

SUMMER
2017



FRANKFORT
Park District

**“50 Years of Fun”
CELEBRATION**

For more information, check out page 6 of the brochure.

*Come join
the fun!*

140 OAK STREET | FRANKFORT, IL 60423 | 815-469-9400

www.frankfortparks.org

REGISTRATION RESIDENTS 4/24 NON-RESIDENT 5/1

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Founders Community Center

140 Oak Street | Frankfort, IL 60423

Phone: 815-469-9400

Fax: 815-469-9275



SCAN FOR DIRECT
ACCESS TO OUR
WEBSITE!

Office Hours:

Mon, Wed, Thurs, Fri | 8:30 am-5:00 pm

Tues | 8:30 am-7:00 pm

Sat | 9:00 am-noon





Front row (l-r): Margaret Farina, Katie Rak, Jaclyn Schedin
Back Row (l-r): Tom Ruvoli, John Reilly, Tom Barz, Brian Feehery

Board of Commissioners

Tom Barz, President	tbarz@frankfortparks.org
John Reilly, Vice President	jreilly@frankfortparks.org
Jaclyn Schedin, Secretary	jschedin@frankfortparks.org
Margaret Farina, Treasurer	mfarina@frankfortparks.org
Tom Ruvoli	truvoli@frankfortparks.org
Katie Rak	krak@frankfortparks.org
Brian Feehery	bfeehery@frankfortparks.org

Board meetings are held at 6:30 p.m. on the second Tuesday of each month at the Founders Community Center, 140 Oak Street. The public is always welcome.

Administrative Staff

Gina Hassett - Executive Director
ghassett@frankfortparks.org

Stacy Proper - Superintendent of Recreation
sproper@frankfortparks.org

Edward Newton - Superintendent of Buildings and Grounds
Enewton@frankfortparks.org

**Kristen Morrison - Recreation Supervisor
Early Childhood & Before and After School Care**
kmorrison@frankfortparks.org

Maurice Sullivan - Recreation Supervisor
msullivan@frankfortparks.org

Cali DeBella - Special Events Coordinator
cdebella@frankfortparks.org

Ryne Kman - Business Manager
rkman@frankfortparks.org

Ellen Robinson - Administrative Assistant
erobinson@frankfortparks.org

Deborah Gorchos - Public Relations Coordinator
dgorchos@frankfortparks.org

Office Assistants

Rebecca Krull, Susan Reidy

Maintenance Staff

**Ken Carson, Robert Turk, Bill Urso, Dave Gow, Hugh Bronson,
Chuck Doctor, Todd Ristau & Dennis MacKenzie.**

Message from . . . Gina Hassett, Executive Director

Dear Frankfort Park District Patron,

The Park District is celebrating 50 years of success! It was over 50 years ago that Frankfort residents had the foresight to establish and purchase Main Park. The countless volunteers of the "unofficial Park Board" sought donations, dug out the baseball diamonds and maintained the park. This group was committed to providing parks for Frankfort. The volunteers took efforts to establish the Park District which provided funding for the future. The gift of Main Park continues to be the epicenter of the Frankfort Park District.

Moving ahead 25 years, the Park District celebrated its silver anniversary in 1992. During the 90's, the District operated the Administrative offices out of the Puent building, which is now home to the preschool program and owned just 4 parks! The District had limited funds but continued to invest and maintain the parks.

As Frankfort grew so did the need for more parks and programs. Through grants, volunteer groups, builder contributions and tax dollars, the District was able to purchase and improve the parks. Today, the District maintains 19 park parcels which include 254 acres of park space, 18 playgrounds, 12 picnic shelters, 14 ball fields along with many other amenities.

The volunteerism that started the District continues to be present today. Operation Playground Foundation, countless volunteers and the Board of Commissioners continue to move the District forward. The Board of Commissioner's continues to evaluate the needs of the community and looks for opportunities that will allow the District to increase services and facility options. Commissioners Margaret Farina and Jackie Schedin have fulfilled their terms on the Park Board. We thank them for their time and commitment to the residents of Frankfort. The Board is excited to welcome two new Board members Matt Schedin and Patrick (PJ) Bickett along with incumbent Board members John Reilly, Tom Ruvoli and Brian Feehery back to the Board.

Come join the fun in all the special activities staff has planned throughout the year to celebrate the 50th Anniversary of the District. We look forward to seeing you there.

Sincerely,

Gina Hassett
Executive Director



Mark Your Calendar

Upcoming Fall Events

Mother/Son Dance
September 29

Halloween Haunting
October 20

Dinner with Santa
December 1



4th of July Celebration

Tuesday, July 4 • 5:00 – 9:00 pm
Main Park • 200 S. Locust Street

Event Sponsored By:



**THE FRANKFORT KIWANIS CLUB
NEEDS YOUR HELP.**

For over 30 years, the Kiwanis Club has provided the fireworks on the 4th of July as a Thank You to all the residents. Please support the Kiwanis Club with a donation for the annual fireworks. Send to Kiwanis Club, P.O. Box 875, Frankfort, IL 60423. Thank you!

Live Music: 7:30 – 9:00 pm

Sponsored By: Kiwanis Club of Frankfort



Giant Inflatables

Sponsored by: Currie Motors

Kids Carnival Games

DJ Dance Party: 5:15 – 7:15 pm

Rainbow the Clown

Popcorn Wagon

Face Painting

Concessions

Fireworks at Dusk

Volunteers Wanted: The Frankfort Park District is looking for volunteers to help at our annual 4th of July Celebration. Volunteers will help supervise kid's carnival games and inflatables.

Please email Cali DeBella at cdebella@frankfortparks.org if you are interested.

\$10.00 Wristbands
Include: Unlimited Access to Inflatables, Kids Carnival Games, DJ Dance Party.



THE SPECTACULAR FIREWORK DISPLAY IS SPONSORED BY:

Kiwanis Club of Frankfort • Frankfort Park District
Village of Frankfort • Frankfort Chamber of Commerce

Register online at www.frankfortparks.org

NEW DAY!**MOVIES ON THE GREEN**

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

Location: Breidert Green

Day/Dates: Tuesday nights

June 13 – Secret Life of Pets (PG)

July 11 – BFG (PG)

August 8 – ET (PG)

Rain Dates: One week after the original show date

Time: Dusk, approx. 8:30 pm

Fee: FREE

FREE!

**Movies on the Green are co-sponsored by the Frankfort Park District, Village of Frankfort and the Frankfort Chamber of Commerce. Free popcorn will be popped and served by: Knights of Columbus (June), Kiwanis Club of Frankfort (July) and Lions Club of Frankfort (August).*

**FRANKFORT COMMUNITY GARAGE SALE**

The Frankfort Park District is sponsoring a community wide garage sale on Saturday, June 3. Each registered participant's address will be included on a list of all participating homes. This list will be available at the park office, website and Facebook the week of the sale. The park district will advertise the sale in local newspapers, on-line sites and A-frame signs throughout the community. Each participating home will receive a packet including a garage sale sign, balloons, map of Frankfort subdivisions and garage sale selling tips. These packets will be available for pick-up at the Founders Community Center starting May 26.

Registration Deadline: May 24

Location: Frankfort Park District Community

Day/Date: Saturday, June 3

Time: 9:00 am – 3:00 pm

Ages: All

Fee: \$10 per home

Parties in the Park

Celebrating 50 Years of Fun!!!

Join the Frankfort Park District as we celebrate three decades throughout our 50 years of fun; Groovy 70's in June, Totally 80's in July, and Whoomp There it is 90's in August. Each Party in the Park will have decade themed games and activities and include a DJ Dance Party, Giant Inflatable, and much more fun!

Groovy 70's

Location: Indian Boundary Park

Day/Date: Monday, June 12

Time: 6:00 – 7:30 pm

Totally 80's

Sponsored by LWSRA

Location: Michelle Bingham Park

Day/Date: Monday, July 10

Time: 6:00 – 7:30 pm

Whoomp, There It Is 90's

Location: Heritage Knolls Park

Day/Date: Monday, August 7

Time: 1:30 – 3:00 pm

Fee: FREE Family Fun

FREE!

For information on . . .

upcoming programs and events



us on Facebook.

Register online at www.frankfortparks.org



8th ANNUAL BACK TO SCHOOL BASH

School has started and what a way to celebrate...Join the Frankfort Park District for the 8th annual Back to School Bash. The evening will consist of field and carnival games, music, craft area, giant inflatable, touch-a-truck, concessions, plus playtime at Fort Frankfort and in the Splash Park. We ask that all kids bring a school supply to donate to the Frankfort School District 157-c. These school supplies will be given to children in need in the Frankfort community.

Location: Commissioners Park
 Day/Date: Friday, August 18
 Time: 6:00 – 8:00 pm
 Age: All
 Fee: FREE (bring a school supply to be donated)
 • Rain Location: Founders Community Center Gym

Sponsored By:



SENIOR PICNIC

Looking for a fun afternoon this summer? Join the Frankfort Park District for a “Throw Back” Senior Picnic. There will be hot dogs, salads, desserts, horseshoes, lawn darts, bocce ball and bingo.

Registration Deadline: July 21

Location: Main Park Pavilion
 Day/Date: Wednesday, July 26
 Time: 12:00 – 2:00 pm
 Age: 55 years & older
 Fee: \$2

MOVIE IN THE PARK

Stick around after the annual Back to School Bash for a showing of the “Jungle Book” – one of the most popular children’s movies in 1967. Remember your blankets and lawn chairs! No Pets or alcoholic beverages are allowed.

Location: Commissioners Park
 Day/Date: Friday, August 18
 Time: 8:00 pm
 Fee: Free

FREE!



“50 Years of Fun” Celebration



**Main Park – 400 W. Nebraska
 Saturday, July 22 4:00 – 9:00 pm**

Join us in celebrating the Frankfort Park District’s 50th Anniversary for an evening of family fun! The event will be held at Main Park – where it all began back in 1967. **The event will include:**

- DJ – dance/trivia contests
- Band
- Classic Car Show
- Inflatables
- Games
- Trackless Train
- Arts & Crafts area
- Bike decorating area followed by a bike parade
- Basketball Shootout contests
- Sand Volleyball Tournament





LOCATED AT . . .
COMMISSIONERS PARK – 22108 S. 80th Avenue

OPENING DAY - SATURDAY, MAY 27

Join us opening weekend & receive free admission to the Splash Park!

HOURS OF OPERATION:

Monday – Friday

Session I:	10:00 am – 12:00 pm
Session II:	12:30– 2:30 pm
Session III:	3:00– 5:00 pm

Saturday & Sunday

Session I:	10:00 am– 12:00 pm
Session II:	12:30– 2:30 pm

Admission is charged on a first-come, first-served basis at the splash park entry gate. Limit of 60 patrons per session, in accordance to splash park safety codes. The facility will be cleared to users between sessions.

\$1.00/Resident • \$2.00/Non-Resident

Children 1 & under are FREE

Children under the age of 12 require a parent and/or guardian present.

Parents and/or guardians over 21 years of age will not be charged admission.

WEATHER CONDITIONS – The Frankfort Park District reserves the right to open the splash park only when conditions are favorable. The Splash Park will close if the temperature falls below 70 degrees. In addition, the splash park will be closed if there is threatening weather and/or lightning.



SPLASH PARK PARTY RENTALS

\$150 RENTAL FEE FOR RESIDENTS

\$200 RENTAL FEE FOR NON-RESIDENTS

Available MONDAY – FRIDAY from 5:30 – 7:30 pm

SATURDAY – SUNDAY from 3:00 – 5:00 pm

This fee includes:

2-hour session for up to 60 guests

Splash Park Pavilion rental time of 2.5 hours.

FOR MORE INFORMATION, PLEASE CALL 815-469-9400.

Join us for a *splashing* good time!



Register online at www.frankfortparks.org

Upcoming Events

**Splash Park
Opening Weekend**
May 27

**Frankfort Community
Garage Sale**
June 3

**Party in the Park
"Groovy 70's"**
June 12

**Movies on the Green
Secret Life of Pets (PG)**
June 13

**17th Annual Short
Run on a Long Day**
June 21

**4th of July
Celebration**
July 4

**Party in the Park
"Totally 80's" (LWSRA)**
July 10

**Movies on the Green
BFG (PG)**
July 11

Senior Picnic
July 26

**Party in the Park
"Whoomp, There It Is 90's"**
August 7

**Movies on the Green
ET (PG)**
August 8

**8th Annual
Back to School Bash**
August 18

Movie in the Park
August 18

Park Perks

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

PARK IMPROVEMENT NEWS

WELCOME NEW SUPERINTENDENT OF BUILDINGS & GROUNDS

The Frankfort Park District would like to introduce and welcome Ed Newton as the Superintendent of Buildings and Grounds. Ed brings a great balance of education and work experience in Parks and Recreation to the Park District. As a graduate of National Recreation and Park Association's (NRPA) school of maintenance management, Ed possesses a strong background in both maintenance management and safety. He most recently was a division manager of fleet facilities safety and construction at the Plainfield Park District. Prior to that Ed had been the Superintendent of Maintenance at the Worth Park District. In addition he has served as the Maintenance Supervisor for the York Center Park District. Among his duties as Superintendent, Ed will manage and supervise the Buildings and Grounds full time employees, part time and seasonal workers and direct maintenance and projects throughout the parks and facilities. He is married with three wonderful daughters. Ed is excited to be on board at the Frankfort Park District and looks forward to working with the staff and the community here in Frankfort.



Ed Newton, Superintendent of Buildings and Grounds for the Frankfort Park District.



Site rendering of the Stone Creek Park Playground.

STONE CREEK PARK PLAYGROUND UPDATE

The Frankfort Park District's capital budget includes funds for a new playground at Stone Creek Park. Stone Creek subdivision will get a new playground this spring which will be located at Pine Ridge Drive and High Stone Way. The play equipment was ordered in March and weather permitting the site will be graded this spring and the equipment will be installed in May. The park will include

a play structure, a revolution inclusive spinner, swings for both youth and toddler and site amenities. The addition will bring the total number of playgrounds managed by the Park District to 18! Be sure to watch the District's website for a ribbon cutting ceremony.

DISTRICT PARKS IMPROVEMENTS

During the past four months, Buildings and Grounds staff continue to ensure the parks and buildings are safe and enjoyable for residents. District staff have worked to prune trees at 17 park locations and conducted playground inspections. Staff are working to improve the park site amenities, which includes repairing and cleaning the picnic tables throughout the parks. New stone, funded by Operation Playground Foundation, was added to the Bark Park which reduces the mud that the dogs come in contact with. The Park District continues to invest monies to maintain the District buildings. A partial roof replacement was completed at the Founders Community Center and the heating and air conditioning at the Puent building have been replaced with energy efficient units. This spring will be the second year for the Community Garden plots at Commissioners Park. The inaugural year was quite a success as the plots yielded great crops. Staff are adjusting the layout to allow gardeners easier access to their plots. See page 39 for additional Community Garden Plot program details.



Giant Pumpkins grown at the Community Garden plots at Commissioners Park.



Tom Barz (right), Chairman of the Illinois Association of Park Districts' (IAPD) Board of Trustees presenting Ken Collin (left) with an Honorary Life Membership certificate.

TOM BARZ - APPOINTED CHAIRMAN OF THE IAPD BOARD OF TRUSTEES

Tom Barz, President of the Frankfort Park District, was installed as Chairman of the Illinois Association of Park Districts' (IAPD) Board of Trustees in January 2017 at the IAPD/IPRA State Conference in Chicago. Barz joined the IAPD board in 2010 and served two years as Vice-Chairman. Barz currently serves as chairman of the IAPD Board Development and Executive committees. He is a member of the Ambassadors, Honors and Resolutions, Membership and Program committees. He also serves as Co-Chair of the IAPD/Illinois Park and Recreation Association Joint Conference Committee and Co-Vice Chair of the Joint Coordinating Council. As the new Chairman, one of Tom's first duties was to recognize the outgoing Chairman, Ken Collin of the Freeport Park District by presenting him with an Honorary Life Membership certificate.

CONGRATULATIONS FRANKFORT WARRIORS

The Frankfort Warriors started in 2003 and is now completely under the leadership of the Frankfort Park District. The Frankfort Warriors are a five-level competitive travel basketball program for boys, grades 4 - 8. The emphases of the program are skill development and improvement gained through multiple weekly practices and games. The Warriors not only provide quality coaching and competition; but also help develop a core foundation of ethics (teamwork, commitment, responsibility, respect and sportsmanship) into our players that they can use now and take with them into adulthood. This season the Warriors organization not only won dozens of individual games, but also won several tournaments throughout the season. Congratulations to the Frankfort Warriors on completing another great season.



FRANKFORT PARK DISTRICT APPROVES MEMORIAL TO JUDY HERDER

The Frankfort Park District authorized Operation Playground Foundation to raise money for the purpose of purchasing a pumptrack to be named the "Judy Herder Memorial Pumptrack". Judy Herder was a member of the Operation Playground board for 17 years and was instrumental in developing numerous park projects in Frankfort. John Herder said, "Judy would love this project. She supported the idea of a track like this for years." Phil Simmons, president of Operation Playground said, "this track will be used by kids and adults who enjoy biking, skateboarding, rollerblading and scooters. It's fun, safe and exciting!" The track creates a community environment by bridging the generation gap between parents, small children and adolescents.



Jeff Boubelik receiving the 2017 Distinguished Professional Award from the University of St. Francis.

South Suburban Park & Recreation Professional Association (SSPRPA) current and past members were well represented at the annual IAPD/IPRA State Conference in Chicago this month! In addition to Tom Barz installation as Chairman of the Board of Trustees for IAPD, Jeff Boubelik (retired Executive Director of the Frankfort Park District), received the 2017 Distinguished Professional Award from the University of St. Francis!

Jeff's career achievements included being elected as SSPRPA's only two term President.

Numerous fundraising projects are being planned by Operation Playground. Operation Playground Foundation is a registered 501c3. Past projects funded by Operation Playground include Fort Frankfort, the Frankfort Bark Park, the 3on3 Basketball Courts at Main Park, and the OPT exercise facility at Michelle Bingham Park. For more information call the Frankfort Park District at 815-469-9400 or email Phil Simmons at zip49@aol.com

VOLUNTEER OPPORTUNITIES

Do you need Community Service hours for school? Or do you just enjoy helping others? The Frankfort Park District is always looking for volunteers to help with various Special Events and other programs.

Interested in Volunteering?

Contact Cali DeBella our Special Events Coordinator at 815-469-9400 or you can email her at cdebella@frankfortparks.org.





REGISTRATION

All preschool programs run from September 2017 to May 2018. Registration began the week of February 6, 2017 for in-district residents. Registration for non-residents began the week of February 13, 2017. Registration takes place at the Founders Community Center at 140 Oak Street, Frankfort and can only be done IN PERSON. *A copy of the child's birth certificate is required at the time of registration for new participants.* A \$50 non-refundable registration fee is due at the time of registration. **If your tuition is paid in full between June 5 and August 1, 2017, you will receive a 10% discount for the entire year. Additional siblings will also receive a 10% discount if tuition is paid in full. For non-residents the discount will be taken off the resident rate.** AUTO PAYMENT will be mandatory for the monthly payment option (Auto payment should be turned in by August 1). Please have all paperwork turned in by June 1st to confirm your registration commitment. 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.

ME TWO 2 YEARS

This program will provide young children with the experience of socializing with their peers and practice separating from parents. The children will enjoy age appropriate arts & crafts, music, stories, games and snack time. The child must be 2 by September 1, 2017. Being toilet trained is NOT mandatory. A physical is required.

