

Park

News from the Frankfort Park District

Pulse

November 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.

TOT TIME

Are you ready to meet new people & 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! Class is designed for child & adult.

Instructor: Chris Johnson

Day: Tuesday

Session II: November 5 - December 3

Time: 10:30 - 11:15 am

Age: Walking - 3 years (with parent)

Fee: \$45/NR \$50



NIGHTMARE BEFORE CHRISTMAS

Come and throw some snowballs vs throwing heads. We will be busy building a toy and absolutely no one will be dead. Enjoy crafts, games, and more. Will be a fun time and not be a bore.

Instructor: Gina Barrett

Day/Date: Thursday/November 7

Time: 6:00 - 7:30 pm

Age: 5 - 12 years

Fee: \$34/NR \$39



CREATIVE WRITING WORKSHOP NEW!

At the Do Art Creative Writing workshop, we will explore writing as we discuss the tools of poetry (like imagery and metaphor) as well as the structure of the haiku.

We emphasize the power of words to evoke expression and fun and as with all our workshops, we use class participation to inform and inspire. The class will also be able to type on a typewriter provided by Do Art, to add a line of their own to a completely original poem that we create together! By the end, we will all be writing our own poetry as well as poetry with each other.

Instructor: Do Art Productions

Day/Date: Friday/November 8

Time: 5:00 - 6:00 pm

Age: 6 - 14 years

Fee: \$31/NR \$36



EDIBLE DOUGH - MAKE YOUR OWN CANDIES NEW!

Learn how to make edible "play dough" and then shape it and decorate it to make your own yummy holiday treats. Please note any food allergies at the time of registration.

Instructor: Kim Bennett

Day/Date: Wednesday/November 13

Theme: Christmas

Time: 6:00 - 7:00 pm

Age: 6 - 12 years

Fee: \$26/NR \$31



MARSHMALLOW SNOWFLAKES NEW!

We'll create beautiful edible snowflakes using marshmallows and sugar sprinkles. They'll be so pretty you can hang them up or you can use them in your hot cocoa. All materials are provided.

Instructor: Kim Bennett

Day/Date: Saturday/November 16

Time: 10:00 - 11:00 am

Age: 5 - 12 years

Fee: \$21/NR \$26



THANKS FOR SWEETNESS

Come learn how to make a recipe that will satisfy your sweet tooth. Every little baker will take turns adding the ingredients and mixing. It will be a sweet surprise of what the recipe will taste like. The yummy part will be sampling it. The recipe will go home with each participant, so they can enjoy making it again. Please note any food allergies at the time of registration. Drop-off program only.

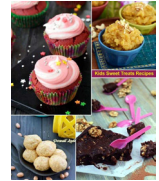
Instructor: Sharon Koczor

Day/Date: Friday/November 22

Time: 6:30 - 8:45 pm

Age: 3 - 9 years

Fee: \$34/NR \$39



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

Day/Date: Monday/December 2

Time: 4:30 - 6:00 pm

Age: 7 - 11 years

Fee: \$44/NR \$49



CRITTER CLASS: REPTILES, AMPHIBIANS, BUGS & MORE!

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. No open-toed shoes, please!

Instructor: Crosstown Exotics

Day/Date: Wednesday/December 4

Time: 6:00 - 7:00 pm

Age: 5 - 12 years

Fee: \$40/NR \$45



HARRY POTTER YULE BALL

Calling all Muggles, wizards, and witches! Come dressed to dance and celebrate the festive event inspired by the Yule Ball in Harry Potter and the Goblet of Fire. Enjoy a magical evening of Harry Potter-themed crafts, wizarding games, enchanting music, and spellbinding surprises. Please list any food allergies at the time of registration.

Instructor: Gina Barrett

Day/Date: Friday/December 6

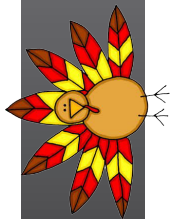
Time: 6:00 - 8:00 pm

Age: 5 - 12 years

Fee: \$44/NR \$49



Fall 2024 Frankfort Park District



Upcoming Events...



31st ANNUAL HOLIDAY CRAFT & VENDOR SHOW

SATURDAY • NOVEMBER 9 • 9:00 AM - 3:00 PM

FOUNDERS COMMUNITY CENTER - 140 OAK STREET

FREE ADMISSION

A diverse selection of crafters and vendors including Tastefully Simple, Tupperware, Avon, Pampered Chef, Scentsy, Holiday Decorations, Floral, Clothing, and much more! This is a great time to get some holiday gifts!

