

**WINTER  
SPRING  
2024**



**FRANKFORT**  
*Park District*

140 OAK STREET | FRANKFORT  
815-469-9400

[www.frankfortparks.org](http://www.frankfortparks.org)

*Come join  
the fun!*

**RESIDENT REGISTRATION - JANUARY 3 • NON-RESIDENT - JANUARY 10**



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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.



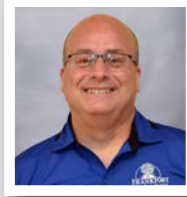
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**President**

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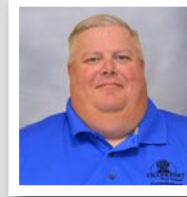
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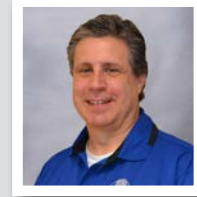
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## Administrative Staff

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**Julie Sullivan - Fundraising & Community Outreach Coordinator**  
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## Office Assistants

**Lisa Carney, Susan Reidy**

## Maintenance Staff

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

Dear Frankfort Park District Residents,

### Aging facilities and limited funding

This past year you may have noticed changes in the community parks. The Park District is not exempt from the effects associated with inflation. 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 cost. The tax rate measure did NOT pass.

With limited funding, the Park District has made choices of where to allocate funds. Perhaps you noticed the changes. To reduce costs, the frequency of mowing the parks was reduced. At times this was manageable but with the wet and warm weather the grass in some areas appeared overgrown. The District has continued to invest funds into managing the ponds and weed control so as not to compromise the past investments in these areas. Support from community partners funded numerous community events that were going to be cancelled, this included the July 4th fireworks.

The facilities owned by the District are aging and with that there is our increased maintenance and costly repairs that are needed. In February, it was determined that the Founders Center gym bow-string truss system failed, and repairs were necessary. The Park District is investing \$300,000 in the gym that will make it safe and operational. However, the repairs to the gym do not improve the functionality or aesthetics of the gym. The Founders Center has other areas that require repairs including leaking roofs, parking lot resurfacing and HVAC issues. The question staff and the Commissioners struggle with is with limited funds is prioritizing projects and deciding how much you invest into a facility that has challenges to meet the needs of the community. The Founders Center is just one of the aging facilities that the District owns that requires ongoing maintenance. With limited funding, the Board continues to evaluate where to put resources and what can be managed each year.

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 Summer 2024 Events

**Short Run on a Long Day 5k -  
June 19**

**Senior Picnic - July 24**

**Community Garage Sale -  
August 3**

**Back to School Bash -  
August 15**



# Bunny Time

### DONUTS WITH THE BUNNY

Join Peter Cottontail for some crafts, holiday games, donuts, an egg hunt, and a special photo opportunity with the Bunny! Remember to bring your cameras and your Easter baskets.

**Registration Deadline: March 15 or until filled**

Location: Founders Community Center

Day/Date: Saturday, March 23

Time: 10:00 - 10:45 am

10:45 - 11:30 am

11:30 am - 12:15 pm

Age: All

Fee: \$9/NR \$14 per child

Min/Max: 35/50

**Sponsored by:**



### SUPER DOG EGG HUNT

Egg hunting has gone to the dogs! Dash around the Bark Park at Commissioners Park with your dog collecting treat-filled eggs and help your dog sniff out the special egg to win a prize. After the hunt, visit our dog-friendly vendors and get your photo with Peter Cottontail. Families and all friendly dogs are welcome at this free, on-leash event. An adult should accompany dog owners under the age of 16.

**The gate will open at 1:20 pm.**

**Hunt will start at approximately 1:30 pm.**

Location: Bark Park at Commissioners Park

Day/ Date: Saturday, March 23

Time: 1:30 pm (approx.)

Fee: FREE

Weather Location: Founders Community Center



**Sponsored by:**

### BUNNY HOME VISIT

Watch your child's eyes light up as they receive a personal visit from the Bunny at your house. The Bunny will hop on over for an outdoor photo and will bring your child a special treat. You will receive a phone call a day before the visit with an approximate arrival time. Be sure to have your camera ready for the bunny's arrival. Bunny will spend approximately 10 minutes or less at each location. Open to Frankfort Park District residents only.

Location: Your House

Day/Date: Friday, March 29

Session I: 10:00 am - 12:00 pm

Session II: 1:00 - 2:00 pm

Age: All

Fee: \$30 (Fee includes outdoor home visit with the Bunny and gift for one child)

\$7 for each additional child in household

(Online Code: BUNNY2024)



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

# Special Events



5

## Special Events

### FAIRY TALE BALL

We cordially invite you to join us for an enchanting evening at our Fairy Tale Ball. Dads, come and dance the night away with your little one, creating cherished memories that will last a lifetime. We will be providing light refreshments for your enjoyment, accompanied by the delightful entertainment of a live DJ. To capture the beauty of your evening together, a professional photographer will be available to take formal pictures for an additional fee. We kindly request that you register early, as this event tends to reach full capacity rapidly. Please note that pre-registration is required, and no tickets will be available for purchase at the door.

**Registration Deadline: January 29 or until filled**

Location: Founders Community Center  
Day/Date: Friday, February 2 OR  
Day/Date: Saturday, February 3  
Time: 6:00 - 8:00 pm  
Age: All  
Fee: \$15/NR \$20 per person  
Min/Max: 75/125



### PUZZLE MANIA

Looking for a fun evening with your family and friends? Put together a team of 4 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 puzzle. Prizes will be given to the winning teams.

**Registration Deadline: February 9 or until filled**

Location: Founders Community Center  
Day/Date: Friday, February 16  
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



### SENIOR VALENTINE LUNCHEON

Cupid is calling and he is ready to start Valentine's Day with you! Come enjoy live entertainment, catered lunch, and dessert. You won't want to miss this special day! Remember to wear something red along with your dancing shoes.

**Registration Deadline: February 5**

Location: Founders Community Center  
Day/Date: Friday, February 9  
Time: 12:00 - 2:00 pm  
Age: 55 years & older  
Fee: \$5  
Min/Max: 40/80

**Sponsored by:**



# Spring Craft Show

**Saturday • March 2**  
**9:00 am - 3:00 pm**

**Founders Community Center**  
**140 Oak Street**

**FREE ADMISSION**



**ANNUAL FAMILY FUN FLY**

Grab your kites and join us as we celebrate "Flying for Kids Month", a statewide kite fly to promote park districts, recreation agencies, and the Park District Youth License Plate. Bring your own kite or borrow one from the Park District to fly. This event is FREE and open to the public!

Location: Fort Frankfort at Commissioners Park  
 Day/Date: Tuesday, March 26  
 Time: 11:00 am - 12:00 pm  
 Age: All  
 Fee: FREE

• Rain/Weather Date: Saturday, April 20 @ Main Park 12:00 - 2:00 pm

**KIDS GARAGE SALE**

Kids, clean out your closets, your toy box, and under those beds. Sell your unwanted or no longer-needed toys, games, books, and other items, and make a few extra dollars! Each child will have one parking space to sell. All kids must be supervised by a parent or guardian. A detailed letter with more information will be sent to sellers. The garage sale is open to the public.

**Registration Deadline: April 12 or until filled**

Location: Main Park North Parking Lot  
 Day/Date: Saturday, April 20  
 Time: 11:30 am - 2:00 pm  
 Age: 5 - 14 years old (sellers)  
 Fee: \$10 per space (includes table & advertising)  
 Min/Max: 20/30

• Rain/Weather location will be Founders Community Center

**CELEBRATING EARTH DAY**

Come out to Main Park for an afternoon of Earth Day fun! There will be kid-friendly games, learning activities for children, crafts, giveaways, and more!

Location: Main Park  
 Day/Date: Saturday, April 20  
 Time: 12:00 - 2:00 pm  
 Age: Families  
 Fee: FREE

• Rain/Weather location will be Founders Community Center

**SENIOR SOCK HOP**

Come join us as we travel back in time to the golden days of dancing and listening to Rock-N-Roll! We have planned a fantastic evening for you, complete with a delicious catered dinner, tasty dessert, and entertainment. Don't forget to bring your poodle skirts and saddle shoes for an extra touch of nostalgia!

**Registration Deadline: April 22**

Location: Founders Community Center  
 Day/Date: Tuesday, May 7  
 Time: 5:00 - 7:00 pm  
 Age: 55 years & older  
 Fee: \$20  
 Min/Max: 50/100

**Entertainment  
Sponsored by:**

**BOWLING WITH MOM**

Hey moms, looking for a fun evening out with your little ones? Join us at Thunderbowl in Mokena for two games of bowling and dinner. This is a great opportunity to have some fun spending time together with a little competition mixed in. Pizza, pop, two games of bowling, shoes, and bowling balls are included in the fee. NO TICKETS will be sold at the door.

**Registration Deadline: April 19 or until filled**

Location: Thunderbowl  
 18700 Old LaGrange Road, Mokena  
 Day/Date: Friday, May 10  
 Time: 6:00 - 8:00 pm  
 Age: All  
 Fee: \$25/NR \$30/person  
 Min/Max: 30/60

**FRANKFORT COMMUNITY GARAGE SALE**

Each registered participant's address will be included on a list of all participating homes. This list will be available at the park office, website, and Facebook the week of the sale. The park district will advertise the sale in local newspapers, online sites, and A-frame signs throughout the community. Each participating home will receive a packet including a garage sale sign, balloons, a map of Frankfort subdivisions, and garage sale selling tips. These packets will be available for pick-up at the Founders Community Center at the time of registration. For Frankfort Park District Residents only & is rain or shine.

**Registration Deadline: July 27**

Location: Frankfort Park District Community  
 Day: Saturday  
 Date: August 3  
 Time: 9:00 am - 3:00 pm  
 Age: All  
 Fee: \$10 per home

# 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

### Fort Frankfort – Preserving the Past - Planning for the Future

In 1999, the Frankfort Park District was looking for a big idea to improve the newly acquired Commissioners Park, but the capital budget was limited. Community members came up with the idea and a goal to build a playground with volunteers, private financing, and do it in eight months! The children of Frankfort chose the name and contributed ideas to the park design. Committees were formed and the project began.

Operation Playground Foundation was established for fundraising purposes with a goal of raising \$120,000. Through a variety of community events the funds were raised to complete the project.

Working 3 shifts a day, 75-120 volunteers gave their time. The dream of so many was realized on October 17, 1999 – Fort Frankfort was complete! The Fort Frankfort Playground was a realization of the efforts of the Frankfort community members.

Operation Playground Foundation continues to raise money which is invested in the Frankfort community parks. Over the last four decades, OPF has funded the construction of the Bark Park, 3-on-3 Basketball courts, the Judy Herder Pump Track and pickleball courts.

### Funding Provided to Replace Fort Frankfort - 2023

The Fort Frankfort playground is 24 years old and needs repairs. With limited funding for capital projects, the Park District had concerns if funding for a new park would be available. This year, Senator Michael Hastings secured \$1.75 million dollars from the State of Illinois for the renovation of the Fort Frankfort Playground. The Park District is looking to honor the past and preserve the vision of the residents and efforts invested in the Fort Frankfort Playground.

Over the coming months, the Park District will be engaging the community to get input on the park design. The funding level will allow design to offer inclusive play elements taking away the physical and social barriers creating equitable play for all. Please visit the Frankfort Park District's website and social media pages to provide feedback on conceptual designs. Construction of the new playground is anticipated to take place at the end of the summer in 2024. The upcoming months will include opportunities for input from the community.

Fort Frankfort was funded, constructed, and is maintained by Operation Playground Foundation.



### Upcoming Winter/Spring 2024 Events

**Fairy Tale Ball**  
February 2 OR  
February 3

**Senior Valentine  
Luncheon**  
February 9

**Puzzle Mania**  
February 16

**Spring Craft & Vendor  
Show**  
March 2

**Donuts with the  
Bunny**  
March 23

**Super Dog Egg Hunt**  
March 23

**Annual Family Fun Fly**  
March 26

**Bunny Home Visit**  
March 29

**Kids Garage Sale**  
April 20

**Celebrating Earth Day**  
April 20

**Senior Sock Hop**  
May 7

**Bowling with Mom**  
May 10

**Frankfort Community  
Garage Sale**  
August 3

Park Perks!



## Fit Boomers in the News

The month of September is designated as Fall Prevention Month. WGN visited twice to film a segment on fitness instructor Arlene Santiago and her Fit Boomers class. Fit Boomers is a fitness program specifically designed for older adults, focusing on strength and mobility exercises. Dina Bair conducted an interview with Arlene and some of the participants at the Founders Community Center on August 23. This feature was then included in the Medical Watch segment of the midday news. WGN returned on September 5 with Ana Belaval, who provided a live feature on the Fit Boomers class for her Around Town segment. Additionally, Anita Blanton from FOX 32 showcased Arlene's class on Good Day Chicago's Fitness Friday segment. The Frankfort Park District is fortunate to have Arlene instructing these invaluable programs focused on enhancing balance and strength for the members of our community. To learn more about the Fit Boomers program, please turn to page 33 of the brochure.



**Photo Left to Right:** Ana Belaval of WGN and Arlene Santiago.

## Pours for Parks - Thank You Donors & Sponsors

Operation Playground Foundation hosted the 7th Annual Pours for Parks event on October 21st at the Founders Community Center. The event featured tastings from local wine, beer, and spirits vendors. The attendance this year was over 400 guests and was supported by numerous donors and vendors.

The event raised over \$14,000; the monies raised by Operation Playground Foundation will be invested in the Frankfort parks. Most recently the Foundation renovated the skate park pad into Pickleball courts. Other projects funded by the OPF include the fitness equipment along Old Plank Trail, basketball courts at Main Park and the Judy Herder Pump track.

To learn more about Operation Playground Foundation or to join the Foundation Board, or if you would like to make a donation or volunteer, please visit [www.opfrankfort.org](http://www.opfrankfort.org).

## Thank You Donors

<p style="text-align: center;"><b>KEG DONORS</b></p> <div style="display: flex; justify-content: space-around;"> </div> <div style="display: flex; justify-content: space-around;"> </div>	<p style="text-align: center;"><b>GROWLER DONORS</b></p> <div style="display: flex; justify-content: space-around;"> </div> <div style="display: flex; justify-content: space-around;"> </div>
<p style="text-align: center;"><b>6-PACK DONORS</b></p> <div style="display: flex; justify-content: space-around;"> </div> <div style="display: flex; justify-content: space-around;"> </div>	<p style="text-align: center;"><b>PINT DONORS</b></p> <div style="display: flex; justify-content: space-around;"> </div> <div style="display: flex; justify-content: space-around;"> </div>

## Thank You Sponsors


## Jeffrey LaMorte Salon and Spa & Frankfort Park District received the IAPD Best of the Best Award

The Frankfort Park District is honored to receive recognition from the Illinois Association of Park Districts (IAPD) a "Best of the Best" statewide award, for the Best Friend of Illinois Parks business category for its nomination of Jeffrey LaMorte Salon and Spa. The District competed against other park districts, forest preserves, conservation and recreation agencies throughout the state in order to win this prestigious award. The Frankfort Park District was formally recognized at the IAPD Best of the Best Awards Gala on October 20, 2023 at the Wheeling Park District's Chevy Chase Country Club.



**Photo Left to Right:** Michele Corso, Kelly Glester, Jeffrey LaMorte, Nicole Pellegrini, JP Vickers & Alex Gluch.

Jeffrey LaMorte Salon and Spa has been partners and friends of the Frankfort Park District since 2014. The owner, Jeffry LaMorte, and his family are residents of Frankfort. The LaMorte family operates two salon locations; the Frankfort location opened in 1994 serving what at the time was a small community. They have and continue to make it a priority to support the Park District's mission.

In 2014, one of Jeffrey LaMorte's fellow business owners provided him with background on the park district sponsorship program. Jeffrey LaMorte Salon and Spa signed on that year and ever since has been a lead sponsor of the Park District's annual "Short Run on a Long Day" 5K race. Not only are they sponsors of the event, but the owner, Jeff LaMorte, has participated in the event as a runner.

