

SUMMER
2024



FRANKFORT

Park District

140 OAK STREET | FRANKFORT
815-469-9400

www.frankfortparks.org



Come join
the fun!

RESIDENT REGISTRATION - APRIL 23 • NON-RESIDENT - APRIL 30

Contents

The Frankfort Park District is committed to providing responsive, friendly, courteous and excellent service to our customers.



SCAN FOR DIRECT ACCESS TO OUR WEBSITE!

140 Oak Street | Frankfort, IL 60423
Phone: 815-469-9400
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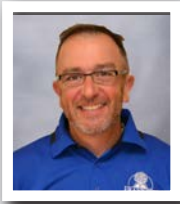
Office Hours:
Monday - Friday | 9:00 am - 4:00 pm

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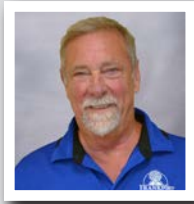
Board of Commissioners

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.



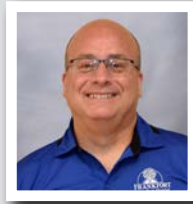
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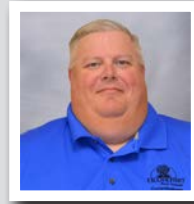
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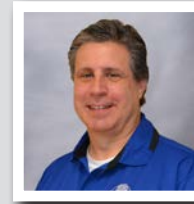
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Andrew Farkas, Robert Turk, Tyler Byrd, Dave Gow, Mark Fletcher, Oscar Hammerberg & David Cook

Dear Frankfort Park District Residents,

At the Park District, we are enthusiastic about the upcoming summer season. The warm weather and longer days attract more visitors to our parks and boost participation in our recreational programs. Our team has been diligently planning various programs and events, as well as preparing the parks for public use. Our parks serve as gathering spaces for the residents and allow children to get out and play. It is truly gratifying to witness individuals creating lasting memories with their friends and families at the Frankfort Park District Parks.

The Frankfort Park District oversees 20 park parcels comprising just over 250 acres of green space. I encourage you to take advantage of the summer weather by exploring our parks. Exciting developments are taking place this year, such as the replacement of Windy Hill Playground with a nature-based theme, complete with covered park benches with solar-powered charging stations, and a fitness workout station. Thanks to an OSLAD grant from the State of Illinois, the scope of the playground renovation was expanded. Furthermore, the Park District has secured \$1.7 million in DCEO funding from the State of Illinois to revitalize the aging Fort Frankfort playground. Additional information on these projects is available in the Parks Perks section of our brochure.

Stay connected with us on social media to stay informed about upcoming events and projects at the Frankfort Park District. We invite you to join us and experience the fun activities we have to offer this summer!

Sincerely,

Gina Hassett, Executive Director





PARTIES IN THE PARK

Come hang out with the Frankfort Park District all summer long at the Parties in the Park! Leave your gadgets behind and enjoy some outdoor fun. We've got games, activities, a rocking DJ Dance Party, and a whole lot more fun stuff! Park locations are subject to change. Please visit our website for updates.

Date/Location: Monday, June 10/Kohlhagen Park
 Monday, July 8/Lakeview North Park
 Monday, August 5/Janssen Park *

Time: 6:00 - 7:30 pm
 1:30 - 3:00 pm*

Fee: FREE Family Fun



All Parties Sponsored by:

July Party Sponsored by:



MOVIES ON THE GREEN

Come on over to Breidert Green for a fun, free movie night with the family! Bring a blanket or chair and enjoy watching movies under the stars. Movies on the Green are perfect for everyone to enjoy together.

Please note: No pets or alcoholic beverages are allowed.

Location: Breidert Green
 Day/Date: Tuesday
 June 11 / Super Mario Bros. (PG)
 July 9 / Encanto (PG)
 August 13 / Mighty Ducks (PG)

Time: Dusk, approx. 8:15pm

Fee: FREE

Rain Date: One week after the original show date

*Movies on the Green are co-sponsored by the Village of Frankfort, Frankfort Chamber of Commerce & the Frankfort Park District.



SPLASH PARK AFTER-HOURS PARTY

Come join us for a super fun party to start off the summer at the Splash Park after hours! We've got it all - an awesome inflatable jump, games, yummy pizza and cookies, and loads of fun in the splash park. Don't forget to bring your beach towels and be prepared to get wet! If you have any food allergies, please make sure to let us know when you register. **The fee includes dinner for the kids only.** Let's have a blast!

Registration Deadline:

Location: Commissioners Park Splash Park
 Day/Date: Thursday, June 6
 Time: 5:30 - 7:00 pm
 Age: 2 - 10 years with parent
 Fee: \$10 per child
 Min/Max: 40/50



DOG DAYS OF SUMMER

Come and join us for an amazing evening of fun at the awesome Bark Park! We've got doggy pools, games, treats, and the opportunity to run and play with your pals. Don't forget to snag a Bark Park membership packet while you're there. If you're under 12, make sure to bring an adult along. See you at the Bark Park!

Location: Bark Park at Commissioners Park
 Day/Date: Thursday, July 18
 Time: 6:00 - 7:30 pm
 Age: All
 Fee: FREE



Sponsored by:



4TH OF JULY
 Fireworks

Thursday, July 4

@ Main Park
200 S. Locust Street

- Park will open at 7:00 pm
- DJ entertainment will begin at 7:30 pm
- Fireworks will begin at approx. 9:15 pm

The Spectacular Firework Display is Sponsored by:
 Village of Frankfort
 Frankfort Firefighters Foundation
 Frankfort Firefighters Local 4338

Check our website & social media pages for Pop-Up events throughout the summer.

SENIOR PICNIC

Hey, bingo lovers! Get ready for an awesome day with your pals, delicious catered food, and tons of bingo action! Don't forget to rock your coolest bingo shirt and any other bingo-themed gear you have. This day is gonna be one for the books, so be there or be square! Pre-registration required.

Registration Deadline: July 19 or until filled

Location: Founders Community Center
 Day/Date: Wednesday, July 24
 Time: 12:00 - 2:00 pm
 Age: 55 years & older
 Fee: FREE
 Min/Max: 70/90



Sponsored by:



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
 Ages: All
 Fee: \$10 per home

FAMILY CAMPOUT

How about pitching a tent, roasting marshmallows, and having a blast under the stars with your loved ones? Families will get to make yummy s'mores around the cozy campfire, play some awesome field games, hop on a hayride around Commissioners Park, and get spooked by some ghost stories! Plus, we'll watch a cool outdoor movie with popcorn and enjoy a continental breakfast in the morning. It's going to be a fantastic time for the whole family! Remember to bring your tent, sleeping bag, snacks, and flashlights. Oh, and don't worry about inflating your air mattresses - there's electricity available for that!

Registration Deadline: September 10

Location: Commissioners Park
 Day/Date: Friday, September 13
 Time: 6:30 pm (Friday) - 9:00 am (Saturday)
 Age: Families
 Fee: \$40 per campsite (up to 6 people)
 Min/Max: 15/30 campsites



BACK TO SCHOOL BASH

Come and join us at the Frankfort Park District for our awesome Back to School Bash! We've got a whole evening filled with super fun stuff like field games, carnival games, great music, a craft area, and even a cool touch-a-truck experience. And of course, you can't miss out on playtime at Fort Frankfort and in the Splash Park!

School Supply Drive - The Frankfort Park District is reaching out for help to collect school supplies for students in need. If you are able to donate, school supplies will be gladly accepted at the event, or you can drop them off starting July 15 at the Founders Community Center located at 140 Oak Street. Your generosity will make a big difference for these students. We appreciate your support!

Location: Commissioners Park
 Day/Date: Thursday, August 15
 Time: 6:00 - 8:00 pm
 Age: All
 Fee: FREE (bring a school supply to be donated)

Sponsored by:



Upcoming Summer 2024 Events

Splash Park Opening Day
May 28

Party In The Park @ Kohlhagen Park
June 10

Movies On The Green Super Mario Bros. (PG)
June 11

24th Annual Short Run on a Long Day
June 19

Splash Park After Hours
June 6

4th of July Fireworks
July 4

Party In The Park @ Lakeview North Park
July 8

Movies On The Green Encanto (PG)
July 9

Dog Days of Summer
July 18

Senior Picnic
July 24

Frankfort Community Garage Sale
August 3

Party In The Park @ Janssen Park
August 5

Movies On The Green Mighty Ducks (PG)
August 13

Annual Back to School Bash
August 15

Family Campout
September 13

Park Perks

Customer Service Statement: The Frankfort Park District is committed to providing responsive, friendly, courteous and excellent service to our customers.

PARK DISTRICT NEWS

Town Hall Meeting for Fort Frankfort Playground Renovation Update

In February of this year, Senator Mike Hastings and Frankfort Park District Board hosted a Town Hall meeting to provide an update about the Fort Frankfort playground renovation. There were 70+ attendees at the Town Hall



Meeting who were shown conceptual designs for the new playground.

Senator Hastings secured \$1.7 million in funding – yes that is correct - \$1.7 million in DCEO funding from the State of Illinois. The significant funding will allow for the new design to meet ADA standards considering mobility, sensory and cognitive abilities of the users. Rubber and artificial turf will be used for the play surface and ramps to be used for the play features will be incorporated in the design to allow individuals including children and their care givers easier access to the equipment.

The Design will consider sensory and communication panels and quiet spaces to allow for inclusive play. The project includes two new picnic shelters which will create new shade opportunities. The Splash Pad that is adjacent to the playground was renovated in 2022 will not be modified in the project.

At the Town Hall meeting those in attendance could review conceptual designs and indicate components that they liked. The Park District had an online survey available that allowed for individuals to provide feedback on the design. Over 800 people participated in the online survey.



The Park District Team reviewed the feedback and is working with a landscape architect to incorporate the feedback into the design. Once the design is updated, it will be shared with residents on the District's website and through social media. The existing Fort Frankfort playground will be available through the summer. Once the design is selected, the Park District will go out to bid and construction is anticipated for fall of 2024. Updates on the timeline will be available on the Park District website.

The existing Fort Frankfort Playground was funded and constructed by resident volunteers. The wood playground equipment is 20+ years old and the wear is becoming noticeable and is impacting maintenance. The Fort Frankfort playground has memorial bricks and park pickets with donor names. If they are not incorporated into the new design, the Park District will work to get them to the donor families. The Frankfort Park District does not currently have a playground that is accessible or is considered inclusive design. The Fort Frankfort Playground is a regional playground for the Park District located at Commissioner Park, which is a recreation hub with a splash pad, ballfields, picnic shelters, pickleball and tennis courts and a dog park.

Welcome New Superintendent of Finance Regina Ross-Ellison

The Frankfort Park District Board of Commissioners and Staff are pleased to announce and would like you to join us in welcoming Regina Ross-Ellison, our new Superintendent of Finance for the Frankfort Park District. Regina's primary responsibilities will include the management of the financial operations, human resources, information technology and payroll for the Park District. Regina has also been involved in the Diversity Section Safe Zone Conversation with IPRA. She is a graduate of Robert Morris College. She brings 13+ years of knowledge of Finance and Accounting. She looks forward to growing with the district and serving our community.

Her passion is singing. She has performed at the Apollo Show in New York City, and several private and church events. Her latest performance was at Wiley's Grill, in Flossmoor, where she and her sister (twin) performed for the Senior Christmas Party event.

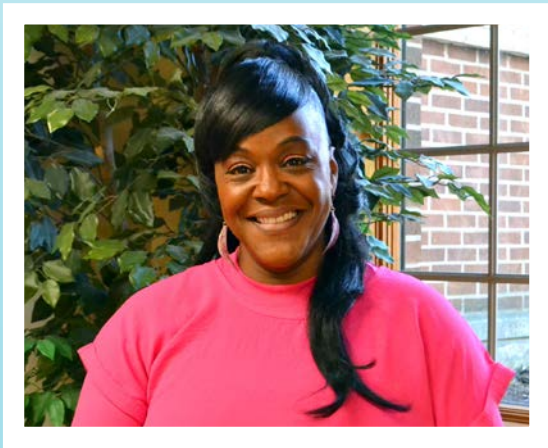


Photo: Regina Ross-Ellison.

Looking Ahead

Over the past decade, the Park District has been carefully assessing the recreational facility needs of the community. Two significant areas of concern are the District's aging indoor and outdoor facilities. The Park District's funding primarily comes from property taxes, which cover the annual operational budget but do not allow for savings towards new facility construction or larger maintenance projects. In 2019, the Park District borrowed \$1.8 million in non-referendum bonds to invest in park and facility projects such as playground equipment replacements, asphalt repairs, vehicle purchases, fire alarm upgrades, tennis court resurfacing, and splash pad enhancements.

Without further financial support from voters, there are limited options for borrowing funds for future maintenance or new construction projects. Over the past three years, the District has been successful in securing \$2.6 million in grant funding for community park improvements.

The challenge remains in funding repairs to the existing indoor facilities, particularly the Founders Center, which is a historic building with maintenance issues that include outdated piping and structural issues. The projects that need to be addressed include roof replacements, parking lot resurfacing, HVAC repairs, and general maintenance which are estimated to cost over \$1.5 million dollars. The Puent Building where the preschool and day camp programs are housed has similar issues.

Looking ahead, the Park District is consulting with community members to gather input on how to improve indoor recreation spaces in the Park District. The decision on whether to focus on repairs or invest in a new facility will be determined by the voters. Community engagement sessions and surveys will be held to engage residents to gather feedback on the issue.

As the District progresses through this process, input from residents is highly encouraged. The Park District is committed to meeting the evolving needs of the community in a thoughtful and strategic manner. Please check the District's website and social media for opportunities to provide input as we move through this process.



Photos:
Top: Founders Community Center parking lot.
Center: Bow string trusses.
Bottom: Corroded galvanized piping.



**DID YOU
KNOW?**

The Frankfort Park District has one of the lowest tax rates of all of the Parks Districts in the southland limiting the ability to maintain and build new recreation facilities.

Frankfort Park District total tax rate is .22 compared to that of the Frankfort Square Park District rate of .63, Mokena Community Park District .31 and Tinley Park Park District .44

140 Oak Street, Frankfort, IL 60423 • (815) 469.9400



Splash Park



SPLASH PARK PARTY RENTALS

\$200 RENTAL FEE FOR RESIDENTS
\$250 RENTAL FEE FOR NON-RESIDENTS

Available MONDAY - FRIDAY from 4:30-6:30 pm
SATURDAY - SUNDAY from 3:30-5:30 pm

THIS FEE INCLUDES:

2-hour session for up to 60 guests
Splash Park Pavilion rental time of 2.5 hours.
FOR MORE INFORMATION, PLEASE CALL 815.469.9400

LOCATED AT...

COMMISSIONERS PARK - 22108 S. 80TH AVE.

OPENING DAY
TUESDAY, MAY 28

HOURS OF OPERATION:

Monday - Friday 10:00 am - 4:00 pm

Saturday - Sunday 10:00 am - 3:00 pm

ADMISSION:

Admission is charged on a first-come, first-served basis. There is a limit of 60 patrons at one time in the splash park, in accordance to splash park safety codes. Wristbands must be purchased at the Splash Park Concession Stand before entry.

\$2.00/Resident • \$4.00/Non-Resident

Children 1 & under are FREE

Children under the age of 12 require a parent and/or guardian present. Parents and/or guardians over 18 years of age who are not using the Splash Park will not be charged admission.

WEATHER CONDITIONS - The Frankfort Park District reserves the right to open the splash park only when conditions are favorable. **The Splash Park will close if the temperature falls below 72 degrees.** In addition, the splash park will be closed if there is threatening weather and/or lightning.

