Winter/Spring 2021

Frankfort Square Park District

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Administrative Staff
Jim Randall, Executive Director
Linda Mitchell, Assistant to the Executive Director
Audrey Marcquenski, Director
Bonnie Roach, Office Manager
Julie Hein, Asst. Office Manager

Recreation Staff
John Keenan, Superintendent of Recreation
Nicolette Jerik, Recreation Supervisor

Maintenance Staff
Ed Reidy, Superintendent of Parks
Bill O'Shea, Assistant Superintendent of Parks
Al Grzyb, Assistant Superintendent of Parks

Park Board of Commissioners
Ken Blackburn, President
Dave Macek, Vice President
Craig Maksymiak, Treasurer
Pam Kohlbacher, Commissioner
Denis Moore, Commissioner
Brian Mulheran, Commissioner
Joe Vlosak, Commissioner

Join Our Team!

Currently accepting applications for the following position:

Square Links Golf Course

FRANKFORT SQUARE PARK DISTRICT

Apply online at www.fspd.org

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

Office Hours:

Monday, Tuesday, Thursday	9:00 am-4:00 pm
Wednesday	9:00 am-noon
Friday	9:00 am-3:00 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 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 contractors, front loaders, or dump trucks permitted.

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

Winter Spring Registration

Resident online registration begins Monday, December 14 at 9:00 am. When registering, you need to enter 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 or drop-off.

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, December 14, 2020 at 9:00 am.

Non-Resident Registration
Begins Thursday, December 17, 2020 at 9:00 am.

The Frankfort Square Park District program waiver and release is located on page 31. For complete registration information, please see page 30.

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

Dear Frankfort Square Park District Residents:

We closed many operations and furloughed most of the park district's staff last March. The challenges have been many this year, but we have adapted and are moving forward.

We've made many improvements to our parks, including repairs and new equipment. With more residents out and walking, a special emphasis has been placed on park paths. We added paths in cooperation with the Village of Frankfort, completing the St. Francis Road extension. The park district also completed the Kiwanis Park path addition and the Brookside Glen developer completed the Brookside Glen West path.

Staff are working with Robinson Engineering to update the park district's trail map. This winter we will be focusing on path maintenance, and will do our best to keep trails clear and passable.

We are all focused on the news, and it's good to see COVID vaccines are reaching production and will hopefully be available to our whole population in the coming months. It is hoped that with a vaccinated population, we can begin to return to normal and all the opportunities that we have been missing.

Park district staff continue to plan for the future, and our number one tool for this planning process is your opinion. In the coming months, every household will receive a park survey. Please take the time to complete it with your family's input.

From this information, an independently tabulated master plan, detailing resident input, will be created and implemented in coming years. Examples of previous surveys and plans are included on the park district's website, and similarly, the results from this process will be publically presented and posted for all to review on the website.

It's interesting to see the history of public input. Early on, the focus was on playgrounds and athletic fields. Parks, natural areas, and paths became a priority. With recent input, things became less general and more specific, now that most park acreage is developed, people are looking for more specific supporting amenities. Programming again follows the same direction as development of general opportunities have moved to more specific requests that we see today.

As the district has grown and capital improvements have been added and standardized, diverse opportunities have been supported more regionally. Fitness equipment is located at several parks, and we wonder if it wouldn't be supported in some way at all parks. Similarly, community gardens are popular and we wonder if these opportunity couldn't be developed with greater frequency, making gardening more accessible to every neighborhood.

Dance didn't exist in our district 25 years ago, and now it is our biggest program. Zoom sessions have replaced in-person classes for protection of our population, but when we return to normal, would people like to continue this as an added at-home benefit on a smaller scale?

Our previous plans to offer a referendum to replace the expiring debt service in 2022 from our Something for Everyone approved referendum in 2002 disappeared with the shutdown and economic challenges faced by our community. Instead, residents should be primed for lower park taxes in 2022 with a reduction of $650,000 in park district taxes from our normal $3,000,000+ tax bill. We are confident that we can continue to serve and do what's necessary to keep the district in good order with available resources.

