



F.A.N.

Frankfort Square Park District Activities at North



Dear FSPD & LWCHSD 210 Residents:

The new Frankfort Square Park District Activities at North (F.A.N.) program begins this fall. Starting Tuesday, September 6, 2016, all of the wonderful indoor athletic facilities at the Lincoln-Way North campus will be open for resident use, with daily morning and evening hours, and bi-weekly with midday hours.

This brochure provides a summary of the amenities that include something for everyone, highlighted by an expansive field house, extensive cardio equipment, free weight room, and the fantastic wood floor gymnasium.

The purpose of the Park District's F.A.N. offerings at North is to allow affordable access to this great space to as many residents as physically possible. Board Members of Lincoln-Way Community High School District 210 and the Frankfort Square Park District completed an agreement that allows the Park District to extend this new opportunity to all residents of LWCHSD 210. In exchange, the Park District will maintain the campus grounds, plow parking lots in the winter, and provide any funds in excess of operational costs remitted back to the School District. In the interest of transparency, all revenues generated from fees and all expenses incurred for program provision at the North Campus, will be available quarterly on the Park District's website, [www.fspd.org](http://www.fspd.org). Any income in excess of cost of operation will be returned to LWCHSD 210 in support of required operating costs.

We tried to make membership fees as low as possible, with a reasonable assumption that revenue will equal expense. The Park District will review the program over the next year, and revise appropriately in the future. The fact is that there is a cost to using this facility. In the absence of School District staff, the Park District will need to schedule staff for benefits that were previously free. For example, the free walking program. If residents wish to use the facility, they will need to purchase the very affordable membership, see the F.A.N. Membership section for fees.

We also want to make the outdoor athletic fields and indoor space available to all the resident groups and organizations that will benefit from access. We have developed a program to provide space first to Frankfort Square Park District resident-based programs, secondly to all LWCHSD 210 resident organizations at a cost that equals the staff and set-up necessary to supervise and provide the requested space. FSPD residents are given priority due to the cost and commitment their Park District has taken in managing the activities and providing a value in exchange of services. Secondly, all LWCHSD 210 park districts also have access to their home schools, and could accommodate resident group requests from their communities. With that being said, we have never been full, and will have plenty of space to accommodate the majority of requests from LWCHSD 210 residents.

This is a work in progress, and will be modified to meet the needs of the community and Park District. We ask for your patience with this new opportunity, and would encourage all to provide any beneficial comments or suggestions they may have.

The Park District will be offering an Open House event this fall, inviting all to visit the facility and see all the new programming opportunities.

We are also in need of staff to meet the daytime and weekend expansion of the F.A.N. program. If interested in this employment opportunity, job applications are available on the Park District's website, [www.fspd.org](http://www.fspd.org), and at the Community Center, located at 7540 W. Braemar Lane, Frankfort.

Finally, we have included information for the much-discussed Dog Obedience program, located in the North Campus Pole Barn. If you have a dog, whether puppy or older, this is a great program provided by a truly talented dog trainer.

A summary of income and expense related to this program, since the Park District began management in 2014, is provided on the back cover of this brochure. If you don't have a pet, you can see how revenue will soon replace all expense initially incurred by the School District, and in the future, albeit small, an additional revenue stream to LWCHSD 210 will continue to be provided. This summary will be updated at the conclusion of each Dog Obedience session, and similar to the quarterly report on F.A.N. revenue/expenses, will be posted to the Park District's website.

Please go to [www.fspd.org](http://www.fspd.org) to review all necessary registration information, calendar of activities, and any updates that take place in the F.A.N. program.

Sincerely,  
Jim Randall  
Executive Director  
Frankfort Square Park District

### **Frankfort Square Park District**

7540 W. Braemar Lane  
Frankfort, IL 60423

### **Lincoln-Way North Campus**

19900 S. Harlem Avenue  
Frankfort, IL 60423

### Annual Memberships

Membership in the F.A.N. (Frankfort Square Park District Activities at North) program includes all open activities that are offered at the Lincoln-Way North campus, including open gyms, fitness center, and weight room.

Family Membership	\$250
Couple Membership	\$150
Single Membership	\$100
Senior Pass (65 and older)	\$ 25

Memberships can only be purchased at the park district office, located at 7540 W. Braemar Lane, Frankfort. Membership is provided on an annual basis beginning September 5, and ending August 31 each year.

Any resident of the Frankfort Square Park District (FSPD) and Lincoln-Way Community High School District 210 (LWCHSD) is eligible to purchase an annual membership. It is required at the time of registration that three forms of ID be available to ensure residency.

