

Instructor: Gina Barrett
Location: Founders Community Center
Day: Monday
Date: December 11
Time: 7:00 - 8:30 pm
Age: 5 - 12 years
Fee: \$25/NR \$30
Min/Max: 6/12

**A TALE OF 2 CHRISTMAS TREES**

Paint and decorate a pinecone to create a tiny Christmas tree. Then decorate an ice cream cone to create a tasty Christmas tree treat!

Instructor: Kim Bennett
Location: Founders Community Center
Day: Wednesday
Date: December 13
Time: 6:00 - 7:00 pm
Age: 6 - 12 years
Fee: \$20/NR \$25
Min/Max: 4/15

SANTA'S LITTLE HELPER

Here's your chance to be a little elf! As your parents are out shopping for that one last gift, you can be "Santa's Little Helper"! Each child will be making a gift for that special someone and wrapping it up to surprise them. What a surprise it will be on Christmas to give someone a gift handmade and wrapped by you! A light snack and drink will be provided too. To end the night, a Christmas movie will be enjoyed. Please note any food allergies at the time of registration. Drop off program only.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Friday
Date: December 15
Time: 6:30 - 9:00 pm
Age: 3 - 9 years
Fee: \$30/NR \$35
Min/Max: 6/15

HARRY POTTER YULE BALL

Calling all Muggles, wizards and witches! Come dressed to dance and celebrate the festive event inspired by the Yule Ball in Harry Potter and the Goblet of Fire. Enjoy a magical evening of Harry Potter-themed craft, wizarding games, enchanting music, and spellbinding surprises.

Instructor:	Gina Barrett
Location:	Founders Community Center
Day:	Friday
Date:	December 15
Time:	6:30 - 8:30 pm
Age:	5 - 12 years
Fee:	\$35/NR \$40
Min/Max:	6/12

CHESS SCHOLARS WINTER BREAK CAMP

Develop your child's intellect through the royal game of chess! This half-day camp is perfect for beginners as well as experienced players. Each day will consist of a fun interactive teaching period, followed by guided practice time, allowing the students to play against one another while being coached by an experienced instructor. This camp session will conclude with a non-elimination tournament.

Instructor:	Chess Scholars
Location:	Founders Community Center
Day:	Tuesday - Friday
Date:	December 26 - 29
Time:	9:00 am - 12:00 pm
Grade:	K - 8th Grade
Fee:	\$165/NR \$170
Min/Max:	6/12

new**BUILD YOUR ROBLOX ADVENTURE**

Know a kid who's a fan of playing Roblox? Then they will love this Roblox-inspired building camp! We have a LEGO block-based building adventure ahead of us, not to mention motorized models of things like cars and animals that really move! We'll build all kinds of amazing LEGO creations based on their favorite games! Whether they're into racing cars, building cities, making pizza or adopting pets, kids will have plenty to learn, build and play with! Let's have a building adventure - the Bricks 4 Kidz way!

Instructor:	Bricks 4 Kidz
Location:	Founders Community Center
Day:	Wednesday & Thursday
Date:	December 27 & 28
Time:	1:00 - 3:30 pm
Age:	6 - 12 years
Fee:	\$103/NR \$108
Min/Max:	6/16

new**SALTY SNOWFLAKES PAINTING**

Experiment with a saltwater "painting" technique to create sparkly snowflake art on heavy paper. All supplies are included.

Instructor:	Kim Bennett
Location:	Founders Community Center
Day:	Wednesday
Date:	January 10
Time:	6:00 - 7:00 pm
Age:	6 - 12 years
Fee:	\$20/NR \$25
Min/Max:	4/15

new**BALLOON BLOSSOMS PAINTING TECHNIQUE**

Use a small balloon to create painted blossoms on heavy art paper. We'll be using tempera paints and we could get a little messy, so dress for it. Your projects will need to dry at home, so have a safe space prepared for that. All materials included.

Instructor:	Kim Bennett
Location:	Founders Community Center
Day:	Wednesday
Date:	January 17
Time:	6:00 - 7:00 pm
Age:	6 - 12 years
Fee:	\$20/NR \$25
Min/Max:	5/15

**HARVEST MOON BALL**

Friday
September 22
6:00 - 8:00 pm

See page 5 for more information.

Sponsored by:



Follow us on social media for information on . . .
upcoming Park District happenings.

VOLUNTEER OPPORTUNITIES

**Do you need Community Service hours for school?
Or do you just enjoy helping others? The Frankfort
Park District is always looking for volunteers to help
with various Special Events and other programs.**

**Contact Cali DeBella our Recreation Supervisor
at 815.469.9400 or email her at
cdebella@frankfortparks.org**



FRANKFORT ON POINTE

The On-Pointe Dance program is a progressive program open to children ages 3 years and older. Students will be divided according to experience level in the following classes.

Little Stars: This is a gentle introductory class that includes learning to move to music and developing motor and listening skills in a fun, creative environment.

Pre-Ballet: This beginner class introduces basic ballet technique through fun movement while focusing on coordination skills and self-expression.

Ballet/Tap/Jazz Combo: A combination of ballet, tap and jazz. This combination class will build on foundational skills of ballet, the styles of tap and upbeat fast paced movement of jazz to help with coordination, flexibility, and musicality. Fun dance routines and up to date music make kids excited to come back week to week.

Ballet I: More advanced stretching and strengthening exercises are given, barre work is introduced with a greater emphasis on vocabulary and French terminology.

Ballet II and III: This is more advanced stretching and strengthening exercises, barre work is continued with a greater emphasis on vocabulary, musicality, balance and coordination, as well as French terminology.

Tap: This dance emphasizes the flow of movement by teaching the dancer to find rhythms and beats not only in music but in their own bodies.

Jazz: Emphasis is on the importance of energy, rhythmical accuracy, and style. Each level of jazz is a continuation of the previous level and increases in difficulty.

Jazz/Hip Hop III: Emphasis on popping, locking, and other hip-hop movements that are utilized in only Hip-Hop dance. Must be 13 and older for this class.

Lyrical III: In this class we will combine techniques learned in ballet and jazz to create movements performed to music with lyrics. This is a great way to inspire movement & expression of emotions based on the dancer's interpretation of the music.

Dance Troupe: In order to enroll in this class, you must also be in Jazz 1, 2, or 3 and Ballet 1, 2, or 3 for the Dance Troupe program. We have three different age levels for competition. Petite, Junior, and Senior groups. Age decides what group you are in. Troupe does local dance competitions during the year (a final number has not been decided on). This class also has a strict attendance policy, and you must attend all classes. If you miss 2 or more classes, you will be dropped from the Dance Troupe.

Attendance is a MUST.

Please request an information sheet regarding dance attire and shoe purchase at time of registration.

Instructor:	Ms. Kristen Bruns & Ms. Jill Rector
Location:	Founders Community Center Dance Studio
Fee:	30-minute class - \$89/NR \$94 45-minute class - \$114/NR \$119 60-minute class - \$129/NR \$134
Session I:	Monday / September 18 - November 27 (No Class November 20) Wednesday / September 20 - November 29 (No Class November 22) Thursday / September 21 - November 30 (No Class November 23)

Session II - Dates TBA. Registration for Session II will begin December 4 (Residents) & December 11 (Non-Residents)*

*Students enrolled in Session I will have priority registration for Session II.

Day Class	Age	Time	Cost	Min/Max
M Little Stars	3-4 years	4:00-4:30 pm	\$89/\$94	5/12
M Pre-Ballet	4-5 years	4:40-5:10 pm	\$89/\$94	5/12
M Ballet I	7-9 years	5:15-6:00 pm	\$114/\$119	5/12
M Jazz I	7-9 years	6:00-6:45 pm	\$114/\$119	5/12
M Tap III	13-18 years	6:30-7:15 pm	\$114/\$119	5/12
M Tap I	7-9 years old	6:45-7:15 pm	\$114/\$119	5/12
M Dance Troupe	Invite Only	7:15-8:45 pm	\$129/\$134	5/12
W Little Stars	3-4 years	9:30-10:00 am	\$89/\$94	5/12
W Ballet/Tap/Jazz Combo	5-6 years	4:00-5:00 pm	\$129/\$134	5/12
W Ballet II	10-12 years	5:00-6:00 pm	\$129/\$134	5/12
W Jazz II	10-12 years	6:00-6:45 pm	\$114/\$119	5/12
W Tap II	10-12 years	6:45-7:30 pm	\$114/\$119	5/12
TH Pre-Ballet	4-5 years	9:30-10:00 am	\$89/\$94	5/12
TH Ballet III	13-18 years	4:30-5:30 pm	\$129/\$134	5/12
TH Lyrical III	13-18 years	5:30-6:30 pm	\$129/\$134	5/12
TH Jazz/Hip Hop III	13-18 years	6:30-7:30 pm	\$129/\$134	5/12





Teen Programs

new

JR. HIGH DRAWING CLUB

If your 6th-8th grade child already loves to draw and is ready to be introduced to various subject matter, let's expand their drawing abilities! Mrs. G, the Youth Drawing Director from Young Rembrandts is returning to the Frankfort Founders Center to not only guide students through the drawing process, but also how to properly color with colored pencils, watercolor pencils, oil-based pastels and even chalk pastels. Throughout the entire school year, each class will feature a different subject matter and different coloring methods that have been kid-tested, kid approved. All supplies provided. Most pictures will go home after each class. Come join the drawing fun and even gain some new friends!

Instructor:	Young Rembrandts Staff
Location:	Founders Community Center
Day:	Thursday
Session I:	September 14 - October 19
Session II:	October 26 - December 7 (No Class November 23)
Session III:	January 11 - February 15
Time:	7:00 - 8:00 pm
Grade:	6th - 8th Grade
Fee:	\$90/NR \$95
Min/Max:	10/20

new

BOHO NECKLACE MAKING

We will be painting with acrylic paints then connecting with the bail to chord and end with a matte finish. You'll be able to create a necklace personalized for you! Bring smock or old shirt to protect your clothing. All other materials will be supplied.

Instructor:	Bonnie McElwain
Location:	Mokena Park District Art Room 10925 W. LaPorte Road, Mokena
Day:	Monday
Date:	September 25
Time:	6:00 - 7:15 pm
Age:	10 - 16 years
Fee:	\$50/NR \$55
Min/Max:	3/5

RETRO NINTENDO GAMING/SMASHBROS. TOURNAMENT

Come out for a day of playing a wide variety of games on old Nintendo systems. Ultimate Smash tournament will be taking place for those that would like to enter. Several systems and controllers will be available for those that just want to play and not compete. Hot dog, chips & a drink will be served.