Over the years, Jeffrey LaMorte Salon and Spa has sponsored numerous Park District community events including the "Back to School Bash" and they participate in the banner sponsorship program at the athletic fields.





## 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, 2024. 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: \$1,215/NR \$1,350\*  
 9 monthly auto-payments of \$135/NR \$150 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, 2024, 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: \$1,395/NR \$1,530\*  
 9 monthly auto-payments of \$155/NR \$170 per month

## PREP SCHOOL 4 YEARS

This Kindergarten preparation program is for children who will be 4 years old by September 1, 2024, 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: \$1,620/NR \$1,755\*  
 9 monthly auto-payments of \$180/NR \$195 per month

## STEPPING STONES (Kinder-Bridge) 4 YEARS

This class is for children who will be 4 years old by September 1, 2024, 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: \$2,025/NR \$2,160\*  
 9 monthly auto-payments of \$225/NR \$240 per month

**\*If your tuition is paid in full between May 1<sup>st</sup> and July 15<sup>th</sup>, you will receive a 5% discount for the entire year. For Non-residents, the discount will be taken off the resident rate.**

## PRAIRIE CARE: Before & After School Care

This partnership between the Park District and Frankfort School District 157-C provides before and after school care for 157-C students in grades K-5th. The program is located at Grand Prairie School and is available as early as 6:30 AM until the start of school and again after school until 6:30 PM. Prairie Care is also available on early dismissal days and district holidays. For more information, please call (815) 469-9400 or (815) 464-5579 or view forms on our website. [www.frankfortparks.org](http://www.frankfortparks.org)

### Kindergarten - 5th Grade

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



## REGISTRATION

All preschool programs run from September 2024 to May 2025. Registration begins Monday, February 5, 2024, for in-district residents. Non-residents will begin Monday, February 12, 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 \$60 non-refundable registration fee is due at the time of registration. \*If your tuition is paid in full between May 1 and July 15, 2024, you will receive a 5% discount for the entire year. For Non-residents, the discount will be taken off the resident rate. AUTO - PAYMENT will be mandatory for the monthly payment option (see form in preschool packet). Auto-payment forms MUST be turned in by July 15, 2024. Please have all paperwork turned in by July 15 to confirm your registration commitment. 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.

## Open House

Looking for a Preschool Home? An Open House is scheduled on **Saturday, February 3, 2024**. We will have 4 sessions (10:00 - 10:30 am, 10:30 - 11:00 am, 11:00 - 11:30 am, 11:30 am - 12:00 pm). Please come and visit us at 400 Nebraska Street in Frankfort at the Susan A. Puent Building. You will be able to meet some of the preschool staff and get to see our facility firsthand. Call 815-464-5579 for more information or visit our website at [www.frankfortparks.org](http://www.frankfortparks.org). **Pre-registration is required, register one adult per family. Both parents and children are welcome to attend.**

**Residents who attend the February 3<sup>rd</sup> Open House may register for preschool on that day at the Preschool Building (registration payments will be processed on Monday, February 5).**



**Please note that for select programs online registration is NOT available and will be noted in the brochure with this icon.**



# Frankfort Adventures - Summer Day Camp

## SUMMER DAY CAMP

Frankfort Adventures Day Camp is back for another awesome summer. This day camp program is designed for children entering 1st - 6th grade in the Fall of 2024. Our camp will provide plenty of outdoor activities, pool days, splash pad days, arts & crafts, and walking field trips. Other field trips are TBA. We will also have special in-house entertainment throughout the summer. Bring lunch and a water bottle each day. Registration can be done online or in person at the Founders Community Center. A Day Camp Packet will need to be completed and turned in to the Frankfort Park District at the time of registration or at least one week prior to your child starting camp. The packet can be found on our website at [www.frankfortparks.org](http://www.frankfortparks.org) or picked up at the Park District office. **A copy of your child's birth certificate must be presented at the time of registration or when you submit your Day Camp packet - this is for first-time registrations only.**

**Full Day Campers may register for the entire camp or on a per-session basis. Save \$100 if you register for all 4 Sessions. You must register in person to receive the discount.**

**Location:** Grand Prairie Elementary School,  
10480 Nebraska, Frankfort

**Days:** Monday - Friday

**Time:** 9:00 am - 4:00 pm

**Fee:** \$380/NR \$430 per 2-week session  
\$342/NR \$392 (session 2)

**Day camp shirt is included in fee.**

**Additional shirts can be purchased for \$10.**

### Camp Schedule

Session 1: June 17 - 28

**Registration Deadline: June 3\***

Session 2: July 1 - July 12 (No Camp July 4)

**Registration Deadline: June 17\***

Session 3: July 15 - 26

**Registration Deadline: July 1\***

Session 4: July 29 - August 9

**Registration Deadline: July 15\***

**\*No Refunds will be given after the registration deadline. For our complete refund policy on Day Camp, please visit [www.frankfortparks.org](http://www.frankfortparks.org)**

### Before & After Camp Available

**Please note:** You must be registered for Full Day Camp to register for the before and/or after camp programs. **Per-day fees are not available for before/after camp. You must register for the entire session in order to participate.**

#### Before Camp

**Time:** 7:00 - 9:00 am

**Fee:** \$60 per 2-week session  
\$54 (session 2)

#### After Camp

**Time:** 4:00 - 6:00 pm

**Fee:** \$75 per 2-week session  
\$60 (session 2)



## SUMMER HALF DAY CAMP

This half-day day camp program is designed for children entering K - 4th grade in the Fall of 2024. This camp will provide outdoor activities, games, water activities, arts & crafts, and walking excursions. Bring lunch and a water bottle each day. A Day Camp Packet will need to be completed and turned in to the Frankfort Park District at the time of registration or at least one week prior to your child starting camp. The packet can be found on our website at [www.frankfortparks.org](http://www.frankfortparks.org) or picked up at the Park District office. **A copy of your child's birth certificate must be presented at the time of registration or when you submit your Day Camp packet - this is for first-time registrations only.**

**Half Day Campers may register for the entire camp or on a per-session basis. Save \$50 if you register for all 4 Sessions. You must register in person to receive the discount.**

**Location:** Susan Puent Building  
400 W. Nebraska, Frankfort

**Days:** Monday - Friday

**Time:** 9:00 am - 1:00 pm

**Fee:** \$230/NR \$255 per 2-week session  
\$207/\$232 (session 2)

### Camp Schedule

Session 1: June 17 - 28

**Registration Deadline: June 3\***

Session 2: July 1 - July 12 (No Camp July 4)

**Registration Deadline: June 17\***

Session 3: July 15 - 26

**Registration Deadline: July 1\***

Session 4: July 29 - August 9

**Registration Deadline: July 15\***

**\*No Refunds will be given after the registration deadline. For our complete refund policy on Day Camp, please visit [www.frankfortparks.org](http://www.frankfortparks.org)**



# Early Childhood Programs



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Early Childhood Programs

## 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 child and adult participation.

**Instructor:** Angie Pope  
**Location:** Founders Community Center  
**Day:** Monday  
**Session I:** January 15 - February 19  
**Session II:** February 26 - April 8  
(No Class March 25)  
**Session III:** April 15 - May 20  
**Time:** 9:15 - 10:00 am  
**Age:** 3 - 5 years (with parent)  
**Fee:** \$75/NR \$80  
**Min/Max:** 7/15



## I'M A BIG KID NOW

Does your child think they are a BIG KID? If so, they will surely love coming to this class. 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. Making a craft will be a lot of fun while learning to use glue will be a little challenging. We will also use watercolor paints, markers, and crayons to create little masterpieces. Your little one will experience many new things while having fun! Sign up for all three sessions to get triple the fun and experience! \*Recommend taking "All By Myself" first, if they haven't been separated from their parent/caregiver.

**Instructor:** Sharon Koczor  
**Location:** Founders Community Center  
**Day:** Tuesday & Thursday  
**Session I:** January 16 - February 22  
**Session II:** February 27 - April 11  
(No Class March 26 & 28)  
**Session III:** April 16 - May 2 (Mini Session)  
**Time:** 9:00 - 10:30 am  
**Age:** 2.5 - 3 years  
**Fee/Session I & II:** \$180/NR \$185  
**Fee/Session III:** \$90/NR \$95  
**Min/Max:** 4/10



## 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 child and adult participation.

**Instructor:** Angie Pope  
**Location:** Founders Community Center  
**Day:** Monday  
**Session I:** January 15 - February 19  
**Session II:** February 26 - April 8  
(No Class March 25)  
**Session III:** April 15 - May 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:** 7/15

## 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:** Thursday  
**Session I:** January 25 - February 29  
**Session II:** March 14 - April 18  
**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! Check us out on Instagram @missphallons\_neighborhood.

**Instructor:** Miss Phallon  
**Location:** Founders Community Center  
**Day:** Thursday  
**Session I:** January 25 - February 29  
**Session II:** March 14 - April 18  
**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 program is an adult participation class. Check us out on Instagram @missphallons\_neighborhood.

**Instructor:** Miss Phallon  
**Location:** Founders Community Center  
**Day:** Thursday  
**Session I:** January 25 - February 29  
**Session II:** March 14 - April 18  
**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 parents/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  
**Day:** Monday & Wednesday  
**Session I:** January 17 - February 28  
 (No Class February 19)  
**Session II:** March 4 - April 29  
 (No Class March 11, 13, 25, 27, & April 1)  
**Time:** 9:00 - 9:45 am  
**Day:** Thursday & Friday  
**Session I:** January 18 - February 23  
**Session II:** February 29 - April 19  
 (No Class March 14, 15, 28, & 29)  
**Time:** 10:45 - 11:30 pm  
**Min/Max:** 4/10

**FOR ONLINE REGISTRATION  
 please visit  
[www.frankfortparks.org](http://www.frankfortparks.org)**



## 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 who 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 to eat their lunches/drinks with their friends. Lunches should be nut-free.

**Instructor:** Sharon Koczor  
**Location:** Founders Community Center  
**Day:** Monday & Wednesday  
**Session I:** January 17 - February 28  
 (No Class February 19)  
**Session II:** March 4 - April 29  
 (No Class March 11, 13, 25, 27, & April 1)  
**Time:** 10:00 - 12:00 pm  
**Age:** 3 - 5 years  
**Fee:** \$180/NR \$185  
**Min/Max:** 4/10



## 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:** January 23 - February 13  
**Session II:** March 5 - April 2  
 (No Class March 26)  
**Session III:** April 23 - May 14  
**Time:** 10:30 - 11:15 am  
**Age:** Walking - 3 years (with parent)  
**Fee:** \$40/NR \$45  
**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. In the event of inclement weather, the class will be moved indoors at the Founders Community Center.

**Instructor:** T-Rexplorers  
**Location:** Founders Community Center  
**Day:** Thursday  
**Date:** April 11  
**Time:** 4:00 - 5:00 pm  
**Age:** 3 - 5 years (with adult)  
**Fee:** \$43/NR \$48  
**Min/Max:** 6/12

## 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! Fingerplays, rhymes and rhythm movements, hoops, and parachutes are also included.

**Instructor:** Chris Johnson  
**Location:** Founders Community Center  
**Day:** Tuesday  
**Session I:** January 23 - February 13  
**Session II:** March 5 - April 2  
 (No Class March 26)  
**Session III:** April 23 - May 14  
**Time:** 9:15 - 10:00 am  
**Age:** 2 - 3 years (with parent)  
**Fee:** \$40/NR \$45  
**Min/Max:** 7/10



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# Youth Programs

## KIDS DRAWING CLUB

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

<b>Instructor:</b>	<b>Young Rembrandts Staff</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Thursday
<b>Session I:</b>	January 11 - February 15*
<b>Session II:</b>	February 22 - April 4 (No Class March 28)
<b>Session III:</b>	April 11 - May 16
<b>Time:</b>	5:30 - 6:30 pm
<b>Grade:</b>	1st - 5th Grade
<b>Fee:</b>	\$90/NR \$95
<b>Min/Max:</b>	10/20

\*Registration is going on now - this program was listed in the Fall brochure.



**new**

## BONJOUR! I SPEAK FRENCH (Youth)

This class is a wonderful introduction to the French language and French culture through music, stories, and arts & crafts. Young children can develop their cognitive, fine, and gross motor skills while learning a new language. New adventures will take place in each session.

<b>Instructor:</b>	<b>Miss Zara</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Tuesday
<b>Session I:</b>	January 16 - February 13
<b>Session II:</b>	February 20 - March 19
<b>Time:</b>	5:00 - 5:45 pm
<b>Age:</b>	5 - 11 years
<b>Fee:</b>	\$60/NR \$65
<b>Min/Max:</b>	4/10



## BONJOUR! I SPEAK FRENCH (Junior High)

This class is a wonderful introduction to the French language and French culture for beginners. This class offers a head start for high school while developing and improving language skills. Proficiency in multiple languages opens doors to travel, education, and professional opportunities.

<b>Instructor:</b>	<b>Miss Zara</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Tuesday
<b>Session I:</b>	January 16 - February 13
<b>Session II:</b>	February 20 - March 19
<b>Time:</b>	5:50 - 6:40 pm
<b>Age:</b>	11 - 13 years
<b>Fee:</b>	\$60/NR \$65
<b>Min/Max:</b>	4/10

## EDIBLE SCIENCE

Have you ever heard about the fascinating science behind making food? It's pretty incredible! Imagine being a Jr. Chef and getting to create delicious dishes just like conducting a fun science experiment. Isn't that exciting? Please list any allergies at the time of registration.

<b>Instructor:</b>	<b>Lesley Shworles</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Tuesday
<b>Dates:</b>	January 16
<b>Time:</b>	5:30 - 7:30 pm
<b>Age:</b>	8 - 13 years
<b>Fee:</b>	\$50/NR \$55
<b>Min/Max:</b>	6/9

## 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!

<b>Instructor:</b>	<b>Language in Action, Inc.</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Tuesday
<b>Session I:</b>	January 16 - February 20
<b>Session II:</b>	February 27 - April 9 (No Class March 26)
<b>Session III:</b>	April 16 - May 21
<b>Time:</b>	5:00 - 5:45 pm
<b>Age:</b>	3 - 6 years
<b>Fee:</b>	\$90/NR \$95
<b>Min/Max:</b>	6/12

## 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.



## VAMONOS YOUTH SPANISH CLUB

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 and engaging activities. Each session covers new and exciting materials!

**Instructor:** *Language in Action, Inc.*

**Location:** Founders Community Center

**Day:** Tuesday

**Session I:** January 16 - February 20

**Session II:** February 27 - April 9

(No Class March 26)

**Session III:** April 16 - May 21

**Time:** 6:00 - 6:45 pm

**Age:** 7 - 11 years

**Fee:** \$90/NR \$95

**Min/Max:** 6/12

## IGNITE CHEERLEADING

The Ignite Cheerleading program is designed to provide a fantastic introduction to the world of cheerleading for your athlete. Join us and watch your athlete develop level-appropriate skills in cheers, dance, jumps, motions, and beginner stunts. This session lasts for 14 weeks and concludes with an exciting in-house competition featuring participants from all our locations. Our 55-minute classes are held once a week, allowing athletes to learn and have fun in a structured environment. Our experienced coaches follow a detailed lesson plan to ensure that every student receives personalized attention and progresses at their own pace. The highlight of each session is the final class, where students showcase everything they have learned. Participation in the Ignite In-House Recreational Competition is optional but highly encouraged. If your athlete chooses to compete, there is a \$55 competition fee, a \$165 uniform fee, and athletes can use the same uniform until they outgrow it, typically lasting up to two years. To provide you with all the necessary information, one week prior to the first class, Ignite will send you a welcome email. This email will explain the additional costs for competition, uniform requirements, practice expectations, and provide instructions on how to register for their roster.

**Instructor:** *Ignite Cheerleading Staff*

**Location:** Founders Community Center

**Day:** Wednesday

**Date:** January 17 - April 24

(No Class March 27)

**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:** 10/25



## BALLOON BLOSSOMS PAINTING TECHNIQUE

Want to join us for a fun and creative activity? We'll be using a small balloon to make some beautiful painted blossoms on heavy art paper. It's going to be a blast, but just a heads up - we might get a little messy with the tempera paints, so make sure to dress accordingly! Once we're done, your awesome projects will need some time to dry at home, so make sure you have a safe space all set up for that. Can't wait to see what colorful creations we come up with together! 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

\*Registration is going on now - this program was listed in the Fall brochure.