If at some time in the future things improve, all options are open for evaluation and action.

We hope that the spring brings better times, and we will continue to adapt in whatever way is necessary to keep our community healthy and enjoying recreation, in accordance with what's possible through State of Illinois guidelines.

Let's all hope we will have access to a vaccine, not as an idea, but as an actual injection. The huge dance performance can then return to a packed house, spring football will be a hit, and we will be able to fire up the Union Creek Baseball Complex at capacity.

Until then, let's all do the right thing to get to the other side of this together.

Sincerely,

Jim Randall
Executive Director

College Scholarship Program

The Frankfort Square Park District College Scholarship Program was established in 2006 by the Board of Commissioners for the purpose of providing funds to college-bound high school seniors who reside within the borders of the Frankfort Square Park District.

The scholarship program recognizes students' remarkable academic achievements and contributions through volunteerism. Students interested in applying for a park district scholarship may access and complete online applications at www.fspd.org beginning in early January. Scholarship applications can also be picked up at the park district office, located at 7540 W. Braemar Lane, Frankfort, during normal office hours. The deadline to return completed applications is Monday, March 1, 2021.

College Scholarship Program Free Day of Golf Supporters

We wish to gratefully acknowledge and thank the following sponsors for supporting the 15th Annual College Scholarship Program Free Day of Golf through monetary donations. Their donations will enable the Frankfort Square Park District to award $1,000 scholarships eligible 2021 high school graduates. Please be sure to support these area businesses.

Anonymous – Avid Square Links Golfer

B Practical Solutions

Baird Public Finance

Bill's Lawn Maintenance

Cardno

Chapman and Cutler LLP

Currie Motors Commercial Center

Frankfort Lions Club

Graefen Development

Oak Lawn Blacktop Paving Company, Inc.

Old Plank Trail Community Bank

One Up Signs

Reliable Golf Services

Sid Kamp, Inc.

TRM Painting LLC

6:00pm-7:00pm

Saturday, February 6th

Sweetheart Dance

Dance the night away in your living room.
Zoom user ID and password will be emailed.

VIRTUAL VIA ZOOM

LIVE DJ / PHOTO PROPS / SNACKS / REFRESHMENTS

Turn your lliving room into a dance floor. Our DJ will be live through Zoom. Each individual registered will recieve 1 goodie bag. Goodie bags include snacks, chocolate rose, photo prop, and a refreshement beverage. Curb side goodie bag pick up will be at Mary Drew on Thursday, February 4th from Noon until 7pm. Call 815-483-5241 upon arrival.

Please keep your video on mute the entire duration of the dance to allow everyone to hear. We ask that you only unmute yourself when the DJ wants you to interact.

DANCE TICKETS

$11 R / $13.75 NR
per person
Register online
or call 815-469-3524
Code:50012-00

Register by Monday, February 1st @ midnight

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Babysitter Training

This two day class focuses on providing youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly provide care for children and infants in the absence of parents. This training will help participants develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe, help children behave, and learn about basic child care and basic first aid. Certification for this class includes a participant's workbook and an American Red Cross Babysitters Training certificate. Attendance is required for the entire 2 days to receive the certificate. Any exceptions need to be approved in advance by the instructor.

Ages: 11-15
Time: 4:30-8:00 pm
Location: Frankfort Founders Center
140 Oak Street
Fee: $72 **R** / $90 **NR**

104111-05 Days/Dates: Mon & Wed, Jan 25 & 27
104111-06 Days/Dates: Mon & Wed, Mar 22 & 24

Mixed Media

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 styles and elements. Students will produce a unique art project each week, and will progressively learn skills which will be applied throughout the courses. Each student will be provided with their own individual art supply kit. No materials will be shared.

