

Fall 2016

# Frankfort Square Park District



**Table of Contents**

24 - 25 Athletic Leagues  
 6 Before and After School Program  
 16-21 Dance  
 6 Day Off Escapades  
 30 - 31 Dog Obedience  
 7 Early Learning Center  
 34 - 39 Facilities  
 39 - 40 Facility Rental Information  
 41 General Information  
 34 - 35 Golf - Square Links Golf Course  
 14 - 15 Gymnastics  
 33 Inclusion Services  
 4 - 5 Message from the Executive Director  
 32 Nature Center  
 10 - 11 Preschool Programs  
 3, 43 Registration Information  
 29 Special Events  
 33 SSSRA  
 26 - 28 Teen/Adult Programs  
 8 - 9 Tiny Tots Programs  
 12 - 13 Youth Programs  
 22 - 25 Youth Sports  
 42 Waiver & Release  
 Insert F.A.N. Information

**Administrative Staff**

Jim Randall, Executive Director  
 Linda Mitchell, Assistant to the Executive Director  
 Audrey Marcquenski, Director  
 Diane Meister, Office Manager/Bookkeeper  
 Sandi Butler, Clerical  
 Julie Hein, Clerical  
 Bonnie Roach, Clerical  
 Cindy Standish, Clerical  
 Ken Novak, Risk Manager  
 Arliss Bouton, Assistant Safety Coordinator

**Recreation Staff**

John Keenan, Superintendent of Recreation  
 Pam Kohlbacher, Director of  
     Early Childhood Programming  
 Raegan Christy, Recreation Supervisor  
 Carter Patton, Athletic Supervisor

**Golf Course Staff**

Dan McDonald, Superintendent of  
     Square Links Golf Course  
 Ray Schmitz, Assistant Superintendent of  
     Square Links Golf Course  
 Ken Buss, Golf Professional

**Maintenance Staff**

Ed Reidy, Superintendent of Parks  
 Jeff Mecher, Park Foreman  
 Julie Arvia, Park Naturalist



**Park Board of Commissioners**

Ken Blackburn, President  
 Dave Macek, Vice President  
 Craig Maksymiak, Treasurer  
 Anthony Granata, Commissioner  
 Jim Kohlbacher, Commissioner  
 Brian Mulheran, Commissioner  
 Joe Vlosak, Commissioner

Park Board Meetings: Third Thursday of each month,  
 7:30 pm, Park District Administration Building,  
 7540 W. Braemar Lane, Frankfort.



**Frankfort Square  
Park District  
Administration Building**

7540 W. Braemar Lane  
Frankfort, IL 60423

Phone: (815) 469-3524  
Fax: (815) 469-8657  
Email: info@fspd.org

Visit us at our website at: [www.fspd.org](http://www.fspd.org)

**Office Hours:**

Monday, Tuesday, Thursday	9:00 am - 5:00 pm
Wednesday and Saturday	9:00 am - noon
Friday	9:00 am - 4:00 pm

**Mission Statement**

It is the mission of the Frankfort Square Park District to provide accessible, non-discriminatory recreational services, facilities, and open space in an environmentally conscious, fiscally responsible manner.

**Program Scholarships**

The Frankfort Square Park District offers financial assistance in the form of program scholarships to qualifying residents. If you would like to apply for a scholarship, applications are available online at [www.fspd.org](http://www.fspd.org) and at the park district office during regular business hours.

**Free Mulch Provided to Frankfort Square  
Park District Residents**

Thanks to a cooperative effort between the Frankfort Township Road District and the Frankfort Square Park District, residents have access to free wood mulch for their personal landscaping needs. The mulch is available in the parking lot of the ballfields on St. Francis Road, located adjacent to Kiwanis Park.

- Mulch is provided in “as-is condition” with no warranty, written or implied.
- No dumping of any material is permitted.
- No landscape contractor, front loaders, or dump trucks permitted.

Free home delivery is offered by the Frankfort Township Road District by simply calling (708) 479-9673.

**Fall 2016 Registration**

Resident online registration begins Monday, August 22 at 9:00 am. When registering, you need to use your Username and Password that was provided by the park district. If you have any problems registering online, please contact our office staff during business hours, and we will be happy to assist you.

We strongly encourage online registration as it has priority over mail-in, drop-off, or in-person registration.

When logging out of our online registration system, please always use the SIGN OUT option instead of “Xing-out” of the page. Your household will lock out registration until you log in and log back out again.

Reminder: Online registration will close one day prior to the program start date.

**Registration Dates:**

Resident Online Registration  
Begins Monday, August 22, 2016 at 9:00 am.

Walk-In and Non-Resident Registration  
Begins Thursday, August 25, 2016 at 9:00 am.

**Sorry, no phone registrations accepted.**

The Frankfort Square Park District program waiver and release is located on page 42. For complete registration information, please see page 43.

Be sure to register early – programs fill quickly.

**Any Questions?**

Please contact the park office at:

Phone (815) 469-3524

Fax (815) 469-8657

Website: [www.fspd.org](http://www.fspd.org)



## A Message from the Executive Director

Dear Frankfort Square Park District Residents:

The lack of referendum proceeds limited the amount of capital improvements, but progress was made in several areas.

The largest improvement is the construction of 450' of raised boardwalk at Island Prairie Park, enabled by the receipt of a \$10,000 ComEd Green Region Grant Program award. We are also very grateful to Dennis Persic, former Commissioner, past Park Board President, and professional engineer, who spent a lifetime building parks and park improvements throughout Illinois.

Dennis has donated time and talent over the past 30 years, assisting with improvements and projects in our Frankfort Square community, and has truly donated well over 100 hours on this single project. We can never thank him enough for his contributions.

The other benefit is Dennis' ability to teach and train Park District staff. I learned much of what I know from watching and working with him. It is fun to see other employees gain knowledge and understanding by working alongside Dennis.

Détente has taken hold of the FSPD with the hiring of Raegan and Carter, the two latest additions to our staff.

Raegan Christy comes to us from Myrtle Beach, South Carolina, where she worked as Programs Coordinator for Horry County Parks and Recreation. Her responsibilities that included special events, supervising and organizing afterschool and camp programs, and coordinating additional recreation programs, make Raegan a perfect fit for the FSPD. Raegan's enthusiasm and love for all things recreation will ensure that as our newest Recreation Supervisor, the FSPD will continually improve its programming opportunities for residents of all ages.

Carter Patton, who recently completed his education from the University of Missouri and an internship with the Jefferson City Parks, Recreation and Forestry Department in Jefferson City, Missouri, accepted the position of Athletic Supervisor. His experience in planning events, executing adult and youth athletic programs, and facility management experience will serve him well as he takes on the newly expanded F.A.N. program and oversight of Square Links Golf Course, in addition to the numerous sports programs offered at the FSPD.

We welcome Raegan and Carter, and look forward to what their combined experience and enthusiasm will bring to the FSPD.

We also recognize that we have some truly wonderful employees at the Frankfort Square Park District; all the part time staff members that keep things running, and willingly care for our participants, tiny tot through adult, and our parks and facilities.

Bonnie is a perfect example, having worked for the Park District for 23+ years in various positions too numerous to mention. Bonnie's positive, supportive attitude combined with a wealth of community knowledge and attention to detail provides an invaluable service to the FSPD.

Lou is a retired concrete foreman who chose to work for the Park District in retirement. A lifetime of practical knowledge, exceptional work ethic, and tremendous leadership qualities; once again, someone who leads by example, showing our young seasonal maintenance staff how to "get it done".

We employ more than 200 staff members annually. With the departure of three full time staff in the past year, we had a variety of folks step up and take on added responsibilities. Three standouts include Paige, Robin, and Sandi.



Paige came at the perfect time, cleaning up and organizing a myriad of program information, training staff, and providing invaluable service to the Park District.

Robin took over at the golf course, scheduling counter staff, making deposits, and ensuring that patrons of Square Links Golf Course have an enjoyable experience.

Sandi works in the front office, but also supports our F.A.N. program. Again, a great person that typifies the quality of individuals that make the Park District run.

Mandy and Melanie, two of our Summer Day Camp staff members work together to ensure the program runs smoothly. Their efforts in coordinating field trips and transportation, training staff, and ordering and organizing supplies that kept our campers happy and engaged.



The Park District is again, for the seventh time, recognized by the National Parks & Recreation Association as one of only four finalists for the most prestigious Gold Medal Award. I have mentioned only a few of the great employees and volunteers that work for our Park District and community to whom this national recognition is directly attributable, but wish to also acknowledge all of our part time and seasonal staff members:

Jeff A., Patty, Ken B., Mike B., Beth, Mary B., Bryan, Greg B., Katherine B., Dan B., Antonia, Kenneth B., Kenny, Lynne, Cassandra, Arliss, Melissa B., Laura, David B., Justin, Donnette, Tim, Morgan, Joseph, Cheryl, Ron, Mary D., Nicole D., Maureen, Garrick, Sarah, Dave E., Austin, Silvano, Dina, Angelo, Al, Nancy, Michael G., Anthony G., Kathy, Colin, Michael H., Amy, Colleen, Cheyanne, Julie, Marissa, Troy, Janeen, Dan J., Kari, Conrad, Mary K., Gary, Sharon, Jim K., Pam, Kayla, Matthew K., Nick, Kailey, Jeff L., Dave M., Kristi, Craig M., Autumn, Shelley, Catherine M., Duane, Tanya, Deb M., Denis, Haley, Tara, Brian M., Edward, Patricia, Ken N., Lisa, Rachel P., Alexa, Maria, Abigail, Emily R., Larissa, Angela, Aubrey, Kim, Gerald, Rebecca, Joellyn, Ray, Brooke, John, Danielle, Megan, Leslie, Cindy, Lori, William, Alex, Michelle, George, Brianna, Dominic, Joe V., Savanna, Robert W., Teri, Emma, and Jennifer.



We live in a great community, and have a great Park District due to the efforts of a dedicated group of Park Commissioners, donating time and talent, exceptionally committed full and part time staff, an endless supply of wonderful volunteers, remarkable community groups, organizations, and school districts, and supporting governmental agencies that all work together.

I never forget that it is FSPD residents that allow for Park District success through continued unending support.

Thanks and appreciation from your Frankfort Square Park District.

Sincerely,  
 Jim Randall  
 Executive Director

Proud to represent the Board, staff, and volunteers of the Frankfort Square Park District



## Before and After School Program (BAS)

The Before and After School (BAS) program provides students of Summit Hill District 161, in grades kindergarten through sixth, a structured, safe place to be cared for immediately before and after school. Working parents have the assurance that their children are in a quality program in an ideal environment, knowing that they are being well supervised. Our program is staffed by certified teachers as well as other trained, experienced leaders, all employed by the park district. Hours are from 6:30 am until school begins, and immediately after school until 6:30 pm, including all half days.

Transportation will be provided by existing school buses at all participating Summit Hill District 161 schools. Transportation for before and after school activities is also offered.

Students have access to a full-size gymnasium to use for games and active play, along with a full playground. A baseball field, football field, and tennis courts are directly outside the building for the children to use as well.

Initial registration must be completed at the park district to ensure parents/guardians receive all the necessary paperwork. Registration for specific days may be completed by the parent/guardian, either online or at the park district office. Each participant must be registered by Friday at noon, two weeks prior to the week needed, to allow for staffing and roster completion.

Grades: K - 6th

Dates: Aug 18 - June 8 (tentative)

**Note: The BAS program will follow the Summit Hill 161 school calendar.**

Location: Mary Drew

Fees:

Weekly Tuition	5 days	4 days	3 days	2 days	1 day
Before School Only	\$54	\$44	\$38	\$27	\$14
After School Only	\$64	\$55	\$45	\$31	\$16
Before & After School	\$95	\$90	\$78	\$55	\$28

## Frankfort Square Park District Wellness Committee

To “Kick Off” the new school year, Before and After School Program participants will again enjoy fitness challenges throughout the year, designed to instill healthy eating and active lifestyles.

This fall, we will be asking the children this question, “Are You Ready for Some Football!?!?” Children will advance the length of a football field with their teammates through daily fitness activities, and compete in the playoffs as they vie for a spot in Superbowl 2017, hosted in Houston’s Reliant Stadium.

In addition to the fun and health benefits these fitness challenges present, special incentives also ensure the children stay motivated along the way.

## Day Off Escapades

Days off from school can be inconvenient and boring...or they can be exciting and adventurous with a Day Off Escapade! There will be plenty of games, crafts, activities, and trips each day to ensure plenty of fun and entertainment for your little ones. This year, each Escapade is based on a different theme and promises to provide participants with a new and different experience each day they attend! Please send your children with a sack lunch, a water bottle, and tennis shoes. An Escapades t-shirt will be available for your child on his/her first day of attendance, and additional shirts are available for purchase for \$8. Escapades shirts must be worn each day your child(ren) attends. All field trips are subject to change.

Grades: K - 6th

Time: 6:30 am - 6:30 pm

Fee: \$42 per day

Location: Mary Drew

Days/Dates:

**Fun-O-Lympics** - Each day will consist of plenty of activities to turn your kiddos into Olympians!

Mon, Aug 15

Tues, Aug 16

Wed, Aug 17

**October Escapade!** - A day full of kid friendly frights!

Mon, Oct 10

**Election Day** - We will spend the day learning about the election and celebrating the USA!

Tues, Nov 8

**Give Thanks for Days Off!** - Give thanks for pilgrims, Native Americans, and turkey!

Mon, Nov 21

Tues, Nov 22

Wed, Nov 23

**A Winter Wonderland** - During this four day escapade, we will enjoy the warmth inside and turn Mary Drew into a Winter Wonderland with lots of crafts and activities to keep us cozy!

Tues, Dec 27

Wed, Dec 28

Thurs, Dec 29

Fri, Dec 30

Day Off Escapades are available to all students in grades K - 6th, regardless of the school district they attend.

## Registration

In-person registration is ongoing. A \$50 non-refundable deposit is required at the time of registration, and will be applied to the first month's tuition. In the event that you should withdraw from the program, the \$50 deposit will be retained. Tuition payments can be made monthly, beginning in August, and ending in April. If tuition is paid in full by July 31, \$100 will be deducted from your tuition amount. Birth certificates are required at the time of registration.

**Note: All participants must be toilet trained and ready for the preschool setting.**

## 3 Year Old Program

The emphasis for our 3 years olds is socialization imbedded in a learning environment. Children will be read stories every day that relate to a daily theme. In addition, they will spend time discussing the story so they can practice their comprehension and speaking/listening skills. Along with the story, children sing songs, move to music, assemble puzzles, play games, and have some free time to explore other areas of interest. We will work on color and shape recognition along with learning to write our names. Finally, we will learn about many things, people, and places in the world around us as we learn and grow.

Age: 3 years old on or before September 1, 2016  
 Days/Dates: Tues & Thurs, Sept 2016 - May 2017  
 Fee: \$725 R / \$906 NR  
 Location: Park District Administration Building

Time: 9:00 - 11:00 am  
 Time: 9:15 - 11:15 am  
 Time: 9:30 - 11:30 am

## 4 Year Old Program

Our 4 year old program works much the same as our 3 year old program, but with additional opportunities for growth through more theme-related projects and exposure to new and exciting topics. We will work on number and letter recognition while writing our numbers and letters as well. We have added a bit more content to our 4 year old program, giving them opportunities to explore some basic math (graphing, sorting, adding), science (weather, magnets, senses) and social studies (Martin Luther King, Abraham Lincoln, George Washington.) Our goal is to have our children maximize their learning potential in a warm, nurturing, and enriching environment.

