



FALL 2025

RESIDENT REGISTRATION - AUGUST 19 • NON-RESIDENT - AUGUST 26



*Come join
the fun!*



Scan the QR
Code to take
the Recreation
Center Survey

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SCAN FOR DIRECT
ACCESS TO OUR
WEBSITE!

Founders Community Center

140 Oak Street | Frankfort, IL 60423

Phone: 815-469-9400

Fax: 815-469-9275

Office Hours:

Monday - Friday | 9:00 am - 4:00 pm



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.



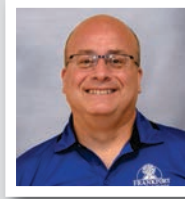
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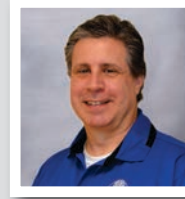
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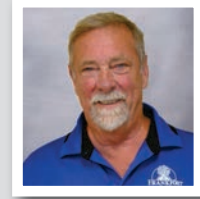
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Dear Frankfort Park District Residents,

I love summer. The longer days filled with sunlight offer more opportunities to enjoy life outdoors. I'm especially grateful to everyone who enrolled in Park District programs, attended our Park Parties, or simply spent time in our parks. Your participation brings our community to life. During the summer months, the Park District team nearly doubles in size. These seasonal staff members play a vital role in supervising campers, managing the parks, operating the Splash Pad, and leading our programs. Their hard work makes everything we do possible. Many of them are now preparing to head back to school, and we offer a heartfelt thank you for their dedication and service.

You may have seen recent communications from the Park District regarding the Recreation Center survey. This year, we're asking for your feedback on a critical topic: Would you support a property tax increase to fund the construction of a new Recreation Center? Yes, we are talking about a potential increase in property taxes. There is never an easy time to discuss this, but it's important for two key reasons:

Reason #1: Our current facilities are aging and in need of significant repairs. The Park District manages 19 parks and two programming facilities, and we receive less than \$2 million annually in unrestricted property taxes. These funds are used for daily operations, maintenance, staffing, and minor improvements. The truth is, there's not enough funding to address the major infrastructure needs, particularly for our indoor facilities. We've been fortunate to receive grants from the State of Illinois for outdoor projects, but indoor facility needs remain underfunded. One example is the Founders Center, a nearly 100-year-old building that requires substantial repairs. Without additional funding, we simply can't address these issues.

Reason #2: Residents consistently ask for better indoor recreation opportunities. Each week, we hear questions like, "Where's the pool? Where's the Recreation Center? Why don't we have the same amenities as nearby communities?" The answer comes down to funding. The current level of property tax support isn't enough to build or maintain the facilities our community is requesting. The Founders Center was once a middle school, and it no longer meets the needs or expectations of modern recreation programming. New funding is needed to build a facility that reflects our residents' desires.

That's why we're asking you to take the Recreation Center survey. It takes less than five minutes and will help us understand whether there is enough community support to move forward. Please answer the survey as if you were voting in a local election. There are no right or wrong answers—just your honest opinion.

If the community is not ready to support a new Recreation Center, we will continue to prioritize projects based on available funding. However, this may mean delaying or scaling back essential improvements, such as playground replacements and program offerings. Thank you for being part of our community. We look forward to hearing your voice.

Sincerely,

Gina Hassett, Executive Director





Upcoming Winter/Spring 2026 Events

Daddy/Daughter Dance
January 30 & 31

Spring Craft Show - March 7

Bunny Events - March 28

Kids Garage Sale - April 18

Earth Day - April 18



Spooktacular Fun!

HALLOWEEN BASH

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, 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!

Registration Deadline: October 10 or until filled

Location: Founders Community Center
Date: Friday, October 17
Time: 5:00 - 8:00 pm
Fee: \$15/child (Register by October 10)
\$20/child (Register after October 10 - based on availability)
Min/Max: 150/300

Sponsored by:



HOWL-A-WOOF

Trick or Treat!!! Bring your dog all dressed up for this costume competition, bone yard hunt, and trick-or-treating event. Dogs will have the opportunity to "Trick or Treat" with the vendors at the Bark Park so remember to bring a bag to collect all their goodies. Dogs will also have a chance to enter the costume contest to be judged on Best Overall, Funniest, and Scariest. All friendly dogs are welcome at this FREE, on-leash event. An adult must accompany dog owners under the age of 12. While you are enjoying this event, please remember to pick up a membership packet for the Bark Park.

Location: Bark Park at Commissioners Park
Day/Date: Saturday, October 18
Time: 10:00 am - Gate will open at 9:50 am
Fee: FREE



Sponsored by:



SCARECROW BUILDING CONTEST

Calling all families, scout groups, homeowners associations, and business members to come join the fun by participating in the annual Scarecrow Building Contest! Scarecrows will be displayed outside the Founders Community Center, so let your creative skills shine and construct an eye-catching entry. The cross sticks will be provided by the Park District and will be available for pick-up starting August 19. All entries are due by October 9. Voting will run from October 13-31 and will take place at the Founders Community Center office & on the Park District's Facebook page.

Scarecrow's Due: October 9
Voting: October 13 - 31

Special Events



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Special Events

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 field games, make a craft, 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. Don't worry about inflating your air mattresses - staff will have a generator available at the campsite.

Registration Deadline: September 9

Location: Commissioners Park
Day/Date: Friday, September 12*
Time: 6:30 pm (Friday) - 9:00 am (Saturday)
Age: Families
Fee: \$45 per campsite (up to 6 people)
Min/Max: 15/30 campsites

*Advertised in summer brochure. Registration going on now!

MOTHER/CHILD SUPERHERO DANCE

Calling all superheroes! Moms and their little ones are invited to put on their dancing shoes (or capes!) and hit the floor for an unforgettable evening. Whether you come dressed to impress or rock your favorite superhero gear, this will be a night full of fun and memories. Enjoy light refreshments and high-energy entertainment from our live DJ. A professional photographer will be on-site to capture special moments with formal photos available for purchase. Pre-registration is required; NO TICKETS will be sold at the door.

Registration Deadline: September 18 or until filled

Location: Founders Community Center
Day/Date: Friday, September 26
Time: 6:00 - 8:00 pm
Age: All
Fee: \$18/NR \$23 per person
Min/Max: 75/125

Dessert Sponsored by:



SENIOR FALL LUNCHEON

Celebrate the coming of fall with your friends and an afternoon of delicious food and live entertainment. After lunch, enjoy more entertainment, socializing, and dessert. Don't miss out on this special day!

Registration Deadline: September 29 or until filled

Location: Founders Community Center
Day/Date: Friday, October 3
Time: 11:30 am - 1:30 pm
Age: 55 years & older
Fee: \$7
Min/Max: 50/80

Sponsored by:



CANDY BAR BINGO

Come join the fun with bingo games and sweet treats. Each participant must bring one full-size candy bar or bag of candy (e.g. Skittles, M&Ms) in exchange for one bingo card (maximum of 3 cards). Participants will play for chances to win the many candy bars in the pot for each round. Players will keep the same card throughout the entire event. Six to eight bingo games will be played. A maximum of 3 bingo cards per child. Pre-registration is required.

Registration Deadline: November 17 or until filled

Location: Founders Community Center
Day: Monday
Date: November 24
Time: 11:00 am - 12:00 pm
Age: 4 - 13 years
Fee: FREE - Participant must bring full-size candy bar/bag (max 3)
Min/Max: 10/30



LETTERS TO SANTA

Starting November 17, Santa's mailbox will be displayed at the Founders Community Center. Santa will personally write to each family who writes him a letter, provided that all letters are received by 4:00 pm on Monday, December 1. Santa can only send letters to children who include the following: the child's full name, address, city, zip code, and of course, their wish list! Parents, please complete the checklist when sending the letter. Checklists will be available at the main office and on the Park District website. Please address letters to: Santa Claus, 25 Candy Cane Lane, North Pole (c/o Frankfort Park District, 140 Oak Street, Frankfort, IL 60423).

Due Date: December 1 by 4:00 pm
Frankfort Park District Residents Only

SANTA PHOTOS & WORKSHOP

Santa is making a special appearance at the Founders Community Center this holiday season. There will be crafts, holiday-themed games, cookie decorating, and a chance to visit with Santa. Anna Thielen Photography will be on hand to take professional photos of your family with Santa. Each family will receive 1 free photo download. There are two time slots available; please specify the time you would like at the time of registration.

Registration Deadline: December 3 or until filled

Location: Founders Community Center
 Day/Date: Saturday, December 6
 Session I: 11:00 - 11:45 am
 Session II: 12:00 - 12:45 pm
 Age: All
 Fee: \$13/NR \$18 per child
 Min/Max: 35/55



Photos Sponsored by:

HOLIDAY CARDS FOR SENIORS

Holiday Cards for Seniors is a community project set up to bring some joy into the lives of those who are missing family and friends during this time of year. The Frankfort Park District is looking for anyone who would like to make cards, color pictures, or even write inside store-bought cards. The Park District staff would like to gather up cards and pictures by December 8 so they can be distributed to the facilities in our community. The staff would love to reach a goal of 400 cards, and if we can reach more, that would be amazing!

Deadline: December 8
 Drop off: Founders Community Center



PUZZLE MANIA - HOLIDAY EDITION

Looking for a fun evening with your family and friends before the holiday season? Put together a team of 4, wear your favorite holiday sweater, and register for Puzzle Mania, a jigsaw puzzle tournament. Teams will race against each other to finish the same puzzle. There will be two divisions: kids only & family/friends. The puzzles will be 300 pieces for the kids and 500 pieces for the family/friend's competition. Bring snacks and enjoy an evening working together to solve the holiday-themed puzzle. Prizes will be given to the winning teams.

Registration Deadline: November 24 or until filled

Location: Founders Community Center
 Day: Friday
 Date: December 12
 Time: 6:00 - 9:00 pm
 Division/Age: Family & Friends/All Ages
 Kids Only/5 - 13 years
 Fee: \$30 per team
 Min/Max: 10/14



THE POLAR EXPRESS STORYTIME TRAIN

ALL ABOARD...The Frankfort Park District would like to invite children and their parents to take this special train ride to the "North Pole". On the way to the "North Pole," Santa's elves will be busy making balloon animals while you enjoy listening to the "Polar Express" story. When we reach the "North Pole," we will find Santa Claus and bring him back with us on the train to the Hickory Creek Metra Station. Enjoy holiday cookies and music on our way home. A parent or guardian must accompany all the children. Due to the popularity of this event, a maximum of six tickets per household are available to purchase at the time of registration. See details below.

Location: Hickory Creek Metra Station
 9430 Hickory Creek Drive, Mokena
 Day/Date: Sunday, December 7
 # 1 Time: Train departs at 9:30 am sharp
 # 2 Time: Train departs at 11:20 am sharp
 Age: All
 Fee: \$25/person Frankfort Park District Residents Only
 \$35/person Non-Residents (if tickets are still available after resident registration)

FRANKFORT PARK DISTRICT RESIDENTS ONLY

Frankfort Park District Boundary Resident Only Lottery Registration Special Registration forms will be accepted at the Founders Community Center office from October 29 - November 7. All forms are due by November 7 at 4:00 pm. Forms will be available on our website beginning October 29. All forms will be processed on November 7 and families will be notified by email. Tickets will be available for pick-up at the main office.

NEW YEAR'S COUNTDOWN

Kids, get ready to count down to 2026!!! Celebrate New Year's Eve with dancing, party games, crafts, and ice cream. There will be a "Countdown to 2025" balloon drop at noon to celebrate the New Year! This is a drop-off event for kids.

Registration Deadline: December 26 or until filled

Location: Founders Community Center
 Day/Date: Wednesday, December 31
 Time: 11:00 am - 12:30 pm
 Age: 4 - 10 years
 Fee: \$15/NR \$20
 Min/Max: 15/30

Park Perks

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

P A R K D I S T R I C T N E W S

The New Fort Frankfort Playground Is Taking Shape!

We're thrilled to share that construction on the new Fort Frankfort playground is nearing completion! This much-anticipated project has been made possible thanks to \$1.7 million in funding secured by Senator Hastings from the State of Illinois through the DCEO Grant. Without this generous support, the project would not have been possible.

The new design pays tribute to the beloved original Fort Frankfort structure and celebrates the unique character of the Frankfort community. The larger of the two new playgrounds features a Grainery reminiscent of the one in downtown Frankfort, along with a signature water tower. The playground will also include poured-in-place surfacing and accessible ramps to ensure inclusive play for children of all abilities.

To enhance the park experience, two large shelters are being constructed to serve both playground and Splash Pad users. Portions of the project have also been funded by the Park District through capital funds and with generous support from the Operation Playground Foundation (OPF). OPF is made up of dedicated community members who led the original Fort Frankfort installation and continue to actively support park projects in Frankfort.

To learn more about the new playground and how to claim your bricks or pickets, please visit our website or contact the Park District office directly. We're excited to bring this new and inclusive play space to life and can't wait to welcome families back to a revitalized Fort Frankfort!

Recreation Center Survey (QR CODE)

The Park District is seeking further input as we continue to evaluate conceptual designs and costs to construct a Recreation Center. Funding is being considered through a property tax increase. The Board would like to gather feedback from residents to help shape future decisions. Please take the survey.



TOTAL SITE ACREAGE: 10.187 ACRES

Survey closes September 7.

Your Voice Matters - Help us plan for the Future!

The Park District hosted an Open House regarding this topic. The information from the meeting, including a video can be found on the Park District's website.



Scan QR Code to take the Survey

Upcoming Fall 2025 Events

Family Campout
September 12

Mother/Child Glow Dance
September 26

Senior Fall Luncheon
October 3

Scarecrow Building Contest
October 9

Halloween Bash
October 17

Howl-A-Woof
October 18

Pours for Parks
October 18

Holiday Craft Show
November 8

Candy Bar Bingo
November 24

Santa Photos & Workshop
December 6

The Polar Express Storytime Train
December 7

Puzzle Mania - Holiday Edition
December 12

New Year's Countdown
December 31

Park Perks!

Storms, Determination, and Community Spirit Mark the 25th Annual Short Run on a Long Day 5K

The 25th Annual Short Run on a Long Day 5K Run/Walk turned into a true test of grit and spirit as participants braved a wild mix of weather that included heavy downpours and steady rain. Despite ominous forecasts, 440 runners and walkers registered for this milestone event. As thunderclouds rolled in and the skies opened up, 318 determined participants crossed the finish line—drenched but undeterred. The course, already a local favorite for its community charm and summer solstice setting, became an unforgettable challenge as sections were inundated with standing water and pounding rain.

Volunteers and organizers worked tirelessly through the storm to ensure safety of all attendees while maintaining the celebratory spirit, for which the event is widely recognized. Emergency weather protocols were on standby, but thanks to vigilant monitoring and some lucky timing, the race was able to go on without incident. “Our 25th year certainly gave us a story to tell,” said Cali DeBella, Recreation Supervisor and race coordinator. “This was about more than running—it was about community, resilience, and the kind of fun you never forget.”

A special thanks goes out to our generous sponsors, who stood with us rain or shine. Their support helped make this event possible and kept spirits high, even when the skies were anything but. As the rain cleared and medals were handed out under a soaking sky, participants laughed, and posed for photos - muddy shoes and all - a fitting finish for a race that embodied the meaning of perseverance.

Whether you ran, walked, volunteered, or cheered, thank you for making our 25th year unforgettable! Registered Runners: 440, Finishers: 318 - an impressive turnout considering the challenging weather conditions!

Overall Winners

Male Overall Winner: Nick Dul, 17, New Lenox.

Female Overall Winner: Eliana Kaitei, 14, Tinley Park.

Special Raffle Winner: Michael Schroers. In honor of our 25th year, the 25th finisher was entered into a special raffle. Congratulations to our top finishers who pushed through the storm to cross the line first!