104192-00
Grades: K-6th
Day/Dates: Tues, Feb 2-23
Time: 5:30-6:30 pm
Fee: $40 **R** / $50 **NR** / 4 sessions
Location: Mary Drew

Critter Class: Reptiles, Amphibians, Bugs and more!

This 4-week class is an introduction to some of the world's most misunderstood creatures: Reptiles, Amphibians and Bugs. We will teach the importance of these creatures to the environment as their natural history and how to take care of them as pets. Each class will feature live animals. Classes are taught by the experts from Crosstown Exotics, who have entertained and amazed audiences throughout Chicagoland with their extensive collection of cold-blooded ambassadors. Some classes take place outdoors, so dress accordingly. No open toed shoes please!

104015-05
Ages: 5-12
Day/Dates: Tues, Feb 2-Feb 23
Fee: $45 **R** / $50 **NR** / 4 sessions
Time: 6:00-7:00 pm
Location: Frankfort Founders Center
140 Oak Street

Let's Build It-Robotics: Mighty Machines-New!

Enter into the fascinating world of robotics. In this exciting STEM program, students will design, build and test their very own robots under the guidance of an experienced AES instructor. Projects include remote control cars, claws, cranes, crawlers, and battle bots. Educational components include gear ratios, mechanical design, electronics, and robotics engineering. No previous experience is necessary-just a desire to have fun, build, and learn. Each student will receive an award on the last day of the session, and have the opportunity to earn Energy Belts to demonstrate their learned skills!

104016-00
Grades: 1st-6th
Day/Dates: Thurs, Feb 4-Mar 25
Fee: $170 **R** / $175 **NR** / 8 sessions
Time: 4:30-5:30 pm
Location: Frankfort Founders Center
140 Oak Street

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
Time: 5:00-5:55pm
Fee: $22 **R** / $28 **NR**
Location: Frankfort Founders Center
140 Oak Street

104120-00 Day/Date: Thurs, Feb 18
104120-01 Day/Date: Mon, Apr 26

Unicorn Party-NEW!

Let's pretend to be magical unicorns! We will create a craft and then get messy playing with "unicorn putty/slime." Each participant will get their own craft kit and putty/slime.

104017-00
Ages: 5-8
Day/Date: Thurs, Feb 18
Time: 4:00-5:00 pm
Fee: $18 **R** /$22.50 **NR**
Location: Mary Drew Room 108

Safe At Home

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

Ages: 6-10
Time: 4:30-6:30 pm
Fee: $32 **R** / $40 **NR**
Location: Frankfort Founders Center
140 Oak Street

104014-03 Day/Date: Mon, Feb 22
104014-04 Day/Date: Mon, Apr 19

First Aid for Kids

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

Ages: 6-10
Time: 4:30-6:30 pm
Fee: $32 **R** / $40 **NR**
Location: Frankfort Founders Center
140 Oak Street

104010-04 Day/Date: Mon, Feb 22
104010-05 Day/Date: Mon, Apr 19

Character Creations

In this class, our artists will learn the basics of cartooning and create their own characters! Students will learn techniques used in cartooning, such as how to show characteristics, features, exaggeration, action, and more. We will apply new skills in every class to create our own original cartoon characters. Each student will be provided with their own individual art supply kit. No materials will be shared.

100043-01
Grades: K-6th
Day/Dates: Thurs, Mar 4- 25
Time: 5:30-6:30 pm
Fee: $40 **R** / $50 **NR** / 4 sessions
Location: Mary Drew

Eat it Raw Cookie Dough-NEW!

Your child will prepare a special treat which is sure to be yummy! We will follow the recipes' directions, measure, and clean up as part of our No Bake Cooking. All participants will go home with plenty to share. **Please note: ingredients may contain peanuts and tree nuts.**

100045-00
Ages: 5-8
Day/Date: Mon, Mar 8
Time: 4:30-5:30 pm
Fee: $22 **R** / $27.50 **NR**
Location: Mary Drew Room 108

Easter Babies-NEW!