Age: 4 years old on or before September 1, 2016  
 Days/Dates: Mon, Wed, Fri, Sept 2016 - May 2017  
 Fee: \$1,375 R / \$1,719 NR  
 Location: Park District Administration Building

Time: 9:00 am - noon  
 Time: 9:15 am - 12:15 pm  
 Time: 9:30 am - 12:30 pm

## Preschool Plus One - New!

For the preschooler who is looking for more....

Both our 3 year old and 4 year old programs will have a "Plus One" option for the 2016-17 school year, allowing children to attend preschool one additional day. Children will participate in physical activities, craft making, and game play. Time is a little less structured, giving more opportunities for socialization in a different environment than a classroom setting.

Comfortable clothing, as well as gym shoes, are required every day in order to fully participate in all activities.

**Notes: Deadline to register for each session is one week prior to start date.**

### \$50 Registration fee (to be applied to 1st session)

Age: 3 years old on or before September 1, 2016  
 Time: 9:15 - 11:15 am  
 Location: Mary Drew

**101031-00** Day/Dates: Wed, Sept 28 - Nov 30  
 (no class Nov 23)  
 Fee: \$119 R / \$148 NR / 9 sessions

**101031-01** Day/Dates: Wed, Dec 7 - Feb 22  
 (no class Dec 28 & Jan 4)  
 Fee: \$132 R / \$165 NR / 10 sessions

**101031-02** Day/Dates: Wed, Mar 1 - May 17  
 (no class Mar 29)  
 Fee: \$145 R / \$182 NR / 11 sessions

Age: 4 years old on or before September 1, 2016  
 Time: 9:15 am - 12:15 pm  
 Location: Mary Drew

**101032-00** Day/Dates: Tues, Sept 27 - Nov 29  
 (no class Nov 8 & 22)  
 Fee: \$138 R / \$172 NR / 8 sessions

**101032-01** Day/Dates: Tues, Dec 6 - Feb 21  
 (no class Dec 27 & Jan 3)  
 Fee: \$172 R / \$215 NR / 10 sessions

**101032-02** Day/Dates: Tues, Feb 28 - May 9  
 Fee: \$189 R / \$237 NR / 11 sessions

### I'm a Big Kid Now

Here's a class designed for the exciting little mind of the two year old who is ready and able to separate from mom and dad. I'm a Big Kid Now will offer your child the opportunity to play alongside other two year olds. This play will be supported by gentle guidance from staff who will encourage your little one to move from simple to more complicated play, like pretending. There will be songs, stories, snacks, and fun, so don't miss this opportunity for your toddler to proclaim to the world "I'm a Big Kid Now!"

Age: 2  
 Time: 9:30 - 10:20 am  
 Fee: \$40 R / \$50 NR / 7 sessions  
 Location: Park District Administration Building

301080-01 Day/Dates: Thurs, Sept 15 - Oct 27  
 301080-02 Day/Dates: Thurs, Nov 3 - Dec 22  
 (no class Nov 24)



### Wiggles & Giggles

Preschoolers will wiggle and giggle their way through this fun-filled class while stretching their muscles and marching to music. Age-appropriate activities will vary each week using balls, balloons, and bubbles! Fingerplays, rhymes and rhythm movements, hoops, and parachutes are also included.

Ages: 2 - 3 (with adult)  
 Time: 9:30 - 10:15 am  
 Fee: \$30 R / \$35 NR / 5 sessions  
 Location: Frankfort Founders Center  
 140 Oak Street

301060-01 Day/Dates: Thurs, Sept 15 - Oct 13  
 301060-02 Day/Dates: Thurs, Nov 3 - Dec 8  
 (no class Nov 24)

### And Baby Makes 3

Parents, here's an opportunity for some quality time with your toddler without the worry of what to do with baby sister or brother. This is the perfect class for the child who is not yet ready to separate from mom or dad. It provides group play experience that fosters independence, yet provides security in knowing a parent is nearby. Come join other parents in the community and spend some fun-filled quality time with you 2-3 year old, knowing your baby remains safely in your care. Of course, if you only have a toddler, you'll still enjoy this class, so pack up the kids and get ready to play!

Ages: 2 - 3 or 2 - 3 with baby (with adult)  
 Time: 9:30 - 10:30 am  
 Fee: \$39 R / \$48.75 NR / 7 sessions  
 Location: Park District Administration Building

301070-01 Day/Date: Fri, Sept 16 - Oct 28  
 301070-02 Day/Date: Fri, Nov 4 - Dec 23  
 (no class Nov 25)

Periodically, the park district sends program information and updates via email. If you do not receive this information, please contact the park office at 815-469-3524.

## Little Learners Prep School

If your child doesn't meet the age requirements for preschool, but is ready for a two day a week preschool experience, this is the class for him/her. Participants will take part in fun activities designed for the 2½ - 3½ year old child, with special emphasis on socialization, sharing, and cooperative play. Children will be exposed to a consistent, loosely structured routine revolving around games, crafts, stories, songs, and free play. This is a great introduction to any preschool routine, and should give your child a positive glimpse of just how much fun school can be!

Ages: 2½ - 3½  
Fee: \$80 R / \$100 NR / 14 sessions  
Location: Park District Administration Building

**301006-01** Days/Dates: Mon and Wed, Sept 19 - Nov 2  
Time: 9:30 - 10:30 am

**301006-02** Days/Dates: Mon and Wed, Sept 19 - Nov 2  
Time: 10:45 - 11:45 am

**301006-03** Days/Dates: Mon and Wed, Nov 7 - Dec 21  
Time: 9:30 - 10:30 am

**301006-04** Days/Dates: Mon and Wed, Nov 7 - Dec 21  
Time: 10:45 - 11:45 am



## Tiny Tot Playschool

Join us for an hour of fun! Your child will be offered the opportunity to stretch his/her wings and venture off independently. This will be a loosely structured class, complete with enriching and age-appropriate music, motor, and play experiences. Toddlers will surely come away from this class with a sense of accomplishment, knowing that they went to school all by themselves!

Ages: 2½ - 3½  
Time: 9:30 - 10:30 am  
Fee: \$40 R / \$50 NR / 7 sessions  
Location: Park District Administration Building

**301007-01** Days/Dates: Tues, Sept 20 - Nov 1

**301007-02** Days/Dates: Tues, Nov 8 - Dec 20

## 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!

Ages: 1 - 3 (with adult)  
Fee: \$34 R / \$39 NR / 4 sessions  
Time: 10:30 - 11:15 am  
Location: Frankfort Founders Center  
140 Oak Street

**301051-04** Day/Dates: Tues, Sept 20 - Oct 11

**301051-05** Day/Dates: Tues, Nov 1 - Nov 22



**Back To School Bash! - New!**

Hey kids! School is back in session, which is the perfect time to celebrate with your friends that you haven't seen all summer. There will be games, music, and craft time. After all this fun, pizza and a drink will be served. What great fun this will be!

**300020-04**

Ages: 4 - 8  
 Day/Date: Wed, Sept 14  
 Time: 5:45 - 7:45 pm  
 Fee: \$19 R / \$23.75 NR  
 Location: Park District Administration Building

**Letter Recognition for Little Ones**

Children will develop literacy and social skills while learning their alphabet through a 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 the letter of the week. Each three week session will focus on different letters of the alphabet.

Ages: 3 - 5 (with adult)  
 Time: 11:00-12:00 noon  
 Fee: \$30 R / \$35 NR / 3 sessions  
 Location: Frankfort Founders Center  
 140 Oak Street

**301025-01** Day/Dates: Thurs, Sept 22 - Oct 6

**301025-02** Day/Dates: Thurs, Nov 17 - Dec 8  
 (no class Nov 24)

**Witches, Skeletons, and Ghosts-Oh My!**

Join us at the park district for a ghostly good time as we conjure up some Halloween fun. We will make scary crafts, play Halloween games, and sing ghoulish songs. This fun night will also include witches' brew, a mystery snack, hayride, and a chance to pick our very own pumpkins. All children are encouraged to wear their Halloween costumes.

**302050-03**

Ages: 3 - 10  
 Day/Date: Fri, Oct 21  
 Time: 5:00 - 8:00 pm  
 Fee: \$28 R / \$35 NR  
 Location: Park District Administration Building

**After 5 Craft Creations - New!**

Here's a class for moms or dads looking for some creative fun to share with their child. This fall, join us as we guide you and your child in the preparation of various holiday crafts, age-appropriate for your child, and fun for you! This is a perfect way to schedule some quality time with your child at the end of a busy day.

**301030-01**

Age: 3 - 7 (with participating adult)  
 Day/Dates: Thurs, Oct 27 - Nov 17  
 Time: 6:00 - 7:15 pm  
 Fee: \$28 R / \$35 NR / 4 sessions  
 Location: Park District Administration Building

**"Wee" Give Thanks for Grandparents**

Grandparents are special, so let's show them just how much as our "wee" participants give thanks for their grandparents at this special party. We'll listen to a story, make a memorable souvenir craft, and then sit down and enjoy a tasty fall treat. This party is sure to harvest a bounty of memories that grandparent and grandchild will cherish for years to come. **A single grandparent or couple is more than welcome to participate in this class.**

**302005-05**

Ages: 3 - 7 (with grandparent/s)  
 Day/Date: Wed, Nov 16  
 Time: 5:45 - 7:45 pm  
 Fee: \$19 R / \$24 NR  
 Location: Park District Administration Building

**'Twas The Night Before Christmas**

'Twas the night before Christmas and all through the park, not a child was yawning, they're happy as larks. We will be celebrating the beloved story in our own special way. Afterwards, the children will participate in their very own cookie decorating session to prepare for Santa's arrival. Then they will make a craft to decorate their own home and sing some holiday songs. Since this is the night before Christmas, the children are encouraged to come dressed in their pajamas for this enchanted evening.

**300017-00**

Ages: 4 - 8  
 Day/Date: Fri, Dec 2  
 Time: 5:00 - 8:00 pm  
 Fee: \$27 R / \$34 NR  
 Location: Park District Administration Building

## Gingerbread Houses - New!

We are all decorating our homes for the holidays. How about decorating a gingerbread house with someone you love? All supplies will be provided to design a one-of-a-kind gingerbread house. Visiting, snacking, decorating, and ending with a story will be on the agenda for a fun-filled evening. Come and join us!!

Age: 3 - 7 (with participating adult)  
Time: 6:00 - 7:15 pm  
Fee: \$18 R / \$22.50 NR per session  
Location: Park District Administration Building

300014-00 Day/Dates: Wed, Dec 7

300014-01 Day/Dates: Wed, Dec 14

## Elf Help

Parents, are you ready for the holidays? Is all of your shopping and wrapping done? Have you even started your shopping? If you answered no to any of these questions, you may want to consider some "Elf Help." While you're off shopping, our elves will feed your little ones a yummy snack and then help them with some holiday preparations of their own. All participants will make and wrap a gift for someone special, as well as have free play, games, stories, and songs. Let some elf magic help you out this season.

302100-03

Ages: 5 - 8  
Day/Date: Wed, Dec 21  
Time: 5:30 - 8:30 pm  
Fee: \$27 R / \$34 NR  
Location: Park District Administration Building

## Scout Groups & Special Events

The Island Prairie Nature Center and Interpretive Gardens provide fun and engaging programs for groups including Garden Clubs, home school organizations, Girl Scout and Boy Scout Troops.

Programs can be tailored to meet your specific needs, badge, or rank requirements. Self-guided tours are also welcome. All programs are set up for your group on a custom basis. Please call us with ideas and dates for your visit. Cost and availability will be determined.

New this session, a Lorax-themed program is available that meets the Outdoor Activity Award requirements for Cub Scouts, as well as the Rosie and Clover Petal for Daisies.

To schedule a group program, contact Julie at (815) 469-3524.

## Scouts

### Boy Scouts of America

#### Boy Scout Troop 237

In addition to rank advancement and merit badges, we offer a vast outdoor program such as monthly campouts, hiking and fishing trips, summer camp, etc. For more information, contact Rich McCully at (312) 907-5529, [rvmccully@yahoo.com](mailto:rvmccully@yahoo.com) and committee chair, John Harrington, (815) 790-0598, [johndharr@att.net](mailto:johndharr@att.net).

#### Cub Pack 237, Grades: K - 5th

Contacts: Tim Peracke (312) 550-8183  
Mitch Goslinowski (708) 945-7189

#### Cub Pack 101, Grades K - 5th

Contacts: Chris Prendiville (708) 707-5677 or [christiesix@hotmail.com](mailto:christiesix@hotmail.com)  
Brittany Yensener (815) 666-3410 or [yensenerfamily@gmail.com](mailto:yensenerfamily@gmail.com)

### Girl Scouts USA

Are you looking to become a Girl Scout? We have troop leaders ready to accept new girls (ages 5 - 18) into their troops, which meet on a variety of days and times. For more information, please contact the individual leaders below or by email at [serviceunit742@gmail.net](mailto:serviceunit742@gmail.net).

Arbury Hills - Nicole Peracke (630) 726-1200  
Daisy (K-1st) - Nicole Peracke (630) 726-1200  
Frankfort Square - Nicole Peracke (630) 726-1200  
Indian Trail - Karen Miner (815) 575-1705  
Rogus - Nicole Peracke (630) 726-1200  
Hilda Walker - Pat Huntoon (708) 651-1389  
Summit Hill - Pat Huntoon (708) 651-1389  
Lincoln-Way School District 210 - (708) 651-1389

### Venture Crew

Co-ed scouting for ages 14 - 21  
[Venturecrew237@gmail.com](mailto:Venturecrew237@gmail.com)

Rich McCully - Advisor (815) 469-1461  
Gayle Wolcott - Committee Chair (815) 690-2926



## 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. New tricks are always taught each session!

Ages: 5 - 12  
Fee: \$22 R / \$28 NR  
Location: Park District Administration Building

**303120-01** Day/Date: Tues, Oct 18  
Time: 5:00 - 5:55 pm

**303120-02** Day/Date: Thurs, Dec 8  
Time: 5:00 - 5:55 pm

## Horseback Riding

Classes are offered in indoor and outdoor arenas with experienced, enthusiastic instructors for beginner through advanced levels in both English and Western disciplines. Discount rates are offered to residents of the Frankfort Square Park District for a five-lesson card, which includes 5 individual one hour lessons within a group format. Lesson times are scheduled through Nova Quarter Horses, Inc. Once you purchase a lesson card through the Park District, call the stable to arrange classes. Long pants and hard soled or gym shoes are required.

### 600000-26

Ages: 6 - Adult  
Fee: \$155 R / \$193.75 NR / 5 sessions  
Location: Nova Quarter Horses, Inc.  
10129 W. 187th St., Mokena  
(708) 479-3696

## Fall Family Fun Day - New!

Enjoy a fantastic afternoon "horsin' around" at Nova. Your family will bond with one of the horses by learning to groom and saddle, as well as taking a riding lesson. Weather permitting, we will ride outdoors on Nova property. Hot dogs, chips, and beverages will be served after the ride. All levels of riders are welcome.

### 600001-01

Ages: 6 - Adult  
Day/Date: Sun, Oct 2  
Time: Noon - 2:00 pm  
Fee: \$50 R / \$62.50 NR  
Location: Nova Quarter Horses, Inc.  
10129 W. 187th St., Mokena  
(708) 479-3696

## Mixed Media Art - New!

The mixed media art classes offer a blend of the use of different art mediums such as pencil, paint, pastels, and paper, as an introduction to various art styles and elements. Students will produce a unique art project each week, and will progressively learn skills which will be applied throughout the course. All art supplies will be provided.

