



Park Pulse



News from the Frankfort Park District

April 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.

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
Day: Monday
Session III: April 15 - May 20
Time: 9:15 - 10:00 am
Age: 3 - 5 years (with parent)
Fee: \$75/NR \$80



WILDERNESS MEDICINE *NEW!*

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.

Instructor: Little Medical School
Day: Monday
Date: April 15 - May 20
Time: 6:45 - 7:45 pm
Age: 6 - 10 years
Fee: \$160/NR \$165



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
Day: Tuesday
Session III: April 23 - May 14
Time: 9:15 - 10:00 am
Age: 2 - 3 years (with parent)
Fee: \$40/NR \$45



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 II: April 23 - May 28
Time: 4:30 - 5:30 pm
Grade: K - 6th
Fee: \$130/NR \$135



CREATIVE CODING *NEW!*

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).

Instructor: Afterschool Enrichment Solutions
Day: Thursday
Date: April 25 - May 30
Time: 4:30 - 5:30 pm
Grade: K - 5th
Fee: \$130/NR \$135



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!

Instructor: Gina Barrett
Day/Date: Saturday/May 4
Time: 10:00 - 11:30 am
Age: 4 - 11 years
Fee: \$30/NR \$35



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!

Instructor: Gina Barrett
Day/Date: Thursday/May 2
Time: 6:30 - 8:00 pm
Age: 4 - 10 years
Fee: \$25/NR \$30



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



Upcoming Events.....

Kids Garage Sale

- Saturday • April 20 • 11:30 am - 2:00 pm
- Main Park North Parking Lot
- 5 - 14 years old (sellers)

\$10 per space (includes table & advertising)

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 the sellers. The garage sale is open to the public.

Registration Deadline: April 12 or until filled

Rain/Weather Location: Founders Community Center



Celebrating Earth Day

- Saturday • April 20 • 12:00 - 2:00 pm
- Main Park, 400 W. Nebraska
- All Ages • FREE

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!

Rain/Weather Location: Founders Community Center

Sponsored by:



Preschool Registration



PROGRAMS:

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

REGISTRATION IS OPEN!

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.

Athletic Programs:

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

Fee: \$75/NR \$80



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.

Instructor: Ultimate Volleyball

Location: Chelsea Intermediate

Day: Tuesday

Date: April 9 - May 14

Age/Time: 6th - 8th Grade/7:30 - 8:15 pm

Fee: \$65/NR \$70



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: Commissioners Park

Day: Friday

Session II: April 12 - May 3

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

Fee: \$75/NR \$80