Spring has arrived! What better way to celebrate than by making your very own 8" Easter Bunny baby! Each participant will receive an unstuffed animal, fluff to stuff, wishing star, loving heart, birth certificate, and carry home bag PLUS one hour of Easter fun! Hop on over for a story, game, craft, and grand finale march! *Stuffing kits will be dropped off at the park district for you to pick up 3 days before the class. The private Zoom link will be included in the kit.*

100041-01

Ages: 3 ½-8
Day/Date: Tues, Mar 16
Time: 5:00-6:00 pm
Fee: $28.50 **R** / $35.75 **NR**
Location: Virtual

It's Raining Cats & Dogs-NEW!

When it rains, it pours! But we don't mind, because it's raining cats and dogs in this class! Participants will stuff their very own 8" cat or dog. Each participant will receive an unstuffed animal, fluff to stuff, wishing star, loving heart, birth certificate, and carry home bag PLUS one hour of cat & dog fun! Stay dry inside and join us for a story, game, craft, and grand finale march! *Stuffing kits will be dropped off at the park district for you to pick up 3 days before the class. The private Zoom link will be included in the kit.*

100042-01

Ages: 3 ½-8
Day/Date: Mon, Apr 26
Time: 5:00-6:00 pm
Fee: $28.50 **R** / $35.75 **NR**
Location: Virtual

Make it For Mother's Day

During this class, we'll make a special gift for your mother, grandmother, aunt, or whomever you wish! We will be decorating flower pots and planting flowers. You'll leave the class with a wrapped and ready homemade present that will be cherished forever!

100015-00

Ages: 5-8
Day/Date: Tues, Apr 27
Time: 4:00-5:00 pm
Fee: $18 **R** /$22.50 **NR**
Location: Mary Drew Room 108

Additional Information Pending. Check back Soon.

Summer Camp Information Will be Available in the Summer Brochure.
We Hope to See You in the Summer.

Braemar Dance Center

All dance classes will be held at the Mary Drew Studios located at 20130 S. Rosewood Drive. Studios will be assigned and posted the first week of classes. When Summit Hill School District 161 closes due to the weather, dance classes will be cancelled.

PLEASE NOTE: Registration for the Winter Spring session will be done over the phone only, online will not be accepted. Due to State regulations changing frequently, upon registering over the phone your form of payment will only be charged half. The other half will be charged the week of February 22nd.

No costume fees are included in the pricing this year. We will not be ordering costumes this year for the Showcase for regular classes.

Company costumes will be non-refundable for competitions. Company is a full year commitment beginning in the fall and ending in the spring.

Program fees do not include the price of pictures.

Refer to the Braemar Winter Spring 2021 Quick Glance Dance Calendar on page 20

Mark your Calendars!

Sunday, April 25-Picture Day @ Mary Drew (Times TBD)

- **At this time, only individual pictures will be taken.**

Friday, April 30-Sunday, May 2- Virtual or live Show Case weekend (Location & times TBD)

Acro

Acro-Gymnastics teaches strength, flexibility, and tumbling. Gymnastics skills include the list next to each level, but are not limited to the list. All classes will start with stretching, warm ups, tumbling skills, drills, and conditioning. All tumbling takes place on mats with the goal to complete skills on the dance floor. The skills learned in Acro are geared towards the dancer's choreography.

Ballet

Students will learn classical ballet techniques and terminology. Each class includes barre exercises, center floor work, and across-the-floor combinations while focusing on grace, balance, and precision of movement.

Company: Competition Team

Company class students will learn choreography and will be given possible performance opportunities, including competitions, if current restrictions are lifted. This class is great for dancers looking to take their training to the next level. Must be enrolled in ballet (grade appropriate level) AND at least one of the following classes: jazz, contemporary, tap, musical theater, or hip hop. Performance and costume fees are not included. 2020-2021 season Company costumes will be non-refundable. At this time, the State moved dance to low risk with no contact, maintaining social distancing, and wearing a mask. We will continue to follow the State guidelines. In the event we are unable to compete, we will discuss further options. Additional fees will vary based on the CDC recommendations with COVID.