The Splash Park will be CLOSED Thursday, July 4

Please visit website for updates.

Join us for a
Splashing good time!



Preschool/Prairie Care



REGISTRATION

All preschool programs run from September 2024 to May 2025. Registration began in February. 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. Spaces are limited.

A \$60 non-refundable registration fee is due at the time of registration. *If your tuition is paid in full before 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). All forms MUST be turned in by July 15, 2024. 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.



Start of School

Preschool classes will begin the week of September 3rd (after Labor Day) and run through May 2025. Teacher Meet & Greet days are scheduled on Tuesday & Wednesday, September 3rd & 4th. Meet and Greet class schedule will be provided in your preschool packet. You will be sent an email reminder with your child's Teacher Meet & Greet date and time.

Please note: This is not a regular school day. Please plan on staying with your child on this day. Your children will stay all by themselves at the next scheduled class session. Please bring school supplies on this day.

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 OR 12:30 - 3:00 pm
 Tuition: \$2,025/NR \$2,160*
 9 monthly auto-payments of \$225/NR \$240 per month

***If your tuition is paid in full before July 15th, 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

Kindergarten - 5th Grade

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

Prairie Care - Parents Meeting

**Wednesday • August 7 @ 6:00 pm
 Grand Prairie Elementary School**

This is an informational meeting to learn more about the program.

For more information, please call (815) 469-9400 or (815) 464-5579 or visit our website at www.frankfortparks.org



Frankfort Adventures - Summer Day Camp

SUMMER DAY CAMP

**Based on availability. Registration began on January 3.*

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 or can be 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 and pay in full 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 \$387 (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 for Day Camp, please visit 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

**Based on availability. Registration began on January 3.*

This half-day day camp program is designed for children in grades 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 or a packet can be 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 and pay in full to receive the discount.

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)

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 for Day Camp, please visit www.frankfortparks.org.**

OPEN HOUSE

Half Day Camp

Wednesday, June 12 @ 6:00 - 7:30 pm

Susan Puent Building, 400 West Nebraska, Frankfort IL 60423

Full Day Camp

Thursday, June 13 @ 6:00 - 8:00 pm

Grand Prairie Elementary School, 10480 Nebraska Street, Frankfort IL

Summer Camps



TINY TOT SUMMER CAMP

Come join us for a fun-filled camp experience that your child will love! Each session is centered around a special theme such as “Under the Sea” or “Dynamite Dinosaurs”. Your child will get to participate in crafts, music, stories, and outdoor water play all related to the theme of the week. Feel free to sign up for multiple sessions to enjoy even more fun! Please note: Children must be potty trained and able to separate from their parents.

Location:	Puent Building
Day:	Monday - Friday
Session I:	June 3 - 7/Under the Sea
Session II:	June 10 - 14/Creepy Crawlers
Session III:	June 17 - 21/Who's at the Zoo
Session IV:	June 24 - 28/Fourth of July Fun
Session V:	July 8 - 12/Dynamite Dinosaurs
Session VI:	July 15 - 19/Summer Fun
Session VII:	July 22 - 26/Christmas in July
Session VIII:	July 29 - August 2/Superheroes
Time:	9:00 - 11:30 am
Age:	3 - 5 years
Fee:	\$100/NR \$105
Min/Max:	9/15

I'M A BIG KID NOW CAMP

Does your child think they are a BIG KID? If so, they will surely love coming to this camp. This camp 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! It is recommended to take the “All By Myself” class first, if they haven't been separated from their parent/caregiver.

Instructor:	<i>Sharon Koczor</i>
Location:	Founders Community Center
Day:	Monday - Friday
Time:	9:00 - 10:30 am
Session I:	June 17 - 21
Session II:	July 8 - 12
Session III:	August 12 - 16
Session IV:	August 19 - 23
Age:	2.5 - 3 years
Fee:	\$80/NR \$85
Min/Max:	4/10



CHESS SCHOLARS 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 the students to play against one another while being coached by an experienced instructor. The camp session will conclude with a non-elimination tournament. Please bring a light peanut-free snack and water bottle to camp.

Instructor:	<i>Chess Scholars</i>
Location:	Founders Community Center
Day:	Monday - Friday
Date:	June 17 - 21
Time:	9:00 am - 12:00 pm
Age:	6 - 14 years
Fee:	\$215/NR \$220
Min/Max:	6/12

LUNCH BUNCH CAMP

Come join the fun at this four-day camp! There will be plenty of toys to play with, along with your friends. Lunch will be served on some days and on other days you may make your own lunch (English muffin pizza and crescent roll dogs). The other days will be a surprise. Please list any food allergies at the time of registration.

Instructor:	<i>Sharon Koczor</i>
Location:	Founders Community Center
Day:	Monday - Thursday
Date:	June 17 - 20
Time:	10:45 am - 1:00 pm
Age:	3 - 6 years
Fee:	\$100/NR \$105
Min/Max:	4/10



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LITTLE BITES CAMP

Your little one will enjoy playing, learning, and sharing with kids their own age in this 4-day camp. The fun doesn't stop there! In each class, participants will help make a little yummy snack to eat such as Trail Mix, Dirt Cup, S'mores, and one surprise snack. This camp will be more than just fun, it will be delicious too! Please list any food allergies at the time of registration.

Instructor:	Sharon Koczor
Location:	Founders Community Center
Day:	Monday - Thursday
Session I:	July 8 - 11
Session II:	July 15 - 18
Time:	10:45 am - 12:45 pm
Age:	3 - 5 years
Fee:	\$100/NR \$105
Min/Max:	4/10

**BRICKS 4 KIDZ BRICK ROYALE: WIZARDING WORLD OF AMUSEMENT**

Our Wizarding World of Amusement camp takes you on a thrilling adventure into a magical world. Spend time building your favorite wizard and his magical owl! Fly around on your very own magic broomstick and don't forget about all the mystical creatures including frogs, spiders, and that hard-to-catch Golden Snitch! Come and catch a ride on our Train model to this magical Wizarding World of Amusement! Enroll today! LEGO® is a registered trademark of the LEGO® Group of companies which does not sponsor, authorize, or endorse these programs.

Instructor:	Bricks 4 Kidz
Location:	Founders Community Center
Day:	Tuesday - Thursday
Date:	July 23 - 25
Time:	1:00 - 3:30 pm
Age:	6 - 12 years
Fee:	\$150/NR \$155
Min/Max:	6/16

STAGE STARS CAMP

Bring out your dramatic side with Showstoppers! Boost your confidence and overcome stage fright in a relaxed, fun environment while learning theatrical skills, improv basics, and playing interactive drama games. This is an opportunity for students to have fun, express themselves, and interact with others within the context of theatre arts.

Instructor:	Afterschool Enrichment Solutions
Location:	Founders Community Center
Day:	Monday - Friday
Date:	July 29 - August 2
Time:	1:00 - 2:30 pm
Age:	6 - 12 years
Fee:	\$170/NR \$175
Min/Max:	6/12

**COMIC BOOK CAMP**

At the Do Art Productions Comic Book Program, we will explore the many different angles and tools of not only comics but self-expression. Each day we will explore a different aspect of comics from paneling to character, to plot, as well as learn about the different aspects of inspiration and expressing ourselves. By the end, we will have created many of our own comics, as well as see how to generate our own. Our goal is to always show gratitude for being ourselves and the creativity that can sprout from expressing this. Everyone will receive stickers, bookmarks, and a variety of other materials to further their comic creations.

Instructor:	Do Art Productions
Location:	Founders Community Center
Day:	Tuesday - Thursday
Date:	August 6 - 8
Time:	10:00 am - 12:00 pm
Age:	6 - 13 years
Fee:	\$100/NR \$105
Min/Max:	6/30

**FUN WITH FOOD**

Come join our awesome kids camp where Jr. Chefs get to have a blast decorating cookies that are totally pool party themed. We'll also cool off with some yummy frozen banana cereal pops, make awesome walking tacos, fruit toast, and tons of other fun and delicious snacks. Every day will be a brand-new culinary adventure filled with excitement. Just remember to let us know if you have any food allergies when you register. Can't wait to see you there!

Instructor:	Chef Lesley Shworles
Location:	Founders Community Center
Day:	Tuesday - Thursday
Date:	August 6 - 8
Age:	8 - 13 years
Time:	9:00 am - 12:00 pm
Fee:	\$100/NR \$105
Min/Max:	6/30



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new

BRICKS 4 KIDZ: TEENAGE BRICK TURTLES

Grab your katanas and nunchucks as we prepare to fight crime with the Teenage Brick Turtles! Practice engineering as you build two of the courageous turtles and their wise Japanese rat sensei, Master Splinter. Strengthen your ninjutsu skills to defeat the villainous Shredder and his evil Foot Clan. After a treacherous day of crime-fighting, don't forget to give the turtles a break to enjoy a pizza down in their sewer dwelling under the city. Let's build and play... Brick Turtle style! LEGO® is a registered trademark of the LEGO® Group of companies which does not sponsor, authorize, or endorse these programs.

Instructor:	Bricks 4 Kidz
Location:	Founders Community Center
Day:	Tuesday - Thursday
Date:	August 13 - 15
Time:	1:00 - 3:30 pm
Age:	6 - 12 years
Fee:	\$150/NR \$155
Min/Max:	6/16

BEGINNING GOLF CAMP

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. Participants should bring a water bottle, two snacks, sunscreen, and wear appropriate athletic attire. Every child receives an award certificate and a Skyhawks t-shirt.

Instructor:	Skyhawks Staff
Location:	Commissioners Park
Day:	Monday, Tuesday, Thursday, Friday
Date:	June 17 - 21 (No Class June 19)
Time:	1:00 - 4:00 pm
Age:	5 - 9 years
Fee:	\$175/NR \$180
Min/Max:	6/20

TRACK & FIELD CAMP

The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are taught. Track and field events include javelin, discus, shot put, hurdles, long jump, triple jump, and various running and relay events (activities may vary by area). Participants also learn positive life skills such as teamwork and sportsmanship. Participants should bring a water bottle, two snacks, sunscreen, and wear appropriate athletic attire. Every child receives an award certificate and a Skyhawks t-shirt.

Instructor:	Skyhawks Staff
Location:	Chelsea Intermediate Track
Day:	Monday, Tuesday, Thursday, Friday
Date:	June 17 - 21 (No Class June 19)
Time:	9:00 am - 12:00 pm
Age:	6 - 12 years
Fee:	\$175/NR \$180
Min/Max:	8/20

CHICAGO WHITE SOX BASEBALL CAMP

Learn from the pros this summer at a White Sox Summer Camp presented by Wintrust! Professional coaches from the White Sox organization have helped build programs designed for kids ages 5 - 12 at every ability level. All campers will work on throwing, hitting, fielding, and base-running, but more importantly, they will be taught how to love the game of baseball. Instructors will supervise campers based on age and ability and cater each experience to meet your child's needs. On top of the four (4) days of camp, each camper will receive tickets to a White Sox game (date TBD), a White Sox t-shirt, hat, and other various White Sox goodies. Premium items (Sox tickets, t-shirt, hat, and goodies) are subject to change.

Registration is only available at whitesox.com/play.

*Rain/Weather Make-up Date: Friday, June 28

Location:	Main Park Field
Day:	Monday - Thursday
Date:	June 24 - 27*
Time:	8:30 - 11:30 am
Age:	5 - 12 years
Fee:	\$165
Min/Max:	8/30

SUMMER HORSE CAMP

Come join us for 4 fun-filled days of riding and learning horsemanship skills. Students participating in summer horse camp will get hands-on experience in grooming, bridling, saddling, and feeding horses. Every day will also include a riding lesson. Other activities include art and crafts in our new Round-Up Room, water games, and bathing horses! Summer camp closes out with a student horse show where campers get to demonstrate the skills they've learned to their family and friends! Campers should bring a water bottle and lunch daily. A camp T-shirt will be provided.

Location:	Nova Quarter Horses, Inc 10129 W. 187th Street, Mokena, IL 60448 (708) 479-3696
Day:	Monday - Thursday
Session I:	June 24 - 27
Session II:	July 8 - 11
Session III:	August 5 - 8
Time:	9:00 am - 3:00 pm
Age:	7 - 18 years
Fee:	\$500 per student/per session
Min/Max:	2/5



OUTDOOR BASKETBALL CAMP

This fun outdoor camp is for anyone wanting to improve their skills and have fun competing in the summer. Coach Dave & his staff will work on the basics of ball handling, shooting, post-play, and 1-on-1 moves. 3-on-3 competitions, free-throw shooting contests, and much more will be taught. Camp will be held at the Main Park outdoor basketball courts - located at the South end of the park. Participants should bring a water bottle each day. Please wear proper footwear - sandals are not allowed.

*Rain/Weather Make-up Date: Friday, July 12

Instructor:	Dave Esterkamp & Ranch Training Staff
Location:	Main Park (Outdoor Basketball Courts)
Day:	Monday - Thursday
Date:	July 8 - 11
Session I:	9:00 - 10:30 am
Session II:	10:45 am - 12:15 pm
Age:	7 - 13 years
Fee:	\$75/NR \$80
Min/Max:	10/25

FLAG FOOTBALL CAMP

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking, and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment. Participants should bring a water bottle, two snacks, sunscreen, and wear appropriate athletic attire. Every child receives an award certificate and a Skyhawks t-shirt.

Instructor:	Skyhawks Staff
Location:	Commissioners Park
Day:	Monday - Thursday
Session I:	July 8 - 11
Session II:	July 29 - August 1
Time:	1:00 - 4:00 pm
Age:	6 - 12 years
Fee:	\$175/NR \$180
Min/Max:	8/20

FIRE STARTERS SUMMER SOCCER CAMP

The Fire Starters staff will conduct an instructional summer camp for players aged 4 through 12 years. Each day will have a fundamental theme with a soccer skill set and fun small-sided games will be played at the end of each training session. Shin guards, a soccer ball, and a water bottle are required for each camp day. Please wear proper footwear - sandals are not allowed.

*Rain/Weather Make-up Date: Friday, July 19

Instructor:	Fire Starters Staff
Location:	Commissioners Park
Day:	Monday - Thursday
Date:	July 15 - 18*
Age:	4 - 12 years
Time:	9:00 - 10:30 am
Fee:	\$100/NR \$105
Min/Max:	15/75



**DID YOU
KNOW?**

The Frankfort Park District is funded through property taxes and program user fees. The Park District is a separate taxing body from the Village. The Village of Frankfort collects property taxes along with income, utility and sales tax.

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. Participants should bring a water bottle, two snacks, and wear appropriate athletic attire. Every child receives an award certificate and a Skyhawks t-shirt.

Instructor:	Skyhawks Staff
Location:	Founders Center Gym
Day:	Monday - Thursday
Date:	July 22 - 25
Time:	9:00 am - 12:00 pm
Age:	7 - 12 years
Fee:	\$175/NR \$180
Min/Max:	6/20

ULTIMATE VOLLEYBALL CAMP

The Ultimate Volleyball coaching staff will help players improve their skills and prepare for the grade school tryouts. Instruction, training, and gameplay will be offered in this camp designed to teach and review fundamental volleyball skills. There will be instruction given at the beginner as well as the advanced levels. Sharpen your skills and get the winning edge!

Instructor:	Ultimate Volleyball Staff
Location:	Founders Center Gym
Day:	Monday - Thursday
Date:	July 29 - August 1
Age/Time:	3rd - 5th Grade/9:00 - 11:00 am 6th - 8th Grade/11:30 am - 1:30 pm
Fee:	\$85/NR \$90
Min/Max:	10/25

MINI HAWK CAMP

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. Participants should bring a water bottle, two snacks, sunscreen, and wear appropriate athletic attire. Every child receives an award certificate and a Skyhawks t-shirt.