## LITTLE BAKERS

Why not throw on your apron and join us in the kitchen at the park district? We've got something absolutely delicious in the works, courtesy of our talented Little Bakers. They're learning all about following recipes and mixing ingredients, and the star of the show this time is... CHOCOLATE CHIPS! And the best part? They'll even get to taste their mouth-watering creations. We'll also be sending home the recipe so they can enjoy making it again with a special someone. So come on over and get ready for some baking fun! Please list any allergies at the time of registration. This is a drop-off program.

**Instructor:** *Sharon Koczor*

**Location:** Founders Community Center

**Day:** Friday

**Date:** January 19

**Time:** 6:30 - 8:45 pm

**Age:** 3 - 9 years

**Fee:** \$30/NR \$35

**Min/Max:** 6/15

## STAGE STARS - GRAB THE SPOTLIGHT

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, students will learn theatrical skills, and 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.

<b>Instructor:</b>	<b>Afterschool Enrichment Solutions</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Tuesday
<b>Session I:</b>	January 23 - February 27
<b>Session II:</b>	April 23 - May 28
<b>Time:</b>	4:30 - 5:30 pm
<b>Grade:</b>	K - 6th
<b>Fee:</b>	\$130/NR \$135
<b>Min/Max:</b>	8/16



## CHESS SCHOLARS AFTERSCHOOL CHESS CLUB

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.

<b>Instructor:</b>	<b>Chess Scholar's Staff</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Wednesday
<b>Session I:</b>	January 24 - February 28
<b>Session II:</b>	April 24 - May 29
<b>Time:</b>	4:30 - 5:30 pm
<b>Grade:</b>	K - 8th
<b>Fee:</b>	\$130/NR \$135
<b>Min/Max:</b>	6/10



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## STEAM LAB

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!

<b>Instructor:</b>	<b>Afterschool Enrichment Solutions</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Thursday
<b>Date:</b>	January 25 - February 29
<b>Time:</b>	4:30 - 5:30 pm
<b>Grade:</b>	K - 5th
<b>Fee:</b>	\$140/NR \$145
<b>Min/Max:</b>	6/12

## LITTLE TYKES FOOTBALL PARTY

Are you pumped up for the Super Bowl? Why not gather some friends and have an awesome party together?! It'll be a blast throwing around a football indoors with your teammates, trying to make crazy field goals. And hey, we'll even show you how to make your very own paper football! Of course, snacks will be provided to satisfy your taste buds. And to add more fun, don't forget to rock any football attire you've got! Let's make this Super Bowl party one to remember! Please list any food allergies at the time of registration. This is a drop-off program.

<b>Instructor:</b>	<b>Sharon Koczor</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Friday
<b>Date:</b>	January 26
<b>Time:</b>	6:30 - 8:30 pm
<b>Age:</b>	3 - 9 years
<b>Fee:</b>	\$28/NR \$33
<b>Min/Max:</b>	6/15

## COOKIES WITH A HEART

Satisfy your sweet tooth with sugar cookies, frosting, and sprinkles. Join us for a fun night out with friends as we make, bake, and decorate cookies for someone special. Valentine-shaped cookie cutters provided to create your own heart-shaped cookie. Enjoy a glass of milk while tasting your creations. Don't worry, we'll save some to take home for a loved one, even if you can't resist eating them all! Please list any food allergies at the time of registration. This is a drop-off program.

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







### AMERICAN GIRL VALENTINE'S PARTY

Grab your favorite gal pal and come party with us. Be sure you both dress in your favorite party dress. We will start the party by visiting the salon and make doll-sized Valentine's Day cards. Party games, dancing, and dessert are all a must! Please list any food allergies at the time of registration.

<b>Instructor:</b>	<b>Gina Barrett</b>
Location:	Founders Community Center
Day:	Tuesday
Date:	February 13
Time:	6:30 - 8:00 pm
Age:	4 - 10 years
Fee:	\$30/NR \$35
Min/Max:	8/15

### 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 session!

<b>Instructor:</b>	<b>Magic Team of Gary Kantor</b>
Location:	Founders Community Center
Day/Date:	Tuesday / February 13
Day/Date:	Thursday / April 18
Time:	5:00 - 5:55 pm
Age:	5 - 12 years
Fee:	\$22/NR \$27 per class date
Min/Max:	4/15

### CRITTER CLASSES:

#### REPTILES, AMPHIBIANS, BUGS & 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 as their natural history and how to take care of them as pets. This class will feature live animals. Classes are taught by 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!

<b>Instructor:</b>	<b>Crosstown Exotics</b>
Location:	Founders Community Center
Day/Date:	Thursday, February 15
Day/Date:	Thursday, May 9
Time:	6:00 - 7:00 pm
Age:	5 - 12 years
Fee:	\$32/NR \$37 per class date
Min/Max:	10/15

### PRETTY LITTLE PRINCESS

Hey there, all you little princesses out there! How about slipping into your prettiest gown, adorning a dazzling crown, and joining your fellow princesses in town? It's every little girl's dream to be a princess, and today is the perfect day to make that dream come true. We've got a super fun craft prepared for you, something special to bring to The Ball. And guess what? You'll get to dance the night away and have an absolute blast! So, get ready to have a royally good time! This is a drop-off program.

<b>Instructor:</b>	<b>Sharon Koczor</b>
Location:	Founders Community Center
Day:	Friday
Date:	February 16
Time:	6:30 - 8:30 pm
Age:	3 - 9 years
Fee:	\$28/NR \$33
Min/Max:	6/15

### KIDS OPEN ART STUDIO

Come explore your creativity and experiment with different art mediums. This will not be a project-driven activity, but a chance for you to use your own imagination to make art with the materials provided.

<b>Instructor:</b>	<b>Kim Bennett</b>
Location:	Founders Community Center
Day:	Saturday
Session I:	February 17
Session II:	April 6
Time:	10:00 am - 12:00 pm
Age:	6 - 12 years
Fee:	\$20/NR \$25 per session
Min/Max:	6/15



### INTERGALACTIC QUEST

Our mini-fig characters, Logan and Zoe, get to visit the space station once a week and learn more about STEM in space.

They have a lot of questions about how to get to other planets, where the lightsabers are, what kind of animals have been in space and a million more. Their mischievous dog Trevor keeps sneaking into things as well. In this multi-part quest, students will learn about a different aspect of STEM, how it relates to space and what aspects are science fiction versus science fact. We use age-appropriate models for different levels of building skills. This hands-on class explores STEM concepts (Science, Technology, Engineering, and Math) primarily using LEGO Bricks, in which children will develop problem-solving skills and critical-thinking skills in a fun and engaging way.

<b>Instructor:</b>	<b>Bricks 4 Kidz</b>
Location:	Founders Community Center
Day:	Tuesday
Session I:	February 20 - April 2 (No Class March 26)
Session II:	April 9 - May 14
Time:	5:15 - 6:15 pm
Age:	6 - 12 years
Fee:	\$103/NR \$108
Min/Max:	6/16

## DINE WITH DINOSAURS

Hey, all you dinosaur fans! What is your favorite dinosaur? Stegosaurus, Pterodactyl, or maybe a T-Rex! Come join us for an evening of dinosaur fun! We will create a dinosaur craft, dig up dinosaur fossils, and eat a delicious snack of dinosaur nuggets. Bring your best dinosaur Roar! with you. Please list any food allergies at the time of registration. This is a drop-off program.

<b>Instructor:</b>	<b>Sharon Koczor</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Friday
<b>Date:</b>	February 23
<b>Time:</b>	6:30 - 8:30 pm
<b>Age:</b>	3 - 9 years
<b>Fee:</b>	\$28/NR \$33
<b>Min/Max:</b>	6/15

## LITTLE DOCTOR SCHOOL

Through roleplay 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.

<b>Instructor:</b>	<b>Little Medical School</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Monday
<b>Date:</b>	February 26 - April 8 (No Class March 25)
<b>Time:</b>	5:30 - 6:30 pm
<b>Age:</b>	6 - 10 years
<b>Fee:</b>	\$160/NR \$165
<b>Min/Max:</b>	8/16



## SUPERHERO PARTY

Hey there, kiddos! How about putting on your most awesome superhero costume for a night filled with super fun? This is truly a dream come true because you'll be surrounded by a whole bunch of unique superheroes just like you! And guess what? We've prepared some super cool activities just for you to enjoy. Plus, we'll even treat you to an incredibly yummy snack that will give you all the strength you need to showcase your amazing superpowers. Can't wait to have a blast together! Please list any food allergies at the time of registration. This is a drop-off program.

<b>Instructor:</b>	<b>Sharon Koczor</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Friday
<b>Date:</b>	March 1
<b>Time:</b>	6:30 - 8:30 pm
<b>Age:</b>	3 - 9 years
<b>Fee:</b>	\$28/NR \$33
<b>Min/Max:</b>	6/15

## 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.

<b>Instructor:</b>	<b>Lindsey Daehnke, Strictly Self-Defense</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Monday
<b>Date:</b>	March 4
<b>Time:</b>	4:30 - 6:00 pm
<b>Age:</b>	7 - 11 years
<b>Fee:</b>	\$35/NR \$40
<b>Min/Max:</b>	8/12

## CUPCAKE DELIGHT

Calling all bakers! How about we whip up something that's loved by everyone? Yup, you've guessed it - cupcakes! We've got an exciting activity planned where each child can join in on the fun. We'll go through some super simple steps like measuring and mixing all those tasty ingredients. The only tough part is patiently waiting for our cupcakes to bake in the oven. But fear not, because the most enjoyable moment will be when we get to frost and decorate our very own cupcakes. And let's not forget the best part - devouring those delectable treats! Get ready for a scrumptious delight that you won't want to miss out on! Please list any allergies at the time of registration. This is a drop-off program.

<b>Instructor:</b>	<b>Sharon Koczor</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Friday
<b>Date:</b>	March 8
<b>Time:</b>	6:30 - 8:45 pm
<b>Age:</b>	3 - 9 years
<b>Fee:</b>	\$30/NR \$33
<b>Min/Max:</b>	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.

<b>Instructor:</b>	<b>Donna Giove</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Monday
<b>Date:</b>	March 11
<b>Time:</b>	4:30 - 6:00 pm
<b>Age:</b>	6 - 10 years
<b>Fee:</b>	\$40/NR \$45
<b>Min/Max:</b>	4/5



## 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 the class, a Red Cross certificate will be received.

<b>Instructor:</b>	<b>Donna Giove</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Monday
<b>Date:</b>	March 11
<b>Time:</b>	6:30 - 8:00 pm
<b>Age:</b>	6 - 10 years
<b>Fee:</b>	\$40/NR \$45
<b>Min/Max:</b>	4/5







### LITTLE LEPRECHAUN

Grab your green attire and join us as we embark on a thrilling hunt for the legendary pot of gold! We'll be searching high and low for the treasure that our mischievous Leprechaun friend lost. Not only that, but we have a ton of fun Leprechaun games lined up for everyone to enjoy. And to top it all off, we'll be serving a delicious holiday treat that will satisfy all our little Leprechauns' taste buds! So mark your calendars and get ready for a fantastic time! Please list any food allergies at the time of registration. This is a drop-off program.

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

### DECORATE AN EASTER EGG

Grab some markers, paint, stickers, and whatever else you fancy and let's decorate some wooden/paper mâché Easter eggs! Each child will have the chance to decorate four eggs and proudly display them in their very own small basket. Let the artistic adventures begin! All materials are included.

<b>Instructor:</b>	<b>Kim Bennett</b>
Location:	Founders Community Center
Day:	Saturday
Date:	March 16
Time:	10:30 - 11:30 am
Age:	4 - 12 years
Fee:	\$25/NR \$30
Min/Max:	4/12

### SPRING COOKIE DECORATING

Get ready to unleash your creativity because we're bringing you a cookie-decorating extravaganza! We've got an abundance of delicious cookies just waiting to be transformed into edible works of art. And that's not all - we'll also have an amazing selection of colorful icing, sprinkles galore, and to top it all off, some piping hot cocoa to sip on while you work your decorating magic. So mark your calendars, bring your friends, and get ready for a sweet time! Please list any food allergies at the time of registration.

<b>Instructor:</b>	<b>Chef Lesley Shworles</b>
Location:	Founders Community Center
Day:	Saturday
Date:	March 16
Time:	10:00 am - 12:00 pm
Age:	7 - 11 years
Fee:	\$50/NR \$55
Min/Max:	6/9

### BEGINNING POTTERY FOR KIDS

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. 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.

<b>Instructor:</b>	<b>Kim Bennett</b>
Location:	Founders Community Center
Day:	Wednesday
Session I/Theme:	March 20 & 27/Easter / Springtime
Session II/Theme:	April 24 & May 1/Mother's Day
Session III/Theme:	May 29 & June 5/Father's Day
Time:	6:00 - 7:00 pm
Age:	6 - 12 years
Fee:	\$30/NR \$35
Min/Max:	5/12

### HERE COMES PETER COTTONTAIL!

Come join us on the bunny trail for some super fun hip-pity hop-pity adventures! We've got a special activity for all the little ones: we'll be decorating hardboiled eggs in all sorts of bright colors like blue, yellow, orange, and purple. Which one will you choose? Plus, we'll have a light snack to munch on. And don't forget to bring your Easter Basket so you can join in our exciting Egg Hunt! Please list any allergies at the time of registration. This is a drop-off program.

<b>Instructor:</b>	<b>Sharon Koczor</b>
Location:	Founders Community Center
Day:	Friday
Date:	March 22
Time:	6:30 - 8:30 pm
Age:	3 - 9 years
Fee:	\$28/NR \$33
Min/Max:	6/15

### CHESS SCHOLARS SPRING 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 of camp will consist of a fun interactive teaching period, followed by guided practice time, allowing students to play against one another while being coached by an experienced instructor. The camp session will conclude with a non-elimination tournament.

<b>Instructor:</b>	<b>Chess Scholar's Staff</b>
Location:	Founders Community Center
Day:	Monday - Friday
Dates:	March 25 - 29
Time:	9:00 am - 12:00 pm
Grade:	K - 8th
Fee:	\$205/NR \$210
Min/Max:	8/16

**FOR ONLINE REGISTRATION  
please visit  
[www.frankfortparks.org](http://www.frankfortparks.org)**

### DINNER AND A MOVIE

Bring your little ones over and get ready for a blast! You don't have to worry about feeding them because we've got it covered! We're serving up all their favorites: delicious Macaroni & Cheese and mouthwatering Chicken Nuggets. And the excitement doesn't end in the kitchen! They'll have a blast watching a movie with their buddies and munching on some tasty popcorn too! So drop off the kids and let the good times roll! Please list any allergies at the time of registration. This is a drop-off program.

**Instructor:** Sharon Koczor  
**Location:** Founders Community Center  
**Day:** Friday  
**Date:** March 29  
**Time:** 6:30 - 8:45 pm  
**Age:** 3 - 9 years  
**Fee:** \$30/NR \$35  
**Min/Max:** 6/15

### I LOVE COOKIES

Hey cookie lovers! Who's up for a night of baking fun? Throw on your apron, put on your chef's hat, and join us in indulging in some delicious cookies. We'll teach you how to read a recipe and follow directions, making it a truly hands-on experience for everyone. The best part? The type of cookie we'll be making will be a surprise! So come on over, let's make, bake, and enjoy sampling our cookie surprise together. And don't worry, we'll make sure you can recreate this deliciousness at home - a recipe will be sent home with you to enjoy all over again. Can't wait to share this yummy adventure with you! Please list any allergies at the time of registration. This is a drop-off program.