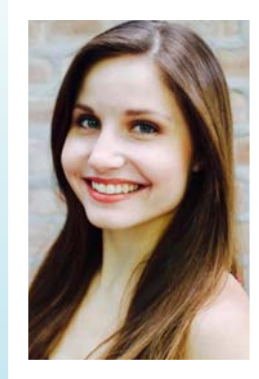


Photos (left to right): Short Run Winners: Eliana Kaitei: Overall Female - Time 19:58
Nick Dul: Overall Male - Time 16:54



Photo: Special Raffle Winner: Michael Schroers - 25th Finisher

Spotlight on Instructor New Dance Teacher – Ms. Faith Koleczek



The Frankfort Park District would like to introduce and welcome Ms. Faith Koleczek, our new Dance Instructor. Faith began dancing at the age of 8 and quickly fell in love with the artistry and athleticism of dance. She went on to receive her Bachelor of the Arts in Dance Performance and Choreography from Hope College in Holland, Michigan. Upon graduating in 2014 she moved back to the Chicago

land area and began teaching dance.

In 2015 Faith joined Noumenon Dance Ensemble, a Chicago based Contemporary dance company. With NDE she has grown her artistic and technical skills and has performed works by numerous choreographers. Since joining, she has advanced to a Senior Company Member as well as the Company's first Rehearsal Director. Faith enjoys the opportunity to perform in venues around the city for a company that promotes diversity and inclusivity. Her professional career also includes choreography set on Noumenon Dance Ensemble as well as for Simantikos Dance Chicago's 2nd annual choreography kick-off.

Faith strives not only to teach the technical forms of dance to her students but also the artistic and emotional aspects. Her goal for each class is to create a healthy and positive environment for her students that allows them to learn to admire each style while growing as artists themselves. The Frankfort Park District is thrilled to welcome her to our dance program this Fall as the newest member of our talented instructor team!

2025 SPONSORS



Thank You to Our Short Run on a Long Day Sponsors

We couldn't have made this milestone event happen without our generous sponsors: Town Center Bank; Jeffrey LaMorte Salon & Day Spa; Chicago Stem Cell Therapy; Hamstra Roofing; DOT Foods; Body Fountain; Floor Coverings International; Running for Kicks; Earthrise Energy; IL Foot and Ankle Center; Rose Pest Solutions; Athletico Physical Therapy; Chiro One; Orangetheory Fitness; Health Nutz; ACE Handyman Services of Lincoln-Way; HOTWORX Mokena; Iron Warzone Gym; Palermo's Pizza; Jewel-Osco; and Hinckley Springs.

Register online at www.frankfortparks.org



Start of School

Preschool classes will begin the week of September 2nd (after Labor Day) and run through May 2026. Teacher Meet & Greet days are scheduled on Tuesday & Wednesday, September 2nd & 3rd. 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.

PREP SCHOOL 4 YEARS

This Kindergarten preparation program is for children who will be 4 years old by September 1, 2025, 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: \$1,710/NR \$1,845*
9 monthly auto-payments of \$190/NR \$205 per month

STEPPING STONES 4 YEARS

This class is for children who will be 4 years old by September 1, 2025, 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
Tuition: \$2,160/NR \$2,295*
9 monthly auto-payments of \$240/NR \$255 per month



PRESCHOOL REGISTRATION

All preschool programs run from September 2025 to May 2026. Registration began in February and 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 \$75 non-refundable registration fee is due at the time of registration. AUTO-PAYMENT will be mandatory for the monthly payment option (see form in preschool packet). 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.

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, 2025. Being toilet-trained is NOT mandatory. A physical is required.

Days: Wednesday & Friday
Times: 9:00 - 11:00 am OR 12:00 - 2:00 pm
Tuition: \$1,305/NR \$1,440*
9 monthly auto-payments of \$145/NR \$160 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, 2025, 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: \$1,485/NR \$1,620*
9 monthly auto-payments of \$165/NR \$180 per month





Prairie Care



PRAIRIE CARE Before & After School Care Program

The Prairie Care program is designed to provide a safe, recreational-based program for children attending District 157C schools in grades Kindergarten – 5th grade. The program is coordinated by qualified staff who strive to develop a warm, constructive relationship with the children. Prairie Care provides a creative and stimulating environment in which children can learn, grow, and thrive at their own developmental pace.

Regular hours of the program will be from 6:30 AM until school begins, and then from the end of school until 6:30 PM. Most district institute days are available. **ALL BEFORE AND AFTER-SCHOOL PROGRAMS WILL FOLLOW THE SCHOOL DISTRICT POLICY ON SNOW DAYS - CLOSED.**

Registration and payments are due on the 2nd Wednesday of the month, prior to the month of requested service. Your payment will reserve your spot for the month. Please see the current Prairie Care registration forms for more information. You may drop off your payments at the Frankfort Park District at 140 Oak Street or the Prairie Care site (if turned in on time). You may also email registration forms to registration@frankfortparks.org. All forms are available on our website at www.frankfortparks.org. No same-week registration. Late fees will apply at the discretion of Prairie Care staff.

BEFORE CARE	\$15 per day	6:30 - 8:30 am
AFTER CARE	\$20 per day	2:30 - 6:30 pm

PRIORITY REGISTRATION

Due to high demand for Prairie Care we are implementing a priority registration period for participants who are registering for 4 or more days each week. This approach ensures that participants with a greater commitment to the program are offered priority access to available spots in the aftercare program. Priority registration must be submitted by the first Wednesday of each month for the following month. All other participants may submit their registration forms thereafter, with a deadline on the second Wednesday of the month (pending any holiday adjustments). Registration will be processed based on availability, and participants will be notified if a specific day is at capacity.

DISTRICT HOLIDAYS

Participants of Prairie Care and other students in 157C may register for all District Holidays/Early Dismissals on a per-day basis except for Spring Break. Below are Prairie Care offerings on the dates that 157C students are off school. Labor Day weekend, Thanksgiving week, Winter Break, and Memorial Day are not available.

Note: There must be a minimum of 12 participants to run this program. You do not have to be a regular participant of Prairie Care to sign up for the District Holidays/Early Dismissal Days.

HOLIDAY CARE	\$60 per day	7:00 am - 4:00 pm
EARLY DISMISSAL	\$30 per day	after school until 6:30 pm

Here are the District Holiday offerings for Prairie Care.
Payment is due 2 weeks prior.

August 29	Early Dismissal	\$30
October 10	Teacher's Institute Day	\$60
October 13	Holiday	\$60
October 31	Early Dismissal	\$30
November 21	Early Dismissal	\$30
December 19	Early Release	\$20
January 19	Holiday	\$60
February 13	Early Dismissal	\$30
February 16	Holiday	\$60
March 27	Early Release	\$20
May 1	Early Dismissal	\$30
May 29	Early Dismissal	\$30



PARK DISTRICT YOUTH LICENSE PLATE

Get Licensed to Support Illinois Youth! The sale and subsequent renewals of each plate generate \$25 for the PowerPlay! Beyond School Grant Program, which funds youth programs in park and recreation agencies throughout Illinois. The goal of the PowerPlay! program is to increase the number of opportunities designed to show youth the lifelong benefits of fitness, health and nutrition. For more information contact the Illinois Association of Park Districts at 217-523-4554 or iapd@ilparks.org.



Early Childhood Programs



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Early Childhood Programs

ALL BY MYSELF

This class is designed to help children practice separation from their parents/caregivers while engaging them in one of their first classroom experiences. Socializing, learning to share, playing with toys, and listening to stories will be the focus of this class. 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
Day: Monday & Wednesday
Time: 9:00 - 9:45 am
Session I: September 15- October 27
(No Class October 13)
Session II: October 29 - December 15
(No Class November 24 & 26)
Day: Thursday & Friday
Time: 10:45 - 11:30 am
Session I: September 18 - October 24
Session II: October 30 - December 12
(No Class November 27 & 28)
Age: 2 - 3 years
Fee: \$109/NR \$114
Min/Max: 4/10

MISS ANGIE'S MIGHTY MUSIC MAKERS

Celebrate your child's growing independence through fun music and movement activities. These classes will work on the child's attention and self-expression and include singing, chanting, moving, focused listening, musical games, exploring musical instruments, creative movement, and storytelling. A variety of musical types will be included to widen your child's exposure and appreciation of different music styles. This class is designed for the child and adult to participate together.

Instructor: Angie Pope
Location: Founders Community Center
Day: Monday
Session I: September 15 - October 27
(No Class October 13)
Session II: November 3 - December 15
(No Class November 24)
Time: 9:15 - 10:00 am
Age: 3 - 5 years (with parent)
Fee: \$86/NR \$91
Min/Max: 5/15

MISS ANGIE'S 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 of 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
Session I: September 15 - October 27
(No Class October 13)
Session II: November 3 - December 15
(No Class November 24)
Time: 10:15 - 11:00 am OR 11:15 am - 12:00 pm
Age: 1 - 2 years (with parent)
Fee: \$86/NR \$91
Min/Max: 5/15

LITTLE LEARNERS LUNCH BUDDIES

If you want your child to get some extra help or just reinforce what they already know, then this is the class for them. We will focus on the alphabet, numbers, shapes, and colors. This class is for all levels of learning. This class is designed for preschoolers who are just being introduced to worksheets. Tracing will be introduced to children with more advanced fine motor skills. Midway through each class, participants will take a break to eat their lunches/drinks with their friends. Lunches should be nut-free.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Monday & Wednesday
Session I: September 15 - October 27
(No Class October 13)
Session II: October 29 - December 15
(No Class November 24 & 26)
Time: 10:00 am - 12:00 pm
Age: 3 - 5 years
Fee: \$200/NR \$205
Min/Max: 4/10



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

I'M A BIG KID NOW

Does your child think they are A BIG KID? 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. They will use watercolor paints, markers, and crayons to create little masterpieces. Your little one will experience many new things while having fun. Sign up for both sessions to get double the experience.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Tuesday & Thursday
Session I: September 16 - October 23
Session II: October 28 - December 11
 (No Class November 25 & 27)
Time: 9:00 - 10:30 am
Age: 2.5 - 3 years
Fee: \$195/NR \$200
Min/Max: 4/10



new

PRESCHOOL PREP

This two-hour class will help prepare your little one for preschool. This is a great introduction to school. They will learn to play with others, take turns, listen, and be introduced to colors and shapes. This will be helpful to jump-start their education and ease them into school. They will learn to love coming to school!

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Tuesday
Date: September 16 - December 9
 (No Class November 25)
Time: 10:45 am - 12:45 pm
Age: 3 - 4 years
Fee: \$200/NR \$205
Min/Max: 4/10

new

ABC'S & 123'S

In this engaging program, children will learn colors, shapes, letters, and numbers using DUPLO bricks and other interactive learning toys. The activities are designed to reinforce the current curriculum focused on recognizing letters, the alphabet, numbers, and counting. To enhance their understanding in a playful way, children participate in both structured and imaginative play during each day.

Instructor: Snapology
Location: Founders Community Center
Day: Tuesday
Date: September 16 - October 7
Time: 5:30 - 6:30 pm
Age: 3 - 6 years
Fee: \$97/NR \$102
Min/Max: 6/16

COME PLAY WITH ME

Join us for a wonderful opportunity where your little one and a parent or caregiver can come together and make new friends! This class is the ideal way for your child to have their first social experience with peers their age. They'll have a blast exploring and playing with different toys, and parents will love seeing their kids discover new things while chatting with other adults. It's a fantastic way for young children to get comfortable in a classroom setting before they transition to preschool. This class is designed for a child and adult to participate together.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Friday
Date: September 19 - December 12
 (No Class November 28)
Time: 9:45 - 10:30 am
Age: Walking - 2.5 years (with parent)
Fee: \$109/NR \$114
Min/Max: 4/10

new

TODDLERS GET TALKING

Join our small group to enhance your toddler's speech using research-based strategies. These sessions provide focused, hands-on therapy through language-rich play with a professional speech therapist. Parents will learn practical techniques to support ongoing development at home. Early communication reduces frustration and promotes expression of needs. The focus is on expressive language, early vocabulary, and the first 50-100 words. This class is ideal for children in early intervention and led by a speech therapist with over 25 years experience.

Instructor: Katherine Ryan M.H.S. CCC-SLPL
Location: Yunker Farm (Harvest Room)
 10824 W. La Porte Rd, Mokena
Day: Thursday
Session I: September 25 - October 16
Session II: October 23 - November 13
Time/Age: 9:00 - 9:40 am/12 - 24 months (with parent)
Time/Age: 10:00 - 10:40 am/24 - 36 months (with parent)
Fee: \$160/NR \$165
Min/Max: 3/3

Youth Programs



13

Youth Programs

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 3 - December 10*
(No Class November 26)

Age/Time: 4 - 6 years/6:00 - 6:55 pm

Age/Time: 7 - 9.5 years/7:00 - 7:55 pm

Age/Time: 9.5 - 13 years/8:00 - 8:55 pm

Fee: \$205/NR \$210

Min/Max: 10/25

***Advertised in summer brochure. Registration is going on now!**



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. Each session covers new and exciting material!

Instructor:

Location:

Day:

Session I:

Session II:

Time:

Age:

Fee:

Min/Max:

Language in Action

Founders Community Center

Tuesday

September 9 - October 14

October 21 - December 2

(No Class November 25)

5:00 - 5:45 pm

3 years - Kindergarten

\$120/NR \$125

6/12

VAMONOS YOUTH SPANISH

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. Each session covers new and exciting materials!

Instructor:

Location:

Day:

Session I:

Session II:

Time:

Age:

Fee:

Min/Max:

Language in Action

Founders Community Center

Tuesday

September 9 - October 14

October 21 - December 2

(No Class November 25)

6:00 - 6:45 pm

1st - 4th grade

\$120/NR \$125

6/12

LITTLE BAKERS

Little bakers, it's time to whip up some fun! Grab a friend—or make a new one—as you mix, stir, and create a tasty treat together. Will it be cookies, cake, or a surprise sweet delight? Put on your apron and join us to find out! There's nothing better than time in the kitchen—especially when you get to enjoy a sample of your delicious creation! Please note any food allergies at the time of registration. This is a drop-off program.

Instructor:

Location:

Day:

Date:

Time:

Age:

Fee:

Min/Max:

Sharon Koczor

Founders Community Center

Thursday

September 11

6:30 - 8:45 pm

3 - 9 years

\$34/NR \$39

6/15



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

FOR ONLINE REGISTRATION
please visit
www.frankfortparks.org

BEAD JEWELRY WORKSHOP

Spark your child's creativity at our exciting Bead Art Workshop! Kids will explore the fun of crafting with colorful pony beads, making their own bracelets, necklaces, and adding adorable beaded characters like Pikachu, Axolotls, and more! This hands-on workshop helps kids develop fine motor skills, express their creativity, and make keepsakes they'll be proud to wear or share. All materials are supplied.

Instructor: Do Art Productions
Location: Founders Community Center
Day: Monday
Date: September 15
Time: 5:00 - 6:00 pm
Age: 6 - 14 years
Fee: \$41/NR \$46
Min/Max: 6/20

**SUPERHEROS**

To the Batcave, Snapology fans! Design your own superhero using Lego bricks. How can you trap a villain? Create your own adventure and comic strip. Have a blast as you use Legos to build your own fantasy world of superheroes like Captain America, Iron Man, Spiderman, The Hulk, and more! What kind of superpowers do you have?

Instructor: Snapology
Location: Founders Community Center
Day: Monday
Date: September 15 - October 6
Time: 5:30 - 6:30 pm
Age: 5 - 12 years
Fee: \$97/NR \$102
Min/Max: 6/20

**ROBOTHINK AMUSEMENT PARK TYCOON ROBOTICS CLASS**

Unleash your inner rollercoaster engineer as you construct thrilling amusement park rides, from gravity-defying coasters to dizzying Ferris wheels, in this exhilarating class that sparks a passion for rollercoaster engineering.

Instructor: RoboThink
Location: Founders Community Center
Day: Tuesday
Date: September 16 - October 21
Time: 4:30 - 6:00 pm
Age: 6 - 14 years
Fee: \$165/NR \$170
Min/Max: 8/15

**ABSTRACT PAINTING WORKSHOP**

There has never been more fun painting! Join us as we learn the limitless style of abstract painting. We will dab, flick, smear, touch, drop, and dribble paint over a variety of different-sized canvases, mixing colors, shades, and shapes together, letting the moment create along with us. Art can be more fun when trying NOT to make something. There will be music, dancing, and finger painting. Don't worry about what it looks like, just do as Dory and just keep painting!