Instructor:	Skyhawks Staff
Location:	Commissioners Park
Day:	Monday - Thursday
Date:	August 5 - 8
Time:	9:00 am - 12:00 pm
Age:	5 - 7 years
Fee:	\$175/NR \$180
Min/Max:	6/16

MULTI-SPORT CAMP

Multi-sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship, inclusion, and teamwork. Participants should bring a water bottle, two snacks, sunscreen, and wear appropriate athletic attire. Every child receives an award certificate and a Skyhawks t-shirt.

Instructor:	Skyhawks Staff
Location:	Commissioners Park
Day:	Monday - Thursday
Date:	August 5 - 8
Time:	1:00 - 4:00 pm
Age:	8 - 12 years
Fee:	\$175/NR \$180
Min/Max:	8/20

Early Childhood Programs



ALL BY MYSELF

This class is to help the child practice separation from their parent/caregivers while engaging them in one of their first classroom experiences. Socializing, learning to share, playing, coloring, and listening to stories will all be part of the program. 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
Min/Max: 4/10

Day: Monday & Wednesday
Session I: May 1 - June 12
(No Class May 27)
Time: 9:00 - 9:45 am
Fee: \$100/NR \$105

Session II: August 12 - 28 (Mini-Session)
Time: 10:45 - 11:30 am
Fee: \$50/NR \$55

Day: Thursday & Friday
Session I: May 9 - June 14
Session II: August 8 - September 13
Time: 10:45 - 11:30 am
Fee: \$100/NR \$105

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! It is recommended to take "All By Myself" first if they haven't been separated from their parent/caregiver.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Tuesday & Thursday
Date: May 7 - June 13
Time: 9:00 - 10:30 am
Age: 2.5 - 3 years
Fee: \$180/NR \$185
Min/Max: 4/10



LITTLE LEARNERS LUNCH BUDDIES

If you're looking to give your child a little extra support or help them build on what they already know, then this class would be a great fit for them! We'll be focusing on the basics like the alphabet, numbers, shapes, and colors, regardless of where your child is in their learning journey. This class is specifically designed for kids who are just starting out with worksheets, but we'll have more advanced activities like tracing for those who are ready. And don't forget, in the middle of each class, your child will have a chance to take a break and enjoy lunch or a snack with their friends. It's a great opportunity for them to learn and socialize at the same time! Lunches should be nut free.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Monday & Wednesday
Date: May 1 - June 12
(No Class May 27)
Time: 10:00 am - 12:00 pm
Age: 3 - 5 years
Fee: \$180/NR \$185
Min/Max: 4/10



BABY TALK N' TEMPO

Miss Phallon and certified Speech-Language Pathologist Kara Mitchell, M.S. CCC-SLP, have teamed up to bring you a class for little learners that combines dance and Do-Re-Mi's, with dynamic SLP strategies! In this class, you and your child will have a blast learning new communication skills each week. Join us for this clever and creative curriculum to encourage and stimulate the development of your mini creatives' music appreciation, language, and motor skills. This class is designed for the child and adult to participate together. Check us out on Instagram @missphallons_neighborhood & LinkedIn @Kara Mitchell Mills | LinkedIn.

Instructor: Miss Phallon
Location: Founders Community Center
Day: Thursday
Session I: May 9 - June 13
Session II: June 27 - August 8
(No Class July 4)
Time: 9:00 - 9:40 am
Age: 4 mos. - 18 mos.
Fee: \$100 NR \$105
Min/Max: 3/12



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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 while teaching 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:	May 9 - June 13
Session II:	June 27 - August 8 (No Class July 4)
Time:	10:00 - 10:40 am
Age:	1 - 3 years
Fee:	\$70 NR \$75
Min/Max:	3/10

**SING N' STEP INTO PRESCHOOL PREP**

This class, based on music play, will have your child well on their way to being preschool-ready! 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. Each week you and your child will have a blast playing educational games that explore a variety of age-appropriate concepts like letter identification and sorting colors, numbers, shapes, and more! 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:	May 9 - June 13
Session II:	June 27 - August 8 (No Class July 4)
Time:	11:00 - 11:40 am
Age:	1 - 3 years
Fee:	\$70 NR \$75
Min/Max:	3/10

**MUSIC PLAY N' PAINTS**

In this pop-up class, Miss Phallon utilizes thematic stories, music, and crafts to encourage the development of your mini-musician's fine motor, gross-motor, & pre-literacy skills. You and your child will have a blast— singing, shaking, and making a new Take-Home craft during each session! 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:	Saturday
Session I:	June 1/Outer Space Exploration
Session II:	June 15/Things That Go
Time:	10:00 - 11:00 am
Age:	2 - 4 years
Fee:	\$20/NR \$25
Min/Max:	6/15

**STEAM, SING, & STORY TIME**

In this pop-up class, you can't help but beam, with this marvelous mash-up of music and S.T.E.A.M! If your child is half musician, half mathematician, or a songstress with a scientific soul...then this is the class for them. We'll explore a variety of S.T.E.A.M. concepts that are fascinating and sublime — with thematic sing-a-longs, experiments, and a storytime! You and your child will have a blast— singing, shaking, and making a new take-home craft every class! This program 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:	Saturday
Session I:	June 1/Outer Space Exploration
Session II:	June 15/Things That Go: Friction
Time:	11:30 am - 12:30 pm
Age:	3 - 6 years
Fee:	\$20/NR \$25
Min/Max:	6/15

**HIP HOP RHYME N' ART TIME**

In this pop-up class, kid creatives will explore concepts of rhythm and rhyme, while developing their literacy through Hip Hop inspired story times and crafting their own radical rap lyrics. You and your child will have a blast— singing, shaking, and making a new take-home craft during each session! 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:	Saturday
Session I:	June 29/Nonstop Narwhals
Session II:	July 13/Penguins & Percussion
Session III:	July 27/Robot Rhythm
Time:	10:00 - 11:00 am
Age:	2.6 - 3.6 years
Fee:	\$20/NR \$25
Min/Max:	6/15

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 the child and adult to participate.

Instructor:	Angie Pope
Location:	Founders Community Center
Day:	Monday
Date:	June 17 - July 22
Time:	9:15 - 10:00 am
Age:	3 - 5 years (with parent)
Fee:	\$75/NR \$80
Min/Max:	7/15

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 a child and adult to participate together.

Instructor:	Angie Pope
Location:	Founders Community Center
Day:	Monday
Date:	June 17 - July 22
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

**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
Date:	July 9 - 23
Time:	9:30 - 10:15 am
Age:	Walking - 3 years (with parent)
Fee:	\$35/NR \$40
Min/Max:	8/10

WIGGLES & 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
Date:	July 9 - 23
Time:	10:30 - 11:15 am
Age:	2 - 3 years (with parent)
Fee:	\$35/NR \$40
Min/Max:	8/10

LET'S GET READY FOR PRESCHOOL

It's time to get ready and prepare for the new school year. These classes will help your child get a head start before the school year begins. We will review the alphabet, numbers, colors, and shapes. Each day we will focus on a different skill. This will be a great opportunity for your child to develop social skills as well.

Instructor:	Sharon Koczor
Location:	Founders Community Center
Day:	Thursday & Friday
Date:	August 8 - 30
Time:	11:45 am - 12:45 pm
Age:	3 - 5 years
Fee:	\$100/ NR \$105
Min/Max:	4/10

DINO HOUR IN THE PARK

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! In the event of inclement weather, the class will be moved indoors at the Founders Community Center.

Instructor:	T-Explorers
Location:	Indian Boundary Park
Day:	Tuesday
Date:	August 13
Time:	5:00 - 6:00 pm
Age:	3 - 5 years (with adult)
Fee:	\$43/NR \$48
Min/Max:	6/12



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In the 1990's, the Park District maintained only 4 parks and 2 buildings. At that time, property tax revenue collected was adequate to maintain District assets. The District now owns 19 park parcels, 5 buildings, and 8 ponds. Property tax revenue does not meet the funding necessary to maintain or improve the existing facilities.



BARBIE BIRTHDAY BASH

Barbie is having a birthday party, and you are invited to come celebrate with her! Bring along one of your favorite Barbie Dolls to show all the guests who attend. We will start the party by frosting and decorating Barbie's Birthday cake! Then you and your dolls will all celebrate by singing Happy Birthday. The cake that you decorate will certainly be delicious. We will enjoy it with some ice cream too! Afterward, it will be fun to play some birthday games like "Musical Chairs" and "Hot Potato". This is a drop-off program. Please list any food allergies at the time of registration.

Instructor:	Sharon Koczor
Location:	Founders Community Center
Day:	Friday
Date:	May 10
Time:	6:30 - 8:30 pm
Age:	3 - 9 years
Fee:	\$28/NR \$33
Min/Max:	6/15

CUPCAKE DELIGHT

Calling all bakers! Can you guess what treat everyone loves? It's cupcakes, of course! In this activity, each child will have a blast measuring and mixing the ingredients. The only tricky part will be patiently waiting for the cupcakes to bake in the oven. The most fun part comes next - you get to frost and decorate your very own cupcake! And let's not forget the best part - eating it! What a tasty treat! This is a drop-off program. Please list any food allergies at the time of registration.

Instructor:	Sharon Koczor
Location:	Founders Community Center
Day:	Friday
Date:	May 17
Time:	6:30 - 8:45 pm
Age:	3 - 9 years
Fee:	\$30/NR \$35
Min/Max:	6/15

RAINBOW FISH PARTY

Rainbow Fish is a beautiful, colorful, shiny fish with metallic scales. Come dressed in your sparkling attire if you have it. We will enjoy sitting down and listening to the story about "Rainbow Fish". We will have fun creating our very own Rainbow Fish with shiny scales that sparkle. Your child will learn how important it is to share. A yummy snack of goldfish will be served. We will all leave with new friendships and be the happiest fish in the sea. This is a drop-off program. Please list any food allergies at the time of registration.

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



UNICORN PARTY

Are you looking to have a happy-go-lucky fun time? Tonight is the night to fantasize about UNICORNS! Dress up in your favorite unicorn attire and join us to have a magical time. We'll have lots of sugary sweetness and colorful sprinkles as you get creative and decorate your very own unicorn horn. It's going to be a tasty and enjoyable activity. So, come join us and make this night sparkle and shine! This is a drop-off program. Please list any food allergies at the time of registration.

Instructor:	Sharon Koczor
Location:	Founders Community Center
Day:	Friday
Date:	May 24
Time:	6:30 - 8:30 pm
Ages:	3 - 9 years
Fee:	\$28/NR \$33
Min/Max:	6/15

BEGINNING POTTERY FOR KIDS - FATHER'S DAY

Learn several basic pottery techniques to create your own works of art. We'll have project ideas for you, or 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
Location:	Founders Community Center
Day:	Wednesday
Date:	May 29 & June 5
Time:	6:00 - 7:00 pm
Age:	6 - 12 years
Fee:	\$30/NR \$35
Min/Max:	6/12

DELICIOUS DELIGHT

Come on over to the Park District and join us in the kitchen! The kids are going to have a blast making this tasty dessert. Not only will they learn how to follow a recipe, but they will also get to add a special secret ingredient. Each little one will have the chance to make their very own delicious Eclair dessert. And guess what? They'll even get a recipe to take home so they can recreate this delightful treat with someone special. How awesome is that? This is a drop-off program. Please list any food allergies at the time of registration.

Instructor:	Sharon Koczor
Location:	Founders Community Center
Day:	Friday
Date:	May 31
Time:	6:30 - 8:45 pm
Age:	3 - 9 years
Fee:	\$30/NR \$35
Min/Max:	4/15

FATHER'S DAY SURPRISE

Want to surprise that special someone with a Father's Day gift as special as he is? Grab your friends and have some fun doing a kid's night out, while putting the end result to great use...a present for Father's Day. Snacks and drinks will be served while you hang out with friends and get creative. Please list any food allergies at the time of registration.

Instructor:	Gina Barrett
Location:	Founders Community Center
Day:	Friday
Date:	June 7
Time:	6:30 - 8:00 pm
Age:	4 - 10 years
Fee:	\$35/NR \$40
Min/Max:	6/15

**BAKE ME A CAKE**

If you love to eat cake, then this baking class is for you! Come join in the fun of baking a cake with your friends. Everyone will participate in helping to prepare this delicious cake before putting it in the oven. The kids will learn about reading a recipe, taking turns adding the ingredients, and mixing. The best part will be eating it! They will receive a recipe, so they can enjoy baking at home. This is a drop-off program. Please list any food allergies at the time of registration.

Instructor:	Sharon Koczor
Location:	Founders Community Center
Day:	Friday
Date:	June 7
Time:	6:30 - 8:45 pm
Age:	3 - 9 years
Fee:	\$30/NR \$35
Min/Max:	4/15

COOKIE SURPRISE!

If you happen to love cookies, then this evening of baking is perfect for you. Just get your apron, put on your chef's hat, and join us in indulging in some delicious cookies. In this class, you will have the chance to learn how to read a recipe and follow instructions. It's a hands-on experience, so everyone will get to participate in baking cookies. The specific type of cookie will be kept as a surprise. Come join us to create, bake, and enjoy tasting your very own cookie surprise. We'll even provide you with a recipe to take home so you can enjoy making these cookies all over again! This is a drop-off program. Please list any food allergies at the time of registration.

Instructor:	Sharon Koczor
Location:	Founders Community Center
Day:	Thursday
Date:	June 13
Time:	6:30 - 8:45 pm
Age:	3 - 9 years
Fee:	\$30/NR \$35
Min/Max:	6/15

COMEDY IMPROV WORKSHOP

Are you ready to laugh? Most comedians you know and love have taken improv classes and now it is YOUR chance! Come play games that work on teamwork, confidence, public speaking, and creative thinking! No experience necessary!

Instructor:	Kate Wiersema
Location:	Founders Community Center
Day:	Monday
Date:	June 17
Age:	7 - 12 years
Time:	10:00 - 10:50 am
Fee:	\$15/NR \$20
Min/Max:	6/15



**DID YOU
KNOW?**

The Founders Center, which houses most of the Park District's programs, was a former school constructed in the 1940's and was repurposed to house recreation programs. The Park District does not own an active recreational or fitness facility.



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

FIESTA TIME - MAKE YOUR OWN MINI PINATA

Looking for something fun and educational for your child to do this summer? In this one-day class, children will decorate their very own mini piñata while singing songs in Spanish, learning Spanish words, and discovering the Mexican culture. All materials are included.

Instructor:	Language in Action
Location:	Founders Community Center
Day:	Tuesday
Date:	June 18
Time:	9:30 - 11:00 am
Age:	4 - 10 years
Fee:	\$30/NR \$35
Min/Max:	6/12

**BRICKS 4 KIDZ “WHEELS IN MOTION”**

These wheels are ready to roll! Students will use LEGO® Bricks, axles, pulleys, gears, and motors to build a variety of models on wheels. Some are familiar vehicles, such as fire engines and delivery trucks. Others are more spectacular, such as the Rescue Robot and K-9 Bot. Do you have a need for speed? Put your Speed Bot model to the test as you race against others using remote controls! We'll explore concepts of speed and force and gain non-vehicle knowledge from the unconventional Wheels in Motion models as well. Let's roll!

Instructor:	Bricks 4 Kidz
Location:	Founders Community Center
Day:	Tuesday
Date:	June 18 - July 30 (No Class June 25)
Time:	4:00 - 5:00 pm
Age:	6 - 12 years
Fee:	\$105/NR \$110
Min/Max:	4/16

LET'S GET CREATIVE! CREATIVE WRITING FOR KIDS

Let the creative juices flow! In this fun and interactive class, kids will use their own natural talent of creativity and imagination to learn how to effectively develop and write their own stories. Each session covers different activities and topics. Taught by Language in Action, Inc. instructor live on Zoom. Zoom login information will be emailed to participants before each session.

