



Park Pulse



News from the Frankfort Park District

March 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.

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, & parachutes are also included.

Instructor: Chris Johnson

Day: Tuesday

Session II: March 5 - April 2
(No Class March 26)

Time: 9:15 - 10:00 am

Age: 2 - 3 years (with parent)

Fee: \$40/NR \$45



FIRST AID FOR KIDS

This American Red Cross class teaches children basic health and safety tips focusing on shock, bleeding, choking, the Heimlich maneuver, burns, poisons, and much more! Many hands-on activities will be provided for additional reinforcement. Upon completion of the class, a Red Cross certificate will be received.

Instructor: Donna Giove

Day/Date: Monday/March 11

Time: 6:30 - 8:00 pm

Age: 6 - 10 years

Fee: \$40/NR \$45



TOT TIME

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

Instructor: Chris Johnson

Day: Tuesday

Session II: March 5 - April 2
(No Class March 26)

Time: 10:30 - 11:15 am

Age: Walking - 3 years (with parent)

Fee: \$40/NR \$45



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

Day: Thursday

Session II: March 14 - April 18

Time: 10:00 - 10:40 am

Age: 1 - 4 years (with parent)

Fee: \$70/NR \$75



COOKIES, COOKIES & MORE COOKIES NEW!

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.

Instructor: Chef Lesley Shworles

Day: Tuesday

Date: March 19

Time: 5:30 - 8:00 pm

Age: 12 - 17 years

Fee: \$50/NR \$55



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.

Instructor: Kim Bennett

Day: Wednesday

Date: March 20 & 27

Theme: Easter/Springtime

Time: 6:00 - 7:00 pm

Age: 6 - 12 years

Fee: \$30/NR \$35



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.

Instructor: Chess Scholar's Staff

Day: Monday - Friday

Date: March 25 - 29

Time: 9:00 am - 12:00 pm

Grade: K - 8th

Fee: \$205/NR \$210



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

 Like us on Facebook



Upcoming Events

SUPER DOG EGG HUNT

Saturday • March 23 • 1:30 pm (approx.) • FREE

Bark Park at Commissioners Park

Gate will open at 1:20 pm.

Hunt will start at approximately 1:30 pm



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.

• Weather Location: Founders Community Center

Sponsored by:

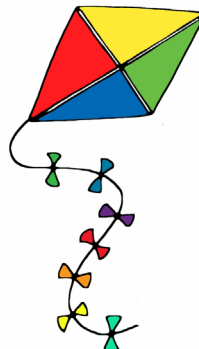


ANNUAL FAMILY FUN FLY

Tuesday • March 26 • 11:00 am - 12:00 pm

All Ages • FREE

Fort Frankfort at Commissioners Park



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!

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

Athletic Programs:

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 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



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.

Instructor: Skyhawks Staff

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



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



BEGINNING GOLF

Skyhawks Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Camps. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. Putting, chipping, pitching, and full swing, are all taught through games, simple repetitive motions, and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided.

Instructor: Skyhawks Staff

Location: Commissioners Park

Day: Monday

Session II: April 8 - 29

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

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

Fee: \$75/NR \$80