Instructor: Do Art Productions
Location: Founders Community Center
Day: Wednesday
Date: September 17
Time: 6:00 - 8:00 pm
Age: 6 - 14 years
Fee: \$55/NR \$60
Min/Max: 6/25

**S'MORES DELIGHT**

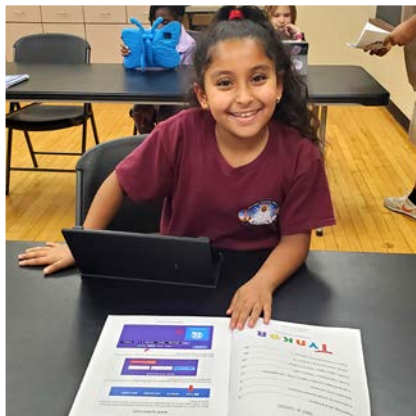
Calling all little tots for a sweet hands-on adventure! Join us for a fun afternoon of making a S'mores Cup—a tasty treat your little one will create all on their own! They'll practice taking turns and layering each delicious ingredient to build their very own snack. It's a fun, interactive experience that ends with a yummy reward! Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Thursday
Date: September 18
Time: 11:45 am - 1:45 pm
Age: 3 - 5 years
Fee: \$32/NR \$37
Min/Max: 4/15

**KIDS DRAWING CLUB**

If your child already loves to draw, join the weekly club at the Founders Center this school year! ALL NEW LESSONS! Learn how to draw something new and exciting each week, play fun drawing games, and learn all about the ART masters! Inspirational drawing instructors from Young Rembrandts will not only teach kids how to draw different subject matter every week, they will also demonstrate how to properly color with markers, colored pencils, fine-tip markers, watercolor pencils, oil-based pastels, and even put a creative spin on coloring with crayons. Every lesson taught has been kid-tested and kid-approved. All supplies provided. Pictures go home the same day. Come join the drawing fun!

Instructor: Young Rembrandts Staff
Location: Founders Community Center
Day: Thursday
Session I: September 18 - October 30
Session II: November 6 - January 8
 (No Class November 27, December 25, January 1)
Session III: January 15 - February 26
Time: 5:30 - 6:30 pm
Grade: 1st - 6th Grade
Fee: \$110/NR \$115
Min/Max: 10/20



LET'S CODE IT!

Your child will have a blast designing video games and animations in this exciting STEM program. Our innovative approach to coding is sure to spark your child's interest in computer science, using a kid-friendly, intuitive, block-based programming system called Scratch, developed by the MIT Media Lab. The fun-filled curriculum hones important skills related to problem-solving, attention to detail, creativity, storytelling, and critical thinking. Class topics include conditional statements, cloning, variables, loops, control structures, object-oriented design concepts, and data structures. Note: Students must bring their own devices to class (tablet, laptop, Chromebook).

Instructor: Afterschool Enrichment Solutions
Location: Founders Community Center
Day: Thursday
Date: September 18 - October 23
Time: 4:30 - 5:30 pm
Age: 2nd - 8th grade
Fee: \$175/NR \$180
Min/Max: 8/16

CRITTER CLASS: REPTILES, AMPHIBIANS, BUGS AND 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: September 18
Date: December 18
Time: 6:00 - 7:00 pm
Age: 5 - 12 years
Fee: \$40/NR \$45 / per class
Min/Max: 10/15



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



BEADS & BEATS BASH!

It's Friday night—time for a kids night out! Grab your friends and join us for a fun-filled evening of creativity and music! You'll get to design your own bracelet and necklace with colorful beads, enjoy some great tunes, and dance the night away at our mini dance party. A light snack will be served—don't miss this chance to sparkle, socialize, and have a blast! Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Friday
Date: September 19
Time: 6:30 - 9:00 pm
Age: 3 - 9 years
Fee: \$34/NR \$39
Min/Max: 6/15

ACTING WORKSHOP

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
Location: Founders Community Center
Day: Monday
Date: September 22
Time: 5:00 - 6:00 pm
Age: 6 - 14 years
Fee: \$41/NR \$46
Min/Max: 6/20

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: September 24 - October 29
Time: 4:30 - 5:30 pm
Grade: K - 8th Grade
Fee: \$170/NR \$175
Min/Max: 8/16





WICKEDLY AWESOME PARTY

Get ready for a spellbinding adventure in the magical land of Oz! Join Elphaba and Glinda for a Wicked party filled with fun, friendship, and a little bit of glittery mischief. Play Defy Gravity Relay Races, Toss the Spell, and some Wicked Bingo! Create your own mini sparkling potion bottle necklace. Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Gina Barrett
Location: Founders Community Center
Day: Monday
Date: September 22
Time: 6:00 - 7:30 pm
Age: 5 - 12 years
Fee: \$35/NR \$40
Min/Max: 8/12

LITTLE DOCTOR SCHOOL

Through role-play & activities, students will learn the key responsibilities of a doctor and explore the heart, lungs and digestion. Students will use real medical instruments (stethoscope, reflex hammer and blood pressure cuff), practice scrubbing, suturing and tying knots like a real surgeon.

Instructor: Little Medical School
Location: Founders Community Center
Day: Thursday
Date: September 25 - October 30
Time: 5:45 - 6:45 pm
Age: 6 - 10 years
Fee: \$185/NR \$190
Min/Max: 8/16



LILO & STITCH

Aloha, kids! Get ready for an out-of-this-world adventure with Lilo & Stitch! Kids will enjoy a fun-filled day making a craft, playing exciting games, and sharing a tasty snack with new friends. It's the perfect mix of creativity, play, and island-style fun. Come dressed in your best Hawaiian gear if you'd like—ohana means family, and everyone's invited! Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Thursday
Date: September 25
Time: 6:30 - 8:30 pm
Age: 3 - 9 years
Fee: \$32/NR \$37
Min/Max: 6/15



SELF-ESTEEM THROUGH MAGIC TRICKS

Unleash your child's inner magician this fall! Children will build self-esteem and leadership skills as they are mesmerized by the art of magic tricks! Vanishing items, coin tricks, illusions, and more will have kids in awe during this magical hour. Kids go home with their very own magic kit to carry on the skills learned in their environment. That's called leadership and entrepreneurship. Fall is the perfect time to foster a growth mindset and practice the "power of yet" through the enchanting world of magic. This is a drop-off program.

Instructor: Lisa Lombardi Coaching
Location: Founders Community Center
Day/Date: Monday/September 29
Day/Date: Monday/November 10
Time: 5:00 - 6:00 pm
Age: 5 - 12 years
Fee: \$30/NR \$35/class
Min/Max: 10/15

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
Location: Founders Community Center
Day: Wednesday
Date: October 1 - November 5
Time: 4:30 - 5:30 pm
Age: K - 6th grade
Fee: \$175/NR \$180
Min/Max: 8/16



COMIC BOOK PROGRAM

At the Do Art Productions Comic Book Program, we will explore many different angles and tools of not only comics but also self-expression. Each week, 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: Thursday
Date: October 2 - 16
Time: 5:00 - 6:00 pm
Age: 6 - 14 years
Fee: \$118/NR \$123
Min/Max: 6/20

SPOOKY COOKIE CREATIONS

Join us for a spooktacular evening of Halloween cookie fun with friends! Using delicious sugar cookie dough and a variety of festive Halloween cookie cutters, kids will roll, cut, and decorate their very own sweet creations. While the cookies bake, we'll enjoy a Halloween story—and of course, everyone will get to taste their treats and take some home to share! Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Sharon Koczor
Location: Founders Community Center
Day/Date: Friday/October 3
Day/Date: Thursday/October 16
Time: 6:30 - 8:45 pm
Age: 3 - 9 years
Fee: \$34/NR \$39/per date
Min/Max: 6/15

BEAD ART PROGRAM

At the Do Art Bead Art program, each week we will dive into creativity and crafts, creating new pals and jewelry out of beads. Each week will be a new design and creation, from necklaces to Pikachu's!

Instructor: Do Art Productions
Location: Founders Community Center
Day: Monday
Date: October 6 - 20
Time: 5:00 - 7:00 pm
Age: 6 - 14 years
Fee: \$110/NR \$115
Min/Max: 6/20

GLOW IN THE DARK HOLIDAY PAINTING

Use brushes, sponges, and even your own handprints and fluorescent paint to create a colorful holiday scene on canvas. All materials will be supplied. Please dress for a mess!

Instructor: Kim Bennett
Location: Founders Community Center
Day: Wednesday
Date/Theme: October 8/Halloween - Spiders, Witches & Ghosts
Date/Theme: November 19/Christmas/Winter - Trees, Wreaths & Snowflakes
Date/Theme: January 28/Valentine's Day - Hearts, Hearts & More Hearts
Time: 6:00 - 7:00 pm
Age: 5 - 13 years
Fee: \$26/NR \$31
Min/Max: 6/12

WITCHES BREW

Calling all ghosts, goblins, and skeletons for some spooktacular fun! Come dressed in your Halloween costume for some Halloween fun. Plenty of spooky games will be played. Look out for the bugs in the witch's brew as you sit down for some creepy-crawling snacks. Watch out behind you so no one scares you, as you listen to a Halloween story. Each child will go home with a goody bag. Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Friday
Date: October 10 OR 24
Time: 6:30 - 9:00 pm
Age: 3 - 9 years
Fee: \$34/NR \$39/per date
Min/Max: 6/15



STEAM

This exciting program from Afterschool Enrichment Solutions brings together elements of science 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 is needed.

Instructor: Afterschool Enrichment Solutions
Location: Founders Community Center
Day: Tuesday
Date: October 14 - November 18
Time: 4:30 - 5:30 pm
Age: K - 5th grade
Fee: \$175/NR \$180
Min/Max: 8/16



INTERMEDIATE ENGINEERS

Children will learn about mechanical movement and energy. Potential and kinetic energy, gears, pulleys, and motors are topics for this class. We use engineering and physics concepts as they work in teams under guided instruction to build a different model for each class! Modifications are made to their builds to create something different each time!

Instructor: Snapology
Location: Founders Community Center
Day: Tuesday
Date: October 14 - November 4
Time: 5:30 - 6:30 pm
Age: 5 - 12 years
Fee: \$97/NR \$102
Min/Max: 6/20



BEGINNING POTTERY FOR KIDS

Learn several basic pottery techniques to create your own works of art. We'll have project ideas for you, & 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. We will be providing themed equipment. 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/Theme: October 15 & 22/Halloween
Date/Theme: December 10 & 17/Christmas & Winter
Time: 6:00 - 7:00 pm
Age: 6 - 12 years
Fee: \$34/NR \$39
Min/Max: 4/12



WITCHY NIGHT OUT AMERICAN GIRL

Calling all witches and their magical American Girl Dolls! It's Witches Night Out all over downtown Frankfort, and that includes the Park District. Come dressed for an enchanting party filled with spellbinding fun, perfect for both girls and their dolls! We will help your American Girl Doll look her witchy best by making her a witch hat! We will also stir up some magical "potion" in a fun (and safe) activity, then learn how to cast a spell with your doll! Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Gina Barrett
Location: Founders Community Center
Day: Thursday
Date: October 16
Time: 6:00 - 7:30 pm
Age: 4 - 10 years
Fee: \$35/NR \$40
Min/Max: 8/12

SAFE AT HOME

This class is for the child who stays by himself/herself occasionally, cares for siblings, babysits, or is just ready to accept responsibility. Topics covered include safety in the home, use of keys, what to do in case of an emergency, strangers, and house rules.

Instructor: Donna Giove
Location: Founders Community Center
Day: Monday
Date: October 20
Time: 4:30 - 6:00 pm
Age: 6 - 10 years
Fee: \$45/NR \$50
Min/Max: 6/12



FIRST AID FOR KIDS

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

Instructor: Donna Giove
Location: Founders Community Center
Day: Monday
Date: October 20
Time: 6:30 - 8:00 pm
Age: 6 - 10 years
Fee: \$45/NR \$50
Min/Max: 6/12



BOO BASH

Put on your Halloween costume and enjoy a "Spooktacular" afternoon with witches, goblins, and ghosts! There will be fun activities, a craft, and creepy crawler snacks. Don't miss out on the ghoulish fun-filled party. Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Thursday
Date: October 23
Time: 11:45 am - 1:45 pm
Age: 3 - 5 years
Fee: \$32/NR \$37
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: Tuesday
Date: October 28
Time: 4:30 - 6:00 pm
Age: 7 - 11 years
Fee: \$44/NR \$49
Min/Max: 8/12



COCO INSPIRED DIA DE LOS MUERTOS PARTY

"Remember me..." Step into the colorful world of Coco and celebrate Día de los Muertos. This heartwarming celebration honors loved ones who have passed, just like in the movie. But instead of mourning, we'll celebrate their lives with lively music, face painting, and fun crafts inspired by the vibrant traditions of the holiday. Kids are encouraged to bring a photo of a loved one to place on our beautifully decorated ofrenda (altar)—just like Miguel does in Coco—to help keep their memory alive. To end the celebration, participants will enjoy a tasty treat while watching the movie Coco. Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Gina Barrett
Location: Founders Community Center
Day: Thursday
Date: October 30
Time: 6:00 - 8:15 pm
Age: 5 - 12 years
Fee: \$44/NR \$49
Min/Max: 8/12



ROBOTHINK INTRO TO VIDEO GAME DESIGN CODING CLASS

Unleash your inner game designer and bring your ideas to life at the Intro to Video Game Design coding class! With RoboThink's exceptional software, students embark on a creative journey, building and personalizing their own simple games. Whether you're a coding novice or have some experience, this class welcomes all skill levels. Basic computer skills are required (using a mouse, saving files, etc.), so come prepared with curiosity and let your imagination soar as you dive into the thrilling world of video game design!

Instructor: RoboThink
Location: Founders Community Center
Day: Tuesday
Date: November 4 - December 16
 (No Class November 25)
Time: 4:30 - 6:00 pm
Age: 8 - 14 years
Fee: \$177/NR \$182
Min/Max: 8/15

FINDING NEMO PARTY

Join us for a splash-tacular time with Nemo, Dory, and all their ocean pals! We'll be watching the classic movie Finding Nemo, munching on tasty Goldfish Crackers, and creating our own underwater masterpieces. Get ready for a fin-tastic day filled with ocean-themed fun! Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Wednesday
Date: November 5
Time: 12:15 - 2:15 pm
Age: 3 - 5 years
Fee: \$32/NR \$37
Min/Max: 4/10

FAMILY CHESS CLUB: GUARDIAN/CHILD CLASS

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
Location: Founders Community Center
Day: Wednesday
Date: November 5 - December 17
 (No class November 26)
Time: 6:00 - 7:00 pm
Age: K - 8th grade with adult
Fee: \$185/NR \$190 (adult/child pair)
Min/Max: 8/16

SHRINK-ART (MAGNET/ORNAMENT)

Draw your own designs on a special plastic sheet, cut them out and we'll "cook" them to create your own cool holiday gifts; ornaments, magnets, keychains, pendants/charms for jewelry, etc. All materials are provided.

Instructor: Kim Bennett
Location: Founders Community Center
Day: Wednesday
Date: November 5
Time: 6:00 - 8:00 pm
Age: 6 - 12 years
Fee: \$35/NR \$40
Min/Max: 5/10



THANKS TO GRANDPARENTS

This holiday season, let's celebrate the special bond we share with our grandparents! Join us for an evening dedicated to showing your grandparents just how much they mean to you. Together, you'll create a one-of-a-kind craft that will be cherished for years to come. Enjoy a story and share a light snack as you make memories that will last a lifetime. Please note any food allergies at the time of registration.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Thursday
Date: November 6
Time: 7:00 - 8:15 pm
Age: 3 - 9 years (with grandparent)
Fee: \$32/NR \$37
Min/Max: 4/15



VARIETY ART PROGRAM

At our variety art program, each week we will dive into a different art form. With our instructors very skilled in all art forms, we not only show how to cross over creativity, but also how each art form can benefit the other. At all of our workshops, there is already live music, but each week we will focus on either drawing, poetry, painting, acting, or comic booking! As with all our workshops, this workshop is full of engagement and comedic entertainment, as well as aimed at raising confidence in the participants through positive interaction.