**Instructor:** Sharon Koczor  
**Location:** Founders Community Center  
**Day:** Friday  
**Date:** April 19  
**Time:** 6:30 - 8:45 pm  
**Age:** 3 - 9 years  
**Fee:** \$30/NR \$35  
**Min/Max:** 6/15

### CARS, CARS, CARS!

If you're a fan of playing with cars, then we've got the perfect party for you! We'll have a variety of different cars and vehicles for you to play with, while you hang out with your friends. And here's where the fun really kicks in - using your imagination and creativity, you'll have the chance to design your very own vehicle using delicious food! How cool is that? Plus, we'll be playing the beloved Disney-PIXAR movie "Cars" for everyone to enjoy. So sit back, relax, and indulge in the edible vehicle that you've created while having a blast watching the movie. Trust us, it's going to be a wheel-y amazing time! Please list any allergies at the time of registration. This is a drop-off program.

**Instructor:** Sharon Koczor  
**Location:** Founders Community Center  
**Day:** Friday  
**Date:** April 5  
**Time:** 6:30 - 8:30 pm  
**Age:** 3 - 9 years  
**Fee:** \$28/NR \$33  
**Min/Max:** 6/15

### HOGWARTS QUIDDITCH PRACTICE!

Calling all Hogwarts students! Come and test your Quidditch skills with official equipment like broomsticks, quaffleball, bludger, and a snitch from the Quidditch store at The Wizarding World of Harry Potter. Be prepared for lots of running and fun!

**Instructor:** Gina Barrett  
**Location:** Founders Community Center  
**Day:** Tuesday  
**Date:** April 9  
**Time:** 6:00 - 8:00 pm  
**Age:** 5 - 10 years  
**Fee:** \$29/NR \$34  
**Min/Max:** 8/16



### CREATE A TUTU SKIRT - BARBIE THEME

Barbie rocks a tutu and so can you! We'll provide the materials and instruction; you provide your own style and imagination. The class fee includes materials to make 1 tutu skirt (varying shades of pink, purple, white, and some sparkles) but please feel free to bring your own bits and pieces to add to your tutu skirt to make it truly one-of-a-kind.

**Instructor:** Kim Bennett  
**Location:** Founders Community Center  
**Day:** Wednesday  
**Date:** April 10  
**Time:** 6:00 - 7:00 pm  
**Age:** 6 - 13 years  
**Fee:** \$25/NR \$30  
**Min/Max:** 5/12



### MAKE YOUR OWN PIZZA.... PARTY!

Come dressed in your PJs and bring your favorite stuffy for a pizza pajama party! Parents get the chance to have a night out on the town, while the kids are having their own kind of fun. Drop off the kids and let the fun begin for all! The kids will start off in the kitchen making their own pizza. After all that hard work, they can relax and enjoy eating their pizza and watching a movie snuggling with their stuffy. We will end the night with a bedtime story, just in time for parents to pick up the kids and put them to bed. Please list any allergies at the time of registration. This is a drop-off program.

**Instructor:** Sharon Koczor  
**Location:** Founders Community Center  
**Day:** Friday  
**Date:** April 12  
**Time:** 6:30 - 9:00 pm  
**Age:** 3 - 9 years  
**Fee:** \$32/NR \$37  
**Min/Max:** 6/15



new

**WILDERNESS MEDICINE**

Students will explore some of the dangers in the wild such as bug bites, snake bites, and poisonous plants. These future emergency medics will learn how to splint a broken leg, tie a tourniquet, filter dirty water, the effects of hypothermia, and 20 ways to use a bandana in emergencies.

<b>Instructor:</b>	<b>Little Medical School</b>
Location:	Founders Community Center
Day:	Monday
Date:	April 15 - May 20
Time:	6:45 - 7:45 pm
Age:	6 - 10 years
Fee:	\$160/NR \$165
Min/Max:	8/16

new

**CREATIVE CODING**

Your child will have a blast designing video games and animations in this exciting STEM program. Our innovative approach to coding is sure to spark your child's interest in computer science, using a kid-friendly, intuitive, block-based programming system called Scratch, developed by the MIT Media Lab. The fun-filled curriculum hones important skills related to problem-solving, attention to detail, creativity, storytelling, and critical thinking. Class topics include conditional statements, cloning, variables, loops, control structure, object-oriented design concepts, and data structures. Note: Students must bring their own devices to class (tablet, laptop, Chromebook).

<b>Instructor:</b>	<b>Afterschool Enrichment Solutions</b>
Location:	Founders Community Center
Day:	Thursday
Date:	April 25 - May 30
Time:	4:30 - 5:30 pm
Grade:	K - 5th
Fee:	\$130/NR \$135
Min/Max:	8/16

new

**MOM & DAUGHTER...MOMENTS TO CHERISH...**

Mother's Day is coming soon! This party is a great opportunity for Moms and Daughters to spend some quality time together. You will enjoy making some jewelry together while picking out the perfect beads to string your necklace or bracelet. A light snack will be served too. It will be a memorable time spent together that you will cherish!

<b>Instructor:</b>	<b>Sharon Koczor</b>
Location:	Founders Community Center
Day/Date:	Thursday/April 25
Time:	6:45 - 8:15 pm
Age:	3 - 9 years
Fee:	\$28/NR \$33/child
Min/Max:	6/15

**PAW PATROL PARTY**

Ryder needs your help. We're putting together an awesome team to embark on an exciting adventure to save some adorable pups. And guess what? We've got Paw Patrol toys to play with and a cool movie to watch too! The Paw Patrol Team really needs everyone's help to find and rescue these furry little friends. So, what do you say? Will you join us on this thrilling mission? This is a drop-off program.

<b>Instructor:</b>	<b>Sharon Koczor</b>
Location:	Founders Community Center
Day/Date:	Friday/April 26
Time:	6:30 - 8:30 pm
Age:	3 - 9 years
Fee:	\$28/NR \$33
Min/Max:	6/15

**MAY THE 4TH BE WITH YOU**

Get ready to embrace your inner Jedi this Star Wars Day! Join us for some super exciting Jedi Training where you'll have a blast designing your very own lightsaber. We'll help you tap into the powers of the force and guide you through the Jedi trails, where you'll put your newly acquired skills to the test. Don't worry if you're a Padawan right now because by the end, you'll be leaving as a true Jedi Master! Don your Jedi robes and let's make this an unforgettable Star Wars celebration together! May the force be with you!

<b>Instructor:</b>	<b>Gina Barrett</b>
Location:	Founders Community Center
Day:	Saturday
Date:	May 4
Time:	10:00 - 11:30 am
Age:	4 - 11 years
Fee:	\$30/NR \$35
Min/Max:	6/16

**KIDS NIGHT OUT - MAKING A MOTHER'S DAY SURPRISE**

Looking to give mom an extra special surprise? Well, I have an idea that will not only make her day but also let you have a blast in the process! It seems like moms are having all the fun lately with their girls' nights out and painting parties, right? But why not join in on the fun too? Gather up your friends and let's have a kids' night out while creating a wonderful gift for Mother's Day! Let's get creative together!

<b>Instructor:</b>	<b>Gina Barrett</b>
Location:	Founders Community Center
Day:	Thursday
Date:	May 9
Time:	6:30 - 8:00 pm
Age:	4 - 10 years
Fee:	\$25/NR \$30
Min/Max:	6/16

**BUBBLE PAINTING**

How about we have some artsy fun together? We'll take the bubble solution up a notch by adding some vibrant tempera paints to it. Then, get ready to blow bubbles and create amazing colorful masterpieces on canvas! Just a heads up, we'll be doing this outside to fully enjoy the experience. Don't worry, tempera paint is washable, but it might get a little messy, so dress accordingly. Let's unleash our creativity and have a blast!

<b>Instructor:</b>	<b>Kim Bennett</b>
Location:	Founders Community Center
Day:	Saturday
Date:	May 18
Time:	10:30 - 11:30 am
Age:	6 - 12 years
Fee:	\$20/NR \$25
Min/Max:	5/12





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 techniques 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 the upbeat fast-paced movement of jazz to help with coordination, flexibility, and musicality. Fun dance routines and up-to-date music makes kids excited to come back week to week.

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

**Ballet II/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.

**Lyrical II/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.

**Jazz/Hip Hop II/III:** Emphasis on popping, locking, and other hip-hop movements that are utilized in only Hip-Hop dance. Must be 10 and older for this class.



## Frankfort On Pointe



### DANCE RECITAL

This recital presentation will be held on May 19 at Lincoln-Way East High School. Family and friends are invited to view this Recital performance by our talented On Pointe dance students.

**\*\*\*An additional costume fee & recital fee will be incurred for the recital.**

**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

#### Session I:

Monday / January 22-May 6

(No Class March 25)

Wednesday / January 24-May 8

(No Class March 27)

\*Wednesday / January 17-May 8

(No Class March 20, 27 & April 17)

Thursday / January 25-May 9

(No Class March 28)

Day	Class	Age	Time	Cost	Min/Max
M	Little Stars	3-4 years	4:00-4:30 pm	\$125/\$130	5/12
M	Pre-Ballet	4-5 years	4:40-5:10 pm	\$125/\$130	5/12
M	Ballet I	7-9 years	5:15-6:00 pm	\$155/\$160	5/12
M	Jazz I	7-9 years	6:00-6:45 pm	\$155/\$160	5/12
M	Tap I	7-9 years	6:45-7:15 pm	\$125/\$130	5/12
M	Dance Troupe	Invite Only	7:15-8:45 pm	\$167/\$172	5/12
W	Little Stars	3-4 years	9:30-10:00 am	\$125/\$130	5/12
*W	Ballet/Tap/Jazz Combo	5-6 years	4:00-5:00 pm	\$156/\$161	5/12
*W	Pre-Ballet	4-5 years	5:10-5:40 pm	\$116/\$121	5/12
TH	Ballet II/III	10-18 years	4:30-5:30 pm	\$167/\$172	5/12
TH	Lyrical II/III	10-18 years	5:30-6:30 pm	\$167/\$172	5/12
TH	Jazz/Hip Hop II/III	10-18 years	6:30-7:30 pm	\$167/\$172	5/12

**PLEASE NOTE:** Priority registration was given to students enrolled in Session I (Fall). Registration was then open to the public on December 4 for Residents and December 11 for Non-Residents. Some classes may be FULL.





## BONJOUR! I SPEAK FRENCH (JR HIGH)

This class is a wonderful introduction to the French language and French culture for beginners. This class offers a head start for high school while developing and improving language skills. Proficiency in multiple languages opens doors to travel, education, and professional opportunities.

**Instructor:** Miss Zara  
**Location:** Founders Community Center  
**Day:** Tuesday  
**Session I:** January 16 - February 13  
**Session II:** February 20 - March 19  
**Time:** 5:50 - 6:40 pm  
**Age:** 11 - 13 years  
**Fee:** \$60/NR \$65  
**Min/Max:** 4/10

## 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 heading to college.

**Instructor:** Lindsey Daehnke, *Strictly Self-Defense*  
**Location:** Founders Community Center  
**Day:** Thursday  
**Date:** February 1  
**Time:** 4:00 - 6:00 pm  
**Age:** 12 - 17 years  
**Fee:** \$38/NR \$43  
**Min/Max:** 8/12

## BABYSITTER TRAINING

This is a two-day class that focuses on providing youth who are planning to babysit with the knowledge & skills necessary to provide care safely & responsibly for children and infants in the absence of parents. This training will help participants develop leadership skills, learn how to develop a babysitting business, keep themselves & others safe, help children behave & learn about basic childcare & basic first aid. Certification for this class includes the participant's workbook, emergency guide & CD-ROM as well as an American Red Cross Babysitters Training certificate. Attendance is required for the entire two days to receive a 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:** February 5 & 7  
**Session II:** April 15 & 17  
**Time:** 4:30 - 8:00 pm  
**Age:** 11 - 15 years  
**Fee:** \$80/NR \$85 per session  
**Min/Max:** 4/6



## BEADED HOOP EARRINGS

Introducing our Beaded Hoop Earring Class! Join us and learn how to create fabulous and eye-catching seed bead hoops. This class is a fun & easy opportunity to learn jewelry making! With a dazzling array of bead color choices and three different sizes of hypoallergenic stainless steel hoops to choose from, you can let your creativity soar and design hoops that reflect your unique style. The instructor has 20 years of jewelry-making experience & will guide you through each step, ensuring that you leave with a pair of stunning beaded hoop earrings. All materials are included.

**Instructor:** Whimsy Beadworks  
**Location:** Founders Community Center  
**Day:** Thursday  
**Date:** February 15  
**Time:** 6:00 - 8:00 pm  
**Age:** 13 years & older  
**Fee:** \$50/NR \$55  
**Min/Max:** 3/8

## TEEN BOARD & BRUSH

Grab your friends and paint a board! Join us at Board & Brush in New Lenox, for a fun night filled with sanding distressing, staining stenciling, and more! The fee includes the board of your choice, paint, aprons, supplies, etc. Snacks will be provided.

Registration Deadline:

**Location:** Board & Brush  
 2401 E. Joliet Hwy, New Lenox  
**Day:** Thursday  
**Date:** February 8  
**Time:** 6:00 - 8:00 pm  
**Age:** 12 - 17 years  
**Fee:** \$50/NR \$55  
**Min/Max:** 6/9





### HEART ART

Choose from a variety of media (watercolor paint/pencils/ crayons, oil pastels, paint markers, Washi tape, patterned paper) to create heart-themed art pieces on heavy art paper.

All supplies are included.

<b>Instructor:</b>	<b>Kim Bennett</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Saturday
<b>Date:</b>	February 10
<b>Time:</b>	10:30 - 11:30 am
<b>Age:</b>	12 years & older
<b>Fee:</b>	\$25/NR \$30 per person
<b>Min/Max:</b>	5/12

### DODGEBALL & PIZZA

Get ready to rock your sweatband and gym shoes cause we're playing some dodgeball! This is a drop-off party so please bring your teen in for check-in and return for pick-up. After the big games, we will enjoy some pizza...so come ready to dodge, duck, and dive!

<b>Location:</b>	Founders Community Center Gym
<b>Day:</b>	Monday
<b>Dates:</b>	February 19
<b>Time:</b>	11:00 am - 1:00 pm
<b>Age:</b>	10 - 14 years
<b>Fee:</b>	\$15/NR \$20
<b>Min/Max:</b>	16/30



### WASHI TAPE PENS

Use colorful washi tape to create your own customized pen set. One set of pens per participant. All materials are included.

<b>Instructor:</b>	<b>Kim Bennett</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Wednesday
<b>Date:</b>	February 28
<b>Time:</b>	6:00 - 7:00 pm
<b>Age:</b>	10 - 16 years
<b>Fee:</b>	\$25/NR \$30
<b>Min/Max:</b>	5/12



### COOKIES, COOKIES & MORE COOKIES

If you love cookies, you will love this class. Students will enjoy an evening of baking a variety of cookies, learning different cookie methods, and you will go home with plenty

of cookies to share. Please list any allergies at the time of registration.

<b>Instructor:</b>	<b>Chef Lesley Shworles</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Tuesday
<b>Date:</b>	March 19
<b>Time:</b>	5:30 - 8:00 pm
<b>Age:</b>	12 - 17 years
<b>Fee:</b>	\$50/NR \$55
<b>Min/Max:</b>	6/9

### MONEY WHIZ

Money Whiz is structured to prepare young adults between the ages of 12-18 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 their paystub with certainty. The lessons target modern concepts like navigating credit scores, interest rates, repaying loans and so much more!

<b>Instructor:</b>	<b>Money Whiz</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Wednesday
<b>Date:</b>	March 6 - 20
<b>Time:</b>	5:00 - 6:00 pm
<b>Age:</b>	12 - 18 years
<b>Fee:</b>	\$120/NR \$125
<b>Min/Max:</b>	20/25



### JR CHEF SPRINGTIME HOT COCOA BOMBS

Students will learn how to make their own hot cocoa bombs. There will be plenty of sprinkles for decorating and they will even make some to take home. Please list any allergies at

the time of registration.