Contemporary

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

Renewal phone registration for current fall students begins:
Monday, December 14th at 9:00am until Friday, December 18th at 3:00pm

Registration for new students or current students trying or changing classes will begin:
Monday, December 21st at 9:00am until Wednesday, December 23 at noon

The week after priority renewal phone registration for current fall students, dance registration will open up to the public online Monday, December 21st

ALL DANCE PARTICIPANTS MUST BE SIGNED UP BY MONDAY, DECEMBER 28TH AT 9:00AM

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

Jazz
This class will work on jazz-styled movement with an additional emphasis on technical skills such as leaps and turns. Choreography will be focused on energy, rhythmical accuracy, technique, and style.

Musical Theatre
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.

Pointe
Pointe class will build on ballet technique by advancing to hard - toe shoes (do not purchase shoes until notified by the instructor). It will include exercises to strengthen calf muscles, ankles, and arches of the feet. Exercises will begin at the barre for safety and stability. Students will progress to exercises in the center to practice their balance and increase their strength.

Tap
This class is designed to increase rhythm, style, and sound. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement. The class emphasis is on developing proper tap technique, producing clear tap sounds, and having fun.

Pre-Professional-NEW!
This program is open for 11th and 12th graders who are looking to pursue a career in dance or enter a college level dance program. Dancers must be registered for at least 4 High School Advanced level classes, one of which must be ballet. This course will include professional level movement classes rotating in different styles, mock auditions, resume writing and offer professional skills needed to enter the dance industry.

Please refer to the breakdown below for class options that are offered by grade in school.

Preschool Dancers

Pre-Ballet
Students are introduced to ballet technique including ballet positions of the feet and arms and creative movement through play.

105007-00

Grade:	Preschool
Day/Dates:	Sat, Jan 9-Apr 24 (no class Apr 3)
Time:	9:00-9:50 am
Fee:	$200 **R** / $250 **NR** / 15 sessions

Preschool-K Acro
Introduction to basic tumbling skills. Class level will work on forward roll, handstand, cartwheel, and bridge on the floor.

105007-01

Ages/Grade:	3 & 4 years old / Kindergarten
Day/Dates:	Wed, Jan 13-Apr 28 (no class Mar 31)
Time:	4:00-4:50 pm
Fee:	$200 **R** / $250 **NR** / 15 sessions

Kindergarten Dancers

Company 1

105008-01

Grades:	K-2nd
Day/Dates:	Tues, Jan 12-Apr 27 (no class Mar 30)
Time:	5:00-5:50 pm
Fee:	$212 **R** / $265 **NR** / 15 sessions

Preschool-K Acro
Introduction to basic tumbling skills. Class level will work on forward roll, handstand, cartwheel, and bridge on the floor.

105007-01

Ages/Grade:	3 & 4 years old / Kindergarten
Day/Dates:	Wed, Jan 13-Apr 28 (no class Mar 31)
Time:	4:00-4:50 pm
Fee:	$200 **R** / $250 **NR** / 15 sessions

Acro 1 Beginner
Class level will work on forward roll, handstand, cartwheel, round-off, and standing back bend into a kick over.

105008-03
Grades: Varies, based on skill level
Day/Dates: Wed, Jan 13-Apr 28 (no class Mar 31)
Time: 6:00-6:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Ballet/Tap
This combo class explores ballet fundamentals in greater depth, along with the rhythm and coordination of tap dance. Dancers will enjoy this interactive class that builds on basic movements learned in the pre-ballet, but is still appropriate for first-time dancers.