Day: Tuesday & Thursday
 Time: 9:00 -11:00 am OR 12:00 – 2:00 pm
 Fee: \$100/NR \$105 per month

WEE WORKS 2.5 YEARS

This twice weekly program is perfect for young children anxious to meet friends. The morning will be filled with play time, arts & crafts, stories, music and snack time. The child must be 2.5 years old by September 1, 2017. Being toilet trained is NOT mandatory. A physical is required.

Day: Wednesday & Friday
 Times: 9:00-11:00 am OR 12:00 – 2:00 pm
 Fee: \$100/NR \$105 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, 2017 and MUST be toilet trained. A physical is required.

Days: Tuesday & Thursdays
 Times: 8:45-11:15 am OR 12:15 – 2:45 pm
 Fee: \$115/NR \$120 per month

PREP SCHOOL 4 YEARS

This Kindergarten preparation program is for children who will be 4 years old by September 1, 2017 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
 Fee: \$135/NR \$140 per month



STEPPING STONES 4 YEARS

This class is for children who will be 4 years old by September 1, 2017 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 am-11:30 OR 12:30 – 3:00 pm
 Fee: \$180/NR \$185 per month

Open House

Looking for a Preschool Home? An Open House is scheduled for Saturday April 22 from 12 – 2 pm (Also, Earth Day Celebration at Main Park on April 22). Please come visit us at 400 Nebraska Street in Frankfort at the Susan Puent Building. You'll be able to meet some of the preschool staff and get to see our facility first hand. Call 815-464-5579 for more information.

PRAIRIE CARE: BEFORE & AFTER SCHOOL CARE - KINDERGARTEN-5TH GRADE

This partnership between the Park District and Frankfort School District 157-C provides before and after school care for 157-C students in grades K-5. The program is located at Grand Prairie School and is available as early as 6:30 AM until the start of school and again after school until 6:30 PM. Prairie Care is also available on early dismissal days and district holidays. Initial registration is held at Founders Community Center at 140 Oak Street.

For more information please call (815) 469-9400 or (815) 464-5579. Forms are located on our website at www.frankfortparks.org. Parent Meeting: A parent meeting for Fall 2017 will be held on Tuesday, August 1 at Founders Community Center.

Kindergarten-5th Grade

Before School Care
\$11 Daily

After School Care
\$16 Daily



Summer Day Camp

FORT FRANKFORT ADVENTURES SUMMER DAY CAMP

Fort Frankfort Adventures Day Camp is back for another awesome summer. This day camp program is designed for children ages 6-11 years old. Our camp will provide plenty of outdoor activities, water days, arts & crafts, and a field trip each week. Fort Frankfort Adventures Summer Day Camp will be held at Commissioners Park, located at 22108 S. 80th Avenue in Frankfort. The Frankfort Park District will continue its partnership with School District 157C for the use of Chelsea Middle School, which is located next to Commissioners Park. We will use the facility for before and after care and during inclement weather conditions. The camp will run from 9 – 4pm, Monday thru Friday, with a before and after care option. Bring a lunch and water bottle each day. Lunch may be included on certain field trip days. Registration must be done in person at our main office located at the Founders Community Center, 140 Oak Street. A copy of your child's a birth certificate must be presented at the time of registration.

Campers may register for the entire camp or on a per week basis. Save 10% if you register for all 8 weeks.

DAY CAMP 9 AM – 4 PM

\$155/NR \$160
\$130/NR \$135 (week of July 4)

BEFORE CAMP 7 – 9 AM

\$30/NR \$35
\$25/NR \$30 (week of July 4)

AFTER CAMP 4 – 6 PM

\$30/ NR \$35
\$25/NR \$30 (week of July 4)

CAMP SCHEDULE

- Week 1 – June 12 - 16
- Week 2 – June 19 - 23
- Week 3 – June 26 - 30
- Week 4 – July 3 - 7
(No Camp July 4)
- Week 5 – July 10 - 14
- Week 6 – July 17 - 21
- Week 7 – July 24 - 28
- Week 8 – July 31 - August 4



TEEN ADVENTURES SUMMER DAY CAMP

The Teen Adventures Summer Day Camp is a program for youth entering 7th – 9th grade in the fall. This full day camp will provide plenty of outdoor activities, water days, arts & crafts, and a field trip each week that a teen will enjoy. Special guests will be invited to this camp including sports, art and science instructors. Teen Adventures Summer Day Camp will be held at Commissioners Park, located at 22108 S. 80th Avenue in Frankfort, along with the use of Chelsea Middle School, which is located next to Commissioners Park. Drop off and pick up will take place at Chelsea Middle School, located at 22265S. 80th Ave. The camp will run from 9 – 4pm, Monday thru Friday, with a before and after care option. Bring a back pack, lunch and water bottle each day. Lunch may be included on certain field trip days. Registration must be done in person at our main office located at the Founders Community Center, 140 Oak Street. A copy of your child's birth certificate will be required at the time of registration.

Campers may register for the entire camp or on a per week basis. Save 10% if you register for all 8 weeks.

DAY CAMP 9 AM – 4 PM

\$150/NR \$155
\$140/NR \$145 (July 4 week)

BEFORE CAMP 7 – 9 AM

\$25/NR \$30
\$20/NR \$25 (July 4 week)

AFTER CARE 4 – 6 PM

\$25/ NR \$30
\$20/ NR \$25 (July 4 week)

CAMP SCHEDULE

- Week 1 – June 12 -16
- Week 2 – June 19 - 23
- Week 3 – June 26 - 30
- Week 4 – July 3 – 7*
(No Camp July 4)
- Week 5 – July 10 – 14
- Week 6 – July 17 - 21
- Week 7 – July 24 – 28
- Week 8 – July 31 – August 4



OPEN HOUSE

An Open House is scheduled on Thursday, June 8 at Chelsea Intermediate School. This is a great way to learn more about the program and meet some of the day camp staff.

Summer Camps



“ME TWO” CAMP

Calling all Terrible Twos! Come join the fun this summer at your very own camp just for two year olds. We will create age appropriate crafts, finger paint, have water play, sing songs, read books, and much more. Please note: Children do not have to be potty trained.

Instructors: Darla Santoro, Paulette MacDonald

Location:	Puent Building
Days:	Monday - Friday
Session I:	June 5 - 9/You Are My Sunshine
Session II:	June 12-16/Little Fishes
Session III:	June 19-23/Let's Go To the Zoo
Session IV:	June 26-30/Fireworks
Time:	9:00 - 11:00 am
Age:	2 years
Fee:	\$62/NR \$67

TINY TOT SUMMER CAMP

Come join us for this fun filled camp that's just enough excitement for your preschool aged child. Each session has its own special theme like Tropical Adventures or Amazing Animals. Your child will enjoy crafts, music, stories, and outdoor water play all related to each theme. You're welcome to sign up for more than one session. Please note: Children must be potty trained and able to separate from parents.

*Instructors: Dana Eaheart, Doris Pelsi (Sessions 1- 4)
Paulette MacDonald & Kylie MacDonald (Sessions 5 - 7)*

Location:	Puent Building
Days:	Monday-Friday
Session I:	June 5 - 9/Amazing Animals
Session II:	June 12 - 16/Tropical Adventures
Session III:	June 19 - 23/ Dynamite Dinosaurs
Session IV:	June 26 - 30/ Fourth of July
Session V:	July 10 - 14/Summer Fun
Session VI:	July 17 - 21/Who's At the Zoo
Session VII:	July 24 - 28/Busy Bugs
Time:	9:00 - 11:30 am
Ages:	3 - 4 years
Fee:	\$72/NR \$77

FUN IN THE SUN MINI CAMP

Campers will love this two-week adventure filled with trail walks, camp songs, theme days, games, and playing in the park. We will also make crafts, create our own great snacks, and enjoy a day of water fun with sprinklers and water games. Each session will include a day at Fort Frankfort (Commissioners Park) with free admission to the Splash Park. Campers will go home with wonderful memories.

Instructors: Michele Sutter, Melanie Kolsto

Location:	Puent Building
Days:	Monday - Friday
Session I:	June 12 - 23
Session II:	June 26 - July 7 (No Camp July 4)
Session III:	July 10 - 21
Time:	9:00 am - 12:00 pm
Ages:	5 - 8 years
Fee:	\$139/NR \$144



HEALTHY COOKING CAMP

In our Cooking Program, your child will learn about healthy eating and how to apply that knowledge to prepare age-appropriate snacks, breakfasts, lunches and dinners for him/herself. This is a foundational cooking program for children ages 6 - 13 who are interested in helping with a family meal or to just learn some basic, yet important kitchen skills and build confidence in the kitchen. This program is education based and led by a Certified Family Health Coach/Cooking Instructor. Enrollment includes a workbook and recipes. Please advise of known food allergies at time of registration.

Instructor: Tippi Graham, Certified Health Coach

Location:	Founders Community Center
Day:	Monday - Thursday
Age/Dates:	6 - 7 years/ June 12 - 15
Age/Dates:	8 - 9 years/ June 26 - 29
Age/Dates:	10 - 11 years/July 10 - 13
Age/Dates:	12 - 13 years/July 24 - 27
Age/Dates:	8 - 12 years/August 7 - 10
Time:	10:30 am - 12:30 pm
Fee:	\$150/NR \$155

NASA SPACE ACADEMY: JOURNEY INTO OUTER SPACE

From our Earth's atmosphere to the outer reaches of our solar system, this hands-on program for children sends them on a quest for exploration! Comets, planets, stars and more are all waiting to be discovered. Learn about the four forces of flight, the challenges of space travel, and participate in a rocket launch!

Instructor: Mad Science Staff

Location:	Founders Community Center
Day:	Monday - Friday
Dates:	June 19 - 23
Time:	9:00 am - 12:00 pm
Age:	5 - 10 years
Fee:	\$169/NR \$174

ROCKIN' ROCKETS & AERODYNAMICS

From the earliest flying machines to the first rocket flights, this week long, hands-on program for children will allow them to build many different flying devices, see how Newton's Laws of motion help explain how things move and how rockets fly and show them how amazing our Milky Way is.

Instructor: Mad Science Staff

Location:	Founders Community Center
Days:	Monday - Friday
Dates:	June 19 - 23
Time:	12:30 - 3:30 pm
Age:	9 - 12 years
Fee:	\$169/NR \$174

NEW!**TINY-HAWK CAMP**

The essentials of soccer and basketball are introduced in a fun and safe environment with lots of encouragement. Campers must be toilet trained in order to participate. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sport-specific games tailored to their attention spans. Our staff is trained to handle the specific needs of these young athletes. The participant-to-coach ratio is approximately 10:1. All campers will receive a t-shirt and a merit award! Participants should bring appropriate clothing, snack, a water bottle, running shoes and sunscreen.

Instructor: Skyhawks Staff

Location: Commissioners Park
 Days: Monday – Friday
 Dates: July 17 - 21
 Time: 12:30 – 2:30 pm
 Age: 3 - 4 years
 Fee: \$80/NR \$85

NEW!**MINI-HAWK CAMP**

This multi-sport program gives children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes. The participant-to-coach ratio is approximately 10:1. All campers will receive a t-shirt and a merit award! Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen.

Instructor: Skyhawks Staff

Location: Commissioners Park
 Days: Monday – Friday
 Dates: July 17 - 21
 Time: 9:00 am – 12:00 pm
 Age: 4 - 7 years
 Fee: \$115/NR \$120

MULTI-SPORT CAMP

This multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. This program will combine multiple sports into one fun-filled week. Athletes will learn the rules and essentials of each sport through skill based games and scrimmages. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork and self-discipline. All participants receive a t-shirt and merit award. Participants should bring appropriate clothing, a snack, water bottle, running shoes, a baseball glove and sunscreen.

Instructor: Skyhawks Staff

Location: Commissioners Park
 Days: Monday – Friday
 Dates: June 26 - June 30
 Time: 9:00 am - 12:00 pm
 Age: 8 – 12 years
 Fee: \$115/NR \$120

**FLAG FOOTBALL CAMP**

Skyhawks Flag Football is the perfect program for young athletes who want a complete introduction to “America’s Game” or for those who simply want to brush up on their skills in preparation for league play. Through the “skill of the day” activities, campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning; all presented in a fun and positive environment. Skyhawks Flag Football is recommended for beginning to intermediate athletes. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron! All participants receive a t-shirt, football and player evaluation. Participants should bring appropriate clothing, a snack, water bottle, running shoes and sunscreen.

Instructor: Skyhawks Staff

Location: Commissioners Park
 Days: Monday - Friday
 Dates: July 24 – 28
 Age/Time: 5 – 7 years/9:00 am – 12:00 pm
 Age/Time: 6 – 12 years/9:00 am – 12:00 pm
 Fee: \$115/NR \$120

NEW!**BEGINNING GOLF CAMP**

Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. Golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting, and body positioning. To assist in this training, Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. No need to bring your own clubs--all equipment is provided. We keep the instructor-to-camper ratio for this program very low, resulting in limited availability. These programs fill up quickly. All campers will receive a t-shirt and a merit award! Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen.

Instructor: Skyhawks Staff

Location: Commissioners Park
 Days: Monday - Friday
 Dates: June 26 - 30
 Time: 1:00 - 4:00 pm
 Age: 5 - 9 years
 Fee: \$115/NR \$120



BRIXOLOGY CAMP

Brixology Camp sets the foundation for our next generation of makers! Kids learn about different types of engineering and then team up to construct a different engineering-themed project using LEGO® bricks. They learn about aerospace engineering while assembling a space station. They explore mechanical engineering as they build boats and vehicles. That's not all, from carnival rides to drawing machines, mechanical animals to truss bridges, your future engineer will build upon their creativity to solve real-world design challenges, while developing their problem-solving and team-building skills. Let the tinkering begin!

Instructor: Mad Science Staff

Location:	Founders Community Center
Day:	Monday - Friday
Dates:	July 31 - August 4
Time:	9:00 am - 12:00 pm
Age:	4th - 6th Grade
Fee:	\$185/NR \$190

OUTDOOR BASKETBALL CAMP

This fun outdoor camp is for anyone wanting to improve their skills and have fun competing in the summer. Coach Dave will work on the basics of ball handling, shooting, post play and 1 on 1 move. Other 3 on 3 competitions, free throw shooting contests and much more will be taught. Camp will be held at the Main Park outdoor basketball courts.

Instructor: Dave Esterkamp

Location:	Main Park (Outdoor Basketball Courts)
Days:	Monday - Friday
Dates:	June 12 - 16
Time:	9:00 - 11:30 am
Age:	7 - 13 years
Fee:	\$84/NR \$89

SUMMER HORSE CAMP

Come join the Nova Quarter Horses for 4 fun filled days (Monday through Thursday) of riding and horsemanship skills. Riders will learn how to groom, bridle and saddle horses. Every day will also include riding lessons. On the last day of camp, Nova Quarter will have a student horse show for the students to demonstrate what they have learned for their families and friends

Location:	Nova Quarter Horses, Inc 10129 W. 187th Street, Mokena, IL 60448 (708) 479-3696
Days:	Monday-Thursday
Session I:	June 12 - 15
Session II:	June 19 - 22
Session III:	June 26 - 29
Session IV:	July 10 - 13
Session V:	July 24 - 27 (Advanced Camp)
Session VI:	July 31 - August 3
Time:	9:00 am - 3:00 pm
Age:	7 - 18 years
Fee:	\$325 per student/per session \$350 Advanced Camp

CHICAGO WHITE SOX BASEBALL CAMP

For over 20 years the Chicago White Sox have brought quality baseball instruction to children throughout the Chicagoland! If you want to be the best, you've got to train with the best! Since 1964, more than 50,000 youth baseball players have attended one of our White Sox summer camps to focus on essential individual baseball skills. Professional coaches from the White Sox organization have programs designed for kids from 5-12 at every ability level. Every summer camp participant receives an EXCLUSIVE Guaranteed Rate Field Experience!! This opportunity of a lifetime for each camp participant, along with one guest, will include a parade on the field and a Q&A session with a White Sox personality, coach and current White Sox player. During the camp, each player will participate in a special skills competition. The top 40 qualifiers in each age group through the summer will compete in our Champions Day finals on Guaranteed Rate Field in September. Each camper also receives premium items including six (6) White Sox ticket vouchers, summer camp t-shirt, academy hat, evaluation report and graduation certificate.

Location:	Main Park Field
Days:	Monday - Friday
Dates:	June 19 - 23

LITTLE SLUGGERS CAMP

This beginner program is open to boys and girls ages 5 & 6. The purpose of the Little Sluggers program is to introduce this age group to the game of baseball. In addition to focusing on the basics of the game, players will also learn practice leads to improvement and the best way to have more fun playing baseball. Our student-to-instructor ratio of 10:1 or less assures every player of getting the attention they deserve.

Time:	8:30 - 11:30 am
Age:	5 - 6 years
Fee:	\$215

WHITE SOX INTERMEDIATE CAMP

More than 50,000 youth baseball players have attended one of our Training Centers to focus on essential individual aspects of baseball including: throwing, hitting, bunting, fielding, pitching and base-running. Throughout the week, teachings will be reinforced by using fun skill games. On the final day, all players will get the opportunity to judge their improvements by playing a game. Student to instructor ratio will be 10:1 or less.

Time:	8:30 - 11:30 am
Age:	7 - 8 years
Fee:	\$215

WHITE SOX ADVANCED PLAYER CAMP

Attention advanced players! This new camp from the White Sox is just for you. If you have special, more advanced needs then the Advanced Camp is just the ticket to prepare you for trying out for a travel team someday. This camp will build on the basics taught in our STC 1 camps. Depending on the skill level of the players, this camp will touch on advanced hitting and throwing techniques. Also, team play, advanced base-running and other fundamentals will be taught that can be used on the field this season. Just because you are in-season doesn't mean that you can't stop learning the game.

Time:	8:30 - 11:30 am
Age:	9 - 12 years
Fee:	\$215

CHICAGO BULLS SUMMER BASKETBALL CAMP

No one can teach basketball better than the Chicago Bulls. This summer, learn from the best and let the Chicago Bulls teach you how to play like a Champion! More than 45,000 youth basketball players have developed essential basketball fundamentals including: ball handling, passing, shooting, and rebounding, footwork and team concepts. On the final day all participants will receive an evaluation form and graduation certificate. Student to instructor ratio will be 10:1 or less.

Every Chicago Bulls summer camp participant receives an Exclusive United Center Experience!! Each camp participant, along with one guest, will be invited to the United Center, home of the Chicago Bulls for a Q&A session with a Bulls personality and a current and or former Bulls player! During the camp each player will compete in the Bulls Skills Competition. At the end of the summer, the top three contestants will compete in the finals on the floor of the United Center (date TBD). Each camper will receive a Chicago Bulls duffel bag, Bulls indoor/outdoor basketball, t-shirt, evaluation report and graduation certificate.

Location: Founders Community Center
 Days: Monday - Friday
 Dates: July 10 - 14
 Age: 6 - 12 years
 Time: 9:00 am - 12:00 pm
 Fee: \$215

CHICAGO FIRE SUMMER SOCCER CAMP

The Chicago Fire Staff will conduct an instructional summer camp for players aged 4 through 14 years. Each day will have a fundamental theme with a soccer skill set and fun small sided games will be played at the end of each training session. Please wear Shin Guards, bring a soccer ball and water to all scheduled events. All participants will receive a camp t-shirt and soccer ball.

