



Park Pulse



News from the Frankfort Park District

April 2018

This monthly letter highlights upcoming events, programs, and the latest news from the Frankfort Park District. If you have any questions or to register for a program, call the Park District office at 815-469-9400 or visit www.frankfortparks.org

Youth Programs:

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

HEALTHY HANDS CONDENSED CORE COOKING CLASS *NEW!*

In our condensed Core Cooking Class, we will prepare healthier versions of Breakfast, Lunch and Dinner: Breakfast-bliss! Lunch n' Munch: We're going to create some fun and exciting lunches that are easy to make and packed with important nutrients for "kids on the grow". Favorite Meals: Our kids have their favorites and we will learn how to substitute and rework some of these recipes to create the healthier versions while still tasting GREAT! We will also spend time learning about important nutritional information to support our skills of healthy cooking. All materials are included in the fee.

Instructor: Tippi Graham, Certified Health Coach

Day: Monday

Session III: April 9 - 23

Time: 5:30 - 7:30 pm

Age: 6 - 9 years

Fee: \$115/NR \$120



Healthy Hands Cooking

AMERICAN GIRL PARTY - Birthday

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

Instructor: Gina Barrett

Day/Date: Monday/April 9

Time: 6:00 - 7:30 pm

Age: 4 - 10 years

Fee: \$25/NR \$30/class



HOME ALONE *NEW!*

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

Instructor: Donna Giove

Location: Mary Drew School - Room 104

20150 South Rosewood Drive, Frankfort, IL

Day/Date: Monday/April 9

Time: 4:00 - 5:30 pm

Age: 6 - 10 years

Fee: \$32/NR \$37



Follow us on twitter

@Frankfort_Parks



For up-to-date information on upcoming programs and events, us on Facebook.



FIRST AID FOR KIDS

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

Instructor: Donna Giove

Location: Mary Drew School - Room 104
20150 South Rosewood Drive
Frankfort, IL 60423

Day/Date: Monday/April 9

Time: 6:00 - 7:30 pm

Age: 6 - 10 years

Fee: \$32/NR \$37



HEALTHY HANDS COOKING *NEW!*

In our NEW! A Taste of HHC classes, we will use the upcoming "Holiday's" as our inspiration for some fun themed classes. Each class is 90 minutes in length and runs once a month for 4 months. All materials are included in the fee.

April: Eggcellent! Easter is an EGG-CELLENT time to learn why eating eggs helps your body to grow big and strong. And a great way to learn how to use all of those left-over hard boiled eggs!

Instructor: Tippi Graham, Certified Health Coach

Day/Date: Saturday/April 14

Age: 6 - 9 years

Time: 9:30 - 11:00 am

Fee: \$35/NR \$40



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 list any allergies at the time of registration.

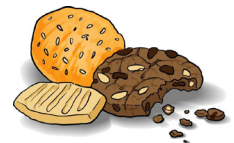
Instructor: Sharon Koczor

Day/Date: Friday/April 20

Time: 6:30 - 8:30 pm

Age: 3 - 9 years

Fee: \$22/NR \$27



CARS, CARS, CARS! *NEW!*

If you like to play with cars, then this party is for you. The whole night is all about cars! There will be all sorts of cars and vehicles to play with among friends. Using your imagination and creativity you will design your own vehicle using food. The Disney-PIXAR Movie "Cars" will be fun to watch, while you relax & enjoy eating your edible vehicle that you created.

Instructor: Sharon Koczor

Location: Susan Puent Building

Day/Date: Friday/April 27

Time: 6:30 - 8:30 pm

Age: 3 - 9 years

Fee: \$22/NR \$27



Upcoming Events •••••

Celebrating Earth Day

Saturday • April 21 • 12:30 - 2:30 pm • FREE
Main Park • 400 W. Nebraska Street

Come out to Main Park for an afternoon of Earth Day fun! There will be green education workshops, kid friendly games, inflatable jump, learning activities for children, crafts, give-a-ways, popcorn, hot dogs, paper shredding drop off and more! Each family will receive a tree sapling to plant and help make a difference this Earth Day.