A photo ID will be provided for all members. ID's must be carried whenever attending F.A.N. programming at the LWN campus.

Lost or stolen ID's can be replaced at the park district office for a fee of \$10.

Membership is not available to non-residents. Daily fee usage is available to residents and non-residents.

\$5 daily usage - FSPD and LCHSD residents must provide photo ID with address to receive resident rates.

\$10 daily usage - Non-resident

Daily usage pricing applies to single session only.

### Proof of Residency

Three separate forms of identification for proof of residency must have three addresses that match on all three forms of proof of residency, and at least one must include photograph identification.

Definition of valid forms of ID, as recognized by the State of Illinois or Federal Government include the following:

- Valid drivers license
- Valid State of Illinois ID card
- Voters registration card
- Vehicle registration card
- Utility bills – can have 2 utility bills, but must be different utility providers
- Property tax bill
- FOID card (Firearms Owner Identification)
- Police/Fireman Commissions card (photograph and thumbprint will be on this card)
- Valid Illinois fishing license

Bank statements, personal checks, credit card statements or other mail addressed to a P. O. Box will NOT be considered acceptable forms of identification.

### F.A.N. Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Noon - 5:00 pm	6:00 - 9:00 am	6:00- 9:00 am	6:00 - 9:00 am	6:00- 9:00 am	6:00 - 9:00 am	10:00 am - 5:00 pm
	6:00 - 9:30 pm	11:30 am - 2:00 pm	6:00 - 9:30 pm	11:30 am - 2:00 pm	6:00 - 9:30 pm	
		6:00 - 9:30 pm		6:00 - 9:30 pm		

# Athletic & Recreation Space Summary

## Field House

The overall surface of the space is biomechanically tuned Mondo Surface. One of the most important features of this surface is its double layered rubber construction. This feature provides proper shock absorption, optimal energy return, an appropriate coefficient of friction, and total comfort for specific sport activities. Complete surface information is provided at [www.sporteksurfaces.com](http://www.sporteksurfaces.com).

Activity opportunities include:

- Indoor track
- 3 full basketball courts
- 8 basketball hoops
- 4 basketball hoops, height adjustable
- 6 volleyball/badminton courts

Multiple dividers are in place to allow for non-compatible activities to take place simultaneously.

## Fitness Center

The fitness center houses both Life Fitness and Magnum cardio and strength training equipment.

## Weight Room

The weight room is equipped with Legend free weights and various free weight stations. The space provides mirrors, allowing users to maintain proper form throughout their workouts.



## Fitness Studio

The dance studio is complete with mirrors and ballet bars, offering the perfect setting for dance, aerobics, cheerleading, and other exercise and performance-based recreation programming.



## Main Gym

With hardwood flooring, the main gym is a true showplace for athletic competition or practice.

Activity opportunities include:

- 6 basketball hoops
- basketball
- volleyball
- badminton

## Mezzanine

The mezzanine can accommodate community-based groups for additional recreational programming.

## Dog Obedience Pole Barn

The Lincoln-Way North Pole Barn is home to the Park District's Dog Obedience program. The expansive space, with its dog-friendly décor is a perfect setting for dog owners and their pets of all sizes.

**Note: The Lincoln-Way North swimming pool will not be available for Park District or community use.**

## Categories for Assigning Usage

Use of indoor and outdoor space at the LWN campus by groups and organizations will be administered and scheduled by the Frankfort Square Park District.

Indoor space is comprised of the fieldhouse and gymnasium, but excludes the pool. Outdoor space is comprised of athletic fields, both soccer and baseball, but excludes the use of the stadium and track.

Any group or organization requesting usage will be required to complete either indoor or outdoor facility usage request forms. These forms are available online at [www.fspd.org](http://www.fspd.org), at the F.A.N. desk at the LWN fieldhouse, or at the park district office.

Requests for usage will be determined based on the following categorized criteria:

### Category 1 Requests

Lincoln-Way Community High School sponsored activities.

### Category 2 Requests

Frankfort Square Park District sponsored programs.

### Category 3 Requests

Lincoln-Way Community High School District residents. Priority will be based on residency, with greater than 50% residency.

### Category 4 Requests

Non-profit groups/organizations with less than 50% residency

### Category 5 Requests

For profit groups/organizations

Priority will be given to any requests that have the largest percentage of residents.

## Usage Fees

Usage fees will be determined by the established Categories #1 - #5.

