

Park Pulse

News from the Frankfort Park District

October 2023

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

Youth Programs:

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

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 registration.

Instructor: Lesley Shworles

Day/Date: Thursday/October 12

Time: 4:30 - 6:30 pm

Age: 8 - 13 years

Fee: \$50/NR \$55



YOUTH SELF DEFENSE TRAINING

This self-defense class is designed for children 7-11 years old. Topics include stranger danger, situational awareness, consent, grooming, basic striking and more.

Instructor: Lindsey Daehnke, Strictly Self Defense

Day/Date: Wednesday/October 18

Time: 4:30 - 6:00 pm

Age: 7 - 11 years

Fee: \$35/NR \$40



LITTLE LEARNERS LUNCH BUDDIES

We will focus on the alphabet, numbers, shapes, and colors. This class is for all levels of learning. Designed for preschoolers introduced to worksheets, tracing & more advanced fine motor skills. Participants will take a break eating their lunches/drinks. Lunches should be nut free.

Instructor: Sharon Koczor

Day: Monday & Wednesday

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



KIDS DRAWING CLUB

Learn 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.

Instructor: Young Rembrandts Staff

Day: Thursday

Session II: October 26 - December 7
(No Class November 23)

Time: 5:30 - 6:30 pm

Grade: 1st - 5th Grade

Fee: \$90/NR \$95



RUG TIME REMIX

Play-based music & movement class, explore diverse genres of music from around the world! 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. Adult participation class that is sure to keep the grownups grooving and the toddlers moving to remixes of old school jams and nursery rhymes all the way through.

Instructor: Miss Phallon

Day: Saturday

Session 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



ONCE UPON A SONG NEW!

Play-based music & movement class, explore diverse genres of music from around the world! Classic sing-a-longs, with a thematic story time & teach them the fundamentals of literacy, S.T.E.A.M., & musicianship! Keep grownups grooving & toddlers moving to old school jams & nursery rhymes!

Instructor: Miss Phallon

Day: Saturday

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



MISS PHALLON'S NONSTOP HIP HOP NEW!

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 & crafting their own radical rap lyrics.

Instructor: Miss Phallon

Day: Saturday

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



MISS ANGIE'S MIGHTY MUSIC MAKERS

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 widen your child's exposure and appreciation of different music styles.

Instructor: Angie Pope

Day: Monday

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



SHRINK-ART (MAGNET/ORNAMENT) NEW!

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

Day/Date: Wednesday/November 1

Time: 6:00 - 7:30 pm

Age: 6 - 12 years

Fee: \$20/NR \$25



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 include: safety in the home, use of keys, what to do in an emergency, strangers & house rules.

Instructor: Donna Giove

Day/Date: Monday/November 6

Time: 4:30 - 6:00 pm

Age: 6 - 10 years

Fee: \$40/NR \$45



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 & much more! Hands-on activities will be provided. Red Cross certificate received.

Instructor: Donna Giove

Day/Date: Monday/November 6

Time: 6:30 - 8:00 pm

Age: 6 - 10 years

Fee: \$40/NR \$45



Upcoming Events...

HOWL-A-WOOF

Saturday • October 14 @ 10:00 am - Gate will open at 9:50 am
Bark Park at Commissioners Park • FREE



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.



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. You can drop off unopened candy at the Frankfort Park District, Founders Community Center, 140 Oak Street. **Deadline: November 2**



30th ANNUAL HOLIDAY CRAFT SHOW

SATURDAY • NOVEMBER 11 • 9:00 AM - 3:00 PM
FOUNDERS COMMUNITY CENTER • 140 OAK STREET
FREE ADMISSION

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.

Athletic Programs:

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 School
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



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



YOUTH BASKETBALL LEAGUES

Co-Ed, Boys & Girls Leagues • 1st - 8th Grades

REGISTRATION DEADLINE: NOVEMBER 9th (BASED ON AVAILABILITY)

A late fee of \$15 will be added if registered after the registration deadline of November 9th

Our Youth Basketball League is created for boys and girls 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). 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 Saturday, January 20. Game locations will vary & will be on the schedule that will be available after 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, 6:30 pm at the Founders Community Center.

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 in person or online at <http://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.

