



Park Pulse

News from the Frankfort Park District

January 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.

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.

Instructor: Lesley Shworles
Day/Date: Tuesday/January 16
Time: 5:30 - 7:30 pm
Age: 8 - 13 years
Fee: \$50/NR \$55



BALLOON BLOSSOMS PAINTING TECHNIQUE **NEW!**

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
Day/Date: Wednesday/January 17
Time: 6:00 - 7:00 pm
Age: 6 - 12 years
Fee: \$20/NR \$25



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.

Instructor: Afterschool Enrichment Solutions
Day: Tuesday
Session I: January 23 - February 27
Time: 4:30 - 5:30 pm
Grade: K - 6th
Fee: \$130/NR \$135



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!

Instructor: Afterschool Enrichment Solutions
Day: Thursday
Date: January 25 - February 29
Time: 4:30 - 5:30 pm
Grade: K - 5th
Fee: \$140/NR \$145



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
Day: Thursday
Session I: January 25 - February 29
Time: 9:00 - 9:40 am
Age: 1 - 2 years (with parent)
Fee: \$70/NR \$75



Preschool Open House



Saturday • February 3, 2024

Susan Puent Building, 400 W. Nebraska Street
Pre-registration is required.

We will have 4 sessions:

10-10:30, 10:30-11:00, 11-11:30, 11:30-12:00 pm
Meet some preschool staff & see the facility.

(Residents who attend the February 3rd Open House may register for preschool on that day at the Preschool Building)

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

2024-2025 Registration begins February 5
and can only be done IN PERSON at the Founders Community Center at 140 Oak Street.



Winter/Spring 2024 Brochure

Resident Registration begins January 3, 2022

Available to download @ www.frankfortparks.org
or

Pick-up a copy @ Founders Community Center 140 Oak Street

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

Like us on Facebook



Upcoming Events • • • • •



FAIRY TALE BALL

Friday • February 2 @ 6:00 - 8:00 pm (based on availability)

Founders Community Center Gym, 140 Oak Street

All Ages • \$15/NR \$20 per person

Registration Deadline: January 29 or until filled

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.**



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

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 \$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:

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

Location: Founders Community Center

Day: Monday

Session I: January 22 - February 12

Age/Time: 5 - 8 years/5:00 - 5:45 pm

Age/Time: 9 - 12 years/6:00 - 7:00 pm

Fee: \$75/NR \$80



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

Time: 6:00 - 6:30 pm

Age: 4 - 7 years

Fee: \$55/NR \$60

Discounts: ½ off additional family members



KARATE

Students will learn basic and advanced traditional karate skills-katas, sparring, 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

Time: 6:30 - 7:30 pm

Age: 8 years & older

Fee: \$75/NR \$80

Discounts: ½ off additional family members



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.

Instructor: John Kenny

Location: Founders Community Center

Day: Sunday

Session I: February 11 - March 24

(No Class March 3 & 17)

Age/Time: 5 - 7 years/ 9:00 - 10:00 am

Age/Time: 8 - 12 years/10:00 - 11:00 am

Fee: \$62/NR \$67