Instructor: Chicago Fire Staff

Location: Commissioners Park
 Days: Monday - Friday
 Dates: July 10 - 14
 Time: 9:00 - 10:30 am
 Age: 4 - 14 years
 Fee: \$100/NR \$105

NEW!

ARCHERY 101 CAMP

Is your young archer interested in becoming the next Robin Hood or Katniss? This is the camp for them! Students will learn safety, proper technique, form, and shooting etiquette. There will be a lot of shooting games and fun with a constant emphasis on safety and respect. Camp will conclude with a tournament to crown new champion archers. Staff at BowDoc Archery are USA Certified Coaches. All levels of shooters are welcome from total beginners to experienced archers. BowDoc Archery will supply all of the equipment that will be used for this camp
 Rain Location: Bow Doc Archery 18801 Wolf Road, Unit 4 Mokena, IL 60448

Instructor: BowDoc Archery Certified Coaches

Location: Commissioners Park
 Day: Monday - Friday
 Session I: July 17 - 21
 Time: 9:30 - 11:00 am
 Age: 7 - 17 years
 Fee: \$105/NR \$110



TENNIS CAMP

Children will be introduced to the sport by various drills that will work on hand-eye coordination. They will be instructed on the proper grips, various stroke techniques (forehand, backhand, overhead, volley and serve) along with the areas of the court and scoring methods. Middle school participants will work at sharpening their skills and learn to use different strokes in matches. All participants must bring their own tennis racquet and are encouraged to bring a water bottle. Tennis balls will be supplied for class.

Instructor: Lincoln - Way Area Tennis Association

Location: Lincoln-Way East High School Tennis Courts
 Days: Monday - Thursday
 Dates: July 24 - 27
 Age /Time: 4 - 7 years/4:30 - 5:30 pm
 Age /Time: 8 - 10 years/5:30 - 6:30 pm
 Age /Time: 11 - 14 years/6:30 - 7:30 pm
 Fee: \$49/NR \$54

BACK-TO-SCHOOL VOLLEYBALL CAMP

The Ultimate Volleyball coaching staff will help players improve their skills and prepare for the grade school try-outs. Instruction, training and game play will be offered in this camp designed to teach and review fundamental volleyball skills. There will be instruction given at the beginner as well as the advanced levels. Sharpen your skills and get the winning edge! All campers will receive a t-shirt.

Location: Founders Community Center
 Days: Monday - Friday
 Dates: July 31 - August 4
 Age/Time: 3rd - 5th Grade/9:00 - 11:00 am
 Age/Time: 6th - 8th Grade/11:30 am - 1:30 pm
 Fee: \$75/NR \$80



ALL BY MYSELF

This class is to help the child practice separation from their parent/caregivers while engaging them in one of their first classroom experiences. Socializing, learning to share, playing, coloring, and listening to stories will all be part of the program. The instructor will guide these children through fun activities that will help develop their independence. A great jump start on preschool preparation. If a child has trouble with separation, the parent may stay with the child to wean them into the program.

Instructor: Sharon Koczor

Location: Founders Community Center
 Day: Wednesday & Friday
 Session I: May 24 – June 30
 Day: Tuesday & Thursday
 Session II: July 25 – August 31
 Time: 9:45 – 10:30 am
 Age: 2 – 3 years
 Fee: \$80/NR \$85



MUSIC IN THE BOX – MEET VICTOR VITO

(A Music Class Featuring Transportation - Cars, Buses, Airplanes, Trains) This summer music class will feature a transportation theme while incorporating ear training, pitch development, and early music concepts through singing and movement. Children are taught by a professional musician who is trained in the Music in the Box curriculum. These classes encompass the Montessori learning style with music, books, bubbles, games, Suzuki violin and piano melodies which gives the child a head start in preparation for private lessons later on. This program provides a weekly music experience for parent and child in a loving environment.

Instructor: The Music Connection

Location: Founders Community Center
 Day: Friday
 Date: June 9 – July 14
 Time: 9:15 – 9:45 am
 Age: 0 - 5 years (with parent)
 Fee: \$69/NR \$74

MIGHTY MUSIC MAKERS

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

Instructor: Angie Pope

Location: Founders Community Center
 Day: Monday
 Session I: June 19 – July 31 (no class July 3)
 Time: 9:00 – 9:45 am
 Age: 3 – 5 years
 Fee: \$65/NR \$70



ROCKIN TOTS

Participate with your toddler in singing, chanting, moving, dancing, listening and playing simple percussion instruments. Activities will bridge the natural connection between music and movement; improve listening abilities, and increase exposure and appreciation to different types of music. This class is designed for a child and adult to participate together.

Instructor: Angie Pope

Location: Founders Community Center
 Day: Monday
 Session I: June 19 – July 31 (no class July 3)
 Time: 10:00 – 10:45 am OR 11:00 – 11:45 am
 Age: 1 – 2 years (with parent)
 Fee: \$65/NR \$70

TOT TIME

Are you ready to meet new people and spend some playtime with your little one in a non-structured environment? This is the class for you! We will explore large and fine motor activities through play (lots of toys), circle time (we sing songs and do fingerplays), and special time (different each week, examples are: playing with the parachute, musical instruments, crafts, etc.). So take some time and have fun with us!

Instructor: Chris Johnson

Location: Founders Community Center
 Day: Wednesday
 Session I: June 21 – July 5
 Session II: July 26 – August 9
 Time: 9:30 – 10:15 am
 Age: Walking - 3 years (with parent)
 Fee: \$22/NR \$27



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

RAINBOW KIDS

Your toddler will love learning about colors and shapes, in this busy hands-on class. Multi-sensory activities, glue, tape, crayons, and paint will spark creativity, improve motor skills, and create an environment for social interaction. Parent may stay if child has trouble with separation.

Instructor: Chris Johnson

Location: Founders Community Center
 Day: Wednesday
 Session I: June 21 – July 5
 Session II: July 26 – August 9
 Time: 11:00 – 11:45 am
 Age: 2 ½ – 4 years
 Fee: \$30/NR \$35

NEW!

KIDZROCK

Kidzrock is a music lessons program that teaches children as young as 4 how to play an instrument in the setting of a real rock band. Band members rotate on drums, electric guitar, and keyboard as they prepare to sing and play in a rock concert. Each band sings and performs songs featured on the Kidzrock CD. The songs are composed specifically for the program and use simple music patterns allowing this age group immediate access to musical performance. Children learn how to read color-coded standard music notation from the Kidzrock Songbook while playing on modified instruments for smaller sized hands. The program creates a unique experience by combining instruments, theory, singing, ensemble performance and rock 'n' roll fantasy all rolled into one!

Instructor: The Music Connection

Location: Founders Community Center
 Day: Tuesday
 Dates: July 11 – August 1
 Time: 4:00 – 4:45 pm
 Age: 4 – 7 years
 Fee: \$88/NR \$93

PRESCHOOL PREP

Does your child need to brush up their skills before preschool begins? In this class, children will develop literacy and social skills, while learning their alphabet through multi-sensory hands-on approach. Explore textures of sand, shaving cream, and other interesting materials, while learning letter recognition and sound. A take home craft, fun activities and games will all relate to certain letters of the alphabet. Parent may stay if child has trouble with separation.

Instructor: Chris Johnson

Location: Founders Community Center
 Day: Tuesday
 Dates: July 25 – August 8
 Time: 10:45 – 11:45 am
 Age: 3 – 4 years
 Fee: \$30/NR \$35



**SCAN WITH YOUR
SMARTPHONE**
**FOR DIRECT ACCESS
TO OUR WEBSITE!**



NEW!

BON – APPETITE!

Let's head to the kitchen and find out what you can make! Spending some time in the kitchen is always fun for kids. So, why don't you come and enjoy baking a cake. The cake is so delicious that frosting is not needed. We will be using a variety of ingredients to stir and mix, including rainbow sprinkles. Come socialize with friends while waiting in anticipation for your delicious treat to be done baking. Make sure you bring your appetite to taste what you have created. Please list any allergies at the time of registration.

Instructor: Sharon Koczor

Location: Founders Community Center
 Day: Monday
 Date: May 15
 Time: 5:30 – 7:30 pm
 Age: 3 – 9 years
 Fee: \$22/NR \$27

GARDEN BUDDIES

The sun is shining and there is warmth in the air. Summer is coming! This is the perfect time to start planting. Bring a friend and learn how to plant a flower that can be kept indoors or even replanted outside. The children will be shoveling, digging a hole, planting a flower and pouring water. The gardening doesn't stop there. Each child will make their own pudding dirt cup to eat. Watch out for the worms!

Instructor: Sharon Koczor

Location: Founders Community Center
 Day: Monday
 Date: May 22
 Time: 5:30 – 7:30 pm
 Age: 3 – 9 years
 Fee: \$25/NR \$30





PAINT WITH ART-A-LA-CARTE

Like painting but not sure how to get started? This step by step class will help you create a masterpiece! Artists from Art-A-La-Carte will be sure to get your creative juices flowing! They'll bring a sample painting and will guide you through all the steps of painting a picture on a 12x12 canvas. You'll still have plenty of room to express your artistic style while staying focused on recreating a piece of art. Come meet some new people while sharing a common interest in art and painting. Wear clothes that can get messy! All materials are included.

Instructor: Art-A-La- Carte Staff

Location:	Founders Community Center
Day:	Wednesday
Dates:	May 24
Time:	4:00 – 5:00 pm
Age:	5 – 12 years
Fee:	\$20/NR \$25

NEW!

FATHER'S DAY SURPRISE

Want to surprise your dad or grandpa with a Father's Day gift as special as he is, while having fun? Moms seem to be the ones having all the fun these days doing girls nights out with painting parties, etc. Why not share in the same type of fun? Grab your friends and do a kids night out, while putting the end result to great use...a present for Father's Day. Snacks and drinks will be served while you hang out with friends and get creative.

Instructor: Gina Barrett

Location:	Founders Community Center
Day:	Monday
Date:	June 12
Age:	4 - 10 years
Time:	4:00 – 5:00 pm
Fee:	\$20/NR \$25

CUPCAKE DELIGHT

Calling all Bakers! What do most people like to eat? It's cupcakes of course! Each child will participate in a few easy steps by measuring and mixing all of the ingredients. The hardest part will be waiting for it to bake in the oven. The most enjoyable part will be frosting and decorating your own cupcakecake, and of course eating it. What a delicious delight!

Instructor: Sharon Koczor

Location:	Founders Community Center
Day:	Tuesday
Date:	June 6
Time:	5:30 – 7:30 pm
Age:	3 – 9 years
Fee:	\$22/NR \$27

NEW!

ZUMBA KIDS

Zumba kids is a fun high-energy fitness class packed with specially choreographed, kid-friendly routines set to their favorite Pop songs as well as to Latin and World music. Increased focus, coordination, self-confidence, and metabolism boost are all benefits that will come from this fun-focused class. Please wear comfortable clothing and bring gym shoes and a water bottle to each class.

Instructor: Jenn Raleigh

Location:	Founders Community Center
Day:	Monday
Dates:	June 12 - July 24 (No Class July 3)
Time:	9:30 – 10:15 am
Age:	6 – 12 years
Fee:	\$39/NR \$44

FAIRY FESTIVAL

Join us for a Fairy Fest! Enjoy a fairy walk, discover fairy food, make an enchanted craft and be entertained by a winged hostess! Come dressed in wings, make a wand, learn a few magic words, and indulge your inner child.

Instructor: Gina Barrett

Location:	Founders Community Center
Day:	Monday
Date:	June 19
Age:	3 - 10 years
Time:	10:00 am – 12:00 pm
Fee:	\$25/NR \$30

NEW!

“BEAUTY AND THE BEAST”

Bring your cozy blanket and pillow along with your favorite stuffed animal to watch the classic movie “Beauty and the Beast”. Summer has just begun, so celebrate the night with friends. Pizza will be served and popcorn will be enjoyed while watching the movie. “Beauty and the Beast” attire is welcome. Drop off the kids and enjoy some quiet time.

Instructor: Sharon Koczor

Location:	Founders Community Center
Day:	Monday
Date:	June 12
Time:	6:30 – 8:30 pm
Age:	3 – 9 years
Fee:	\$22/NR \$27

NEW!

“BE OUR GUEST” TEA PARTY

Come celebrate the release of the new live-action “Beauty and the Beast” with a fun afternoon of tea, snacks, crafts and games. We will create our own beautiful teacups and then use them to drink a cup of “tea.” Learn how to have Belle's table manners and how to avoid eating like the Beast. You'll even get to “try the gray stuff, it's delicious!”

Instructor: Gina Barrett

Location:	Founders Community Center
Day:	Monday
Date:	June 19
Time:	6:00 – 8:00 pm
Age:	3 - 8 years
Fee:	\$25/ NR \$30

INTRO TO FASHION DESIGN

Have fun sketching your own original outfits during this fashion design class. Stylized basic fashion sketching skills, color theory, textiles, and garment styles will be explored. After the class each participant will have the skills to complete his/her own fashion portfolio. Sign up for 1, 2 or all 5 classes!

Instructor: Danielle Lahey

Location:	Founders Community Center
Day:	Tuesday
Session I:	June 13
Session II:	June 27
Session III:	July 11
Session IV:	July 25
Session V:	August 8
Time:	9:00 am – 12:00 pm
Age:	7 – 14 years
Fee:	\$50/NR \$55/class

AMERICAN GIRL PARTY

Grab your favorite gal pal and come party with us. Be sure you both dress in your favorite summer outfit. We will start the party by visiting the salon then making a doll sized gift. Party games, dancing, and cake are all a must!

Instructor: Gina Barrett

Location:	Founders Community Center
Day:	Tuesday
Theme/Date:	Summer Bash/June 20
Day:	Thursday
Theme/Date:	Back to School Bash/August 24
Time:	6:00 – 8:00 pm
Age:	4 - 10 years
Fee:	\$25/NR \$30/class

LEGO® JUNIOR ENGINEERING CAMP

Every child loves this STEM based engineering camp! We will build vehicles, animals, carnival rides and lots more fun models with LEGO® bricks, technic parts, motors and battery packs. Campers will learn to read model plans, build a variety of motorized and non-motorized models. Fun, yet educational, this camp will reinforce counting; number recognition, fine motor skills, and your LEGO® fan will LOVE building models that really work! Each child takes home a custom LEGO® mini-figure at the end of camp. **Please bring your own NUT FREE snack & water each day**

Instructor: Bricks 4 Kidz Staff

Location:	Founders Community Center
Day:	Tuesday - Thursday
Dates:	June 13 - 15
Time:	1:00– 3:30 pm
Ages:	5 - 10 years
Fee:	\$89/NR \$94



EVERYBODY CAN PLAY PIANO! BEGINNING PIANO CLASS

This NEW intro to piano for children features a new and delightful way to introduce piano playing through hands on playing and colorful characters that facilitate learning about beginning music reading/playing skills. Parent or caregiver must attend first class with child. Parents are welcome to stay for any and all of the classes! Book/materials fee \$10 payable to The Music Connection at first class.

Instructor: The Music Connection

Location:	Founders Community Center
Day:	Wednesday
Dates:	June 14 – August 9 (No Class July 5)
Age/Time:	4 – 5 years/9:00 – 9:50 am
Age/Time:	6 – 7 years/10:00 – 10:50 am
Age/Time:	8 – 10 years/11:00 – 11:50 am
Age/Time:	6 – 11 years/6:00 – 6:50 pm
Fee:	\$98/NR \$103

OLAF'S SUMMER ADVENTURE (FROZEN)

Olaf just loves summer! Come celebrate in honor of Olaf and see what a snowman does “In Summer”. Get ready to make snow castles and participate in an ice melting experiment. Be prepared to freeze during a cool game of freeze dance. We will also make a special Olaf craft and an Olaf tasty treat! Frozen themed shirts or dresses are welcome.

Instructor: Sharon Koczor

Location:	Founders Community Center
Day:	Monday
Date:	June 19
Time:	6:30 – 8:30 pm
Age:	3 – 9 years
Fee:	\$22/NR \$27



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upcoming programs and events

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COOKIE SURPRISE

If you love cookies, then this night of baking is for you. Grab your apron, put on your chef's hat, and come indulge in some yummy cookies. You will learn to read a recipe and follow directions. This is a hands on class, so everyone will get to participate in baking cookies. The type of cookie will be a surprise. Come make, bake, and enjoy sampling your cookie surprise (A recipe will be sent home with you to enjoy all over again). Please note any food allergies.

Instructor: Sharon Koczor

Location: Founders Community Center
 Day: Monday
 Date: July 10
 Time: 6:30 – 8:30 pm
 Age: 3 – 9 years
 Fee: \$22/NR \$27

NEW!

GIRLS JUST WANT TO HAVE FUN!

Calling all girls for a night of fun! Here's a chance to wear your favorite dress to the party. Please wear your open toed shoes to get your toenails polished. As your nails dry, a short movie will be watched. There will be beads to make jewelry and music to sing and dance to. A tasty snack will be enjoyed to end the night of fun.

Instructor: Sharon Koczor

Location: Founders Community Center
 Day: Tuesday
 Date: July 25
 Time: 6:30 - 8:30 pm
 Age: 3 – 9 years
 Fee: \$22/NR \$27

MAGIC CLASS

Children will have a great time as they learn a collection of fascinating and mesmerizing tricks! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading, and more. While the tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials are provided, and each child receives a magic kit to take home. Children are grouped by age and always learn tricks that are age-appropriate. Additionally, you can sign up for this class again and again since brand new tricks are always taught at each session!

Instructor: Magic Team of Gary Kantor

Location: Frankfort Square Park District
 7540 W. Braemar Lane
 Day: Thursday
 Date: July 27
 Time: 5:00 – 5:55 pm
 Ages: 5 – 12 years
 Fee: \$22/NR \$27

NEW!

LEGO® BAT LEAGUE HEROES CAMP

Enter the dark city where a dangerous jokester and other evil villains wreak havoc. Thankfully there is a bat hero who comes out each night to fight against the evildoers! The good guys will ride into action as campers build motorized models of the bat hero's speed vehicle, cycle and much more! Campers will use their imaginations and engineering skills to build LEGO® technic models to fight crime in this thrilling camp of Bat heroes and villains. Each child takes home a custom LEGO® mini-figure at the end of camp. **Please bring your own NUT FREE snack & water each day**

Instructor: Bricks 4 Kidz Staff

Location: Founders Community Center
 Day: Tuesday - Thursday
 Date: July 11 - 13
 Time: 1:00 – 3:30 pm
 Age: 5 - 10 years
 Fee: \$89/NR \$94

LEGO® POKEMON CHALLENGE CAMP

Get ready for an adventure in the world of Pokémon®! Capture wild Pokémon® creatures and train them for battle in the LEGO® Pokémon® universe. Improve your accuracy and power as you learn new moves and use special abilities. Tap into your inner engineer at this three day event, as we build Dratini, Pikachu, Poké Balls, and more with LEGO® Bricks. Bring your own Pokémon® trading cards if you wish to play and trade at the end of each day. Do you have what it takes to become a Pokémon® Master? Each child takes home a custom LEGO® mini-figure at the end of camp. **Please bring your own NUT FREE snack & water each day**

Instructor: Bricks 4 Kidz Staff

Location: Founders Community Center
 Day: Tuesday - Thursday
 Date: July 18 - 20
 Time: 1:00 – 3:30 pm
 Age: 5 - 10 years
 Fee: \$89/NR \$94



SUMMER FUN!