105008-04
Grade: Kindergarten
Day/Dates: Sat, Jan 9-Apr 24 (no class Apr 3)
Time: 10:00-10:50 am
Fee: $200 **R** / $250 **NR** / 15 sessions

Jazz/Hip-Hop-NEW!
This combo class gives an introduction into two high energy, fun styles of dance! Both jazz technique and hip hop will be explored working on rhythm, levels and musicality for the young dancer.

105008-05
Grade: Kindergarten
Day/Dates: Sat, Jan 9-Apr 24 (no class Apr 3)
Time: 11:00-11:50 am
Fee: $200 **R** / $250 **NR** / 15 sessions

1st - 2nd Grade Dancers

Ballet 1st-2nd
105009-00
Grades: 1st-2nd
Day/Dates: Tues, Jan 12-Apr 27 (no class Mar 30)
Time: 4:00-4:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Jazz 1st-2nd
105009-01
Grades: 1st-2nd
Day/Dates: Wed, Jan 13-Apr 28 (no class Mar 31)
Time: 5:00-5:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Contemporary 1st-2nd
105009-02
Grades: 1st-2nd
Day/Dates: Mon, Jan 11-Apr 26 (no class Mar 29)
Time: 4:00-4:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Hip Hop 1st-2nd
105009-03
Grades: 1st-2nd
Day/Dates: Thurs, Jan 14-Apr 29 (no class Apr 1)
Time: 5:00-5:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Tap 1st-2nd
105009-04
Grades: 1st-2nd
Day/Dates: Wed, Jan 13-Apr 28 (no class Mar 31)
Time: 4:00-4:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Musical Theatre 1st-2nd
105009-05
Grades: 1st-2nd
Day/Dates: Thurs, Jan 14-Apr 29 (no class Apr 1)
Time: 4:00–4:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Acro 1 Beginner
Class level will work on forward roll, handstand, cartwheel, round-off, and standing back bend into a kick over.

105008-03
Grades: Varies, based on skill level
Day/Dates: Wed, Jan 13-Apr 28 (no class Mar 31)
Time: 6:00-6:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Acro 2 Intermediate
Class level will work on back & front limber, back walkover & front walkover, combining skills passes and introduction to flip flops/aerial.

105009-07
Grades: Varies, based on skill level
Day/Dates: Wed, Jan 13-Apr 28 (no class Mar 31)
Time: 5:00-5:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

3rd-5th Grade Dancers

Ballet 3rd-5th Intermediate

Must have a clear understanding of ballet positions, barre exercises, and petit allegro from previous Ballet classes.

105010-01

Grades: 3rd-5th
Day/Dates: Mon, Jan 11-Apr 26 (no class Mar 29)
Time: 5:00-5:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Jazz 3rd-5th Beginning

105010-02

Grades: 3rd–5th
Day/Dates: Mon, Jan 11-Apr 26 (no class Mar 29)
Time: 4:00-4:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Jazz 3rd-5th Intermediate

Must have a solid single pirouette (working on double), splits, and straight jete. Must be able to quickly pick up more advanced choreography and have a clear understanding of technique from previous Jazz classes.

105010-03

Grades: 3rd-5th
Day/Dates: Tues, Jan 12-Apr 27 (no class Mar 30)
Time: 6:00-6:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Contemporary 3rd-5th Beginning

105010-04

Grades: 3rd-5th
Day/Dates: Wed, Jan 13-Apr 28 (no class Mar 31)
Time: 4:00-4:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Contemporary 3rd-5th Intermediate

Must have a solid single pirouette (working on double) and advanced flexibility. Must be able to quickly pick up more advanced choreography and have a clear understanding of contractions and intention within movement.

105010-05

Grades: 3rd-5th
Day/Dates: Thurs, Jan 14-Apr 29 (no class Apr 1)
Time: 4:00-4:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Hip Hop 3rd-5th Beginning

105010-06

Grades: 3rd-5th
Day/Dates: Thurs, Jan 14-Apr 29 (no class Apr 1)
Time: 4:00-4:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Hip Hop 3rd-5th Intermediate

Must be able to quickly pick up more advanced choreography. Must have a clear understanding of musicality and dynamics.