Instructor: Do Art Productions
Location: Founders Community Center
Day: Friday
Date: November 7 - 21
Time: 5:00 - 7:00 pm
Age: 6 - 14 years
Fee: \$150/NR \$155
Min/Max: 6/20

BLUEY PARTY

G'day, mates! Bluey and Bingo are throwing a party—and you're invited! Come dressed in your favorite Bluey gear or a blue shirt, and don't forget to bring something special for show and tell. Get ready for exciting games, a fun craft to take home, and a light snack as we chat about table manners in a playful way. It's going to be a tail-wagging good time—don't miss out on the fun with Bluey and friends! Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Thursday
Date: November 13
Time: 11:45 - 1:45 pm
Age: 3 - 5 years
Fee: \$32/NR \$37
Min/Max: 6/15



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

GNO NAIL PARTY & SWEET TREATS!

Grab your friends and get ready for a fabulous Girls' Night Out full of fun, laughter, and a little pampering! What's one thing every girl loves? A fresh set of polished nails, of course! (Please arrive with bare nails - no polish.) Enjoy a night of music, dancing, and good vibes with your besties! Each guest will also create their own delicious Strawberry Shortcake snack, the perfect sweet treat to top off the fun. Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Friday
Date: November 14
Time: 6:30 - 8:45 pm
Age: 3 - 5 years
Fee: \$34/NR \$39
Min/Max: 4/10

MINECRAFT

Travel to the Nether with Snapology, but watch out for those creepers! Come join us as we bring Minecraft to life using Lego bricks. Create your own world, including animals, creepers and your very own Minecraft character. Develop presentations involving relevant facts and descriptive details to engage in topic centered group conversation.

Instructor: Snapology
Location: Founders Community Center
Day: Monday
Date: November 17 - December 8
Time: 5:30 - 6:30 pm
Age: 5 - 12 years
Fee: \$97/NR \$102
Min/Max: 6/20

SWEET TREATS WORKSHOP

Join us for a delightful evening of baking, where young chefs will roll up their sleeves and whip up a delicious dessert that's sure to satisfy any sweet tooth! Each budding baker will take turns measuring, mixing, and creating in a fun, hands-on experience that makes learning feel like play. The highlight of the night? Tasting their homemade creation! Every participant will also take home a copy of the recipe, so they can recreate the magic in their own kitchen with family and friends. Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Friday
Date: November 21
Time: 6:30 - 8:45 pm
Age: 3 - 9 years
Fee: \$34/NR \$39
Min/Max: 6/15

AMERICAN GIRL WINTER WONDERLAND

Come and explore the joys of winter with your favorite gal pal. Enjoy a Winter Festival with lots of different activities to choose from. Reindeer, elves, and Santa's sleigh will all be there for photo ops. Snow is in the forecast. Therefore, a snowball fight is a must. Don't worry, hot chocolate will warm you back up. Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Gina Barrett
Location: Founders Community Center
Day: Monday
Date: December 8
Time: 6:00 - 7:30 pm
Age: 4 - 10 years
Fee: \$35/NR \$40
Min/Max: 8/18

**FROSTY FEST**

Get ready for a frosty, fun-filled celebration that's sure to delight! Kids will build their very own ice cream snowman, complete with all the delicious toppings to decorate—and devour—their chilly creation. The frosty fun continues with a winter-themed craft and a cozy screening of the classic holiday favorite, "Frosty the Snowman." It's a sweet, snowy celebration perfect for little ones who love ice cream, crafts, and winter magic! Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Thursday
Date: December 4
Time: 11:45 - 1:45 pm
Age: 3 - 5 years
Fee: \$32/NR \$37
Min/Max: 4/15

**GRAPHIC NOVEL PROGRAM**

At the Do Art graphic novel workshop, we will be exploring the adventurous worlds of stories and drawing and how we can mix them together! We will develop our own original characters, our own plot styles, as well as practice different tools and techniques of comics from paneling, to story telling, to onomatopoeia. Everyone will also receive a Signed Do Art comic about making comics! Join us for this unforgettable creative experience with juggling, live music and comedy.

Instructor: Do Art Productions
Location: Founders Community Center
Day: Friday
Date: December 5 - 19
Time: 5:00 - 7:00 pm
Age: 6 - 14 years
Fee: \$150/NR \$155
Min/Max: 6/20

COOKIES FOR SANTA

Santa's on his way - and he can't wait to try cookies made by YOU! Join us for a fun evening where little bakers will decorate their very own cookies, just in time for Christmas Eve. Enjoy tasting your sweet creations with a glass of milk, then snuggle up in your coziest pajamas for a festive storytime and a holiday movie to end the evening. It's the perfect way to get ready for Santa's big night—full of sweetness, smiles, and seasonal fun! Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Sharon Koczor
Location: Founders Community Center
Day/Date: Friday/December 5
Day/Date: Thursday/December 11
Time: 6:30 - 9:00 pm
Age: 3 - 9 years
Fee: \$34/NR \$39/per date
Min/Max: 6/15

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
Location: Founders Community Center
Day: Thursday
Date: December 11
Time: 6:00 - 8:00 pm
Age: 5 - 12 years
Fee: \$44/NR \$49
Min/Max: 8/12



CANDY CANE LANE

Step into the magic of Candy Cane Lane - a cozy evening of crafts, music, and holiday cheer! Kids will enjoy a night out creating their very own candy cane ornament to hang proudly on the tree. Whether you're spending time with old friends or making new ones, it's the perfect way to get into the holiday spirit! We'll enjoy cheerful holiday tunes, a light seasonal snack, and plenty of festive fun—while parents get a little extra time for holiday shopping! Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Friday
Date: December 12
Time: 6:30 - 8:30 pm
Age: 3 - 9 years
Fee: \$32/NR \$37
Min/Max: 6/15

SANTA'S LITTLE HELPER

Here's your chance to step into the shoes of a cheerful little elf! While parents finish up their holiday shopping, kids will become Santa's Little Helpers, creating a handmade gift for someone special. Each child will craft a heartfelt present and wrap it up with care, ready to place under the tree. Imagine the joy of giving a surprise made entirely by YOU on Christmas morning! We'll enjoy a light snack and drink, followed by a cozy Christmas movie to end the evening with holiday cheer. Please note any food allergies at the time of registration. This is a drop-off program.

Instructor: Sharon Koczor
Location: Founders Community Center
Day: Friday
Session I: December 19
Time: 6:30 - 9:00 pm
Age: 3 - 9 years
Fee: \$34/NR \$39
Min/Max: 6/15



STUFFY SLEEPOVER

Kids, come dressed in your jammies and bring your favorite stuffy friend for a night of fun and imagination at the Founders Center! Kids will enjoy a fun-filled evening of games and a craft with their stuffed animal, before their parents pick them up. Then, if your child's up for it, leave their stuffed animal for a magical overnight adventure - who knows what mischief they might get into! Then, please pick up your cuddly companion the next day, along with photos of their fun-filled escapades! This is a drop-off program.

Instructor: Gina Barrett
Location: Founders Community Center
Day: Friday
Date: December 5
Time: 6:30 - 8:00 pm
Age: 4 - 10 years
Fee: \$35/NR \$40
Min/Max: 8/12

CHESS SCHOLARS WINTER BREAK CAMP

Develop your child's intellect through the royal game of chess! This half-day camp is perfect for beginners as well as experienced players. Each day 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. This camp session will conclude with a non-elimination tournament.

Instructor: Chess Scholars
Location: Founders Community Center
Day: Monday - Tuesday
Date: December 22 - 23
Time: 9:00 am - 12:00 pm
Grade: K - 8th Grade
Fee: \$110/NR \$115
Min/Max: 6/12

IGNITE CHEERLEADING - WINTER SESSION

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: January 21 - April 29
 (No Class April 1)
Age/Time: 4 - 6 years/6:00 - 6:55 pm
Age/Time: 7 - 9.5 years/7:00 - 7:55 pm
Age/Time: 9.5 - 13 years/8:00 - 8:55 pm
Fee: \$205/NR \$210
Min/Max: 10/25

FOR ONLINE REGISTRATION
 please visit
www.frankfortparks.org



Frankfort On Pointe



FRANKFORT ON-POINTE

The On-Pointe Dance program is a progressive program open to children ages 3 years and older. Students will be divided according to experience level in the following classes.

Little Stars: This is a gentle introductory class that includes learning to move to music and developing motor and listening skills in a fun, creative environment.

Pre-Ballet: This beginner class introduces basic ballet techniques through fun movement while focusing on coordination skills and self-expression.

Dance Combo: A combination of ballet, tap, and jazz. This combination class will build on foundational skills of ballet, the styles of tap, and the upbeat fast-paced movement of jazz to help with coordination, flexibility, and musicality. Fun dance routines and up-to-date music make kids excited to come back week to week.

Ballet/Jazz: More advanced stretching and strengthening exercises are given, and barre work is introduced with a greater emphasis on vocabulary and French terminology along with helping students develop rhythm, coordination and musicality. Jazz is fast-paced movement to popular music.

Ballet II and III: This is more advanced stretching and strengthening exercises, barre work is continued with a greater emphasis on vocabulary, musicality, balance, and coordination, as well as French terminology.

Tap II and III: This dance emphasizes the flow of movement by teaching the dancer to find rhythms and beats not only in music but in their own bodies.

Jazz II and III: Emphasis is on the importance of energy, rhythmical accuracy, and style. Each level of jazz is a continuation of the previous level and increases in difficulty.

Lyrical III: In this class, we will combine techniques learned in ballet and jazz to create movements performed to music with lyrics. This is a great way to inspire movement & expression of emotions based on the dancer's interpretation of the music.

Dance Troupe: To enroll in this class, you must also be in Jazz II or III and Ballet II, or III. We have three different age levels for competition. Petite, Junior, and Senior groups. Age decides what group you are in. Troupe does local dance competitions during the year (a final number has not been decided on). This class also has a strict attendance policy, and you must attend all classes. If you miss 2 or more classes, you will be dropped from the Dance Troupe. **Attendance is a MUST.**

Please request an information sheet regarding dance attire and shoe purchase at time of registration.

Instructor: Ms. Kristen Bruns, Ms. Jill Rector & Ms. Faith Koleczek
 Location: Founders Community Center Dance Studio
 Fee: 30-minute class - \$110/NR \$115
 45-minute class - \$140/NR \$145
 60-minute class - \$150/NR \$155
 Session I: Monday/September 15 - November 17
 Tuesday/ September 16 - November 18
 Wednesday/September 10 - November 19**
 (No Class November 12)
 Thursday/September 18 - November 20

***Note:** The Fall session is scheduled for 10 weeks.

Session II - Dates TBA. Registration for Session II will begin December 1 (Residents) & December 8 (Non-residents)*

*Students enrolled in Session I will have priority registration for Session II.

Day	Class	Age	Time	Cost	Min/Max
M	Little Stars	3-4 years	10:00-10:30 am	\$110/\$115	5/12
M	Pre-Ballet	4-5 years	10:40-11:10 am	\$110/\$115	5/12
M	Dance Combo	5-6 years	4:00-4:45 pm	\$140/\$145	5/12
M	Ballet II	9-11 years	5:00-6:00 pm	\$150/\$155	5/12
M	Jazz II	9-11 years	6:00-6:45 pm	\$140/\$145	5/12
M	Tap II	9-11 years	6:45-7:15 pm	\$140/\$145	5/12
T	Little Stars	3-4 years	4:00-4:30 pm	\$110/\$115	5/12
T	Pre-Ballet	4-5 years	4:30-5:00 pm	\$110/\$115	5/12
T	Dance Troupe***	Invite	5:00-6:30 pm	\$150/\$155	
W	Pre-Ballet	4-5 years	4:00-4:30 pm	\$110/\$115	5/12
W	Dance Combo	5-6 years	4:30-5:15 pm	\$140/\$145	5/12
W	Ballet/Jazz I	7-8 years	5:15-6:15 pm	\$150/\$155	5/12
TH	Ballet III	12 years & up	4:30-5:30 pm	\$150/\$155	5/12
TH	Lyrical III	12 years & up	5:30-6:30 pm	\$150/\$155	5/12
TH	Jazz III	12 years & up	6:30-7:30 pm	\$150/\$155	5/12

*** To enroll in this class, you must also be in Jazz II or III and Ballet II, or III.





ROBOTHINK AMUSEMENT PARK TYCOON ROBOTICS CLASS

Unleash your inner rollercoaster engineer as you construct thrilling amusement park rides, from gravity-defying coasters to dizzying Ferris wheels, in this exhilarating class that sparks a passion for rollercoaster engineering.

Instructor: *RoboThink*
Location: Founders Community Center
Day: Tuesday
Date: September 16 - October 21
Time: 4:30 - 6:00 pm
Age: 6 - 14 years
Fee: \$165/NR \$170
Min/Max: 8/15

BABYSITTER TRAINING

This is a two-day class that focuses on providing youth who are planning to babysit with the knowledge & skills necessary to safely & responsibly provide care for children & infants in the absence of parents. This training will help participants develop leadership skills, learn how to develop a babysitting business, keep themselves & others safe, help children behave & learn about basic childcare and basic first aid. Certification for this class includes the participant's workbook and emergency guide 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 each day. Please provide your child with a peanut-free snack.

Instructor: *Donna Giove*
Location: Founders Community Center
Day: Monday & Wednesday
Session I: September 22 & 24
Session II: November 3 & 5
Time: 4:30 - 8:00 pm
Age: 11 - 15 years
Fee: \$85/NR \$90
Min/Max: 4/6

GLOW IN THE DARK HOLIDAY PAINTING

Use brushes, sponges, and even your own handprints with fluorescent paint to create a colorful holiday scene on canvas. All materials will be supplied. Please dress for a mess!

Instructor: *Kim Bennett*
Location: Founders Community Center
Day: Wednesday
Date/Theme: October 8/Halloween - Spiders, Witches & Ghosts
Date/Theme: November 19/Christmas/Winter - Trees, Wreaths & Snowflakes
Date/Theme: January 28/Valentine's Day - Hearts, Hearts & More Hearts
Time: 6:00 - 7:00 pm
Age: 5 - 13 years
Fee: \$26/NR \$31
Min/Max: 6/12



INTERMEDIATE ENGINEERS

Children will learn about mechanical movement and energy. Potential and kinetic energy, gears, pulleys, and motors are all topics in this class. We use engineering and physics concepts as they work in teams under guided instruction to

build a different model each class! Modifications are made to their builds to create something different each week.

Instructor: *Snapology*
Location: Founders Community Center
Day: Tuesday
Date: October 14 - November 4
Time: 5:30 - 6:30 pm
Age: 7 - 14 years
Fee: \$97/NR \$102
Min/Max: 8/15



ROBOTHINK INTRO TO VIDEO GAME DESIGN CODING CLASS

Unleash your inner game designer and bring your ideas to life at the Intro to Video Game Design coding class!

With RoboThink's exceptional software, students embark on a creative journey, building and personalizing their own simple games. Whether you're a coding novice or have some experience, this class welcomes all skill levels. Basic computer skills are required (using a mouse, saving files, etc.), so come prepared with curiosity and let your imagination soar as you dive into the thrilling world of video game design!

Instructor: *RoboThink*
Location: Founders Community Center
Day: Tuesday
Date: November 4 - December 16
 (No Class November 25)
Time: 4:30 - 6:00 pm
Age: 8 - 14 years
Fee: \$177/NR \$182
Min/Max: 8/15



TEEN JEWELRY WORKSHOP

Join us for a fun and creative jewelry-making class! Teens aged 11-13 years will learn basic techniques, design their own pieces, and leave with beautiful handmade jewelry. A

perfect way to express creativity and make new friends.

Instructor: *Katherine White*
Location: Founders Community Center
Day: Thursday
Date: November 13
Time: 4:00 - 5:00 pm
Age: 11 - 13 years
Fee: \$25/NR \$30
Min/Max: 5/20

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 head to college.

Instructor: *Lindsey Daehnke, Strictly Self-Defense*
Location: Founders Community Center
Day: Tuesday
Date: December 2
Time: 4:30 - 6:30 pm
Age: 12 - 17 years
Fee: \$49/NR \$54
Min/Max: 8/12



UNITED GYMNASTICS ACADEMY

722 Center Road, Frankfort
815-469-8282



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. All fall sessions are for 7 weeks.