Instructor:	Gina Barrett
Location:	Founders Community Center
Day:	Monday
Date:	October 9
Time:	11:00 am - 2:00 pm
Age:	8 - 16 years
Fee:	\$40/NR \$45
Min/Max:	6/12

new

MONEY WHIZ

Money Whiz is structured to prepare young adults between the ages of 14-18 years for the real-life financial challenges awaiting them outside of high school. This program is designed to help teens become knowledgeable with core financial concepts like budgeting, spending, writing a check and reading the paystub with certainty. The lessons target modern concepts like navigating credit scores, interest rates, repaying loans and so much more!

Instructor:	Money Whiz
Location:	Founders Community Center
Day:	Wednesday
Date:	October 11 - November 15
Time:	5:30 - 6:30 pm
Age:	14 - 18 years
Fee:	\$150/NR \$155
Min/Max:	20/25

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 & 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 and basic first aid. Certification for this class includes participant's workbook and emergency guide 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
Session I:	October 16 & 18
Session II:	December 4 & 6
Time:	4:30 - 8:00 pm
Age:	11 - 15 years
Fee:	\$80/NR \$85
Min/Max:	4/6

new

MAKING BRACELETS ON A BEAD LOOM

Learn to create beautiful, beaded bracelets on a bead loom using your choice of colorful seed beads, a beading needle, beading thread and an adjustable lobster claw and chain closure. This class is suitable for beginners. Participants will go home with a bracelet and detailed instructions so they can recreate them at home. All materials are included.

Instructor:	Whimsy Beadworks
Location:	Founders Community Center
Day:	Monday
Date:	October 23
Time:	6:00 - 8:30 pm
Age:	14 years & older
Fee:	\$50/NR \$55 per person
Min/Max:	3/6

new

COMEDY IMPROV WORKSHOP

Are you ready to laugh?! Most comedians you know and love have taken improv classes and now it is YOUR chance! Come play games that work on teamwork, confidence, public speaking and creative thinking! No experience necessary!

Instructor: *Kate Wiersema*
Location: Founders Community Center
Day: Saturday
Date: November 11
Grade/Time: 6th - 8th grade / 12:00 - 12:50 pm
 High School / 1:00 - 1:50 pm
Fee: \$15/NR \$20
Min/Max: 6/15

**TEEN SELF DEFENSE TRAINING**

Participants build confidence while learning how to defend themselves in an emergency situation. This training is intended to help parents feel comfortable as their kids transition into a more independent lifestyle, such as entering high school, beginning to drive and head to college.

Instructor: *Lindsey Daehnke, Strictly Self Defense*
Location: Founders Community Center
Day: Wednesday
Date: November 15
Time: 4:00 - 6:00 pm
Age: 12 - 17 years old
Fee: \$38/NR \$43
Min/Max: 8/12

The Frankfort Park District offers other programs for Teens that are listed throughout the brochure such as Dance, Gymnastics, Tennis, Archery, Golf, and more.

YOUTH BASKETBALL LEAGUE

December 5 - March 16 (Games will begin January 20)

5th - 8th Grade @ Chelsea Intermediate

Practices Tuesday or Thursday & Saturday Games

Time to be announced

Sponsored by:

REGISTRATION DEADLINE: November 9th

REGISTRATION DEADLINE: November 9th - NO refunds will be given after the registration deadline.
A \$15 late fee will be charged if registered after November 9th.



GRADE	LOCATION	PRACTICE DAY	GAME DAY*	DATES	FEE
5 th - 6 th Boys	Chelsea Intermediate	Tuesday	Saturday	December 5 - March 16	\$145/\$150
5 th - 6 th Girls	Chelsea Intermediate	Tuesday	Saturday	December 5 - March 16	\$145/\$150
7 th - 8 th Boys	Chelsea Intermediate	Thursday	Saturday	December 7 - March 16	\$145/\$150
7 th - 8 th Girls	Chelsea Intermediate	Thursday	Saturday	December 7 - March 16	\$145/\$150



***Games will begin on Saturday, January 20.**

Game locations will vary and will be noted on the schedule that will be available after the first practice. Team rosters, practice and game schedules along with rules for the league will be available to the Head Coach and will be distributed at the Coaches Meeting on November 28 at 6:30pm.

See page 30 for more information.



UNITED GYMNASTICS ACADEMY

722 Center Road, Frankfort
815-469-8282



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: September 4 - October 28 (No Class September 4*)

Session II: October 30 - December 23 (No Class October 31*)

*** Please contact UGA to schedule a make-up for holiday skip date.**

GYM CUBS

The Gym Cubs is a parent participation 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
Day/Time: Monday/10:00 - 10:50 am
Day/Time: Thursday/6:00 - 6:50 pm
Day/Time: Friday/11:00 - 11:50 am
Age: 2 - 3 years with parent
Fee: \$155/NR \$160
Min/Max: 2/8

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 develop self-confidence through learning fundamental basic gymnastics skills. Prices reflect an 8-week session.

Location: United Gymnastic Academy
Day/Time: Tuesday/4:00 - 4:50 pm
Day/Time: Friday/10:00 - 10:50 am
Age: 3 years
Fee: \$155/NR \$160
Min/Max: 2/8

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 develop 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
Day/Time: Monday/1:00 - 1:50 pm
Day/Time: Monday/4:00 - 4:50 pm
Day/Time: Friday/2:00 - 2:50 pm
Age: 4 - 5 years
Fee: \$155/NR \$160
Min/Max: 2/8

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
Day/Time: Monday/4:00 - 5:00 pm
Day/Time: Wednesday/4:00 - 5:00 pm
Day/Time: Saturday/9:00 - 10:00 am
Age: 6 - 17 years
Fee: \$165/NR \$170
Min/Max: 2/8

BEGINNER TUMBLING

Students will learn basic body positions and skills for tumbling. Tumbling skills introduced will include back walkovers, round offs, and flip flop work. Students will be prepared to begin working on more advanced tumbling and cheerleading skills.

Location: United Gymnastic Academy
Day/Time: Thursday/7:00 - 8:00 pm
Age: 6 - 14 years
Fee: \$165/NR \$170
Min/Max: 2/8

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
Day/Time: Thursday/4:00 - 5:00 pm
Age: 6 - 11 years
Fee: \$165/NR \$170
Min/Max: 2/8



Youth Athletic Programs



25

Youth Athletic Programs



SOCCER SHOTS

Soccer Shots is an engaging children's soccer program with a focus on character development. Our coaches are the best trained in the business. Our expert-approved curriculum is age appropriate and aligns with childhood education standards.

Instructor: Soccer Shots
Day: Thursday
Session I: September 7 - October 12
Session II: October 19 - November 30
(No Class November 23)
Fee: \$80/NR \$85
Min/Max: 6/12

Location: Founders Community Center
Age/Time: 2 - 3 years (with parent)/11:15 - 11:45 am
Age/Time: 3.5 - 5 years/11:45 - 12:30 pm

Location: Chelsea Intermediate School
22265 S 80th Ave, Frankfort, IL
Age/Time: 3.5 - 5 years/5:00 - 5:45 pm
Age/Time: 6 - 9 years/5:45 - 6:30 pm

PEE WEE GOLF

Pee Wee Golf classes are for youngsters ages 3-6 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 and 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 one. \$6 ball fee payable each week.

Instructor: Suzie Owens, LPGA Teaching Professional
Location: White Mountain Golf Course
9901 West 179th St, Tinley Park
Day: Saturday
Date: September 9 - October 14
Time: 9:00-9:45am, 10:00-10:45am OR 11:00-11:45am
Age: 3 - 6 years
Fee: \$69/NR \$74
Min/Max: 4/7

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. Students must have their own racquet. Space is limited, please sign up early!

Instructor: K-O Tennis Academy Staff
Location: Main Park Tennis Court
Day: Tuesday
Date: September 5 - 26*
Age/Time: 4 - 7 years/4:00 - 4:45 pm
Age/Time: 8 - 12 years/4:45 - 5:45 pm
Fee: \$56/NR \$61
Min/Max: 6/12

*Please Note: If a class gets canceled due to weather, a make-up class will take place the next day.

K-O TENNIS ACADEMY YOUTH BEGINNER/INTERMEDIATE (AGES 12 to 18 years)

Players will learn intermediate stroke technique in an easy-to-understand method, as well as advanced match scoring formats. Competitive match play will be part of this class. Students will be introduced to intermediate fed and live ball drills that effectively simulate match play conditions. Players will be separated into groups on skill level. Students must have their own racquet. Space is limited, please sign up early!

Instructor: K-O Tennis Academy Staff
Location: Main Park Tennis Court
Day: Tuesday
Date: September 5 - 26*
Age/Time: 12 - 18 years/5:45 - 6:45pm
Fee: \$56/NR \$61
Min/Max: 6/16

*Please Note: If a class gets canceled due to weather, a make-up class will take place the next day.



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:	Grand Prairie (North Entrance Door #10)
Day:	Monday
Date:	September 18 - October 30 (No Class October 9)
Time:	5:00 - 5:45 pm
Age:	4 - 6 years
Fee:	\$59/NR \$64
Min/Max:	6/16

PEE WEE SPORTS

This class will introduce your child to the wonderful world of sports. A different sport will be played each week including floor hockey, soccer, T-ball, football and basketball. This class is designed to create an interest in a variety of sports while developing listening and motor skills. These skills will be taught in a fun non-competitive learning environment. Scaled down equipment will be used to better fit the size of the children.

Instructor:	Bill Brannigan
Location:	Grand Prairie (North Entrance Door #10)
Day:	Monday
Date:	September 18 - October 30 (No Class October 9)
Time:	6:00 - 6:45pm
Age:	4 - 6 years
Fee:	\$59/NR \$64
Min/Max:	6/16

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" light-weight volleyball along with lowered nets.