<b>Instructor:</b>	<b>Chef Lesley Shworles</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Tuesday
<b>Date:</b>	April 2
<b>Time:</b>	5:30 - 7:30 pm
<b>Age:</b>	12 - 17 years
<b>Fee:</b>	\$50/NR \$55
<b>Min/Max:</b>	6/9



## 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](mailto:cdebella@frankfortparks.org)





## UNITED GYMNASTICS ACADEMY

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. Participants 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:** January 15 - March 9

**Session II:** April 1 - May 25

## GYM CUBS

The Gym Cubs is a parent participation class centered around age-appropriate development movements on 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:** Tuesday/11:00 - 11:50 am  
**Day/Time:** Friday/11:00 - 11:50 am  
**Age:** 2 - 3 years with parent  
**Fee:** \$165/NR \$170  
**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 - 4:55 pm  
**Day/Time:** Friday/10:00 - 10:50 am  
**Age:** 3 years  
**Fee:** \$165/NR \$170  
**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/10:00 - 10:50 am  
**Day/Time:** Tuesday/10:00 - 10:50 am  
**Day/Time:** Tuesday/1:00 - 1:50 pm  
**Day/Time:** Thursday/9:00 - 9:50 am  
**Day/Time:** Friday/2:00 - 2:50 pm  
**Age:** 4 - 5 years  
**Fee:** \$165/NR \$170  
**Min/Max:** 2/8



## UNITED GYMNASTICS ACADEMY

722 Center Road, Frankfort  
 815-469-8282

## BEGINNER GIRLS' 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:** Wednesday/4:00 - 4:55 pm  
**Day/Time:** Friday/6:00 - 6:55 pm  
**Age:** 6 - 17 years  
**Fee:** \$175/NR \$180  
**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:** Tuesday/4:00 - 4:55 pm  
**Day/Time:** Thursday/7:00 - 7:55 pm  
**Day/Time:** Saturday/9:00 - 9:55 am  
**Age:** 6 - 14 years  
**Fee:** \$175/NR \$180  
**Min/Max:** 2/8



## BOYS GYMNASTICS

This class is designed to cover apparatuses that are not used for girl's programs. Boys will enjoy this exciting gymnastics experience along with building coordination and confidence. Prices reflect an 8-week session.

**Location:** United Gymnastics Academy  
**Day/Time:** Thursday/4:00 - 4:55 pm  
**Age:** 6 - 11 years  
**Fee:** \$175/NR \$180  
**Min/Max:** 2/8



# Youth Athletic Programs

## BASKETBALL SKILLS CLINIC

This clinic is for players who 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.

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

\*Registration is going on now! Advertised in the Fall brochure.

## MLK DAY BASKETBALL DAY CAMP

All the high-intensity drills used in the Elite Basketball Training Program are 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.

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



## 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 the childhood education standards.

<b>Instructor:</b>	<b>Soccer Shots</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Thursday
<b>Session I:</b>	January 18 - February 22
<b>Session II:</b>	April 11 - May 16
<b>Age/Time:</b>	2 - 3 years (with parent)/11:15 - 11:45 am
<b>Age/Time:</b>	3.5 - 5 years/11:45 am - 12:30 pm
<b>Age/Time:</b>	3.5 - 5 years/5:00 - 5:45 pm
<b>Age/Time:</b>	6 - 9 years/5:45 - 6:30 pm
<b>Fee:</b>	\$85/NR \$90
<b>Min/Max:</b>	6/12



## 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.

<b>Instructor:</b>	<b>Skyhawks Staff</b>
<b>Age/Time:</b>	5 - 8 years/5:00 - 5:45 pm 9 - 12 years/6:00 - 7:00 pm
<b>Fee:</b>	\$75/NR \$80
<b>Min/Max:</b>	6/12

<b>Location:</b>	Founders Community Center
<b>Day:</b>	Friday
<b>Session I:</b>	January 19 - February 16 (No Class February 2)

<b>Location:</b>	Commissioners Park
<b>Day:</b>	Monday
<b>Session II:</b>	April 8 - 29



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



## TRACK & FIELD

Skyhawks Track & Field was developed to introduce young athletes to this sport, rich in tradition and history. These programs combine technical development and fundamental techniques with safety and a major focus on fun! Using special equipment, our staff teaches exercises and drills that prepare athletes for a future in cross country, track & field events, and distance running while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are covered in this unique program.

**Instructor:** Skyhawks Staff  
**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  
**Location:** Founders Community Center  
**Day:** Monday  
**Session I:** January 22 - February 12

**Location:** Commissioners Park  
**Day:** Friday  
**Session II:** April 12 - May 3

## KARATE KIDS

This class introduces young children to martial arts. Participants will learn and develop basic karate skills, techniques, and principles. Through a variety of fun activities, children will improve motor skills and physical fitness, and gain confidence. There is a \$25 fee for testing, which includes a belt and certificate.

**Instructor:** Master David Smith, 6th Degree Black Belt  
**Location:** Founders Community Center  
**Day:** Thursday  
**Session I:** January 25 - February 29  
**Session II:** March 14 - April 25  
 (No Class March 28)  
**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 will 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)! At 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. There is a \$25 fee for testing, which includes a belt and certificate.

**Instructor:** Master David Smith, 6th Degree Black Belt  
**Location:** Founders Community Center  
**Day:** Thursday  
**Session I:** January 25 - February 29  
**Session II:** March 14 - April 25  
 (No Class March 28)  
**Time:** 6:30 - 7:30 pm  
**Age:** 8 years & older  
**Fee:** \$75/NR \$80  
**Discounts:** ½ off additional family members  
**Min/Max:** 6/12



## BADMINTON CLINIC

Let's play Badminton! Come and join instructor Steven Evenhouse for this one-day clinic. You will learn the basics of badminton and skill development and we will even add in some friendly competition! No experience is necessary...so come and join the fun!

**Instructor:** Steve Evenhouse  
**Location:** Founders Community Center  
**Day:** Monday  
**Date:** February 19  
**Time:** 1:30 - 3:00 pm  
**Age:** 6 - 12 years  
**Fee:** \$30/NR\$35  
**Min/Max:** 6/14



**FOR ONLINE REGISTRATION  
 please visit  
[www.frankfortparks.org](http://www.frankfortparks.org)**

## YOUTH INDOOR TENNIS LESSONS

In these lessons, students will learn the basics of tennis including grips, groundstrokes, volleys, and serves. Students will also be taught the different areas of the court, the rules of the game, and scoring. Participants must bring their own tennis racquet and water bottle to each class.

<b>Instructor:</b>	<b>John Kenny</b>
Location:	Founders Community Center
Day:	Sunday
Session I:	February 11 - March 24 (No Class March 3 & 17)
Session II:	April 7 - May 5
Age/Time:	5 - 7 years/ 9:00 - 10:00 am
Age/Time:	8 - 12 years/10:00 - 11:00 am
Fee:	\$62/NR \$67
Min/Max:	8/12



## 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.

<b>Instructor:</b>	<b>Skyhawks Staff</b>
Location:	Chelsea Intermediate
Day:	Monday
Date:	February 26 - March 18
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

## 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.

<b>Instructor:</b>	<b>Bill Brannigan</b>
Location:	Grand Prairie School North Entrance (Door #10)
Day:	Wednesday
Date:	February 28 - April 10 (No Class March 27)
Time:	4:30 - 5:15 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.

<b>Instructor:</b>	<b>Bill Brannigan</b>
Location:	Grand Prairie School North Entrance (Door #10)
Day:	Wednesday
Date:	February 28 - April 10 (No Class March 27)
Time:	5:30 - 6:15 pm
Age:	4 - 6 years
Fee:	\$59/NR \$64
Min/Max:	6/16

## 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.

<b>Instructor:</b>	<b>Dave Esterkamp &amp; Ranch Training Staff</b>
Location:	Grand Prairie School North Entrance (Door #10)
Day:	Wednesday
Session I:	March 6 - April 17 (No Class March 27)
Session II:	May 1 - June 5
Time:	5:30 - 6:15 pm
Age:	4 - 6 years
Fee:	\$69/NR \$74
Min/Max:	6/14

## 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.

<b>Instructor:</b>	<b>Dave Esterkamp &amp; Ranch Training Staff</b>
Location:	Grand Prairie School North Entrance (Door #10)
Day:	Wednesday
Session I:	March 6 - April 17 (No Class March 27)
Session II:	May 1 - June 5
Time:	6:15 - 7:00 pm
Age:	7 - 14 years
Fee:	\$69/NR \$74
Min/Max:	6/16

**FOR ONLINE REGISTRATION  
please visit  
[www.frankfortparks.org](http://www.frankfortparks.org)**



## VICTORY MMA CLASSES

Our classes 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. In 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 lives. Check out our website @ [www.victorymmaacademy.com](http://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!

<b>Instructor:</b>	<b>MMA Instructor</b>
Location:	Founders Center
Day:	Friday
Session I:	March 8 - April 12 (No Class on March 29)
Session II:	April 26 - May 31 (No Class May 24)
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. A \$6.00 range ball fee will be payable to the front desk for each class. There is limited space available so Sign up today!

<b>Instructor:</b>	<b>Dennis Piotrowski</b>
Location:	White Mountain Golf Club 9901 West 179th St, Tinley Park
Day:	Sunday
Session I:	March 17 - April 14 (No Class March 31)
Session II:	April 21 - May 12
Time:	12:00 - 1:00 pm
Age:	7 - 15 years
Fee:	\$79/NR \$84
Min/Max:	6/10

## SPRING BREAK BASKETBALL CAMP

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progression-based curriculum, we focus on the whole player-teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding, and defense through skill-based instruction and small-sided scrimmages.

<b>Instructor:</b>	<b>Skyhawks Staff</b>
Location:	Founders Community Center
Day:	Monday - Thursday
Date:	March 25 - 28
Time:	9:00 am - 12:00 pm
Age:	6 - 12 years
Fee:	\$155/NR \$160
Min/Max:	6/20

## NERF WARS TOURNAMENT

Game On! Come and join us for an afternoon of fun and dodging Nerf bullets! Participants will have the option to sign up as a team of 4, or as an individual...that will be placed on a team. Each player will be required to bring (and wear) Eye Safety goggles for the duration of the event, and they will also need to bring their own \*Nerf guns.

**\*Please note:** All Nerf guns must not exceed a 100-round capacity...to keep it fair, no 1000 Shot NERF Blasters! Players can bring more than one Nerf gun, but only one Nerf gun per game. Please do not bring outside barriers or shields. Additional tournament rules are available at the time of registration.

### Registration Deadline: March 14

Location:	Founders Community Center
Day:	Thursday
Date:	March 28
Time:	1:00 - 3:00 pm
Age:	8 - 13 years
Fee:	\$12/NR \$17 per participant
Min/Max:	6/8 Teams

## 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.

<b>Instructor:</b>	<b>Ultimate Volleyball</b>
Location:	Chelsea Intermediate
Day:	Tuesday
Date:	April 9 - May 14
Time:	6:00 - 6:45 pm
Age:	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 learn strategies through gameplay.

<b>Instructor:</b>	<b>Ultimate Volleyball</b>
Location:	Chelsea Intermediate
Day:	Tuesday
Date:	April 9 - May 14
Age/Time:	3rd - 5th Grade/6:45 - 7:30 pm
Age/Time:	6th - 8th Grade/7:30 - 8:15 pm
Fee:	\$65/NR \$70
Min/Max:	6/20

## NINJA WARRIOR TRAINING

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

<b>Instructor:</b>	<b>Bill Brannigan</b>
Location:	Founders Community Center
Day:	Wednesday
Date:	April 24 - May 29
Time:	4:30 - 5:15 pm
Age:	8 - 11 years
Fee:	\$59/NR \$64
Min/Max:	6/16



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

**PEE WEE GOLF**

Pee Wee Golf classes are for youngsters 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 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. A \$6.00 range ball fee will be payable to the front desk for each class.

**Instructor:** *Suzie Owens, LPGA Teaching Professional*  
**Location:** White Mountain Golf Course  
 9901 West 179th St, Tinley Park  
**Day:** Saturday  
**Date:** May 11 - June 15  
**Time:** 9:00 - 9:45 am OR 10:00 - 10:45 am  
**Age:** 3 - 6 years  
**Fee:** \$69/NR \$74  
**Min/Max:** 4/7

**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 can offer lessons year-round. A 5-lesson card includes 5 individual one-hour group lessons. Helmets are available at the 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 and 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:** \$270/five 1-hour lessons/  
 Lessons are offered 6 days a week,  
 Please contact Nova Quarter Horse to  
 schedule your lesson.  
**Min/Max:** Open

# YOUTH SPRING RECREATIONAL SOCCER LEAGUE (SEMI-TRAVEL) 5<sup>th</sup>-8<sup>th</sup> Grade

Frankfort Park District is partnering with the Mokena and Manhattan Park Districts by offering an instructional soccer league focusing on our 5<sup>th</sup>-8<sup>th</sup> grade players. The program focuses on small-sided games for maximum touches on the ball and maximum participation for the player, both of which are instrumental for player development. Team practices (led by volunteer coaches) are held during the week, and games are held on Sundays. Each team is guaranteed to play 7 games.

**Registration Deadline:** February 26 (based on availability). A \$15 late fee will be charged if registered after February 26. NO refunds will be given after the registration deadline.



**Instructor:** Volunteer Coaches  
**Locations:** Commissioners Park 21972 S. 80th Ave, Frankfort, IL 60423 (Practices)  
 Willowview Park 11420 197th St, Mokena, IL 60448 (Games)  
**Day:** Practices: Wednesdays & Games: Sundays (location varies)  
**Date:** First Practice: April 10 & First Game: April 21  
**Time:** Varies  
**Age:** 5<sup>th</sup> - 6<sup>th</sup> Grade  
 7<sup>th</sup> - 8<sup>th</sup> Grade  
**Fee:** \$120/NR \$125  
 After 2/26 \$135/NR \$140



# FIRE STARTERS SPRING OUTDOOR SOCCER LEAGUE

Please be sure to download a League Welcome Letter at time of registration.

The Fire Starters Staff will conduct an instructional outdoor soccer program focusing on the basic skills for the beginning and novice players age 4 through 6th grade. This program will consist of a weekday training session and games on Saturdays. The training curriculum will be age appropriately designed to create a fun and exciting environment for maximum participation for each player. As always, volunteer parent coaches are required to ensure the successful operation of this program. Each player will receive a jersey to wear for games. All players are required to wear shin guards and bring a soccer ball and water to all training sessions and games.

**Registration Deadline:** February 26 or until filled - A \$15 late fee will be added if registered after February 26. No refunds after registration deadline.

**Volunteer Coaches Meeting:** March 19 at 6:30 pm at the Founders Community Center.

**Instructor:** Fire Starters Staff  
**Location:** Commissioners Park Soccer Fields  
**Dates:** April 2 - May 23  
 (\*No Games May 4 or May 25)  
 \*Makeup games will take place during the week, either on Tues or Thursday

**Age:** 4 years - Kindergarten  
**Session I:** Tuesday/5:00 - 5:45 pm  
 Saturday/9:00 am - 12:00 pm\*  
**Session II:** Thursday/5:00 - 5:45 pm  
 Saturday/9:00 am - 12:00 pm\*

**Age:** 1st-3rd grade  
**Session III:** Tuesday/6:00 - 7:00 pm  
 Saturday/9:00 am - 12:00 pm\*  
**Session IV:** Thursday/6:00 - 7:00 pm  
 Saturday/9:00 am - 12:00 pm\*

**Age:** 4th - 6th grade  
**Session V:** Thursday/6:00 - 7:00 pm  
 Saturday/9:00 am - 12:00 pm\*

**Fee:** \$119/NR \$124  
 (\$5 off for additional siblings)

\*Your child will play 1 game scheduled anytime between 9 am - 12 pm on Saturdays. Game schedules will be released on or before the first practice.



Registration for the Fire starters Soccer League is available online and in person at the Founders Community Center. Due to the amount of friend and/or team requests received each season, we will not be honoring these requests. For additional questions please contact the Frankfort Park District at 815-469-9400.

## Team Sideline

The Frankfort Park District uses TeamSideline to manage the Youth Soccer League Teams. This means each Frankfort Park District Youth Soccer 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 games 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's registration online at <http://www.teamsideline.com/sites/frankfort/home>. The volunteer coaches meeting will be held on March 19 at 6:30 pm at the Founders Community Center.

## General Info

Fire Starters Developmental Soccer League will focus on the growth and development of basic skills with emphasis on FUN! Please remember that while the children are competing, this is a recreational league where the score and standings are not recorded.