### 301141-00

Grades: K - 2nd  
Day/Dates: Thurs, Sept 29 - Nov 17  
Time: 5:45 - 6:45 pm  
Fee: \$55 R / \$68.75 NR / 8 sessions  
Location: Mary Drew

### 301141-01

Grades: 3rd - 5th  
Day/Dates: Tues, Sept 27 - Nov 15  
Time: 6:00 - 7:00 pm  
Fee: \$55 R / \$68.75 NR / 8 sessions  
Location: Mary Drew

### 301141-02

Grades: 6th - 8th  
Day/Dates: Tues, Sept 27 - Nov 15  
Time: 7:15 - 8:15 pm  
Fee: \$55 R / \$68.75 NR / 8 sessions  
Location: Mary Drew

## Drawing - New!

Students will learn and apply technical drawing skills through the completion of various art projects. Each masterpiece will be completed through the application and manipulation of drawing materials such as pencils, pens, and pastels. All art supplies will be provided.

### 301140-01

Grades: 6th - 8th  
Day/Dates: Wed, Sept 28 - Nov 16  
Time: 6:30 - 7:30 pm  
Fee: \$50 R / \$55 NR / 8 sessions  
Location: Mary Drew

### 301140-02

Grades: 9th - 12th  
Day/Dates: Wed, Sept 28 - Nov 16  
Time: 7:45 - 8:45 pm  
Fee: \$50 R / \$55 NR / 8 sessions  
Location: Mary Drew

## Gym Kinetics

Gym Kinetics is one of the largest gymnastics facilities in the state, offering the latest equipment and experienced staff.

All gymnastics classes are held at:  
19220 Ridge Road  
Mokena, IL

## Clothing Requirement

Girls and boys should wear comfortable gym clothes - leotards or shorts and t-shirts. Gum, jewelry, and tights are prohibited.

## Baby Gym

This class is for walkers up to 2 years of age with adult. You and your child will experience many different gross motor activities in this class. Warm-up activities with music, climbing, crawling, hanging, swinging, and jumping are just a small sample of the activities that will be enjoyed.

Ages: Up to 2 (with adult)  
Fee: \$125 R / \$156.25 NR / 10 sessions

**308031-01** Day/Dates: Mon, Aug 22 - Oct 24  
Time: 9:00 - 9:50 am

**308031-02** Day/Dates: Tues, Aug 23 - Oct 25  
Time: 9:00 - 9:50 am

**308031-03** Day/Dates: Wed, Aug 24 - Oct 26  
Time: 10:00 - 10:50 am

## Mom and Mini

This program offers the adult and child the opportunity to experience a wide range of gross motor activities while being introduced to the sport of gymnastics. Each class will provide you with a new experience on the trampolines, balance beams, bars, and rings, along with many other gross motor activities that are implemented into the program in a fun and safe environment.

Ages: 2 - 3 (with adult)  
Fee: \$125 R / \$156.25 NR / 10 sessions

**308032-01** Day/Dates: Mon, Aug 22 - Oct 24  
Time: 10:00 - 10:50 am

**308032-02** Day/Dates: Tues, Aug 23 - Oct 25  
Time: 11:00 - 11:50 am

**308032-03** Day/Dates: Wed, Aug 24 - Oct 26  
Time: 9:00 - 9:50 am

**308032-04** Day/Dates: Wed, Aug 24 - Oct 26  
Time: 11:00 - 11:50 am

**308032-05** Day/Dates: Sat, Aug 27 - Oct 29  
Time: 9:00 - 9:50 am

## 3 Year Olds

Your 3 year old will experience many different gross motor activities along with introductory gymnastics skills such as forward and backward rolls, cartwheels, trampoline activities, balance beams, rings, and much more.

Age: 3  
Fee: \$125 R / \$156.25 NR / 10 sessions

**308033-01** Day/Dates: Mon, Aug 22 - Oct 24  
Time: 11:00 - 11:50 am

**308033-02** Day/Dates: Wed, Aug 24 - Oct 26  
Time: 11:00 - 11:50 am

**308033-03** Day/Dates: Wed, Aug 24 - Oct 26  
Time: 4:00 - 4:50 pm

**308033-04** Day/Dates: Thurs, Aug 25 - Oct 27  
Time: 10:00 - 10:50 am

**308033-06** Day/Dates: Sat, Aug 27 - Oct 29  
Time: 9:00 - 9:50 am

## Mini - 4 & 5 Year Olds

This class will continue to work on gross motor coordination. Your little one will start learning beginner stages of tumbling and experience all of the different gymnastic apparatus along with many different gross motor activities.

Ages: 4 - 5  
Fee: \$125 R / \$156.25 NR / 10 sessions

**308035-01** Day/Dates: Mon, Aug 22 - Oct 24  
Time: 9:00 - 9:50 am

**308035-05** Day/Dates: Mon, Aug 22 - Oct 24  
Time: 6:00 - 6:50 pm

**308035-06** Day/Dates: Tues, Aug 23 - Oct 25  
Time: 10:00 - 10:50 am

**308035-09** Day/Dates: Wed, Aug 24 - Oct 26  
Time: 11:00 - 11:50 am

**308035-10** Day/Dates: Thurs, Aug 25 - Oct 27  
Time: 9:00 - 9:50 am

**308035-12** Day/Dates: Sat, Aug 27 - Oct 29  
Time: 9:00 - 9:50 am

See our website at [www.fspd.org](http://www.fspd.org) for additional class times and sessions.

Session 2: October 31 - January 21  
*Registration Begins September 15*

Please note that Session 2 includes 11 classes instead of 10. Due to the additional class, program fees have been increased. No class December 26 - 31.

## Beginning Boys

This class is designed to introduce boys to the sport of gymnastics. Each student will learn fundamental skills on all six pieces of boys' apparatus – rings, parallel bars, high bar, pommel horse, vault, and tumbling.

Ages: 5 - 6  
Fee: \$130 R / \$162.50 NR / 10 sessions

**308036-01** Day/Dates: Mon, Aug 22 - Oct 24  
Time: 4:00 - 5:00 pm

**308036-02** Day/Dates: Sat, Aug 27 - Oct 29  
Time: 9:00 - 10:00 am

Ages: 7 - 11  
Fee: \$130 R / \$162.50 NR / 10 sessions

**308036-03** Day/Dates: Mon, Aug 22 - Oct 24  
Time: 7:00 - 8:00 pm

**308036-04** Day/Dates: Sat, Aug 27 - Oct 29  
Time: 10:00 - 11:00 am

## Beginning Girls

This program will introduce girls to the sport of gymnastics. Each student will learn basic tumbling skills along with introductory skills on the balance beam, uneven bars, and vault.

Ages: 5 - 6  
Fee: \$130 R / \$162.50 NR / 10 sessions

**308037-01** Day/Dates: Mon, Aug 22 - Oct 24  
Time: 5:00 - 6:00 pm

**308037-02** Day/Dates: Tues, Aug 23 - Oct 25  
Time: 5:00 - 6:00 pm

**308037-03** Day/Dates: Sat, Aug 27 - Oct 29  
Time: 10:00 - 11:00 am

Ages: 7 - 11  
Fee: \$130 R / \$162.50 NR / 10 sessions

**308038-01** Day/Dates: Mon, Aug 22 - Oct 24  
Time: 5:00 - 6:00 pm

**308038-02** Day/Dates: Wed, Aug 24 - Oct 26  
Time: 4:00 - 5:00 pm

**308038-03** Day/Dates: Thurs, Aug 25 - Oct 27  
Time: 6:00 - 7:00 pm

**308038-04** Day/Dates: Sat, Aug 27 - Oct 29  
Time: 9:00 - 10:00 am

## Advanced Beginners - Girls

This program is for students with previous gymnastics experience. Requirements are as follows: back bend, kickover, sound fundamental cartwheel, handstand, pullover on bars, and back hip circles.

Ages: 6 & Up  
Fee: \$130 R / \$162.50 NR / 10 sessions

**308039-01** Day/Dates: Mon, Aug 22 - Oct 24  
Time: 5:00 - 6:00 pm

**308039-02** Day/Dates: Mon, Aug 22 - Oct 24  
Time: 6:00 - 7:00 pm

**308039-03** Day/Dates: Thurs, Aug 25 - Oct 27  
Time: 4:00 - 5:00 pm

## Beginning Tumbling - Girls

This class has been designed with the cheerleader in mind. Girls 6 years and up will begin to learn cartwheels, round offs, back bends, and the beginner stages of flip-flops.

Ages: 6 & Up  
Fee: \$135 R / \$168.75 NR / 10 sessions

**308042-01** Day/Dates: Tues, Aug 23 - Oct 25  
Time: 6:00 - 7:00 pm

**308042-02** Day/Dates: Wed, Aug 24 - Oct 26  
Time: 5:00 - 6:00 pm

## Intermediate Tumbling - Girls

This program is for the serious cheerleader, ready to work on the more advanced tumbling skills necessary for cheerleading. Interested students must be able to perform a flip-flop without assistance.

Ages: 7 & Up  
Fee: \$135 R / \$168.75 NR / 10 sessions

**308040-01** Day/Dates: Mon, Aug 22 - Oct 24  
Time: 7:00 - 8:00 pm

## Advanced Tumbling - Girls

This program is for the experienced cheerleader, ready to work on the more advanced tumbling skills necessary for cheerleading. Each student must be able to perform a round off flip-flop without assistance.

Ages: 7 & Up  
Fee: \$135 R / \$168.75 NR / 10 sessions

**308043-01** Day/Dates: Mon, Aug 22 - Oct 24  
Time: 7:00 - 8:00 pm

**308043-02** Day/Dates: Tues, Aug 23 - Oct 25  
Time: 8:00 - 9:00 pm

## Monday Dance

**Ballet I**

This class will focus on learning and building ballet basics, and will introduce slightly more advanced technique. The class is designed for younger students who are moving out of the pre-school level classes, or are younger and new to ballet.

**305017-02**

Ages: 5 - 6  
 Day/Dates: Mon, Sept 12 - Dec 5 (no class Nov 21)  
 Time: 4:00 - 5:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #2

**Hip-Hop II**

This class will focus on basic hip hop movement while developing coordination, rhythm, and musicality through combinations set to upbeat music. Previous Hip Hop experience is recommended.

**305017-01**

Ages: 9 - 11  
 Day/Dates: Mon, Sept 12 - Dec 5 (no class Nov 21)  
 Time: 4:00 - 5:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #1

**Hip-Hop III**

This advanced Hip-Hop class will focus on basic hip hop movement while developing coordination, rhythm, and musicality through combinations set to upbeat music. Previous Hip Hop experience is recommended.

**305017-04**

Ages: 10 - 12  
 Day/Dates: Mon, Sept 12 - Dec 5 (no class Nov 21)  
 Time: 5:00 - 6:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #2

**Hip-Hop IV - New!**

This advanced Hip-Hop class will focus on basic hip hop movement while developing coordination, rhythm, and musicality through combinations set to upbeat music. Previous Hip Hop experience is recommended.

Students are accepted for this level IV class only through teacher placement or membership with the dance company. All participants in level four must commit to one year in the program.

**305017-03**

Ages: 10 - 12  
 Day/Dates: Mon, Sept 12 - Dec 5 (no class Nov 21)  
 Time: 5:00 - 6:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #1

**Teen Ballet**

This class will focus on Classical Ballet technique, both at barre and center. Students will work on proper alignment/technique, strength, and flexibility. Students will work throughout the winter semester to create one ballet routine for the spring dance recital in May.

**305017-06**

Ages: 13 - 17  
 Day/Dates: Mon, Sept 12 - Dec 5 (no class Nov 21)  
 Time: 6:00 - 7:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #2

**Contemporary III**

This advanced class will work on concepts of contemporary dance, combining technique of jazz, ballet, and modern through more advanced combinations. Students will develop a physical and conceptual awareness of movement and performance skills while building coordination, strength and flexibility. Previous Contemporary dance experience is required.

**305017-05**

Ages: 10 - 12  
 Day/Dates: Mon, Sept 12 - Dec 5 (no class Nov 21)  
 Time: 6:00 - 7:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #1

## Monday Dance

### Teen Contemporary

This class will focus on the concepts of Contemporary dance, combining technique of Jazz, Ballet, and Modern. Students will develop a physical and conceptual awareness of movement and performance skills while building coordination, strength and flexibility.

**305017-07**

Ages: 13 - 17  
 Day/Dates: Mon, Sept 12 - Dec 5 (no class Nov 21)  
 Time: 7:00 - 8:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #1

### Adult Hip-Hop

This is a class for all the parents and adults that want to join in on the dance fun! We will focus on having a good time while teaching basic dance concepts and body movement. A variety of styles and music will be used. No previous dance experience is required.

**305017-01**

Ages: 18 & Up  
 Day/Dates: Mon, Sept 12 - Dec 5 (no class Nov 21)  
 Time: 7:00 - 8:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #2

### Pre-Ballet

Students are introduced to ballet technique including ballet positions of the feet and arms, pli  , tendu, and relev  , and creative movement through play. Students will work throughout the winter semester to create a ballet routine for the spring dance recital in May.

**305018-01**

Age: 3  
 Day/Dates: Tues, Sept 13 - Dec 6 (no class Nov 22)  
 Time: 11:30 am - 12:15 pm  
 Fee: \$94 R / \$118 NR / 12 sessions  
 Location: Mary Drew Studio #1

### Dance Studio

Located at Mary Drew  
 20130 S. Rosewood Drive, Frankfort

## Tuesday Dance

### Beginning Ballet

Students will build on the ballet techniques learned in Pre-Ballet, and will be introduced to jumps and traveling steps while continuing to engage in creative movement through play. Students will work throughout the winter semester to create a ballet routine for the spring dance recital in May.

**305018-02**

Age: 4  
 Day/Dates: Tues, Sept 13 - Dec 6 (no class Nov 22)  
 Time: 12:15 - 1:00 pm  
 Fee: \$94 R / \$118 NR / 12 sessions  
 Location: Mary Drew Studio #1

### Tap I

This class explores ballet fundamentals, along with the rhythm and coordination of tap dance.

**305018-04**

Ages: 7 - 9  
 Day/Dates: Tues, Sept 13 - Dec 6 (no class Nov 22)  
 Time: 4:00 - 5:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #2

### Tap II

Designed for the student who has already completed Tap I, this class will develop more advanced tap technique involving flaps.

**305018-06**

Ages: 10 - 12  
 Day/Dates: Tues, Sept 13 - Dec 6 (no class Nov 22)  
 Time: 5:00 - 6:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #2

### Ballet I/II

This class will focus on learning and building ballet basics, and will introduce slightly more advanced technique. The class is designed for younger students who are moving out of the pre-school level classes, or are younger and new to ballet. (Company I dancers are recommended to take this class)

**305018-03**

Ages: 6 - 8  
 Day/Dates: Tues, Sept 13 - Dec 6 (no class Nov 22)  
 Time: 4:00 - 5:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #1

## Tuesday Dance

### Company Class I

Company class students will learn a jazz/contemporary and hip hop dance, and will be given performance opportunities, including competition. This class is great for dancers looking to take their training to the next level. Must be enrolled in ballet (age appropriate level) AND at least one of the following classes: jazz, contemporary, or hip hop. Must have danced at least 1 year prior with our program. Other previous dance experience will be at the Dance Directors discretion. Enrollment for fall and winter/spring sessions is required. Additional costume and competition fees will be required.

#### 305018-05

Ages: 6 - 8  
 Day/Dates: Tues, Sept 13 - Dec 6 (no class Nov 22)  
**Spring session dates to be announced**  
 Time: 5:00 - 6:00 pm  
 Fee: \$261 R / \$327 NR / 27 sessions  
 Location: Mary Drew Studio #1

### Jazz IV - New!

This advanced Jazz class is for the student who has had previous jazz experience. More advanced jazz technique will be taught including pirouettes, leaps, and splits.

Students are accepted for this level IV class only through teacher placement or membership with the dance company. All participants in level four must commit to one year in the program.