Session I:	September 8 - October 25
Session II:	November 3 - December 20 (No Class Thanksgiving Day)
Session III:	January 5 - February 21

GYM CUBS

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

Location:	United Gymnastic Academy
Day/Time:	Tuesday/5:00 - 5:50 pm
Day/Time:	Wednesday/10:00 - 10:50 am
Day/Time:	Thursday /10:00 - 10:50 am
Age:	2 - 3 years with parent
Fee:	\$183/NR \$188
Min/Max:	2/8

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 develop self-confidence through learning fundamental gymnastics skills.

Location:	United Gymnastic Academy
Day/Time:	Tuesday/4:00 - 4:50 pm
Day/Time:	Friday/11:00 - 11:50 am
Age:	3 years
Fee:	\$183/NR \$188
Min/Max:	2/8

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.

Location:	United Gymnastic Academy
Day/Time:	Tuesday/10:00 - 10:50 am
Day/Time:	Thursday/5:00 - 5:50 pm
Day/Time:	Friday/4:00 - 4:50 pm
Age:	4 - 5 years
Fee:	\$183/NR \$188
Min/Max:	2/8

Gymnastics

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 exercises. 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.

Location:	United Gymnastic Academy
Day/Time:	Wednesday/4:00 - 4:55 pm
Day/Time:	Wednesday/7:00 - 7:55 pm
Day/Time:	Friday/6:00 - 6:55 pm
Age:	6 - 17 years
Fee:	\$194/NR \$199
Min/Max:	2/8

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.

Location:	United Gymnastic Academy
Day/Time:	Tuesday/5:00 - 5:55 pm
Day/Time:	Thursday/7:00 - 7:55 pm
Day/Time:	Saturday/12:00 - 12:55 pm
Age:	6 - 14 years
Fee:	\$194/NR \$199
Min/Max:	2/8

BOYS GYMNASTICS

This class is designed to cover apparatuses that are not used for girls' programs. Boys will enjoy these exciting gymnastics experiences along with building coordination and confidence.

Location:	United Gymnastic Academy
Day/Time:	Thursday/4:00 - 4:55 pm
Age:	6 - 11 years
Fee:	\$194/NR \$199
Min/Max:	2/8



Youth Athletic Programs



25

Youth Athletic Programs

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 Center Gym
Day: Monday
Date: September 8 - October 20
(No Class October 13)
Time: 4:15 - 5:00pm
Age: 4 - 6 years
Fee: \$65/NR \$70
Min/Max: 6/16

PEE WEE SPORTS

This class will introduce your child to the wonderful world of sports. A different sport will be played each week, including floor hockey, soccer, T-ball, football, and basketball. This class is designed to create an interest in a variety of sports while developing listening and motor skills. These skills will be taught in a fun, non-competitive learning environment. Scaled-down equipment will be used to better fit the size of the children.

Instructor: Bill Brannigan
Location: Founders Center Gym
Day: Monday
Date: September 8 - October 20
(No Class October 13)
Time: 5:15 - 6:00 pm
Age: 4 - 6 years
Fee: \$65/NR \$70
Min/Max: 6/16

YOUTH TENNIS LESSONS

Participants will learn the basics of tennis, from perfecting their grips to crushing groundstrokes and aching volleys. Whether you're new to the game or looking to improve your skills, this camp is all about having a blast while learning the sport! 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: Tuesday & Thursday
Sessions I: September 9 - 18
Session II: September 23 - October 2
Time: 5:00 - 6:00 pm
Age: 8 - 12 years
Fee: \$56/NR \$61
Min/Max: 4/8

BEGINNING GOLF

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

Registration deadline: Monday, September 1

Instructor: Skyhawks Staff
Location: Founders Center Gym
Day: Tuesdays
Session I: September 9 - 30
Age/Time: 5 - 8 years/5:00 - 5:50 pm
Age/Time: 9 - 12 years/6:00 - 7:00 pm
Fee: \$101/NR \$106
Min/Max: 6/12



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 I: September 11 - October 16
Session II: November 6 - December 18
(No Class November 27)
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
Min/Max: 6/10 (2-3 years with parent)
6/12 (3.5-5 years, 6-9 years)

DON'T DELAY...REGISTER TODAY!

If you wait until the last minute to register, the program you want may not be there. At some point, we have to determine if enrollment is sufficient to hold the class.

If you wait too long, the class may get cancelled due to low enrollment.

YOUTH TENNIS LESSONS- SATURDAYS

Participants will learn the basics of tennis, including grips, groundstrokes, volleys, and serves. Students will also be taught the different areas of the court, the rules of the game, and scoring. Participants must bring their own tennis racquet and water bottle to each class.

Instructor: Chiara Ruettiger
Location: Main Park Tennis Courts
Day: Saturday
Date: September 13 - October 11
 (No Class September 27)
Age/Time: 5 - 7 years/9:00 - 10:00 am
 8 - 12 years/10:00 - 11:00 am
Fee: \$62/NR \$67
Min/Max: 4/8

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" lightweight volleyball along with lowered nets.

Instructor: Ultimate Volleyball
Location: Chelsea Intermediate School (Door #2)
Day: Tuesday
Date: September 16 - October 21
Time: 6:00 - 6:45 pm
Grade: 1st - 2nd Grade
Fee: \$71/NR \$76
Min/Max: 6/20

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 16 - October 21
Grade/Time: 3rd - 5th Grade/6:45 - 7:30 pm
Grade/Time: 6th - 8th Grade/7:30 - 8:15 pm
Fee: \$71/NR \$76
Min/Max: 6/20

TRACK & FIELD

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. Participants also learn positive life skills such as teamwork and sportsmanship.

Registration deadline: Monday, September 8

Instructor: Skyhawks Staff
Location: Commissioners Park
Day: Tuesday
Date: September 16 - October 7
Age/Time: 5 - 8 years/5:00 - 5:50 pm
 9 - 12 years/6:00 - 7:00 pm
Fee: \$101/NR \$106
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, physical fitness and gain confidence. There is a \$25 fee for testing, which includes a belt and certificate.

Instructor: Master David DeLaPena, 6th Degree Black Belt
Location: Founders Community Center
Day: Saturday
Session I: September 20 - October 25
Session II: November 8 - December 20
 (No Class November 29)
Session III: January 10 - February 14
Time: 9:00 - 9:30 am
Age: 4 - 7 years
Fee: \$61/NR \$66
Discounts: ½ off additional family members
Min/Max: 6/12

KARATE

Students learn basic and advanced traditional karate skills - katas, sparing, 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 DeLaPena, 6th Degree Black Belt
Location: Founders Community Center
Day: Saturday
Session I: September 20 - October 25
Session II: November 8 - December 20
 (No Class November 29)
Session III: January 10 - February 14
Time: 10:00 - 11:00am
Age: 8 years & older
Fee: \$81/NR \$86
Discounts: ½ off additional family members
Min/Max: 6/12

**KICKBALL**

Who doesn't love a good game of kickball? Learn how to play the game, warm up together before each session, work on teamwork/developing social skills, and have fun. We'll have a little something different every week with cool new game modes like "Zombie Kickball," "California Kickball" or "A Home Run Derby!"

Registration deadline: September 8

Instructor: The Recreation Academy
Location: Chelsea Intermediate School (Door #2)
Day: Wednesday
Date: September 17 - October 22
Time: 5:00 - 6:00 pm
Age: 5 - 12 years
Fee: \$117/\$122
Min/Max: 7/20



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



FOAM TIPPED ARCHERY

Calling all new and experienced Archers!! This fantastic after-school club was designed to combine the discipline, focus, and skill needed for archery with the excitement of being able to safely play games like Charades, Castle Defense, Team Competitions, and RC Car Targets. With a high-energy warm-up game and different activities each session, this club is sure to impress.

Registration deadline: September 8

Instructor: *The Recreation Academy*
Location: Chelsea Intermediate School (Door #2)
Day: Wednesday
Date: September 17 - October 22
Time: 6:30 - 7:30 pm
Age: 7 - 12 years
Fee: \$145/NR \$150
Min/Max: 6/16

FOUR STAR LACROSSE

(waiting on confirmation, if they are having classes)

Come and check out why lacrosse is the fastest-growing sport in America!! Join Four Star Lacrosse for a fun and informative camp based on development and fun for athletes of all abilities. Learn from the best coaches in the business and become a part of the premier club in Illinois.

Instructor: *Four Star Lacrosse Staff*
Location: Chelsea Intermediate School (Door #2)
Day: Tuesday
Date: September 16 - October 21
Age/Time: K - 4th grade/5:00 - 6:00 pm
Age/Time: 5th-8th grade/6:00 - 7:00 pm
Fee: \$109/NR \$114
Min/Max: 8/30



FLAG FOOTBALL

Give your child the perfect introduction to America's favorite game with Skyhawks Flag Football Fueled by USA Football. Participants learn fundamentals like passing, receiving, kicking, and flag-pulling in a fun, positive environment.

Registration deadline: Monday, September 22

Instructor: *Skyhawks Staff*
Location: Founders Center Gym
Day: Tuesdays
Date: October 7 - 28
Age/Time: 4 - 6 years/5:00 - 5:50 pm
Age/Time: 7 - 12 years/6:00 - 7:00 pm
Fee: \$101/NR \$106
Min/Max: 6/12



TINY TOT BASKETBALL

Dribbling, passing, shooting, and teamwork will be taught in this introduction to basketball. All 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. Each week, a new skill will be introduced to get ready for the big game on the last day of class.

Instructor: *Dave Esterkamp & Ranch Training Staff*
Location: Grand Prairie School North Entrance (Door #10)
Day: Wednesday
Date: October 15 - November 19
Time: 4:15 - 5:00 pm OR 5:00 - 5:45 pm
Age: 4 - 6 years
Fee: \$76/NR \$81
Min/Max: 6/14

ELITE BASKETBALL TRAINING

This is a high-intensity basketball training program. It is designed for 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.

Instructor: *Dave Esterkamp & Ranch Training Staff*
Location: Grand Prairie School North Entrance (Door #10)
Day: Wednesday
Date: October 15 - November 19
Time: 5:45 - 6:30 pm
Age: 7 - 14 years
Fee: \$76/NR \$81
Min/Max: 8/16

BADMINTON

Badminton is not just a PE unit on the monthly lesson plan; it has also been a recognized Olympic Sport since 1992. Join instructor Steve Evenhouse as he teaches all the basics of the sport. The session will end with a friendly tournament among the group. Come learn, play, and compete. Come join the fun!

Instructor: *Steve Evenhouse*
Location: Grand Prairie North Entrance (Door #10)
Day: Wednesday
Date: October 29 - November 19
Time: 6:00 - 7:00 pm
Age: 6 - 13 years
Fee: \$66/NR \$71
Min/Max: 6/12



PICKLEBALL

Learn Pickle Ball! In this fun program, participants will master the rules, improve their technique, learn fun drills and enjoy friendly competitions. Ideal for beginner to intermediate level players.

Registration Deadline: October 27

Instructor: The Recreation Academy
Location: Founders Center Gym
Day: Tuesday
Date: November 4 - December 16
 (No Class November 25)
Time: 6:00 - 7:30 pm
Age: 7 - 12 years
Fee: \$117/NR \$122
Min/Max: 8/14

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 III: September 5 - October 3*
Session I: November 14 - December 19
 (No Class November 28)
Session II: January 9 - February 13
 (No Class January 30)
Age/Time: 5 - 8 years/4:30 - 5:15 pm
Age/Time: 9 years & older/5:30 - 6:15 pm
Fee: \$81/NR \$86
Min/Max: 8/12

*Registration is going on now. This class was advertised in the Summer brochure.

KID'S NIGHT OUT

A night filled with fun! During this awesome event, our instructors will have different activities every 30-45 minutes. This great program, known in many places as "Parents Night Out," is an opportunity to have your own date night or relaxing evening, while knowing the kids are enjoying themselves. With Gaga Ball in our Giant Inflatable Pit, 9-Square In The Air, Foam Tipped Archery, Dodgeball, and more fun options, it's sure to be a blast! **Registration deadline: Monday, November 3**

Instructor: The Recreation Academy
Location: Founders Community Center
Day: Friday
Date: November 14
Time: 7:00 - 10:00 pm
Age: 8 - 12 years
Fee: \$47/NR \$52
Min/Max: 8/14

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 24
Time: 12:30 - 1:30 pm
Age: 6 - 14 years
Fee: FREE
Min/Max: 6/20



SHOOTING CAMP

Join us for this 2-day camp where players will improve and work on their shooting skills. We will work on shooting off the dribble, coming off screens, and spot-up shooting.

Instructor: Dave Esterkamp & Ranch Training Staff
Location: Founders Center
Day: Monday - Tuesday
Date: December 22 - 23
Time: 9:00 - 11:00 am
Age: 6 - 14 years
Fee: \$81/NR \$86
Min/Max: 6/20

BASKETBALL SKILLS CLINIC

This clinic is for players who want to get ready for the basketball season by doing more intensive drills. We will focus on helping athletes improve their skills and develop their talent by learning basic practice drills and emphasizing the fundamentals. Workouts will be directed more for the individual player to get as much work in as they can.

Instructor: Dave Esterkamp & Ranch Training Staff
Location: Founders Center
Day: Monday - Tuesday
Date: December 29 - 30
Time: 9:00 - 11:00 am
Age: 8 - 14 years
Fee: \$81/NR \$86
Min/Max: 6/20

NERF WARS TOURNAMENT

Game On! Come and join us for an afternoon of fun and dodging Nerf bullets! Participants will have the option to sign up as a team of 4, or as an individual...that will be placed on a team. Each player will be required to bring (and wear) safety glasses/goggles for the duration of the event, and they will also need to bring their own *Nerf guns.

*Please note: All Nerf guns must not exceed a 100-round capacity...to keep it fair, no 1000 Shot NERF Blasters! Players can bring more than one Nerf gun, but only one Nerf gun per game. Please do not bring outside barriers or shields. Additional tournament rules are available at the time of registration.

Registration Deadline: December 30

Location: Founders Community Center
Day: Monday
Date: January 5
Time: 1:00 - 3:00 pm
Age: 8 - 13 years
Fee: \$14/NR \$19 per participant
Min/Max: 6/8 Teams

MLK DAY BASKETBALL DAY CAMP

All the high-intensity drills used in the Elite Basketball Training Program built into a one-day camp. Participants will be taught the keys to achieving their personal goals as well as focusing on the different skills of the game, such as footwork, speed, and agility. Lunch is included in the fee. Please list any food allergies at the time of registration.

Instructor: Dave Esterkamp & Ranch Training Staff
Location: Founders Community Center
Day: Monday
Date: January 19
Time: 9:00 am - 3:00 pm
Age: 6 - 14 years
Fee: \$96/NR \$101
Min/Max: 8/20

INDOOR FLAG FOOTBALL LEAGUE



ROMA SPORTS CLUB

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 8. 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 22 @ 6:30 pm.**

Location: ROMA Sports Club

9115 Roma Ct, Frankfort

Day: Monday Practices & Saturday Games*

Date: October 6 - December 13

(No Practice 11/24 and No Games 10/11 & 11/29)

Times: 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 Grade

Fee: \$154/NR \$159

***Your child will play one game scheduled anytime between 8:00 am - 3:00 pm. Game schedules will be released after the first practice.**



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 scrimmages are also added as they are published. Please be sure to add no-reply@team-sideline.com to your approved senders' list 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 www.teamsideline.com/Frankfort.

There will be a volunteer coaches meeting at Roma Sports Club on September 22 at 6:30 pm.



Sponsored by:



YOUTH BASKETBALL LEAGUE

REGISTRATION DEADLINE: November 6th (based on availability)

Sponsored by:



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 6th (based on availability) - NO refunds will be given after the registration deadline. A \$15 late fee will be charged if registered after November 6th (based on availability).