105010-07

Grades: 3rd-5th
Day/Dates: Thurs, Jan 14-Apr 29 (no class Apr 1)
Time: 5:00-5:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Tap 3rd-5th Intermediate

Must have mastered shirley temple, maxi ford, and time-step. Must be working on traveling time-step, brush back combos, and shuffle-off the-log.

105010-09

Grades: 3rd-5th
Day/Dates: Thurs, Jan 14-Apr 29 (no class Apr 1)
Time: 6:00-6:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Musical Theatre 3rd-5th Beginning/ Intermediate

105010-10

Grades: 3rd-5th
Day/Dates: Tues, Jan 12-Apr 27 (no class Mar 30)
Time: 5:00-5:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Acro 1 Beginner

Class level will work on forward roll, handstand, cartwheel, round-off, and standing back bend into a kick over.

105008-03

Grades: Varies, based on skill level
Day/Dates: Wed, Jan 13-Apr 28 (no class Mar 31)
Time: 6:00-6:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Acro 2 Intermediate

Class level will work on back & front limber, back walk-over & front walkover, combining skills passes, and introduction to flip flops/aerial.

105009-07

Grades: Varies, based on skill level
Day/Dates: Wed, Jan 13-Apr 28 (no class Mar 31)
Time: 5:00-5:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Acro 3 Advanced 1

Class level will work on handspring, flip flops, round-off flip flops, aerial, handstand pirouette, and combination tumbling passes. Introduction to back tucks.

105010-13

Grades: Varies, based on skill level
Day/Dates: Wed, Jan 13-Apr 28 (no class Mar 31)
Time: 7:00-7:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Company Class 3

105010-14

Grades: 3rd-5th
Day/Dates: Tues, Jan 12-Apr 27 (no class Mar 30)
Time: 4:00-4:50 pm
Fee: $212 **R** / $265 **NR** / 15 sessions

6th-8th Grade Dancers

Ballet 6th-8th Intermediate

105011-00

Grades: 6th-8th
Day/Dates: Wed, Jan 13-Apr 28 (no class Mar 31)
Time: 5:00-5:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Ballet 6th-8th Advanced

Must have a clear understanding of double pirouettes, pique turns, pas de basques, tour jetes.

105011-01

Grades: 6th-8th
Day/Dates: Tues, Jan 12-Apr 27 (no class Mar 30)
Time: 6:00-6:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Jazz 6th-8th Advanced 1

Must have double pirouette, splits, straight and side jete. This class will build on these for more advanced leaps and turns. Must be able to quickly pick up more advanced choreography.

105011-02

Grades: 6th-8th
Day/Dates: Thurs, Jan 14-Apr 29 (no class Apr 1)
Time: 6:00-6:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Jazz 6th-8th Advanced 2

Must have solid triple pirouette, splits, straight and side jete, calypso, and axle. This class will build on these for more advanced leaps and turns. Must be able to quickly pick up more advanced choreography.

105011-03

Grades: 6th-8th
Day/Dates: Wed, Jan 13-Apr 28 (no class Mar 31)
Time: 4:00-4:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Contemporary 6th-8th Intermediate

105011-04

Grades: 6th-8th
Day/Dates: Mon, Jan 11-Apr 26 (no class Mar 29)
Time: 4:00-4:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Contemporary 6th-8th Advanced 1

Must have double pirouette and advanced flexibility. Must be able to quickly pick up more advanced choreography. Must have a clear understanding and full range of dynamics, textures, and intention within movement.

105011-05

Grades: 6th-8th
Day/Dates: Mon, Jan 11-Apr 26 (no class Mar 29)
Time: 6:00-6:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Contemporary 6th-8th Advanced 2

Must have triple pirouette, advanced flexibility, and extensions. Must be able to quickly pick up more advanced choreography. Must have a strong understanding and full range of dynamics, textures, and intention within movement.