#### 305018-08

Ages: 10 - 12  
 Day/Dates: Tues, Sept 13 - Dec 6 (no class Nov 22)  
 Time: 6:00 - 7:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #2



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### Company Class II

Company class students will learn a jazz/contemporary and hip hop dance, and will be given performance opportunities, including competition. This class is great for dancers looking to take their training to the next level. Must be enrolled in ballet (age appropriate level) AND at least one of the following classes: jazz, contemporary, or hip hop. Must have danced at least 1 year prior with our program. Other previous dance experience will be at the Dance Directors discretion. Enrollment for fall and winter/spring sessions is required. Performance and costume fees not included.

#### 305018-09

Age: 9 - 11  
 Day/Dates: Tues, Sept 13 - Dec 6 (no class Nov 22)  
**Spring session dates to be announced**  
 Time: 7:00 - 8:00 pm  
 Fee: \$261 R / \$327 NR / 27 sessions  
 Location: Mary Drew Dance Studio #1

### Contemporary IV - New!

This class will work on concepts of contemporary dance, combining technique of jazz, ballet, and modern through more advanced combinations. Students will develop a physical and conceptual awareness of movement and performance skills while building coordination, strength and flexibility. Previous Contemporary dance experience is recommended.

Students are accepted for this level IV class only through teacher placement or membership with the dance company. All participants in level four must commit to one year in the program.

#### 305018-10

Ages: 10 - 12  
 Day/Dates: Tues, Sept 13 - Dec 6 (no class Nov 22)  
 Time: 7:00 - 8:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #2

### Ballet II

This class will focus on correct ballet placement and positions, the proper execution of classical ballet steps including balance, sauté, and 1st arabesque as well as building on more advanced ballet work. Previous Ballet experience is recommended. (Company II are recommended to take this class)

#### 305018-07

Ages: 9 - 11  
 Day/Dates: Tues, Sept 13 - Dec 6 (no class Nov 22)  
 Time: 6:00 - 7:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Dance Studio #1

## Wednesday Dance

### Intro to Jazz

Students are introduced to ballet technique including ballet positions of the feet and arms, plié, tendu, and relevé, and creative movement through play.

#### 305019-02

Ages: 5 - 6  
Day/Dates: Wed, Sept 14 - Dec 7 (no class Nov 23)  
Time: 4:00 - 5:00 pm  
Fee: \$105 R / \$130 NR / 12 sessions  
Location: Mary Drew Studio #2

### Musical Theatre Dance I

Dancers will learn fun and energetic movements set to classic Broadway music and iconic show tunes. Class will be loaded with lots of personality and mix jazz dance, with theatre-style dance and performance. Dancers should wear comfortable clothing. Jazz /character shoes are preferred, but not required.

#### 305019-01

Ages: 7 - 9  
Day/Dates: Wed, Sept 14 - Dec 7 (no class Nov 23)  
Time: 4:00 - 5:00 pm  
Fee: \$105 R / \$130 NR / 12 sessions  
Location: Mary Drew Studio #1

### Dress Code Requirements

#### Pre-Ballet and Beginner Ballet:

Girls- Black or pink leotards, pink tights, and pink leather ballet slippers. Hair must be neatly tied up.

Boys- Solid colored t-shirt and athletic shorts or sweatpants, white socks, and black leather ballet slippers.

#### Ballet/ Tap Classes:

Girls- Black or pink leotards, pink tights, pink leather ballet slippers and/or black tap shoes. Hair must be neatly tied up.

Boys- Solid colored t-shirt and athletic shorts or sweatpants, white socks, black leather ballet slippers and/or black tap shoes.

#### Jazz:

Girls- Leotard or tank top and jazz pants, black jazz shoes

Boys- Solid colored t-shirt and athletic shorts or sweatpants (no jeans), and black jazz shoes

**Hip-Hop:** Comfortable clothes that allow easy movement, and gym shoes.

**Contemporary:** Comfortable clothes that allow easy movement. No jeans, barefoot.

### Boys Hip Hop

This class will focus on hip-hop dance including breakdancing, building stamina, improving strength and flexibility, body conditioning and rhythm isolations.

#### 305019-03

Age: 7 and up  
Day/Dates: Wed, Sept 14 - Dec 7 (no class Nov 23)  
Time: 5:00 - 6:00 pm  
Fee: \$105 R / \$130 NR / 12 sessions  
Location: Mary Drew Dance Studio #1

### Contemporary II

This class will work on concepts of contemporary dance, combining technique of jazz, ballet, and modern through more advanced combinations. Students will develop a physical and conceptual awareness of movement and performance skills while building coordination, strength and flexibility. Previous Contemporary dance experience is recommended.

#### 305019-04

Ages: 9 - 11  
Day/Dates: Wed, Sept 14 - Dec 7 (no class Nov 23)  
Time: 5:00 - 6:00 pm  
Fee: \$105 R / \$130 NR / 12 sessions  
Location: Mary Drew Studio #2

### Ballet III

Designed for the student who has already completed Ballet II, this class will expand ballet technique and vocabulary to include pas de bourée, echappé, and sauté arabesque. (Company III dancers are recommended to take this class.)

#### 305019-05

Age: 10 - 12  
Day/Dates: Wed, Sept 14 - Dec 7 (no class Nov 23)  
Time: 6:00 - 7:00 pm  
Fee: \$105 R / \$130 NR / 12 sessions  
Location: Mary Drew Dance Studio #1

### Hip Hop I

This class will introduce basic hip hop movement while developing coordination, rhythm, and musicality through combinations set to upbeat music.

#### 305019-06

Ages: 7 - 9  
Day/Dates: Wed, Sept 14 - Dec 7 (no class Nov 23)  
Time: 6:00 - 7:00 pm  
Fee: \$105 R / \$130 NR / 12 sessions  
Location: Mary Drew Studio #2

## Wednesday Dance

### Jazz II

This class is for the student who has completed a year of Jazz I, or has had previous jazz experience. More advanced jazz technique will be taught including pirouettes, leaps, and splits.

#### 305019-08

Ages: 7 - 9  
 Day/Dates: Wed, Sept 14 - Dec 7 (no class Nov 23)  
 Time: 7:00 - 8:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Dance Studio #2

### Company Class III - New!

Company class students will learn a jazz/contemporary and hip hop dance, and will be given performance opportunities, including competition. This class is great for dancers looking to take their training to the next level. Must be enrolled in ballet (age appropriate level) AND at least one of the following classes: jazz, contemporary, or hip hop. Must have danced at least 1 year prior with our program. Other previous dance experience will be at the Dance Directors discretion. Enrollment for fall and winter/spring sessions is required. Performance and costume fees not included.

#### 305019-07

Ages: 11 & Up  
 Day/Dates: Wed, Sept 14 - Dec 7 (no class Nov 23)  
**Spring session dates to be announced**  
 Time: 7:00 - 8:00 pm  
 Fee: \$261 R / \$327 NR / 27 sessions  
 Location: Mary Drew Studio #1



## Thursday Dance

### Ballet/Tap

This class explores ballet fundamentals in greater depth, along with the rhythm and coordination of tap dance.

#### 305020-01

Age: 5 - 6  
 Day/Dates: Thurs, Sept 15 - Dec 8 (no class Nov 24)  
 Time: 4:00 - 5:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #1

### Contemporary I

This class will focus on the basics of Contemporary dance, combining technique of Jazz, Ballet, and Modern. Students will develop a physical and conceptual awareness of movement and performance skills while building coordination, strength and flexibility.

#### 305020-02

Age: 7 - 9  
 Day/Dates: Thurs, Sept 15 - Dec 8 (no class Nov 24)  
 Time: 4:00 - 5:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Dance Studio #2

### Musical Theatre Dance II - New!

Dancers will learn fun and energetic movements set to classic Broadway music and iconic show tunes. Class will be loaded with lots of personality and mix jazz dance, with theatre-style dance and performance. Dancers should wear comfortable clothing. Jazz or character shoes are preferred, but not required.

#### 305020-03

Ages: 10 - 12  
 Day/Dates: Thurs, Sept 15 - Dec 8 (no class Nov 24)  
 Time: 5:00 - 6:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #1

### Jazz I

This class will focus on basic jazz technique and vocabulary will be expanded to include more traveling steps and chaîné turns.

#### 305020-04

Ages: 7 - 9  
 Day/Dates: Thurs, Sept 15 - Dec 8 (no class Nov 24)  
 Time: 5:00 - 6:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #2

## Thursday Dance

### Jazz III

This advanced Jazz class is for the student who has had previous jazz experience. More advanced jazz technique will be taught including pirouettes, leaps, and splits.

#### 305020-05

Ages: 10 - 12  
 Day/Dates: Thurs, Sept 15 - Dec 8 (no class Nov 24)  
 Time: 6:00 - 7:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Dance Studio #1

### Teen Jazz

This class will teach and build on overall jazz technique and skills. Dancers will improve flexibility and strength while learning jazz technique in a fast paced class environment. Designed for students ages 13 and up.

#### 305020-06

Ages: 13 - 17  
 Day/Dates: Thurs, Sept 15 - Dec 8 (no class Nov 24)  
 Time: 6:00 - 7:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #2

### Teen Hip Hop

This class will focus on developing coordination, rhythm, and musicality through more advanced combinations set to upbeat music. Students will work throughout the winter semester to create one hip-hop routine for the spring dance recital in May.

#### 305020-08

Age: 13 - 17  
 Day/Dates: Thurs, Sept 15 - Dec 8 (no class Nov 24)  
 Time: 7:00 - 8:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #2

### Adult Open - New!

This is a class for all the parents and adults that want to join in on the dance fun! We will focus on having a good time while teaching basic dance concepts and body movement. A variety of styles and music will be used. No previous dance experience is required.

#### 305020-07

Ages: 18 & Up  
 Day/Dates: Thurs, Sept 15 - Dec 8 (no class Nov 24)  
 Time: 7:00 - 8:00 pm  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #1

## Saturday Dance

### Pre-Ballet

Students are introduced to ballet technique including ballet positions of the feet and arms, plié, tendu, and relevé, and creative movement through play.

#### 305021-01

Age: 3  
 Day/Dates: Sat, Sept 17 - Dec 10 (no class Nov 26)  
 Time: 9:00 - 9:45 am  
 Fee: \$94 R / \$118 NR / 12 sessions  
 Location: Mary Drew Studio #2



### Beginning Ballet

Students will build on the ballet techniques learned in Pre-Ballet, and will be introduced to jumps and traveling steps while continuing to engage in creative movement through play.

#### 305021-02

Age: 4  
 Day/Dates: Sat, Sept 17 - Dec 10 (no class Nov 26)  
 Time: 9:45 - 10:30 am  
 Fee: \$94 R / \$118 NR / 12 sessions  
 Location: Mary Drew Studio #2

### Ballet/Tap I

This class explores ballet fundamentals in greater depth, along with the rhythm and coordination of tap dance.

#### 305021-03

Age: 5 - 6  
 Day/Dates: Sat, Sept 17 - Dec 10 (no class Nov 26)  
 Time: 10:30 - 11:30 am  
 Fee: \$105 R / \$130 NR / 12 sessions  
 Location: Mary Drew Studio #2

### Tae Kwon Do - New!

Family Martial Arts, a local business for over 10 years, offers martial arts instruction to students of all ages, with a professionally trained staff that is dedicated to training and promoting all of the benefits that martial arts has to offer. Tae Kwon Do is a traditional martial art from Korea and method of self-defense, which develops strength, speed, balance and flexibility to its students. The ultimate goal of Tae Kwon Do is to develop the character and personality of the practitioner through physical and mental discipline.

We have a class for everyone in this two month, one-time only introduction to TaeKwonDo. Students will be required to purchase a t-shirt and belt at the first class for \$20.

**Tiny Tigers (ages 4 & 5):** Young children will learn focus and self-control, as well as balance and simple memorization in a class designed especially for their high-energy lifestyle!

**Children (ages 6-13):** Children will build self-confidence, strength of body and character in a fun, encouraging environment.

**Teen & Adult (ages 14 & up):** It's never too late to begin your martial arts training! Whether you're looking to get into shape or just looking for a new hobby, Tae Kwon Do is the perfect fit!

#### 302012-01

**Location:** Family Martial Arts  
8537 W 191st St, Mokena  
**Fee:** \$129 R / \$155 NR / 8 sessions

**Tiny Tigers:** Tues, Thurs, or Fri, 4:00 - 4:30 pm  
or Sat, 9:30 - 10:00 am

**Children:** Mon or Wed, 4:30 - 5:15 pm  
Tues or Thurs, 5:15 - 6:00 pm  
or Sat, 10:00 - 10:45 am

**Teen & Adult:** Mon, Tues, Wed or Thurs, 7:30 - 8:30 pm  
or Sat, 10:45 - 11:30 am

**Note:** After registering at FSPD, call Family Martial Arts to select your schedule.

### Basketball Preseason Camp - New!

Want to hone your skills and be more prepared for the upcoming basketball season? Coach Dave Esterkamp will help you do just that. This camp will involve drills that will help your conditioning, footwork, ball handling, and shooting. It will also have controlled game like situations where we'll focus on spacing and ball movement that will help increase the player's basketball IQ.

**Day/Dates:** Tues, Sept 13 - Oct 11  
**Time:** 6:30 - 7:30 pm  
**Fee:** \$80 R / \$96 NR / 5 sessions  
**Location:** Mary Drew School

**303007-01** 6th grade  
**303007-02** 7th grade  
**303007-03** 8th grade  
**303007-04** 9th grade

### Girls Fall Lacrosse FUNdamentals Clinic

Ready to start lacrosse? Join us this fall for weekly one hour clinics for the younger lacrosse player. These clinics are exclusively for Kindergarten and 1st grade girls that want to learn the FUNdamentals of lacrosse. Program goals are to introduce lacrosse and develop basic skills for our youngest players, using fun games and coaching techniques. Practices will be held once a week for one hour. No equipment needed, IGLA will have equipment available to borrow for all clinics.

#### 303008-01

**Grades:** K - 1st  
**Day/Dates:** Wed, Sept 14 - Oct 19  
**Times:** 5:30 - 6:30 pm  
**Fee:** \$130 / 6 sessions  
**Location:** Lincoln-Way North High School

### Little Kickers

The basic fundamentals of soccer are introduced, as players learn to control the soccer ball. Little Kickers is designed for someone who has little or no knowledge of soccer. Participants should dress in comfortable clothes and gym shoes. Shin guards are required for this program.

**Day/Dates:** Sat, Oct 1 - Nov 5  
**Fee:** \$35 R / \$43.75 NR / 6 sessions  
**Location:** Frankfort Square School

**303002-01** Ages: 3 - 4  
Time: 8:30 - 9:05 am

**303002-02** Ages: 4 - 5  
Time: 9:10 - 9:45 am

**303002-03** Ages: 6 - 7  
Time: 9:50 - 10:25 am

### Intermediate Soccer

Intermediate Soccer is an extension of the Little Kickers program. Players continue to learn the fundamentals while improving their skills and confidence. Participants must have taken Little Kickers to be eligible for this program. Children should dress in comfortable clothes and gym shoes. Shin guards are required for this program.

#### 303001-01

Ages: 4 - 7  
 Day/Dates: Sat, Oct 1 - Nov 5  
 Time: 10:30 - 11:20 am  
 Fee: \$45 R / \$56.25 NR / 6 sessions  
 Location: Frankfort Square School

### Co-Ed Dodge-Ball - New!

Sign up for a day of dodge-ball fun! Participants will play traditional dodge-ball and various versions of the game in teams and in freestyle. Teams will be formed based on the number of participants, age, and skill level. A final elimination tournament will ensue during the last half hour of the class. Pizza and beverages will be served in conjunction with an awards ceremony. We will be using very safe and soft high quality dodge-balls. Please dress in comfortable clothes and wear gym shoes. Sign up because it will be a ball!