Instructor:	Ultimate Volleyball
Location:	Grand Prairie (North Entrance Door #10)
Day:	Tuesday
Date:	September 19 - October 24
Time:	6:00 - 6:45 pm
Grade:	1st - 2nd Grade
Fee:	\$65/NR \$70
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 (North Entrance Door #10)
Day:	Tuesday
Date:	September 19 - October 24
Grade/Time:	3rd - 5th Grade/6:45 - 7:30 pm
Grade/Time:	6th - 8th Grade/7:30 - 8:15 pm
Fee:	\$65/NR \$70
Min/Max:	6/20



VICTORY MMA CLASSES

Our classes will provide a safe environment where students can learn the most effective styles of martial arts while developing valuable life skills. This is done through our structured curriculum. Each class, students train techniques in Boxing, Kickboxing, Wrestling, and Jujitsu. At the end of each class is the "Mat Chat", where we discuss topics like: Focus, Confidence, Discipline, Bully Awareness, etc. The goal is for students to learn the moves taught for that session and be able to apply the mat chat in their life. Check out our website @ www.victorymmaacademy.com to learn more about our kids' classes. We look forward to helping your child get the edge in life... See you on the mats!

Instructor:	MMA Instructor
Location:	Founders Center
Day:	Friday
Session I:	September 29 - November 3 (No Class October 13)
Session II:	November 17 - December 22 (No Class November 24)
Session III:	January 12 - February 16 (No class February 2)
Age/Time:	5 - 11 years/4:30 - 5:15 pm
Age/Time:	12 years & older/5:30 - 6:45 pm
Fee:	\$75/NR \$80
Min/Max:	10/35

YOUTH GOLF LESSONS

Golf Lessons will be taught by Dennis Piotrowski, PGA Golf Professional and his staff. All students receive instruction in a group format, including proper grip, stance, full swing, pitching, putting and rules of the game. A \$6.00 range ball fee will be payable to the instructor at each class.

Instructor:	Dennis Piotrowski
Location:	White Mountain Golf Club 9901 West 179th St, Tinley Park
Day:	Saturday
Session I:	September 16 - October 7
Session II:	October 14 - November 4
Time:	12:00 - 1:00 pm
Age:	7 - 15 years
Fee:	\$79/NR \$84
Min/Max:	4/8

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. There is an additional fee for testing, which includes belt and certificate.

Instructor:	Master David Smith, 6th Degree Black Belt
Location:	Founders Community Center
Day:	Thursday
Session I:	September 21 - October 26
Session II:	November 2 - December 14 (No Class November 23)
Time:	6:00 - 6:30 pm
Age:	4 - 7 years
Fee:	\$55/NR \$60
Discounts:	½ off additional family members
Min/Max:	6/12

**KARATE**

Students learn basic and advanced traditional karate skills – katas, sparing, and self-defense. Individuals and families participate in this class. This is a great opportunity to do something with your child(ren)! In the Beginner Level, you may earn a White, Yellow, and Green Belt. In the Advanced Level, you may earn a Blue, Purple, Brown, and Black Belt.

Instructor:	Master David Smith, 6th Degree Black Belt
Location:	Founders Community Center
Day:	Thursday
Session I:	September 21 - October 26
Session II:	November 2 - December 14 (No Class November 23)
Time:	6:30 - 7:30 pm
Age:	8 years & older
Fee:	\$75/NR \$80
Discounts:	½ off additional family members
Min/Max:	6/12

TRACK & FIELD

The fundamentals of body positioning, stride, proper stretching, and cool down techniques are taught. Track and field events include javelin, discus, shot put, hurdles, long jump, triple jump and various running and relay events. Participants also learn positive life skills such as teamwork and sportsmanship.

Instructor:	Skyhawks Staff
Location:	Chelsea Intermediate
Day:	Monday
Date:	October 2 - 23
Age/Time:	5 - 8 years/5:00 - 5:45 pm 9 - 12 years/6:00 - 7:00 pm
Fee:	\$75/NR \$80
Min/Max:	6/12

ARCHERY 101 LESSONS

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 your entire foot.

Instructor:	BowDoc Archery Certified Coaches
Location:	BowDoc Archery 18801 Unit 4 Wolf Road, Mokena
Day:	Tuesday
Date:	October 3 - 24
Time:	7:00 - 8:00 pm
Age:	8 - 17 years
Fee:	\$70/NR \$75
Min/Max:	8/16

BEGINNING GOLF

Skyhawks Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Camps. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided.

Instructor:	Skyhawks Staff
Location:	Chelsea Intermediate
Day:	Wednesday
Session I:	October 4 - 25
Age/Time:	5 - 8 years/5:00 - 5:45 pm
Age/Time:	9 - 12 years/6:00 - 7:00 pm
Fee:	\$75/NR \$80
Min/Max:	6/12
Location:	Chelsea Intermediate
Day:	Friday
Session II:	November 10 - December 8 (No Class November 24)
Age/Time:	5 - 8 years/5:00 - 5:45 pm
Age/Time:	9 - 12 years/6:00 - 7:00 pm
Fee:	\$75/NR \$80
Min/Max:	6/12

BASKETBALL SKILLS CLINIC

This clinic is for players that want to get ready for the basketball season by doing more intensive drills. We will focus on helping athletes improve their skills and develop their talent by learning basic practice drills and emphasizing the fundamentals. Workouts will be directed more for the individual player to get as much work in as they can.

Instructor:	Dave Esterkamp & Ranch Training Staff
Location:	The Ranch Sports Club 7703 West Steger Road, Frankfort
Day:	Tuesday - Thursday
Date:	January 2 - 4
Time:	9:00 - 11:30 am
Age:	8 - 14 years
Fee:	\$105/NR \$110
Min/Max:	6/20



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.

Instructor:	Dave Esterkamp & Ranch Training Staff
Location:	Grand Prairie (North Entrance Door #10)
Day:	Wednesday
Date:	October 18 - November 29 (No Class November 22)
Time:	5:00 - 5:45 pm
Age:	4 - 6 years
Fee:	\$69/NR \$74
Min/Max:	6/20

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.

Instructor:	Dave Esterkamp & Ranch Training Staff
Location:	Grand Prairie (North Entrance Door #10)
Day:	Wednesday
Date:	October 18 - November 29 (No Class November 22)
Time:	6:00 - 6:45 pm
Age:	7 - 14 years
Fee:	\$69/NR \$74
Min/Max:	8/16

FLAG FOOTBALL

Give your child the perfect introduction to America's favorite game with Skyhawks Flag Football Fueled by USA Football. Participants learn fundamentals like passing, receiving, kicking and flag pulling in a fun, positive environment.

Instructor:	Skyhawks Staff
Location:	Chelsea Intermediate
Day:	Thursday
Date:	November 2 - 30 (No Class November 23)
Age/Time:	4 - 6 years/5:00 - 5:45 pm
Age/Time:	7 - 12 years/6:00 - 7:00 pm
Fee:	\$75/NR \$80
Min/Max:	6/12

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:	Chelsea Intermediate School
Day:	Wednesday
Date:	November 8 - December 6 (No Class November 22)
Time:	6:00 - 7:00 pm
Age:	6 - 13 years
Fee:	\$60/NR \$65
Min/Max:	6/12

SHOOTING CAMP

Join us for this 2-day camp where players will improve and work on their shooting skills. We will work on shooting off the dribble, coming off screens, and spot up shooting.

Instructor:	Dave Esterkamp & Ranch Training Staff
Location:	The Ranch Sports Club 7703 West Steger Road, Frankfort
Day:	Wednesday & Thursday
Date:	December 27 & 28
Time:	9:00 - 11:00 am
Age:	6 - 14 years
Fee:	\$55/NR \$60
Min/Max:	6/20

MLK DAY BASKETBALL DAY CAMP

All the high intensity drills used in the Elite Basketball Training Program built into a one-day camp. Participants will be taught the keys to achieving their personal goals as well as focusing on the different skills of the game, such as footwork, speed and agility. Lunch is included in the fee. Please list any food allergies at the time of registration.

Instructor:	Dave Esterkamp & Ranch Training Staff
Location:	Chelsea Intermediate School
Day:	Monday
Date:	January 15
Time:	9:00 am - 3:00 pm
Age:	6 - 14 years
Fee:	\$90/NR \$95
Min/Max:	8/20

HORSEBACK RIDING LESSONS

Get up and go! It's time to ride at Nova Quarter Horses! Fun for all ages at any riding level, no previous experience is needed. Come out to learn both Western and English disciplines taught by our highly qualified trainers and instructors. We offer both an indoor and outdoor arena, so Nova is able to offer lessons year-round. A 5-lesson card includes 5 individual one hour group lesson. Helmets are available at a parent's request. Once you register for your lessons at the Park District, call Nova to schedule your lessons at (708) 479-3696. There is a limit of one 5-lesson card per family. Jeans or boots or hard-soled shoes are required. Riders must be ages 7 years & older.

Location:	Nova Quarter Horse, Inc 10129 W. 187th Street, Mokena IL (708) 479-3696
Age:	6 years & older
Fee:	\$275/five 1- hour lessons/Lessons are offered 6 days a week. Please contact Nova Quarter Horse to schedule your lesson.
Min/Max:	Open

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 required to make this program successful.

***Registration Deadline September 11. NO refunds will be given after the registration deadline. A \$15 late fee will be charged after the deadline.**

***Volunteer coaches meeting will be held at Roma Sports Club on Monday, October 2 @ 6:30 pm.**

Location: ROMA Sports Club

9115 Roma Ct, Frankfort

Day: Monday Practices & Saturday Games*

Date: October 9 - December 16

(No Practice November 20) &

(No Games October 14 & November 25)

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

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

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

Fee: \$139/NR \$144

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



Team Sideline

The Frankfort Park District is using Team Sideline to manage the Indoor Flag Football League. This means each Frankfort Park District Flag Football Team has its own Team Sideline Team Site and each site will include the coaches' information and the team roster. Dates, times, and locations of practices and scrimmages are also added as they are published. Please be sure to add no-reply@team-sideline.com to your approved senders list to avoid communication issues.

Volunteer Coaches

Volunteer parent coaches are required to ensure the successful operation of this league. If you are interested in volunteering please fill out the volunteer coaches' registration at <https://www.teamsideline.com/Frankfort>.

There will be a volunteer coaches meeting at Roma Sports Club on Monday, October 2 at 6:30pm.



YOUTH BASKETBALL LEAGUE

REGISTRATION DEADLINE: November 9th (based on availability)

Sponsored by:



Our Youth Basketball League is created for children entering 1st-8th grades.

This League is designed for participants to learn and utilize the fundamental skills of basketball in game situations. Each team will be led by a volunteer coach, who will provide instruction on basic basketball fundamentals, while creating a fun and positive teaching environment. In addition to the focus of basketball skills development, our program offers children the opportunity to interact with both peers and coaches, learn good sportsmanship and how to work as part of a team. Please bring a basketball to each practice. Each player will receive a jersey.