Sponsored by:

9th Annual Kids Garage Sale

Saturday • April 21 • 11:30 am - 2:30 pm
Puent Building/Main Park • 400 W. Nebraska Street
5 - 14 years old (sellers)

\$9 per space (includes table & advertising)

New this year, the Kids Garage Sale will be part of our annual Earth Day Celebration. The Garage Sale will be outdoors in the Puent Building parking lot. Kids will be able to make some money and room for new items in this KIDS ONLY garage sale! Parents please don't be tempted to set your own stuff out. Children are not to be left unattended; an adult should be with them at all times. **Registration Deadline: April 12**



Mother/Son Bowling Night

Friday • May 4 • 6:00 - 8:00 pm
Thunderbowl, 18700 Old LaGrange Road, Mokena
All Ages • \$20/NR \$23/person

Hey moms, looking for a fun evening out with your little guy? Join us at Thunderbowl in Mokena for two games of bowling and dinner. This is a great opportunity to have some fun spending time together with a little competition mixed in. Pizza, pop, two games of bowling, shoes, and bowling balls are included in the fee. NO TICKETS will be sold at the door.



Registration Deadline: April 27

Mother/Daughter Spa Day

Saturday • May 12 • 10:00 am - 12:00 pm
Founders Community Center, 140 Oak Street
All Ages • \$12/NR \$15/person

Calling all moms, you don't want to miss this opportunity to spend some quality time with your little girl! Indulge yourselves for a morning of pampering and relaxation. Maybe you would like to "update" your look with a new nail polish color and hairdo. Refreshments will be served. Just sit back and relax, while the professionals do the rest. Pre-registration is required. NO registration sold at the door.



Registration Deadline: May 4 or until filled

Athletic Programs:

ILLINOIS GIRLS SPRING LACROSSE LEAGUE (2nd-8th grade)

Youth lacrosse exclusively for girls! The goals of the program are to understand the rules of lacrosse, promote teamwork, sportsmanship, and personal development in a respectful environment led by positive coaching. IGLA uses the US Lacrosse "Players First Athlete Development Model": smaller fields and number of players. League Uniform: IGLA pinny is required and may be purchased during registration at www.igla.org

Instructor: Illinois Girls Lacrosse Association Staff
Location: Summit Hill Junior High, Frankfort Square
Day (Pink): Sunday (games) & Wednesday (practice)
Date: April 8 - June 3
Age/Time: 8U - 10U/ 5:30 - 6:30pm
12U - 14U/ 5:30 - 6:45pm
Fee: Pink: \$200 (plus pinny)



CHICAGO FIRE SOCCER INSTRUCTIONAL CLASS

The Chicago Fire Juniors Staff will conduct an instructional class for players ages 6-12 years old. 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. Players will learn how to dribble, pass and shoot through various activities and small sided games. Shin guards, soccer ball & water bottle are required for this class.

Instructor: Chicago Fire Staff
Location: Commissioners Park Soccer Field
Day: Wednesday
Date: April 11 - May 16
Time: 5:00 - 6:00 pm
Age: 6 - 12 years
Fee: \$85/NR \$90



SKYHAWKS DODGEBALL

Skyhawk's Dodgeball - You know this fun game from playgrounds, backyards and your family get-togethers. We take all of the traditional aspects of the game and put a Skyhawk's Sports spin on it. Your young athletes will learn strategy in addition to the rules of this game while we incorporate sportsmanship and teamwork into this 6 week-long session. Bring your friends or come and make new ones in this unique and fast-paced program. The participant-to-coach ratio is approximately 10:1

Instructor: Skyhawks Staff
Location: Grand Prairie School
Day: Thursday
Session II: April 12 - May 17
Age: 7 - 12 years
Time: 5:30 - 6:30 pm
Fee: \$75/NR \$80



KNOCKERBALL CHICAGO: BUBBLE OPEN PLAY NEW!

Knockerball, the #1 Bubble Ball Party is coming to Frankfort! You may have seen videos or heard of kids asking about bubble soccer and now is your chance to GET IN THE BALL! Just sign up and we will meet you at the park. We will organize 5-10 minute games onsite with appropriate age groups.

Instructor: Knockerball Chicago
Location: Commissioners Park South Soccer Fields
Day: Saturday
Date: April 28
Time: 10:00 am - 12:00 pm
Age: 7-15 years
Fee: \$20 Pre-registration/
\$25 On-Site