Ages: 5 - 17  
 Time: Various start times between 11:00 am and 4:00 pm  
 Fee: \$25 R / \$30 NR  
 Location: Lincoln-Way North High School  
 Please use the Field House Entrance

- 305110-01 Day/Date: Sat, Oct 1
- 305110-02 Day/Date: Sat, Nov 5
- 305110-03 Day/Date: Sat, Dec 3

### Pee-Wee Sports

This class will introduce your child to the wonderful world of sports. A different sport will be played each week including basketball, soccer, t-ball, football, and more. This program 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. Appropriately-sized equipment will be used.

#### 303003-01

Ages: 4 - 6  
 Day/Dates: Tues, Oct 4 - Nov 15  
 Time: 5:45 - 6:30 pm  
 Fee: \$40 R / \$50 NR / 6 sessions  
 Location: Frankfort Square School

### Little Bulls

Go Bulls! Dribbling, passing, shooting, and teamwork will be taught in this instructional basketball program. All skills will be taught in a fun and easy to learn environment. Non-competitive games will be played during each class, allowing all participants to get involved. Smaller basketballs and lower baskets will be used to help skill development.

#### 303000-01

Ages: 5 - 7  
 Day/Dates: Tues, Oct 4 - Nov 15  
 Time: 6:45 - 7:30 pm  
 Fee: \$40 R / \$50 NR / 6 sessions  
 Location: Frankfort Square School

### Floor Hockey

Young hockey players, get ready! This class is the perfect way to introduce your child to the wonderful world of hockey. Floor hockey is a safe and fun way for your beginning hockey star to learn the skills of the game. Your child will be introduced to stick handling, shooting, and passing while learning a great new sport and making friends off the ice! Shin guards are required. All other equipment is furnished.

Fee: \$35 R / \$43.75 NR / 6 sessions  
 Location: Frankfort Square School

- 305100-01 Grades: 3 - 5  
 Day/Dates: Wed, Oct 5 - Nov 9  
 Time: 6:30 - 7:30 pm
- 305100-02 Grades: 6 - 8  
 Day/Dates: Wed, Oct 5 - Nov 9  
 Time: 7:45 - 8:45 pm
- 305100-03 Grades: 3 - 5  
 Day/Dates: Wed, Feb 15 - Mar 22  
 Time: 6:30 - 7:30 pm
- 305100-04 Grades: 6 - 8  
 Day/Dates: Wed, Feb 15 - Mar 22  
 Time: 7:45 - 8:45 pm

### Columbus Day Basketball Camp - New!

This one day camp will give boys and girls the opportunity to develop basketball skills while enjoying their day off of school. The day will be filled with games and contests. Pizza will be provided for lunch and a drink.

#### 305070-01

Ages: 6 - 13  
 Day/Date: Mon, Oct 10  
 Time: 9:00 am - 3:00 pm  
 Fee: \$80 R / \$96 NR  
 Location: Lincoln-Way North High School  
 Please use the Field House Entrance

### Holiday Co-Ed Hoop Camp

Are you ready for some drills, thrills, and skills? No matter what your experience level, we will help you to become a better basketball player and teammate. This camp is for kids who want to work on their basketball skills and work together in an atmosphere of communication, cooperation, and teamwork while having fun.

#### 303011-01

Ages: 6 - 14  
 Days/Dates: Tues - Thurs, Dec 27 - 29  
 Time: 9:30 am - noon  
 Fee: \$40 R / \$50 NR / 3 sessions  
 Location: Summit Hill School District Gym

### Holiday Co-Ed Basketball Shooting Camp

This is strictly a shooting camp. Participants will come in and work on game speed and situation type shots. We will work on shooting off the dribble, off of screens, and spot up shooting. This camp will focus on the players form and proper footwork.

#### 303012-01

Ages: 6 - 13  
 Days/Dates: Tues & Wed, Jan 3 & 4  
 Time: 10:00 am - noon  
 Fee: \$25 R / \$31.25 NR / 2 sessions  
 Location: Summit Hill School District Gym

### Girls Fall Lacrosse League

Be part of a community-based lacrosse league exclusively for girls from Chicago, the north, northwest, west, and south suburbs. The goals of the program is to teach the rules of lacrosse within an active teamwork setting, encourage sportsmanship, and foster personal development in a respectful environment led by positive coaching. All players will receive equal playing time. Practices are one day per week for 1.5 hours, and games will be played on Sundays between noon and 5:00pm. This cooperative league includes Frankfort Square, Frankfort, Romeoville, Lockport, Joliet, Peotone, and New Lenox Park Districts playing on the same team. Each player must provide her own goggles, stick, and mouth guard.

Dates: Sept 11 - Oct 23  
 Practice Times: 5:30 - 6:30 pm  
 Fee: \$180 / 8 week program  
 (price includes team jersey)  
 Location: Lincoln-Way North High School

- 800085-01 2nd - 3rd grade/U9
- 800085-02 4th - 5th grade/U11
- 800085-03 6th - 7th grade/U13
- 800085-04 7th - 9th grade/U15

### Saturday Co-Ed Indoor Soccer League

Come join our Saturday recreational soccer league for fun and fast action. This volunteer-coached program is designed to give players the opportunity to practice their skills and have fun during the winter months. Players will be divided into age groups and teams after registration. After October 2, add \$5 to the fee listed below. Shin guards are required.

Park district blue reversible jerseys are required.

Day/Dates: Sat, Oct 29 - Jan 28  
 Times: Various (morning & afternoon)  
 Fee: \$40 R / \$50 NR / 9 sessions  
 (includes one practice)  
 Location: Mary Drew School

- 800050-00 Kindergarten
- 800050-01 1st grade
- 800050-02 2nd grade
- 800050-03 3rd grade
- 800050-04 4th grade
- 800050-05 5th grade
- 800050-06 6th grade
- 800050-07 7th grade
- 800050-08 8th grade



### Shooting Stars Co-Ed Basketball League

Everybody is a winner in this co-ed basketball league! Children will develop their basketball skills and have fun in this instructional league, where the baskets and balls are the perfect height and size for Mini Hoopers. After December 4, add \$5 to the registration fee listed below.

Park District blue reversible jerseys are required.

Day/Dates: Sat, Jan 14 - Feb 25  
 Game Times: Various (morning & afternoon)  
 Fee: \$35 R / \$43.75 NR / 8 sessions  
 (includes one practice)  
 Location: Indian Trail School

- 800000-01 1st grade
- 800000-02 2nd grade

## Youth Co-Ed Basketball League

This league emphasizes recreational play, with minimal structure from the volunteer coaches. We will use the first half of the season to set a foundation in practice/scrimmage setting, and play games during the second half of the season. This is a recreational league where standings are not kept, but scoreboards will be used during games. 3rd – 6th graders begin approximately the first week of February, 7th-8th graders begin approximately the second week of February.

Park district blue reversible jerseys are required.

Days/Dates: Tues & Thurs, Feb 7 - Mar 16

Times: Various, with start time between 6:00 and 8:45 pm

Fee: \$60 R / \$75 NR / 12 sessions

Location: Summit Hill Jr. High School

- 800020-01 3rd grade
- 800020-02 4th grade
- 800020-03 5th grade
- 800020-04 6th grade
- 800020-05 7th grade
- 800020-06 8th grade

Special athletic league registration forms are needed for all leagues - except Girls Lacrosse, and are available at the park district office or online at [www.fspd.org](http://www.fspd.org).

Park district reversible jerseys are required for all youth leagues. Jerseys can be reused for future league participation. The jerseys cost \$25 (XXL \$26).

Volunteer coaches are needed for these leagues to be successful. Parents are encouraged to get involved as coaches or assistants. Park district staff will contact individuals chosen to be coaches.

Due to the large number of participants in these leagues, the park district will not accept requests for teams or coaches.

All leagues are designed for recreational play, with all players receiving participation awards.

## Adult 12" Fall Softball Leagues

A team must consist of at least 50% residents of the Frankfort Square Park District to qualify as a resident team. Registration is limited to eight teams. Nominal cash awards will be given to the top two teams in league play and playoffs. League Play will begin approximately on September 9.

- Ages: Adults (18 & up)
- Times: 6:30, 7:30, 8:30, or 9:30 pm
- Fee: \$550 (includes \$50 forfeit fee)
- Games: 7
- Location: Champions Park

League Nights:  
800100-01 Thurs - Men's Rec

## Girls Softball - 10u and 12u Divisions

The Frankfort Square girls' softball program has a long history of providing young girls the opportunity to learn the game of softball as well as making new friends that last beyond the game. As "Travel" teams have gained popularity, FSGS has decided to remain focused on the strong Rec (In-House) foundation and continues to provide girls of varying talent the ability to play softball. In 2015 we joined the SSC softball league with neighboring towns, Frankfort, Mokena, Monee, Orland Hills, and Tinley Park creating the opportunity for our players to travel to local venues to compete against other Rec leagues. Division is based upon the player's age as of December 31st, 2016.

- Dates: Indoor voluntary weekend practices will begin in December at Lincoln-Way North High School.  
Season practice begins in April and games will conclude by the end of June.

- Times: Various start times
- Location: Park District Ball Fields

- Fee: \$95 R / \$115 NR
- 800080-01 Age/Division: 8 years old/10u
- 800080-02 Age/Division: 9 years old/10u

- Fee: \$95 R / \$115 NR
- 800080-03 Age/Division: 10 years old/12u
- 800080-04 Age/Division: 11 years old/12u



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### Upholstery Class - New!

Do you have an upholstered chair, ottoman, or dining room chair that you cannot part with because it belonged to a relative, is an antique, or you thought someday you would have it redone? This class is for you! Learn how to up-cycle old furniture back to usable again. This is a hands-on class, so while you work on your piece, you will learn how to take apart, repair, refurbish, and reupholster furniture. There is storage available for furniture projects during the class term.

**Note: Participants must bring a piece of furniture to class. A supply list will be given on the first day of class.**

- Ages: 18 - Adult  
 Fee: \$160 R / \$165 NR / 8 sessions  
 Location: Lincoln-Way North Wood Shop  
 Please use Field House Entrance
- 310140-01** Day/Dates: Tues, Sept 27 - Nov 29  
 (no class Nov 1 and 22)  
 Time: 11:00 am - 2:00 pm
- 310140-02** Day/Dates: Tues, Sept 27 - Nov 29  
 (no class Nov 1 and 22)  
 Time: 6:15 - 9:15 pm
- 310140-03** Day/Dates: Wed, Sept 28 - Nov 30  
 (no class Nov 2 and 23)  
 Time: 6:15 - 9:15 pm

### Drawing - New!

Students will learn and apply technical drawing skills through the completion of various art projects. Each masterpiece will be completed through the application and manipulation of drawing materials such as pencils, pens, and pastels. All art supplies will be provided.

- 301140-02**  
 Grades: 9th - 12th  
 Day/Dates: Wed, Sept 28 - Nov 16  
 Time: 7:45 - 8:45 pm  
 Fee: \$50 R / \$55 NR / 8 sessions  
 Location: Mary Drew

**For Nature Center programming,  
 please see page 32.**

### Adult Art - New!

Held once monthly, adult art classes provide people ages 18 and older with an array of expressive art projects using a variety of art supplies and materials. Each class will focus on the use of a particular material, and students will go home with their own completed project. Registration is on a single class basis. All art supplies will be provided.

#### Botanical Watercolor Wall Art

Students will utilize water color and fine point pen to produce a wall hanging displaying with an initial or quote of their choice.

- 301330-01**  
 Day/Date: Thurs, Sept 15  
 Time: 7:00 - 9:00 pm  
 Fee: \$20 R / \$25 NR  
 Location: Mary Drew

#### Cut Out Canvas

Students will create a cut out canvas using precision knives, an 11 x 14 inch canvas, and a pattern of their choice.

- 301330-02**  
 Day/Date: Thurs, Oct 20  
 Time: 7:00 - 9:00 pm  
 Fee: \$30 R / \$37.50 NR  
 Location: Mary Drew

#### Zentangles

Students will use fine point pens and markers to create an aesthetically pleasing array of patters, creating one cohesive piece of art.

- 301330-03**  
 Day/Date: Thurs, Nov 17  
 Time: 7:00 - 9:00 pm  
 Fee: \$20 R / \$25 NR  
 Location: Mary Drew

#### Pop Art Self Portrait

Students will turn themselves into a pop piece of art using tracing paper, markers, and pens. Participants will need to bring an 8.5 x 11 inch black and white portrait to use as a guide. All other materials will be provided.

- 301330-04**  
 Day/Date: Thurs, Dec 15  
 Time: 7:00 - 9:00 pm  
 Fee: \$20 R / \$25 NR  
 Location: Mary Drew

## Toning With Weights

All ages and fitness levels will benefit from this body shaping class. The workout will emphasize all of the major muscle groups of the upper body, lower body and abdominals with exercises that vary from toning, interval training, and cardio workouts. Please bring a set of 3 to 8 pound weights, a mat and a towel to class.

Ages: 16 - Adult  
 Time: 6:30 - 7:30 pm  
 Fee: \$35 R / \$43.75 NR / 6 sessions  
 Location: Lincoln-Way North Fitness Studio  
 Please use the Field House Entrance

**307004-01** Day/Dates: Tues, Sept 6 - Oct 11

**307004-02** Day/Dates: Tues, Oct 25 - Dec 6  
 (no class Nov 22)

## Hatha Yoga

Discover the unique way to shape your body and your mind. This beginning yoga class introduces asanas (yoga postures), breathing, meditation, and relaxation. Please bring a mat and towel to class.

Ages: 16 - Adult  
 Fee: \$35 R / \$43.75 NR / 6 sessions  
 Location: Lincoln-Way North Fitness Studio  
 Please use the Field House Entrance

Time: 7:30 - 8:30 pm

**310040-01** Day/Dates: Tues, Sept 6 - Oct 11

**310040-02** Day/Dates: Tues, Oct 25 - Dec 6  
 (no class Nov 22)

Time: 7:00 - 8:00 pm

**310040-03** Day/Dates: Thurs, Sept 8 - Oct 13

**310040-04** Day/Dates: Thurs, Oct 27 - Dec 8  
 (no class Nov 24)

## Cardio Kickboxing

This class introduces beginning aerobic workouts using basic moves from the sport of kickboxing. Jabs, uppercuts, and kicks will be a primary focus in this class. Choreography is basic, and coordination and rhythm will not be stressed. At the end of each class we will focus on abdominal and lower back muscles, as well as cool down exercises and stretching. Please bring a towel, mat, water bottle, and 8 oz boxing gloves (optional) to class.

Ages: 16 - Adult  
 Time: 5:00 - 6:00 pm  
 Fee: \$35 R / \$43.75 NR / 6 sessions  
 Location: Lincoln-Way North Fitness Studio  
 Please use the Field House Entrance

**310001-01** Day/Dates: Wed, Sept 7 - Oct 12

**310001-02** Day/Dates: Wed, Oct 26 - Dec 7  
 (no Class Nov 23)

## Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that is fun and addictive. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Please bring a water bottle to class.

Ages: 16 - Adult  
 Time: 8:00 - 9:00 pm  
 Fee: \$35 R / \$43.75 NR / 6 sessions  
 Location: Lincoln-Way North Fitness Studio  
 Please use the Field House Entrance

**308129-01** Day/Dates: Thurs, Sept 8 - Oct 13

**308129-02** Day/Dates: Thurs, Oct 27 - Dec 8  
 (no class November 24)

## Chair Yoga - New!

If you have limited mobility or physical pain, lowering yourself up and down onto a mat can be difficult. This class is designed for you. It will increase your flexibility, strength, and reduce stiffness. Regardless of your age, weight, or fitness level – you can experience the benefits of yoga all while sitting in a chair.