Please Note: Player requests (aside from siblings) will NOT be honored, in our efforts to keep teams on equal levels. Grades 1st-2nd and 3rd-4th will have no score keeping or playoffs. Grades 5th-6th and 7th-8th will keep score and will have playoffs. All grade levels will prioritize player/skill development over winning games in this league.

REGISTRATION DEADLINE: November 9th (based on availability) - NO refunds will be given after the registration deadline. A \$15 late fee will be charged if registered after November 9th.

GRADE	LOCATION	PRACTICE DAY	GAME DAY*	DATES	FEE
1 st - 2 nd Co-Ed	Grand Prairie	Thursday	Saturday	December 7 - March 9	\$139/\$144
3 rd - 4 th Co-Ed	Grand Prairie	Tuesday	Saturday	December 5 - March 9	\$139/\$144
5 th - 6 th Boys	Chelsea Intermediate	Tuesday	Saturday	December 5 - March 16	\$145/\$150
5 th - 6 th Girls	Chelsea Intermediate	Tuesday	Saturday	December 5 - March 16	\$145/\$150
7 th - 8 th Boys	Chelsea Intermediate	Thursday	Saturday	December 7 - March 16	\$145/\$150
7 th - 8 th Girls	Chelsea Intermediate	Thursday	Saturday	December 7 - March 16	\$145/\$150

*Games will begin on Saturday, January 20. Game locations will vary and will be noted on the schedule that will be available after the first practice. Team rosters, practice and game schedules along with rules for the league will be available to the Head Coach and will be distributed at the Coaches Meeting on November 28 at 6:30pm

Location: Grand Prairie & Chelsea Intermediate
 Days: Practices Tuesday or Thursday & Saturday Games
 Dates: December 5 - March 16 (Games will begin January 20)
 Time: To be announced
 Fee: 1st-4th Grade: \$139/NR \$144
 5th-8th Grade: \$145/NR \$150
 *A late fee of \$15 will be added if registered after the registration deadline of November 9th

REGISTRATION GUIDELINES

Registration for the Youth Basketball League is now available online as well as in person at the Founders Community Center. For questions, please contact the Frankfort Park District at 815-469-9400.

TEAM SIDELINE

The Frankfort Park District is using TeamSideline to manage the Youth Basketball League teams this season. This means each Frankfort Park District Youth Basketball League team has its own TeamSideline Team Site - and each Team Site will include the Coach information and roster of players. Dates, times and locations for practices and scrimmages are also added as soon as they are available to be published. Please be sure to add no-reply@teamsideline.com to your approved senders list on your email to avoid communication issues.

VOLUNTEER COACHES

Volunteer parent coaches are required to ensure the successful operation of this program. If interested in volunteering, please fill out the volunteer coach registration online at www.teamsideline.com/sites/frankfort/home. There will be a coaches meeting on Tuesday, November 28th at the Founders Community Center at 6:30 pm.



GENERAL INFO

Team rosters, practice schedules and rules for the league will be available to the Head Coach Only on November 28th and will be distributed at the informational coaches meeting. Rosters and schedules will be released to parents through TeamSideline following the coaches meeting.



MEN'S FALL 12" SOFTBALL LEAGUE

Get a group of friends together and enjoy this Recreational Men's Softball League. The league will consist of 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 Wednesday nights starting at 6:30 pm. Cash prizes will be awarded to the post season tournament champion. A non-refundable \$100 deposit is due at signup to hold your spot in the league. The balance is due on Wednesday, August 9 to ensure placement into the league. Please Note: Your team must have over 50% Frankfort residents on your roster to be considered for Resident Rate. Team packets, rules and softballs will be available on Wednesday, August 16 for pickup at the Founders Community Center, 140 Oak Street.

Location: Commissioners Park
Day: Wednesday
Date: August 23 - October 11*
Playoffs October 18
Time: Games start at 6:30 pm
Age: 18 years & older
Fee: \$550/NR \$600
Min/Max: 6/8

***Registration going on now! Advertised in the Summer brochure.**

MENS' BASKETBALL LEAGUE

Sign up now for this exciting league. Team registrations only, no individual sign ups. League will consist of 7 regular season games with (2) twenty-minute halves (running clock). League fee includes gym usage, referee fee and Prize Money! A non-refundable \$100 deposit is due at signup to hold your spot in the league. An information packet and rules will be available at time of sign-up. Rosters are limited to 12 players per team. Length of league will be determined by the number of teams. Grab your buddies; it will be a Slam Dunk! *All teams must provide their own numbered jersey or t-shirt.

Registration Deadline: September 8

Location: Lincoln Way East
Day: Thursday
Date: September 21 - November 2
Playoffs November 9
Time: Games start at 7:00 pm
Age: 18 years & older
Fee: \$550/NR \$600
(includes regular season/playoffs)
Min/Max: 6/8 Teams

PICKLEBALL CLINIC

Come and learn about the growing sport of pickleball at this 1-day clinic! Jeff Cederna is a Certified PPR Pickleball Pro and Clinician, and he will be teaching the basic skills of Pickleball & the rules of play. Invite your friends and get excited to play! Pre-registration is required.

Instructor: Jeff Cederna
Location: Commissioners Park Pickleball Courts
Day: Tuesday
Date: September 12
Time: 5:30 - 7:30pm
Age: 18 years & older
Fee: \$24 per person
Min/Max: 8/12



ADULT GOLF LESSONS

AT WHITE MOUNTAIN GOLF COURSE

Golf Lessons will be taught by Dennis Piotrowski, PGA Golf Professional and his staff. All students receive instruction in a group format, including proper grip, stance, full swing, pitching and rules of the game. A \$6.00 range ball fee will be payable to the instructor at each class. Students are to bring a 7-iron to the first class.

Instructor: Dennis Piotrowski
Location: White Mountain Golf Course
9901 West 179th St, Tinley Park
Day: Thursday
Session I: September 14 - October 5
Session II: October 12 - November 2
Time: 5:30 - 6:30 pm
Age: 16 years & older
Fee: \$79/NR \$84
Min/Max: 4/8

FRANKFORT/NEW LENOX RUNNING CLUB

Come on Frankfort, let's get moving! Running is a lot more fun when you have people 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.

ADULT INDIVIDUAL LEAGUE SIGN-UP LIST

Want to play on one of our adult sport leagues, but you don't have a team? Register yourself on our individual players list. If a team is looking for players or we have enough players to organize a team we will do the work for you! Please be sure to specify which league you are interested in at your time of registration.



Fitness Programs

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
Day:	Monday & Wednesday
Session I:	August 23 - October 2 (No Class September 4 & 6)
Session II:	October 9 - November 8
Session III:	November 13 - December 13
Time:	9:30 - 10:30 am
Age:	30 years & older
Fee:	\$55
Min/Max:	15/30



PILATES

Pilates is a type of exercise that focuses on movements that stabilize and strengthen the core while improving flexibility, mobility, strength, and body awareness. Come enjoy a beneficial and fun class. Please bring a water bottle and mat.

Instructor:	Nancy Richmond
Location:	Founders Community Center
Day:	Monday
Session I:	September 11 - October 23 (No Class October 9)
Session II:	November 6 - December 18 (No Class November 20)
Session III:	January 8 - February 12
Time:	11:15 am - 12:15 pm
Age:	18 years & older
Fee:	\$60/NR \$65
Min:	6/20

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
Session I:	September 11 - October 16
Session II:	October 23 - December 4 (No Class November 20)
Session III:	December 11 - January 22 (No Class December 25 & January 1)
Time:	6:15 - 7:00 pm OR 7:15 - 8:00 pm
Age:	16 years & older
Fee/Session I & II:	\$52/NR \$57 (6 weeks)
Fee/Session III:	\$43/NR \$48 (5 weeks)
Min/Max:	6/10

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 is 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, LMT, 200 CYT
Location:	Founders Community Center
Day:	Tuesday &/OR Thursday
Session I:	September 12 - October 19 (No Class October 3 & 5)
Session II:	October 31 - December 14 (No Class November 21 & 23, December 5 & 7)
Session III:	January 2 - February 8
Time:	8:30 - 9:30 am
Age:	16 years & older
Fee/Session I & II:	\$43/NR \$48 (1x/week for 5 weeks) \$60/NR \$65 (2x/week for 5 weeks)
Fee/Session III:	\$52/NR \$57 (1x/week for 6 weeks) \$72/NR \$77 (2x/week for 6 weeks)
Min/Max:	6/20



STRETCH IT OUT WITH YIN YOGA

Yin Yoga is designed to reach deep into the fascial system, releasing muscular tension, energy and holding patterns. Yin is a sequence of passive floor postures that flow together, each gentle posture is held for 3 to 5 minutes. Benefits of regular practice include improved circulation and flexibility, calms and balances the mind and body, reduces stress and anxiety, and improves joint mobility. Equipment needed: yoga mat, blocks and strap or belt.

Instructor:	Laurie Myers, CPT, PTA, LMT, 200 CYT
Location:	Founders Community Center
Day:	Tuesday
Session I:	September 12 - October 17 (No Class October 3)
Session II:	October 31 - December 12 (No Class November 21 & December 5)
Session III:	January 2 - February 6
Time:	9:45 - 10:45 am
Age:	18 years & older
Fee/Session I & II:	\$43/NR \$48 (5 weeks)
Fee/Session III:	\$52/NR \$57 (6 weeks)
Min:	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.

Instructor:	Nancy Richmond
Location:	Founders Community Center
Day:	Tuesday
Session I:	September 12 - October 17
Session II:	November 7 - December 19 (No Class November 21)
Session III:	January 2 - February 6
Time:	8:15 - 9:15 am
Age:	21 years & older
Fee:	\$60/NR \$65
Min/Max:	6/20

BONES, BALANCE, AND STRENGTH

This hour-long movement-based class is designed to help improve strength, balance, and posture. To help improve bone density, reduce the risk of falls, and to help maintain independence all while having fun. Please bring a mat and a water bottle.

Instructor:	Nancy Richmond
Location:	Founders Community Center
Day:	Tuesday &/OR Thursday
Session I:	September 12 - October 19
Session II:	November 7 - December 21 (No Class November 21 & 23)
Session III:	January 2 - February 8
Time:	9:30 - 10:30 am
Age:	18 years & older
Fee:	\$45/NR \$50 (1x/week) \$65/NR \$70 (2x/week)
Min/Max:	10/25

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.