For additional information or booth availability, please contact the Frankfort Park District at 815-469-9400 or visit our website www.frankfortparks.org to download an application.

Athletic Programs:

UNITED GYMNASTICS ACADEMY

722 Center Road, Frankfort • 815- 469- 8282

Session II: November 4 - December 21 (6-week session)

(No Class week of November 25)

For a listing of classes, please visit our website www.frankfortparks.org



United Gymnastics Academy is a place for all ages to learn the sport of gymnastics and tumbling. Gymnastics is the cornerstone of all sports and the perfect foundation for beginning your child's athletic training. Through gymnastics, your child will increase his/her coordination, physical agility, self-confidence, listening skills, work ethic, and leadership. He or she will also learn to respect teachers and classmates. UGA provides a positive atmosphere with well-trained staff and the newest facility in the south suburbs of Chicago.

SOCCER SHOTS

Soccer Shots is an engaging children's soccer program with a focus on character development. Our coaches are the best trained in the business. Our expert-approved curriculum is age-appropriate and aligns with childhood education standards.

Instructor: Soccer Shots

Location: Founders Community Center

Day: Thursday

Session II: November 7 - December 19
(No Class November 28)

Age/Time: 2 - 3 years (with parent)/11:15 - 11:45 am

Age/Time: 3.5 - 5 years/11:45 - 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: \$101/NR \$106



HOLIDAY TURKEY SHOOT

Teams will be made of one adult and one child and will be grouped by the child's age. Parents may compete with more than one child. Each team member will get 10 free throws. The team that makes the most shots will win each division. *Donate one or more nonperishable food items to be given to the Frankfort Food Pantry.

Pre-registration is required.

Instructor: Frankfort Park District Staff

Location: Founders Community Center

Day: Monday

Date: November 25

Time: 12:30 - 1:30 pm

Age: 6 - 14 years

Fee: FREE



YOUTH BASKETBALL LEAGUES

December 3 - March 15 (Games will begin January 18)

Co-Ed, Boys & Girls Leagues • 1st - 8th Grades

REGISTRATION DEADLINE: NOVEMBER 7th (BASED ON AVAILABILITY)

A late fee of \$15 will be added if registered after the registration deadline of November 7th

Our Youth Basketball League is created for boys and girls entering 1st-8th grades. This League is designed for participants to learn and utilize the fundamental skills of basketball in game situations. Each team will be led by a volunteer coach, who will provide instruction on basic basketball fundamentals while creating a fun and positive teaching environment. In addition to the focus on basketball skills development, our program offers children the opportunity to interact with both peers and coaches, learn good sportsmanship, and how to work as part of a team. **Please bring a basketball to each practice. Each player will receive a jersey.**

PLEASE NOTE: Player requests (aside from siblings) will NOT be honored, in our efforts to keep teams random.

Grades 1st-2nd and 3rd-4th will have no scorekeeping or playoffs. Grades 5th-6th and 7th-8th will keep score and will have playoffs.

All grade levels will prioritize player/skill development over winning games in this league.

REGISTRATION DEADLINE: November 7th (Based on availability). A \$15 late fee will be charged if registered after November 7th.

Grade	Location	Practice Day	Practice Times (estimated)	Game Day*	Dates	Fee
3 rd - 4 th Co-Ed	Grand Prairie	Tuesday	3 rd - 4 th Co-Ed (between 5 - 7 pm)	Saturday	December 3 - March 8	\$145/\$150
5 th - 6 th Boys	Chelsea Intermediate	Tuesday	5 th - 6 th Boys (between 6 - 8 pm)	Saturday	December 3 - March 15	\$155/\$160
5 th - 6 th Girls	Chelsea Intermediate	Tuesday	5 th - 6 th Girls (between 6 - 8 pm)	Saturday	December 3 - March 15	\$155/\$160
7 th - 8 th Boys	Chelsea Intermediate	Thursday	7 th - 8 th Boys (between 6 - 8 pm)	Saturday	December 5 - March 15	\$155/\$160
7 th - 8 th Girls	Chelsea Intermediate	Thursday	7 th - 8 th Girls (between 6 - 8 pm)	Saturday	December 5 - March 15	\$155/\$160

Games will begin on Saturday, January 18.

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 registration online at www.teamsideline.com/sites/frankfort/home.

There will be a coaches meeting on Monday, November 18th at the Founders Community Center at 6:30 pm.