Ages: 16 - Adult  
 Time: 10:00 - 11:00 am  
 Fee: \$35 R / \$43.75 NR / 6 sessions  
 Location: Lincoln-Way North Fitness Studio  
 Please use the Field House Entrance

**310020-01** Day/Dates: Mon, Sept 12 - Oct 17

**310020-02** Day/Dates: Mon, Oct 31 - Dec 5

## Circuit Training

This class is designed to give you a cardiovascular and weight training workout by exercising at stations. Each station is designed to work certain muscle groups while giving you an aerobic workout. If you like to work out at your own pace, this is the class for you! The instructor explains and demonstrates the timed exercises and tells you when to move on to the next. Please bring an exercise mat and hand weights ranging from 3-8 pounds to each class.

Ages: 16 - Adult  
 Time: 10:00 - 11:00 am  
 Fee: \$35 R / \$43.75 NR / 6 sessions  
 Location: Lincoln-Way North Fitness Studio  
 Please use the Field House Entrance

**300112-01** Day/Dates: Tues, Sept 13 - Oct 18

**300112-02** Day/Dates: Tues, Nov 1 - Dec 13  
 (no class Nov 22)

### Frankfort Lions Club

Frankfort Lions are active in the Frankfort Square and Frankfort 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, their service activities and the annual Frankfort Lions Wurst Festival, like us on Facebook, visit us at [www.frankfortlionsclub.com](http://www.frankfortlionsclub.com) or contact us at (815) 683-8283.

### Friends of the Frankfort Public Library District

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 (in the fall), and a spring Herb and Geranium Sale. Friends also maintains a Little Free Library inside the Frankfort Square Park District building.

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 Township Senior Services

Frankfort Township  
11000 W. Lincoln Highway  
Frankfort, IL 60423  
(815) 469-4907

#### Transportation

Transportation service, both within and outside of Frankfort Township, is available to residents age 65 and older, and/or residents with special needs. Registration is required. Contact George (815) 806-2765 for more information.

**There are no same-day rides.**

Rides within Township Borders

Days: Mon - Fri  
Time: 8:00 am - 3:30 pm  
Fee: \$2.00 each way

Rides outside Township Borders

Frankfort Township partners with Will-Ride for transportation outside the Township, including Silver Cross Hospital.  
Days: Mon - Fri  
Time: 8:00 am - 5:00 pm  
Fee: \$4.00 each way

#### Activities

Frankfort Township is pleased to provide senior citizens with unique activities and trips available through the Frankfort Township Center. For details, please go to the Frankfort Township website, [www.frankforttownship.com](http://www.frankforttownship.com), and access the "Seniors" pull down menu. The "Senior Calendar" tab provides information regarding special trips and events. **Meals on Wheels lunches are also available through the Will County Senior Services.**

For more information, please contact Jodi Gallagher-Dilling at (815) 806-2766.

#### Regular Weekly Activities

Bingo and Crafts are available to seniors on a weekly basis. These activities are free of charge, but a \$2.00 donation is required for the optional lunch.

#### Bingo

Days: Tues & Fri  
Time: Lunch 11:00 am  
(optional, \$2.00 donation required)  
Game Time: 11:30 am - 2:00 pm  
Fee: FREE  
Location: Frankfort Township Center  
11000 W. Lincoln Highway, Frankfort, Illinois

#### Crafts

Day: Thurs  
Time: 9:00 am - 11:00 am (followed by optional lunch, \$2.00 donation required)  
Fee: FREE  
Location: Frankfort Township Center  
11000 W. Lincoln Highway, Frankfort, Illinois

## Dave “Elvis” Thomas and Friends

Join Frankfort’s own Dave “Elvis” Thomas and friends for a spectacular tribute show to the King of Rock and Roll, Frank Sinatra, and Neil Diamond. This show will thrill audiences of all ages.

Ages: ALL  
Day/Date: Tue, Aug 16  
Time: 7:00 - 8:15 pm  
Fee: FREE  
Location: Island Prairie Park Bandshell



## Halloween Decorating Contest

Frightfully delight your neighbors with the FSPD’s annual Halloween House Decorating Contest! Participants may either register or be nominated by their neighbors. This year, you be the judge! Stop by the Community Center to pick up your judging kit, and “vote” for a house by placing a sticker on their yard sign. The judging will begin October 17, and will be based on creativity, scare tactic, neatness/effort, and overall appearance. Winners will be announced October 22 with hot apple cider and treats. Homes must be within the Frankfort Square Park District boundaries to participate.

**900010-11**

Registration Deadline: Oct 8 at noon  
Winners Announced: Oct 22 at 7:00 pm  
Fee: FREE

The Wellness Committee would like to thank those who responded to its request for family favorite recipes, however, due to minimal participation, the Frankfort Square Park District Cookbook project has been cancelled.

## Toy and Clothing Resale

Here’s a chance to recycle clothes and toys that your children have outgrown, while making some extra money for the holidays! Pre-registration is necessary to rent a table. Sign up early. Space is limited. **Sorry, no refunds can be given for this event.**

**600020-09**

Ages: Adults (18 and Up)  
Day/Date: Sat, Nov 5  
Time: 10:00 am - 1:00 pm  
Fee: \$17 R / \$21 NR  
Location: Rogus

## Lunch with Santa

It’s that time, Christmas is here! Come on out and get in the holiday spirit at this memorable event. We will eat lunch, enjoy entertainment, and visit with Santa. Don’t delay in reserving your spot. **Sorry, no refunds can be given for this event. Pre-registration is required, no tickets will be sold at the door.**

**304005-04**

Ages: All (Children under the age of 10 must be accompanied by an older sibling or adult age 18 or older.)  
Day/Date: Sat, Dec 10  
Time: 11:00 am - 12:30pm  
Fee: \$8 R / \$10 NR (Everyone age 1 and over must purchase a ticket - under 1 are FREE)  
Location: Park District Administration Building

## Holiday Decorating Contest

Spread the holiday cheer throughout Frankfort Square and enter the FSPD’s annual Holiday Decorating Contest! Participants may either register or be nominated by their neighbors. This year, you be the judge! Stop by the Community Center to pick up your judging kit, and “vote” for a house by placing a sticker on their yard sign. The judging will begin December 12, and will be based on creativity, light display, neatness/effort, and overall appearance. Winners will be announced December 17 with hot chocolate and light snacks. Homes must be within the Frankfort Square Park District boundaries to participate.

**900011-08**

Registration Deadline: Dec 3 at noon  
Winners Announced: Dec 17 at 7:00 p.m.  
Fee: FREE

### 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.

Ages: Puppies ages 2 - 4 months  
 Time: 6:00 - 6:40 pm  
 Fee: \$90 R / \$112.50 NR / 8 sessions  
 Location: Lincoln-Way North Pole Barn  
 Located south of the Field House

**301326-03** Day/Dates: Tues, Aug 2 - Sep 27  
 (no class Aug 9)

**301326-04** Day/Dates: Tues, Oct 11 - Dec 6  
 (no class Nov 22)

### 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 out each week to reinforce and develop behaviors taught in the 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.

Ages: Dogs 4 months & Up  
 Time: 6:45 - 7:20 pm  
 Fee: \$90 R / \$112.50 NR / 8 sessions  
 Location: Lincoln-Way North Pole Barn  
 Located south of the Field House

**301326-05** Day/Dates: Tues, Aug 2 - Sep 27  
 (no class Aug 9)

**301326-06** Day/Dates: Tues, Oct 11 - Dec 6  
 (no class Nov 22)

### 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.

Ages: Dogs 4 months & Up  
 Time: 7:25 - 8:05 pm  
 Fee: \$90 R / \$112.50 NR / 7 sessions  
 Location: Lincoln-Way North Pole Barn  
 Located south of the Field House

**301326-07** Day/Dates: Tues, Aug 16 - Sep 27

**301326-08** Day/Dates: Tues, Oct 18 - Dec 6  
 (no class on Nov 22)

### 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 aide in the successful completion of the Canine Good Citizen Test. The small class size allows for individualized attention and hands-on learning. Training uses reward-based, positive reinforcement.

Ages: Dogs 4 months & Up  
 Time: 8:00 - 8:40 pm  
 Fee: \$90 R / \$112.50 NR / 7 sessions  
 Location: Lincoln-Way North Pole Barn  
 Located south of the Field House

**301326-09** Day/Dates: Tues, Aug 16 - Sep 27

**301326-10** Day/Dates: Tues, Oct 18 - Dec 6  
 (no class on Nov 22)

### 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.

Ages: Dogs 4 months & Up  
 Time: 5:50 - 6:30 pm  
 Fee: \$90 R / \$112.50 NR / 7 sessions  
 Location: Lincoln-Way North Pole Barn  
 Located south of the Field House

**301327-01** Day/Dates: Wed, Aug 3 - Sep 14

**301327-02** Day/Dates: Wed, Oct 19 - Dec 7  
 (no class on Nov 23)





### 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, figure 8, stand for examination, off-leash 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.

Ages: Dogs 4 months & Up  
 Time: 6:30-7:10 pm  
 Fee: \$90 R / \$112.50 NR / 8 sessions  
 Location: Lincoln-Way North Pole Barn  
 Located south of the Field House

301327-03 Day/Dates: Wed, Aug 3 - Sep 21  
 301327-04 Day/Dates: Wed, Oct 12 - Dec 7  
 (no class on Nov 23)

### 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.

Ages: Dogs 4 months & Up  
 Time: 5:10 - 5:50 pm  
 Fee: \$90 R / \$112.50 NR / 7 sessions  
 Location: Lincoln-Way North Pole Barn  
 Located south of the Field House

301326-01 Day/Dates: Tues, Aug 16 - Sept 27  
 301326-02 Day/Dates: Tues, Oct 18 - Dec 6  
 (no class Nov 22)

### 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.

Ages: Dogs 4 months & Up  
 Time: 7:20 - 8:00 pm  
 Fee: \$90 R / \$112.50 NR / 8 sessions  
 Location: Lincoln-Way North Pole Barn  
 Located south of the Field House

301327-05 Day/Dates: Wed, Aug 3 - Sep 21  
 301327-06 Day/Dates: Wed, Oct 12 - Dec 7  
 (no class on Nov 23)

### 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.

Ages: Dogs 4 months & Up  
 Time: 8:10 - 8:50 pm  
 Fee: \$90 R / \$112.50 NR / 8 sessions  
 Location: Lincoln-Way North Pole Barn  
 Located south of the Field House

301327-07 Day/Dates: Wed, Aug 3 - Sep 21  
 301327-08 Day/Dates: Wed, Oct 12 - Dec 7  
 (no class on Nov 23)

### 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.

301329  
 Ages: Dogs 2 months & Up  
 Day/Times: Thursday evenings by appointment only  
 Fee: \$120 R / \$160 NR  
 Location: Lincoln-Way North Pole Barn  
 Located south of the Field House

## Nature-Based Birthday Party - The Lorax - New!

“Unless someone like you cares a whole awful lot, nothing is going to get better, it’s not” -Dr. Seuss

Come celebrate your birthday by celebrating the Lorax! Find your own “truffula” seeds in the Island Prairie Interpretive Gardens, and then make seed spheres in the Nature Center greenhouse to take home and plant.

Nature birthday parties are planned for up to 12 children 5-9 years old. Parties are two hours and include one hour of program and a one hour party room to celebrate your special day. Feel free to decorate the room and bring all the necessities, like pizza and cake to make it your perfect day! Parties are held at the Island Prairie Nature Center and are available for scheduling on Saturdays in September and October. Please call the Park District Office to check/reserve a date and time for your party.

**Note: Dress for the weather. Please make sure your guest are aware that they will be participating in an outdoor program and should dress accordingly. Wear closed-toed shoes and be prepared to walk in tall grass and plants.**

### 309010-01

Ages: 5 - 9  
Day/Dates: Sat, Sept - Oct  
Time: 2 hours  
Fee: \$150 R / \$187.50 NR  
Location: Island Prairie Nature Center

## Lettuce Club - New!

Do you miss the garden when the weather turns cold? If so, come share the sunshine and warmth of the Island Prairie greenhouse with fellow participants by growing leaf lettuce to take home and to share with your neighbors in need. You will meet new friends while enjoying the company of others who like to garden and give back to the community by donating a portion of the harvest to the Frankfort Township Food Pantry. Everything will be provided for you to grow your community lettuce crop. Each Monday you will receive instruction and work together as a group, from planting through harvest. Participants will enjoy additional time in the greenhouse as everyone will share in the watering, care, and upkeep of the lettuce.

### 309013-01

Ages: 18 - Adult  
Day/Dates: Mon, Nov 7 - Feb 13  
Time: 9:00 am - noon  
Fee: \$100 R / \$125 NR / 15 sessions  
Location: Island Prairie Nature Center Greenhouse

## Organic Garden Bed Preparation – New!

Have you always wanted to put in a vegetable garden? Do you want to expand an existing flower bed? Learn the easy, organic, and inexpensive way to create new garden beds in your backyard this fall in preparation for spring planting and enjoyment throughout the summer months.

### 302016-01

Ages: 18 - Adult  
Day/Date: Thurs, Sept 15  
Time: 7:00 - 8:30 pm  
Fee: \$15 R / \$18.75 NR  
Location: Island Prairie Nature Center

## Planning Your Spring Bulb Garden - New!

Learn to add spring color to an existing garden with perennial spring blooming bulbs. This presentation provides design consideration, and helps you choose basic bulbs that do well in our area. You will also learn how to force bulbs to bloom while the snow flies. What a great way to chase away the winter blues!

### 302008-01

Ages: 18 - Adult  
Day/Date: Thurs, Sept 29  
Time: 7:00 - 8:30 pm  
Fee: \$15 R / \$18.75 NR  
Location: Island Prairie Nature Center

## Bench Space for Cool Season Growing - New!

Rent bench space in the Island Prairie Nature Center’s greenhouse to grow cool season crops. You will have 15 weeks to grow to your hearts content in a cool 60 degree greenhouse. We know from the Lettuce Project that leaf lettuce is a great greenhouse crop, but other cool season veggies and flowers can also thrive in these conditions. You will have access to water and will be responsible for tending and for the success of your crops.

**Starter Kit:** Do you like the idea of renting bench space in our greenhouse, but are not sure where to start? We can provide a kit with proven crops that grow best in the greenhouse; leaf lettuce. Additional cost includes soil, containers, and seed to grow three lettuces and one arugula. One hour of instruction is also included.

**Note: There is a mandatory meeting for all participants on Thurs, Nov 3 at 7:00 pm.**

Ages: 18 - Adult  
Dates: Nov 7- Feb 20  
Time: 6:00 am - 9:00 pm  
Location: Island Prairie Nature Center

302017-01 Rental Fee: \$200 R / \$250 NR

302017-02 With Starter Kit: \$300 R / \$350 NR



19910 80th Avenue  
Tinley Park, IL 60487  
(815) 806-0384 (Phone)  
(815) 806-0390 (Fax)  
(815) 806-0389 (TDD)

[www.sssra.org](http://www.sssra.org)

South Suburban Special Recreation Association (SSSRA) is a therapeutic recreation program that is an extension of the Frankfort Square Park District. SSSRA is organized to provide individuals with special needs or disabilities the opportunity to be involved in year round recreation programs.

SSSRA programs are for individuals from birth through adult who are in special education classes, sheltered workshops, or whom have recreational needs not met by traditional park district programs.

Persons residing in SSSRA member agency communities are considered residents. These agencies are: Country Club Hills Park District, Frankfort Square Park District, Hazel Crest Park District, Homewood-Flossmoor Park District, Lan-Oak Park District, Matteson Parks & Recreation Department, Oak Forest Park District, Olympia Fields Park District, Park Forest Recreation & Parks Department, Richton Park Parks & Recreation Department, and Tinley Park-Park District.