# Adult Athletic Programs

## MEN'S BASKETBALL LEAGUE

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

### Registration Deadline: March 22

Location: Founders Community Center Gym  
 Day: Thursday  
 Date: April 11 - June 6  
 (No Games May 23)  
 Time: Games start at 6:30 pm  
 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, and space is limited...so sign up early!

**Instructor:** Jeff Cederna  
 Location: Commissioners Park Pickleball Courts  
 Day: Tuesday  
 Session I: April 30  
 Session II: May 14  
 Session III: June 11  
 Time: 6:00 - 8:00 pm  
 Age: 18 years & older  
 Fee: \$24 per person  
 Min/Max: 8/12

## TUESDAY NIGHT MEN'S 12" SOFTBALL LEAGUE

Get your team organized for a season full of fun and fitness on the softball diamond. Teams will play a nine-game season with a single elimination tournament for the top four teams at the end of the season. A trophy will be awarded to the tournament champion of each division. Cash prizes will be awarded to the league champion and runner-up of each division. A non-refundable \$100 deposit is required at registration to hold your spot in the league. The balance is to be paid by April 22 for League I or July 15 for League II to ensure placement into the leagues. If the balance is not paid by April 22 or July 15, you will forfeit your spot in the leagues, no exceptions will be made. Team packets, rules, and softballs will be given out to Team Captains prior to league start.

**Please Note: Your team must have over 50% Frankfort Residents on your roster to be considered for resident rate.**

Location: Commissioners Park  
 Day: Tuesday  
 League I: May 7 - July 16  
 (No Games July 2)  
 League II: July 30 - October 1  
 Time: Games start at 6:30 pm  
 Age: 18 years & older  
 Fee per league: \$550/NR \$600  
 Min/Max: 6/8 Teams

## ADULT GOLF LESSONS AT WHITE MOUNTAIN GOLF COURSE

Golf lessons will be taught by Dennis Piotrowski, PGA Golf Professional, and his staff. A \$6.00 range ball fee will be payable to the front desk for each class. There will be limited space available so sign up today! 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: March 21 - April 11  
 Session II: April 18 - May 9  
 Time: 5:30 - 6:30 pm  
 Age: 16 years & older  
 Fee: \$79/NR \$84  
 Min/Max: 6/10





## 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:** January 15 - February 14  
**Session II:** February 28 - April 10  
 (No Class March 6, 25 & 27)  
**Session III:** April 17 - May 20  
**Time:** 9:30 - 10:30 am  
**Age:** 30 years & older  
**Fee:** \$60  
**Min/Max:** 15/40



## WERQ DANCE FITNESS

WERQ is a fiercely fun dance fitness class based on pop, rock, and hip-hop music. The warm-up previews the dance steps in class and the cool-down combines yoga-inspired static stretching and balance poses. No dance experience is required. Moderations of 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  
**Day:** Tuesday  
**Session I:** January 23 - March 5  
 (No Class February 27)  
**Session II:** March 26 - May 7  
 (No Class April 9)  
**Time:** 7:15 - 8:15 pm  
**Age:** 18 years & older  
**Fee:** \$50/NR \$55  
**Min:** 6/12

## 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 and a towel and wear comfy workout clothes - we're gonna get sweaty!

**Instructor:** **Kim Bennett**  
**Location:** Founders Community Center  
**Day:** Monday  
**Session I:** January 29 - March 4  
**Session II:** March 18 - April 22  
**Session III:** April 29 - May 20  
**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:** \$35/NR \$40 (4 weeks)  
**Min/Max:** 6/10

## 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:** February 1 - March 14  
 (No Class March 7)  
**Session II:** March 21 - April 25  
**Session III:** May 2 - 23  
**Time:** 7:45 - 8:30 pm  
**Age:** 16 years & older  
**Fee/Session I & II:** \$52/NR \$57 (6 weeks)  
**Fee/Session III:** \$35/NR \$40 (4 weeks)  
**Min/Max:** 6/12





**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 set of weights (3, 5, or 8 lbs weights), a water bottle, and a mat.

**Instructor:** *Nancy Richmond*  
**Location:** Founders Community Center  
**Day:** Monday  
**Session I:** February 19 - April 1  
 (No Class March 25)  
**Session II:** April 15 - May 13  
**Time:** 11:15 am - 12:15 pm  
**Age:** 18 years & older  
**Fee/Session I:** \$60/NR \$65 (6 weeks)  
**Fee/Session II:** \$50/NR \$55 (5 weeks)  
**Min:** 6/20

**FUNCTIONAL MOBILITY YOGA**

This mobility focused yoga class will help with core strength along with stretching to keep joints, muscles, and spine healthy and moving well. Mobility work has many benefits and should be an essential part of daily fitness/wellness routines. All fitness levels welcome. Please bring yoga mat, blanket and water to class.

**Instructor:** *Nancy Richmond*  
**Location:** Founders Community Center  
**Day:** Tuesday  
**Session I:** February 20 - April 2  
 (No Class March 26)  
**Session II:** April 16 - May 14  
**Time:** 8:15 - 9:15 am  
**Age:** 21 years & older  
**Fee/Session I:** \$60/NR \$65 (6 weeks)  
**Fee/Session II:** \$50/NR \$55 (5 weeks)  
**Min/Max:** 6/20

**TOTAL STRENGTH, CORE & MORE!**

This class strengthens and sculpts the upper body, lower body, and core muscles through the use of weights, stability balls, and other resistance equipment - most equipment is provided, but you must bring your own weights. With focus on proper alignment and form, you will safely and effectively tone muscles, increase bone density, boost metabolism rate, and more. Please bring a set of weights (2, 3, or 5 lbs), a water bottle, and a mat.

**Instructor:** *Laurie Myers, CPT, PTA, LMT, 200 CYT*  
**Location:** Founders Community Center  
**Day:** Tuesday &/OR Thursday  
**Session I:** February 20 - April 4  
 (No Class March 26 & 28)  
**Session II:** April 16 - May 23  
**Time:** 8:30 - 9:30 am  
**Age:** 18 years & older  
**Fee:** \$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**

Stretch it out with 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, reduced stress and anxiety, and improved 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:** February 20 - April 2  
 (No Class March 26)  
**Session II:** April 16 - May 21  
**Time:** 9:45 - 10:45 am  
**Age:** 16 years & older  
**Fee:** \$52/NR \$57  
**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 set of weights (3,5,or 8lbs weights), a water bottle, and a mat.

**Instructor:** *Nancy Richmond*  
**Location:** Founders Community Center  
**Days:** Tuesday &/OR Thursday  
**Session I:** February 20 - April 4  
 (No Class March 26 & 28)  
**Session II:** April 16 - May 16  
**Time:** 9:30 - 10:30 am  
**Age:** 18 years & older  
**Fee/Session I:** \$45/NR \$50 (1x/week for 6 weeks)  
 \$65/NR \$70 (2x/week for 6 weeks)  
**Fee/Session II:** \$38/NR \$43 (1x/week for 5 weeks)  
 \$58/NR \$63 (2x/week for 5 weeks)  
**Min:** 10/25



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

## HEALTHY MOVEMENT YOGA

Stay fit, healthy, and flexible with this class. Yoga helps build strength and 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.

<b>Instructor:</b>	<b>Nancy Richmond</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Thursday
<b>Session I:</b>	February 22 - April 4 (No Class March 28)
<b>Session II:</b>	April 18 - May 16
<b>Time:</b>	8:15 - 9:15 am
<b>Age:</b>	18 years & older
<b>Fee/Session I:</b>	\$60/NR \$65 (6 weeks)
<b>Fee/Session II:</b>	\$50/NR \$55 (5 weeks)
<b>Min/Max:</b>	6/20

## TAI CHI CHUAN

Tai Chi is a 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 who 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.

<b>Instructor:</b>	<b>Wayne Jupiter</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Wednesday
<b>Dates:</b>	March 6 - April 10
<b>Time:</b>	6:30 - 7:30 pm
<b>Age:</b>	21 years & older
<b>Fee:</b>	\$45/NR \$50
<b>Min/Max:</b>	6/12

## WOMEN'S SELF DEFENSE

This course is designed to teach you how to defend yourself against an attacker. It will also help you to be aware of your surroundings, so you can avoid conflict before it happens. You will be taught various techniques that you can use to stop or break free from an attacker and help prevent an assault. Please wear loose-fitting, comfortable clothing and bring a water bottle.

<b>Instructor:</b>	<b>Master David Smith 6th Degree Black Belt</b>
<b>Location:</b>	Founders Community Center
<b>Day/ Date:</b>	Thursday/May 2
<b>Time:</b>	6:00 - 8:00 pm
<b>Age:</b>	16 years & older
<b>Fee:</b>	\$40/NR\$45
<b>Min/Max:</b>	6/20

## 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](http://frankfort.fit4mom.com)

<b>Instructor:</b>	<b>Joanna Zapata, Fit4MOM Instructor</b>
<b>Location:</b>	Founders Community Center
<b>Day:</b>	Friday
<b>Date:</b>	November - May
<b>Time:</b>	9:45 - 10:45 am
<b>Age:</b>	18 years & older

## FRANKFORT/NEW LENOX RUNNING CLUB

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

## SENIOR WALKING CLUB

If you are looking to go for a walk in a safe, climate-controlled environment, then join us indoors at the Founders Community Center. Although registration is free, you must fill out a registration form to become a member. \* Days/times are subject to change.

Please stop by the front desk to pick up a monthly calendar.

<b>Location:</b>	Founders Community Center
<b>Days:</b>	Monday through Friday
<b>Dates:</b>	Year-round* (Calendars available at the office)
<b>Time:</b>	11:00 am - 3:00 pm
<b>Age:</b>	55 years & older
<b>Fee:</b>	FREE



## 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, online 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 2024!

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 ongoing program, register at your first class or online at <http://www.jazzercise.com>. \*\*Please verify class times by going to [www.jazzercise.com](http://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](mailto:karenjazz1991@gmail.com).

<b>Instructors:</b>	<b>Karen Labriola, Certified Instructor</b> <b>Deb Klir, Certified Instructor</b>
<b>Location:</b>	Founders Community Center
<b>Day/Time:</b>	Mon - 6:00 pm - Power Sculpt 60 (low impact) Tues - 6:00 pm - Cardio Sculpt 60 Wed - 8:30 am - Cardio Sculpt 60 Thurs - 6:00 pm - Power Sculpt 45 (low impact) Fri - 8:30 am - Cardio Sculpt 60 Sat - 8:45 am - Power Sculpt 60 (low impact) Sat - 9:40 am - Sculpt 30
<b>Fee:</b>	\$20/single visit \$83.99 per month for all-access pass \$69 per month unlimited in studio class pass

**These classes are open to everyone. You do not need to be a resident of Frankfort to participate.**



# Adult Programs

## LINE DANCE

Learn the hottest line dances that are currently being done at the saloons and dance clubs in the Chicago area. Dances are simple enough for beginners, no partner is required. Line dancing is great for your mental memory and your muscle memory and you get a low-impact workout. So put on your boots and get ready to have some fun dancing to the top county and non-country hits! Please bring a water bottle to class.

<b>Instructor:</b>	<b>Boot Scootin' Judy Rice</b>
Location:	Founders Community Center
Day:	Monday
Session I:	January 15 - February 12
Session II:	March 4 - April 1
Session III:	April 15 - May 20*
Beginner:	6:25 - 7:30 pm
Adv. Intermediate:	7:30 - 8:35 pm
Age:	16 years & older
Fee:	Session I & II: \$40/NR \$45 (5 Weeks) Session III: \$48/NR \$53 * (6 Weeks)
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. Taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class.

<b>Instructor:</b>	<b>Language in Action</b>
Location:	Zoom Platform
Day:	Wednesday
Session I:	January 17 - February 21
Session II:	February 28 - April 3
Session III:	April 10 - May 15
Time:	6:00 - 7:00 pm
Age:	18 years & older
Fee:	\$77/NR \$82
Min/Max:	6/12

## 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.

<b>Instructor:</b>	<b>Language in Action</b>
Location:	Zoom Platform
Day:	Wednesday
Session I:	January 17 - February 21
Session II:	February 28 - April 3
Session III:	April 10 - May 15
Time:	7:00 - 8:00 pm
Age:	18 years & older
Fee:	\$75/NR \$80

## 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.

<b>Instructor:</b>	<b>Becky Simon</b>
Location:	Founders Community Center
Day:	Thursday
Session I:	January 18 - February 8/ <b>Advanced</b>
Session II:	March 28 - April 18
Time:	7:00 - 8:00 pm
Age:	18 years & older
Fee:	\$50/NR \$55 per person
Min/Max:	12/20



## PHOTO 1 DIGITAL SLR PHOTOGRAPHY - BEGINNER

You'll start with the basics to give you a good foundation. You'll learn about your camera modes, aperture, shutter speed, depth of field, close-up flower photo, methods of focus and ISO then taking pictures in Manual Mode. At the end of this class, you will have an understanding of your camera and gear so you can use them to their fullest potential. NOTE: Participants must bring film and 35 mm camera that will work in manual mode or digital SLR (removable lens).

<b>Instructor:</b>	<b>Laurie Piton</b>
Location:	Founders Community Center
Day:	Tuesday
Date:	January 23 - February 6
Time:	6:00 - 8:00 pm
Age:	18 years & older
Fee:	\$94/NR \$99
Min/Max:	2/12

## VIRTUAL PROGRAMS

Look for this symbol



Virtual Only Program



new

**SOUP-ER BOWL**

Are you ready to learn some super easy and healthy recipes? These dishes are not only perfect for your upcoming Super Bowl party but also for a casual weeknight dinner. We'll even have some delicious samples for you to try during the class, and you can take some home to enjoy later! Please list any food allergies at the time of registration.

**Instructor:** Lesley Shworles  
**Location:** Founders Community Center  
**Day:** Saturday  
**Date:** January 27  
**Time:** 10:00 am - 12:00 pm  
**Ages:** 18 years & older  
**Fee:** \$60/NR \$65  
**Min/Max:** 6/9

**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. Note: Participants must have a piece of furniture to bring to class. A supply list will be given on the first day of class.

**Instructor:** Eileen Ficek  
**Location:** Lincoln-Way North High School Wood Shop  
 Enter through the back by door #28  
**Day/Time:** Tuesday/11:00 am - 2:00 pm  
**Date:** January 30 - March 26  
 (No Class March 12)  
**Day/Time:** Wednesday/6:15 - 9:15 pm  
**Date:** January 31 - March 27  
 (No Class March 13)  
**Age:** 18 years & older  
**Fee:** \$162/NR \$167  
**Min/Max:** 2/4

new

**NUTRITION 101: SIMPLE STRATEGIES FOR BETTER HEALTH**

Hippocrates once said, "Let food be thy medicine, and medicine be thy food". Eating the right foods will fuel and energize your body throughout the day. In this presentation, we will explore topics such as; which are the best foods to eat to help build your immune system, which foods are considered 'disease-fighting' and anti-inflammatory and what are some simple strategies to feel better and increase your energy level.

**Instructor:** Christine Rosandich, MS,  
 Nutrition & Wellness Program Manager,  
 The Cancer Support Center  
**Location:** Founders Community Center  
**Day:** Wednesday  
**Date:** February 7  
**Time:** 10:00 - 11:15 am  
**Age:** 18 years & older  
**Fee:** FREE (must pre-register)  
**Min/Max:** 10/30



new

**BEADED HOOP EARRINGS**

Introducing our Beaded Hoop Earring Class! Join us and learn how to create fabulous and eye-catching seed bead hoops. This class is a fun & easy opportunity to learn jewelry making! With a dazzling array of bead color choices and three different sizes of hypoallergenic stainless-steel hoops to choose from, you can let your creativity soar and design hoops that reflect your unique style. The instructor has 20 years of jewelry-making experience and will guide you through each step, ensuring that you leave with a pair of stunning beaded hoop earrings. All materials are included.