Instructor:	Language in Action
Location:	Zoom Platform
Day:	Wednesday
Session I:	June 19 - July 10
Session II:	July 17 - August 7
Time:	10:30 - 11:30 am
Age:	7 - 11 years
Fee:	\$62/NR \$67

PAJAMA PARTY

Throw on your pajamas and bring a friend to join in on this summer night of fun. We've got some awesome activities planned, including a cool craft. And to top it all off, you can kick back and relax in your comfy PJs while enjoying a delicious serving of popcorn, all while watching a movie together. Sounds like a perfect way to spend the evening! This is a drop-off program. Please list any food allergies at the time of registration.

Instructor:	Sharon Koczor
Location:	Founders Community Center
Day:	Wednesday
Date:	June 19
Time:	6:30 - 8:30 pm
Age:	3 - 9 years
Fee:	\$28/NR \$33
Min/Max:	6/15

**COMIC BOOK WORKSHOP**

At the Do Art Comic Book workshop, we will be diving into the exciting world of comics and creativity! In an interactive and high-energy class, we will cover the topics of eyes, stories, as well as drawing endlessly including on a giant whiteboard. There will be music, juggling, and plenty of other magical surprises to make an engaging and entertaining experience. Everyone will go home with stickers, bookmarks, and their own little comic to create at home and further their pursuits!

Instructor:	Do Art Productions
Location:	Founders Community Center
Day:	Thursday
Date:	June 20
Time:	1:00 - 2:00 pm
Age:	6 - 12 years
Fee:	\$35/NR \$40
Min/Max:	6/15

THE STEAM ZONE

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
Location:	Founders Community Center
Day:	Thursday
Date:	June 20 - August 1 (No Class July 4)
Time:	4:30 - 5:30 pm
Grades:	K - 5th
Fee:	\$140/NR \$145
Min/Max:	6/12



**DID YOU
KNOW?**

Annually the Park District collects \$2,600,000 in property taxes which includes restricted funds for handicap funding and debt extension. The District does not have the ability to increase taxes above the CPI issued by the State of IL without a referendum approved by the voters.

new

AMERICAN GIRL CAMPING TRIP

Stroll into the campground for “s’more” fun with your favorite gal pal. The Park District AGD Assistant, Parker, will be there with her Jeep and camper for all to enjoy. No need to bring a flashlight for ghost stories and games. Your doll will receive her very own that evening to keep. Be prepared for campfire songs, stories, and more. And of course, no camping trip would be complete without s’mores. Please list any food allergies at the time of registration.

Instructor:	Gina Barrett
Location:	Founders Community Center
Day:	Tuesday
Date:	June 18
Time:	6:30 - 8:00 pm
Age:	4 - 12 years
Fee:	\$30/NR \$35
Min/Max:	6/18

**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.

Instructor:	Language in Action
Location:	Founders Community Center
Day:	Tuesday
Date:	June 25 - August 6
Time:	9:00 - 9:45 am
Age:	3 - 6 years
Fee:	\$110/NR \$115
Min/Max:	6/12

VAMONOS SPANISH CLUB FOR KIDS

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, engaging, and fun activities and games.

Instructor:	Language in Action
Location:	Founders Community Center
Day:	Tuesday
Date:	June 25 - August 6
Time:	10:00 - 10:45 am
Age:	6 - 11 years
Fee:	\$110/NR \$115
Min/Max:	6/12

new

FLOWER SEED BOMBS (YOUTH)

Do you want to make your own flower seed bombs? We will create the bombs using air-dry clay, wildflower seeds, and dried flowers. They’re perfect for giving as gifts or starting your very own wildflower pot or garden.

Instructor:	Kim Bennett
Location:	Founders Community Center
Day:	Wednesday
Date:	June 26
Time:	6:00 - 7:00 pm
Age:	6 - 12 years
Fee:	\$25/NR \$30
Min/Max:	6/15

IGNITE CHEERLEADING

Are you looking for an exciting way to introduce your athlete to cheerleading? Look no further than the Ignite Cheerleading Summer mini-session! This class will provide a comprehensive introduction to the sport, helping athletes develop level-appropriate skills such as cheers, dance, jumps, and motions. Our program is designed to ensure that each student not only learns but also has a blast. Our experienced coaches follow a lesson plan, guaranteeing an optimal learning experience for every participant. To conclude the session, during the last class, students will have the opportunity to showcase everything they have learned. It’s a chance for athletes to shine and demonstrate their newfound skills in a supportive and encouraging environment. Register today and let the cheerleading journey begin!

Instructor:	Ignite Cheerleading Staff
Location:	Founders Community Center
Day:	Wednesday
Date:	June 26 - August 7 (No Class July 3)
Age/Time:	4 - 6 years/6:00 - 6:55 pm
Age/Time:	7 - 12 years/7:00 - 7:55 pm
Fee:	\$95/NR \$100
Min/Max:	10/25

new

O.M.GEODE!!

Embark with us on an exhilarating journey as we delve into the captivating world of geology, where we’ll uncover not just one, but two geodes. Prepare to be awed as we unravel the mysteries behind their formation and acquisition.

Instructor:	Kim Bennett
Location:	Founders Community Center
Day:	Saturday
Date:	June 29
Time:	10:00 - 11:00 am
Age:	6 - 12 years
Fee:	\$25/NR \$30
Min/Max:	5/10



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

new

RAPPING READERS

In this pop-up class, kid creatives will explore concepts of rhythm and rhyme, while developing their literacy through Hip Hop inspired story times and crafting their own radical rap lyrics. Your child will have a blast— singing, shaking, and making a new take-home craft within each class! Check us out on Instagram @ missphallons_neighborhood. This is a drop-off program.

Instructor:	Miss Phallon
Location:	Founders Community Center
Day:	Saturday
Session I:	June 29/Tempo Time
Session II:	July 13/Little Lyricists
Session III:	July 27/Rhymes N' Rhythm
Time:	11:30 am - 12:30 pm
Age:	8 - 10 years
Fee:	\$20/NR \$25
Min/Max:	6/15

new

4th OF JULY DESSERTS

We invite you to discover how simple it is to create delightful desserts for the 4th of July. In this class, you will learn to make mouthwatering treats such as strawberry shortcake, a mini blueberry pie, and strawberry graham cracker bites. Please list any allergies at the time of registration.

Instructor:	Chef Lesley Shworles
Location:	Founders Community Center
Day/Date:	Tuesday/July 2
Time:	10:00 am - 1:00 pm
Age:	8 - 13 years
Fee:	\$50/NR \$55
Min/Max:	6/9

new

AMERICAN GIRL SUMMER BEACH VACATION

Grab your suit! We are boarding a plane and heading to the beach! In this class, you will be decorating a beach bag for your doll to pack to take on vacation. You and your gal pal will receive a boarding pass and enjoy refreshments served on the plane. Upon arrival at our destination, everyone will be escorted to the resort where you will receive a doll-sized beach towel as a souvenir. Be prepared to then have some fun playing and relaxing in the sun. Please list any allergies at the time of registration.

Instructor:	Gina Barrett
Location:	Founders Community Center
Day/Date:	Tuesday/July 9
Time:	6:30 - 8:00 pm
Age:	4 - 12 years
Fee:	\$30/NR \$35
Min/Max:	6/18

CHESS SCHOLARS

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.

Instructor:	Chess Scholars
Location:	Founders Community Center
Day:	Wednesday
Date:	July 10 - August 14
Time:	4:30 - 5:30 pm
Age:	6 - 14 years
Fee:	\$135/NR \$140
Min/Max:	6/12

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!

Instructor:	Magic Team of Gary Kantor
Location:	Founders Community Center
Day:	Wednesday
Date:	July 10
Time:	5:00 - 5:55 pm
Age:	5 - 12 years
Fee:	\$22/NR \$27
Min/Max:	6/15

SAFE AT HOME

This course will teach children who are home alone the importance of behaving responsibly and how to handle themselves when confronted with a challenge, such as answering the telephone or the door when parents are away. Topics covered include safety in the home, proper use of keys, what to do in case of an emergency, how to respond to strangers, and general house rules.

Instructor:	Donna Giove
Location:	Founders Community Center
Day:	Monday
Date:	July 15
Time:	4:30 - 6:00 pm
Age:	6 - 10 years
Fee:	\$40/NR \$45
Min/Max:	4/10

**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 class, a Red Cross certificate will be received.

Instructor:	Donna Giove
Location:	Founders Community Center
Day:	Monday
Date:	July 15
Time:	6:30 - 8:00 pm
Age:	6 - 10 years
Fee:	\$40/NR \$45
Min/Max:	4/10



new

MINION PARTY

What's yellow, wears goggles and blue jean overalls.... a MINION! The Despicable Me movie just got released and the minions are celebrating! Bob, Kevin, and Stuart, to name a few minions are inviting you to their celebration! It will be fun making your own delicious edible minion from a Twinkie! Come on out on this fun night and don't worry...no villains are invited! This is a drop-off program. Please list any food allergies at the time of registration.

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



CHRISTMAS IN JULY

Would you like to join us for a festive Christmas in July party? We are planning to have a fun-filled time decorating Christmas cookies, adorable penguin cupcakes, and some other delightful holiday treats. Please list any allergies at the time of registration.

Instructor: *Lesley Shworles*
Location: Founders Community Center
Day: Friday
Date: July 19
Time: 10:00 am - 1:00 pm
Age: 8 - 13 years
Fee: \$50/NR \$55
Min/Max: 6/9

DINOSAUR DAYS

We're going to have a great time by digging into dinosaur eggs (one egg per child). After that, we can get creative and make some cool dinosaur ornaments using air-dry clay. And to top it all off, we'll have a blast playing fun dinosaur games to end the day. Don't forget to bring a water bottle since we'll be outside for this program.

Instructor: *Kim Bennett*
Location: Founders Community Center
Day: Saturday
Date: July 20
Time: 10:30 - 11:30 am
Age: 6 - 12 years
Fee: \$25/NR \$30
Min/Max: 6/12



DOODLEBUGS

Wanna learn some cool doodle techniques? You can totally transform them into awesome art pieces using markers, watercolors, tempera paints, and even colored or watercolor pencils on fancy art paper. Come unleash your creativity!

Instructor: *Kim Bennett*
Location: Founders Community Center
Day: Wednesday
Date: July 31
Time: 6:00 - 7:00 pm
Age: 6 - 12 years
Fee: \$20/NR \$25
Min/Max: 6/15

CRITTER CLASS: 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, 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! All children in the class must be registered.

Instructor: *Crosstown Exotics*
Location: Founders Community Center
Day: Thursday
Date: August 1
Time: 6:00 - 7:00 pm
Age: 5 - 12 years
Fee: \$32/NR \$37
Min/Max: 10/15

CHILLIN WITH ICE CREAM

It's summertime! How about enjoying a delightful treat on a hot summer night? Join us and bring a friend or even make a new one as we have a blast creating our very own ice cream sundaes! You'll have a wide variety of yummy toppings to choose from, like chocolate, caramel, sprinkles, and whipped cream. Whether you opt for one scoop or two, the best part is definitely going to be devouring your masterpiece! This is a drop-off program. Please list any food allergies at the time of registration.

Instructor: *Sharon Koczor*
Location: Founders Community Center
Day: Thursday
Date: July 11
Time: 6:30 - 8:30 pm
Age: 3 - 9 years
Fee: \$28/NR \$33
Min/Max: 4/15



SQUEEGEE PAINT PETS

We're going to have some fun with squeegees and paint scrapers! We'll be using tempera paint on thick paper to make cool squeegee art. You can even create your own squeegee pet, like a dog, cat, or frog! Just a heads-up, it's gonna get messy, so don't worry about dressing up.

Instructor: *Kim Bennett*
Location: Founders Community Center
Day: Wednesday
Date: August 7
Time: 6:00 - 7:00 pm
Age: 6 - 12 years
Fee: \$20/NR \$25
Min/Max: 6/12

PRETTY LITTLE PRINCESS

Calling all little princesses! How about slipping into your most enchanting gown, popping on your adorable crown, and joining the other delightful princesses in town? It's every little girl's dream to feel like a princess, and today is the perfect day to live that fantasy. We'll even create a super fun craft to bring along to The Ball! Trust me, it'll be a fabulous time where we dance the night away! This is a drop-off program. Please list any food allergies at the time of registration.

Instructor: *Sharon Koczor*
Location: Founders Community Center
Day: Thursday
Date: August 8
Time: 6:30 - 8:30 pm
Age: 3 - 9 years
Fee: \$28/NR \$33
Min/Max: 4/15

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.

Instructor:	Lindsey Daehnke, Strictly Self-Defense
Location:	Founders Community Center
Day:	Thursday
Date:	August 8
Time:	4:00 - 5:30 pm
Age:	7 - 11 years old
Fee:	\$35/NR \$40
Min/Max:	8/12

HOGWARTS AWAITS!

Spend the week as a Hogwarts Student. Go shopping down Diagon Alley for items you'll need for your semester at Hogwarts. Don't bother bringing a wand, we will stop at Olivander's and a wand will choose you. Ride the Hogwarts Express where we stop in Hogsmeade for some Butterbeer after your long trip at Hogwarts. The sorting hat will sort you into a house and you will attend classes where you will learn spells and potions and you might even discover the Marauder's Map. Please list any food allergies at the time of registration.

Instructor:	Gina Barrett
Location:	Founders Community Center
Day:	Tuesday - Thursday
Date:	August 6 - 8
Time:	6:30 - 8:00 pm
Age:	4 - 12 years
Fee:	\$65/NR \$70
Min/Max:	6/18

IT'S THE BATTLE OF THE BEST CUPCAKE MAKER!

We're gonna be making and baking our own cupcakes and decorating them with a super cool surprise theme! We're even gonna have a cupcake competition where we judge them based on how they look, and the winner gets crowned! Please list any food allergies at the time of registration.

Instructor:	Lesley Shworles
Location:	Founders Community Center
Day:	Wednesday & Thursday
Date:	August 14 & 15
Time:	10:00 am - 12:00 pm
Age:	8 - 13 years
Fee:	\$75/NR \$80
Min/Max:	6/9

PARTY WITH FARM ANIMALS

A horse goes "neigh", and a cow goes "moo". Have you ever wondered what sound a pig makes? Well, if your little ones love playing with farm animals, they probably know! Why not pay a visit to our friendly farm, where your child can have a blast playing with a variety of farm toys? They'll even get the chance to make a fun craft and enjoy some tasty animal crackers. This is a drop-off program. Please list any food allergies at the time of registration.

Instructor:	Sharon Koczor
Location:	Founders Community Center
Day:	Thursday
Date:	August 15
Time:	3:00 - 5:00 pm
Age:	3 - 6 years
Fee:	\$28/NR \$33
Min/Max:	4/15

BLUEY PARTY

Bluey and Bingo are having a party and you're invited! Wear your Bluey attire or a blue shirt and bring along something for show and tell. We will have fun playing a game and making a craft during this party. A light snack will be provided as we will talk about table manners too. Come on over and join the fun with Bluey. This is a drop-off program. Please list any food allergies at the time of registration.

Instructor:	Sharon Koczor
Location:	Founders Community Center
Day/Date:	Thursday/August 22 OR
Day/Date:	Wednesday/August 28
Time:	6:00 - 8:00 pm
Age:	3 - 9 years
Fee:	\$28/NR \$33
Min/Max:	4/15



SHRINK ART WIND CHIME

Join us in making your very own wind chime using shrink art materials! Let's get creative by drawing, baking, and putting it all together.