Programs and special events are offered seasonally throughout the year. They include programs in the areas of Early Childhood Development, Cultural Arts, Illinois Special Olympics, Summer Day Camp, Sports & Fitness, Social Programs, Adaptive Sports, Special Events, and Overnight Trips.

A complete program brochure is available at the Frankfort Square Park District and the SSSRA office. Please call the SSSRA office if you would like to receive the SSSRA brochure on a seasonal basis.

Professional staff with experience in the field of Therapeutic Recreation or a related field supervise all SSSRA programs. They are assisted by individuals who are trained by SSSRA staff in specific areas of therapeutic recreation.

Scholarships are available to SSSRA residents with disabilities who would like to participate in one or more programs, but cannot afford the fees charged.

Through the inclusion process, SSSRA staff members are available to help participants choose an appropriate program, conduct staff trainings, or supply adaptive equipment if you or a family member is interested in a park district or recreation department program.

## Inclusion Services

The Frankfort Square Park District welcomes participation in all programs and activities by individuals with disabilities and special needs. The Frankfort Square Park District is committed to inclusion and providing public recreation services in the most integrated setting in which interaction between people with and without disabilities is provided to the maximum extent feasible. The Frankfort Square Park District works cooperatively with the South Suburban Special Recreation Association (SSSRA) to facilitate successful participation for individuals who register for inclusive programming.

If you have a special need or request for a reasonable accommodation in accordance with the Americans With Disabilities Act, we strongly urge you to contact the park district. Please understand that failure to provide timely and appropriate notice of a special need and/or request may result in a delay in registration. When feasible and appropriate, the Frankfort Square Park District asks that requests for reasonable accommodations be made at least two weeks in advance of any activity or program.

## Oktoberfest

Join us for an evening of food, friends, and fun! We will enjoy dinner, hayrides, pumpkin decorating, jumping castles, games, and much more! Friends and family are welcome. Please include number of guests on the registration form. This event will be held rain or shine. Participants must be accompanied by a parent, guardian, or group home staff. This is not a staffed event. All individuals must complete the SSSRA registration form and return it to the SSSRA office. All guests must sign an SSSRA waiver, and indicate the number of guests on the registration form.

All SSSRA Participants and Family  
SSSRA Office, Tinley Park

Sat, Oct 1

12:30 - 3:00 pm

R: FREE\* for participant and up to 3 guests,

\$14 for each additional guest

NR: \$14 per person

\*Please note that if you do not show up for the program, you will be charged a \$23 fee for each no show in your party.

## Square Links



Square Links Golf Course & Driving Range  
7861 W. St. Francis Road  
Frankfort, IL 60423  
(815) 469-1600

Square Links is a 1,749 yard, par 32 course owned by the Frankfort Square Park District since its purchase in 2002. The course and practice range are open daily April 1-October 31 (weather permitting). Golf is available on a first come, first served basis. The driving range covers over 400,000 square feet and includes both manicured grass tees and synthetic stations. Also featured is an 18-hole natural grass putting course, a practice sand bunker, and a practice green/chipping area.

### Square Links Gift Cards

Square Links gift cards can be purchased in any amount, and make great gifts for holidays, birthdays, or any other time you would like to give the gift of golf! Please contact the park district main office for gift cards after November 1.

### Junior Masters Program

Children ages 11-12 can become a “Junior Master” by successfully passing a written basic golf knowledge test, and a golf skills test. Junior Masters are offered full use and privileges of the Square Links Golf Course (with the exception of motorized carts) without being accompanied by an adult.

The Junior Masters test is offered on a scheduled basis. Players interested in taking the test must call Square Links at (815)469-1600 to schedule a time. The test fee is \$5.00 at the time of the test. Players who do not successfully pass the test are welcome to take the test again until they are successful.

### Private Lessons

Private lessons can be scheduled at Square Links by directly contacting PGA Golf Professional Ken Buss. Ken has been a PGA Member for 50 years, and was awarded the Midwest Teacher of the Year in 1993. He has had many notable students including Will Smith, Darius Rucker, George Wendt (who played Norm Peterson on Cheers), and several others. Contact Ken at 708-567-3667 to schedule your private lesson today!

### FREE Day of Golf College Scholarship Golf Scramble

Join your family, friends, and neighbors for a fun event in support of our area youth on Saturday, September 24 from 9:30 am until dusk. Participants in the Free Day of Golf will have an opportunity to Beat the Pro and a chance to win Free golf, driving range, and riding cart for 5 years.

Free-will donations will be accepted, and all funds raised will benefit the FSPD’s College Scholarship Program.

### Youth and Junior Group Lessons (Ages 7-13)

This introductory golf program features driving range instruction, as well as supervised play on the course to learn golf rules, safety and etiquette. The fundamentals of the swing (stance, alignment, grip, and posture) are introduced and practiced each week. Once they are comfortable on the driving range, participants will advance to a few holes of course play. Please bring the following to the first class: a wood, a mid-iron (e.g. 5 iron), and a putter.

The program fee includes range balls for each class.

Registration will be taken at Square Links Golf Course. Registration is not available online or at the Park District Administration Building.

Ages: 7 - 13  
Day/Dates: Sun, Sept 11 - Oct 2  
Time: 2:00 - 3:00 pm  
Fee: \$56 / 4 sessions

### Teen/Adult Group Lessons (Ages 14 and Older)

This program will emphasize the fundamentals of grip, stance, alignment, and swing techniques. Please bring your golf clubs to each class. Sign up with a friend or family member and enjoy these evenings of fun and learning together!

The program fee includes range balls for each class.

Registration for all lessons will be taken at Square Links Golf Course. Registration is not available online or at the Park District Administration Building.

Ages: 14 - Adult  
Day/Dates: Sun, Sept 11 - Oct 9  
Time: 3:00 - 4:00 pm  
Fee: \$110 / 5 sessions

### College Scholarship Program

The Frankfort Square Park District College Scholarship Program was founded in 2006 by the Park Board of Commissioners, seeking to provide funds for college-bound seniors that reside within the borders of the FSPD. Since its inception, the FSPD has provided \$84,000 in \$1,000 individual awards, thanks to area businesses, local organizations, and tournament participants that support the Park District's fundraising efforts during the annual College Scholarship Golf Tournament, held at Square Links Golf Course.

### 2016 College Scholarship Recipients

The achievements of the 2016 scholarship recipients were found to be exemplary among a field of outstanding applicants. The Board Members and staff of the Frankfort Square Park District congratulate the following individuals and wish them much success with their college careers: Kyle Bechtold, Justin Butler, Drew Chesla, Matthew Cooke, Rachel Geekie, Alex Greer, Qur'Annah Jones, Emily Millerick, Dominic Novelli, and Kayla Wols.

### College Scholarship Tournament Supporters

We wish to gratefully acknowledge and thank the following sponsors for supporting the 10th Annual College Scholarship Tournament through monetary donations exceeding \$200. Their donations enabled the Frankfort Square Park District to award \$1,000 scholarships to ten eligible 2016 high school graduates. Please be sure to support these area businesses.

Ancel, Glink, Diamond, Bush, DiCianni & Krafthefer  
B and N Contracting  
Bill's Lawn Maintenance  
Steve Cancialosi  
Chapman and Cutler LLP  
Currie Motors  
Frankfort Lions Club  
Frankfort Square Wildcats  
Graefen Development  
Group Benefit Specialists  
Malone & Maloney  
Oak Lawn Blacktop Paving Company  
Old Plank Trail Community Bank  
Olivieri Brothers, Inc.  
Robert W. Baird & Co.  
Saunoris Brothers  
Thornton Equipment Services  
Tinley Park Kitchen and Bath  
TRM Painting LLC  
Unique Computing Solutions  
Walt's Food Centers

### Errant Golf Ball Policy

Kindly understand that Square Links Golf Course and the Frankfort Square Park District are not responsible or liable for property damage or personal injuries arising from errant golf balls. However the park district is committed to safety, good sportsmanship, and cooperation with our golfers and residents, and has developed the following guidelines to minimize errant shots and to assist injured parties in identifying the golfer responsible for hitting the errant shot.

- Golfers are expected to exercise the highest degree of sportsmanship, etiquette, caution and consideration of others - refraining from horseplay, carelessness, and reckless or offensive behavior. Golfers are responsible for their own conduct and play, including errant shots that may result in property damage or personal injuries.
- In the event of property damage or personal injury, Square Links employees will assist the damaged property owner, or injured party in trying to identify the golfer who struck the shot. However the property owner or injured party cannot be disruptive or discourteous to facility patrons or staff.
- Square Links Golf Course and Frankfort Square Park District staff are not responsible for identifying the golfer who hit the errant ball, or for ensuring that the parties will exchange contact and/or insurance information when the responsible golfer is identified. When the responsible golfer is known, Square Links staff will attempt to facilitate polite interaction and cooperation between the responsible golfer and injured party.

### Integrated Pest Management

Application of herbicides to park land is necessary to maintain and improve park properties within our district. These applications are done by qualified personnel with proper equipment, and in compliance with all appropriate state and local regulations. Integrated Pest Management (I.P.M.) is employed by the Frankfort Square Park District to manage and control pests with chemical, physical, and biological methods. Components of I.P.M. include fertilization, maintaining mowing equipment, aerating, over-seeding, and chemical application of herbicides.

If you would like additional information relating to I.P.M., or would like to be notified when chemical applications will be done on park property, please contact the park office at (815)469-3524.

## Walking Trail & Bike Path

The 9.9 mile network of trails connects parklands and provides access and safe passage to schools and neighborhoods throughout the Frankfort Square community. The multi-use trails were installed through IDNR grants obtained by both the park district and Frankfort Township, while Brookside Glen and Lighthouse Pointe trails were included in subdivision planning by their respective developers.

### Walking Path Distances

1.66 Miles

Community Center to Square Links Golf Course, through Island Prairie, Indian Boundary South, Kingston, and Hoffman Parks

1.70 Miles

Indian Boundary South parking lot to Union Creek parking lot, south on Frankfort Square Road to St. Francis, to 80th Avenue

1.34 Miles

Union Creek parking lot to 80th Avenue, west through Brookside Glen subdivision

0.90 Miles

80th Avenue to Ridgefield, along the sod farm

0.50 Miles

Arbor Park, encircling the pond

0.40 Miles

Woodlawn Park, encircling the pond

### Frankfort Square Park District Trail

The park district's 1.9 mile trail connects Island Prairie, Indian Boundary South, Kingston, and Hoffman parks.

Path users can access the trail beginning at Arran Drive, directly south of the Frankfort Square Park District Administration Building, and wind through the large 35 acre wet-mesic prairie, offering spectacular views of the lake. Continue on to Indian Boundary South and pause by the wildlife viewing stations, an Eagle Scout project constructed by Boy Scout Troop 237. Stop for a picnic at Kingston or Hoffman Parks as the kids enjoy playing on state-of-the-art playground equipment. As you traverse the path, you will spot native Illinois plantings and wildlife habitats in the prairies and along the waters' edge. Whether walking, biking, or roller blading, the path is sure to offer a great way to exercise while enjoying the pristine parks along the way.

### Frankfort Township Trail

The 2.1 mile township trail begins at Frankfort Square School then heads south to St. Francis. There it continues west to 80th Avenue where it turns north to Hilda Walker School.

In a cooperative effort with the Frankfort Square Park District, the Frankfort Township trail serves as a vital link in a planned bike path system. Residents can begin at Indian Boundary South Park and Frankfort Square School, proceed south along Frankfort Square Road to Community Park for an afternoon of fishing, tennis, or picnicking. Travel west along St. Francis Road, adjacent to the park district's Square Links Golf Course and Driving Range. Continue west to 80th Avenue and travel north to Hilda Walker School and Union Creek Park. The parks connected by the Frankfort Township trail offer a wide variety of recreational amenities such as playgrounds, sports fields, picnic shelters, golf, wild-life observation, and skating rinks.

### Brookside Glen Subdivision

The Brookside Glen 5.5 mile path system, installed by developers of Brookside Glen, is maintained by the Frankfort Square Park District.

This path winds throughout the Brookside Glen subdivision offering a tremendous benefit to residents. The trail system provides a healthy alternative to motorized transportation, enabling a positive impact upon the environment. Children can safely walk or bike to school, and path users have increased enjoyment of the native areas and ponds located throughout the subdivision.

### Lighthouse Pointe Subdivision

Developers of Lighthouse Pointe included a 2 mile path in the planning of this subdivision. The path system was transferred to the Frankfort Square Park District and is under perpetual maintenance year round.

Enter the path system at various points throughout the subdivision and follow this winding trail as it gently slopes creek-side from prairies to wooded wetland, to the future park site. Sights such as the wooded Hickory Creek, native Illinois landscapes, and a proliferation of wildlife in their natural habitats add to the unique experience hikers and bikers can enjoy along the way.

## Thor Guard Lightning Prediction System

The Frankfort Square Park District has a lightning prediction system that consists of sensors measuring electrostatic charges at ground level and in the atmosphere. These electrostatic charges, invisible to the naked eye, build prior to lightning occurrences. Square Links Golf Course houses the main detection system. When conditions indicate that a lightning occurrence is probable, a signal is also sent to alarm horns and strobe lights located at the Community Center, Summit Hill Jr. High, Lincoln-Way North High School, as well as Champions, Hunter Prairie, and Union Creek Parks.

The following procedures are to be followed when potentially dangerous weather exists:

### Warning Signal

A Warning Signal (one long 15 second horn blast) will sound and strobe lights will activate when a potentially dangerous weather situation is approaching. If the strobe lights are activated, a potentially dangerous weather situation exists.

### Procedures

All activities in the park will end immediately and patrons must leave the park. It is recommended that park patrons seek shelter in their cars or a building. Patrons should avoid areas that are higher than the surrounding landscape, they

should not use a tree for shelter, and they should keep away from metal objects such as bicycles, golf clubs, umbrellas, etc. All park patrons must wait until the Lightning Prediction System performs an All Clear Signal before returning to the park.

### All Clear Signal

The All Clear Signal (three short horn blasts, two seconds apart) will sound, and the strobe lights will deactivate. After the All Clear Signal sounds and the strobe lights deactivate, park patrons may resume their activities.

### Caution

The Thor Guard System helps assess the conditions. Neither the signal nor the system is intended to guarantee that conditions are safe. If the weather is threatening and no warning signal is heard or seen, use good judgment and clear the area. Do not wait for the warning signal to activate, as the system can malfunction.

**The Thor Guard Lightning Prediction System is tested on the first Tuesday of every month at 10:00 am during non-winter months.**

## AED - Automated External Defibrillators

The Frankfort Square Park District has purchased and placed into service numerous automated external defibrillators (AED's). These AED's are located at the Community Center, Square Links Golf Course, Champions Park concession stand, and both Union Creek concession stands. Two portable units travel with park district staff. In addition, Summit Hill School District 161 and Lincoln-Way Community High School District 210 have AED's located at all school facilities utilized by the park district for programming.

Park district staff members have been prepared to use these devices through a comprehensive training program covering both CPR and AED's. In-service training and re-certification keeps these employees ready for an emergency.

## Integrated Pest Management

Application of herbicides to park land is necessary to maintain and improve park properties within our park district. These applications are done by qualified personnel with proper equipment and in compliance with all appropriate state and local regulations. Integrated Pest Management (I.P.M.) is employed by the Frankfort Square Park District to manage and control pests with chemical, physical, and biological methods. Components of I.P.M. include fertilization,

maintaining mowing equipment, aerating, over-seeding, and chemical application of herbicides. If you would like additional information relating to I.P.M., or would like to be notified when chemical applications will be done on park property, please contact the park district office at (815) 469-3524.