## Indoor Space - Fieldhouse/Gymnasium Excludes Pool

### Category 1

No charge

### Category 2 / 2 hour time block / 20 participants or less

\$20 per group / before 5:00 pm / Field House & Gym

\$30 per group / 5:00 - 7:00 pm / Field House & Gym

\$40 per group / 7:00 - 9:00 pm / Gym Only

### Category 3 / 2 hour time block / 20 participants or less

\$20 per group / before 5:00 pm / Field House & Gym

\$30 per group / 5:00 - 7:00 pm / Field House & Gym

\$40 per group / 7:00 - 9:00 pm / Gym Only

### Category 4 / 2 hour time block / 20 participants or less

\$40 per group / before 5:00 pm / Field House & Gym

\$60 per group / 5:00 - 7:00 pm / Field House & Gym

\$80 per group / 7:00 - 9:00 pm / Gym Only

### Category 5

Considered on an individual basis

## Outdoor Athletic Field Space Excludes Stadium & Track

### Category 1

No charge

### Category 2

\$20 Practices

\$25 Games

3 hour time block

### Category 3

\$25 Practices

\$30 Games

3 hour time block

### Category 4

\$50 Practices

\$75 Games

3 hour time block

### Category 5

Considered on an individual basis.

## Dog Obedience General Information

Dog obedience classes are held in the Lincoln-Way North Pole Barn, located south of the field house. These classes address all levels of training with reward-based positive reinforcement. Instruction ranges from puppy kindergarten to basic family dog obedience skills and competition training.

For detailed Dog Obedience program and registration information, please see the FSPD brochure online at [www.fspd.org](http://www.fspd.org)

## Meet the Instructor

Tanya Mikolajczyk is a member of the Association of Professional Dog Trainers, and an evaluator for the American Kennel Club's AKC S.T.A.R. Puppy, Canine Good Citizen, and Community Canine Programs. She has been involved in training and showing her own dogs for over 36 years, and instructed classes for over 20 years. With two different dogs, she has achieved the prestigious title of Obedience Trial Champion from the American Kennel Club. Tanya's methods of training are positive and reward-based, making it very easy for owners and their dogs to learn. Her enthusiasm inspires others to build wonderful relationships with their dogs, while learning successful proven techniques of obedience training.



## Puppy Kindergarten

This class will introduce basic obedience commands including controlled walking, sit, stay, coming when called, puppy socialization, playing with your puppy, and more! The small class size allows for individualized attention and hands-on learning. Training uses reward-based, positive reinforcement.

## Basic Family Dog Obedience

The fundamental skills necessary to be a well-behaved pet are developed through basic obedience commands. These skills include sit, down, stay, coming when called, the leave it command, and much more! Homework and handouts will be given each week to reinforce and develop behaviors taught in class. The small class size allows for individualized attention and hands-on learning. Training uses reward-based, positive reinforcement. The first night of class is an orientation, please do not bring your dog.

## Advanced Basic Family Dog Obedience I

This class builds on the skills learned in Beginner Obedience and adds new behaviors that will enhance those that your dog has already learned. The small class size allows for individualized attention and hands-on learning. Training uses reward-based, positive reinforcement.

## Advanced Basic Family Dog Obedience II

This class will build upon and enhance the skills learned in Advanced Family Dog Obedience I. Additional skills will be taught including off leash control, hand signals, and more! The skills learned in this class will aid in the successful completion of the Canine Good Citizen Test. The small class sized allows for individualized attention and hands-on learning. Training uses reward-based, positive reinforcement.

## Advanced Basic Family Dog Obedience III

This class will build upon and enhance the behaviors learned in previous classes and prepare both handler and dog for the American Kennel Club Community Canine Test. This class is also a stepping stone to compete in Novice competition. The small class size allows for individualized attention and hands-on learning. Training uses reward-based, positive reinforcement.

## Competition Novice

This class is for dogs and handlers who wish to complete the American Kennel Club Companion Dog Title (CD). This class works on refining the skills of heeling, recall, sit for 1 minute, and down for 3 minute stays. It will also cover handling and rules you are required to know to show your dog in obedience competition at the Novice level. Jumping and retrieving will also be introduced.

## Competition Obedience Trial Prep

This class is geared toward the experienced competition handler who wants to work on all obedience competition behaviors under the guidance of a structured class setting. This class will address all Novice exercises, Open exercises, and Utility exercises during the session.

## Competition Open

This class is for dogs and handlers who are competing in Open currently, or are refining all the Open skills to complete the American Kennel Club Companion Excellent Title (CDX) or (UDX) level. This class works on heeling off leash, figure 8, drop on recall, retrieving on flat, and over the high jump and broad jump exercises, as well as out-of-sight stays for 3 and 5 minutes. This class will also work on proofing each exercise, motivating the dog to keep performing these at a speedy and accurate level, and will discuss handling techniques to better enhance your showing experience.