Instructor:	Nancy Richmond
Location:	Founders Community Center
Day:	Thursday
Session I:	September 14 - October 19
Session II:	November 9 - December 21 (No Class November 23)
Session III:	January 4 - February 8
Time:	8:15 - 9:15 am
Age:	18 years & older
Fee:	\$60/NR \$65
Min/Max:	6/20

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. All equipment will be provided. Bring a water bottle and dress to move comfortably and sweat.

Instructor:	Kim Bennett
Location:	Founders Community Center
Day:	Thursday
Session I:	September 14 - October 19
Session II:	October 26 - December 7 (No Class November 23)
Session III:	December 14 - January 25 (No Class December 28)
Time:	7:45 - 8:30 pm
Age:	16 years & older
Fee:	\$52/NR \$57
Min/Max:	6/12

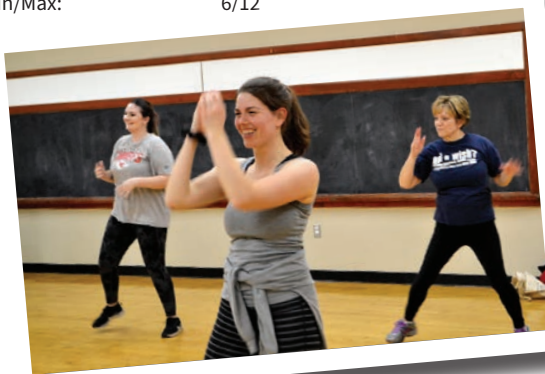


Follow us on social media for information on . . .
upcoming Park District happenings.

WERQ DANCE FITNESS

WERQ is a fiercely fun cardio dance fitness class based on pop, rock, and hip-hop music. The warmup previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses. No dance experience required. Moderations to moves will be shown during class. WERQ is taught by Certified Fitness Professionals, so the WERQout is safe and effective. Please bring a water bottle and towel to class.

Instructor:	Holly Auskalnis
Location:	Founders Community Center
Days:	Tuesday
Session I:	September 19 - October 24
Session II:	November 7 - December 19 (No Class November 21)
Time:	7:15 - 8:15 pm
Age:	18 years & older
Fee:	\$50/NR \$55
Min/Max:	6/12

**TAI CHI CHUAN (BEGINNER)**

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:	Wednesday
Date:	October 25 - December 6 (No Class November 22)
Time:	6:30 - 7:30 pm
Age:	21 years & older
Fee:	\$45/NR \$50
Min/Max:	6/12

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

Instructor:	Joanna Zapata, FIT4MOM Instructor
Location:	Founders Community Center
Day:	Friday
Date:	November - May
Time:	9:45 - 10:45 am
Age:	18 years & older

TAI CHI CHUAN (ADVANCED)

Advanced Tai Chi class is a continuation of the beginning class. Students enrolling should have taken the beginning class in the near past. Others who have a history learning the Yang Style short form can also attend. Along with learning the postures, students will learn the internal principles of Tai Chi. Learning the complete form is vital for obtaining the many health benefits attributed to Tai Chi.

Instructor:	Wayne Jupiter
Location:	Founders Community Center
Day:	Wednesday
Date:	October 25 - December 6 (No Class November 22)
Time:	7:30 - 8:30 pm
Age:	21 years & older
Fee:	\$45/NR \$50
Min/Max:	6/12

**JAZZERCISE****FEEL AMAZING. AND LOOK EVEN BETTER!**

Are you ready for the ultimate confidence infusion? Channel your inner pop diva in the original dance party workout. Blending dance with Pilates, yoga, kickboxing and strength training, one 55-minute session can burn up to 800 calories. The results? Long, lean muscles and an undeniable mood boost! We offer it all! In person classes, on-line classes or combine them and do a little of both. We are launching a new online platform that not only will offer access to classes but will also offer nutritional information and recipes. It's an "All Access Pass" to help you reach your goals in 2023!

Cardio Sculpt includes high-energy dance cardio, followed by strength training. Power Sculpt blends heart-pumping bursts of dance cardio with powerful strength training, followed by a specialized toning segment. Sculpt focuses on strength training to build strong, lean muscles.

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 a location" and type in Frankfort, IL. Questions? Send a text or call Karen at 815-585-5376 or email karenjazz1991@gmail.com.

Instructors:	Karen Labriola, Certified Instructor Deb Klir, Certified Instructor Chris Beissel, Certified Instructor
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Location:	Founders Community Center
Day/Time:	Mon - 6:00 pm - Power Sculpt 60 (low impact) Tues - 6:00 pm - Cardio Sculpt 60 Wed - 8:30 am - Cardio Sculpt 60 Wed - 6:00 pm - Power Sculpt 60 (low impact) Thurs - 6:00 pm - Sculpt 45 Fri - 8:30 am - Cardio Sculpt 60 Sat - 8:45 am - Power Sculpt 60 (low impact) Sat - 9:40 am - Sculpt 30

Fee:	\$20/single visit \$73.99 per month for all access pass
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Prices are subject to change.

Visit jazzercise.com for current pricing information.

Adult Programs



35

Adult Programs

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:	Boot Scootin' Judy Rice
Location:	Founders Community Center
Day:	Monday
Session I:	September 11 - October 16
Session II:	October 30 - December 11 (No Class November 20)
Beginner:	6:25 - 7:30 pm
Advanced:	7:30 - 8:35 pm
Age:	16 years & older
Fee:	\$48/NR \$53 per person
Min/Max:	8/20

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. Zoom login information will be emailed to participants before the first class.

Instructor:	Language in Action
Location:	Zoom Platform
Day:	Wednesday
Session I:	September 13 - October 18
Session II:	October 25 - November 29
Session III:	December 6 - January 10
Time:	6:00 - 7:00 pm
Age:	18 years & older
Fee:	\$77/NR \$82

ZOOM ADULT ASL (AMERICAN SIGN LANGUAGE)



Interested in learning the basics of American Sign Language or communicating with your young child through signing?

Join us from the comfort and convenience of your living room as you learn to sign in a fun, interactive and lively environment. Each session covers new material. Taught live on the Zoom platform by a Language in Action instructor. Zoom login information will be emailed to participants before the first class.

Instructor:	Language in Action
Location:	Zoom Platform
Day:	Wednesday
Session I:	September 13 - October 18
Session II:	October 25 - November 29
Session III:	December 6 - January 10
Time:	7:00 - 8:00 pm
Age:	18 years & older
Fee:	\$75/NR \$80

MANDALA ROCK PAINTING

Learn how to draw and design your own mandala on a large smooth rock (or you can opt to use a small canvas or heavy art paper). All materials are included.

Instructor:	Kim Bennett
Location:	Founders Community Center
Day:	Wednesday
Date:	September 20
Time:	6:00 - 7:30 pm
Age:	18 years & older
Fee:	\$30/NR \$35
Min/Max:	5/12

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
Date:	September 21 - October 12
Time:	7:00 - 8:00 pm
Age:	18 years & older
Fee:	\$45/NR \$50 per person
Min/Max:	12/20

UPHOLSTERY CLASS

Do you have an upholstered chair, ottoman or dining room chair that you cannot part with because it belonged to a relative, is an antique or you thought someday you would have it redone? This class is for you! Learn how to up-cycle old furniture back to usable again. This is a hands-on class, so while you work on your piece, you will learn how to take apart, repair, refurbish and reupholster furniture. There is storage available for furniture projects during the class term.

Instructor:	Eileen Ficek
Location:	Lincoln-Way North Wood Shop Please use Field House Entrance
Day/Time:	Tuesday/11:00 am - 2:00 pm
Date:	September 26 - November 7
Day/Time:	Wednesday/6:15 - 9:15 pm
Date:	September 27 - November 8
Age:	18 years & older
Fee:	\$162/NR \$167
Min/Max:	2/4

VIRTUAL PROGRAMS

Look for this symbol



Virtual Only Program

new

FALL CIRCULAR DOOR SIGN

Refresh your door with this Fall circular door sign. Enjoy this modern approach to a traditional favorite for years to come. An overview of bow making techniques will also be discussed. All supplies including paint, door sign base, ribbon, etc. are included. Choose from 2 styles: Hello Fall or Hey Y'all it's Finally Fall.

Instructor: Deniera Burks
Location: Founders Community Center
Day: Wednesday
Date: October 4
Time: 6:00 - 8:00 pm
Age: 18 years & older
Fee: \$50/NR \$55
Min/Max: 7/20

new

WHY IS IT SO HARD TO SAY NO TO SUGAR?

Are you finding that you are eating too many sweet treats lately? Do you find it is difficult to say no to pastries, cookies or candy? Research has proven that when you eat foods high in sugar, the brain releases large amounts of neurochemicals that make you feel good initially but causes increased cravings later. Let's explore ways to cut back and overcome this love for sugar and try a few "healthier" options.

Instructor: Christine Rosandich, MS,
 Nutrition & Wellness Program Manager,
 The Cancer Support Center
Location: Founders Community Center
Day: Tuesday
Date: October 10
Time: 6:00 - 7:00 pm
Age: 18 years & older
Fee: FREE (must pre-register)
Min/Max: 10/30



Sponsored by: THE Cancer Support CENTER

new

EMPOWERMENT & MOVEMENT

This dance class incorporates elements of Street Jazz, Funk, Feminine Movement, and Hip Hop. In each class, you will learn a combo, with emphasis on free expression and empowerment of oneself. As a choreography-focused course, this class doesn't fully drive into technique breakdown as much however, it will be talked about. Movement is therapeutic to the body, it's more than just a dance class; it's an experience that can uplift your spirit. Gives you a cardio boost, endorphin high, confidence and a chance to meet new friends.

Instructor: Brooke Richmond
Location: Founders Community Center
Day: Tuesday
Date: October 10 - November 14
Time: 6:30 - 7:30 pm
Age: 18 years & older
Fee: \$55/NR \$60
Min/Max: 8/12



Follow us on social media for information on . . .
 upcoming Park District happenings.

new

MAKING BRACELETS ON A BEAD LOOM

Learn to create beautiful, beaded bracelets on a bead loom using your choice of colorful seed beads, a beading needle, beading thread and an adjustable lobster claw and chain closure. This class is suitable for beginners. Participants will go home with a bracelet and detailed instructions so they can recreate them at home. All materials are included.