GRADE	LOCATION	PRACTICE DAY	GAME DAY*	DATES	FEE
1 st - 2 nd Co-Ed	Grand Prairie	Thursday	Saturday	December 4 - March 7	\$150/\$155
3 rd - 4 th Co-Ed	Grand Prairie	Tuesday	Saturday	December 2 - March 7	\$150/\$155
5 th - 6 th Co-Ed	Chelsea Intermediate	Tuesday	Saturday	December 2 - March 14	\$160/\$165
7 th - 8 th Boys	Chelsea Intermediate	Thursday	Saturday	December 4 - March 14	\$160/\$165
7 th - 8 th Girls	Chelsea Intermediate	Thursday	Saturday	December 4 - March 14	\$160/\$165

Games will begin on Saturday, January 17. Game locations will vary and will be noted on the schedule that will be available after the first practice. Please note: No basketball practice will be held over the holiday break. Team rosters, practice, and game schedules, along with rules for the league will be available to the Head Coach and will be distributed at the Coach's Meeting on Monday, November 17 at 6:30 pm at the Founders Community Center.

- Location:** Founders Center, Grand Prairie & Chelsea Intermediate
- Days:** Practices Tuesday or Thursday & Saturday Games
- Dates:** December 2 - March 7 (Games will begin January 17)
Playoffs for 5th-8th grades will take place on Saturday, March 14
- Time:** Practice Times between 5 - 8 pm
(1 hour per week based on facility availability and number of teams)
- Games:** Your child will play one game scheduled between 9 am - 6 pm on Saturdays.
(Based on number of teams)
- Fee:** 1st-4th Grade: \$150/NR \$155
5th-8th Grade: \$160/NR \$165
*A late fee of \$15 will be added if registered after the registration deadline of November 6th

REGISTRATION GUIDELINES

Registration for the Youth Basketball League is now available online as well as in person at the Founders Community Center. For questions, please contact the Frankfort Park District at 815-469-9400.

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 17th at the Founders Community Center at 6:30 pm.



TEAM SIDELINE

The Frankfort Park District is using TeamSideline to manage the Youth Basketball League teams this season. This means each Frankfort Park District Youth Basketball League team has its own TeamSideline Team Site - and each Team Site will include the Coach's information and roster of players. Dates, times, and locations for practices and scrimmages are also added as soon as they are available to be published. Please be sure to add reply@teamsideline.com to your approved senders list on your email to avoid communication issues.

GENERAL INFO

Team rosters, practice schedules, and rules for the league will be available to the Head Coach Only on November 17th and will be distributed at the informational coaches meeting. Rosters and schedules will be released to parents through TeamSideline following the coaches meeting.

Adult Athletic Programs



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Adult Athletic Programs

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 Courts
Day: Tuesday & Thursday
Sessions I: September 9 - 18
Session II: September 23 - October 2
Time: 6:00 - 7:00 pm
Age: 18 years & older
Fee: \$62/NR \$67
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 & 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: September 16
Time: 5:30 - 7:30 pm
Age: 18 years & older
Fee: \$28 per person
Min/Max: 8/12

THE GOLF FACILITY- ADULT GOLF PACKAGE

The Frankfort Park District has teamed up with The Golf Facility in Mokena to help you improve your golf game! The Golf Facility is a year-round indoor facility designed for golf instruction for all levels, using technology from Foresight Sports, V1 Sports, Puttview, and Quintic. Players will be allowed to choose (2) clinics from below to attend, as well as (1) 45-minute indoor golf lesson to be scheduled at the players' convenience. (Expires Jan. 1, 2026). The Golf Facility uses high-speed cameras to educate and review students' golf swings. In the putting clinic, players will learn the technique of the putting stroke and better understand make rate percentages from different distances to have realistic expectations. The chipping clinic will focus on learning techniques and different chip shots to better understand when to use those shots around the green.

Putting	Thursday, September 11	6:00 - 7:00 pm
Putting	Thursday, November 6	6:00 - 7:00 pm
Chipping	Thursday, October 9	6:00 - 7:00 pm
Chipping	Saturday, December 14	6:00 - 7:00 pm

Location: The Golf Facility
19031 Old LaGrange Rd Suite 200
Mokena, IL 60448
Age: 18 years & older
Fee: \$160 per person/includes (2) Clinics and
(1) 45-minute indoor golf lesson
Min/Max: 2/8 per session



ADULT TENNIS LESSONS (SATURDAYS)

Participants will learn the basics of tennis, including grips, groundstrokes, volleys, and serves. Students will also be taught the different areas of the court, the rules of the game, and scoring. Participants must bring their own tennis racquet and water bottle to each class.

Instructor: Chiara Ruettiger
Location: Main Park Tennis Courts
Day: Saturday
Dates: September 13 - October 11
(No Class September 27)
Time: 11:00 am - 12:00 pm
Age: 18 years & older
Fee: \$62/NR \$67
Min/Max: 4/8



Follow us on social media for information on . . .
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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, towel, and a mat. Please wear comfy workout clothes - we're gonna get sweaty!

Instructor: *Kim Bennett*
Location: Founders Community Center
Day: Monday
Session I: September 8 - October 6
Session II: October 27 - November 17
Session III: December 1 - January 19
 (No Class December 22 & 29)
Time: 6:15 - 7:00 pm
Age: 16 years & older
Fee: Session I: \$48/NR \$53 (5-week)
 Session II: \$38/NR \$43 (4-week)
 Session III: \$58/NR \$63 (6-week)
Min/Max: 6/10

WERQ DANCE FITNESS

WERQ is a fiercely fun cardio dance fitness class based on pop, rock, and hip-hop music. The warmup previews the dance steps in class and the cool-down combines yoga-inspired static stretching and balance poses. No dance experience is required. Moderations of moves will be shown during class. WERQ is taught by Certified Fitness Professionals, so the WERQout is safe and effective. Please bring a water bottle and towel to class.

Instructor: *Holly Auskalnis*
Location: Founders Community Center
Days: Tuesday
Session I: September 9 - October 14
Session II: October 28 - December 16
 (No Class November 4 & 25)
Time: 7:15 - 8:15 pm
Age: 18 years & older
Fee: \$62/NR \$67
Min/Max: 6/12



Fitness Programs



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
Age: 16 years & older
Min/Max: 6/12
Day: Monday
Session I: September 8 - October 6
Session II: October 27 - November 17
Session III: December 1 - January 19
 (No Class December 22 & 29)
Time: 7:15 - 8:00 pm
Fee: Session I: \$48/NR \$53 (5-week)
 Session II: \$38/NR \$43 (4-week)
 Session III: \$58/NR \$63 (6-week)
Day: Thursday
Session I: September 11 - October 16
Session II: October 30 - November 20
Session III: December 4 - January 22
 (No Class December 25 & January 1)
Time: 7:30 - 8:15 pm
Fee: Session I & III: \$58/NR \$63 (6-week)
 Session II: \$38/NR \$43 (4-week)



Follow us on social media for information on . . .
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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), a water bottle, and a mat.

Instructor: *Nancy Richmond*
Location: Founders Community Center
Day: Monday
Session I: September 8 - October 20
 (No Class September 22 & October 13)
Session II: November 3 - December 15
 (No Class November 24)
Session III: January 5 - February 16
 (No Class January 26)
Time: 11:15 am - 12:15 pm
Age: 18 years & older
Fee: Session I: \$56/NR \$61 (5 weeks)
 Session II & III: \$66/NR \$71 (6 weeks)
Min: 10/20

BONES, BALANCE, AND STRENGTH

This hour-long movement-based class is designed to help improve strength, balance, posture, and bone density, reduce the risk of falls, and help maintain independence, all while having fun. Please bring a set of weights (3,5, or 8 lbs), a water bottle, and a mat.

Instructor: *Nancy Richmond*
Location: Founders Community Center
Day: Tuesday &/OR Thursday
Session I: September 9 - October 21
 (No Class September 23 & 26)
Session II: November 4 - December 18
 (No Class November 25 & 27)
Session III: January 6 - February 19
 (No Class January 27 & 29)
Time: 9:30 - 10:30 am
Age: 18 years & older
Fee: \$51/NR \$56 (1x/week for 6 weeks)
 \$81/NR \$86 (2x/week for 6 weeks)
Min/Max: 10/30



POUND-ROCKOUT.WORKOUT.®

Pound-Rockout Workout® is a 45 minute cardio jam session, that creates the perfect atmosphere to let loose, get energized, and have fun! Using RipStix®-lightly weighted drumstix engineered specifically for Pound- you'll experience the infectious energizing and sweat dripping fun of playing the drums. But instead of listening to the music...you become the music!! Pound combines cardio, conditioning and strength training with yoga- and Pilates- inspired movements for a full-body workout like no other. Please bring a mat to each class.

Instructor: *Deb Klir*
Location: Founders Community Center
Age: 18 years & older
Fee: \$71/NR \$76
Min/Max: 6/20
Day: Wednesday
Session I: September 17 - October 22
Session II: November 5 - December 17
 (No Class November 26)
Time: 6:00 - 6:45 pm
Day: Friday
Session I: September 19 - October 24
Session II: November 7 - December 19
 (No Class November 28)
Time: 8:30 - 9:15 am

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 provided for you. 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 (3,5, or 8 lbs), a water bottle, and a mat.

Instructor: *Laurie Myers, CPT, LMT, 200 CYT*
Location: Founders Community Center
Day: Tuesday &/OR Thursday
Session I: September 16 - October 23
Session II: November 4 - December 18
 (No Class November 25 & 27)
Session III: January 6 - February 12
Time: 8:30 - 9:30 am
Age: 16 years & older
Fee: \$58/NR \$63 (1x/week)
 \$88/NR \$93 (2x/week)
Min/Max: 6/20



FIT BOOMERS

This class is perfect for "Older Adults" or as a "Starting Point" for beginner exercisers. This class helps battle 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 is necessary.

Instructor: *Arlene Santiago*
Location: Founders Community Center
Day: Monday & Wednesday
Session I: September 17 - October 27
 (No Class October 8 & 13)
Session II: November 3 - December 10
 (No Class November 24 & 26)
Session III: January 12 - February 11
Time: 9:30 - 10:30 am
Age: 30 years & older
Fee: \$65
Min/Max: 15/40

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 a strap or belt.

Instructor: Laurie Myers, CPT, PTA, LMT, 200 CYT
Location: Founders Community Center
Day: Thursday
Session I: September 18 - October 23
Session II: November 6 - December 18
 (No Class November 27)
Session III: January 8 - February 12
Time: 9:45 - 10:45 am
Age: 18 years & older
Fee: \$58/NR \$63
Min: 6/20

**RELEASE. REALIGN. RISE.**

This 4-hour transformation experience will help release what's holding you back and reconnect with the power within. Join Arlene (Functional Movement & Mindset Expert), Jainia (Master NLP Practitioner & Hypnotherapist), and Dr. Kara Scott-Dentley (Scientist of Intention) for an immersive experience that blends movement, mindset, and intuitive practices to help you release emotional blocks, realign with your body, and access your inner wisdom.

Instructor: Arlene Santiago
Location: Founders Community Center
Day: Saturday
Date: September 27
Time: 9:00 am - 1:00 pm
Age: 18 years & older
Fee: \$49/NR \$54 per person
Min/Max: 10/20

TAI CHI CHUAN (BEGINNER)

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
Date: October 22 - December 3
 (No Class November 26)
Time: 6:30 - 7:30 pm
Age: 21 years & older
Fee: \$49/NR \$54
Min/Max: 6/12

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: Joanna Zapata, FIT4MOM Instructor
Location: Founders Community Center
Day: Friday
Date: November - May
Time: 9:45 - 10:45 am
Age: 18 years & older

HEALTH FAIR



Friday • November 14
9:00 am - 1:00 pm
Founders Community Center
140 Oak Street

Join us for a morning of wellness, information, and fun at the Health Fair presented by Riverside Healthcare. This FREE community event is designed to support healthy aging and empower older adults with valuable resources. Event highlights include: FREE health screenings; talk to healthcare professionals; Nutrition and Fitness advice; Senior safety tips; blood drive by the American Red Cross, raffles, giveaways, and refreshments. More Information to come. Please visit our website at www.frankfortparks.org for updates.

Sponsored by:



Adult Programs



35

Adult Programs

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 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 II: September 8 - October 13*
Session I: November 3 - December 15
(No Class November 24)
Beginner: 6:25 - 7:30 pm
Advanced: 7:30 - 8:35 pm
Age: 16 years & older
Fee: \$54/NR \$59 per person
Min/Max: 8/16

***Advertised in Summer brochure. Registration is going on now!**



CAMERA PRACTICE TAKING PICTURES AND EDITING IN ADOBE PHOTOSHOP ELEMENTS

Have you had your camera for a while, practicing different techniques, and are wondering how to edit the photos? In this class, we will go out and 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: Wednesday
Date: September 10 - October 8
Time: 6:00 - 8:00 pm
Age: 18 years & older
Fee: \$146/NR \$151
Min/Max: 2/12



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

ADULT TAP DANCE

Join the fun and explore tap dance! No experience necessary. This class is geared towards the absolute beginner and will focus on the basics of tap dance. Dancers will learn technique, terminology and develop an understanding of musicality.

Instructor: *Jill Rector*
Location: Founders Community Center
Day: Wednesday
Date: September 10 - November 19
(No Class November 12)
Time: 6:30 - 7:30 pm
Age: 18 years & older
Fee: \$110/NR \$115
Min/Max: 8/12

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. For the advanced class, students will need to have approval by the instructor.

Instructor: *Becky Simon*
Location: Founders Community Center
Day: Thursday
Regular: September 11 - October 2
Advanced: October 16 - November 6
Regular: December 4 - 18*
Time: 7:00 - 8:00 pm
Age: 18 years & older
Fee: \$55/NR \$60 per person (4 week)
\$42/NR \$47 per person (3 week)*
Min/Max: 12/20



ADULT BALLET

Students will learn the fundamentals of ballet in a slow-paced and relaxed environment. With a focus on basic technique, gentle stretching, and strengthening, this class is perfect for those wanting to try ballet for the first time or looking to return after a time away from the barre. Wear comfortable attire and ballet shoes or socks. All are welcome!

Instructor: *Faith Koleczek*
Location: Founders Community Center
Day: Monday
Date: September 15 - November 17
Time: 7:15 - 8:15 pm
Age: 18 years & older
Fee: \$110/NR \$115
Min/Max: 8/12

ZOOM SPANISH FOR ADULTS

Have you ever wanted to learn a foreign language, but never had the opportunity? Now is the time! Stay connected and learn Spanish from the safety and comfort of your own home via the interactive Zoom platform! In this class, you will learn conversational Spanish that you can immediately begin using. The class will be tailored to the needs of the students enrolled. Zoom login information will be emailed to participants before the first class.

Registration Deadline: the Monday before class starts.

Instructor:	Language in Action
Location:	Zoom Platform
Day:	Wednesday
Session I:	September 24 - October 29
Session II:	November 5 - December 17 (No Class November 26)
Time:	6:00 - 7:00 pm
Age:	18 years & older
Fee:	\$112/NR \$117
Min/Max:	8/12

FALL CLEANUP: PUTTING YOUR YARD TO BED

Fall makes a transition period in our gardens when most perennials, trees, and shrubs enter dormancy for the winter. There is often the urge to tidy up after the first frost by immediately cutting back and removing plant debris, but this can be counterproductive to both the aesthetic and ecological value of your garden. The Conservation Foundation will share a more sustainable approach on how to put your garden to bed for the winter, including healthy fall maintenance, protecting overwintering insects and caring for our local waterways, with some easy tips that you can do right at home.

Instructor:	Beth Peluse - The Conservation Foundation
Location:	Founders Community Center
Day:	Wednesday
Date:	September 24
Time:	6:00 - 7:00 pm
Age:	18 years & older
Fee:	FREE (must pre-register)
Min/Max:	10/25

**UNDERSTANDING SOCIAL SECURITY:
A LOOK AT THE BIGGER PICTURE**

Are you or someone you know ready to begin receiving Social Security? If you are going to collect Social Security benefits in the next 10 years, you should attend this educational session. In this session, you will learn: When to take benefits - sooner or later; Working while getting benefits; Taxations and Social Security; Spousal Benefits.