Let's head to Commissioners Park for some summer fun! On this hot summer day, we will enjoy cooling off at the splash park. As we dry off in the sun, we will toss the beach ball around. Eating hot dogs and chips will give us energy before we go on a nature walk down the path. Looking for seashells in the sand will be an exciting challenge. Come and enjoy some summer fun! Please apply sunscreen!

Instructor: Sharon Koczor

Location: Commissioners Park
 Day: Monday
 Date: July 31
 Time: 3:30 - 5:30 pm
 Age: 3 - 8 years
 Fee: \$22/NR \$27

NEW!**PRINCESS FOR A DAY**

Wear your favorite royal attire and join us for an afternoon of fun and games. We will create a beautiful tiara and enjoy some delightful snacks and games. We will even have someone there to do beautiful princess hair styles and paint nails!

Instructor: Gina Barrett

Location: Founders Community Center
 Day: Thursday
 Date: July 20
 Time: 12:30 - 2:30 pm
 Age: 3 - 8 years
 Fee: \$25/NR \$30

**NEW!****MOANA'S POLYNESIAN PARTY**

Ride the waves to this awesome class that explores the world of Moana! Learn about the background of Moana's people and more stories about Maui. Enjoy a delicious tropical snack and make Moana's necklace for yourself. You will feel like you are on a trip to the islands!

Instructor: Gina Barrett

Location: Founders Community Center
 Day: Thursday
 Date: July 20
 Time: 2:30-3:30 pm
 Age: 3 - 8 years
 Fee: \$15/NR \$20

**LEGO® STAR GALAXY FAR AWAY CAMP**

Join us on an adventurous journey through space! Build LEGO® models to blast through the atmosphere into a realm that is truly out of this world. Trust your space traveler's building skills to pilot a spacecraft that will bring you back to your home planet safely. We'll build motorized models that represent spacecraft from your favorite star saga movies. Come experience this stellar journey to a galaxy far, far away! Each child takes home a custom LEGO® mini-figure at the end of camp. **Please bring your own NUT FREE snack & water each day**

Instructor: Bricks 4 Kidz Staff

Location: Founders Community Center
 Day: Tuesday - Thursday
 Date: August 8 - 10
 Time: 1:00- 3:30 pm
 Age: 5 - 10 years
 Fee: \$89/ NR \$94

NEW!**BUBBLE ART**

Bubbles, bubbles, and more bubbles! That's what you will see at this class. Tiny bubbles, big bubbles, red bubbles, blue bubbles. Learn to blow a big bunch of colorful bubbles with a straw and have them pop on a piece of paper with colorful delight. Each pop is a surprise to see as you create a bubble design. Everyone loves to blow bubbles, so come design some "Bubble Art".

Instructor: Sharon Koczor

Location: Founders Community Center
 Day: Monday
 Date: August 21
 Time: 6:30 - 7:30 pm
 Age: 3 - 5 years
 Fee: \$15/NR \$20

FINDING DORY!

Dory suffers from short term memory loss. Come join Dory on her journey to the "open ocean" in search of her family and answers from her past. Of course, we will search for her parents! That's only if Dory doesn't forget what she is searching for. While she is "sleep swimming", there will be some fishy games to play and some fish food to eat. So, keep on swimming over to the park district because she needs her friends to help her.

Instructor: Sharon Koczor

Location: Founders Community Center
 Day: Monday
 Date: August 28
 Time: 5:30 - 7:30 pm
 Age: 3 - 9 years



Kids Dance introduces a structured environment while allowing children to recognize their own individuality and body mobility. Focus is on coordination and rhythm introduced in creative and imaginative ways. Keeping students entertained while learning beginning dance skills will help them to acquire a lifelong love for dance.

Dance Fusion This class will develop your child’s coordination as well as an understanding of dance concepts and terminology. Through this enjoyable educational experience, students will learn to use dance as a creative means of self-expression. Dance Fusion concentration is on vocabulary, alignment and proper execution of movement and memorization and independence through sequential tasking. Dance genres covered in each session are ballet, jazz, tap, and creative movement.

Ballet This class is the student’s first introduction to formal ballet class structure. More advanced stretching and strengthening exercises are given, barre work is introduced with a greater emphasis on vocabulary and French terminology. Musicality continues to be emphasized along with balance and coordination through the strengthening of the body core. Center floor work is introduced with continued focus on the positions of the arms, legs and feet using classical ballet vocabulary.

Tap is created by the metal taps on the heels and toes of a dancer’s shoes, transforms the dancer into a percussive musician. Tap 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 has its own movement vocabulary ranging from the isolation of certain body parts to the movement of the entire body with the accents of musical rhythms. Jazz dance can take on many different characteristics and styles, including Street Jazz, Percussive, Broadway, Contemporary and Lyrical. Jazz classes can be patterned in any of these styles or a combination of them. 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.

High School Dance will incorporate a combination of Jazz, Ballet and Tap.



Class	Age	Time
Kid Dance	3 – 4 years	9:00 - 9:30 am
Dance Fusion	5 – 7 years	9:30 - 10:30 am
Beginning Tap	8 – 12 years	10:30 - 11:00 am
Beginning Jazz	8 – 12 years	11:00 - 11:30 am
Beginning Ballet	8 – 12 years	11:30 am - 12:00 pm
High School Dance	13 – 18 years	12:00 - 1:00pm

Instructor: “Ms. Jen” Ward

Location: Founders Community Center Dance Studio
 Days: Monday - Friday
 Session I: June 12 - 16
 Session II: June 26 - 30
 Session III: July 10 - 14
 Session IV: July 24 - 28
 Fee: 30-minute class - \$30/NR \$35
 1-hour class - \$45/NR \$50
 Discount: Receive \$5 off each additional class/child.

FALL DANCE PROGRAM

The Frankfort On Pointe Dance program is a progressive program open to boys and girls ages 3 years and older. This 10-week dance program will include Pre-Dance, Beginning Dance, Dance Fusion, Tap, Ballet, Pointe and Jazz classes as well as the Competition Troupe. Classes will begin in September. Look for more information on this program in the Fall brochure.





NEW!

ARCHERY 101 CAMP

Is your young archer interested in becoming the next Robin Hood or Katniss? This is the camp for them! Students will learn safety, proper technique, form, and shooting etiquette. There will be a lot of shooting games and fun with a constant emphasis on safety and respect. Camp will conclude with a tournament to crown new champion archers. Staff at BowDoc Archery are USA Certified Coaches. All levels of shooters are welcome from total beginners to experienced archers. BowDoc Archery will supply all of the equipment that will be used for this camp
Rain Location: Bow Doc Archery 18801 Wolf Road, Unit 4 Mokena, IL 60448

Instructor: BowDoc Archery Certified Coaches

Location: Commissioners Park
Day: Monday - Friday
Session I: July 17 - 21
Time: 9:30 - 11:00 am
Age: 7 - 14 years
Fee: \$105/NR \$110

NEW!

HEALTHY COOKING CAMP

In our Cooking Program, your child will learn about healthy eating and how to apply that knowledge to prepare age-appropriate snacks, breakfasts, lunches and dinners for him/herself. This is a foundational cooking program for children ages 6 - 13 who are interested in helping with a family meal or to just learn some basic, yet important kitchen skills and build confidence in the kitchen. This program is education based and led by a Certified Family Health Coach/Cooking Instructor. Enrollment includes a workbook and recipes. Please advise of known food allergies at time of registration.

Instructor: Tippi Graham, Certified Health Coach

Location: Founders Community Center
Day: Monday - Thursday
Age/Dates: July 24 - 27
Time: 10:30 am - 12:30 pm
Age: 12 - 14 years
Fee: \$150/NR \$155

TENNIS CAMP

Children will be introduced to the sport by various drills that will work on hand-eye coordination. They will be instructed on the proper grips, various stroke techniques (forehand, backhand, overhead, volley and serve) along with the areas of the court and scoring methods. Middle school participants will work at sharpening their skills and learn to use different strokes in matches. All participants must bring their own tennis racquet and are encouraged to bring a water bottle. Tennis balls will be supplied for class.

Instructor: Lincoln - Way Area Tennis Association

Location: Lincoln-Way East High School Tennis Courts
Days: Monday - Thursday
Dates: July 24 - 27
Age /Time: 11 -14 years/6:30 - 7:30 pm
Fee: \$49/NR \$54



ADVENTURE REALM

Your adventure awaits! This trip includes pizza lunch, arcade games, lazer tag and wizard quest challenge play. Bring extra money for additional snacks or arcade tokens.

Registration Deadline: June 8

Day/Date: Thursday, June 29
Departure: 9:00 am from Founders Community Center
Return: 3:00 pm (Approximately)
Age: 10 - 15 years
Fee: \$45 (Fee includes transportation, lunch and tokens)

MEDIEVAL TIMES

Hear Ye, Hear Ye, his Majesty the King has called you to his banquet table where feasting and jousting will entertain all! Trip includes full show and meal, leave the utensils at home.

Registration Deadline: July 6

Day/Date: Thursday, July 27
Departure: 9:00 am from Founders Community Center
Return: 3:00 pm (Approximately)
Age: 10 - 15 years
Fee: \$59 (Fee includes transportation, lunch and show)

CHICAGO PIZZA TOUR

Fill-up on pizza and sample some of Chicago's famous slices in this walking tour around the city. Trip includes three stops with slices at each.

Registration Deadline: July 20

Day/Date: Thursday, August 10
Departure: 10:00 am from Founders Community Center
Return: 3:00 pm (Approximately)
Age: 11 - 16 years
Fee: \$75 (Fee includes transportation, pizza and tour)



KARATE KIDS

This class introduces young children to the 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. Just added is a “Just Kick It” program designed for kids to work on various techniques and skills added from the handout each session. There is a \$25 fee for testing, which includes belt and certificate.

*Instructor: Master David Smith, 3rd Degree Black Belt
Master Chad Smith, Masters Rank, 6th Degree Black Belt*

Location: Founders Community Center
Day: Tuesday
Session I: June 6 – July 18 (No Class July 4)
Session II: July 25 – August 29
Time: 6:00 – 6:30 pm
Age: 4 - 7 years
Fee: \$45/NR \$50
Discounts: ½ off additional family members

KOKORO MARTIAL ARTS ACADEMY karate classes study traditional Okinawan Shorei Ryu and Goju Ryu styles. Training includes basic and advanced • Strikes • Kicks • Stances • Blocks • Forms • Sparring • Self-defense.

- Karate is the art of ancient hand fighting (Kara=empty, te=hand)
- Karate unites body, mind, and spirit
- Traditional karate ethics promotes qualities for excellence including self-confidence, a strong mind and body, a peaceful and humble demeanor, and an exceptional character
- Karate students exhibit discipline, honor, respect, and determination
- Karate skills sharpen the mind improving concentration, attention span, and memory
- Karate helps ensure personal safety by developing effective/ life-saving techniques, and exploring awareness, avoidance, and reactions regarding dangerous situations
- Balance, coordination, agility, flexibility, strength, and endurance are improved
- Sport karate practices good sportsmanship, and is healthy competition both individually and as a team

KARATE

Students learn basic and advanced traditional karate skills – katas, sparring, and self-defense. Individuals and families participate in this class. This is a great opportunity to do something with your child(ren)! In 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.

*Instructors: Master David Smith, 3rd Degree Black Belt
Master Chad Smith, Masters Rank, 6th Degree Black Belt*

Location: Founders Community Center
Day: Tuesday
Session I: June 6 – July 18 (No Class July 4)
Session II: July 25 – August 29
Level/Time: Beginner/6:30 – 7:30 pm
Advanced/6:30 – 7:45 pm
Age: 8 years & older
Fee: \$65/NR \$70
Discounts: ½ off additional family members



? DID YOU KNOW . . .

Chad Smith has been training in the Martial Arts field for over 30 years and teaching at the Frankfort Park District for 17 years. He was an International Gold Medalist in the 1997 European World Games. Chad has also coached for the US Karate team (Team USA) from 1997-2010.

David Smith has been training in the Martial Arts field for 28 years and teaching at the Frankfort Park District for 20 years. He was a member of the 5 man black belt team (Team USA). David was also an International silver medalist in the 2005 Pan American Games.

Youth Athletic Programs



DROP-IN BASKETBALL

Get a few of your buddies together and head over to the Founders Center for a little game of Hoops! Basketballs are available to check out during drop in hours. Please bring your ID when checking in. Don't miss out on the fun; it will be a slam dunk!

Location:	Founders Community Center
Day:	Tuesday & Thursday
Date:	June 13 – August 17 (No Class July 4 and August 1, 3)
Time:	11:00 am – 2:00 pm
Age:	10 – 14 years
Fee:	\$3/NR \$6

OPEN TABLE TENNIS

Whether you're playing a tournament match or just for fun, table tennis is a game that has increased in popularity throughout the country. Stop by the Founders Community Center to rent your paddle and table. All equipment must be returned to front desk. If you have any questions, please contact the Park District office at (815)469-9400

Location:	Founders Community Center Teen Room
Day:	Monday - Thursday
Time:	11:00 am - 8:00 pm
Age:	7 years & older
Fee:	Free (ID required to rent paddle & 2 ping pong balls)

BASEBALL PITCHING & HITTING INSTRUCTOR

Member of the College Hall of Fame baseball team and National Champion Fred Freberg provides one on one ½ hour lessons indoors. His students have gone as far as the Little League World Series in Pennsylvania. Coach Fred is passionate about the game of baseball. He communicates positively and effectively with players of all ages and skill levels. He will help your child achieve the necessary tools to play at the next level. Participants must provide your own bat and glove. The instructor will contact participant to schedule lesson upon registration.

Instructor: Fred Freberg

Location:	Founders Community Center
Day:	To be scheduled with Fred Freberg
Age:	All Ages
Fee:	\$25/per ½ hour Session



ICE SKATING

No skating experience necessary. Learn how to balance and skate unassisted. Class is for future figure skaters, hockey players or recreational skaters. Skate rental is available for an additional \$2.00 per week. No Make-Up Classes. Please note all classes are subject to change and run depending on class enrollment. All classes are 45 minutes long.

Location:	Homewood-Flossmoor Ice Arena 777 Kedzie Avenue, Homewood, IL 708-957-0100
Date:	May 24 – June 28
Fee:	\$107

Ages 3-5

Day/Time: Wednesday/6:10 pm

Ages 6-12

Day/Time: Wednesday/6:10 pm

Ages 13 to Adult

Day/Time: Wednesday/6:40 pm

LITTLE DRIBBLERS BASKETBALL

This program is designed to be instructional with an emphasis placed on learning the fundamental skills of basketball in a fun and entertaining environment. There will be group instruction on dribbling, passing, shooting and defense with special contests and a personalized award. You won't want to miss a second of this class! This program is sure to get your son/daughter ready for the Frankfort 3rd/4th grade basketball league.

Instructor: Dave Esterkamp

Location:	Founders Community Center
Day:	Wednesday
Session I:	June 7 – July 5
Session II:	July 19 – August 16
Time:	3:30 – 4:30 pm
Age:	1st -3rd grade boys /girls
Fee:	\$35/NR \$40

ELITE BASKETBALL TRAINING

This is a high intensity basketball training program. It is designed for the players who are serious about achieving the goals they have set for themselves in the game of basketball. Each workout will focus on the different skills of the game, along with footwork, speed and agility. At the end of the six sessions, each player will receive an individualized skills evaluation. Workouts will be conducted by Dave Esterkamp, who recently concluded a successful 13 year professional career in Europe.

Instructor: Dave Esterkamp

Location:	Founders Community Center
Day:	Wednesday
Session I:	June 7 – July 5
Session II:	July 19 – August 16
Time:	4:30 – 5:30 pm
Age:	9 – 14 years
Fee:	\$45/NR \$50

PEE-WEE GOLF

Pee Wee Golf classes are for youngsters age 3-5 years with little or no experience. Classes are designed to introduce kids to the game of golf, in a fun and relaxed environment. They will learn the basic fundamentals including; full swing, grip, posture, stance, chipping and putting. All participants will even get a chance to play on the course. Everyone will get a video of their swing. SNAG equipment will be used to simplify the learning process. If you don't have clubs, the instructor will supply. \$5 ball fee payable each week.

Instructor: Suzie Owens, LPGA Teaching Professional

Location: White Mountain Golf Course
9901 West 179th St, Tinley Park
Day: Saturday
Session I: June 3 – July 8
Session II: July 15 – August 19
Time: 9:00 – 9:45 am or
10:00 – 10:45 am
Age: 3 – 5 years
Fee: \$59/NR \$64



KIDS FIRST TRACK & FIELD PROGRAM

Kids are separated by age within the class time. Run, Run, Run! Speed, Quickness, Agility program through Track & Field Events. Excellent Coaches will focus on teaching sprints, hurdles, jumps, running and throws in a safe and fundamental way. The program consists of Body Balance Techniques; speed, quickness and agility drills, producing a quicker, safer and more powerful performer. Rain Location: Founders Community Center

Instructor: Kids First Sports Safety

Location: Chelsea School Track
Day: Saturday
Session I: June 10 – July 1
Session II: July 8 – July 29
Age/Time: 6 – 9 years/9:00 – 10:15 am
Age/Time: 10 – 14 years/10:15 – 11:30 am
Fee: \$59/NR \$64

KIDS FIRST BLAST BALL PROGRAM

Batter UP! Blast Ball is the introduction to Baseball for 4-5 year olds. The game is very safe, played with a soft bat and ball, no glove is needed. Each player bats once an inning and no scores are kept. Blast Ball consists of one base which makes a “honking” sound when a player steps on it. Major League Baseball recognized that Blast Ball is part of its campaign to promote the resurgence of Baseball at the grass-roots level. Rain Location: Founders Community Center

Instructor: Kids First Sports Safety

Location: Chelsea School Track
Day: Saturday
Session I: June 10 – July 1
Session II: July 8 – July 29
Age: 4 – 5 years
Time: 9:00 – 10:15 am
Fee: \$59/NR \$64

KIDS FIRST GIRLS SOFTBALL

Softball is Summer Time Fun! It's a hit... Instruction & Games This program challenges all players through fun competitive softball drills and games that will maximize player potential. Parents have called Kids First Softball mandatory for fundamentals, safety and skills training. Program Offers: Softball Skills Competition: Pitching, Hitting, Fielding, Running and Championship Softball Games. PLUS-position training, batting techniques, body balance, throwing, fielding, first step directional movements, base running and sportsmanship. Kids First Instructor raises the SKILL & EXCITEMENT LEVEL using approximately 50% of the time devoted to fundamentals, safety, speed and fitness and 50% dedicated to game time. Rain Location: Founders Community Center

Instructor: Kids First Sports Safety

Location: Chelsea School Track
Day: Saturday
Session I: June 10 – July 1
Session II: July 8 – July 29
Age: 7 – 13 years
Time: 11:30 – 12:45 pm
Fee: \$59/NR \$64

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: Ryan Sparrow

Location: Founders Community Center
Day: Wednesday
Date: May 24 - July 12 (No Class June 7 and July 5)
Time: 5:45 - 6:30 pm
Age: 4 - 6 years
Fee: \$49/NR \$54

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: Ryan Sparrow

Location:	Founders Community Center
Day:	Wednesday
Date:	May 24 - July 12 (No Class June 7 and July 5)
Time:	6:45 - 7:30 pm
Age:	4 - 6 years
Fee:	\$49/NR\$54

GOLF LESSONS AT WHITE MOUNTAIN GOLF CLUB

Golf Lessons will be taught by Dennis Piotrowski, PGA Golf Professional and his staff. All students receive instruction in a group format, including proper grip, stance, full swing, pitching, putting and rules of the game. All students will receive a free pass for 9 holes of golf at White Mountain Golf Course. A \$5.00 range ball fee will be payable to the instructor at each class. Students are to bring a 7-iron to the first class.