**Instructor:** Whimsy Beadworks  
**Location:** Founders Community Center  
**Day:** Thursday  
**Date:** February 15  
**Time:** 6:00 - 8:00 pm  
**Age:** 13 years & older  
**Fee:** \$50/NR \$55  
**Min/Max:** 3/8

**ZOOM LEARN TO EDIT YOUR PHOTOS WITH ADOBE PHOTOSHOP ELEMENTS**

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 did not blur that much? This is the class for you! Come join our class to learn all the different ways to edit your photos and improve them or get really creative with the photo! You will learn to practice hands on with your own photos. Get answers on the spot while editing your photos. NOTE: Adobe Photoshop Elements is required.

**Instructor:** Laurie Piton  
**Location:** Zoom Platform  
**Day:** Tuesday  
**Date:** February 13 - 27  
**Time:** 6:00 - 8:00 pm  
**Age:** 18 years & older  
**Fee:** \$94/NR \$99  
**Min/Max:** 2/12

new

**LATIN DANCE**

Enjoy the Latin rhythms and music and learn to dance as well. Learn the staccato beat of the cha cha, the slow and gliding movements of the bolero, the fast feet and music of the salsa and my favorite the rumba, which is the most popular Latin dance. We will be concentrating on rhythm and patterns in these dances as well as having fun while we learn. Please wear comfortable clothing and shoes.

**Instructor:** Becky Simon  
**Location:** Founders Community Center  
**Day:** Thursday  
**Date:** February 22 - March 14  
**Time:** 7:00 - 8:00 pm  
**Age:** 18 years & older  
**Fee:** \$50/NR \$55 per person /will need a partner  
**Min/Max:** 12/20

**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 IDs are NOW available at the mobile driver's facility by appointment only. Please call the Park District office at 815-469-9400 to schedule.**

Location: Founders Community Center  
 Day/Date: Wednesday, March 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, 1-800-252-8980.

**I-CASH ILLINOIS**

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

**new****SPRINGROLLS & EGGROLLS**

This class is for those who want to make some beautiful-looking spring rolls and some not-your-average baked eggrolls. We will be making Ruben, pizza, and even some breakfast eggrolls. Please list any food allergies at the time of registration.

**Instructor:** Lesley Shworles  
 Location: Founders Community Center  
 Day: Tuesday  
 Date: March 5  
 Time: 6:00 - 8:00 pm  
 Age: 18 years & older  
 Fee: \$60/NR \$65  
 Min/Max: 6/9

**new****OODLES OF STRUDEL**

Get ready to dive into the world of baking as we teach you how to make a bakery-worthy handmade strudel using just a few simple ingredients. The best part? We won't limit ourselves to just one type of strudel - get ready to explore the sweet and savory sides of this delicious treat. Trust us, it's going to be a fun and mouthwatering experience! Please list any food allergies at the time of registration.

**Instructor:** Lesley Shworles  
 Location: Founders Community Center  
 Day/Date: Saturday/March 9  
 Time: 10:00 am - 12:00 pm  
 Age: 18 years & older  
 Fee: \$60/NR \$65  
 Min/Max: 6/9

**new****FIRST AID FOR FAMILIES**

First aid can save lives. Severe and trivial accidents happen in life daily. Being able to recognize the hazards and risks all around us, can prevent dangerous situations. Immediate first aid given in those first vital seconds and minutes, makes all the difference and can prevent medical situations from deteriorating further, and is lifesaving.

**Instructor:** Dr. Matthew, Riverside Healthcare  
 Location: Riverside Healthcare Frankfort Campus  
 23120 S. LaGrange Road, Frankfort  
 Day/Date: Wednesday/March 13  
 Time: 5:00 - 6:00 pm  
 Age: 18 years & older  
 Fee: FREE  
 Min/Max: 15/30

**FREE****SELF CORDED CUSHION CLASS**

Do you happen to have a chair cushion, outdoor cushion, or even a couch cushion that could use some TLC? No worries if you're not sure where to begin, because we've got you covered! Our class is all about teaching you how to create a beautiful and personalized cushion that will replace those worn-out or outdated ones. By the end of the class, you'll have all the know-how to make a stunning self-corded box cushion. So why wait? Get ready to transform your cushions into something fabulous!

**Instructor:** Eileen Ficek  
 Location: Lincoln-Way North High School  
 Please enter through the back - door #28  
 Day: Wednesday  
 Date: April 3 & 10  
 Time: 6:15 - 8:15 pm  
 Age: 18 years & older  
 Fee: \$60/NR \$65  
 Min/Max: 3/5

**new****CREATE A SUN MANDALA**

How about we kick off the season of spring by getting creative and making something beautiful? How does creating a lovely sun mandala sound to you? We can use some heavy art paper and your choice of art medium like acrylics, watercolor pencils/crayons, or markers. The possibilities are endless, so let's have some fun and unleash our artistic talents! All materials are provided.

**Instructor:** Kim Bennett  
 Location: Founders Community Center  
 Day/Date: Wednesday/April 3  
 Time: 6:30 - 8:30 pm  
 Age: 16 years & older  
 Fee: \$30/NR \$35  
 Min/Max: 5/12

**CAMERA PICTURES & EDITING IN ADOBE PHOTOSHOP ELEMENTS**

You have had your camera for a while practicing different techniques and wondering how to edit the photos. In this class, we will go out and take photos of various subjects in various situations. The next week we will come into the classroom and edit the photos from the previous week. We will be using Adobe Photoshop Elements to edit the photos. NOTE: Participants need to bring a Digital SLR or Mirrorless Camera along with a laptop with Adobe Photoshop Elements to class.

**Instructor:** Laurie Piton  
 Location: Founders Community Center  
 Day: Monday  
 Date: April 8 - 22  
 Time: 10:00 am - 12:00 pm  
 Age: 18 years & older  
 Fee: \$94/NR \$99  
 Min/Max: 2/12

new

**BOARD & BRUSH**

Grab your friends and paint a board! Join us at Board & Brush in New Lenox, for a fun night filled with sanding distressing, staining stenciling, and more! The fee includes the board of your choice, paint, aprons, supplies, etc. Snacks will be provided. \*Beer and wine will be available to purchase.

**Registration Deadline: March 29**

Location: Board & Brush  
2401 E. Joliet Hwy, New Lenox  
Day: Thursday  
Date: April 11  
Time: 6:00 - 9:00 pm  
Age: 21 years & older  
Fee: \$98/NR \$103  
Min/Max: 6/9

new

**SCONES AND MUFFINS**

In our upcoming class, we're going to dive into the world of baking and create some mouthwatering treats! Get excited because we'll be learning how to make two delectable goodies - lemon blueberry scones and cinnamon muffins. Trust me, your taste buds won't know what hit them! So bring your aprons, and your love for baking, and get ready for a delightful time together. Please list any food allergies at the time of registration.

**Instructor:** **Lesley Shworles**  
Location: Founders Community Center  
Day: Saturday  
Date: April 13  
Time: 10:00 am - 12:00 pm  
Age: 18 years & older  
Fee: \$60/NR \$65  
Min/Max: 6/9

new

**CHALK PAINT MASON JARS**

How about getting your crafty side on and giving those plain old mason jars a whole new look? With some chalk paint, stencils, and of course, your amazing creativity, you can easily transform these jars into stunning decorative vases or even candleholders. Let your imagination run wild and create something truly unique! All materials, including 2 mason jars (1 qt & 1 pt) are included.

**Instructor:** **Kim Bennett**  
Location: Founders Community Center  
Day: Wednesday  
Date: April 17  
Time: 6:30 - 8:30 pm  
Age: 16 years & older  
Fee: \$30/NR \$35  
Min/Max: 5/12

new

**HOW TO BATTLE HUNGER & CRAVINGS**

New studies reveal that there are many factors that can instigate food cravings: stress, hormones, eating too many servings of ultra-processed foods, or having an unhealthy gut. We will examine how to break this cycle with foods that do not trigger the brain/body in a negative way.

**Instructor:** **Christine Rosandich, MS,  
Nutrition & Wellness Program Manager,  
The Cancer Support Center**  
Location: Founders Community Center  
Day: Tuesday  
Date: April 23  
Time: 6:00 - 7:00 pm  
Age: 18 years & older  
Fee: FREE (must pre-register)  
Min/Max: 10/30

**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: May 2 - 23  
Time: 7:00 - 8:00 pm  
Age: 18 years & older  
Fee: \$50/NR \$55 per person  
Min/Max: 12/20

**WOMEN'S SELF DEFENSE**

This course is designed to teach you how to defend yourself against an attacker. It will also help you to be aware of your surroundings, so you can avoid conflict before it happens. You will be taught various techniques that you can use to stop or break free from an attacker and help prevent an assault. Please wear loose-fitting, comfortable clothing and bring a water bottle.

**Instructor:** **Master David Smith 6th Degree Black Belt**  
Location: Founders Community Center  
Day: Thursday  
Date: May 2  
Time: 6:00 - 8:00 pm  
Age: 16 years & older  
Fee: \$40/NR \$45  
Min/Max: 6/20

new

**GELLI PLATE PRINT MAKING**

Learn the art of making your very own monoprints using acrylics, stamps, and stencils on a Gelli Plate. It's an amazing technique that allows you to experiment and create unique designs. And guess what? You can also bring your own glossy mag page images or laser-printed images to incorporate into your artwork. So, join us, and let's have a blast unleashing our imagination together! All materials are included.

**Instructor:** **Kim Bennett**  
Location: Founders Community Center  
Day: Wednesday  
Date: May 8  
Time: 6:30 - 8:30 pm  
Age: 16 years & older  
Fee: \$30/NR \$35  
Min/Max: 5/12

**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.





# Senior Programs

## SENIOR WALKING CLUB

If you are looking to go for a walk in a safe, climate-controlled environment, then join us indoors at the Founders Community Center. Although registration is free, you must fill out a registration form to become a member. \* Days/times are subject to change. Please stop by the front desk to pick up a monthly calendar.

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



## 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 is necessary.

**Instructor:** Arlene Santiago  
 Location: Founders Community Center  
 Day: Monday & Wednesday  
 Session I: January 15 - February 14  
 Session II: February 28 - April 10  
 (No Class March 6, 25 & 27)  
 Session III: April 17 - May 20  
 Time: 9:30 - 10:30 am  
 Age: 30 years & older  
 Fee: \$60  
 Min/Max: 15/40

## SENIOR VALENTINE LUNCHEON

Cupid is calling & he is ready to start Valentine's Day with you! Come enjoy live entertainment, catered lunch, and dessert. You won't want to miss this special day! Remember to wear something red along with your dancing shoes.

**Registration Deadline: February 5**

Location: Founders Community Center  
 Day/Date: Friday, February 9  
 Time: 12:00 - 2:00 pm  
 Ages: 55 years & older  
 Fee: \$5  
 Min/Max: 40/80

**Sponsored by:**



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

## 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 for a chance to win prizes! Refreshments will be served.

**Registration Deadline: February 16**

Location: Founders Community Center  
 Day: Wednesday  
 Date: February 21  
 Time: 11:00 am - 1:00 pm  
 Age: 55 years & older  
 Fee: FREE  
 Min/Max: 40/80



**Sponsored by:**



## SELF-DEFENSE FOR SENIORS

Has your age or physical ability changed your thoughts about being able to confidently defend yourself? You don't have to be strong or fast to be effective. Join Lindsey of Strictly Self-Defense to rebuild your self-confidence by learning prevention strategies, along with simple, effective strikes and escapes. Those who are differently abled and use walking aids are welcome to attend. All techniques can be modified to be used effectively by each attendee.

**Instructor:** Lindsey Daehnke, Strictly Self-Defense  
 Location: Founders Community Center  
 Day: Wednesday  
 Date: February 21  
 Time: 12:30 - 2:30 pm  
 Age: 55 years & older  
 Fee: \$38  
 Min/Max: 8/12

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

Come and join our wonderful senior drop-in program at the Founders Community Center! We have a variety of fun activities to enjoy or you can simply relax and have a great time playing board games, cards, reading or chatting with friends. We want you to feel right at home and make this space your own. Don't forget, we'll be serving delicious coffee and tea every week. Don't forget to ask for a monthly calendar so you can plan ahead for all the exciting things happening here! Location:

Founders Community Center

Day: Wednesday  
Date: February 28 - May 1  
Time: 11:00 am - 12:30 pm  
Age: 55 years & older  
Fee: \$5 membership  
Min/Max: 10/25

## 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 IDs are NOW available at the mobile driver's facility by appointment only. Please call the Park District office at 815-469-9400 to schedule.**

Location: Founders Community Center  
Day/Date: Wednesday, March 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, 1-800-252-8980.

## I-CASH ILLINOIS

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

## 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.

## 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: March 15/ Bunny with Egg Hunt & Salads  
Date/Activity: April 12/ Springtime Craft & Hot Dog/Chips  
Time: 12:00 - 2:00 pm  
Ages: 55 years & older  
Fee: \$5 per date  
Min/Max: 15/25

Sponsored by:



## 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 the first walk.

Location: Main Park  
Day: Wednesday  
Date: April 17 - May 22  
Time: 1:00 - 2:00 pm  
Age: 50 years & older  
Cost: FREE (Pre-registration Required)  
Min/Max: 8/25



## SENIOR SOCK HOP

Come join us as we travel back in time to the golden days of dancing and listening to Rock-N-Roll! We have planned a fantastic evening for you, complete with a delicious catered dinner, tasty dessert, and entertainment. Don't forget to bring your poodle skirts and saddle shoes for an extra touch of nostalgia!

**Registration Deadline: April 22**

Location: Founders Community Center  
Day/Date: Tuesday, May 7  
Time: 5:00 - 7:00 pm  
Age: 55 years & older  
Fee: \$20  
Min/Max: 50/100

Entertainment  
Sponsored by:





# Travel Programs

## THE TENORS 3, AN ITALIAN CELEBRATION AT STARVED ROCK

### Utica, IL

The synergy of Richard Gersten, Oscar Menoyo, and Luis Galvez will amaze you as this trio of professionally- trained tenors present diverse music encompassing Opera, Broadway, and the standard Italian favorites infused with a touch of comedy. The Tenors 3 are great performers; they bring class, humor, and music to our Lodge. A special Italian buffet will be included with this show!

#### Registration Deadline: February 23

Day/Date: Tuesday, March 12  
 Departure: 9:45 am from Lions Community Center (Door C)  
 1 Manor Drive, New Lenox  
 Return: 4:45 pm (Approximately)  
 Fee: \$129 (Fee includes transportation, lunch buffet, show, and gratuity)  
 Max: 10

## AFTERNOON TEA AT THE LITTLE TRAVELER

### Geneva, IL

Join us for a fabulous afternoon in Geneva, Illinois! We will enjoy Afternoon Tea in the Atrium Café at everyone's favorite shopping spot, the Little Traveler. This traditional three-course English Afternoon Tea includes tea sandwiches, scones, sweets, and a selection of teas. The Little Traveler is a quaint 36-room Victorian Mansion filled with all kinds of treasures and is the perfect spot to enjoy tea with your friends. Geneva is also a shopper's paradise boasting over 100 specialty shops, many in historic storefronts and charming Victorian-style homes. After tea, you will enjoy some free time for shopping.

#### Registration Deadline: February 29

Day/Date: Wednesday, March 27  
 Departure: 9:15 am from Founders Community Center  
 Return: 4:30 pm (Approximately)  
 Fee: \$69 (Fee includes Afternoon Tea and transportation)  
 Max: 12



## FIDDLER ON THE ROOF - FIRESIDE DINNER THEATRE

### Fort Atkinson, WI

The Fireside Dinner Theatre in Fort Atkinson, Wisconsin has been the premiere entertainment destination in the Midwest for superb musicals featuring Broadway performers, fine dining, and boutique shops in a one-of-a-kind setting. Millions of people every year fall in love with Tevye, the long-suffering dairyman who struggles to find a balance between his traditions and his family. Now celebrating 60 years, as is The Fireside, we are proud to present a brand-new revival of one of the most popular shows in our history. The show's universal theme touches everyone, leaving audiences crying tears of both joy and sadness. Including such iconic songs as "Sunrise, Sunset," "If I Were a Rich Man" and "Matchmaker, Matchmaker," Fiddler on the Roof is the perfect mix of audience-pleasing humor and heart. Please select your entrée choice at the time of registration: Chicken Cordon Bleu, Sliced Roast Beef Tenderloin, or Baked Almond Crusted Cod.