Instructor:	Ken Norkus, Bentron Financial Group
Location:	Founders Community Center
Day:	Wednesday
Date:	October 1
Time:	7:00 - 8:00 pm
Age:	18 years & older
Fee:	FREE (must pre-register)
Min/Max:	8/25

VIRTUAL PROGRAMS

Look for this symbol



Virtual Only Program

**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
Session I:	October 4
Session II:	November 1
Time:	10:00 am - 1:00 pm
Age:	18 years & older
Fee:	\$125/NR \$130 per session
Min/Max:	4/12

AI WORKSHOP

Join us for a Q & A style workshop with social media expert Dan Peterson. Dan will take the confusion out of social media and artificial intelligence (AI) and answer any questions or concerns you have. Topics will include: Recent changes and updates to social media platforms; How to spot social media and phone scams and avoid them; What artificial intelligence is and how it will affect your life now and in the future; Open Q & A (so bring your questions).

Instructor:	Dan Peterson, Flip Switch Consulting
Location:	Founders Community Center
Day:	Tuesday
Date:	October 7
Time:	4:30 - 5:30 pm
Age:	18 years & older
Fee:	FREE (must pre-register)
Min/Max:	10/30

GLASSWARE PAINT

Looking for something fun to do with your friends, and you love crafts? Join us for an hour of painting; October will be Stein glass painting and December will be a coffee mug. All materials are provided.

Instructor:	Katherine White
Location:	Founders Community Center
Day:	Wednesday
Session I:	October 8
Session II:	December 10
Time:	7:00 - 8:00 pm
Age:	18 years & older
Fee:	\$40/NR \$45
Min/Max:	5/20

NIGHT PHOTOGRAPHY

Join this class and learn how to shoot amazing night photos by controlling exposure and light. We will discuss camera settings, how and when to use these settings. Discussion on types of camera gear for night photos and using a shutter release remote to shoot long exposures. Learn how to shoot at night so you won't have to edit the photos, or learn how to enhance your night photos.

Instructor:	Laurie Piton
Location:	Founders Community Center
Day:	Wednesday
Date:	October 22 - November 5
Time:	6:00 - 8:00 pm
Age:	18 years & older
Fee:	\$125/NR \$130
Min/Max:	2/12

PERSONAL SAFETY & SELF-DEFENSE FOR WOMEN

Join us for an interactive personal safety and self-defense workshop with Lindsey Daehnke of Strictly Self-Defense. This session will include training in three key areas. Mindset: Basic personal safety strategies; Myth busting some common safety myths; Skill set: Simple, effective strikes; Escapes from common grabs; Planning: Understand the importance of planning for unwanted interactions; Learn the components of an effective personal safety plan.

Instructor: *Lindsey Daehnke, Strictly Self-Defense*
Location: Founders Community Center
Day: Tuesday
Date: October 28
Time: 6:00 - 8:00 pm
Age: 18 years & older
Fee: \$49/NR \$54
Min/Max: 8/12



FINANCIAL INTELLIGENCE: NAVIGATING INVESTMENTS & INCOME STRATEGIES IN RETIREMENT

This program will teach attendees the nuances of retirement accumulation and distribution planning. We will look closely at all types of qualified retirement plans, IRA's and learn about the distribution rules. We will touch briefly on managing taxation in retirement and then begin a discussion of risk management. Attendees will evaluate risks to their life, health and property. We will then end our discussion with an explanation of the most common investments used by retirees.

Instructor: *Greg Kurinec, SOFA*
Location: Founders Community Center
Day: Wednesday
Date: October 29
Time: 6:00 - 7:00 pm
Age: 18 years & older
Fee: FREE (must pre-register)
Min/Max: 8/25



LEARN ADOBE PHOTOSHOP ELEMENTS FOR BEGINNERS



Do you want to learn how to improve your images once you download to the computer? Do you need help starting the downloading first? You will learn the different edit modes to make editing faster and simpler. But what if you want to dive into editing your photos even more? For example making the photo part black and white? Or blurring a background of the photo that just did not blur that much? This is the class for you! Come join the class to learn all the different ways to edit your photos and improve them or get really creative with the photo! You will learn to practice hands on with your photos. Get answers on the spot while editing your photos. Below is a partial list of what will be covered in class; Learn the toolbar; Editing RAW photos; Blurring Backgrounds; Correct too dark or too bright photos; Color correct ; Learn layers; and much more! The zoom link will be emailed to participants a day before class.

Registration Deadline: November 8

Instructor: *Laurie Piton*
Location: Zoom Platform
Day: Tuesday
Date: November 11 - 25
Time: 6:00 - 8:00 pm
Age: 18 years & older
Fee: \$115/NR \$120
Min/Max: 2/12

ORNAMENTAPALOOZA

Use a variety of techniques and mediums (acrylics, inks, glitter, decoupage) to create at least four ornaments. They make great gifts for the upcoming holiday season. All materials are included.

Instructor: *Kim Bennett*
Location: Founders Community Center
Day: Wednesday
Date: December 3
Time: 6:00 - 8:00 pm
Age: 16 years & older
Fee: \$31/NR \$36
Min/Max: 5/14



PHOTO | DIGITAL SLR PHOTOGRAPHY - BEGINNER

In this class, you will start with the basics to give you a good foundation. You will learn about your camera modes, aperture, shutter speed, depth of field, close-up flower photos, method 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 35mm camera that works in manual mode or a digital SLR camera (removable lens).

Instructor: *Laurie Piton*
Location: Founders Community Center
Day: Wednesday
Date: January 14 - 28
Time: 6:00 - 8:00 pm
Age: 18 years & older
Fee: \$125/NR \$130
Min/Max: 2/12

DON'T DELAY...REGISTER TODAY!

If you wait until the last minute to register, the program you want may not be there. At some point, we have to determine if enrollment is sufficient to hold the class. If you wait too long, the class may get cancelled due to low enrollment.



Senior Programs

OPEN INDOOR WALKING

If you are looking to go for a walk in a safe, climate-controlled environment, then join us indoors at the Founders Community Center. Although registration is free, you must fill out a registration form to become a member. * Days/times are subject to change. Please stop by the front desk to pick up a monthly calendar.

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



FOUNDERS J.O.Y. (JUST OLDER YOUTH) CLUB

We warmly invite you to participate in our senior drop-in program at the Founders Community Center. We offer a variety of enjoyable activities, and you are also welcome to simply relax, play board games or cards, or have a friendly chat with others. Our goal is to create a welcoming environment where you feel comfortable and at ease.

Location: Founders Community Center
 Day: Wednesday
 Date: September 10 - December 17
 (No Meeting November 26)
 Time: 11:00 am - 12:30 pm
 Age: 55 years & older
 Fee: \$5 membership
 Min/Max: 10/25



GRANDPARENT DAY BINGO

Grandparents and grandchildren are invited to enjoy a special evening together filled with fun and memories! Start the night with pizza and salad, then enjoy a few rounds of candy bingo and create a keepsake craft to take home. Please register each grandparent and grandchild attending.

Location: Founders Community Center
 Day: Tuesday
 Date: September 16
 Time: 5:30 - 7:00 pm
 Age: 55 years & older with grandchild
 Fee: \$10 per person
 Min/Max: 30/75

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 conversation. Pre-registration required. Park locations will be given at the first walk.

Location: Main Park
 Day: Wednesday
 Date: September 17 - October 22
 Time: 1:00 - 2:00 pm
 Age: 50 years & older
 Cost: FREE (Pre-registration Required)
 Min/Max: 8/25



SENIOR FALL LUNCHEON

Celebrate the coming of fall with your friends and an afternoon of delicious food and live entertainment. After lunch, enjoy more entertainment, socializing, and dessert. Don't miss out on this special day!

Registration Deadline: September 29 or until filled

Location: Founders Community Center
 Day: Friday
 Date: October 3
 Time: 11:30 am - 1:30 pm
 Age: 55 years & older
 Fee: \$7
 Min/Max: 50/90



CLARENDALE
MOKENA

Sponsored by:



TEA & COFFEE PAINTING CLASSES

Seniors are invited to come to a "sip and paint" of tea and coffee. We will enjoy music, paint coffee/tea mugs, and play board games like Yahtzee!

Instructor: Katherine White
 Location: Founders Community Center
 Day: Wednesday
 Session I: October 8
 Session II: November 12
 Session III: December 10
 Time: 10:00 - 11:00 am
 Age: 55 years & older
 Fee: \$25 per date
 Min/Max: 4/20

AUTUMN HARVEST DAY

Fall leaves, pumpkin pie, and a hayride! What else says Fall more than that? Join us for an afternoon hay wagon ride around Downtown Frankfort. Afterward, enjoy some hot cider, pumpkin pie, a craft, and time with friends at the Founders Center.

Registration Deadline: October 16

Location: Founders Community Center
 Day: Tuesday
 Date: October 21
 Time: 12:00 - 1:30 pm
 Age: 55 years & older
 Fee: \$5
 Min/Max: 10/25





VETERANS APPRECIATION

Open to all veterans in our community! Join us for a morning of conversation, camaraderie, and appreciation. Connect with fellow veterans, learn about the services Lightways offers, and take part in a special recognition of service pinning ceremony. Beverages and treats will be served. We thank you for your service and look forward to celebrating you!

Registration Deadline: October 20 or until filled

Location: Founders Community Center
Day: Friday
Date: October 24
Time: 10:00 - 11:00 am
Age: 18 & older
Fee: FREE (must pre-register)
Min/Max: 25/90

Sponsored by:

Lightways
Hospice and Serious Illness Care



SOCIAL MEDIA & AI FOR SENIORS

Join us for a Q & A style workshop with social media expert Dan Peterson. Dan will take the confusion out of social media and artificial intelligence (AI) and answer any questions or concerns you have. Topics will include: Recent changes and updates to social media platforms; How to spot social media and phone scams and avoid them; What artificial intelligence is and how it will affect your life now and in the future; Open Q & A (so bring your questions).

Instructor:

Dan Peterson, Flip Switch

Location: Founders Community Center
Day: Tuesday
Date: November 4
Time: 1:00 - 2:00 pm
Age: 55 years & older
Fee: FREE (must pre-register)
Min/Max: 10/30



SENIOR LUNCH BUDDIES

Looking for something fun to do and meet 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.

Location: Founders Community Center
Day: Friday
Date: October 31
Date: December 19
Time: 12:00 - 2:00 pm
Age: 55 years & older
Fee: \$7 per date
Min/Max: 12/30

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: Tuesday
Date: December 2
Time: 1:00 - 3:00 pm
Age: 55 years & older
Fee: \$38
Min/Max: 8/12

HEALTH FAIR



Friday • November 14
9:00 am - 1:00 pm
Founders Community Center
140 Oak Street

Join us for a morning of wellness, information, and fun at the Health Fair presented by Riverside Healthcare. This **FREE** community event is designed to support healthy aging and empower older adults with valuable resources. Event highlights include: **FREE** health screenings; talk to healthcare professionals; Nutrition and Fitness advice; Senior safety tips; blood drive by the American Red Cross, raffles, giveaways, and refreshments. More Information to come. Please visit our website at www.frankfortparks.org for updates.

Sponsored by:





Travel Programs

COME FROM AWAY AT PARAMOUNT THEATERS

Aurora, IL.

Nominated for 7 Tony Awards, including Best Musical and Best Original Score. Chicago-area Premiere. 9/11/2001... 38 airplanes, 6,579 stranded passengers from 100 countries, 1 small town in Newfoundland. Before they have a clue what's happening, thousands of passengers are diverted to the town of Gander, doubling its population and putting the townsfolk to the test. Based on astonishing true events and hundreds of hours of interviews with the townspeople and the "come from aways" (aka stranded passengers) who were welcomed with open arms, you'll experience the spirit of small-town generosity that helped the healing begin. Full of songs that celebrate kinship and grit, Come From Away's message is simple and significant: today, it's more important than ever for kindness to reach across the borders.

Registration Deadline: September 8

Day/Date: Wednesday, September 24
 Departure: 11:00 am from Lions Community Center (Door C)
 1 Manor Drive, New Lenox
 Return: 5:15 pm (Approximately)
 Fee: \$115 (Fee includes transportation, lunch, and show)
 Max: 7



AUTUMN ON THE RIVER

Utica, IL

Join us as we travel to Starved Rock to see the beautiful fall colors. Autumn on the River tours are a great way to see the beautiful fall foliage as you cruise along the Illinois River. Our day begins with lunch in the historic dining room at the Lodge, followed by a narrated trolley tour with the history and legends of the area. The trolley will then take you to the new riverboat, "The Eagle I" where you will see the beautiful fall foliage of the Starved Rock State Park area by water.

Registration Deadline: September 19

Day/Date: Friday, October 10
 Departure: 8:00 am from Founders Community Center
 Return: 5:00 pm (Approximately)
 Fee: \$119 (Fee includes lunch, trolley tour, riverboat cruise, and transportation)
 Max: 18

AUTUMN DRIVE

McHenry County, IL

Explore the charm of McHenry County's countryside with several unique stops featuring everything from donkeys and antiques to food trucks and fresh produce! Enjoy farm animals, handmade crafts, seasonal décor, fall produce, live music, and photo ops at every turn.

Stops include local farms, artist studios, orchards, and small businesses in Woodstock, Union, and Marengo, IL. Highlights include Cody's Farm, All Seasons Apple Orchard, Lazy K Ranch "The Donkey Stop," and many more! Lunch is on your own.

Registration Deadline: September 29

Day/Date: Sunday, October 19
 Departure: 8:15 am from Founders Community Center
 Return: 6:30 pm (Approximately)
 Fee: \$65 (Fee includes transportation only)
 Max: 10

HOLIDAY SHOPPING AT WOODFIELD MALL

Schaumburg, IL

Let's jump-start our holiday shopping at Woodfield Mall — one of the largest shopping destinations in the US and Chicago's go-to shopping & entertainment destination. You'll have access to nearly 300 stores, shops, and restaurants at your fingertips. Lunch is on your own at one of the premier restaurants surrounding the mall, including Texas de Brazil, P.F. Changs, Uncle Julio's, and The Cheesecake Factory.

Registration Deadline: October 17

Day/Date: Monday, November 3
 Departure: 9:30 am from Lions Community Center (Door C)
 1 Manor Drive, New Lenox
 Return: 4:30 pm (Approximately)
 Fee: \$30 (Fee includes transportation only)
 Max: 7

CHICAGO PIZZA TOUR

Chicago, IL

Taste your way around some of the finest pizzas anywhere in Chicago! Chicago Pizza Tours trained guides will take you to three highly rated, historic Chicago pizzerias. You will learn about and enjoy multiple styles of pizza at each location. All food is preordered and waiting for you at reserved seating at each stop. Discover new places you'll want to visit again. Please note any dietary restrictions at the time of registration.

Registration Deadline: October 15

Day/Date: Wednesday, November 12
 Depart: 9:45 am Founders Community Center
 Return: 3:00 pm (Approx.)
 Fee: \$105 (Fee includes motor coach transportation, tour, pizza, dessert, 2 soft drinks, and gratuity)
 Max: 10



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

WHITE CHRISTMAS AT PARAMOUNT THEATER

Aurora, IL

Pageantry and spectacle come to life in this iconic holiday production. WWII is over, former GIs Bob and Phil have become a highly popular song and dance team who meet an equally talented up and coming sisters act. The men travel to a quaint ski resort in Vermont to watch sisters Betty and Judy perform. But once they arrive, they realize the mountain resort is owned by their former General, who is about to lose it all. Plans begin to help save the beloved General and his business, which culminates in a show filled with epic dance numbers, spectacular costumes, and a finale rendition of "White Christmas" that will make you a believer. This family favorite brings generations together to celebrate the magic of the holidays.

Registration Deadline: November 14

Day/Date: Wednesday, December 3
 Departure: 11:00 am from Lions Community Center (Door C)
 1 Manor Drive, New Lenox
 Return: 5:15 pm (Approximately)
 Fee: \$115 (Fee includes transportation, lunch, and show)
 Max: 12



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 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.