Instructor: Whimsy Beadworks
Location: Founders Community Center
Day: Monday
Date: October 23
Time: 6:00 - 8:30 pm
Age: 14 years & older
Fee: \$50/NR \$55
Min/Max: 3/6

NIGHT PHOTOGRAPHY

Join us to learn how to shoot amazing night photos by controlling exposure and light. We will discuss camera settings, how and when to use the settings, types of camera gear for night photos, and using a shutter release remote to shoot long exposures. Learn how to shoot at night so you won't have to edit the photos or learn how to enhance your night photos. Please bring your camera to class.

Instructor: Laurie Piton
Location: Founders Community Center
Day: Monday
Date: October 23 & 30
Time: 6:00 - 8:00 pm
Age: 18 years & older
Fee: \$90/NR \$95
Min/Max: 2/12

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: Thursday
Date: October 26 - November 16
Time: 7:00 - 8:00 pm
Age: 18 years & older
Fee: \$45/NR \$50 per person
Min/Max: 10/20

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.

new

HEALTH CARE IN RETIREMENT

This program is an in-depth discussion on Health Care in Retirement. The instructor will go into detail on the different parts Medicare: Parts A (Hospital Insurance), Part B (Medical Insurance), Part C (Medicare Advantage Plans) and Part D (Prescription Plans). The instructor will provide an in-depth analysis of Medicare Supplements and the different plans that are available. Students will also receive an overview of long-term care insurance and the four most common strategies used to protect yourself from the high costs of long-term care.

Instructor: **Bentron Financial Group**
Location: Founders Community Center
Day: Wednesday
Date: November 1
Time: 7:00 - 8:00 pm
Age: 18 years & older
Fee: FREE (must pre-register)
Min/Max: 6/15

FREE

new

TREE COLLAR

Create the perfect accessory for your Christmas Tree this year with your custom made 3-sided collapsible tree collar that will accommodate a 6–8-foot tree. You will choose from 4 styles. The 3-sided collar is perfect to slide into an existing tree. All supplies will be provided to create your finished project. Styles include Santa Belt, Farmhouse, Merry Christmas, Happy Holidays, Joy

Instructor: **Deniera Burks**
Location: Founders Community Center
Day: Wednesday
Date: November 8
Time: 6:00 - 8:00 pm
Age: 18 years & older
Fee: \$57/NR \$62
Min/Max: 7/20

LEARN ADOBE PHOTOSHOP ELEMENTS FOR BEGINNERS

Do you want to learn how to improve your images once you download to the computer? Do you need help starting the downloading first? You will learn the different edit modes to make editing faster and simpler. But what if you want to dive into editing your photos even more? For example, making the photo part black and white? Or blurring a background of the photo that just did not blur that much? This is the class for you! Come join this class to learn all the different ways to edit your photos and improve them or get really creative with the photo! Zoom Login information will be emailed before the first class. Note: Participants will need their own computer with Adobe Photoshop Elements installed.

Instructor: **Laurie Piton**
Location: Zoom Platform
Day: Wednesday
Date: November 29 - December 13
Time: 6:00 - 8:00 pm
Ages: 18 years & older
Fee: \$90/NR \$95
Min/Max: 2/12

new

WEST COAST SWING FOR BEGINNERS

Enjoy the stylist, sophisticated dance of the West Coast Swing. It is danced in a slot to moderate tempo blues, R & B and contemporary music. It is the smoother, sexier version of the swing dance family. We will be focused on basic patterns, lead/follow and timing.

Instructor: **Becky Simon**
Location: Founders Community Center
Day: Thursday
Date: November 30 - December 14
Time: 7:00 - 8:00 pm
Age: 18 years & older
Fee: \$34/NR \$39 per person
Min/Max: 10/20

new

HOW TO MANAGE STRESS AND EATING HEALTHY DURING THE HOLIDAYS

Sticking to a healthy eating plan to maintain or lose weight can be challenging, especially during the holidays when our stress levels can be at their highest. The physical changes associated with stress can make us more vulnerable to emotional eating or eating to cope with feelings. Stress hormones, such as adrenaline and cortisol, interact with insulin levels and hunger hormones, which can lead to urges to eat high fat, high sugar foods. We will create a healthy eating plan that includes holiday treats and desserts plus tips for telling the difference between stress cravings and physical hunger.

Instructor: **Christine Rosandich, MS,**
Nutrition & Wellness Program Manager,
The Cancer Support Center

Location: Founders Community Center
Day: Wednesday
Date: December 6
Time: 6:00 - 7:00 pm
Age: 18 years & older
Fee: FREE (must pre-register)
Min/Max: 10/30

FREE

Sponsored by:

**DESIGN YOUR OWN HOLIDAY CHARCUTERIE BOARD**

Learn how to design and assemble a lovely holiday themed Charcuterie Board. You will be able to take your board home filled with assorted meats, cheeses and fruits that will impress all your friends and family.

Instructor: **Lesley Shworles**
Location: Founders Community Center
Day: Wednesday
Date: November 15
Time: 6:00 - 8:00 pm
Age: 18 years & older
Fee: \$75/NR \$80
Min/Max: 6/9

**VIRTUAL PROGRAMS**

Look for this symbol



Virtual Only Program



Senior Programs

WALKING CLUB

If it is too hot or cold to walk outside, then join us indoors and become a member of our senior walking club. Although registration is free, you must fill out a registration form to become a member. *Days/times are subject to change. Please check the calendar for availability.

Location: Founders Community Center
 Day: Monday - Friday
 Date: Year-round *
 (Calendars available at the office)
 Time: 11:00 am - 3:00 pm
 Age: 55 years & older
 Fee: FREE



SECRETARY OF STATE'S MOBILE DRIVERS' UNIT & I-CASH

This is a one-day program that consists of:

Rules of the Road - a review of the current traffic laws and the information that is needed to obtain a new or renew a Driver's License. No written test will be given. Pre-registration required.

Vision Screening - for anyone who is renewing a Driver's License within 90 days of the date of the program. After passing the screening, you are given a certificate that will enable you to bypass the vision screening when you renew your license.

Mobile Drivers Facility - a person can obtain a new or renew the Illinois Identification Card, renew a Driver's License (must be under 75 years old, no road test given) and register to vote.

No written test will be given. Real ID's are NOW available at the mobile driver's facility by appointment only.

Location: Founders Community Center
 Day/Date: Wednesday, September 6
 Time: Rules of the Road: 10:00 am - 12:00 pm*
 *Pre-registration required
 Vision Screening: 10:00 am - 2:00 pm
 Mobile Drivers Facility: 10:00 am - 2:00 pm
 Fee: Rules of the Road - FREE
 Vision Screening - FREE
 There will be a charge for the licenses and ID Cards

Note: To apply for or renew a Driver's License, you must provide acceptable identification to verify your name, date of birth, Illinois residence, social security number and signature. To apply for an Illinois Identification Card, you must present a birth certificate, social security card and proof of address. **If you have any questions, please call the Toll Free Hotline, 1-800-252-2904.**

I-CASH ILLINOIS

A representative from the Illinois State Treasurer Department will be on-site to check for unclaimed funds.



FOUNDERS J.O.Y. (JUST OLDER YOUTH) CLUB

Introducing our weekly senior drop-in program at the Founders Center. There will be weekly activities or feel free to play some board games, cards, read or just chat with friends. Make this space your own! There will coffee and tea weekly. Ask for a monthly calendar.

Location: Founders Community Center
 Day: Wednesday
 Date: September 13 - December 13
 Time: 11:00 am - 12:30 pm
 Age: 55 years & older
 Fee: \$5 membership
 Min/Max: 10/25

WALKING WEDNESDAY

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 conversation. Pre-registration required. Park locations will be given at first walk.

Location: Main Park
 Day: Wednesday
 Date: September 20 - October 18
 Time: 1:00 - 2:00 pm
 Age: 50 years & older
 Cost: FREE (Pre-registration Required)
 Min/Max: 8/25



SENIOR FALL LUNCHEON

Celebrate the coming of fall with your friends and an afternoon of delicious food and live entertainment. After lunch, enjoy more entertainment, socializing and dessert. Don't miss out on this special day!

Registration Deadline: October 3

Location: Founders Community Center
 Day: Friday
 Date: October 6
 Time: 12:00 - 2:00 pm
 Age: 55 years & older
 Fee: \$7
 Min/Max: 50/80

Sponsored by:



CLARENDALE
MOKENA

new

AUTUMN HARVEST DAY

Fall leaves, pumpkin pie and a hayride! What else says Fall more than that? Join us for an afternoon riding on the hay wagon around Downtown Frankfort. Afterwards, enjoy some hot cider and pumpkin pie at the Founders Center.

Registration Deadline: October 12

Location: Founders Community Center
 Day: Tuesday
 Date: October 17
 Time: 12:00 - 1:30 pm
 Age: 55 years & older
 Fee: \$5
 Min/Max: 10/25

new

SUNRISE SENIOR LIVING TRAVELING BINGO

Do you love bingo and want to have some fun with friends? Join us and the staff from Sunrise Senior Living as part of their traveling bingo. We will play several games for a chance to win prizes. Refreshments will be served.

Registration Deadline: October 20

Location: Founders Community Center
 Day: Thursday
 Date: October 26
 Time: 12:00 - 2:00 pm
 Age: 55 years & older
 Fee: FREE
 Min/Max: 40/80

Sponsored by:

**SENIOR LUNCH BUDDIES**

Looking for something fun to do and meet new people in the community? Join the Park District for a monthly activity and lunch. This is a great way to stay active and social.

Location: Founders Community Center
 Day: Friday
 Date/Activity: November 17/Candy Bar Bingo & Boxed Sub Sandwich
 Date/Activity: December 15/Christmas Vacation & Pizza (Ugly Christmas Sweater Day)
 Time: 12:00 - 2:00 pm
 Ages: 55 years & older
 Fee: \$5 per date
 Min/Max: 8/20

Sponsored by:



30th ANNUAL Holiday Craft Show

Saturday

November 11

9:00 am - 3:00 pm

Founders Community Center

140 Oak Street

FREE ADMISSION

**SENIOR CARD GAME GROUPS**

For more information, please call 815-469-9400

BRIDGE SOCIAL GROUP

Did you know the Park District has a Bridge group that meets once 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 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 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

OKTOBERFEST AT BROOKFIELD ZOO Brookfield, IL

Celebrate Oktoberfest at Brookfield Zoo! Zoogoers can toss on their lederhosen and enjoy live polka music beginning at 11:00am. Oktoberfest beer, along with a seasonal menu with bratwurst, sausages, pretzels with cheese and more will be available for purchase. While you are there, check out the over 2,000 animals that call Brookfield Zoo home. At Brookfield Zoo, you can get up close and personal with some of the animal kingdom's most awe-inspiring creatures, like tigers, dolphins, kangaroos, zebras, bald eagles, snow leopards, penguins, and so much more.