Instructor: Dennis Piotrowski

Location:	White Mountain Golf Club 9901 West 179th St, Tinley Park
Day:	Thursday
Session I:	June 8 - 29
Session II:	July 6 - 27
Time:	4:00 - 5:00 pm
Age:	7 - 15 years
Fee:	\$75/NR \$80

N' SPIRE ME FIT KIDZ ZONE

This class will focus on promoting positive self-esteem, sports and fitness activities in a controlled yet fun environment. Each week, parents get to participate with their child as a new sport/fitness activity is introduced in the most simple and fun manner. This program will offer a wide range of activities involving independency & developmental skills which will motivate your child to interact with you and the coach! Sign up today and join the fun!

Instructor: Coach Lisa

Location:	Founders Community Center
Day:	Friday
Date:	June 9 - July 14
Time:	11:00 - 11:45 am
Age:	2 - 4 years with parent
Fee:	\$55/NR \$60

FLOOR HOCKEY

Participants in this floor hockey class will learn the basic skills, terms and general playing tactics from a level 3 certified USA Hockey Coach. Having fun will be the primary objective with exercise and friendship building being a big part of class. Everyone should bring their own water bottle and be ready to have some fun!

Instructor: Jim Sullivan

Location:	Founders Community Center
Day:	Tuesday
Date:	July 11 - August 15
Time:	4:45 - 5:30 pm
Age:	3rd - 6th grade
Fee:	\$49/NR \$54

**GYMNASTICS**

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.

Location:	United Gymnastics Academy
Dates:	June 12 - August 10 (No Class July 4, 5, 6, 7)

GYM CUBS

The Gym Cubs is a parent/tot class centered around age appropriate movements

Day/Time:	Tuesday/9:00 - 9:50 am
Day/Time:	Thursday/5:00 - 5:50 pm
Age:	2 - 3 years
Fee:	\$115/NR \$120

GYM LIONS

Day/Time:	Tuesday/11:00 - 11:50 am
Day/Time:	Wednesday/5:00 - 5:50 pm
Age:	3 years
Fee:	\$115/NR \$120

LION KINGS

Day/Time:	Tuesday/10:00 - 10:50 am
Day/Time:	Wednesday/6:00 - 6:50 pm
Age:	4 - 5 years
Fee:	\$115/NR \$120

BEGINNER GIRLS GYMNASTICS

Day/Time:	Monday/5:00 - 6:00 pm
Age:	6 - 18 years
Fee:	\$125/NR \$130

BEGINNER BOYS GYMNASTICS

Day/Time:	Monday/4:00 - 5:00 pm
Age:	6 - 14 years
Fee:	\$125/NR \$130

YOUTH TENNIS LESSONS

Junior tennis has a whole new attitude. Certified USPTA Professional Cindy Heidkamp and the Lincoln Way Area CTA staff will work with every level of player. Students will learn the sport of tennis using age and skill appropriate racquets, nets and tennis balls. Every player will learn the basics including grips, groundstrokes, volleys and serves. Students will also be taught areas of the court, rules of the game and scoring. Loaner racquets will be available at the first class.

Instructor: Lincoln Way Area CTA Staff

Location: Lincoln Way East Tennis Courts
 Day: Thursday
 Date: June 15 - July 20
 Age/Time: 5 - 7 years/4:30-5:30 pm
 Age/Time: 8 - 10 years/5:30-6:30 pm
 Age/Time: 11 - 14 years/6:30-7:30 pm
 Fee: \$60/NR \$65

BOWLING LESSONS

Learn to bowl with the Frankfort Park District and Thunder Bowl! Each lesson will include game time, shoe rental and professional instruction from qualified staff members at Thunder Bowl Bowling Alley in Mokena. Pizza and pop will be served on the last day of each session.

Instructor: Garry Ball

Location: Thunder Bowl Bowling Alley
 18700 South Old LaGrange Road
 Mokena
 Day: Wednesday
 Session I: June 21 - August 2
 Time: 4:30 - 6:00 pm
 Age: 6 years & older
 Fee: \$49/NR \$54

VOLUNTEERS MAKE THE DIFFERENCE

The Frankfort Park District would like to thank the men and women who graciously volunteered their time to help teach basketball skills, teamwork and sportsmanship to all participants involved in the 2016-2017 Youth Basketball League. Without the help of these wonderful volunteer coaches, we would not be able to run this program. Thank you for your efforts!

Andy Bendy	Jeff Willis	Mike O'Brien
Joe Amendola	Mike Phillips	Angela Mickiewicz
John Groen	Mike Schilke	Brendan McGlone
Chad Robson	John Maniatis	Mike Szafoni
David Lee	David Ho	Danta Wright
Jon Guderjan	Patrick Kenny	Deanna Kibelkiss
Keith Bruninga	Peter Hickling	Evan Bruninga
Kelly Gwiazda	Quentin Ostrowski	Garry Manous
Kevin Maney	Ronald Clark	Gary Jungles
Steve McGinn	James Emch	Jason Gritzenbach
Klint Kessling	Steve Tomczak	Todd Boylan
Jason Haefner	Mark Mickiewicz	Todd Graef
Jason LeBeau	Michael Svehla	Tom Cumbee
Jason Marchert	Michael Svehla Jr	Tom Wills
Jeff Plolmsky	Michael Szafoni	Trey Robbins
Jeff Venable	Mike Abbott	

The Frankfort Park District would also like to send out a big THANK YOU to Phillips Chevrolet for their most generous donations throughout our youth basketball league.



CHICAGO FIRE DEVELOPMENTAL SOCCER LEAGUE

The Chicago Fire Staff will conduct an instructional soccer program focusing on the basic skills for the beginning and novice youth players, ages 4 through 6th grade. This program will consist of a training session (weekday) and games on Saturdays. The training curriculum will be age appropriately designed to create a fun and exciting environment for maximum participation for each player. All training sessions will be conducted by Chicago Fire staff coaches. As always, volunteer parent coaches will be needed to ensure the successful operation of this program. Each game will have a referee and two volunteer coaches plus one Chicago Fire Staff coach. There will be a coaching clinic on Aug 3rd from 6-7pm (Site TBA) at the beginning of the season for volunteer parent coaches. We will contact all interested coaches prior to meeting date. Each player will be responsible to purchase 2 Uniform tops. The tops may be ordered at registration for \$20. You may use your t-shirts from last year (Red & Grey) All players are required to wear Shin Guards and shorts to all games and practices. Don't forget to bring a soccer ball to all training sessions.

Registration Deadline: July 25 - A \$10 late fee will be added if registered after July 25. Final 2 weeks are make-ups for rain out days! (If needed)

Instructor: Chicago Fire Staff

Location: Commissioners Park Soccer Fields
 Dates: August 8 - October 21 (No Games September 2)

Age: 4 years - Kindergarten

Session I: Tuesday/5:00 - 6:00 pm
 Saturday/9:00 am - 2:00 pm
 Session II: Thursday/5:00 - 6:00 pm
 Saturday/9:00 am - 2:00 pm

Age: 1st - 3rd grade

Session III: Tuesday/6:00 - 7:00 pm
 Saturday/9:00 am - 2:00 pm

Age: 4th - 6th grade

Session IV: Thursday/6:00 - 7:00 pm
 Saturday/9:00 am - 2:00 pm

Fee: \$95/NR \$100 (\$5 off for additional siblings)

Adult Athletic Programs



FRANKFORT/NEW LENOX RUNNING CLUB

Come on Frankfort! Let's get moving!! Running is a lot more fun when you have people to do it with you, so come on out for some healthy fun and enjoy our beautiful village. As a member of the Frankfort Running Club you will run short 5k to 10k runs in various neighborhoods in Frankfort. So come on out and have some fun and run, run, run!! It's Free!! For more information, please visit the Frankfort/New Lenox Running Club Facebook page.



GOLF LESSONS AT WHITE MOUNTAIN GOLF CLUB

Golf Lessons will be taught by Dennis Piotrowski, PGA Golf Professional and his staff. All students receive instruction in a group format, including proper grip, stance, full swing, pitching, putting and rules of the game. All students will receive a free pass for 9 holes of golf at White Mountain Golf Course. A \$5.00 range ball fee will be payable to the instructor at each class. Students are to bring a 7-iron to the first class.

Instructor: Dennis Piotrowski

Location: White Mountain Golf Club
9901 West 179th St, Tinley Park

Day: Thursday

Session I: June 8 – 29

Session II: July 6 - 27

Time: 6:00 – 7:00 pm

Age: 16 years & older

Fee: \$75/NR \$80

3 ON 3 BASKETBALL TOURNAMENT

Join the Frankfort Park District as we run a fun and exciting Tournament. Grab a few buddies and see if you have what it takes to be a Champion! Rosters are limited to 6 players. Specific rules and schedule will be available 5 days before event. Prize Money will be awarded to the Top Team! All games will be played on half courts at Main Park. Registration Deadline: June 3

Location: Main Park (Outdoor Basketball Courts)

Day: Saturday

Date: June 10

Time: 10:00 am – 12:00 pm

Age: 18 years & older

Fee: \$59/NR \$64

CO-REC 12" SOFTBALL LEAGUE

Get a group of friends together and enjoy this recreational co-ed softball league. The league will consist of eight teams playing a seven game schedule with a single elimination tournament for the top 4 teams at the end of the season. Games will be played on Friday nights at 6:30, 7:30, 8:30 and 9:30 pm. Cash prizes will be awarded for the top two teams in league play and a trophy to the champion of the tournament. A non-refundable \$225 deposit is due at the time of registration to hold your spot in the league. The balance is due on Friday, June 30th, to ensure placement into the league. Team rosters, rules and softballs will be available for pick up on or after Friday July 7th at the Founders Center, 140 Oak Street.

Location: Commissioners Park

Day: Friday

Date: July 14 – September 22 (No Games September 1)

Time: Games start at 6:30 pm

Age: 18 and older

Fee: \$500/NR\$550 (includes a \$25 Forfeit Fee)

OPEN PICKLE BALL

The Park District will supply the equipment, so grab a friend or two and enjoy a friendly game. Stop by the front desk, during regular office hours, to check out your paddle and ball and enjoy what the sport has to offer.

Location: Commissioners Park Tennis Courts

Day: Tuesday

Date: June 13 - August 15

Time: 6:00 - 8:00 pm

Age: 18 years & older

Fee: Free (\$25 deposit required to check out equipment)



PICKLE BALL TOURNAMENT

Join the Frankfort Park District as we put on our 2nd Annual Pickle Ball Tournament. Grab a partner and compete against some of the finest players in the south suburbs. Format will be a double elimination tournament. Prize money to the winning team! Please note- if you don't have a partner call the park district and maybe we can find a partner for you. Registration Deadline: July 11

Location: Founders Community Center
 Day: Tuesday
 Date: July 18
 Time: 7:00 - 9:00 pm
 Age: 18 years & older
 Fee: \$10/person

PICKLE BALL CLINIC

Come meet experienced pickleballer and avid enthusiast Terry TerHaar, Illinois USAPA Ambassador. He will share everything you need to know to get you playing this fast growing sport. From equipment, rules, strategies and times to play during the week. No need to bring anything, but players should wear court shoes and active clothing. You must register and sign a liability waiver at the park district office at 140 Oak Street before participating.

Instructor: Terry TerHaar
 Location: Main Park Tennis Courts
 Day: Thursday
 Date: June 15
 Time: 6:00 - 8:00 pm
 Age: 18 years & older
 Fee: Free

NEW!

USTA START/RESTART TENNIS

Tennis is an excellent way to get in shape and have fun doing it. For new and returning adult players, this 6-week program emphasizes meeting new people while learning the basics of tennis. Classes feature drills and stroke instruction, serving and doubles play. Players receive weekly handouts to reinforce lessons, Start/Restart T-shirt (new players), and a tennis rules booklet. Please bring a water bottle and a tennis racket. All registration is taken by the United States Tennis Association. Please visit their website at www.startplayingTennis.com to register for Frankfort Start/Restart Tennis.

Instructor: Lincoln Way Area CTA Staff
 Location: Lincoln-Way East High School Tennis Courts
 Day: Thursday
 Date: June 15 - July 20
 Time: 6:30 - 7:30 pm
 Age: 18 years & older
 Fee: \$79/NR \$84

CO-REC 6'S SAND VOLLEYBALL LEAGUE

Come join us for this exciting league. This league is open to Co-ed teams ages 18 years and older. Games will be played at Main Park in Frankfort on Monday Nights starting at 7:00pm. A set of league rules and schedule will be available one week before the start of the league. Prize money will be awarded to the post season tournament champion.

Location: Main Park Sand Court
 Day: Monday
 Dates: June 19 - August 7 (No Games July 3)
 Time: 7:00 - 9:00 pm (depending on number of teams)
 Age: 18 years & older
 Fee: \$200/NR \$250

3 ON 3 BASKETBALL LEAGUE

Come join the Frankfort Park District as we introduce a new fun and exciting basketball league. Team registrations only, games will consist of (2) 15 minute halves (running clock). There will be an official at every game. Information packet and rules available at time of signup. Length of league will be determined by number of teams. Prize awarded to the post season tournament champion.

Location: Main Park (Outdoor Basketball Courts)
 Day: Tuesday
 Date: June 20 - August 15 (No game July 4)
 Time: 6:30, 7:30 pm
 Age: 18 years & older
 Fee: \$125/NR \$130

5 ON 5 BASKETBALL LEAGUE

Sign up now for this exciting league. Team registrations only, No individual sign ups. Games will consist of (2) twenty minute halves (running clock). League fee includes gym usage, referee fee and Prize Money! An information packet and rules will be available at time of sign-up. Rosters are limited to 10 players per team. Length of league will be determined by number of teams. Grab your buddies, it will be a Slam Dunk!

Location: Founders Community Center
 Day: Thursday
 Dates: June 22 - August 17
 Time: 6:30, 7:30, 8:30 pm
 Age: 18 years & older
 Fee: \$375/NR \$425 (includes regular season/playoffs)

MEN'S FALL 12" SOFTBALL LEAGUE

Get a group of friends together and enjoy this Recreational Men's Softball League. The league will consist of eight teams playing a seven game schedule with a single elimination tournament for the top 4 teams at the end of the season. Games will be played on Wednesday nights starting at 6:30pm. Cash prizes will be awarded to the post season tournament champion. A non-refundable \$225 deposit is due at signup to hold your spot in the league. The balance is due on Friday, August 25th to ensure placement into the league. Team packets, rules and softballs will be available on Wednesday, August 30th for pickup at the Founders Center, 140 Oak Street.

Location: Commissioners Park
 Day: Wednesday
 Date: September 6 - October 25
 Time: Games start at 6:30pm
 Age: 18 and over
 Fee: \$500/NR \$550 (includes a \$25 forfeit fee)





NEW! BARRE-BALANCE STRENGTH & POWER

Participants will build strength and flexibility while working at the ballet barre and in the center of the room. Small props may be used from week to week with an emphasis on alignment, core engagement, and foot strengthening. No dance experience is required in this fitness-focused class. Bare feet or tight grippy socks are recommended. Bring a water bottle to class!

Instructor: Jenn Raleigh

Location: Founders Community Center
 Day: Wednesday
 Session I: June 7 – July 12
 Session II: July 26 – August 30
 Time: 6:00 – 7:00 pm
 Age: 16 years & older
 Fee: \$45/NR \$50

ZUMBA

Ditch the workout and join the party! This class will join Latin, Pop, and World music with dance moves that create a dynamic fitness program. Participants will have an absolute blast while not even realizing they are burning calories and building strength, flexibility, coordination, and stamina. Be ready to sweat...wear comfortable, mobile clothing and flexible gym shoes to class. Bring a water bottle!

Instructor: Jenn Raleigh

Location: Founders Community Center
 Day: Wednesday
 Session I: June 7 – July 12
 Session II: July 26 – August 30
 Time: 7:00 – 8:00 pm
 Age: 16 years & older
 Fee: \$45/NR \$50

NEW! BUTTS & GUTS TONING

A focused workout targeting the lower body, designed to sculpt and firm your core, butt and thighs. This series will include, but is not limited to: squat & lunge variations, fitness balls, resistance bands, and plenty of mat-work (planks, bridges, crunches). ALL FITNESS LEVELS WELCOME - you'll be working at your own pace to achieve YOUR personal best. Please bring a water bottle, a towel, and wear comfy workout clothes - we're gonna get sweaty!

Instructor: Kim Bennett

Location: Founders Community Center
 Day: Thursday
 Session I: May 18 – June 22
 Session II: June 29 – August 3
 Session III: August 10 – September 14
 Time: 8:30 – 9:15 am
 Age: 16 years & older
 Fee: \$45/NR \$50

NEW! PILATES

The Pilates matwork program lengthens and strengthens the body ultimately resulting in a sleek streamlined shape. Pilates shrinks the waist, strengthens the core muscles and increases flexibility. Participants experience dramatically improved posture, much less back pain, and feel strong and revitalized. Bring your own Pilates/Yoga mat. Form fitting workout clothes and bare feet work best in Pilates.

Instructor: Jenn Raleigh

Location: Founders Community Center
 Day: Monday
 Session I: June 5 - July 17
 (No Class July 3)
 Session II: July 24 – August 28
 Time: 8:30 – 9:30 am
 Age: 16 years & older
 Fee: \$45/NR \$50

GET FIT WHILE YOU SIT!

This class is perfect for “Older Adults” or as a “Starting Point” for beginner exercisers. This class helps battle against osteoporosis, joint and back pain, and falling. When we build muscle, we build bone. When the muscles supporting the spine and the joints are strong and flexible, we have less pain and risk of injury. As we age, our ability to balance declines. Since the consequences of falling for older adults can be severe – even fatal – balance training is essential. Exercises are performed seated and/or standing using chairs, weights, and other equipment, which are provided for you. No previous exercise experience necessary.

Instructor: Arlene Santiago

Location: Founders Community Center
 Days: Monday & Wednesday
 Session I: June 5 – July 12
 (No Class July 3 & 5)
 Session II: July 17 - August 16
 Time: 9:30 – 10:30 am
 Age: 30 years & older
 Fee: \$35

GENTLE YOGA

Gentle yoga is a great class for anyone new to yoga or the continuing practitioner. Yoga helps to develop strength, balance and flexibility and helps calm the mind. We will work at a slow and steady pace using blocks and straps to aid in alignment. Friendly to any fitness level! Please bring a yoga mat.

Instructor: Mary Dempsey 200 CYT

Location: Founders Community Center
 Day: Tuesday &/OR Thursday
 Session I: June 6 – July 20
 (No Class July 4 & 6)
 Session II: August 1 – September 7
 Time: 9:00 – 10:00 am
 Age: 21 years & older
 Fee: \$54/ NR \$ 59 (1x week)
 \$94/ NR \$99 (2x week)
 Drop in: \$10/class

YOGA ALL LEVELS

Yoga is a popular way to increase flexibility, gain strength and reduce stress. This class will focus on beginning and intermediate levels of yoga postures and breath work. Blocks and straps will be used to enhance alignment. Please bring a yoga mat.

