



# Park Pulse



News from the Frankfort Park District

October 2025

For questions call the Park District office at 815-469-9400 or visit [www.frankfortparks.org](http://www.frankfortparks.org)

## Youth Programs:

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

### INTERMEDIATE ENGINEERS *NEW!*

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

**Day:** Tuesday

**Date:** October 14 - November 4

**Time:** 5:30 - 6:30 pm

**Age:** 5 - 12 years

**Fee:** \$97/NR \$102



### BEGINNING POTTERY FOR KIDS

Learn several basic pottery techniques to create your own works of art. We'll have project ideas for you, and 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

**Day:** Wednesday

**Date/Theme:** October 15 & 22/Halloween

**Time:** 6:00 - 7:00 pm

**Age:** 6 - 12 years

**Fee:** \$34/NR \$39



### 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

**Day/Date:** Monday/October 20

**Time:** 4:30 - 6:00 pm

**Age:** 6 - 10 years

**Fee:** \$45/NR \$50



**FALL 2025**  
Registration is Open



## ScareCrow Building Contest

The cross sticks are available for pick-up at the Frankfort Park District's Founders Community Center, 140 Oak Street.

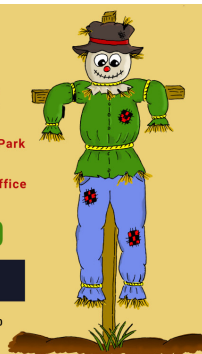
Voting will take place at the Founders Community Center office and on the Park District's Facebook page.

**Scarecrow's Due: October 9**

**Voting: October 13 - 31**



For more information, please call 815.469.9400 or visit [www.frankfortparks.org](http://www.frankfortparks.org)



### 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

**Day/Date:** Monday/October 20

**Time:** 6:30 - 8:00 pm

**Age:** 6 - 10 years

**Fee:** \$45/NR \$50



### 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, & more.

**Instructor:** Lindsey Daehnke,

Strictly Self-Defense

**Day/Date:** Tuesday/October 28

**Time:** 4:30 - 6:00 pm

**Age:** 7 - 11 years

**Fee:** \$44/NR \$49



### COCO INSPIRED DIA DE LOS MUERTOS PARTY *NEW!*

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. 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

**Day/Date:** Thursday/October 30

**Time:** 6:00 - 8:15 pm

**Age:** 5 - 12 years

**Fee:** \$44/NR \$49



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

Like us on Facebook



## Upcoming Events • • • • •



### Halloween Bash

Friday • October 17 • 5:00 - 8:00 pm

Founders Community Center, 140 Oak Street

\$15/child (Register by October 10) • \$20/child (Register after October 10 - based on availability)

**Registration Deadline: October 10 or until filled**

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!

Sponsored by:



FLOOR COVERINGS



### HOWL-A-WOOF

Saturday • October 18 @ 10:00 am

Gate will open at 9:50 am • FREE

Bark Park at Commissioners Park

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.

Sponsored by:



## Athletic Programs:

### UNITED GYMNASTICS ACADEMY

Session II: November 3 - December 20 (No Class Thanksgiving Day) • 722 Center Road, Frankfort • 815- 469- 8282



#### GYM CUBS

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

#### LION KINGS

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

#### BEGINNER GYMNASTICS

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

#### GYM LIONS

Day/Time: Tuesday/4:00 - 4:50 pm

Day/Time: Friday/11:00 - 11:50 am

Age: 3 years

Fee: \$183/NR \$188

#### BOYS GYMNASTICS

Day/Time: Thursday/4:00 - 4:55 pm

Age: 6 - 11 years

Fee: \$194/NR \$199

#### BEGINNER TUMBLING

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

#### 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 Community Center

Day: Friday

Session I: November 14 - December 19  
(No Class November 28)

Age/Time: 5 - 8 years/4:30 - 5:15 pm

Age/Time: 9 years & older/5:30 - 6:15 pm

Fee: \$81/NR \$86



#### 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/Date: Friday/November 14

Time: 7:00 - 10:00 pm

Age: 8 - 12 years

Fee: \$47/NR \$52



#### YOUTH BASKETBALL LEAGUES

December 2 - March 7

(Games will begin January 17)

Co-Ed, Boys & Girls Leagues • 1<sup>st</sup> - 8<sup>th</sup> Grades

**REGISTRATION DEADLINE: NOVEMBER 6<sup>th</sup> (BASED ON AVAILABILITY)**

**A late fee of \$15 added after the registration deadline.**

Sponsored by:



Frankfort • Lansing • Bradley

