



Park Pulse



News from the Frankfort Park District

February 2024

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

Youth Programs:

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

CRITTER CLASS: REPTILES, AMPHIBIANS, BUGS & MORE!
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!

Instructor: Crosstown Exotics

Location: Founders Community Center

Day/Date: Thursday, February 15

Time: 6:00 - 7:00 pm

Age: 5 - 12 years

Fee: \$32/NR \$37



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.

Instructor: Kim Bennett

Day/Date: Saturday/February 17

Time: 10:00 am - 12:00 pm

Age: 6 - 12 years

Fee: \$20/NR \$25



INTERGALACTIC QUEST NEW!

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. 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 a fun and engaging way.

Instructor: Bricks 4 Kidz

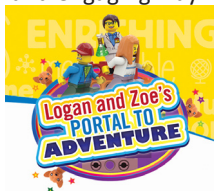
Day: Tuesday

Session I: February 20 - April 2
(No Class March 26)

Time: 5:15 - 6:15 pm

Age: 6 - 12 years

Fee: \$103/NR \$108



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.

Instructor: Little Medical School

Day: Monday

Date: February 26 - April 8
(No Class March 25)

Time: 5:30 - 6:30 pm

Age: 6 - 10 years

Fee: \$160/NR \$165



Preschool Registration



2024-2025 Resident Registration begins Monday, February 5

Non-Resident Registration begins
Monday, February 12

**Wee Works - 2.5 years,
Play School - 3 years, Prep School - 4 years,
& Stepping Stones - 4 years**

Registration can only be done IN PERSON at the Founders Community Center at 140 Oak Street.

A copy of the child's birth certificate is required at the time of registration for new participants.

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.

Day: Tuesday

Session II: February 27 - April 9
(No Class March 26)

Time: 6:00 - 6:45 pm

Age: 7 - 11 years

Fee: \$90/NR \$95



YOUTH SELF-DEFENSE TRAINING

Does your child need to build confidence while they are by themselves? This self-defense class is designed for children 7-11 years old. Topics include stranger danger, situational awareness, consent, grooming, basic striking, and more.

Instructor: Lindsey Daehnke,
Strictly Self-Defense

Day/Date: Monday/March 4

Time: 4:30 - 6:00 pm

Age: 7 - 11 years

Fee: \$35/NR \$40



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



FRANKFORT ADVENTURES - DAY CAMP

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*

Campers may register for the entire camp or on a per-session basis. You must register in person to receive the discount.

*No Refunds will be given after the registration deadline. For our complete refund policy for Day Camp, please visit www.frankfortparks.org



SUMMER DAY CAMP

FULL DAY CAMP - SESSIONS 1, 3, & 4 ARE FULL. LIMITED AVAILABILITY IN SESSION 2.

Location: Grand Prairie Elementary School
10480 Nebraska, Frankfort

Days: Monday - Friday
Time: 9:00 am - 4:00 pm
Fee: \$342/NR \$387 (Session 2)
Day camp shirt included in the fee.
Additional shirts can be purchased for \$10

Before & After Camp Available for Full Day Camp

SUMMER HALF DAY CAMP

Location: Susan Puent Building
400 W. Nebraska, Frankfort

Days: Monday - Friday
Time: 9:00 am - 1:00 pm
Fee: \$235/NR \$285 per 2-week session
\$212/\$257 (Session 2)

Athletic Programs:

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/Date: Monday/February 19
Time: 1:30 - 3:00 pm
Age: 6 - 12 years
Fee: \$30/NR \$35



FLAG FOOTBALL

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

Instructor: Skyhawks Staff
Location: Chelsea Intermediate
Day: Monday
Date: February 26 - March 18
Age/Time: 9 - 12 years/6:00 - 7:00 pm
Fee: \$75/NR \$80



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 to learn more about our kids' classes. We look forward to helping your child get the edge in life...see you on the mats!

Instructor: MMA Instructor
Location: Founders Center
Day: Friday
Session I: March 8 - April 12
(No Class on March 29)
Age/Time: 5 - 11 years/4:30 - 5:15 pm
Age/Time: 12 years & older/5:30 - 6:45 pm
Fee: \$75/NR \$80



FIRE STARTERS



FIRE STARTERS SPRING OUTDOOR SOCCER LEAGUE

Please be sure to take a League Welcome Letter at your 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
Date: 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. Game schedules will be released on or before the first practice.*