Instructor: Mary Dempsey 200 CYT

Location: Founders Community Center
 Day: Tuesday
 Session I: June 6 – July 18
 (No Class July 4)
 Session II: August 1 – September 5
 Time: 7:00 – 8:00 pm
 Age: 21 & older
 Fee: \$54/ NR \$ 59
 Drop in: \$10/class

NEW!

28-DAY TRANSFORMATION

Ready to transform your body? This 4-week challenge is designed to help create a healthier lifestyle through eating habits and increasing activity. Led by a personal trainer and nutrition coach, this class will give you a success manual, meal plan, grocery lists, recipes and actionable tips to help you lose weight. The 28-Day Transformation is designed for those who do not exercise to those who do light to medium exercise regularly. Have fun doing different workouts each week! Bring a mat and water to class.

Instructor: Arlene Santiago

Location: Founders Community Center
 Days: Wednesday
 Session I: June 7 – 28
 Session II: July 12 – August 2
 Time: 6:30 – 7:30 pm
 Please arrive at 6:15 pm on the first day of class
 Age: 18 years & older
 Fee: \$89/NR \$94



**FRANKFORT/NEW LENOX
 RUNNING CLUB**

**For more information visit
 their facebook page.**



CHAIR YOGA

Chair Yoga is designed to increase flexibility, balance and range of movement. This class will move your whole body through a series of seated and standing yoga poses using a chair for support. Poses are modified so those with health restrictions, decrease range of motion and physical challenges can enjoy the benefits.

Instructor: Arlene Santiago

Location: Founders Community Center
 Days: Thursday
 Session I: June 8 – July 13
 (No Class July 6)
 Session II: July 20 – August 17
 Time: 11:00 am – 12:00 pm
 Age: 18 years & older
 Fee: \$30

NEW!

ZUMBA KIDS

Zumba kids is a fun high-energy fitness class packed with specially choreographed, kid-friendly routines set to their favorite Pop songs as well as to Latin and World music. Increased focus, coordination, self-confidence, and metabolism boost are all benefits that will come from this fun-focused class. Please wear comfortable clothing and bring gym shoes and a water bottle to each class.

Instructor: Jenn Raleigh

Location: Founders Community Center
 Day: Monday
 Dates: June 12 - July 24
 (No Class July 3)
 Time: 9:30 – 10:15 am
 Age: 6 – 12 years
 Fee: \$39/NR \$44

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 – all 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. Bring your own mat and water.

Instructor: Brittany Ivancich

Location: Founders Community Center
 Day: Tuesday &/OR Thursday
 Session I: June 13 – July 27
 (No Class July 4 & 6)
 Session II: August 8 – September 14
 Time: 9:30 – 10:30 am
 Age: 16 years & older
 Fee: \$49/NR \$54 (1x/week)
 \$69/NR \$74 (2x/week)

NEW!**OUTDOOR CHALLENGE**

In this outdoor fitness challenge, we will start the class with a run/walk on Old Plank Trail. We will then work on the outdoor fitness equipment and then move to a boot camp intensity workout. Please bring plenty of water, a mat and a towel to class. This class will meet at the fitness equipment located at Michele Bingham Park. Rain location: Lincoln-Way East Field House.

Instructor: Karen Volk

Location: Michele Bingham Park
Elsner Road & Old Plank Trail

Day: Tuesday

Session I: June 13 – July 25
(No Class July 4)

Session II: August 8 – September 12

Time: 6:30 – 7:30 pm

Age: 18 years & older

Fee: \$45/NR \$50



Check out our website at . . .

WWW.FRANKFORTPARKS.ORG

**DID YOU KNOW . . .**

Karen Volk won the 2016 22nd Century Media's Southwest Choice award for Personal Training.

FUN FITNESS

This fitness class will be filled with fun and games. We will do a little running/walking and play some fitness games while getting a full body workout. So bring your water, a towel and get ready to have some summer fun. This class will meet at the Pavilion at Commissioners Park. Rain location: Founders Community Center, 140 Oak Street.

Instructor: Karen Volk

Location: Commissioners Park Pavilion
22108 S. 80th Ave.

Day: Wednesday

Session I: June 14 – July 26
(No Class July 5)

Session II: August 9 – September 13

Time: 6:30 – 7:15 pm

Age: 18 years & older

Fee: \$39/ NR \$44

PERSONAL TRAINING

Want to start getting in shape, lose weight and get healthy? These sessions will provide you with what you need. It is the goal of the trainer to help you move better, get stronger and leaner. Each workout is personalized to your individual needs. Please bring water and a towel to class. Get fit, live healthy!

Instructor: Karen Volk, CPT

Location: Lincoln-Way East Fitness Center/Founders Community Center

Day/Dates: To be scheduled with Karen

Age: 18 years & older

Fee: 8 - 1-hour sessions 1-on-1: \$300
8 - 1-hour sessions for 2 people: \$200/person
4 - 1-hour sessions for 4 people: \$240/group
(must register as a group)

**WE BRING THE MOVES, YOU TURN UP THE HEAT!**

You wanna be fit? You want that look good, feel great, got-my-stride-on-and-you-love-it-confidence? That's where we come in. TURN IT UP! You thought we were stuck in the 80's dancing to jazz music, right? Nope. We're dropping it to the newest body-pumping beats on the radio right now. Shakira? Yep. Pitbull? Check. Ariana Grande? We got it. Music is make-it-or-break-it when it comes to workouts. So we update our playlists constantly to keep it fresh. With new moves and new music in every class plateaus are no problem.

For more information and special offers visit www.jazzercise.com. This is an on-going program register at your first class or online at www.jazzercise.com. **Please verify class times by going to www.jazzercise.com, click on enter location and type in Frankfort, IL. Questions? Send a text or call Karen at 815-585-5376 or email klabriola1@sbcglobal.net



Certified Instructor: Karen Labriola and Deb Klir

Location: Founders Community Center

Day/Time: Mon.- 8:30 - 9:30 am* and/or 6:30 - 7:30 pm
Tues.- 9:30 - 10:30 am* and/or 5:45 - 6:45 pm
Wed.- 8:30 - 9:30 am* and/or 6:30 - 7:30 pm
Thur.- 9:30 - 10:30 am* and/or 5:45 - 6:45 pm
Fri.- 9:30 - 10:30 am*
Sat.- 8:45 - 9:45 am

All classes are "Dance Mixx" format with the exception of Monday morning and Tuesday evening classes. Those classes incorporate "Lo-Dance Mixx" format.

Fee: \$15/1 day pass
EFT \$43/month - (12 month min.)
\$30 Joining fee
EFT \$53/month - (6 month min.)
\$50 Joining fee



Frankfort Park District Fitness at Lincoln-Way East

FITNESS CENTER

Welcome to the Fitness Center! Come work out in a relaxed atmosphere using the free-weight room and the fitness center. You will need a Fitness Center Pass, which can be purchased at the Frankfort Park District or at Lincoln-Way East during fitness center hours. Adults and students (7th-12th grade with student ID) can purchase a pass which entitles you to use the fitness room, free-weight room (Jr. High students must be accompanied by a parent) and field house during scheduled open gym. The field house can be used for basketball, volleyball, and dodgeball. Please pick-up a monthly calendar at the Frankfort Park District for availability.

- Location: Lincoln-Way East High School
201 E. Colorado Avenue
- Dates: September 8, 2016 – May 24, 2017
- Days/Hours: Monday - Friday/6:30 - 9:30 pm
Saturday/1:30 - 4:30 pm
- Summer Hours: June – August, 2017
- Days/Hours: Tuesday, Thursday & Friday/6:00 - 9:00 pm
- Fee: 12 pass -- \$24/NR \$36
24 pass -- \$40/NR \$60
- One Day pass: Adult - \$4
District 210 Student with ID - \$3
Non-resident - \$8

OPEN GYM - SUMMER HOURS

The Frankfort Park District will host open gym at Lincoln-Way East Field House. Activities will include basketball, volleyball, and dodgeball. Parental supervision is required for children 13 and under. ID is required. Please pick-up a monthly calendar for availability at the Frankfort Park District or at LWE during evening hours.

- Location: Lincoln-Way East Field House
- Day: Tuesday, Thursday & Friday
- Time: 6:30 – 9:00 pm
- Age: All (Children under the age of 13 must be accompanied by an adult)
- Fee: \$4/NR \$8
\$3 with student ID (District 210)



Please Note: Any resident of Lincoln-Way Community High School District 210 is eligible to purchase an annual membership. A Drivers License/State ID is required at the time of registration to ensure Lincoln-Way District 210 residency. Passes for the 2016-2017 season are available for purchase at the Frankfort Park District and at Lincoln-Way East during fitness center hours.



FLOWER POT ARRANGEMENTS

Want to create a show stopping flower pot, but don't know where to start? Come learn how to coordinate colors, use balance in a design, and what flowers to use to create the look you want. The instructor was on the Roscoe Village Garden Walk for many years and has done freelance work designing flower pots and window boxes for clients. She can help you select the right flowers to work in the type of pot you'd like to use and for the amount of light that pot will get. Come prepared with a pencil and paper to take notes and sketch designs. Following the class, we will go shopping to pick out plants!

Instructor: Gina Barrett

Location:	Founders Community Center
Day:	Thursday
Date:	May 11
Age:	18 years & older
Time:	6:00 – 8:00 pm
Fee:	\$15/NR \$20

SOCIAL BALLROOM DANCE LEVEL 1

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. Beginner class emphasizes fun, ease of movement, and music recognition. This class is a great way to get ready for all those upcoming events, such as weddings, reunions and parties. Our instructor combines the joy of movement with the romance of ballroom dancing. Instruction will be taught in a friendly and relaxed atmosphere. You will need to register with a partner.

Instructor: Becky Simon

Location:	Founders Community Center
Day:	Thursday
Dates:	May 11 – June 1
Time:	7:00 – 8:00 pm
Ages:	18 years & older
Fee:	\$39/NR \$44 per person



PIANO LESSONS

It is never too late to learn how to play the piano! The Music Connection will provide one-on-one instruction at the Founders Community Center. Please contact The Music Connection Frankfort studio at 815-464-4434 to schedule your lesson and mention the Frankfort Park District.

Instructor: The Music Connection

Location:	Founders Community Center
Day/Dates:	To be scheduled with The Music Connection
Age:	18 years & older
Fee:	4 - 30-minute sessions: \$110 8 - 30-minute sessions: \$220



HOW TO PAY FOR COLLEGE WITHOUT GOING BROKE

Experienced professionals share their knowledge and expertise to guide you through action steps you can take to reduce college costs and still attend the college of your choice. Discover creative, little-known financial and academic strategies to reduce college costs while finding the best-fit college for your child. Both parents are encouraged to attend this free, 90-minute seminar presented by My College Planning Team.

Instructor: My College Planning Team

Location:	Founders Community Center
Day:	Tuesday
Date:	May 16
Time:	7:00 – 8:30 pm
Age:	18 & older
Fee:	FREE

DIGITAL BLACK & WHITE PHOTOGRAPHY

This course introduces the art of black and white digital photography. Topics include emphasizing the use and exposure in black and white, improving composition skills and seeing the world in grayscale, use of textures, and lighting. Participants must bring a digital camera.

Instructor: Laurie Piton

Location:	Founders Community Center
Day:	Wednesday
Dates:	May 17 – June 7
Time:	7:00 – 8:30 pm
Age:	18 years & older
Fee:	\$55/NR \$60



**SCAN WITH YOUR
SMARTPHONE**
FOR DIRECT ACCESS
TO OUR WEBSITE!



NEW! ESSENTIAL OILS 101

Have you heard the buzz on essential oils? These extraordinary drops support a balanced life of health and wellness and will be on display for you to experience. Learn more about what essential oils are, how to safely use them for therapeutic benefit and see examples of the most popular oils in action!

Instructor: Maureen Monahan

Location: Founders Community Center
 Day: Tuesday
 Date: June 20
 Age: 18 years & older
 Time: 6:30 – 8:00 pm
 Fee: FREE

NEW! ESSENTIAL OILS MAKE & TAKE

Life can be busy and stressful. Luckily the therapeutic benefits of essential oils can help! This class will discuss how oils can be used to support our emotional wellbeing through topical applications. Participants will make 2 essential oil rollers to “up Your Mental Game” in confidence, focus, happiness, positivity, energy and relaxation with recipes. Everyone will also receive an oil infused car clip, which are great for on the road!

Instructor: Maureen Monahan

Location: Founders Community Center
 Day: Tuesday
 Date: June 27
 Age: 18 years & older
 Time: 6:30 – 8:00 pm
 Fee: \$15/NR \$20

NEW! WEDDING DANCE WORKSHOP

Whether you are preparing for your first dance or just want to brush up on your dancing skills before that summer wedding, this is the workshop for you! You will need to register with a partner.

Instructor: Becky Simon

Location: Founders Community Center
 Day: Thursday
 Dates: June 8
 Time: 6:30 – 8:00 pm
 Ages: 18 years & older
 Fee: \$25/NR \$30 per person

LEARN TO USE YOUR EXTERNAL FLASH

NEW!

Do you have an external flash that you hardly use? Or when you use your external flash the pictures are too bright? In this class you will learn how to use your external flash with your camera. We will discuss different accessories available for the flash, how to control the light so it is not too powerful and also discuss using the camera in Manual Mode and off camera flash. Please bring extra batteries for your external flash and all accessories along with the flash along with camera and a tripod, if you have one.

Instructor: Laurie Piton

Location: Founders Community Center
 Day: Wednesday
 Dates: June 14 – July 12
 (No Class June 21)
 Time: 7:00 – 8:30 pm
 Age: 18 years & older
 Fee: \$55/NR \$60

NEW!

DIY RED, WHITE & BLUE RUNNER'S TUTU

Get in on the trend and create your own runner's tutu to wear for your upcoming fun-run/walks, parades and parties! We'll provide the materials and instruction; you provide your own style and imagination. Class fee includes materials to make 1 runner's tutu, but please feel free to bring your own bits & pieces to add to your tutu and make it truly one-of-a-kind. No sewing skills necessary.

Instructor: Kim Bennett

Location: Founders Community Center
 Day: Saturday
 Date: June 17
 Time: 10:30 am – 12:00 pm
 Age: 16 years & older
 Fee: \$29/NR \$34

**Operation Playground Foundation
 Craft Beer Tasting 2017**



Save the Date: Friday • June 16, 2017 • 6:30-9:00 pm

Founders Community Center, 140 Oak Street, Frankfort, IL

- Hand-Crafted Beers & Ciders to Sample
- Beer Historian, John Bittermann @ at 7:30
- Appetizers provide by Local Restaurants
- Entertainment by the Frankfort Brass Band
- Sampling Glass & Raffles
- Base Fee: \$30/@ the Door: \$35/Designated Driver: \$15
- Proceeds from the event will support the Judy Herder Memorial Pump Track

To Register for this Event & for more Information:
 On-line at www.opfrankfort.org

DIY PALLET SIGN

DIY pallet sign! Choose from two designs- family name or "Welcome Summer"- and build your pallet from scratch! Like a true DIY'er, you'll be sanding, staining and painting a homemade sign to give your home that cozy touch. All materials are included.

Instructor: Art-A-La-Carte Staff

Location: Founders Community Center
 Day: Thursday
 Dates: July 20
 Time: 6:00 – 9:00 pm
 Age: 18 years & older
 Fee: \$75/NR \$80

SEWING BASICS

NEW! Learn basic sewing skills and techniques to create a beautiful finished sewing product. Please bring your sewing machine to class. Supply list will be given out at the 1st day of class.

Instructor: Gina Barrett

Location: Founders Community Center
 Day: Thursday
 Dates: July 20 – August 3
 Time: 6:00 – 8:00 pm
 Age: 16 years & older
 Fee: \$69/NR \$74

**PORTRAIT I**

Learn how to take photos of your loved ones. We will discuss how to use the background, outdoor photography/ sunlight and how to use that light, flash, what camera settings to use and the type of lens to use. Prerequisite: Digital 1 or Photo 1 class or a basic understanding of your camera's functions. NOTE: Participants must bring film and a 35mm camera or a digital camera.

Instructor: Laurie Piton

Location: Founders Community Center
 Day: Wednesday
 Dates: July 26 – August 16
 Time: 7:00 – 8:30 pm
 Age: 18 & older
 Fee: \$55/NR \$60

ART IN THE PARK

Join as we create a work of art while enjoying the great outdoors! This step by step class will help you create a masterpiece of your very own! Artists from Art-A-La-Carte will be sure to get your creative juices flowing! They'll bring a sample painting and will guide you through all the steps of painting a picture on a 16x20 canvas. You'll still have plenty of room to express your artistic style while staying focused on recreating a piece of art. Come meet some new people while sharing a common interest in art, painting and nature. Wear clothes that can get messy! All materials are included.

Instructor: Art-A-La-Carte Staff

Location: Butternut Creek Woods Park
 Day: Sunday
 Date: August 6
 Time: 3:00 – 6:00 pm
 Age: 18 years & older
 Fee: \$45/NR \$50

COMMUNITY GARDEN PLOTS



The Garden Plot Program is an opportunity for individuals to be part of a community gardening program. Residents and non-residents participating in the program enjoy nature, plant flowers, grow fruits and vegetables for food, and get exercise from the practice of gardening. Approximately 40 garden plots are available to rent on a first come first served (one plot per family) basis. Plots measure 20 x 20 feet and are located at Commissioners Park. The Garden Plot season is from May 1 – October 31.

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

2017 GARDEN PLOT FEES

Residents: \$25/plot
 Non-residents: \$40/plot



A MATTER OF BALANCE

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, A Matter of Balance: Managing Concerns About Falls is a program for you. A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. Class size is limited, so please register early.

Instructor: Arlene Santiago

Location: Founders Community Center
Day: Friday
Date: June 2 – July 21
Time: 9:00 – 11:00 am
Age: 65 years & older
Fee: FREE

GET FIT WHILE YOU SIT!

This class is perfect for “Older Adults” or as a “Starting Point” for beginner exercisers. This class helps battle against osteoporosis, joint and back pain, and falling. When we build muscle, we build bone. When the muscles supporting the spine and the joints are strong and flexible, we have less pain and risk of injury. As we age, our ability to balance declines. Since the consequences of falling for older adults can be severe – even fatal – balance training is essential. Exercises are performed seated and/or standing using chairs, weights, and other equipment, which are provided for you. No previous exercise experience necessary.

Instructor: Arlene Santiago

Location: Founders Community Center
Days: Monday & Wednesday
Session I: June 5 – July 12
(No Class July 3 & 5)
Session II: July 17 - August 16
Time: 9:30 – 10:30 am
Age: 30 years & older
Fee: \$32

CHAIR YOGA

Chair Yoga is designed to increase flexibility, balance and range of movement. This class will move your whole body through a series of seated and standing yoga poses using a chair for support. Poses are modified so those with health restrictions, decrease range of motion and physical challenges can enjoy the benefits.

Instructor: Arlene Santiago

Location: Founders Community Center
Days: Thursday
Session I: June 8 – July 13
(No Class July 6)
Session II: July 20 – August 17
Time: 11:00 am – 12:00 pm
Age: 18 years & older
Fee: \$30



SENIOR PICNIC

Looking for a fun afternoon this summer? Join the Frankfort Park District for a “Throw Back” Senior Picnic. There will be hot dogs, salads, desserts, horseshoes, lawn darts, bocce ball and bingo.

Registration Deadline: July 21

Location: Main Park Pavilion
Day/Date: Wednesday, July 26
Time: 12:00 – 2:00 pm
Age: 55 years & older
Fee: \$2

SENIORS RULES OF THE ROAD

This seminar is sponsored by the Senior Center of Will County, and offered under the auspices of the Secretary of State. This review is designed to help refresh your sense of driving awareness. Gain confidence to pass your driver’s exam by becoming more familiar with road signs, test questions and vision testing machines.