Registration Deadline: September 5

Day/Date: Saturday, September 23
Departure: 9:00 am from Founders Community Center
Return: 3:30 pm (Approximately)
Fee: \$69 (Fee includes admission and transportation)
Max: 12

LITTLE SHOP OF HORRORS – PARAMOUNT THEATRE Aurora, IL

From songwriters Howard Ashman and Alan Menken, the genius duo behind Aladdin, The Little Mermaid and Beauty and the Beast, comes the doo-wop R&B sensation Little Shop of Horrors. Join us on Skid Row as meek and mild Seymour Krelborn eeks out a living at the failing Mushnik's Flower Shop. Until one day, he discovers a strange and unusual plant he names Audrey II – one that feeds on human blood. Seymour becomes caught up in a wild scheme of trying to acquire fresh blood for his carnivorous plant – all while attempting to save the love of his life from her evil dentist boyfriend. Little Shop of Horrors is a wild ride filled with some of the catchiest songs including "Suddenly Seymour" and "Supertime." But remember...DON'T FEED THE PLANTS! Before the show, we will enjoy a delicious catered lunch in the Theatre ballroom.

Registration Deadline: September 11

Day/Date: Wednesday, October 4
Departure: 10:45 am from Founders Community Center
Return: 5:30 pm (Approximately)
Fee: \$115 (Fee includes transportation, ticket, and lunch)
Max: 12

FOR ONLINE REGISTRATION
please visit
www.frankfortparks.org



Follow us on social media for information on . . .
upcoming Park District happenings.



DENNY DIAMOND AT WHITE FENCE FARM Romeoville, IL

Join us and experience "Two Boys from Brooklyn – Neil Diamond and Barry Manilow", a performance featuring selections from the vast musical library of two of Brooklyn's favorite singer-songwriters! Before the show enjoy White Fence Farm's famous four-piece chicken dinner, homemade corn fritters, baked potato, cottage cheese, kidney bean salad, coleslaw, pickled beets, and a choice of one beverage coffee, tea, or soft drink. A cash bar is available.

Registration Deadline: September 15

Day/Date: Thursday, October 19
Departure: 10:00 am from Founders Community Center
Return: 4:15 pm (Approximately)
Fee: \$68 (Fee includes transportation, performance, lunch, and gratuity)
Max: 12

CINDERELLA AT DRURY LANE Oak Brook, IL

Once upon a time in a faraway land, a young woman wished for a life as beautiful as a fairytale. Experience the classic Rodgers + Hammerstein adaptation of Cinderella this holiday season. Featuring the beloved songs "In My Own Little Corner," "Impossible/It's Possible," and "Ten Minutes Ago," this magical musical is sure to entrance families of all ages. Before the show, we will enjoy a delicious lunch. Meal choices are Roasted Turkey or Fresh Filet of Salmon.

Registration Deadline: October 6

Day/Date: Wednesday, November 15
Departure: 9:45 am from Founders Community Center
Return: 5:00 pm (Approximately)
Fee: \$115 (Fee includes transportation, performance, lunch, and gratuity)
Max: 12

SWEET REMINDERS OF CHRISTMAS AT JACOB HENRY MANSION

Joliet, IL

Celebrate the cheerful sounds of the season, as only Sweet Reminder can deliver them! Sweet Reminder is the dynamic duo that entertains audiences with the hits of yesterday in their unique, playful style! Beautiful vocals and interesting harmonies meet light-hearted fun, as Nancy Baumet and Dia Madden invite you to join in an engaging musical experience. Lunch Menu: Holiday Chicken, seasoned boneless breast of chicken with a delicate cranberry orange sauce, served with wild rice and steamed vegetables.

Registration Deadline: October 20

Day/Date: Wednesday, November 29
 Departure: 10:15 am from Founders Community Center
 Return: 3:15 pm (Approximately)
 Fee: \$115 (Fee includes transportation, tour, performance, lunch, and gratuity)
 Max: 12



CHRISTMAS AROUND CHICAGO BAKERY BUS Chicago, IL

Join us for this Christmas Around Chicago Bakery Bus tour where we will visit four bakeries and sample a variety of delicious sweets and treats! At each of the stops, you will have an opportunity to shop for sweets to bring home or give as gifts. On our way to each bakery, our tour guide will discuss the history of Christmas holiday traditions of the Polish, Germans, Italians, Irish, Mexicans and more. During the tour, we will stop for lunch at Staropolska Restaurant (based on availability) in the Logan Square area of Chicago. This restaurant is known to offer the finest polish cuisine with a superb dining atmosphere. Guests will enjoy a Family-style Polish lunch of potato pancakes, cucumber salad, rice with vegetables, meat perogies, sausage with sauerkraut, and breaded chicken stuffed with cheese.

Registration Deadline: November 10

Day/Date: Thursday, December 14
 Departure: 7:45 am from Founders Community Center
 Return: 4:00 pm (Approximately)
 Fee: \$145 (Fee includes tour, treats, lunch, gratuity, and transportation)
 Max: 16

MACKINAC ISLAND & FRANKENMUTH, MICHIGAN

Travel with us and White Star tours to beautiful Mackinac Island! For centuries, visitors have found this national landmark to be the ideal vacation spot. No cars. No chain hotels. Just world-famous Mackinac Island Fudge, unique shopping, unforgettable sunsets, and awe-inspiring sunrises. Climb aboard a horse-drawn carriage and clip-clop through breathtaking forests and floral vistas to view the sparkling water from the Arch Rock overlook and snap photos of the magnificent gardens from a rocking chair on the porch of the Grand Hotel. Find treasures in Frankenmuth, Michigan's "Little Bavaria," home to Bronner's Christmas Wonderland, the world's largest Christmas store. Let White Star take you to Mackinac Island...the Jewel of the Great Lakes. This trip includes 3 nights lodging, meals (3 breakfasts & 3 dinners), Mackinac Island Horse-Drawn Carriage tour, Hydrojet Ferry ride, Grand luncheon at the Grand Hotel, Kewadin Shores Casino, Frankenmuth "Little Bavaria", Bronner's Christmas Wonderland, and all gratuities. Trip insurance is available and highly recommended. It must be purchased within 14 days of paying your trip deposit. Please request at the time of registration.

Registration Deadline/Final Payment: March 11

Day/Date: Tuesday, June 11 – 14, 2024
 Depart: 8:00am from the Founders Community Center
 Return: In the evening on June 14 (TBA)
 Fee: \$850/person – double occupancy*
 \$1,100/person – single occupancy*
 *\$25 due upon signing
 Max: 22



IMPORTANT TRIP INFORMATION

Cooperative Programming

To ensure the success of our bus trips, we work in cooperation with the New Lenox Park District. 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 Events

FRANKFORT COUNTRY MARKET

Sundays, April 23 - October 29

(No Market on July 9 & September 3)

Time: 9:00 am - 1:00 pm

Open Air Farmers Market along the bike path in historic downtown Frankfort. Throughout the season, April through October, the Frankfort Country Market welcomes nearly 50 vendors selling produce, cut flowers, plants, honey, meat, poultry, seafood, dairy, baked goods, canned goods, hot foods and more to thousands of customers. For more information, visit www.villageoffrankfort.com

FRANKFORT FALL FESTIVAL

The Frankfort Chamber of Commerce sponsors its annual Frankfort Fall Festival September 2 - 4. Each year during Labor Day weekend, over 250,000 visitors gather to enjoy the Frankfort Fall Festival, a nationally recognized arts and crafts fair. This event welcomes over 300 artisans from all over the United States to exhibit their elite products and services. In 2022 Frankfort Fall Festival had the distinct honor of being named No. 20 among Sunshine Artist Magazine's Top 200 Best for 2022. In addition, many of Frankfort's local organizations collaborate by sponsoring special events that highlight Frankfort Fall Festivities. There is something for everyone from carnival rides to main stage entertainment, to walking tacos and funnel cakes, Frankfort Fall Fest has it ALL! For a complete schedule of activities, please visit our website at www.frankfortfallfestival.info or contact the Frankfort Chamber at 815-469-3356.

WINE & ALE WALK

Stroll around the beautiful shops and restaurants in historic downtown Frankfort while sampling wine, ale, and delicious appetizers and dessert tastes. This year's event will take place on Sunday, September 24 from 12:00 - 4:00 pm. For more details, please visit www.frankfortchamber.com.

SENIOR BREAKFAST

Each year, the Village of Frankfort hosts a Senior Breakfast Meeting designed to provide neighbors and friends ages 62 and older with important community updates, helpful tips and resources. Breakfast will be held on Wednesday, September 20. For more information on this event, please visit www.frankfortil.org or call the Village at 815-469-2177.

SCARY AT THE PRAIRIE

5K Costume Run & Spooky Sprint

Run, walk, creep or crawl in your favorite Halloween costume through Prairie Park in downtown Frankfort on Saturday, October 21. Participants dressed in costume will automatically be entered into the costume contest. Prizes awarded for 1st, 2nd, and 3rd place in each division: Adults, Children 10 & Under, and Groups. Pre-registered 5K participants are guaranteed a t-shirt. Tricks & Treats at the Green include DJ Music, clown, costume contest, face painter, apple cider, donuts, and a bonfire. For more information on this event, please visit www.frankfortil.org or call 815-469-2177.

TRUNK OR TREAT

The Frankfort Police Department will host its annual E.F. Bucko Costume Parade and Safety Trunk or Treat on Saturday, October 28. The event is from 10am -12 pm and is held in the Breidert Green Municipal lot in downtown Frankfort (Oak & Kansas Street). This FREE family fun event allows children to show off their Halloween costumes while safely trick or treating trunk to trunk in the parking lot. Various businesses, civics, and organizations from the community decorate their trunks and hand out treats. For more information on this event, please visit www.frankfortil.org or call 815-469-2177.

VETERANS DAY CONCERT

The Hickory Creek Middle School Band and Orchestra perform under the direction of Doug Adams and Shannon Shanahan. All local area veterans are invited to attend to be recognized and celebrated by the community. This event will be held on November 9 at 6:00 pm at Hickory Creek Middle School. Narrated by Mayor Keith Ogle.