Instructor:	Kim Bennett
Location:	Founders Community Center
Day:	Saturday
Date:	August 24
Time:	10:00 am - 12:00 pm
Age:	7 - 13 years
Fee:	\$25/NR \$30
Min/Max:	6/12

IGNITE CHEERLEADING

Our cheer classes are a great way to introduce your athlete to the sport of cheerleading. Athletes will learn level-appropriate skills including but not limited to cheers, dance, jumps, motions, and beginner stunts. Classes are held in two sessions; Fall & Winter/Spring. Each 14-week session will end with an in-house competition between all our locations. In our 55-minute classes held once a week, coaches follow a detailed lesson plan to ensure that each student is learning while having fun. During the last class of the session, students will showcase everything they learned. The Ignite In-House Recreational Competition is OPTIONAL. If your athlete chooses to compete, there is a \$65 competition fee and a \$175 uniform fee. Uniforms remain the same until your athlete grows out of it (normally last up to two years). Once you are registered with the Park District, you will receive a link to register with Ignite Cheer (this will be sent a week before the session date), there you will receive a waiver and parent handbook, which explains in detail payment for uniform and practice expectations.

Instructor:	Ignite Cheerleading Staff
Location:	Founders Community Center
Day:	Wednesday
Date:	September 4 - December 11 (No Class November 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:	\$190/NR \$195
Min/Max:	10/25

Frankfort On Pointe



ON-POINTE SUMMER DANCE CAMPS

If your child loves to dance, check out our summer dance camps! These camps will explore many different styles of dance all in one week. Students will participate in movement classes that include jazz, ballet, hip hop, and basic tumbling for ages 3-5 years. The camps for ages 6-9 years and 10-13 years will experience techniques in jazz, ballet, hip hop, lyrical, turns/technique, and contemporary styles of dance. These camps are geared towards beginner/intermediate-level students who would like to experience dance in a fun, easy going environment.

Note: For the camps, there will be a 15-20 minute lunch break for students to bring a nut free lunch/snack. Also, bring a water bottle.

Location: Founders Community Center
Day: Monday - Friday



3-5 YEARS OLD

Session I: June 17 - 21
Session II: July 8 - 12
Time: 9:30 - 11:00 am
Fee: \$75/NR \$80
Min/Max: 6/12

6-9 YEARS OLD

Session I: June 17 - 21
Time: 11:30 am - 2:30 pm
Session II: June 24 - 28
Time: 9:30 am - 12:30 pm
Fee: \$150/NR \$155
Min/Max: 6/12

10-13 YEARS OLD

Session I: June 24 - 28
Time: 1:00 - 4:00 pm
Session II: July 8 - 12
Time: 11:30 am - 2:30 pm
Fee: \$150/NR \$155
Min/Max: 6/12

TEEN CLASSES

These classes are for the intermediate/advanced student wanting to be challenged to improve their technique. Previous dance experience is recommended.

Day: Monday
Date: June 17 - July 15
(No Class July 1)
Age: 13 - 18 years
Ballet/Lyrical: 4:30 - 5:30 pm
Jazz: 5:30 - 6:30 pm
Cost: \$40/NR \$45
Min/Max: 6/12

KAR Dance Competition

This Spring, the On Pointe Dance Troupe showcased their talents by performing 4 dances at the KAR competition held at the esteemed Rialto Theatre in Joliet. The dancers received prestigious Elite and Top awards, along with a judges' choice award and two awards for achieving the highest score in their category. We are incredibly proud of our talented dancers!

KAR Dance Competitions are specifically designed for smaller studios, offering a high-quality experience that KAR is known for, but on a more intimate scale. KAR Exclusive brings together passion, artistry, and talent for a truly unparalleled dance experience.





BABYSITTER BOOTCAMP

This two-day class expands on the first aid skills taught in the last half of the Babysitter Training course. The second day provides more in-depth first aid and CPR training by helping participants to: know how to identify and respond to an emergency, how to identify life-threatening emergencies, and how to provide care for basic childhood injuries and potential emergencies. Certification includes participant workbook, training materials as well as American Red Cross certifications for Babysitter Training, First Aid, and Child/Infant CPR certificates. Attendance is required on both days to receive certifications. The instructor will give time for snack breaks and lunch, please provide your child with both.

Instructor: Donna Giove
Location: Founders Community Center
Day: Monday & Wednesday
Date: June 17 & 19
Time: 9:00 am - 2:00 pm
Age: 11 - 15 years
Fee: \$155/NR \$160
Min/Max: 5/10

COMEDY IMPROV WORKSHOP

Are you ready to laugh?! Most comedians you know and love have taken improv classes and now it is YOUR chance! Come play games that work on teamwork, confidence, public speaking, and creative thinking! No experience necessary!

Instructor: Kate Wiersema
Location: Founders Community Center
Day: Monday
Date: June 17
Time: 11:00 - 11:50 am
Age: 13 - 18 years
Fee: \$15/NR \$20
Min/Max: 6/15



FLOWER SEED BOMBS

Create your own flower seed bombs using air-dry clay, wildflower seeds, and dried flowers. Great for gifts or to start your own wildflower pot/garden.

Instructor: Kim Bennett
Location: Founders Community Center
Day: Wednesday
Date: July 10
Time: 6:00 - 7:00 pm
Age: 13 years & older
Fee: \$25/NR \$30 per person
Min/Max: 5/15

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: Wednesday
Date: July 17
Time: 4:00 - 6:00 pm
Age: 12 - 17 years old
Fee: \$38/NR \$43
Min/Max: 8/12



ZENTANGLE

Zentangle is a unique combination of art and meditation. You'll create tangles using combinations of dots, lines, curves/orbs, and shapes - leave them as line art or use paint/pencils/markers to fill them in.

Instructor: Kim Bennett
Location: Founders Community Center
Day: Saturday
Date: August 10
Time: 10:30 - 11:30 am
Age: 13 years & older
Fee: \$20/NR \$25 per person
Min/Max: 5/15

BABYSITTING TRAINING

This is a two-day class that focuses on providing youth who are planning to babysit with the knowledge and skills necessary to provide care safely and 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 and others safe, help children behave, and learn about basic childcare and basic first aid. Certification for this class includes a participant's workbook, emergency guide, and 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, please provide your child with a snack.

Instructor: Donna Giove
Location: Founders Community Center
Day: Monday & Wednesday
Session I: August 12 & 14
Time: 4:30 - 8:00 pm
Age: 11 - 15 years
Fee: \$80/NR \$85
Min/Max: 7/12

The Frankfort Park District offers other programs for teens that are listed throughout the brochure such as Dance, Gymnastics, Tennis, Golf, and more.



Location: UNITED GYMNASTICS ACADEMY
722 Center Road, Frankfort, 815-469-8282

Dates: June 10 - August 10
 (No Classes the week of July 1)

GYM CUBS

The Gym Cubs is a parent/tot class centered around age-appropriate development movements on the 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.

Day/Time: Thursday/10:00 - 10:50 am
Day/Time: Friday/5:00 - 5:50 pm
Age: 2 - 3 years with parent
Fee: \$170/NR \$175
Min/Max: 2/6

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 developing self-confidence through learning fundamental basic gymnastics skills. Prices reflect an 8-week session.

Day/Time: Monday/4:00 - 4:50 pm
Day/Time: Wednesday/10:00 - 10:50 am
Age: 3 years
Fee: \$170/NR \$175
Min/Max: 2/6

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.

Day/Time: Thursday/9:00 - 9:50 am
Day/Time: Thursday/1:00 - 1:50 pm
Day/Time: Thursday/4:00 - 4:50 pm
Age: 4 - 5 years
Fee: \$170/NR \$175
Min/Max: 2/6

BEGINNER 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.

Day/Time: Tuesday/4:00 - 4:55 pm
Day/Time: Thursday/4:00 - 4:55 pm
Age: 6 - 17 years
Fee: \$180/NR \$185
Min/Max: 2/6

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.

Day/Time: Monday/4:00 - 4:55 pm
Day/Time: Thursday/7:00 - 7:55 pm
Age: 6 - 14 years
Fee: \$180/NR \$185
Min/Max: 2/6



GOLDEN DREAMS OLYMPIC CAMP

Did your gymnast ever want to see what it would be like to compete in the Olympics and win a Gold Medal? Your dream can come true when you sign up for the Golden Dreams Olympic Camp! During camp, gymnasts will learn routines on the uneven bars, beam and floor and then complete them. Parents will be invited to come cheer on their gymnasts at the "meet", where we will have our UGA "judges" watch their routines! Gymnasts will have a blast creating a unique scrunchie to wear for the performance and each girl will receive a FREE leotard for the competition! At the end of the competition all gymnasts will receive a medal for going for the gold.

Location: United Gymnastic Academy
Day: Monday & Tuesday
Date: July 8 - 9
Time: 9:00 am - 12:00 pm
Age: 6 - 12 years
Fee: \$120/NR \$125
Min/Max: 5/10



BEACH PARTY BASH

Cool off this summer at UGA's Inside Beach Party! Children will participate in limbo and hula hoop contests, beach ball relays and musical towels. Don't worry we won't forget to have a Tik-Tok dance off, beach themed activities on bars and beam and much more! Children will decorate flip flops to go with their summer attire and end the camp with a huge splash activity! Don't miss out on this fun in the "sun"!

Location: United Gymnastic Academy
Day: Monday & Tuesday
Date: July 22 - 23
Time: 9:00 am - 12:00 pm
Age: 6 - 11 years
Fee: \$120/NR \$125
Min/Max: 5/10



SPIDERMAN MEETS THE DARK KNIGHT

Don't delay your sign up for this camp! Our Spidey camps and open gyms are very popular and you won't want to miss this combination camp! Your child will be thrilled as superheroes Spiderman and Batman take over UGA! Children will explore the secret tunnels of the Bat Cave while dodging bats and spiders that are taking over. They will climb obstacle courses, tall buildings, and swing on spiderwebs just like Spiderman! The highlight of this camp will be watching both superheroes compete for the takeover and win! We will have fun creating a knockout craft and ending each day with a SUPER activity using spiderwebs and water balloons.

Location: United Gymnastic Academy
Day: Monday & Tuesday
Date: August 5 - 6
Time: 9:00 am - 12:00 pm
Age: 5 - 9 years
Fee: \$120/NR \$125
Min/Max: 5/10



Youth Athletic Programs



ZUMBA® KIDS

Kids 7-11 years old get the chance to be active and jam out to their favorite music. Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography.

We break down the steps, add games, activities, and cultural exploration elements into the class structure.

This 1-hour class helps kids develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

Instructor:	Dayna Crabb
Location:	Founders Center
Day:	Tuesday
Date:	May 28 - July 2
Time:	6:00 - 7:00 pm
Grade:	7 - 11 years
Fee:	\$65/NR \$70
Min/Max:	6/12

SOCCER SHOTS

Soccer Shots is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling and the basic rules of the game. Our age-appropriate curriculum is written by educational and soccer professionals, which allows for a positive learning environment. Through fun games and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

Instructor:	Soccer Shots
Location:	Founders Community Center
Day:	Thursday
Session I:	May 30 - July 11 (No Class July 4)
Sessions II:	July 18 - August 22
Age/Time:	2 - 3 years (with parent)/11:15 - 11:45 am
Age/Time:	3.5 - 5 years/11:45 am - 12:30 pm
Age/Time:	3.5 - 5 years/5:00 - 5:45 pm
Age/Time:	6 - 9 years/5:45 - 6:30 pm
Fee:	\$85/NR \$90
Min/Max:	6/12



BADMINTON

Badminton is not just a PE unit on the monthly lesson plan, it has also been a recognized Olympic Sport since 1992. Participants from beginner to advanced players are welcome to participate. The session will end with a friendly tournament among the group. Come learn, play, and compete. Come join the fun!

Instructor:	Steve Evenhouse
Location:	Founders Community Center
Day:	Monday
Date:	June 3 - July 1
Time:	6:00 - 7:00 pm
Grade:	7 - 12 years
Fee:	\$65/NR \$70
Min/Max:	6/12

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:	June 6 - July 18 (No Class July 4)
Session II:	August 1 - September 12 (No Class August 29)
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, 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:	June 6 - July 18 (No Class July 4)
Session II:	August 1 - September 12 (No Class August 29)
Time:	6:30 - 7:30 pm
Age:	8 years & older
Fee:	\$75/NR \$80
Discounts:	½ off additional family members
Min/Max:	6/12

GOLF LESSONS AT WHITE MOUNTAIN GOLF CLUB

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!

Instructor:	Dennis Piotrowski
Location:	White Mountain Golf Club 9901 West 179th St, Tinley Park
Day:	Thursday
Session I:	June 6 - 27
Session II:	July 11 - August 1
Session III:	August 8 - September 5 (No Class August 29)
Time:	4:00 - 5:00 pm
Age:	7 - 15 years
Fee:	\$79/NR \$84
Min/Max:	4/10

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:	June 7 - July 12 (No Class July 5)
Session II:	July 26 - August 23
Session III:	September 6 - October 4
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

K-O TENNIS ACADEMY YOUTH BEGINNER LESSONS (AGES 4 to 7)

Players will learn basic tennis concepts such as court dimensions, simple scoring methods, stroke techniques and games that relate and enhance their eye hand coordination for tennis. Players will be separated into groups based on skill level. Students must have their own racquet.

Please note: If weather conditions cause class cancellations, classes will be made up the following day at the same time.

Instructor:	K-O Tennis Academy Staff
Location:	Main Park Tennis Court
Day:	Monday &/OR Wednesday
Session I:	June 10 - July 10
Session II:	July 15 - August 14
Time:	10:45 - 11:30 am
Age:	4 - 7 years
Fee:	\$88/NR \$93 (1x/week) \$176/NR \$181 (2x/week)
Min/Max:	6/12

K-O TENNIS ACADEMY YOUTH BEGINNER LESSONS (AGES 8 to 11)

Players will learn basic stroke techniques as well as advanced scoring formats. Students will be introduced to beginning coach fed drills providing a solid foundation for future competitive tennis. Players will be separated into groups based on skill level. Students must have their own racquet.

Please note: If weather conditions cause class cancellations, classes will be made up the following day at the same time.

Instructor:	K-O Tennis Academy Staff
Location:	Main Park Tennis Court
Day:	Monday &/OR Wednesday
Session I:	June 10 - July 10
Session II:	July 15 - August 14
Time:	11:30am - 12:30 pm
Age:	8 - 11 years
Fee:	\$88/NR \$93 (1x/week) \$176/NR \$181 (2x/week)
Min/Max:	6/12

**K-O TENNIS ACADEMY YOUTH BEGINNER LESSONS (AGES 12 to 18)**

Players will learn intermediate stroke technique in an easy-to-understand method, as well as advanced match scoring formats. Competitive match play will be part of this class. Students will be introduced to intermediate fed and live ball drills that effectively simulate match play conditions. Players will be separated into groups based on skill level. Students must have their own racquet.

Please note: If weather conditions cause class cancellations, classes will be made up the following day at the same time.

Instructor:	K-O Tennis Academy Staff
Location:	Main Park Tennis Court
Day:	Monday &/OR Wednesday
Session I:	June 10 - July 10
Session II:	July 15 - August 14
Time:	12:30 - 1:30 pm
Age:	12 - 18 years
Fee:	\$88/NR \$93 (1x/week) \$176/NR \$181 (2x/week)
Min/Max:	6/12



YOUTH PICKLEBALL CLINIC

Our experienced instructor will guide participants through a series of interactive lessons, drills, and games, focusing on developing essential skills such as hand-eye coordination, footwork, paddle control, and strategy. Whether your child is new to the sport or looking to enhance their abilities, this clinic is suitable for players of all skill levels. Pre-registration is required.