#### Registration Deadline: March 8

Day/Date: Thursday, April 11  
 Departure: 7:45 am from Lions Community Center (Door C)  
 1 Manor Drive, New Lenox  
 Return: 6:15 pm (Approximately)  
 Fee: \$155 (Fee includes motorcoach transportation, lunch, gratuity, and the show)  
 Max: 12

## POLONIA CHICAGO

### Chicago, IL.

You don't have to travel overseas to visit the Old Country. Chicago boasts a thriving Polish community, and we will celebrate all things Polish. Our day will begin with a tour of a magnificent Polish church in the heart of Chicago's Polish Village. Next, we'll visit The Polish Museum of America for a docent-led tour. Afterward, we'll enjoy a sit-down Polish meal complete with all the Polish favorites including pierogi, Polish sausage, and red cabbage, along with time to shop along Milwaukee Avenue. We'll end our day with shopping at a Polish local gem so that we may bring home some tasty treats.

#### Registration Deadline: March 20

Day/Date: Thursday, April 25  
 Departure: 8:45 am from Founders Community Center  
 Return: 5:30 pm (Approximately)  
 Fee: \$149 (Fee includes tour, museum admission, lunch, gratuity, and transportation)  
 Max: 12

**FOR ONLINE REGISTRATION  
please visit  
[www.frankfortparks.org](http://www.frankfortparks.org)**





## ILLINOIS HOLOCAUST MUSEUM

### Skokie, IL

Recognized as the third largest Holocaust Museum in the world, the Illinois Holocaust Museum & Education Center is an award-winning attraction offering memorable experiences that are not to be missed. Travel through history as you explore life before, during, and after the Holocaust. Step into an authentic German rail car, and visit impressive galleries and contemplative spaces, both indoors and out. You'll have the opportunity to explore the Karkomi Holocaust Exhibition on your own, where survivor narratives, personal belongings, photographs, and videos weave together into a moving and responsive experience. You'll be able to encounter an interactive Survivor Speaker, where the museum features a groundbreaking interactive voice recognition technology enabling visitors to engage in conversation with a three-dimensional, strikingly life-like image of an actual Holocaust Survivor. A boxed lunch including a variety of mini deli sandwiches (turkey, corned beef, and egg salad), pickle, fruit cup, bottled water, and chocolate chip cookie is included.

#### Registration Deadline: April 4

Day/Date: Tuesday, May 7  
 Departure: 9:00 am from Lions Community Center (Door C)  
 1 Manor Drive, New Lenox  
 Return: 5:00 pm (Approximately)  
 Fee: \$55 (Fee includes admission, self-guided tour, and survivor speaker experience, transportation, and lunch)  
 Max: 7

## BEAUTIFUL: THE CAROLE KING MUSICAL – PARAMOUNT THEATRE

### Aurora, IL

Nominated for 7 Tony Awards, with 2 wins and a Grammy Award winner for Best Musical Theater Album! Before she was the Carole King we know today, she was a young songwriter from Brooklyn trying to make a name for herself. Beautiful - The Carole King Musical tells the inspiring true story of King's remarkable rise to stardom as part of the hit songwriting team with her husband Gerry Goffin and going on to become one of the most successful singer, songwriter, and musicians in popular music history. Her credits include songs such as "You've Got a Friend," "[You Make Me Feel Like] A Natural Woman," "It's Too Late," "I Feel the Earth Move," "Will You Love Me Tomorrow," "So Far Away," and many more. Along the way, she made more than beautiful music, she wrote THE SOUNDTRACK TO A GENERATION. Before the show, we will enjoy a delicious catered lunch in the Theatre Ballroom.

#### Registration Deadline: April 25

Day/Date: Wednesday, May 29  
 Departure: 10:45 am from Founders Community Center  
 Return: 5:30 pm (Approximately)  
 Fee: \$125 (Fee includes transportation, ticket and lunch)  
 Max: 10

## NEW YORK CITY

### New York, NY

Experience the best of "the Big Apple" in this spectacular tour. From Rockefeller Center to Greenwich Village, New York City is a destination that will dazzle even the most seasoned traveler. Spend four nights in the heart of Midtown close to Central Park and Times Square. Take your seat and watch the curtain rise for an exciting Broadway show. Ferry to the Statue of Liberty and Ellis Island. See the Empire State Building and Central Park. Visit the poignant 9/11 Museum and 9/11 Memorial. Enjoy plenty of free time to shop and explore this fabulous city on your own. Get ready to "start spreading the news!" The trip is run by Collette Travel Company. Transportation to the airport is provided! A special travel presentation will be held on Thursday, February 22, 2024, at 3:00 pm in the All-Purpose room at 701 W Haven Ave. New Lenox, IL. Book now with a \$698 deposit. Space is limited, so register today!

#### Registration deadline: February 27.

#### Final Payment is due by May 24

Day/Date: Thursday - Monday/August 29 - September 2  
 Fee: \$3299 per person single occupancy\*  
 \$2799 per person double occupancy\*  
 \$2769 per person triple occupancy\*  
 \*\$698 deposit due upon registration  
 Max: 20



## IMPORTANT TRIP INFORMATION

### Cooperative Programming

To ensure the success of our bus trips, we work in cooperation with the New Lenox & Mokena Park Districts. 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 varies. Please check the location at the time of registration. 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

## ENJOY FRANKFORT

There is always something happening in Frankfort. The pace is more relaxed, and the experience, memorable. So, check the Village, Chamber and Park District Event Calendar to see what's happening, or just come explore what's going on off the beaten path in our community.

- Family-friendly events scheduled throughout the year
- Award-winning restaurants
- Unique shopping
- Outdoor recreation

## FIRE & ICE WINTER SOCIAL

The Village of Frankfort will hold the 4th annual Fire and Ice Winter Social on Saturday, February 3, from Noon to 3:00 pm at Breidert Green. The event will feature a chili cook-off, live ice carving demonstration, games carved from ice, toasty bonfires, smores, hot chocolate, and more! Additional details will be available at [www.frankfortil.org](http://www.frankfortil.org).

## BUBBLY & CHOCOLATE WALK

Don't miss this, the 4th annual Bubbly & Chocolate Walk on Sunday, February 25 from 12:00 – 4:00 pm, presented by the Frankfort Chamber of Commerce and the Downtown Frankfort Businesses. Sample delicious sparkling wines and collect chocolate goodies as you stroll around to the beautiful shops in downtown Frankfort. Additional information is available at [www.frankfortchamber.com](http://www.frankfortchamber.com).

## EARTH DAY/ARBOR DAY CELEBRATION

The Village of Frankfort will celebrate Earth Day on Saturday, April 20. All residents, civic groups, and businesses are invited to spend the morning cleaning up the Village in the aftermath of a long winter. Gloves, garbage bags, and a free t-shirt will be provided to all participants. The event will conclude with a free luncheon for all volunteers. Additional details will be available at [www.frankfortil.org](http://www.frankfortil.org).

## MEMORIAL DAY CEREMONY

Each Memorial Day, the Village of Frankfort, VFW Post 1493, Will County Chief Deputy States Attorney Ken Grey, and the Hickory Creek Middle School Tiger Band and Orchestra come together to honor our service Men and Women at a ceremony at Breidert Green in Downtown Historic Frankfort. Additional information and details will be available at [www.frankfortil.org](http://www.frankfortil.org).



## FRANKFORT COUNTRY MARKET

The Frankfort Country Market, conveniently located in downtown historic Frankfort, features locally grown produce, plants, baked goods, prepared food, and gourmet products. For more information, visit [www.frankfortil.org](http://www.frankfortil.org).

Dates: April 21 - October 27  
Time: 9:00 am - 1:00 pm

## FRANKFORT HISTORIC BUSINESS ALLIANCE (FHBA)

Since 1855, downtown Frankfort has been a gathering place. The Grainery once held the yield from local crops. Today it towers over Breidert Green, our town center and is home to year-round community events sponsored by the Frankfort Historic Business Alliance, the Village of Frankfort, the Frankfort Chamber of Commerce, and the Frankfort Park District. We invite you to come on down...town! Please visit [www.frankfortchamber.com](http://www.frankfortchamber.com) or on Facebook at [www.facebook.com/shopdineplayinfrankfort](https://www.facebook.com/shopdineplayinfrankfort) for more information and upcoming events.

**The EVENTS listed on this page are tentative. Please visit the organizations' websites for updates.**



Scan QR code for the more information on the Village of Frankfort's upcoming events or visit [www.frankfortil.org](http://www.frankfortil.org)



Scan QR code for the more information on the Frankfort Chamber's upcoming events or visit [www.frankfortchamber.com](http://www.frankfortchamber.com)

**SIMPLE WAYS TO REGISTER:**

- **Online:** via our website; [www.frankfortparks.org](http://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](mailto: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](http://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 • 80<sup>th</sup> 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](http://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. **Half Price membership begins January 10**  
**\$35 Resident Fee: \$25 membership plus \$10 key card deposit.**  
**\$40 Non-Resident Fee: \$30 membership plus \$10 key card deposit.**

*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](mailto: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 the nature of these programs for which I am registering, and have read and full 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](http://www.frankfortparks.org)

X Mandatory signature of participant, parent or legal guardian

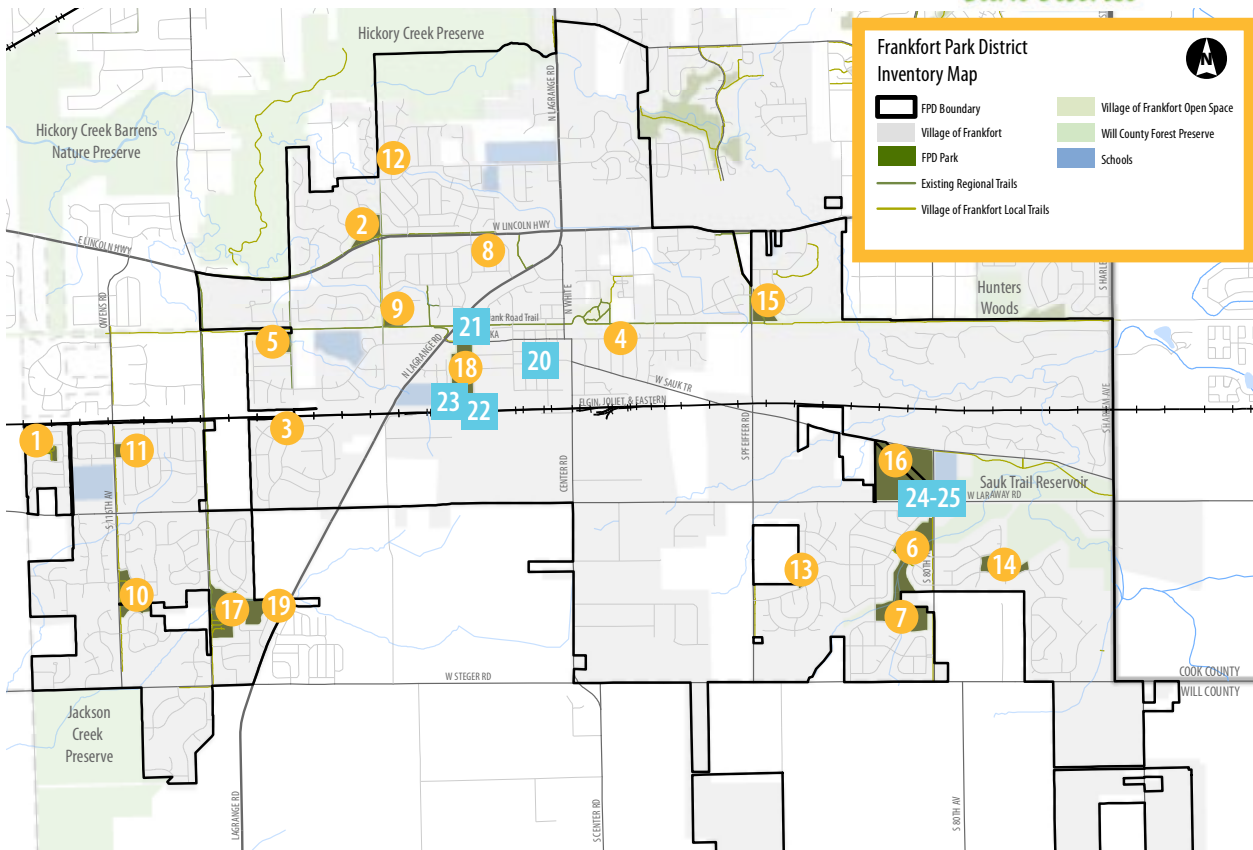
Date

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		
			Baggio		
			Basketball		
			Baseball		
			Disc Golf (holes)		
			Football		
			Horseshoes		
			Slate Park		
			Soccer		
			Softball		
			Tennis		
			Volleyball		
			Fishing allowed		
			Fishing Pier / Overlook		
			Ice Skating		
			Splash Pad		
			Don Park		

[illegible][illegible]

20	The Founders Community Center	140 Oak Street	31,670		3	
21	Susan A. Puert Educational Building	400 W. Nebraska St.	7,539		3	
22	Building & Grounds Facility	Maintenance Center	13,536		1	
23	Main Park Falcoln Football / Concessions Building	Commissioners Park	1,800		1	1
24	Commissioners Park Concessions North	Commissioners Park	1,250		1	1
25	Commissioners Park Concessions South	Commissioners Park	1,250		1	1

Chelsea Intermediate School	22265 S. 80th Ave.
Grand Prairie Elementary School	10480 W. Nebraska St.
Hickory Creek Middle School	22153 116th Ave.
LincolnWay East High School	201 Colorado Ave.





## 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](http://www.frankfortparks.org)

140 Oak Street, Frankfort, IL | 815.469.9400 | [www.frankfortparks.org](http://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. The latest projects include funding of the 3-on-3 basketball half courts at Main Park and the installation of the Ga-ga pit and Pickle Ball Courts at Commissioners Park. Operation Playground continuously raises money year-round to maintain both 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](http://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](http://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, 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, 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](http://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](mailto:jsullivan@frankfortparks.org) or 815-469-9400.



Scan for Direct  
Access to  
Sponsorship  
Opportunities





**BUILDING A COMMUNITY WITHOUT LIMITS**

LEARN MORE AT [WWW.LWSRA.ORG](http://WWW.LWSRA.ORG)

**Lincolnway SPECIAL RECREATION ASSOCIATION**

**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.

1900 Heather Glen Drive  
New Lenox, IL 60451

(815) 320-3500  
[support@lwsra.org](mailto:support@lwsra.org)

**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!

**Interest-based 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.

### FRANKFORT LIONS CLUB

Frankfort Lions are active in the Frankfort and Frankfort Square communities serving residents by providing free vision screenings for 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 Facebook @ [www.facebook.com/frankfortlions](https://www.facebook.com/frankfortlions) or call 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 on 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](http://www.tinleyparkfrankfort.rotary6450.org)

### FRANKFORT ARTS ASSOCIATION

The Frankfort Arts Association is a newly formed non-profit organization dedicated to enhancing the community through the 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](http://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 raise 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 7:00 pm. You are invited to come and see what we are about.

### FRANKFORT ATHLETIC ASSOCIATIONS

**Frankfort Falcons** has grown to be one of area's 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](http://www.frankfortfalcons.org) or email us at [football@frankfortfalcons.org](mailto: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](http://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/>



# Spring Craft Show

**Saturday, March 2 • 9:00 am - 3:00 pm**  
**Founders Community Center • 140 Oak Street**

Easter decorations, note cards / tags, doll clothes, blankets, hair accessories, handmade candles, scarves, ceramics, handmade jewelry, Tastefully Simple, Avon, Origami Owl, Tupperware, Mary Kay, and much more!

For additional information or booth availability, please contact the Frankfort Park District office at 815-469-9400 or visit our website at [www.FrankfortParks.org](http://www.FrankfortParks.org) to download an application.



**FREE  
ADMISSION**

\$5

7





**FRANKFORT FOUNDERS CENTER**

140 Oak Street | Frankfort, IL 60423

**Phone: 815-469-9400**

**WWW.FRANKFORTPARKS.ORG**

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**towncenterbank.com**