VILLAGE OF FRANKFORT'S ANNUAL LIGHTING OF THE GREEN CEREMONY

Please join the Village of Frankfort on Thursday, November 30 at 6:30 pm for an evening of magic and excitement as it kicks off the holiday season in Frankfort with its annual tree lighting ceremony. Enjoy performances by the Hickory Creek Middle School Choir and The Black Willow Brass Quintet. Children will have an opportunity to visit with Santa and Mrs. Claus and take photos in front of decorated Police, Fire and Public Works vehicles. Enjoy complimentary cookies and hot cocoa. For more information on this event, please visit www.frankfortil.org or call the Village at 815-469-2177.

MIDNIGHT MADNESS

Participating Chamber Businesses are open on Friday, December 8 until midnight, design their own specials (holiday sales, give-a-ways, or one of a kind/one night only specials!), and sometimes offer holiday refreshments! Each business highlights their specialty and unique merchandise and services they provide to the Frankfort community for the gift giving season as well as all year round. Join us for this annual tradition and a great way to support local businesses during the holiday season. For more details, please visit www.frankfortchamber.com.

REINDEER ON THE GREEN

The Village of Frankfort will hold its annual Reindeer on the Green event on Saturday, December 9 from 12:00 - 2:00 pm at Breidert Green. Experience an up-close encounter with two Alaskan reindeer while listening to holiday music performances by the Frankfort Girl Scouts Service Unit 718 as well as The Black Will Brass Quintet. Stop by the arts and craft table to make and take your own holiday ornament and mix together a batch of magical reindeer food. Complimentary hot cocoa and cookies will be served. For more information on this event, please visit www.frankfortil.org or call the Village at 815-469-2177.

SIMPLE WAYS TO REGISTER:

- **Online:** 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:

- **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).
- **Email*:** Email your completed and signed registration form with your credit card information to registration@frankfortparks.org. **Your form must be sent as a PDF. Photos of forms will NOT be accepted. *When registering via email, it is mutually understood that the emailed document shall substitute for and have the same legal effect as the original form.**
- **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.**
- **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).
- **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 4:00 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.

CANCELLATION & REFUND POLICY - The Frankfort Park District cancellation & refund policy can be viewed at www.frankfortparks.org

NSF RETURNED PAYMENT POLICY - For any payment returned to the Park District for non-sufficient funds, the issuer will be charged \$25 to cover bank charges payable to the Park District. The \$25 fee will be charged per each declined transaction.

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.



2023-24 Registration

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

Bark Park Season July 1, 2023 - June 30, 2024

What you need to do:

1. **Complete the 2023-2024 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. **\$60 Resident Fee: \$50 membership plus \$10 key card (one time fee).**
\$70 Non-Resident Fee: \$60 membership plus \$10 key card (one time fee).

If you are a current member, please bring the 2023-2024 registration forms and your current shot records.





Registration Form (please print)



- Mail or Drop-Off :
Frankfort Park District
140 Oak Street
Frankfort, IL 60423

- Fax: 815-469-9275
- Email: registration@frankfortparks.org
Please note: Photos of forms will NOT be accepted when sent via email.

REGISTRATION FORM (Please Print)

Family Last Name _____ Primary Phone _____

Street Address _____ City _____ Zip _____

E-Mail Address _____

Check to receive program & Park District updates via email ☐ Yes ☐ No

Emergency Name & Phone _____

☐ **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 accommodations needed** _____

Participant Name	Program Name	Session	Birthdate Mo/Day/Yr	Grade	Gender	Fee

Please Indicate your choice of payment ☐ Check ☐ Cash ☐ Credit Card

Total Enclosed

\$

NSF RETURNED PAYMENT POLICY: For any payment returned to the Park District for non-sufficient funds, the issuer will be charged \$25 to cover bank charges and fee surcharge to the Park District per transaction.

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

Cardholder Name _____ Exp. Date _____ Security Code _____

Authorized Signature _____ Charge Amount _____

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 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 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: The Frankfort Park District cancellation and refund policy can be viewed at www.frankfortparks.org

X Mandatory signature of participant, parent or legal guardian

Date

ACRES / SQUARE	TRAILS	FACILITIES	DAY USE FACILITIES	SPORTS FIELDS AND COURTS	WATER BASED FACILITIES
Acres / Square Feet - Owned	Multi-Use Trails (miles)	Restrooms	Picnic Shelter		
		Concessions	Picnic Area		
			Playground		
			Baggo		
			Basketball		
			Baseball		
			Disc Golf (holes)		
			Football		
			Horseshoes		
			Slate Park		
			Soccer		
			Softball		
			Tennis		
			Volleyball		
			Fishing allowed		
			Fishing Pier / Overlook		
			Ice Skating		
			Splash Pad		
			Don Park		



Celebrations

An affordable option for your next celebration or event.



Outdoors

Park pavilions provide space for picnic gatherings in a park setting.



Amenities

Kitchen available for rentals at the Founders Community Center.



Frankfort Park District Facility Rentals

Conveniently located in Frankfort with friendly staff, a variety of room set-ups and ample parking at an affordable rate.

For more information on rentals, visit the District's website at www.frankfortparks.org

140 Oak Street, Frankfort, IL | 815.469.9400 | 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 \$2,000. 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 the 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 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 District deems certain species of trees to be inappropriate for public parks: Birch, Cottonwood, Weeping Willow, Elm, Poplar.

FRANKFORT PARK DISTRICT

Sponsorship Opportunities

Sponsorship is a great way to boost your presence in the community!

AVAILABLE OPPORTUNITIES:

- › Senior Events
- › Celebrating Earth Day
- › 5k Run/Walk
- › Back to School Bash
- › Park Parties
- › Holiday Events
- › League Jerseys
- › Banners
- › Many More...



For more information contact Julie Sullivan, Fundraising & Community Outreach Coordinator, at jsullivan@frankfortparks.org or 815-469-9400.



Scan for Direct
Access to
Sponsorship
Opportunities





Community Organizations

FRANKFORT LIONS CLUB

Frankfort Lions are active in the Frankfort and Frankfort Square communities serving residents by providing free vision screenings from ages 6 months through 25, delivering food baskets during the holidays to area families, awarding students with college scholarships, and partnering with schools to collect goods for those in need. To learn more about the club, service activities and the annual Frankfort Lions Wurst Festival, like us on at www.facebook.com/frankfortlions or call at 815-683-8283.



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. They also annually conduct special recreation games for children and adults with intellectual disabilities. Additionally, they 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 their 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.

TINLEY FRANKFORT AREA ROTARY CLUB

We are business and professional leaders who are committed volunteers working together to improve communities. Please check us out at www.tinleyparkfrankfort.rotary6450.org

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. Their 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 7:00pm. 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, they 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/>

VOLUNTEER OPPORTUNITIES

**Do you need Community Service hours for school?
Or do you just enjoy helping others? The Frankfort
Park District is always looking for volunteers to help
with various Special Events and other programs.**

**Contact Cali DeBella our Recreation Supervisor
at 815.469.9400 or email her at
cdebella@frankfortparks.org**



Lincolnway
SPECIAL RECREATION
ASSOCIATION

BUILDING A COMMUNITY WITHOUT LIMITS

About Us

Since 1976, the Lincolnway Special Recreation Association (LWSRA) has provided recreation services for individuals with disabilities through a cooperative agreement with its eight member park districts: Crete, Frankfort, Frankfort Square, Manhattan, Mokena, New Lenox, Peotone and Wilmington Park Districts. Participants enjoy active, healthy and more independent lifestyles through a variety of recreational and social opportunities.

Benefits of Recreation

- ✓ Discover new experiences & interests
- ✓ Build confidence & friendships
- ✓ Socialize in an inclusive setting



Our services



Social Programs

Engage with similar-aged peers in a structured but fun-filled social environment. Staff create opportunities to develop skills and try new experiences. Popular programs include dances, bingo, trivia, community trips, adult day program, summer camps and social groups.



Interest-based Programs

Find programs centered around fitness or cultural arts. Try competitive Special Olympics and adapted sports or fitness outlets such as strength & conditioning and introductory sports skills. Enjoy creative arts through cooking, drawing & painting, dancing and more!



Inclusion Programs

Park Districts welcome participation of individuals with disabilities in all recreational programs. The district works cooperatively with LWSRA to facilitate successful participation for individuals who request an inclusion aide. Inclusion services give participants the needed support in a typical park district setting.

LEARN MORE AT WWW.LWSRA.ORG



(815) 320-3500
support@lwsra.org



1900 Heather Glen Drive
New Lenox, IL 60451



HOLIDAY YARD SIGN



The Frankfort Park District is partnering with the Frankfort Arts Association this season to help spread holiday cheer! Join us in bringing tidings of comfort and joy to the whole neighborhood with a festive yard sign prominently displayed for all to see. **This holiday project is available for Frankfort Park District residents only.**

Registration Deadline: November 1

Option #1: Includes a primed 2' x 4' OR 3' x 3' board and posts for installation. The design you select will be traced on the board by a local artist with the Frankfort Arts Association to be painted in the comfort of your own home and at your own pace. You are responsible for your own paints and brushes.

Board Size/Fee: A: 2' x 4' Board/\$85
B: 3' x 3' Board/\$95

Option #2: Select your image and a local artist with the Frankfort Arts Association will paint it for you. Includes a 2' x 4' OR 3' x 3' painted board and posts for installation.

Board Size/Fee: A: 2' x 4' Board/\$150
B: 3' x 3' Board/\$160

7th Annual

Save the Date:

\$40 advanced tickets
\$50 @ the door
Includes 10 - Craft Beer,
Wine or Spirit Tastings

**Pours
for Parks**

**Saturday
October 21
4:00 - 7:00 pm**

Founders Community Center - 140 Oak Street, Frankfort, IL
For additional information visit www.opfrankfort.org

**30th
ANNUAL**



**FREE
ADMISSION**

Holiday Craft Show

Saturday • November 11 • 9:00 am - 3:00 pm
Founders Community Center • 140 Oak Street

A diverse selection of crafters and vendors including Tastefully Simple, Tupperware, Avon, Origami Owl, Color Street, Scentsy, Holiday Decorations, Floral, Clothing and much more! This is a great time to get some holiday gifts!

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 FOUNDERS CENTER

140 Oak Street | Frankfort, IL 60423

Phone: 815-469-9400

WWW.FRANKFORTPARKS.ORG

*****ECRWSS*****
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LincolnWay's
REAL
Community
Bank



FRANKFORT

20181 S. LaGrange Rd. | (815) 806-7001

NEW LENOX

1938 E. Lincoln Hwy., Unit 101 | (815) 463-7002



towncenterbank.com