Instructor:	Jeff Cederna
Location:	Commissioners Park Pickleball Courts
Day:	Tuesday
Date:	June 18
Time:	4:00 - 6:00 pm
Age:	8 - 12 years
Fee:	\$24/NR \$29 per person
Min/Max:	8/12

YOUTH TENNIS LESSONS

Participants will learn the sport of tennis including grips, groundstrokes, and volleys. All participants must bring their own tennis racquet and are encouraged to bring a water bottle.

*Rain/Weather Make-up on Friday

Instructor:	John Kenny
Location:	Main Park Tennis Courts
Day:	Monday - Thursday
Sessions I:	June 24 - 27*
Session II:	July 8 - 11*
Session III:	July 22 - 25*
Time:	5:00 - 6:00 pm
Age:	8 - 12 years
Fee:	\$50/NR \$55
Min/Max:	4/8

PEE WEE SPORTS

This class will introduce your child to the wonderful world of sports. A different sport will be played each week. This class is designed to create interest in a variety of sports while developing listening and motor skills. These skills will be taught in a fun non-competitive learning environment.

Instructor:	Bill Brannigan
Location:	Founders Community Center
Day:	Tuesday & Thursday
Date:	July 9 - 18
Time:	2:15 - 3:00 pm
Age:	4 - 6 years
Fee:	\$40/NR \$45
Min/Max:	6/16

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.

Instructor:	Bill Brannigan
Location:	Founders Community Center
Day:	Tuesday & Thursday
Date:	July 9 - 18
Time:	3:15 - 4:00pm
Age:	4 - 6 years
Fee:	\$40/NR \$45
Min/Max:	6/16

PEE WEE GOLF

Pee Wee Golf classes are for youngsters ages 3-5 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 basic 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. \$6 ball fee payable each week.

Instructor:	Suzie Owens, LPGA Teaching Professional
Location:	White Mountain Golf Course 9901 West 179th St, Tinley Park
Day:	Saturday
Date:	July 13 - August 17
Time:	9:00 - 9:45 am OR 10:00 - 10:45 am
Age:	3 - 5 years
Fee:	\$69/NR \$74
Min/Max:	4/7

LITTLE DRIBBLERS BASKETBALL

This program is designed to be instructional with an emphasis placed on learning the fundamental skills of basketball in a fun and entertaining environment. There will be group instruction on dribbling, passing, shooting, and defense with special contests and a personalized award. You won't want to miss a second of this class! This program is sure to get your son/daughter ready for the Frankfort youth basketball league in the fall.

Instructor:	Dave Esterkamp & Ranch Training Staff
Location:	Founders Community Center
Day:	Wednesday
Date:	July 17 - August 21
Time:	3:00 - 3:45 pm
Age:	6 - 9 years
Fee:	\$69/NR \$74
Min/Max:	8/14

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. At the end of the six sessions, each player will receive an individualized skills evaluation. Workouts will be conducted by Dave Esterkamp and his staff.

Instructor:	Dave Esterkamp & Ranch Training Staff
Location:	Founders Community Center
Day:	Wednesday
Date:	July 17 - August 21
Time:	4:00 - 4:45 pm
Age:	9 - 14 years
Fee:	\$69/NR \$74
Min/Max:	8/14



**DID YOU
KNOW?**

The Frankfort Park District has one of the lowest tax rates of all of the Parks Districts in the southland limiting the ability to maintain and build new recreation facilities.

Frankfort Park District total tax rate is .22 compared to that of the Frankfort Square Park District rate of .63, Mokena Community Park District .31 and Tinley Park Park District .44

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. Kids will learn how to navigate obstacles correctly leading up to a group competition during the class.

Instructor: Bill Brannigan
Location: Founders Community Center
Day: Tuesday & Thursday
Date: July 23 - August 1
Time: 2:00 - 3:15 pm
Age: 8 - 11 years
Fee: \$65/NR \$70
Min/Max: 6/16



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

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 is able to offer lessons year-round. A 5-lesson card includes 5 individual one hour group lesson. Helmets are available at a 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. All lessons must begin within 3 months of purchase through the park district. 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: 7 years & older
Fee: \$270/five 1- hour lessons/ Lessons are offered 6 days a week, contact Nova Quarter Horse to schedule your lesson.
Min/Max: Limit of one 5-lesson card per family

INDOOR FLAG FOOTBALL LEAGUE

Location: ROMA Sports Club

9115 Roma Ct, Frankfort

Day: Monday Practices & Saturday Games*

Date: October 7 - December 14

(No Practice on 11/25 and No Games on 10/12 & 11/30)

Please Note: Roma is not available on Saturday, November 9th
 Games will be on Sunday, November 10th for that week only

Times: Practice: 5:00 pm, 6:00 pm, or 7:00 pm

Games: 8:00 am - 3:00 pm

Grade: 1st-2nd, 3rd-4th & 5th-6th Grade

Fee: \$139/NR \$144

*Your child will play one game scheduled anytime between 8:00 am - 3:00 pm.

Game schedule will be released after the first practice.



In an effort to provide a safe alternative to the rough and tough game of football, the Frankfort Park District has partnered with ROMA Sports Club to provide an Indoor Youth Flag Football League. The league consists of 1 hour weekly practice and an eight game regular season. Volunteer coaches are required to make this program successful.

*Registration Deadline September 9. NO refunds will be given after the registration deadline. A \$15 late fee will be charged after the deadline (based on availability).

*Volunteer coaches meeting will be held at Roma Sports Club on Monday, September 23 @ 6:30 pm.

Team Sideline

The Frankfort Park District is using Team Sideline to manage the Indoor Flag Football League. This means each Frankfort Park District Flag Football Team has its own Team Sideline Team Site and each site will include the coaches' information and the team roster. Dates, times, and locations of practices and games are also added as they are published. Please be sure to add no-reply@teamsideline.com to your approved senders list on the email to avoid communication issues.

Volunteer Coaches

Volunteer parent coaches are required to ensure the successful operation of this league. If you are interested in volunteering, please register and complete your background check at <https://www.teamsideline.com/Frankfort>. There will be a volunteer coaches meeting at Roma Sports Club on Monday, September 23 at 6:30 pm.

FIRE STARTERS SOCCER

DEVELOPMENTAL SOCCER LEAGUE REGISTRATION DEADLINE: JULY 8

Please be sure to download 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 youth players, ages 4 years 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 shorts to all games and practices. Don't forget to bring a soccer ball to all training sessions.

Instructor:	Fire Starters Staff
Location:	Commissioners Park Soccer Fields
Date:	August 6 - October 5* (No Games August 31) *Makeup games will take place during the week, either on Tuesday or Thursday
Fee:	\$119/NR \$124 (\$5 off for additional siblings)
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*

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



REGISTRATION DEADLINE: JULY 8

NO Refunds will be given after the registration deadline. A \$15 late fee will be added if registered after July 8 (based on availability).

Volunteer Coaches Meeting:

Tuesday, July 23 at 6:00 pm at the Founders Community Center.

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 July 23 at 6:00pm 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 that this is a recreational league where the score and standings are not recorded.

Please visit www.frankfortparks.org > League Info > Fire Starters Soccer League

Sponsored by:



Adult Athletic Programs



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 in each division. A non-refundable \$100 deposit is required at registration to hold your spot in the league. The balance must be paid by April 22 or July 15, or you will forfeit your spot in the league...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 Park District 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: \$550/NR \$600/League
Min/Max: 6/8



ADULT INDIVIDUAL LEAGUE SIGN-UP LIST

Want to play in one of our adult sports leagues, but you don't have a team? Register yourself on our individual players list. If a team is looking for players or we have enough players to organize a team, we will do the work for you! Please be sure to specify which league you are interested in at the time of registration.

ADULT TENNIS LESSONS

Do you love playing tennis? Are you looking to continue to work on your skills? Come out to Main Park and give it a go! Instruction on groundstrokes, volleys, serves and rules of the game will be covered. A drill-and-play format will provide both skill practice and match play. All participants must bring their own tennis racquet and are encouraged to bring a water bottle.

***Rain/Weather Make-up on Friday**

Instructor: John Kenny
Location: Main Park Tennis Court
Day: Monday - Thursday
Sessions I: June 24 - 27*
Session II: July 8 - 11*
Session III: July 22 - 25*
Time: 6:00 - 7:00 pm
Age: 18 years & older
Fee: \$50/NR \$55
Min/Max: 4/8

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 and the rules of play. Invite your friends and get excited to play! Pre-registration is required.

Instructor: Jeff Cederna
Location: Commissioners Park Pickleball Courts
Day: Tuesday
Date: June 18
Date: July 16
Time: 6:00 - 8:00 pm
Age: 18 years & older
Fee: \$24 per person/date
Min/Max: 8/12

ADULT 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!

Instructor: Dennis Piotrowski
Location: White Mountain Golf Club
9901 West 179th St, Tinley Park
Day: Thursday
Session I: June 6 - 27
Session II: July 11 - August 1
Session III: August 8 - September 5
(No Class August 29)
Time: 5:30 - 6:30 pm
Age: 16 years & older
Fee: \$79/NR \$84
Min/Max: 6/10



MEN'S BASKETBALL LEAGUE

Sign up now for this exciting league. Team registrations only, no individual sign-ups. This 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 signup 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. Grab your buddies: it will be a slam dunk!

Please Note: All teams must provide their own numbered jersey or shirt. Your team must have over 50% Frankfort Park District Residents on your roster to be considered for the resident rate.

Registration Deadline: June 21

Location: Founders Community Center Gym
 Day: Thursday
 Date: July 11 - September 5
 (No Game August 29)
 Time: Games start @ 7:00 pm
 Division: 21 years & older
 Fee: \$550/NR \$600
 (includes regular season/playoffs)
 Min/Max: 6/8 Teams



ADULT OPEN GYM TEAM RENTAL

Whether you're a group of friends looking to stay in shape or a team looking to get some extra practice, the Frankfort Park District has the answer. Contact the Frankfort Park District administrative office to reserve your team rental. Teams may request set up for basketball, volleyball, or pickleball. Team rentals are \$60/NR \$80 per hour. Reservations are available in one or two-hour slots. If you would like to reserve your team slot or have any questions, please contact the Frankfort Park District at 815-469-9400.

FRANKFORT/NEW LENOX RUNNING CLUB

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



DID YOU KNOW?

In order to increase the tax rate or for the Park District to be able to borrow additional funding, it must be done by voters via referendum.

24th Annual

SHORT RUN

LONG DAY

5k Run/Walk

Wednesday • June 19

7:00 pm @ Main Park

For more information see page 51



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
Days: Monday & Wednesday
Session I: May 29 - July 1
Session II: July 22 - August 26
 (No Class July 24)
Session III: August 28 - October 7
 (No Class September 2 & 11)
Time: 9:30 - 10:30 am
Age: 30 years & older
Fee: \$60



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: June 3 - July 8
Session II: July 22 - August 26
Time: 11:15 am - 12:15 pm
Age: 18 years & older
Fee: \$60/NR \$65
Min/Max: 6/20

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

Instructor: *Kim Bennett*
Location: Founders Community Center
Day: Monday
Session I: June 3 - July 8
Session II: July 15 - August 19
Time: 6:15 - 7:00 pm
Age: 16 years & older
Fee: \$52/NR \$57
Min/Max: 6/10

ZUMBA (LOW IMPACT)

new This low-impact class is perfect for the Zumba newbie or for someone easing back into a fitness routine. We'll dance to Latin/world rhythms and work up a “healthy glow.” Bring a water bottle and a towel.

Instructor: *Kim Bennett*
Location: Founders Community Center
Day: Monday
Session I: June 3 - July 8
Session II: July 15 - August 19
Time: 7:15 - 8:00 pm
Age: 16 years & older
Fee: \$52/NR \$57
Min/Max: 6/10

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 the 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, reduces stress and anxiety, and improves joint mobility. Equipment needed: yoga mat, blocks, and strap or belt.

Instructor: *Laurie Myers, CPT, PTA, LMT, 200 CYT*
Location: Founders Community Center
Day: Thursday
Session I: June 6 - July 18
 (No Class July 4)
Session II: July 25 - September 5
 (No Class August 29)
Time: 9:45 - 10:45 am
Age: 18 years & older
Fee: \$52/NR \$57
Min/Max: 6/20

FUNCTIONAL MOBILITY YOGA

This mobility focused yoga class will help with core strength along with stretching to keep the 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 a yoga mat, blanket and water to class.

Instructor:	Nancy Richmond
Location:	Founders Community Center
Day:	Tuesday
Session I:	June 4 - July 9
Session II:	July 23 - August 27
Time:	8:15 - 9:15 am
Age:	21 years & older
Fee:	\$60/NR \$65
Min/Max:	6/20

**BONES, BALANCE, AND STRENGTH**

This hour-long movement-based class is designed to help improve strength, balance, posture, 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 8 lbs weights), a water bottle, and a mat.

Instructor:	Nancy Richmond
Location:	Founders Community Center
Days:	Tuesday &/OR Thursday
Session I:	June 4 - July 18 (No Class July 2 & 4)
Session II:	July 23 - September 5 (No Class August 27 & 29)
Time:	9:30 - 10:30 am
Age:	18 years & older
Fee:	\$45/NR \$50 (1x/week for 6 weeks) \$65/NR \$70 (2x/week for 6 weeks)
Min/Max:	10/25



**DID YOU
KNOW?**

The Frankfort Park District is funded through property taxes and program user fees. The Park District is a separate taxing body from the Village. The Village of Frankfort collects property taxes along with income, utility and sales tax.

TOTAL STRENGTH, CORE & MORE!

This class strengthens and sculpts 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 mat.

Instructor:	Laurie Myers, CPT, PTA, LMT, 200 CYT
Location:	Founders Community Center
Day:	Tuesday &/OR Thursday
Session I:	June 4 - July 18 (No Class July 2 & 4)
Session II:	July 23 - September 5 (No Class August 27 & 29)
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

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.

Instructor:	Nancy Richmond
Location:	Founders Community Center
Day:	Thursday
Session I:	June 6 - July 18 (No Class July 4)
Session II:	July 25 - September 5 (No Class August 29)
Time:	8:15 - 9:15 am
Age:	18 years & older
Fee:	\$60/ NR \$65
Min/Max:	6/20

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:	June 6 - July 11 (No Class July 4)
Session II:	July 18 - August 22 (No Class August 15)
Time:	7:15 - 8:00 pm
Age:	16 years & older
Fee:	\$44/NR \$49 (5-week session)
Min/Max:	6/12



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

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.

Instructor: *Wayne Jupiter*

Location: Founders Community Center
Day: Wednesday
Dates: August 14 - September 18
Time: 6:30 - 7:30 pm
Age: 21 years & older
Fee: \$45/NR \$50
Min/Max: 6/12

OPEN INDOOR WALKING

If it is too hot to walk outside, then join us indoors and walk in the gym. Although registration is FREE, you must fill out a registration form to participate. *Days/times are subject to change. Please pick up a monthly calendar at the Founders Community Center to check availability.

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



STROLLER STRIDES®

Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! Each Stroller Strides instructor is skilled to meet you where you are mentally and physically. You'll leave class feeling connected, successful, and energized! This class is all about self-care in a supportive and encouraging environment. To register please visit: frankfort.fit4mom.com or contact joannazapata@fit4mom.com

Instructor: *FIT4MOM Instructor*

Location: Main Park
Days: Wednesday
Time: 9:30 - 10:30 am
Age: 18 years & older

STROLLER BARRE®

Stroller Barre® is a 60-minute stroller workout that improves your posture, stability, and mobility while strengthening your body from the inside out! Reconnect with your body, increase flexibility, and find the inner strength you need for motherhood. To register please visit: frankfort.fit4mom.com or contact joannazapata@fit4mom.com

Instructor: *FIT4MOM Instructor*

Location: Main Park
Days: Friday
Time: 9:30 - 10:30 am
Age: 18 years & older



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, 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.

Instructors: *Karen Labriola, Certified Instructor*
Deb Klir, Certified Instructor

Location: Founders Community Center
Day/Time: 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 - Sculpt 45
 Fri - 8:30 am - Cardio Sculpt 60
 Sat - 8:45 am - Power Sculpt 60 (low impact)
 Sat - 9:40 am - Sculpt 30

Fee: \$20/single visit
 \$83.99 per month for all-access pass
 \$69 per month unlimited in studio class pass

Prices are subject to change. These classes are open to everyone.



Adult Programs



SINGER SEWING MACHINE MASTERY: A BEGINNER'S GUIDE

Embark on a sewing adventure and unlock the full potential of your Singer sewing machine in our specialized class. Designed for beginners and sewing enthusiasts alike, this hands-on workshop is crafted to demystify the art of sewing, providing you with the confidence and skills needed to unleash your creativity. Note: Participants must bring their own machine. A supply list will be provided.

Instructor:	Laurie Piton
Location:	Founders Community Center
Day:	Saturday
Date:	May 18
Time:	9:00 am - 12:00 pm
Age:	18 years & older
Fee:	\$70/NR \$75
Min/Max:	4/12

LINE DANCE

Learn the hottest dances that are currently being done at the saloons and country dance clubs in the Chicago area. Dances are simple enough for beginners, no partner is required. So put on your boots and get ready to have some fun dancing to Country top hits!

Instructor:	Boot Scootin' Judy Rice
Location:	Founders Community Center
Day:	Monday
Session I:	June 3 - July 8
Session II:	July 22 - August 19*
Beginner:	6:25 - 7:30 pm
Adv. Intermediate:	7:30 - 8:35 pm
Age:	16 years & older
Session I Fee:	\$48/NR\$53 (6 classes)
Session II Fee:	\$40/NR \$45 (5 classes)*
Min/Max:	8/16

HOW TO TAKE ACTION PICTURES OUTDOORS

Are your outdoor action pictures not as clear as you want or blurry? Do you like to take pictures at car races and are not getting good results? Are your family members starting sports and you want to take good pictures? This class teaches you the camera settings needed to take good action pictures outdoors. Participants need to bring their digital camera to class.

Instructor:	Laurie Piton
Location:	Founders Community Center
Day:	Tuesday
Date:	June 4 - 18
Time:	6:00 - 8:00 pm
Age:	18 years & older
Fee:	\$100/NR \$105
Min/Max:	4/12



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

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.

Instructor:	Becky Simon
Location:	Founders Community Center
Day:	Thursday
Advanced:	June 6 - 27
Regular:	July 11 - August 1
Time:	7:00 - 8:00 pm
Age:	18 years & older
Fee:	\$50/NR \$55 per person
Min/Max:	10/20



FLOWER SEED BOMBS

Create your own flower seed bombs using air dry clay, wildflower seeds, and dried flowers. Great for gifts or to start your own wildflower pot/garden.

Instructor:	Kim Bennett
Location:	Founders Community Center
Day:	Wednesday
Date:	July 10
Time:	6:00 - 7:00 pm
Age:	13 years & older
Fee:	\$25/NR \$30 per person
Min/Max:	5/15

CAMERA PRACTICE TAKING 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 to 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:	Thursday
Date:	July 11 - August 8
Time:	6:00 - 8:00 pm
Age:	18 years & older
Fee:	\$130/NR \$135
Min/Max:	4/12



PHOTO I DIGITAL SLR PHOTOGRAPHY - BEGINNER

You'll start with the basics to give you a good foundation. You'll learn about your camera modes, learn your aperture, shutter speed, depth of field, close-up flower photo, methods of focus, and ISO then take 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 a 33mm camera that will work in manual mode or digital SLR (removable lens).

Instructor:	Laurie Piton
Location:	Founders Community Center
Day:	Tuesday
Date:	August 6 - 20
Time:	6:00 - 8:00 pm
Ages:	18 years & older
Fee:	\$100/NR \$105
Min/Max:	4/12

SELF DEFENSE FOR CAMPUS SAFETY

While the new found freedom of college life is what students look forward to, parents tend to worry about the uncertainty of their child's ability to be prepared for uncertain circumstances. Self defense training is a great way to help the parent and student feel confident as they enter this new phase of life. When our lifestyle changes, it is important to adapt our personal safety plan to coincide with those changes. This workshop will address general safety strategies, along with resources that are unique to college campuses. We will also prepare a plan for escaping a variety of situations, using physical skills that match the perceived threat in each of those instances.

Instructor:	Lindsey Daehnke, Strictly Self-Defense
Location:	Founders Community Center
Day:	Thursday
Date:	August 8
Time:	6:00 - 8:00 pm
Ages:	18 years & older
Fee:	\$38/NR \$43
Min/Max:	8/12

ZENTANGLE

Zentangle is a unique combination of art and meditation. You'll create tangles using combinations of dots, lines, curves/orbs, and shapes - leave them as line art or use paint/pencils/markers to fill them in.

Instructor:	Kim Bennett
Location:	Founders Community Center
Day:	Saturday
Date:	August 10
Time:	10:30 - 11:30 am
Age:	13 years & older
Fee:	\$20/NR \$25 per person
Min/Max:	5/15



CLEAN LIVING: CLEANING WITH ESSENTIAL OILS AND CHEMICAL-FREE PRODUCTS

We use products every day on our bodies and in our homes that contain harmful ingredients. We will explore the Environmental Working Group's (EWG) "Guide to Healthy Cleaning" and review all the wonderful benefits when using toxic-free products and essential oils in your home. Pre-registration required.

Registration Deadline: August 12

Presenter: **Christine Rosandich, MS,**
Nutrition & Wellness Program Manager

Location: Founders Community Center
Day: Thursday
Date: August 15
Time: 6:00 - 7:00 pm
Age: 18 years & older
Fee: FREE
Min/Max: 10/30



Sponsored by:  **THE CANCER SUPPORT CENTER**

COMMUNITY GARDEN PLOTS

at Commissioners Park

The Garden Plot Program is an opportunity for individuals to be part of a community gardening program. It is an opportunity for participants in the program to enjoy nature, plant flowers, grow fruits and vegetables for food, and get exercise from the practice of gardening. Approximately 24 garden plots are available to rent on a first come first served (one plot per family) basis. Plots measure 20 x 20 feet and are located at Commissioners Park. The Garden Plot season is from May 1 - October 31 (weather permitting).

The Garden Plot Manual will be available at the Founders Community Center and on the Park District website: www.frankfortparks.org. The rules and guidelines within this manual ensure that all participating gardeners have the opportunity for a positive gardening experience, that garden plot sites are a positive asset to the community and that all plots are used in a productive manner. By following the rules and guidelines, gardeners show that they want the garden plot program to be an important aspect in the community. All gardeners must agree to follow the rules and guidelines of the Garden Plot Program.

LOCATION Commissioners Park
22108 S. 80th Ave
(Located by the Frankfort Bark Park)

SEASON May 1 - October 31
(Must begin planting by June 1)

GARDEN PLOT FEES Residents: \$50*
Non-Residents: \$60*

* A \$50 refundable clean-up deposit is required at the time of registration.

Garden Plot Meeting

An informational meeting will be held for those registered in the 2024 Garden Plot program.
Wednesday, April 24 @ 6:00 pm
 The meeting will be held at the Founders Community Center.



Senior Programs

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.

Location:	Founders Community Center
Day:	Wednesday
Date:	May 8 - September 4
Time:	11:00 am - 12:30 pm
Age:	55 years & older
Fee:	\$5 membership
Min/Max:	10/25

80/20 RULE: A POWERFUL TOOL TO LOSE WEIGHT AND REGAIN ENERGY THIS SUMMER

Some foods are nourishing and are essential to good health and other foods deplete our system of important vitamins and minerals. The 80/20 Rule is more "real-life" and easier to follow than other diet plans. Chris will share how this rule allows you to create a habit of eating nourishing foods 80% of the time and still enjoy all the foods you love in moderation without feeling restricted or deprived. You will learn why some foods cause inflammation and are concerning to our health. Pre-registration required. **Registration Deadline: May 31**

Presenter:	Christine Rosandich, MS, Nutrition & Wellness Program Manager
Location:	Founders Community Center
Day:	Tuesday
Date:	June 4
Time:	10:00 - 11:00 am
Age:	18 years & older
Fee:	FREE
Min/Max:	10/30

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 conversations. A calendar of park locations will be given on the first day. **Pre-registration required.**

Day:	Wednesday
Date:	June 5 - July 31
Location:	Main Park
Time:	8:30 - 9:30 am
Ages:	30 years & older
Fee:	FREE
Min/Max:	8/20



SENIOR LUNCH BUDDIES

Looking for something fun to do while meeting 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. Please list any food allergies at time of registration.

Location:	Founders Community Center
Day:	Wednesday
Date/Activity:	June 5/Outdoor Games & Pickleball/Cookout
Date/Activity:	August 21/"80 for Brady" Movie/ Sub Sandwiches & Chips
Time:	12:00 - 2:00 pm
Ages:	55 years & older
Fee:	\$5 per date
Min/Max:	8/20

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:	July 17
Time:	1:00 - 3:00 pm
Age:	55 years & older
Fee:	\$38
Min/Max:	8/12

SENIOR PICNIC

Hey, bingo lovers! Get ready for an awesome day with your pals, delicious catered food, and tons of bingo action! Don't forget to rock your coolest bingo shirt and any other bingo-themed gear you have. This day is gonna be one for the books, so be there or be square! Pre-registration required.

Registration Deadline: July 19

Location:	Founders Community Center
Day:	Wednesday
Date:	July 24
Time:	12:00 - 2:00 pm
Age:	55 years & older
Fee:	FREE
Min/Max:	50/75

Sponsored by:



OPEN INDOOR WALKING

If it is too hot to walk outside, then join us indoors and walk in the gym. Although registration is FREE, you must fill out a registration form to participate. *Days/times are subject to change. Please pick up a monthly calendar at the Founders Community Center to check availability.

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



Travel Programs



GUYS & DOLLS AT DRURY LANE

Oak Brook, IL

Step into the dazzling lights of 1950s New York City with Guys and Dolls. This enduring tale of romance, risk, and unforgettable rhythm, follows the improbable love story of high-rolling gambler Sky Masterson and mission doll Sarah Brown, along with the comedic relationship of the ever-patient Miss Adelaide and craps game organizer Nathan Detroit. Guys and Dolls takes you into the golden age of Broadway with wit, charm, and plenty of heart with vibrant characters and unforgettable songs like “Luck Be a Lady” and “Sit Down, You’re Rockin’ the Boat.” Before the show, we will enjoy a delicious lunch. Meal choices are Grilled Chicken Breast with herb sauce, wedge potatoes and green beans or Bistro Steak Au Poivre with a peppercorn sauce, potato puree and green beans.

Registration Deadline: May 23

Day/Date: Thursday, June 6
Departure: 10:30 am from Lions Community Center Door C
1 Manor Drive, New Lenox
Return: 4:45 pm (Approx.)
Fee: \$115 (Fee includes transportation, performance, lunch, and gratuity)
Max: 7

CHURCHES & CHOCOLATES

Chicago, IL

Embark on a unique journey through Chicago with this Churches & Chocolate tour, a six-hour exploration designed for those who delight in architectural beauty and the sweet allure of chocolate. A knowledgeable tour guide will lead you on this journey, sharing insights and stories, and enriching your experience with historical and cultural context. Experience docent-led tours across three architecturally magnificent and ethnically diverse churches, each telling its own story of faith and community. Savor a generously portioned, sit-down lunch that promises to be as fulfilling as the tour itself. The adventure continues at a local chocolate shop, where you’ll delve into delectable samples, and have the opportunity to shop for exquisite treats. Join us for a day of spiritual, cultural, and sensory indulgence in the heart of Chicago.

Registration Deadline: June 21

Day/Date: Wednesday, July 17
Departure: 8:45 am from Founders Community Center
Return: 5:30 pm (Approximately)
Fee: \$149 (Fee includes tour, chocolate samples, lunch, gratuity, and transportation)
Max: 12

DOWNTOWN NAPERVILLE SHOPPING, RIVERWALK, & LUNCH

Naperville, IL

Like a picture-postcard, Naperville’s thriving Downtown is recognized as one of the most popular destinations in the Midwest. Mingled in between the new facades, there are businesses located in buildings dating back to the 1800’s and the early 1900’s. Explore on your own the unique family-owned shops, nationally recognized retailers, distinctive restaurants, Naper Settlement, and a picturesque Riverwalk. Lunch and time is spent on your own.

Registration Deadline: July 24

Day/Date: Wednesday, August 7
Departure: 9:00 am from Lions Community Center Door C
1 Manor Drive, New Lenox
Return: 4:00 pm (Approx.)
Fee: \$20 (Fee includes transportation)
Max: 7



MASCOT HALL OF FAME & HARD ROCK CASINO

Indiana

Celebrating the unsung heroes of sports and communities, the Mascot Hall of Fame is an interactive museum for sports mascots in North America. You will learn all about the team mascots, what it takes to be a mascot, and how mascots are made. You can even become a mascot yourself! There are several interactive exhibits as well as the Fureshman Orientation Theater where you will hear the story of how the Hall of Fame came to be. After our visit, we will board the bus and head over to the Hard Rock Casino in Gary, Indiana. You’ll have 2-hours to have lunch at one of the several restaurants and try your luck at one of the 1700 slot machines or 80 table games in this state-of-the-art casino.

Registration Deadline: June 3

Day/Date: Wednesday, June 26
Departure: 9:15 am from Founders Community Center
Return: 3:30 pm (Approx.)
Fee: \$57 (Fee includes transportation and museum admission)
Max: 10



The Founder’s Center was constructed in the 1940’s. The facility needs \$1.5 million in maintenance projects. Roof leaks rusted galvanized pipes, a 30-year-old HVAC system and tuck pointing are a few of the projects.



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

TALL SHIP WINDY ARCHITECTURE & SKYLINE SAIL PLUS NAVY PIER

Chicago, IL

There's no better place to experience breathtaking views of Chicago or Lake Michigan than aboard 148' S/V Windy, the Official Tall Ship Ambassador for the City of Chicago. Leave the hustle and bustle behind and explore Chicago's gorgeous shores with a leisurely trip around Lake Michigan. Take in the world-famous skyline, while we learn the history of Chicago and its world-famous architecture. Before you set sail, you will have free time to shop, dine, and explore Navy Pier.

Registration Deadline: July 23

Day/Date: Thursday, August 22
 Departure: 11:00 am from Founders Community Center
 Return: 6:00 pm (Approx.)
 Fee: \$119 (Fee includes transportation and boat tour)
 Max: 10



LONG GROVE APPLE FEST

Long Grove, IL

Long Grove's Apple Fest is known for its apple pies, donuts, caramel dipped candied apples, apple wine, and more! Enjoy local artisans, food vendors, and live music, and explore the unique shops in historic Long Grove. Lunch is on your own.

Registration Deadline: September 4

Day/Date: Friday, September 20
 Departure: 10:45 am from Lions Community Center Door C
 1 Manor Drive, New Lenox
 Return: 5:00 pm (Approx.)
 Fee: \$30 (Fee includes transportation and entrance fee)
 Max: 7

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

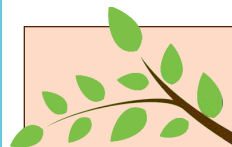
Pick-up/drop off location is at the Founders Community Center or at the New Lenox Park District Lions Community Center unless otherwise noted. Departure times are set and abided by. If changes occur, participants will be notified by phone. Please arrive 15 minutes prior to the scheduled departure time. 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.



The Frankfort Park District has one of the lowest taxing rates on the Frankfort Park District Property Tax bill, representing only 2.66% of the total property tax bill. The local School Districts represent 69% of the total property tax bill.



Check out our website at . . .
WWW.FRANKFORTPARKS.ORG

Community Events



FRANKFORT COUNTRY MARKET

Sundays, April 21 - October 27
(No Market on July 14 & September 1)
Time: 9:00 am - 1:00 pm

Open Air Farmers Market along the bike path in historic downtown Frankfort. Throughout the season, April through October, the Frankfort Country Market welcomes nearly 50 vendors selling produce, cut flowers, plants, honey, meat, poultry, seafood, dairy, baked goods, canned goods, hot foods, and more to thousands of customers. **For more information, visit www.villageoffrankfort.com**

FRANKFORT COMMUNITY SHOWCASE

Are you looking for a day of fun for the whole family? You won't want to miss our Community Showcase event in Downtown Frankfort! It's not your typical business expo - local businesses and organizations are coming together to show off their unique offerings. Plus, the event coincides with the Village of Frankfort's Country Market, making it a full day of excitement and entertainment. Join us for a day filled with community spirit and support!

Day/Date: Sunday, June 2
Time: 9:00 am to 1:00 pm
Location: Downtown Frankfort - Parking lot at Elwood & Oak Streets and the Breidert Green Stage.

For more information on these or other Chamber events, please contact the Frankfort Chamber at 815-469-3356 or visit www.frankfortchamber.com

CRUISIN' FRANKFORT

All makes and models are welcome each cruise night.
Mondays, June 3 - September 30 from 5:00 - 8:00 pm
For more information, visit www.villageoffrankfort.com

MOVIES ON THE GREEN

Grab a blanket or chair and head out to Breidert Green for a FREE family movie night under the stars. Movies on the Green will be featuring movies for the entire family to enjoy. Please note: No pets or alcoholic beverages are allowed.

Location: Breidert Green
Day/Date: Tuesday
June 11 / Super Mario Bros. (PG)
July 9 / Encanto (PG)
August 13 / Mighty Ducks (PG)
Time: Dusk, approx. 8:15 pm
Fee: FREE
Rain Date: One week after the original show date



*Movies on the Green are co-sponsored by the Village of Frankfort, the Frankfort Chamber of Commerce & the Frankfort Park District.

ART ON THE GREEN

The Frankfort Arts Association proudly presents Art On The Green, in the heart of downtown Frankfort on Breidert Green. The open green space is a beautiful setting surrounded by quaint shops, live music, children's art activities, and the local Farmers' Market. The fair will feature top artists from the surrounding area in a variety of disciplines. Sponsored by the Village of Frankfort
Sunday, June 9 from 9:00 am - 3:00 pm @ Breidert Green
For additional information and details, visit www.frankfortartsassociation.org

"GET HOOKED ON FRANKFORT" FISHING DERBY

Head upstream to beautiful Prairie Park in downtown Frankfort and watch the little ones catch some fun and fish at this catch-and-release derby! Enjoy a bite for lunch at one of Frankfort's downtown restaurants and fish for savings at many of Frankfort's downtown historic district shops. Saturday, June 22 @ Prairie Park. Registration required.
Ages 3-7 years: 8:00-8:45 am & Ages 8-12 years: 9:30-10:15 am
For additional information and details, visit www.villageoffrankfort.com



BLUEGRASS FESTIVAL

The Frankfort Bluegrass on The Green Festival is a 2-day FREE event on Saturday, July 13, and Sunday, July 14. The fest features award-winning national and regional bluegrass bands on 2 stages, a kids' area with activities, a picker's tent, workshops, craft and food vendors, and more. For more information, please visit www.frankfortbluegrassfest.com.

NATIONAL NIGHT OUT AGAINST CRIME

An annual crime prevention event that heightens crime and drug prevention awareness; strengthens neighborhood spirit and police-community partnerships, and sends a message to criminals that our neighborhoods are organized and fighting back against crime. There will be free hot dogs (First 700 attendees), kid's games, face painters, safety demonstrations, touch a truck and more!
Tuesday, August 6/6:00 - 8:00 pm @ Breidert Green

For additional information and details, visit www.villageoffrankfort.com

CONCERTS ON GREEN

The Frankfort Chamber of Commerce and the Concert Committee are excited about Concerts on the Green! The concerts are offered every Sunday evening, 6:30 to 8:00 pm (from June 16 through August 25) on Breidert Green in the center of Frankfort's Historic District. The concerts attract visitors from all over the area and feature a variety of music from pop to country to big bands and more. For your added convenience, public parking is available at White and Elwood Streets. **For more information on these or other Chamber events, please contact the Frankfort Chamber at 815-469-3356 or visit www.frankfortchamber.com**

In case of stormy weather -- don't be left out in the rain! Concerts will be held at the Frankfort Park District Founders Community Center at 140 Oak Street.

SIMPLE WAYS TO REGISTER:

- **Online:** via our website; 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. **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

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.



2024-25 Registration

LOCATED AT COMMISSIONERS PARK • 80th AVE. & SAUK TRAIL

Bark Park Season June 1, 2024 - May 31, 2025

What you need to do:


1. **Complete the 2024-2025 registration packet.** (This can be found on our website, starting June 1, 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. **\$60 Resident Fee: \$50 membership plus \$10 key card deposit.**
\$70 Non-Resident Fee: \$60 membership plus \$10 key card deposit.

If you are a current member, please bring the 2024-2025 registration forms and your current shot records.



Registration Form (please print)



	<p>- Mail or Drop-Off : Frankfort Park District 140 Oak Street Frankfort, IL 60423</p>	<p>- Fax: 815-469-9275 - Email: registration@frankfortparks.org Please note: Photos of forms will NOT be accepted when sent via email.</p>
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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 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

_____ _____
X Mandatory signature of participant, parent or legal guardian **Date**

Frankfort Park District Park Directory & Map

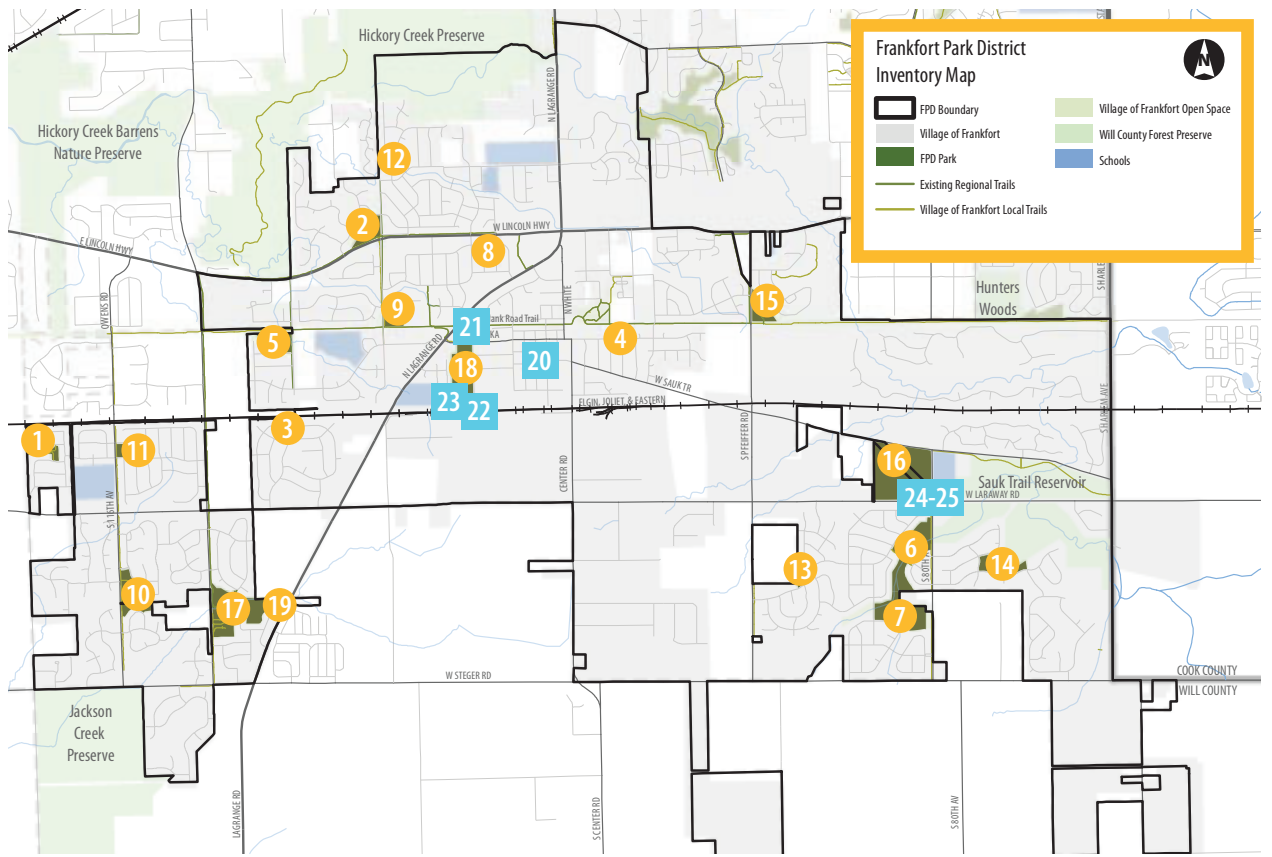
ACRES / SQUARE	TRAILS	FACILITIES		DAY USE FACILITIES		SPORTS FIELDS AND COURTS													WATER BASED FACILITIES				
		Restrooms	Concessions	Picnic Shelter	Picnic Area	Playground	Baggio	Basketball	Baseball	Disc Golf (holes)	Football	Horseshoes	Skate Park	Soccer	Softball	Tennis	Volleyball	Pickleball Courts	Pump Track	Ninja Warrior Course	Fishing allowed	Fishing Pier / Overlook	Ice Skating

Neighborhood Parks																											
1	Brookmeadow Park	Elise Blvd. west of Mary Dr.	12.98	•																							
2	Butternut Creek Woods Park	Cedar Rd. & Lincoln Ln.	9.41	•				1	1	1																	
3	Heritage Knolls Park	Heritage Dr. & Parkway Ln.	5.03	•	1																						
4	Indian Boundary Park	Nebraska St. & Luther Ln.	3.89		1																						
5	Kohlhagen Park	Cardinal Lake Dr. & 108th Ave.	8.78																								
6	Lakeview Estates North Park	Pineridge Dr. and Callista Dr.	25.81	•				1	1	1																	
7	Lakeview Estates South Park	Madeline Ln. & Lakeview Estates Rd.	20.05	•				1	1	1																	
8	Lincoln Meadows Park	Johnson Ave. & Elm St.	1.75																								
9	Michele Bingham Memorial Park	Elsner Rd. & Old Plank Trail	5.74		1																						
10	Roy and Dorothy Janssen Park	116th Ave. & Netherby Way	10.01	•				1	1	1																	
11	Sandalwood Park	116th Ave. & Sandalwood Dr.	5.94	•	1																						
12	Shaffer Park	Tanglewood Ln. & Colorado Ave.	1.16																								
13	Stone Creek Park	Pine Ridge Dr. & High Stone Way	2.92																								
14	Timbers Edge Park	S. Oakfield Dr. & Pineview Ln.	11.41					1	1	1																	
15	Windy Hill Park	Pfeiffer Rd. & Charrington Rd.	8.29	•				1	1	1																	
Neighborhood Park Acreage			133.17																								

Community Parks																												
16	Commissioners Park	22108 S. 80th Ave.	60.50	•	2	2	2	4	1			1	5	9			3	1	2		3							
17	Jackson Creek Park	Wolf Rd. 1/2-mi. south of Laraway Rd.	20.78	•	1		1	1	1			3													1	1	1	
18	Main Park	400 W. Nebraska St.	23.70	•	3	1	3	3	1	2	2	4	3	1	1					2	2	2						
19	Sara Spring Park	22724 S. La Grange Rd.	16.22																									
Community Park Acreage			121.20																									
Total Land Holdings (acres) & Amenities				254.37	•	10	3	12	14	17	2	6	14	12	1	1	1	5	9	4	3	3	1	1	7	4	1	1

Indoor Recreation Space						
20	The Founders Community Center	140 Oak Street	31,670		3	
21	Susan A. Puent 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
Total Indoor Recreation Space (square feet)			57,045			

School - Park Space		
	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.





FOUNDERS
COMMUNITY
CENTER

Outdoors

Park pavilions provide space for picnic gatherings in a park setting.



Celebrations

An affordable option for your next celebration or event.



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

140 Oak Street, Frankfort, IL | 815.469.9400 | 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. **Interested in becoming a member? Contact the Park District office at 815.469.9400 for more information or visit the website at 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 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 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...



Scan for Direct
Access to
Sponsorship
Opportunities



For more information contact Julie Sullivan, Fundraising & Community Outreach Coordinator, at jsullivan@frankfortparks.org or 815-469-9400.



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 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**

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, 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 superbowl 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 or email us at 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**

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/>**



In 2022, the Frankfort Park District collected \$2.06 million in total property tax revenue compared to \$3.6 Mokena, \$3.1 Frankfort Square and \$3.7 New Lenox. The amount of property tax revenue collected limits the District's ability to maintain and invest in new recreation facilities.



Lincolnway
SPECIAL RECREATION
ASSOCIATION

BUILDING A COMMUNITY WITHOUT LIMITS



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.

Benefits of Recreation

- ✓ Discover new experiences & interests
- ✓ Build confidence & friendships
- ✓ Socialize in an inclusive setting



Our services



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!



Inclusion 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.

LEARN MORE AT WWW.LWSRA.ORG



(815) 320-3500
support@lwsra.org



1900 Heather Glen Drive
New Lenox, IL 60451



Race Packet Pick-up will be at the Founders Community Center on Tuesday, June 18 from 10:00 am - 7:00 pm and Wednesday, June 19 from 9:00 am - 2:00 pm. Also on June 19 at Main Park from 5:30 - 7:00 pm.

**Wednesday • June 19 • 7:00 pm
@ Main Park, Frankfort**

\$25 Pre-Registration (by noon 6/10) • \$35 (after 6/10 - Race Day)

**Register On-Line at Run Sign Up (with fees)
Register On-Line (without fees) at www.frankfortparks.org
Race T-Shirt Guarantee Deadline - May 15
Chip Timing by: J3 Timing**



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SNOW FAMILY DENTAL



PALERMO'S PIZZA AND RESTAURANT

For additional information please contact the Frankfort Park District office at 815-469-9400 or www.frankfortparks.org



**The Frankfort Park District is in need of volunteers for this event.
Scan the QR Code to sign-up.**



FRANKFORT FOUNDERS CENTER
140 Oak Street | Frankfort, IL 60423
Phone: 815-469-9400
WWW.FRANKFORTPARKS.ORG

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Town Center Bank is all about being there for Lincoln-Way area families and businesses. That's why our lobbies are staffed by real bankers and our drive-ups are open. We believe in our Lincoln-Way neighbors and care about your financial success, offering banking products and services made just for you.

- Residential Mortgages
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- Commercial Banking
- Full-Service Retail Banking

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NEW LENOX
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