## Union Creek Skate Park

### Hours:

Dawn to dusk

Not to be used while school is in session.



### Warning of Risk and Danger

Skateboarding and in-line skating are high risk activities with inherent risks of serious injury.

The skate park area is **unsupervised** and participants and all other persons are voluntarily participating and entering at their own risk.

Skate parks are prone to flying objects and bodies. Know your abilities and skate within them. The park district is not responsible for accidents. When wet, the skating surface can be dangerous. **Enter at your own risk!**

Please review the rules posted at Union Creek Park.

## NHL Style In-Line Hockey Rink

Come out and play just like the pros. Shoot at the same goals, get checked into the same boards, and try to stay out of the same penalty boxes as the pros. The hockey rink, located at Union Creek Park, is open daily from 8:00 am until 10:00 pm for in-line skating and hockey.

### Group Usage

The Union Creek Skate Park and hockey rink are provided for open use by individuals. Supervised organizations/private

groups who are interested in renting facilities must register with the Frankfort Square Park District. These groups may include, but are not limited to scouts, private athletic teams, and child care/recreation agencies. Prior to usage, groups must provide the park district with signed waivers and a Certificate of Insurance naming the Frankfort Square Park District as an additional insured. For more information, please contact the park office at (815) 469-3524.

## Frisbee Golf Course

Visit the 9-hole, par 32 Frisbee Golf Course, located at Indian Boundary South Park. The course is open for play every day, from dawn to dusk. Bring your own discs and have fun!

Frisbee Golf is played like regular golf, but uses flying discs instead of golf balls. One stroke is counted for each throw or when a penalty is incurred. A hole is completed when

the disc rests in the basket. The winner is the player with the lowest score. Scorecards are available at the park district office.

Please review the disc golf course rules posted at Indian Boundary South Park.



## Simba & Nala's Dog Park

Simba and Nala's Dog Park is located at Union Creek Park and features two main areas. One is for small dogs (less than 30 pounds), and the other is for large dogs (larger than 31 pounds). The park also includes a dog rinsing station, dog waste bags, and receptacles.

Registration for Simba and Nala's Dog Park is accepted at the Park District Administration Building for residents and non-residents. The annual membership fee is \$35.00 per resident dog and \$60.00 per non-resident dog. Our calendar year is May 1 – April 30.

In order to register, individuals must bring a copy of each dog's immunization records (Rabies - certificate from the county, Distemper, and Bordetella) to the park district. Special registration forms are available at the park office. Also, please bring us a 4 x 6 photo of your furry friend.

At the time of registration, participants will receive a membership packet, which includes rules and emergency contact information. Other items include a membership card, key fob, and lanyard. An electronic locking gate promotes safety and security, as well as operational efficiency at the park. The key fob, which can be attached to your dog park lanyard or your keychain, must be presented in close proximity to the gate lock in order to gain access to the park. Key fobs will be activated within 24 hours of registration.

If you misplace your key fob, please notify the Frankfort Square Park District immediately. Your old key fob will be deactivated and a new one will be issued to you and activated for a \$25.00 replacement fee.

In the event that your key fob is deactivated, there will be a \$5.00 reactivation fee.

Application of herbicides to park land is necessary to maintain and improve park properties within our district. These applications are done by qualified personnel with proper equipment and in compliance with all appropriate state and local regulations. Integrated Pest Management (I.P.M.) is employed by the Frankfort Square Park District to manage and control pests with chemical, physical, and biological methods. Components of I.P.M. include fertilization, maintaining mowing equipment, aerating, over-seeding, and chemical application of herbicides. If you would like additional information relating to I.P.M. or would like to be notified when chemical applications will be done on park property, please contact the park office at (815) 469-3524.

## Picnic Shelter Rental

The Frankfort Square Park District has two picnic shelters available on a rental basis. The Union Creek Picnic Shelter, located at the Hilda Walker School site, and the 80th Avenue shelter, located next to the South Suburban Special Recreation Association building, are available for family picnics, birthdays, etc. Please call the park district office for availability.

### Pavilion Rental Rates

Security deposit - \$100.00

Rental rate - \$100.00

Non-resident rental rate - \$250.00

- \* Deposit required
- \* No alcohol allowed
- \* First-come, first-serve basis
- \* Must be 25 years or older to reserve the pavilion
- \* Security deposits are non-refundable in the event of a cancellation

Additional smaller shelters are available at Indian Trail School, Hunter Prairie Park, Community Park, Frankfort Square School, and Dr. Julian Rogus School at no cost. Usage is available on a first-come, first-served basis for these pavilions.



The Frankfort Square Park District has five facilities available on a rental basis. These rooms can be used for a variety of celebrations, such as banquets, weddings, birthdays, showers, or family gatherings. Renters must be 25 years of age.

- Community Room - 7540 W. Braemar Lane**  
 Occupancy - seating for approximately 100 guests
- Tables and chairs
  - Full kitchen with appliances
  - Commercial coffee maker

- Board Room - 7540 W. Braemar Lane**  
 Occupancy - seating for approximately 45 guests
- Tables and chairs
  - Full kitchen with appliances
  - Commercial coffee maker

- Champions Park - 20130 Rosewood Drive**  
 Occupancy - seating for approximately 30 guests
- Tables and chairs
  - Alcohol prohibited

- Nature Center - 7530 W. Braemar Lane**  
 Occupancy - seating for approximately 20 guests
- Tables and chairs
  - Outdoor picnic tables

- Square Links Golf Course - 7861 W. St. Francis Road**  
 Occupancy - seating for approximately 60 guests
- Available December and January
  - Tables and chairs
  - Food packages, beer/wine must be purchased through Square Links

**Rental Fees**

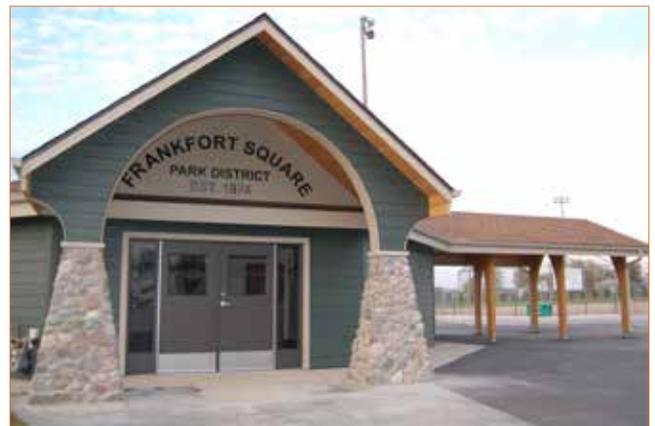
Facilities are available for a minimum of five hours. Additional hours are \$50 each. A \$150 security deposit (in addition to the rental fee) is required at the time of reservation, and will secure the date of the rental. In the event of a cancellation, the security deposit is forfeited. Rental fees must be paid in full one month prior to the rental date. Due to insurance requirements, rental applications requesting to serve alcoholic beverages will be required to provide host liquor and general liability insurance listing the Frankfort Square Park District as an additional insured.

Frankfort Square Park District Residents	\$300
Non-Residents	\$400
Host Liquor/General Liability Insurance	\$200

**Date Availability**

- Facility rentals are reserved by appointment only during regular office hours. A tour of the space is available, rules and regulations are reviewed, and a security deposit is rendered.
- Beginning September 1, rentals are booked for January and February of the following year.
  - Beginning January 1, rentals are booked for March - December of the current year.

**For more information, please call (815) 469-3524.**



## Code Of Conduct

The Frankfort Square Park District is committed to providing a safe and fun environment for all participants and guests. By doing so, patrons are required to act appropriately, and are to be respectful of others at all times when using Frankfort Square Park District facilities.

Individuals using Frankfort Square Park District facilities are expected to behave in an appropriate and responsible manner. The Frankfort Square Park District Code of Conduct does not permit use of language or any action that may hurt or frighten another person or otherwise falls below a generally accepted standard of conduct. Directions issued by the park district staff must be followed at all times.

- Show respect for all participants, guests, spectators, staff, and volunteers
- Follow program rules and direction from staff
- Show respect for equipment, supplies, and facilities
- Use of abusive or foul language, arguing, fighting, and any other form of harassment or intimidation is prohibited
- Weapons, drugs, and alcohol are prohibited on school and park district property
- Report incidents where park district policies are disregarded to staff
- Report illegal activities to police/sheriff

This Code of Conduct is in place to help make the Frankfort Square Park District's facilities and programs safe and enjoyable for everyone. If inappropriate behavior occurs, a prompt resolution will be sought specific to each situation. The Frankfort Square Park District reserves the right to remove anyone whose behavior endangers his or her own safety or the safety of others.

## Program Policy

Due to the possibility of separation anxiety, the park district asks that parents of children who have not been in prior park district programs remain in the lobby for the first day of class.

With the child's best interest in mind, no parents or siblings are allowed in the classroom - only registered participants.

If your child is not toilet-trained, please make sure he or she has on a fresh diaper or pull-up. If your child is at risk to need an immediate diaper change, you should plan on remaining on the premises, or be immediately reachable by phone. Our instructors are not in the position to change soiled diapers or training pants.

As we are unable to offer refunds or credits for the Tiny Tot programs, parents are asked to be confident their child is ready for this program. A child is ready when he/she is willing to enter/stay in the classroom without crying. With the child's best interest in mind, **no** parents are allowed in the classroom. **The park district will try to accommodate your child in a parent-tot program if deemed necessary.**

## Birth Certificate Policy

Birth certificates are required at the first registration for children 5 years and younger to validate age requirement for all programs. We no longer retain copies of birth certificates on file.

## Cancellations

The staff reserves the right to consolidate, postpone, reschedule, or cancel any program due to change in day, dates, times, instructor, or insufficient enrollment.

## For Your Safety

Please drop-off and pick-up your children promptly upon arrival or dismissal of class.

Preschool age children enrolled in park district programs are not released from a class to anyone other than a parent or guardian, unless advance written notification is given to the instructor.

Children must be accompanied by an adult when being escorted to and from class.

## Age Limitations and Why

In order to provide your child with the best possible recreational and/or learning experience, all of our programs are planned according to the ages listed in our brochure. Our instructors are sensitive to the needs of the individual age levels. Children must be the age listed in the brochure for each program by the date the program begins, unless otherwise specified.

## Participant Publicity Acknowledgement

The Frankfort Square Park District uses photographs of participants in our programs, special events, and parks to inform others of the many recreational opportunities available through our park district. Please be aware that these photos are for park district use only and may be used in the park district's publications and on the web. If you do not wish to have your picture taken, please inform our photographer. If the picture has already been taken, please call the park district office.

## Brochure Mail Delivery

The Frankfort Square Park District relies upon the Frankfort and Tinley Park Post Offices for mail delivery of our seasonal brochures and mailings. **The park district assumes no responsibility for mail delivery.** If for some reason you do not receive a brochure, and you are a park district resident, please pick one up at the park district office.

## Frankfort Square Park District 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, disabled in any way or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

### Warning of Risk

Recreational activities are intended to challenge and engage the physical, mental, and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity. All hazards and dangers cannot be foreseen. Depending on the particular activity, certain risks, dangers and injuries may exist due to inclement weather, slips and falls, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and other risks inherent to the particular activity. In this regard, it is impossible for the Frankfort Square Park District to guarantee absolute safety.

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

Please read this form carefully and be aware that in signing up and participating 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.

### Photo/Video Policy

I understand that photos and videos are periodically taken of people participating in Frankfort Square Park District programs and activities, and I agree that any photograph or video taken by the park district of me or my minor child/ward while participating in a park district program or activity may be used by the park district for promotional purposes, including its electronic media, videos, brochures, flyers, and other publications without additional prior notice, permission, or compensation to the participant.

**I have read and fully understand the registration policies, the above important information, warning of risk, photo/video policy, 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.**

### Please Print

Participant's Name \_\_\_\_\_ Date \_\_\_\_\_

Participant's Signature \_\_\_\_\_ (18 years or older or Parent/Guardian)

### Participation Will Be Denied

If the signature of adult participant or parent/guardian and date are not on this waiver.

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.

Please read information carefully before registering:

## Registration Policy

1. Programs will be filled on a first-come, first-served basis.
2. All programs will have a minimum and a maximum enrollment.
3. Waiting lists may be formed after a particular class is filled.
4. The park district works hard to schedule programs at your convenience, but under extreme conditions, reserves the right to change facilities, times, dates, and instructors. You will be notified prior to change.
5. If a park district program is scheduled at a school facility, school programs have priority.
6. We cannot accept telephone registrations for any park district activity. Registrations must be made by online, mail, fax, or in person during regular office hours. We also have an after-hours drop box located at the front door of the Community Center.
7. Mail-in registrations (with payment and registration form included), unless notified otherwise by park district personnel, are automatically registered for the classes indicated. If not admitted, individuals will be notified and receive a full refund. To register by mail, please complete a registration form and enclose a check made payable to the Frankfort Square Park District and mail to:  
Frankfort Square Park District  
7540 W. Braemar Lane  
Frankfort, Illinois 60423
8. All payments must be paid in-full at time of registration.
9. Non-residents will pay an additional 25% for programs.
10. The park district reserves the right to adjust any incorrect program fees that were due to printing errors.
11. A \$5.00 "transfer" fee will be assessed to each participant wishing to change programs or sessions. Program changes will not be processed until transfer fee is rendered.
12. A \$10.00 service charge will be assessed for any returned check and any future registrations will need to be paid in cash.

## Resident Status

A map showing the park district boundaries can be viewed at the park office by persons who may question their resident status. Due to bulk mailing requirements, we are unable to control exact mailing addresses.

## Registration Refund Policy

1. Refunds will be mailed approximately two weeks from the time of submission.
2. 100% refund will be given whenever the park district cancels a program or activity due to insufficient program registration.
3. A full refund, less a \$5.00 service charge (per program) will be granted if the request is submitted prior to three business days before the start of the program or activity. All refunds for programs must be requested in-person at the park district office.
4. No refunds will be given after the start of the program.
5. No refunds on league programs once teams are set-up.
6. One week notice of cancellation is necessary in order to obtain a full refund on any park district trip. (Less a \$5.00 service charge.)
7. No refunds for certain special events. (i.e.; Lunch with the Bunny, one-day parties, or trips)

**The Frankfort Square Park District is not responsible for lost or late mail.**

Mail-in, drop-off, or fax your completed registration form along with your check or credit card number to:

Frankfort Square Park District  
7540 W. Braemar Lane  
Frankfort, IL 60423  
Fax: (815) 469-8657

Please place the appropriate registration form, check, or credit card number in a sealed envelope and drop off at the Frankfort Square Park District Administration Building, 7540 W. Braemar Lane. Be sure to include the program number and remember to sign the waiver. Please read all registration instructions carefully because some programs have special registration requirements or registration deadlines. Include the registration form with a check or credit card number for the correct total fee. Please include your phone number on the check and make your check payable to the Frankfort Square Park District.

**All checks will be processed. Your check is your receipt. If you would like a confirmation, please include a self-addressed, stamped envelope.** If there is a discrepancy with a program, you will be notified immediately.

Frankfort Square Park District  
7540 West Braemar Lane  
Frankfort IL 60423

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## FREE Day of Golf College Scholarship Golf Scramble

Saturday, September 24 from 9:30 am until dusk.

Join your family, friends, and neighbors for a fun event in support of our area youth on Saturday, September 24 from 9:30 am until dusk. Participants in the Free Day of Golf will have an opportunity to Beat the Pro and a chance to win Free golf, driving range, and riding cart for 5 years.

Free-will donations will be accepted, and all funds raised will benefit the FSPD's College Scholarship Program.

See page 35 for more information on the College Scholarship Program.