## Competition Utility

This class is for dogs and handlers wishing to complete the American Kennel Club Utility Dog Title (UD) or (UDX) level of AKC obedience. This class works on hand signals, scent article work, directed glove retrieve, move stand, go-outs, and directed jumping. It will also cover all rules and handling required to show your dog in obedience at the Utility level and help proof all Utility skills to enhance your showing experience.

## Private Lessons

Private lessons are available for one-on-one instruction in competition advancement or attaining a well-behaved pet by identifying and modifying problem behaviors. Training uses reward-based, positive reinforcement. Registration includes four separate 30 minute sessions.

Ages: Dogs 2 months & Up

Day/Times: Thursday evenings by appointment only

Fee: \$125 R / \$160 NR

Location: Lincoln-Way North Pole Barn

Located south of the Field House

**Indoor Facility Usage Request Form  
Lincoln-Way North Facilities**

Date: \_\_\_\_\_

Team/Organization Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Contact Phone: (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

Email: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Starting Time: \_\_\_\_\_

Ending Time: \_\_\_\_\_

The following must accompany this application:

- Complete team roster (name, address, phone, elementary school district, current school attended, subdivision in which they reside) for all players \_\_\_\_\_
- Certificate of insurance naming FSPD and Lincoln-Way High School District 210 as additional insured \_\_\_\_\_
- Must provide compliance with criminal background check on head coach \_\_\_\_\_
- A copy of coach's current CPR/AED certification. \_\_\_\_\_
- A list of requested dates, with each date designated as practice or game. \_\_\_\_\_

This application will not be accepted without ALL of the above required items.

I have read and completed the application form for facility usage, and have answered all questions to the best of my knowledge and ability. I understand that any misrepresentation or falsification of this application, not using approved fields, or not following park rules will be grounds for a denial or immediate revocation of field usage. The undersigned accepts full responsibility for the conduct of the group while on Lincoln-Way North High School property and agrees to indemnify and hold harmless Lincoln-Way High School District 210, the Frankfort Square Park District, its officers, officials, employees, volunteers, trustees, and agents from any responsibility for any accident, injury, or damage that might occur as a result of the participants acts or omissions.

Printed Name \_\_\_\_\_

Signature \_\_\_\_\_

**Athletic Field Usage Request Form  
Lincoln-Way North Facilities**

Date: \_\_\_\_\_

Team/Organization Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Contact Phone: (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

Email: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Requested Field: \_\_\_\_\_

Field Parameters (required base, pitching distances, etc.): \_\_\_\_\_

\_\_\_\_\_

Starting Time: \_\_\_\_\_

Ending Time: \_\_\_\_\_

The following must accompany this application:

- Complete team roster (name, address, phone, elementary school district, current school attended, subdivision in which they reside) for all players \_\_\_\_\_
- Certificate of insurance naming FSPD and Lincoln-Way High School District 210 as additional insured \_\_\_\_\_
- Must provide compliance with criminal background check on head coach \_\_\_\_\_
- A copy of coach's current CPR/AED certification. \_\_\_\_\_
- A list of requested dates, with each date designated as practice or game. \_\_\_\_\_

This application will not be accepted without ALL of the above required items.

I have read and completed the application form for athletic field usage, and have answered all questions to the best of my knowledge and ability. I understand that any misrepresentation or falsification of this application, not using approved fields, or not following park rules will be grounds for a denial or immediate revocation of field usage. The undersigned accepts full responsibility for the conduct of the group while on Lincoln-Way North High School property and agrees to indemnify and hold harmless Lincoln-Way High School District 210, the Frankfort Square Park District, its officers, officials, employees, volunteers, trustees, and agents from any responsibility for any accident, injury, or damage that might occur as a result of the participants acts or omissions.

Printed Name \_\_\_\_\_

Signature \_\_\_\_\_

## Frankfort Square Park District F.A.N. Program Waiver & Release

### Important Information

The Frankfort Square Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Frankfort Square Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program/activity must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, suffers from an underlining medical condition, smokes cigarettes, has a family history of coronary disease, or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any fitness center activity.