Location: Founders Community Center
Day: Tuesday
Date: August 1
Time: 10:00 – 12:00 pm
Fee: FREE

SENIOR WALKING CLUB

If it is too hot to walk outside, then join us indoors and become a member of our senior walking club. Although registration is free, you must fill out a registration form to become a member.

Location: Founders Community Center Gym
Days: Monday, Wednesday, & Friday
Dates: Year round
(Calendars available at the office)
Time: 11:00 am – 3:00 pm
Fee: Free
Age: 55 years & older



WELCOME TO THE MARKETS OF SUMMER

WOODSTOCK SUMMER MARKET - WOODSTOCK, IL

We will travel to this wonderful farmer's market featuring approximately 40 vendors which surround the Historic Woodstock Square as well as throughout the park. This market is a "producers only" market where everything you purchase is grown or produced directly by the vendor you are purchasing from. Following browsing the market, you will enjoy lunch on your own at the Public House Restaurant, one of the most popular restaurants in the area.

Registration Deadline: May 2

Day/Date: Tuesday, May 16
 Departure: 8:45 am from Founders Community Center
 Return: 3:45 pm (Approximately)
 Fee: \$44 (Fee includes transportation only.)

GREEN CITY MARKET - CHICAGO, IL

Join us as we visit the largest farmers' market in Chicago at Lincoln Park. This market features over 50 different vendors offering summer's finest produce, cheese, organic products and much more. Following browsing, we will enjoy lunch on our own at Rick Bayless' Xoxo Restaurant which is near the market. This authentic Mexican restaurant features traditional, made from scratch dishes which are prepared with a wood-burning oven in the kitchen. The aromas will make your mouth water!

Registration Deadline: May 31

Day/Date: Wednesday, June 14
 Departure: 8:45 am from Founders Community Center
 Return: 3:45 pm (Approximately)
 Fee: \$44 (Fee includes transportation only.)

EMERSON CREEK BACKROADS VINTAGE MARKET - OSWEGO, IL

Travel with us to Emerson Creek to find lovely found and repurposed goods in their barn. The market is a vibrant vintage market curated with care. One-of-a-kind items like furniture, fashion, handmade and architectural salvage. We will have time to browse and shop upon our arrival and after lunch. We will dine in the Emerson Creek Tearoom which will feature a lunch selection of a soup, a ½ sandwich, salad, beverage and dessert.

Registration Deadline: June 21

Day/Date: Wednesday, July 12
 Departure: 8:45am from Founders Community Center
 Return: 3:45 pm (Approximately)
 Fee: \$71 (Fee includes transportation and lunch.)



32ND ANNUAL STRAWBERRY FESTIVAL - CEDARBURG, WI

Join us for a marvelous trip to Cedarburg, Wisconsin for their annual Strawberry Festival. There will be over 250 artists selling paintings, sculptures, ceramics, jewelry, fiber art, and more! You don't want to miss all of the strawberry goodies they will offer such as the "Hoffman's Original" strawberry brat, strawberry crepes, strawberry slush, chocolate-covered strawberries and so much more. Even if you are not a strawberry lover, there will be a variety of different food vendors to choose from. Enjoy Cedar Creek Winery's Strawberry Blush Wine and much more! On our way home we will stop at the Mar's Cheese Castle.

Registration Deadline: June 2

Day/Date: Saturday, June 24
 Departure: 8:30 am from Founders Community Center
 Return: 8:30 pm (Approximately)
 Fee: \$47 (Fee includes motor coach transportation only)

BRISTOL RENAISSANCE FAIRE - KENOSHA, WI

Once you enter the portal gates, you travel back in time to the year 1574, and you've walked right into an exciting village festival day. It's time to eat, drink and be merry! Visitors can take a rollicking romp through Elizabethan England, complete with 16th Century games, rides, arts, crafts, food, music and one-of-a-kind encounters with a spectacular cast of characters. Nearly 200 artisans display their wares in the Bristol Faire Marketplace. Potters, glass blowers, jewelers and forgers busily go about their work, as shoppers discover rare finds around every corner. The Faire boasts a beautiful 30-acre site with open-air stages featuring Swordfighters, Minstrels and Jesters. Meet Robin Hood or Queen Elizabeth, in person! At the Bristol Renaissance Faire, everyday recreates a time when knights were noble and maids were merry.

Registration Deadline: June 20

Day/Date: Saturday, July 15
 Departure: 10:30 am from Founders Community Center
 Return: 6:30 pm (Approximately)
 Fee: \$65 (Fee includes transportation and admission)

CHICAGO WHITE SOX - CHICAGO, IL

Join us for an afternoon of food, fun, bingo and great Chicago baseball when our Chicago White Sox host the Toronto Blue Jays. Enjoy a full day at the ballpark that includes a 1-hour pre-game, all-you-can-eat buffet, bingo in the patio area and a lower-level game ticket. The buffet features Cajun chicken, fried chicken, hot dogs, ribs, hamburgers, salads, unlimited beer, wine and soft drinks. Tickets are limited so don't delay in registering.

Registration Deadline: May 15

Day/Date: Wednesday, August 2
 Departure: 10:15 am from Founders Community Center
 Return: 5:15 pm (Approximately)
 Fee: \$76 (Fee includes lunch buffet with beverages, bingo, lower corner game ticket and transportation.)

CHALK THE BLOCK & WINE TASTING - ST. JOSEPH, MICHIGAN

The Chalk the Block event brings in regional artists who create chalk masterpieces downtown on Broad Street. Various professional chalk artists are coming in from across the country to participate in this event. Event goers can also vote for their favorite artist renderings in the People's Choice vote. Chalk art isn't the only sidewalk entertainment planned. City merchants will showcase sales merchandise outside and local organizations will hold special events such as heritage walking tours, a farmers market, Antiques on the Bluff and free, horse-drawn trolley rides around this Victorian-era town. Following the event, we will make a stop to the Lemon Creek Winery for wine tasting.

Registration Deadline: July 10

Day/Date: Saturday, August 5
 Departure: 8:45 am from Founders Community Center
 Return: 5:15 pm (Approximately)
 Fee: \$55 (Fee includes transportation and wine tasting)

WISCONSIN STATE FAIR - MILWAUKEE, WI

The Wisconsin State Fair draws more than one million visitors each year who revel in tradition and are drawn to exciting attractions like the Giant Slide, Sky Glider, Daily Parade and more. Visitors can see hundreds of animals in numerous barns throughout Ag Village, as well as educational exhibits in the Farm & Family Building and the Badgerland Financial Discovery Barnyard. The Horticulture, Craft & Culinary Pavilion is an oasis where fairgoers will enjoy beautiful bonsais, orchids, dahlias and gladiolus along with a myriad of vegetables, textiles, canned goods, pies, cakes and more. It's also a shopper's paradise, with hundreds of vendors located in the Wisconsin Exposition Center and several other marketplaces throughout the Fair Park.

Registration Deadline: July 15

Day/Date: Tuesday, August 8
 Departure: 9:00 am from Founders Community Center
 Return: 7:30 pm (Approximately)
 Fee: \$55 (Fee includes transportation and admission)

SANDWICH FAIR - SANDWICH, IL

We will travel for the first time to one of our state's truly American Fairs. This fair offers a variety of live entertainment, great food, culinary competitions, arts and crafts and more. While you are there, you are sure to find some amazing food to purchase for lunch. Note we will be visiting the fair on "Senior Citizen Bargain Day" receiving a reduced entrance fee! Space is limited so register today.

Registration Deadline: August 10

Day: Thursday
 Date: September 7
 Departure: 9:15am from Founders Community Center
 Return: 4:15pm (Approximately)
 Fee: \$47 (Fee includes transportation and admission.)

NASHVILLE SHOW TRIP

Legendary entertainment at the Grand Ole Opry, icons of country music's past and present, and much more highlight your group's Nashville bus trip with Diamond Tours. A guided tour of Nashville shows you such sights as the Parthenon and the Opryland Hotel, including a ride on the Delta River Flatboats inside the Opryland Hotel. Delve deeper into music history on this Nashville bus tour at the new \$40 million Country Music Hall of Fame. Your tour also includes a visit to beautiful Belle Meade Plantation. Included in this Nashville vacation package, your group will experience the world-famous music of the Grand Ole Opry and a behind the scenes tour of this national treasure of country music. Trip insurance prices vary depending on occupancy (\$59 triple, \$59 double and \$69 single per person) Please write a separate check payable to "Travel Insured International, Inc." or pay it online at www.travelconfident.com Limited space available; don't wait to register!

Registration Deadline/Final Payment: TBD

Day/Date: Monday, September 11 - 15
 Depart: 8:00 am from the Founders Community Center
 Return: In the evening on September 15 (TBA)
 Fee: \$629/person – double occupancy
 \$799/person – single occupancy
 \$609/person – triple occupancy
 * \$75 deposit due upon signing

PACIFIC NORTHWEST BY RAIL – MAYFLOWER TOURS

Enjoy an adventure you will never forget! The itinerary is varied, exciting and fun, Travel cross country aboard the Amtrak's California Zephyr to San Francisco and home from Seattle aboard the Empire Builder. Your adventure includes the Golden Gate Bridge, Fisherman's wharf, wine tasting, and Redwood National Park. The excitement continues when you experience a Jet boat excursion on the Rouge River, enjoy the four wheel drive by dune buggy, through Oregon National recreational area. Visit the Oregon coast with stops at the Tillamook Cheese Factory and Yaquina Lighthouse, and enjoy a guided tour of Portland-Historic District. And International Rose Test Gardens. Then On to the Columbia River Gorge, Mt Rainer National Park and visit Mt St Helens visitor's center and ride the Mt Rainer Scenic Railway, Your guided tour of Seattle including Pike Place Market and Seattle's Museum of Flight. This will be a Trip of a Life Time and you will want to share your memories with family and friends. Don't forget Mayflower Tours offers FREE Home pick up and Special Savings for the Frankfort Park District! Call for Details!

Dates: Departs July 7 - 19, 2018
 Fee: \$3,149 Double Occupancy
 Single Occupancy add additional cost: add \$889
 \$400 deposit due at time of registration, plus cancellation insurance.
 Departure: Mayflower Tours will pick up each individual from their home. Travelers will be notified of specific time 3 weeks before the trip.
 Final Payment: 90 Days prior to departure.

To learn more about this trip, join us for an informational seminar on Monday, May 22 at the Founders Community Center at 6:30 pm. Please call the Park District office at 815-469-9400 to reserve your spot!

SORRY, THERE ARE NO REFUNDS ON TRIPS.

Community Events



FRANKFORT COUNTRY MARKET

Summer Market: June 4 – August 27 • 9:00 am-2:00 pm
Fall Market: September 10 – October 29 • 9:00 am-1:00 pm

Open Air Farmers Market along the bike path in historic downtown Frankfort. Spring Market is focused on early crops, gardening items and specialty items. Summer and Fall Markets features full roster of growers and producers, featured music, demos and seminars throughout the season. For more information, visit www.villageoffrankfort.com

FRANKFORT HISTORIC BUSINESS ASSOCIATION (FHBA)

Since 1855, downtown Frankfort has been a gathering place. The Grainery once held the yield from local crops. Today it towers over Breidert Green, our town center and home to year-round community events sponsored by the Frankfort Historic Business Association, the Village of Frankfort, the Frankfort Chamber of Commerce and the Frankfort Park District. We invite you to come on down...town! Below is a list of our upcoming events. Please visit www.shophistoricfrankfort.com for more information.

May 10	Girls Night Out Fiesta Night
July 22-23	Sidewalk Sale
Aug 31-Sept 4	Fall Festival
Sept 24	Wine Walk (Ticketed Event)
Oct 11	Witchy Girls Night Out
Oct 28	Ghosts Around the Green, In connection with FPD Trunk or Treat
Nov 25	Shop Small Saturday
Dec 2-3	Christkindl/Cookie Walk Weekend (Ticketed Event)

CRUISIN' FRANKFORT

Thursdays, May 18 – September 14 • 5:00 - 9:00 pm
 * All makes and models are welcome each cruise night.
 For more information, visit www.villageoffrankfort.com



MOVIES ON THE GREEN

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

Location:	Breidert Green
Day/Dates:	Tuesday nights June 13 – Secret Life of Pets (PG) July 11 – BFG (PG) August 8 – ET (PG)
Rain Dates:	One week after the original show date
Time:	Dusk, approx. 8:30 pm
Fee:	FREE

*Movies on the Green are co-sponsored by the Frankfort Park District, Village of Frankfort and the Frankfort Chamber of Commerce. Free popcorn will be popped and served by: Knights of Columbus (June), Kiwanis Club of Frankfort (July) and Lions Club of Frankfort (August).

FINE ARTS FAIR

Saturday, June 17 • 10:00 am - 3:00 pm • Held at Breidert Green

FISHING DERBY

Saturday, June 24/8:00 am – 11:00 am • Held at Prairie Park.
 Registration required.

AMATEUR RIB COOK OFF

Saturday, August 5 • Public Tasting Times TBA
 Contestants cook on site – contestants must register

NATIONAL NIGHT OUT AGAINST CRIME

Tuesday, August 1/6:00 - 8:00 pm • Held at Breidert Green

BLUEGRASS ON THE GREEN

The 6th Annual Frankfort Bluegrass On The Green Fest will be held Saturday and Sunday July 8th & 9th at Breidert Green in historic downtown Frankfort. This FREE 2-day family event will feature traditional Americana Bluegrass with local and international touring artists performing including; Gibson Brothers, Robbie Fulks, Sierra Hull, The Grascals, The Special Consensus, Bluegrass Escape, and more. There will be food and craft vendors, kids' activities, plenty of jam circles and the Country Market on Sunday.
For more information, please visit www.frankfortbluegrassfest.com.

CONCERTS ON GREEN

Enjoy free concerts! Summer Sunday evenings at 6:30 p.m., Breidert's Green. Bring blankets or lawn chairs.

Sunday, June 18	R Gang	6:30 - 8:00 pm
Sunday, June 25	TBA	6:30 - 8:00 pm
Sunday, July 2	Frankfort Brass Band	5:00 - 6:00 pm
Sunday, July 2	Joliet American Legion Band	6:30 - 8:00 pm
Sunday, July 9	Blue Grass Festival	
Sunday, July 16	School of Rock	5:00 - 6:00 pm
Sunday, July 16	Tynan	6:30 - 8:00 pm
Sunday, July 23	Peach Beach Party Band	6:30 - 8:00 pm
Sunday, July 30	"Elvis"	5:00 - 6:00 pm
Sunday, July 30	The Hat Guys	6:30 - 8:00 pm
Sunday, August 6	ABBA	6:30 - 8:00 pm
Sunday August 13	TBA	6:30 - 8:00 pm
Sunday, August 20	River Road	6:30 - 8:00 pm
Sunday, August 27	Outcast Jazz Band	

For more information on these or other Chamber events, please contact the Frankfort Chamber at 815-469-3356 or visit www.frankfortchamber.com. In case of stormy weather -- don't be left out in the rain! Concerts will be held at the Frankfort Park District Founders Community Center at 140 Oak Street – all scheduled times as above.

For additional information, visit www.villageoffrankfort.com.

REGISTRATION

Registration is accepted via:

- **Mail in** – Patrons may pay with check, park district gift certificate, or credit card (Visa, MasterCard, Discover or American Express).
- **Fax – (815) 469-9275** – Patrons must pay with credit card; Visa, MasterCard, Discover or American Express. *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.
- **In Person** – At the Founders Community Center, 140 Oak Street. Patrons may pay with cash, check, park district gift certificate, or by Visa, MasterCard Discover or American Express.
- **Drop Box** – Place the completed 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 5:00 pm, will be processed the next business day.
- **On-Line** – via our website; www.frankfortparks.org. Here you can find a complete listing of our programs and special events, along with information on staff, park facilities and field conditions. Patrons must pay with Visa, MasterCard, Discover or American Express.*When registering on-line, patrons will pay a convenience fee to process registration.

REFUND POLICY

- Refunds of 100% will be made, less a \$5.00 service charge, if notified at least 2 working days prior to the start of the program or if a doctor's note is provided for an injury or illness. Refund checks take up to two weeks to be processed. **There are no refunds given for Trips, One-Day Programs, or Special Events.
- All League deposits are non-refundable. There are NO refunds on leagues once the team rosters and/or schedules are made.
- A 50% refund will be given if notified prior to the second course meeting for reasons other than a doctor-verified illness or injury.
- All refunds must be done in person at the park district office. They cannot be completed over the phone.
- Full refunds are granted without penalty for: A refund that is initiated by the Park District (i.e. low enrollment/canceled class) *With the exception of patrons who have registered on-line, the convenience fee is NON-refundable.

NSF RETURNED CHECK POLICY - For any check returned to the Park District for non-sufficient funds, the issuer must pay with cash to cover the check, pay any bank charges and fees and pay a \$25 NSF surcharge to the Park District.

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.

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.

CUSTOMER SERVICE STATEMENT

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



2017 Registration

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

NEW!

Bark Park Season April 1, 2017 – March 31, 2018

What you need to do:

1. **Complete the 2017 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.**
\$65 Non-Resident Fee: \$55 membership plus \$10 key card deposit.

If you are a current member, please bring your 2017 registration forms and your current shot records.



Registration Form (please print)



Mail, Drop-Off or Fax :
Frankfort Park District
140 Oak Street
Frankfort, IL 60423
Phone: 815-469-9400
Fax: 815-469-9275

Family Last Name _____ Date _____
 Street Address _____ Home Phone _____
 City _____ Zip _____ Cell Phone _____

I want to receive program & Park District updates via email Yes No E-Mail Address _____
 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 any accommodations needed _____

Participant Name	Program Name	Session	Birthdate Mo/Day/Yr	Grade	Sex: M/F	Fee

Please Indicate your choice of payment Check Cash Credit Card Total Enclosed \$ _____

Account Number - must complete when using Visa, MasterCard , or American Express

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Cardholder Name _____ Exp. Date _____ Charge Amount _____
 Authorized Signature _____ Security Code _____
Must have signature to be processed

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 a n 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 nature of these programs for which I am registering, and have read and full 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: Refunds of 100% will be made, less a \$5.00 service charge, if notified at least 2 working days prior to the start of the program or if a doctor's note is provided for an injury or illness. Refund checks take up to two weeks to be processed. ****There are no refunds given for Trips, One-Day Programs, or Special Events. All League deposits are non-refundable. There are NO refunds on Leagues once the teams/schedules are made.**

A 50% refund will be given if notified prior to the second course meeting for reasons other than a doctor-verified illness or injury. All refunds must be done in person at the park district office. They cannot be completed over the phone or by fax. Full refunds are granted without penalty for: A refund that is initiated by the Park District (i.e. low enrollment/canceled class)

***With the exception of patrons who have registered on-line, the convenience fee is NON-refundable.**

NSF RETURNED CHECK POLICY: For any check returned to the Park District for non-sufficient funds, the issuer must pay with cash to cover the check, pay any bank charges and fees and pay a \$25 NSF surcharge to the Park District.