NORTH SHORE CHICAGO CHRISTMAS BAKERY BUS

Chicago, IL

Join us as we travel to the North Shore for a Chicago Christmas Bakery Bus tour. We will visit four bakeries and sample a variety of delicious sweets and treats! At each stop, you will have an opportunity to shop for sweets to bring home or give as gifts. On our way to each bakery, our tour guide will discuss the history of Christmas holiday traditions of the Polish, Germans, Italians, Irish, Mexicans, and more. During the tour, we will stop for a generously portioned, sit-down lunch (restaurant TBD). In addition to visiting adorable bakeries, we will travel along the beautifully decorated Sheridan Road and even drive by the Home Alone house in the Village of Winnetka.

Registration Deadline: November 14

Day/Date: Tuesday, December 16
 Departure: 8:15 am from Founders Community Center
 Return: 6:00 pm (Approximately)
 Fee: \$169 (Fee includes tour, treats, lunch, gratuity, and transportation)
 Max: 12

DISCOVER SOUTH DAKOTA

Discover the spirit of the American West and come to know the legends of the past. Discover the stories of the Lakota and Sioux through a Native American chronicler and a visit to a Oglala Lakota Living History Village. See Crazy Horse Memorial, the world's largest mountain sculpture still in progress. Visit iconic Mt. Rushmore. Journey through the natural beauty of Badlands National Park and stop to browse at Wall Drug. Explore historic Deadwood, the former home of Wild Bill Hickok and Calamity Jane. Choose how you delve into the local history, with a tour of the Adams Museum in Deadwood or at the exhibit Tatanka: Story of the Bison. Travel the backcountry of Custer State Park on a Jeep safari. Marvel at Devils Tower, the country's first National Monument. Rapid City is your gateway to wild landscapes and historical landmarks. Book online with Collette now with a \$698 deposit at <https://gateway.gocollette.com/link/1353713>. Space is limited, so register today!

Registration deadline: March 9, 2026

Final Payment is due by June 11, 2026

Date: September 9 - 15, 2026
 Fee: \$3,119 per person triple occupancy*
 \$3,149 per person double occupancy*
 \$3,849 per person single occupancy*

*\$698 deposit due upon registration

Book online through Collette by visiting <https://gateway.gocollette.com/link/1353713>

TRAVEL PRESENTATION - PRE-REGISTRATION REQUIRED

New Lenox Park District, 701 W Haven Ave. Administrative Building (All-Purpose Room)

Day/Date: Thursday/August 21
 Time: 2:00 pm



Community Events

FRANKFORT COUNTRY MARKET

Sundays, April 27 - October 26

(No Market on August 31)

Time: 9:00 am - 1:00 pm

Come out and enjoy the Frankfort Country Market in downtown Frankfort! With nearly 60 vendors each week, you'll find everything from fresh produce, flowers, and plants to honey, meats, seafood, dairy, baked goods, canned items, hot foods, a blade and knife sharpener, and more. Join thousands of visitors each season in celebrating the best of local flavors and handmade goods! **For more information, visit www.villageoffrankfort.com**

FRANKFORT FALL FESTIVAL

The Frankfort Chamber of Commerce sponsors its annual Frankfort Fall Festival August 30 - September 1. Each year during Labor Day weekend, over 250,000 visitors gather to enjoy the Frankfort Fall Festival, a nationally recognized arts and crafts fair. This event welcomes over 300 artisans from all over the United States to exhibit their elite products and services. In addition, many of Frankfort's local organizations collaborate by sponsoring special events that highlight Frankfort Fall Festivities. **ADMISSION IS FREE** and there is something for everyone from carnival rides to main stage entertainment, to walking tacos and funnel cakes, Frankfort Fall Fest has it ALL! **For a complete schedule of activities, please visit our website at www.frankfortfallfestival.info or contact the Frankfort Chamber at 815-469-3356.**

WINE & ALE WALK

Join us for the 13th Annual Wine & Ale Walk on September 28 from 3:00 - 7:00 pm. We invite you to take a stroll through the historic downtown and savor wine and ale samples, appetizers, and desserts while supporting local businesses. While walking around, enjoy live entertainment featured on the Breidert Green Stage! This is a 21 and older event. IDs will be verified at check-in. **For more details, please visit www.frankfortchamber.com.**

SENIOR BREAKFAST

Each year, the Village of Frankfort hosts a Senior Breakfast Meeting designed to provide neighbors and friends ages 62 and older with important community updates, helpful tips, and resources. Breakfast will be held on Wednesday, September 17. **For more information on this event, please visit www.frankfortil.org or call the Village at 815-469-2177.**

SCARY AT THE PRAIRIE

5K Costume Run & Spooky Sprint

Run, walk, creep, or crawl in your favorite Halloween costume through Prairie Park in downtown Frankfort on Saturday, October 18. Participants dressed in costume will automatically be entered into the costume contest. Prizes awarded for 1st, 2nd, and 3rd place in each division: Adults, Children 10 & Under, and Groups. Pre-registered 5K participants are guaranteed a t-shirt. Tricks & Treats at the Green include DJ Music, a clown, a costume contest, a face painter, apple cider, donuts, and a bonfire. **For more information on this event, please visit www.frankfortil.org or call 815-469-2177.**

SCARECROW SHOWDOWN

Calling all Frankfort Chamber Members!! Embrace the fall spirit and join our Scarecrow Building Contest - a fun and festive way to showcase your creativity and celebrate the season. Scarecrows will be displayed outside your business, and you're free to use any materials - the more imaginative, the better! Scarecrows Due: October 23 & Voting Period: October 23 - 31. Vote at the Frankfort Chamber office and on their official Facebook page. Let's come together to fill Frankfort with fall flair and seasonal charm! **Questions? Contact the Frankfort Chamber of Commerce at 815-469-3356.**

GHOST STORIES ON THE GREEN

This FREE event is held on Friday, October 24 at Breidert Green. It is open to all ages, so bring your boos and ghouls for a night of magical fun—it's going to be a scream! Presented by the Frankfort Public Library District and the Village of Frankfort. **For more information on this event, please visit www.frankfortil.org or call 815-469-2177.**

TRUNK OR TREAT

The Frankfort Police Department will host its annual E.F. Bucko Costume Parade and Safety Trunk or Treat on Saturday, October 25. The event is from 10 am -12 pm and is held in the Breidert Green Municipal lot in downtown Frankfort (Oak & Kansas Street). This FREE family fun event allows children to show off their Halloween costumes while safely trick or treating trunk to trunk in the parking lot. Various businesses, civics, and organizations from the community decorate their trunks and hand out treats. **For more information on this event, please visit www.frankfortil.org or call 815-469-2177.**

VILLAGE OF FRANKFORT'S ANNUAL LIGHTING OF THE GREEN CEREMONY

Please join the Village of Frankfort on Thursday, December 4 at 6:30 pm for an evening of magic and excitement as it kicks off the holiday season in Frankfort with its annual tree lighting ceremony. Children will have an opportunity to visit with Santa and Mrs. Claus and take photos in front of decorated Police, Fire, and Public Works vehicles. Enjoy complimentary cookies and hot cocoa. **For more information on this event, please visit www.frankfortil.org or call the Village at 815-469-2177.**

MIDNIGHT MADNESS

Friday, December 12 from 6 pm until midnight
Participating Chamber Businesses design their own specials (holiday sales, giveaways, or one-of-a-kind/one-night-only specials!), and sometimes offer holiday refreshments! Each business highlights its specialty and unique merchandise and services it provides to the Frankfort community for the gift-giving season, as well as all year round. Join us for this annual tradition, and a great way to support local businesses during the holiday season. **For more details, please visit www.frankfortchamber.com.**

CHRISTKINDL WEEKEND

The Village of Frankfort warmly invites you to celebrate the season at Christkindl Weekend on Saturday, December 13, and Sunday, December 14, from 12 pm to 6 pm in charming downtown Frankfort. This free, family-friendly celebration transforms the village into a winter wonderland, offering residents and visitors alike a perfect opportunity to enjoy holiday festivities, unique shopping, and cozy dining. **For more information on this event, please visit www.frankfortil.org.**

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 (during office 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 a 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 9:00 am, will be processed the next business day.

CANCELLATION & REFUND POLICY - The Frankfort Park District cancellation and 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.

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.

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.



2025-26 Registration

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

Bark Park Season June 1, 2025 - May 31, 2026

What you need to do:

1. **Complete the 2025-2026 registration packet.** (This can be found on our website, 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 (one-time fee).**
\$70 Non-Resident Fee: \$60 membership plus \$10 key card deposit (one-time fee).

If you are a current member, please bring the 2025-2026 registration forms and your current shot records.





Registration Form (please print)



- Mail or Drop-Off :
Frankfort Park District
140 Oak Street
Frankfort, IL 60423

- Fax: 815-469-9275
- Email: registration@frankfortparks.org
Please note: Photos of forms will NOT be accepted when sent via email.

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.

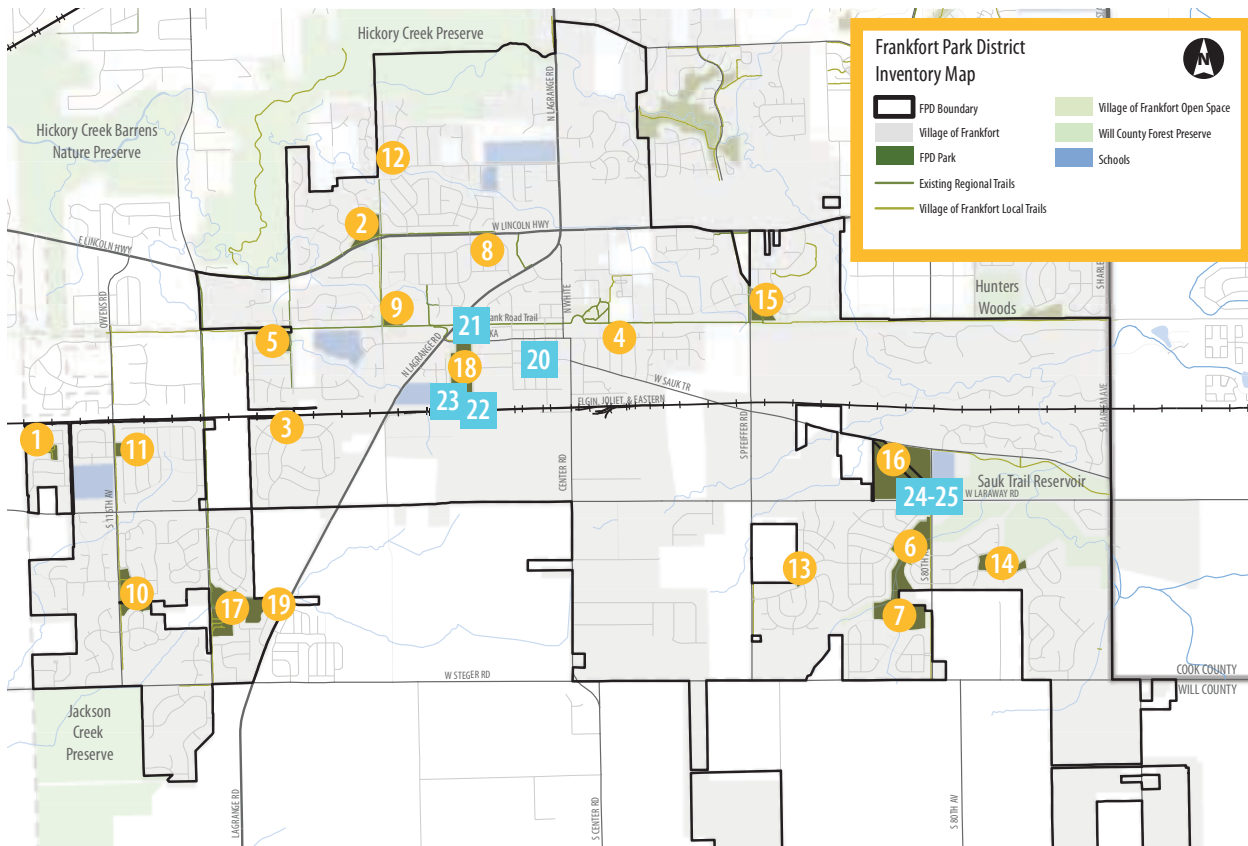
I understand the nature of these programs for which I am registering, and have read and fully understand this Waiver, Release and Hold Harmless Agreement. I further understand that any advisements or warning of the particular risks of these programs that I subsequently receive will be incorporated by 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

ACRES / SQUARE	TRAILS	FACILITIES	DAY USE FACILITIES	SPORTS FIELDS AND COURTS	WATER BASED FACILITIES
Acreage / Square Feet - Owned	Multi-Use Trails (miles)	Restrooms Concessions Picnic Shelter Picnic Area Playground	Baggio Basketball Baseball Disc Golf (holes) Football Horseshoes Slate Park Soccer Softball Tennis Volleyball Pickleball Courts Pump Track Ninja Warrior Course	Fishing allowed Fishing Pier / Overlook Ice Skating Splash Pad Don Park	





Celebrations

An affordable option for your next celebration or event.



Outdoors

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



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 for more information 815-469-9400 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...



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



Scan for Direct
Access to
Sponsorship
Opportunities





Community Organizations

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 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 maintain a Little Free Library inside the 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 the 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 super bowl 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/>**

NAC (North Aquatic Club) Sharks is a competitive swim team with a tradition of excellence in developing competitive swimmers. We pride ourselves on competitive stroke instruction, good sportsmanship, team competition and a love for the sport! Our home pool is Lincoln-Way East, where our weekly practices are held during the evening. In addition, we also host Time Trials, Dual Meets and USA/ISI qualifying Swim Meets. We offer flexible practice options, two swim seasons (fall/winter and spring/summer), morning outdoor sessions, and competitive rates for swimmers ages 5-18. **Please visit our website for more information at WWW.NACSHARKS.ORG or to contact the board.**



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



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

9th Annual

**Includes 10 Tastings:
Beer, Cocktails, Margaritas,
Spirits & Wine
will be featured**

Pours for Parks

**\$50
Per Person
includes
10 Drink Tastings
& 1 Food Tasting
\$15 Designated
Driver**



**SCAN QR CODE
FOR TICKETS**

**Saturday
October 18, 2025
4:00 - 7:00 pm**

Founders Community Center - 140 Oak Street, Frankfort, IL

For additional information visit www.opfrankfort.org

RECREATION CENTER SURVEY WE WANT YOUR FEEDBACK!

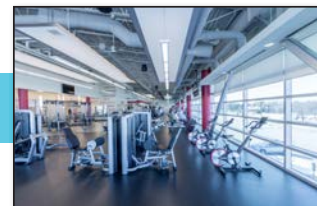
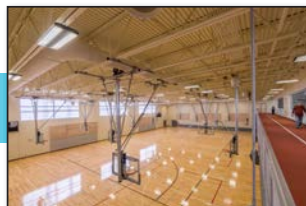
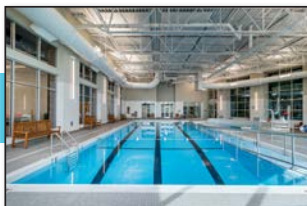
The Frankfort Park District is continuing to evaluate conceptual designs & cost for a recreation center and is seeking input from the community. Funding is being considered through a property tax increase, and your feedback is important in shaping future decisions.

To gather additional input from Frankfort Park District residents, we invite you to:



**Scan the QR code to take the Survey
or Visit our website at www.frankfortparks.org for the link
Survey Closes September 7**

Your Voice Matters - help us plan for the Future!



The Park District hosted an Open House regarding this topic. The information from that meeting including a video, frequently asked questions and additional information can be found on the Park District's website.

**32nd
ANNUAL**



Holiday Craft Show

Saturday • November 8 • 9:00 am - 3:00 pm
Founders Community Center • 140 Oak Street

**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 office at 815-469-9400 or visit our website www.frankfortparks.org to download an application.



FRANKFORT FOUNDERS CENTER

140 Oak Street | Frankfort, IL 60423

Phone: 815-469-9400

WWW.FRANKFORTPARKS.ORG

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FRANKFORT, IL



TOWN
CENTER
BANK



Your Locally
Owned & Managed
Community Bank

FRANKFORT

20181 S. LaGrange Rd.
(815) 806-7001

NEW LENOX

1938 E. Lincoln Hwy., Unit 101
(815) 463-7002



Member
FDIC

TOWNCENTERBANK.COM