### Warning of Risk

Recreational, aerobic and other fitness activities such as passive/resistive weight training use of stair machines, jogging, free weights, and other training devices are intended to challenge and engage the physical, mental and emotional resources of the participant. Despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury. All hazards and dangers cannot be foreseen. Depending on the particular activity, certain risks, dangers and injuries due to overexertion, improper technique, ignoring safety precautions, failing to follow instructions, slips and falls, unfamiliarity with the equipment and/or exercise, equipment failure, failure in supervision/instruction, premises defects and other risks inherent to the particular activity exist. In this regard, it is impossible for the Frankfort Square Park District to guarantee absolute safety.

Dependent upon a person's physical condition, age and/or skill level, recreational, aerobic and fitness activities can involve a substantial risk of the following type of injuries. This list is by no means complete, but includes some of the more common ones:

1. Heart attack, stroke and circulatory problems
2. Bone and joint injuries
3. Back and neck injury
4. Shin splints
5. Muscle strain and other muscle injuries
6. Foot problems

### Waiver and Release of All Claims and Assumption of Risk

Please read this form carefully and be aware that in consideration for permission in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services and vehicle operations, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Frankfort Square Park District, including its officials, agents, volunteers and employees.

In accordance with the Americans with Disabilities Act, please describe any accommodation needed for your enjoyment of this program. If special accommodations are needed, allow 2 weeks prior to the start of the program. A staff member will contact you for more information. If you do not hear from us prior to the start date of the program, please call to confirm your accommodations.

Frankfort Square Park District  
7540 W. Braemar Lane  
Frankfort, IL 60423  
www.fspd.org  
(815) 469-3524

**F.A.N. Pass Registration Form**

Date: \_\_\_\_\_

Type of Membership: Annual \_\_\_\_\_ Family \_\_\_\_\_ Couple \_\_\_\_\_ Single \_\_\_\_\_ Senior (65+) \_\_\_\_\_

Family Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Names of Participant(s)	Gender	Age	Grade	Birthdate
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Total Fee Due \$ \_\_\_\_\_

Circle method of payment: Cash    Check    Debit Card    Charge (Visa, Mastercard, Discover, AmEx)

*Please make check payable to the Frankfort Square Park District*

**I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.**

Parent/Participant Printed Name \_\_\_\_\_

Parent/Participant Signature \_\_\_\_\_

Frankfort Square Park District  
 7540 West Braemar Lane  
 Frankfort IL 60423

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**ECRWSS  
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**FREE Day of Golf - College Scholarship Golf Scramble**



The Frankfort Square Park District invites you to a free day of golf at Square Links Golf Course & Driving Range, located at 7861 W. St. Francis Road in Frankfort.

There will be no charge for rounds, but free-will donations will be accepted to benefit the FSPD's College Scholarship Program. This program has provided \$84,000 scholarship awards to 84 graduating seniors since 2007.

In addition to free golf, you will have an opportunity to "Beat the Pro"! Pit yourself against Square Links' PGA Professional, Ken Buss, as you play him at Hole #7.

The day will include prizes, refreshments, and much more!!!

Please join your family, friends and neighbors on Saturday, September 24, for a day of fun while supporting our area youth.

**Dog Obedience Program Revenue/Expense Summary**

Program Dates	Number of Participants	Program Revenue	Instructor Expense	LWN Remittance	Scholarship Donation	Facility Maintenance
May-July, 2014	68	\$7,287.00	\$4,494.00	\$2,000.00	\$793.00	N/A
Aug.-Oct, 2014	90	\$9,715.00	\$5,922.00	\$2,655.00	\$1,138.00	N/A
Nov.-Dec., 2014	92	\$9,627.50	\$5,922.00	\$2,593.85	\$370.55	\$741.10
Jan.-May, 2015	184	\$19,405.00	\$12,102.00	\$5,175.10	\$739.30	\$1,478.60
June-July, 2015	90	\$9,455.00	\$5,880.00	\$2,502.50	\$357.50	\$715.00
Aug.-Sept., 2015	97	\$10,267.50	\$6,342.00	\$2,999.85	\$428.55	\$857.10
Oct.-Dec., 2015	95	\$10,047.50	\$6,216.00	\$2,682.05	\$383.15	\$766.30
Jan.-early March, 2016	88	\$9,245.00	\$5,796.00	\$2,414.30	\$344.90	\$689.80
March-mid May, 2016	88	\$9,397.50	\$5,670.00	\$2,609.25	N/A	\$1,118.25
<b>Totals to Date</b>		<b>\$94,447.00</b>	<b>\$58,254.00</b>	<b>\$25,631.90</b>	<b>*((\$4,554.95)</b>	<b>\$6,366.15</b>

\*On March 18, 2016, a check in the amount of \$4,554.95 was provided to the LWN Athletic Boosters Club towards the LWN spring sports trips.