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

Frankfort Park District Park Directory & Map

ACRES / SQUARE FEET	TRAILS	FACILITIES	DAY USE FACILITIES	SPORTS FIELDS AND COURTS											WATER BASED FACILITIES					
				Restrooms	Concessions	Picnic Shelter	Picnic Area	Playground	Bingo	Basketball	Baseball	Disc Golf (holes)	Football	Horseshoes	Skate Park	Soccer	Softball	Tennis	Volleyball	Fishing allowed

Neighborhood Parks

ID	Name	Address	Acres / Sq. Feet	Restrooms	Concessions	Picnic Shelter	Picnic Area	Playground	Bingo	Basketball	Baseball	Disc Golf (holes)	Football	Horseshoes	Skate Park	Soccer	Softball	Tennis	Volleyball	Fishing allowed	Fishing Pier / Overlook	Ice Skating	Splash Pad	Dog Park			
1	Brookmeadow Park	Elise Blvd. west of Mary Dr.	12.98	•				1												1							
2	Butternut Creek Woods Park	Cedar Rd. & Lincoln Ln.	9.41	•				1	1	1																	
3	Heritage Knolls Park	Heritage Dr. & Parkway Ln.	5.03	•	1			1									1		1								
4	Indian Boundary Park	Nebraska St. & Luther Ln.	3.89		1			1									1										
5	Kohlhagen Park	Cardinal Lake Dr. & 108th Ave.	8.78					1													1						
6	Lakeview Estates North Park	Pineridge Dr. and Callista Dr.	25.81	•				1	1	1		1									1	1					
7	Lakeview Estates South Park	Madeline Ln. & Lakeview Estates Rd.	20.05	•				1	1	1											1	1					
8	Lincoln Meadows Park	Johnson Ave. & Elm St.	1.75					1																			
9	Michele Bingham Memorial Park	Elsner Rd. & Old Plank Trail	5.74		1			1									1	1									
10	Roy and Dorothy Janssen Park	116th Ave. & Netherby Way	10.01	•				1	1	1											1	1					
11	Sandalwood Park	116th Ave. & Sandalwood Dr.	5.94	•	1			1													1						
12	Shaffer Park	Tanglewood Ln. & Colorado Ave.	1.16					1								2											
13	Stone Creek Park	Pine Ridge Dr. & High Stone Way	2.92					1																			
14	Timbers Edge Park	S. Oakfield Dr. & Pineview Ln.	11.41					1	1	1							1										
15	Windy Hill Park	Pfeiffer Rd. & Charrington Rd.	8.29	•				1	1	1																	
Neighborhood Park Acreage			133.17																								

Community Parks

ID	Name	Address	Acres / Sq. Feet	Restrooms	Concessions	Picnic Shelter	Picnic Area	Playground	Bingo	Basketball	Baseball	Disc Golf (holes)	Football	Horseshoes	Skate Park	Soccer	Softball	Tennis	Volleyball	Fishing allowed	Fishing Pier / Overlook	Ice Skating	Splash Pad	Dog Park			
16	Commissioners Park	22108 S. 80th Ave.	60.50	•	2	2	2	4	1	1	5	9	1	3	1	2								1	1		
17	Jackson Creek Park	Wolf Rd. 1/2-mi. south of Laraway Rd.	20.78	•	1		1	1	1		3				1		3				1	1					
18	Main Park	400 W. Nebraska St.	23.70	•	3	1	3	3	1	2	2	4	3	1	1		2	2	2					1			
19	Sara Spring Park	22724 S. La Grange Rd.	16.22																								
Community Park Acreage			121.20																								

Total Land Holdings (acres) & Amenities	254.37	•	10	3	12	14	17	2	6	14	12	1	1	2	5	9	4	3	7	4	1	1	1	1
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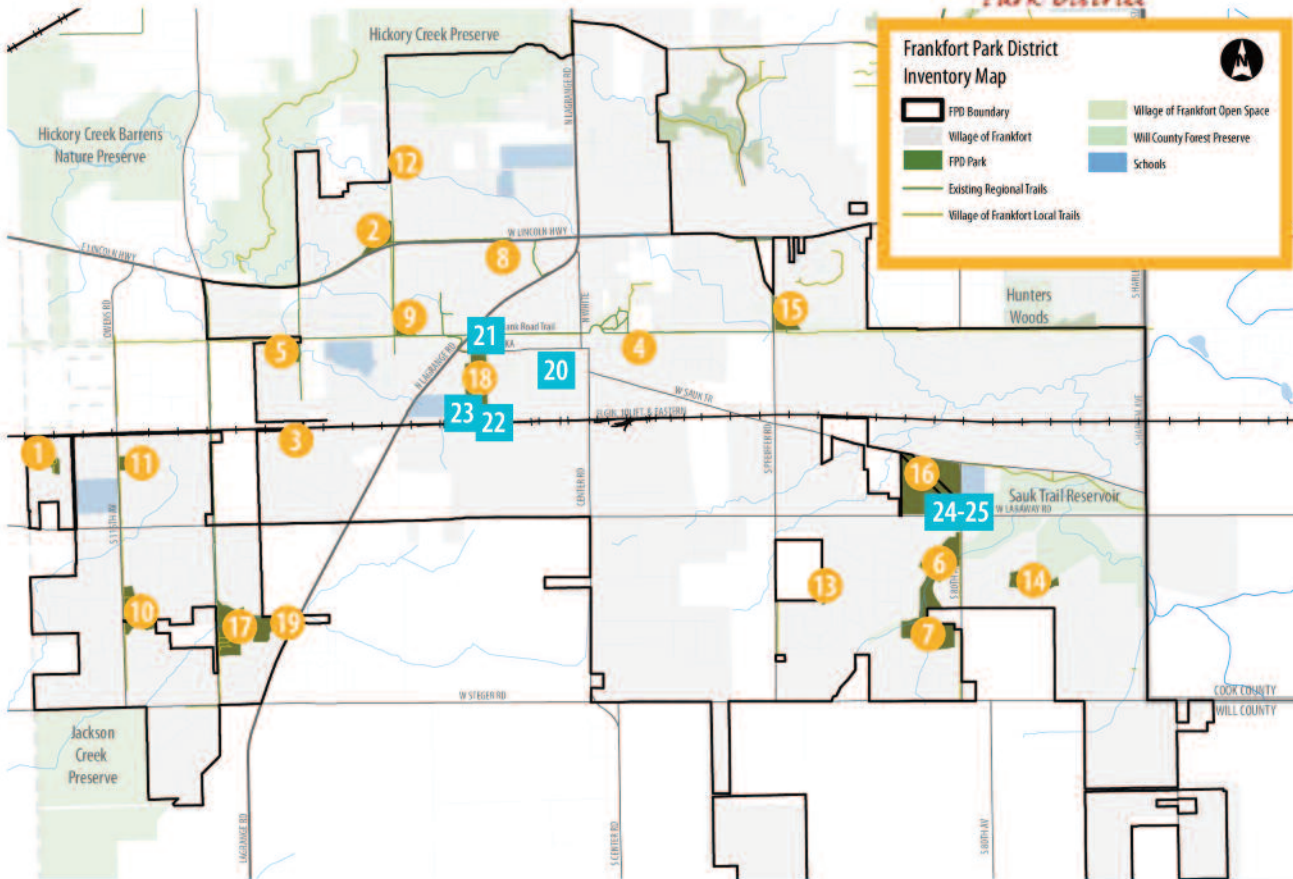
Indoor Recreation Space

ID	Name	Address	Sq. Feet	Restrooms	Concessions
20	The Founders Community Center	140 Oak Street	31,670		3
21	Susan A. Puent Educational Building	400 W. Nebraska St.	7,539		3
22	Building & Grounds Facility	Maintenance Center	13,536		1
23	Main Park Falcon Football / Concessions Building	Commissioners Park	1,800		1
24	Commissioners Park Concessions North	Commissioners Park	1,250		1
25	Commissioners Park Concessions South	Commissioners Park	1,250		1

Total Indoor Recreation Space (square feet)	57,045
--	---------------

School - Park Space

School	Address
Chelsea Intermediate School	22265 S. 80th Ave.
Grand Prairie Elementary School	10480 W. Nebraska St.
Hickory Creek Middle School	22153 116th Ave.
LincolnWay East High School	201 Colorado Ave.





RENTAL INFORMATION

The Founders Community Center is available for weddings, showers, parties, meetings and all of your conference needs. Our classrooms, gymnasium and Founders Room are perfect for groups of 5-150. The Founders Room of the Founders Center may be reserved six months prior to the scheduled event. For more information and rental rates call (815) 469-9400 or visit our website at www.frankfortparks.org.

ROOM	RENTAL FEE		SEC. DEP.	
	RES.	NON-RES.	RES.	NR
Founders Room*	\$60/hour	\$120/hour	\$120	\$240
Classroom*	\$20/hour	\$35/hour	\$50	\$200
Classroom (large)*	\$25/hour	\$40/hour	\$50	\$200
Gymnasium*	\$60/hour	\$120/hour	\$120	\$240
Main Park Pavilion	\$75/day	\$150/day	\$100	\$200
Fort Frankfort Pavilion	\$50/day	\$100/day	\$100	\$200

(no grilling or liquor)

* 2 hour Minimum

OPTIONAL FEES/EQUIPMENT RENTAL:

Room Set Up Charges: \$100 flat fee

Room Clean Up Charges: \$100 flat fee

No charge for use of the kitchen when renting other program space (based on availability). Security deposits are fully refundable if program space is left clean. Clean Up fee rate will be applied toward Security Deposit for any additional clean up.

GUIDELINES FOR USE OF PARK DISTRICT FACILITIES

- No persons shall use any Park District building facilities that are not exclusively for the use of their function.
- No functions are to be held for the purpose of advertising or promotion of outside organizations without prior authorization.
- Any organization or group must supply their own equipment and may not use Park District equipment unless prior permission has been granted.
- Special requests must be provided prior to activity for the use of chairs, tables and any other equipment that you may deem necessary.
- No smoking allowed -- All Park District property is designated as a Smoke Free Environment.
- A fee will be charged in order to compensate for manpower, supplies and insurance, which will be at the discretion of the Executive Director.
- Outside organizations must furnish the Park District with a certificate of insurance, naming the Park District as the additional insured.
- Participants are not to arrive earlier than the designated starting time listed on the permit/rental agreement.
- Children must be supervised at all times with a Parent to Child ratio of 1:10.
- No improper language or conduct shall be displayed, no damage shall be done to Park property nor shall any person engage in any indecent act or other personal behavior not accepted in public areas.
- No glass objects shall be brought into or used within the park system which might shatter and cause damage to other users of the park facilities without Park District consent.
- All food, beverages and decorations must be cleaned up with waste bags and disposed of prior to leaving.
- No firearms or fireworks shall be carried into the building.
- All bathroom facilities are to be free of litter.
- All Park facilities shall be put back in order and all trash cleared out of rented area.
- You must be 21 years of age or older to rent any Park District facility.

LOOK FOR THE STAFF SHIRT

There will be a Park District Building Supervisor present for every activity at the Founders Community Center and all Park District programs held at Hickory Creek Middle School, Chelsea Intermediate School, Grand Prairie Elementary School and Lincoln-Way East Field House. They are responsible for monitoring the building and assisting when needed. They are easily identified by their Park District shirt.

PAVILION RENTALS

All pavilions at Commissioners Park and Main Park shall require a permit for use by 10 or more persons. There must be a minimum of 1 adult per every 10 children. The maximum number of persons per pavilion shall be 50. User must complete the Application for Use of Facilities form provided by the Park District and pay fees accordingly. Rental of a pavilion includes the pavilion ONLY. Rentals do not include playgrounds, ballfields or any other recreational area. All rules and ordinances of the Park District must be followed and will apply to pavilion users. Motorized vehicles of any kind may not be driven by the public on property owned or leased by the Frankfort Park District except on designated roadways. Only authorized Park District vehicles may be driven in the parks.



BECOME A PERMANENT PART OF THE PLAYGROUND

Several years ago, Operation Playground installed a picket fence at Fort Frankfort that not only provides safety and security for our children but offers the community a way to remember or honor a loved one or organization. For a \$35 donation, you can have your name or a name you choose engraved on one of the wooden pickets in the fence. This is an opportunity to become a part of this amazing play space that was designed and built by volunteers in the community. Years from now your children and grandchildren will enjoy searching for your family names and will remember that you were part of this community event.

Picket Order Form

NAME: _____

PHONE: _____

Enclose a check for \$35 for each picket payable to Operation Playground, Inc. Mail to Operation Playground, P.O. Box 1044, Frankfort, IL 60423.

17 characters maximum per picket.

Picket 1: _____

Picket 2: _____

OPERATION PLAYGROUND FOUNDATION

Operation Playground Foundation sponsored the creation of the Frankfort Bark Park at Commissioners Park, which opened in May 2007. Fundraising is on-going in order to provide additional enhancements to the Bark Park and other parks. **For more information, please call the Park District office at 815-469-9400 or visit the web site at www.opfrankfort.org.**



BENCH MEMORIAL DONATION

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 \$1,000. Please stop by the Founders Center for more information and to see a sample of the bench in the entrance hallway.

Go to frankfortparks.org to download an application.



TREE MEMORIAL 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, to memorialize a deceased, commemorate a special event in your life or recognize an organization and their accomplishments.

A donation of \$350 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 Plaque at the base of the tree. This program benefits the community as a whole, 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. The Park District will assist you in selecting a park where trees are needed.

Go to frankfortparks.org to download an application.

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.

LINCOLNWAY SPECIAL RECREATION ASSOCIATION (LWSRA)

LWSRA has provided adaptive recreation opportunities for individuals with disabilities since 1976. LWSRA is supported through a cooperative agreement with Frankfort, Manhattan, Mokena, New Lenox, Peotone and Wilmington Island Park Districts. LWSRA offers a wide variety of social recreation programs, athletic activities, and special events for individuals from preschool through adult who have disabilities and whose recreational needs are not met by regular park district programs including:

- Age based programming offered (youth, teens, and adults):
- Social events (dances, game nights, bowling, etc.)
- Special events (trips, musicals, sporting events, etc.)
- Adapted Sports (wheelchair basketball, softball, boccia, etc.)
- Special Olympics (basketball, volleyball, track & field, swimming, softball, golf, etc.)
- Sports, Fitness & Aquatics (swim lessons, strength & conditioning)
- Adult day program (TITANS) year-round for ages 18+
- Summer Camps (ages 3-12 split day options for those in summer school and for 13-18 full day option for Teen camp)

For more information or to request a brochure, visit the Lincolnway Special Recreation Center, located at 1900 Heather Glen Drive in New Lenox, call 815-320-3500 or visit www.lwsra.org. Office hours are Mon – Fri, 9 am – 5 pm.

FRANKFORT LIONS CLUB - Frankfort Lions are active in the Frankfort and Frankfort Square communities serving residents by providing technology for the visually impaired at the Frankfort Public Library, hosting free diabetic retinopathy screenings, delivering food baskets during the holidays to area families, and supporting local children and schools through scholarships. **To learn more about Frankfort Lions, service activities and the annual Frankfort Lions Wurst Festival, like us on Facebook or visit us at www.frankfortlionsclub.com.**

KIWANIS CLUB OF FRANKFORT

Kiwanis club of Frankfort is a service organization that works with those with special needs, elderly, and our youth. We conduct service projects in Frankfort and the Township to assist those in need or less fortunate. If you are interested in being a part of this great organization with 40 years of history serving the area please join us on Thursday Mornings at the Griffin Lair located just inside Lincoln Way East High School's Main entry. Or give the club a call at 815-530-4995. Hope to see you there.

FRANKFORT AREA ROTARY CLUB - The flowers around the Commissioners Park sign at Sauk Trail & 80th Ave. are planted and maintained by the Frankfort Area Rotary Club. Rotary is one of the largest international humanitarian service organizations in the world. We are business and professional leaders who are committed volunteers working together to improve communities.

Please check us out at www.TinleyParkFrankfortRotary.com.

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.

FRANKFORT AREA JAYCEES - The Frankfort Area Jaycees is a not-for-profit young adult leadership organization which serves Frankfort and nearby communities. We are always looking for individuals and businesses that are dedicated to making our community a great place to live and work. If you are interested in joining the Frankfort Area Jaycees, please visit our website at www.frankfort-area-jaycees.org. The Frankfort Area Jaycees meet the first Thursday of the month at 7:30 p.m. at the Frankfort Chamber Office.

**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 raises funds for equipment and programs not included in the regular budget. This is done through the ongoing used book sale inside the library, the always anticipated Barn Book Sale, and a Spring Herb and Geranium Sale. Friends' also maintains a Little Free Library inside Founders Community Center. Becoming a dues paying Friend is very simple and requires no other obligation. It is a fabulous way to show support for your library. Brochures are available in the library and you can find us on facebook. Board meetings are held at the library every third Tuesday (except December) at 11:30 AM. You are invited to come and see what we are about.

FRANKFORT ATHLETIC ASSOCIATIONS

Frankfort Falcons have grown to be one of areas largest youth athletic organizations with over 800 boys and girls participating in tackle football, cheer and flag football. Since 2004, we have achieved 5 league super bowl championships and 3 consecutive state cheerleading championships. Online registration opens in January for the 2017 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 and August through October, players have a full schedule of practice and games. www.frankfortgirlssoftball.com**

Lincoln-Way Soccer Club (LWSC) Our Mission is to manage, promote and sponsor youth soccer programs in the Lincoln-Way community. Offering soccer clinics, camps, developmental programs and travel soccer. **Please visit us at www.lwsoccer.org or email at info@lwsoccer.org**



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This is a great opportunity for the merchants in Frankfort and the surrounding communities to not only promote your business with a direct mailing, but also support the park and recreation programs in your area. The brochure is distributed to over 7,500 Frankfort businesses and residents and is also available to download on the Park District website at www.frankfortparks.org.

Advertising Space is available in three sizes; Full page, 1/2 page and 1/4 page. The Frankfort Park District brochure includes programs, leagues and special events that are offered by the Park District.

Please note that space is limited, so reserve your spot today!

**No Ad to submit
No problem...**

If your business does not have an ad to submit, we will put you in contact with our designer to create one for you at an additional cost. The ad she creates will not only be placed in the brochure, but you will also receive a hi-res digital copy for your business to use in future publications.



Frankfort Park District
140 Oak Street
Frankfort, IL 60423
www.frankfortparks.org

Call Stacy Proper at
(815) 469-9400

Advertising Price List:

With an ad submitted:

- 1/4 page \$200.00 (approximate size 3.75" wide x 4.75" high)
- 1/2 page \$300.00 (approximate size 7.5" wide x 4.75" high)
- Full page \$550.00 (approximate size 7.5" wide x 9.5" high)

Without an ad (Melissa Noto Design Studio, Inc will design the ad):

- 1/4 page \$250.00 (approximate size 3.75" wide x 4.75" high)
- 1/2 page \$375.00 (approximate size 7.5" wide x 4.75" high)

If you have any questions, please call Stacy Proper at (815) 469-9400. Please email a color JPEG or PDF of your ad to sproper@frankfortparks.org



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17th Annual

LONG DAY

5K Run/Walk

Wednesday, June 21 • 7:00 PM • Main Park, Frankfort

Registration Fee:

\$20.00 Pre-Registration (by 5pm 6/19/17) • \$30.00 (after 5pm on 6/19/17)

Chip Timing by: T & H Timing



For more information or to download a registration form, please visit our website at www.frankfortparks.org.

The Frankfort Park District is in need of volunteers for this year's 5k event. Volunteers are needed for street closures, pre-race registration and post-race activities. Please contact Cali DeBella, Special Events Coordinator at cdebella@frankfortparks.org or call (815) 469-9400.



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