



Park Pulse

News from the Frankfort Park District



November 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.

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
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 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
Day/Date: Monday/November 6
Time: 6:30 - 8:00 pm
Age: 6 - 10 years
Fee: \$40/NR \$45



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
Day: Tuesday
Session II: November 7 - December 5
Time: 9:30 - 10:15 am
Age: 2 - 3 years (with parent)
Fee: \$45/NR \$50



TOT TIME

Are you ready to meet new people and spend some playtime with your little one in a non-structured environment? This is the class for you! We will explore large and fine motor activities through play (lots of toys), circle time (we sing songs and do finger plays), and special time (different each week, examples are: playing with the parachute, musical instruments, crafts, etc.). So take some time and have fun with us!

Instructor: Chris Johnson
Day: Tuesday
Session II: November 7 - December 5
Time: 10:30 - 11:15 am
Age: Walking - 3 years (with parent)
Fee: \$45/NR \$50



COMEDY IMPROV WORKSHOP NEW!

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
Day/Date: Saturday/November 11
Grade/Time: 1st - 2nd grade/10:00 - 10:50 am
3rd - 5th grade/11:00 - 11:50 am
Fee: \$15/NR \$20



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
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



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
Day/Date: Thursday/December 7
Time: 4:30-6:30 pm
Age: 8 - 13 years
Fee: \$50/NR \$55



MAKE A GRINCH ORNAMENT NEW!

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
Day/Date: Wednesday/December 6
Time: 6:00 - 7:00 pm
Age: 6 - 12 years
Fee: \$30/NR \$35



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



Upcoming Events...



30th ANNUAL HOLIDAY CRAFT & VENDOR 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 at 815-469-9400 or visit our website www.frankfortparks.org to download an application.

PUZZLE MANIA – HOLIDAY EDITION

FRIDAY • DECEMBER 1 • 6:00 - 9:00 PM

FOUNDERS COMMUNITY CENTER - 140 OAK STREET

DIVISION/AGE: FAMILY & FRIENDS/ALL AGES

DIVISION/AGE: KIDS ONLY/5 - 13 YEARS

\$25 PER TEAM

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



Athletic Programs:

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



YOUTH BASKETBALL LEAGUES

Co-Ed, Boys & Girls Leagues • 3rd - 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

NO REFUNDS will be given after the registration deadline.

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 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
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.

Sponsored by:

