



Park Pulse

News from the Frankfort Park District

September 2024



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

Youth Programs:

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

COMIC BOOK WORKSHOP

At the Do Art Comic Book workshop, we will be diving into the exciting worlds of comics and creativity! In an interactive and high-energy class, we will cover the topics of eyes and stories, and draw endlessly including on a giant whiteboard. There will be music, juggling and plenty of other magic 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

Day/Date: Wednesday/September 18

Time: 5:00 - 7:00 pm

Age: 6 - 14 years

Fee: \$39/NR \$44



LET'S CODE IT!

In this exciting new coding class from Afterschool Enrichment Solutions, take a deep dive into computer programming with the web-based platform Tynker! Note: Students must bring their own devices to class (tablet, laptop, Chromebook).

Instructor: Afterschool Enrichment Solutions

Day: Thursday

Date: September 19 - October 24

Time: 4:30 - 5:30 pm

Age: 2nd - 8th grade

Fee: \$170/NR \$175



ACTING WORKSHOP NEW!

At the Do Art Acting workshop, we will learn about the different visual languages we use with our face, emotions, and body posture. From there, we will try different improv scenarios at random and see how easy it is to "get into" characters and tap into our creative expression through the different visual cues. We will then write our own part to act out!

Instructor: Do Art Productions

Day/Date: Monday/September 23

Time: 5:00 - 6:00 pm

Age: 6 - 14 years

Fee: \$31/NR \$36



FRANKFORT "ON POINTE" DANCE PROGRAM

Fall 2024 Youth Dance - Session I

Classes Start the week of September 9

Classes include:

- Little Stars
- Pre-Ballet
- Dance Combo
- Ballet 1, 2 & 3
- Tap 2 & 3
- Jazz 2 & 3
- Jazz/Tap 1 Combo
- Lyrical 3
- Jazz/Hip Hop 3
- Dance Troupe



Scan the QR Code for more information on the dance classes or contact the Frankfort Park District office at (815) 469.9400



FALL 2024 Registration is Open

Visit our website at www.frankfortparks.org to download the Fall 2024 brochure.
Sign-up Today!

FAMILY CHESS CLUB: GUARDIAN/CHILD CLASS NEW!

Dive into the exciting and timeless game of chess with your child! Whether you are sharing your love of the game with a brand-new player, or you both are interested in learning the game, this parent and child class is for you. 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. Learning to play Chess with your child can strengthen your bond and create memories for years to come! 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

Day: Wednesday

Date: September 25 - October 30

Time: 6:00 - 7:00 pm

Age: K - 8th grade with adult

Fee: \$170/NR \$175 (adult/child pair)



LITTLE VETERINARIAN SCHOOL - DOG

After "adopting" their very own plush puppy, students will roleplay the key responsibilities of a veterinarian, including how to properly perform a nose-to-tail exam. These future veterinarians will learn how to sew stitches, remove ticks, make healthy treats, and vaccinate their dog.

Instructor: Little Medical School

Day: Monday

Date: September 30 - November 4

Time: 5:45 - 6:45 pm

Age: 6 - 10 years

Fee: \$160/NR \$165



STAGE STARS

It's time to raise the curtain on our Stage Stars class! Our drama program introduces students to the craft of stage acting. During this exciting class, students will learn theatrical skills, improv basics, and participate in 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

Day: Wednesday

Date: October 2 - November 6

Time: 4:30 - 5:30 pm

Age: K - 6th grade

Fee: \$170/NR \$175



Upcoming Events

Thriller at Founders Center

Friday, October 11

Session I: 4:30 - 6:00 pm or Session II: 6:30 - 8:00 pm

Founders Community Center, 140 Oak Street

\$15/child (Register by October 6)

\$20/child (Register after October 6 - based on availability)

Join us for a family-friendly Halloween event at the Founders Center. There will be a DJ dance party, balloon artist, inflatables, spooky games, a hayride, a thriller dance contest, kid crafts, a small pumpkin patch, and more. Don't forget to wear your Halloween costume! If you register after the deadline, the fee will increase, so don't delay!

Sponsored by:



Athletic Programs:

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: Saturday

Date: September 7 - 28

Time: 12:00 - 1:00 pm

Age: 7 - 15 years

Fee: \$85/NR \$90



JUNIOR SPIKERS VOLLEYBALL

This program will assist 1st-2nd grade boys and girls in developing coordination and motor skills while learning the great lifetime sport of volleyball. The experienced instructors at Ultimate Volleyball will teach fundamental skills in a positive athletic environment. Teamwork, sportsmanship, and FUN will be emphasized. Participants will use a special "no sting" light-weight volleyball along with lowered nets.

Instructor: Ultimate Volleyball

Location: Chelsea Intermediate School (Door #2)

Day: Tuesday

Date: September 17 - October 22

Time: 6:00 - 6:45 pm

Grade: 1st - 2nd Grade

Fee: \$71/NR \$76



CO-ED INSTRUCTIONAL VOLLEYBALL

The experienced instructors at Ultimate Volleyball will teach fundamental volleyball skills while emphasizing teamwork and sportsmanship. Instruction will be given at the beginning, intermediate, and advanced levels. Players will be divided by grade or ability. All participants will learn new skills, and practice old skills and strategies through gameplay.

Instructor: Ultimate Volleyball

Location: Chelsea Intermediate School (Door #2)

Day: Tuesday

Date: September 17 - October 22

Grade/Time: 3rd - 5th Grade/6:45 - 7:30 pm

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

Fee: \$71/NR \$76



VICTORY MMA CLASSES

Our classes will 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 life. 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: October 18 - November 22
(No Class November 8)

Session II: December 6 - January 10
(No Class December 27)

Session III: January 17 - February 21
(No Class January 31)

Age/Time: 5 - 11 years/4:30 - 5:15 pm

Age/Time: 12 years & older/5:30 - 6:15 pm

Fee: \$81/NR \$86



INDOOR FLAG FOOTBALL LEAGUE

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 weekly 1-hour practices and an eight-game regular season. Volunteer coaches are needed 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)**

Location: ROMA Sports Club
9115 Roma Ct, Frankfort

Day: Monday Practice & Saturday Games*

Date: October 7 - December 14

(No Practice 11/25 and No Games 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.

Time: Practice: 1st-2nd @ 5:00 pm, 3rd-4th @ 6:00 pm, 5th-6th @ 7:00 pm,

*Games: 8:00 am - 3:00 pm

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

Fee: \$139/NR \$144

*Your child will play one game scheduled

anytime between 8:00 am - 3:00 pm.

Game schedules will be released after the first practice.

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