105011-06

Grades: 6th-8th
Day/Dates: Wed, Jan 13-Apr 28 (no class Mar 31)
Time: 5:00-5:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Hip Hop 6th-8th Advanced

105011-07

Grades: 6th-8th
Day/Dates: Mon, Jan 11-Apr 26 (no class Mar 29)
Time: 5:00-5:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Hip Hop 6th-8th Advanced

Must be able to quickly pick up more advanced choreography. Must have a clear understanding of musicality and dynamics.

105011-08

Grades: 6th-8th
Day/Dates: Mon, Jan 11-Apr 26 (no class Mar 29)
Time: 7:00-7:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Tap 6th-8th Advanced

Must have mastered time-step, traveling time-step, and maxi ford. Must be working on wings, brush back combos, and flap heel turns.

105011-09

Grades: 6th-8th
Day/Dates: Mon, Jan 11-Apr 26 (no class Mar 29)
Time: 5:00-5:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Musical Theatre 6th-8th Advanced

Must be able to quickly pick up more advanced choreography. Must be able to commit fully to character portrayal and personality within movement.

105011-10

Grades: 6th-8th
Day/Dates: Thurs, Jan 14-Apr 29 (no class Apr 1)
Time: 7:00-7:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Acro 2 Intermediate

Class level will work on back & front limber, back walkover & front walkover, combining skills passes, and introduction to flip flops/aerial.

105009-07

Grades: Varies, based on skill level
Day/Dates: Wed, Jan 13-Apr 28 (no class Mar 31)
Time: 5:00-5:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Acro 3 Advanced 1

Class level will work on handspring, flip flops, round-off flip flops, aerial, handstand pirouette, and combination tumbling passes. Introduction to back tucks.

105010-13

Grades: Varies, based on skill level
Day/Dates: Wed, Jan 13-Apr 28 (no class Mar 31)
Time: 7:00-7:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Company Class 4

105011-11

Grades: 6th-7th
Day/Dates: Wed, Jan 13-Apr 28 (no class Mar 31)
Time: 6:00-6:50 pm
Fee: $212 **R** / $265 **NR** / 15 sessions

Company Class 5

105011-12

Grades: 8th
Day/Dates: Tues, Jan 12-Apr 27 (no class Mar 30)
Time: 7:00-7:50 pm
Fee: $212 **R** / $265 **NR** / 15 sessions

9th-10th Grade High School

Ballet High School Intermediate/ Advanced

105012-00
Grades: 9th-10th
Day/Dates: Tues, Jan 12- Apr 27 (no class Mar 30)
Time: 7:00-7:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Ballet High School Advanced Option 2

Must have strong and clear ballet technique from previous Ballet classes. Must have strong barre and center work. Must have triple pirouette, advanced flexibility, and proper body alignment.

105012-01
Grades: 9th-12th
Day/Dates: Thurs, Jan 14- Apr 29 (no class Apr 1)
Time: 6:00-6:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Pre-Pointe

Dancer must also be registered for a high school Ballet class.

105012-02
Grades: 9th-12th
Day/Dates: Thurs, Jan 14- Apr 29 (no class Apr 1)
Time: 7:00-7:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Jazz High School Intermediate/Advanced

105012-03
Grades: 9th-10th
Day/Dates: Mon, Jan 11- Apr 26 (no class Mar 29)
Time: 5:00-5:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Contemporary High School Intermediate/Advanced

105012-04
Grades: 9th-10th
Day/Dates: Mon, Jan 11- Apr 26 (no class Mar 29)
Time: 7:00-7:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Hip Hop High School Intermediate/ Advanced

105012-05
Grades: 9th-10th
Day/Dates: Mon, Jan 11- Apr 26 (no class Mar 29)
Time: 4:00-4:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Musical Theatre High School

105012-06
Grades: 9th -12th
Day/Dates: Thurs, Jan 14- Apr 29 (no class Apr 1)
Time: 5:00-5:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Company Class 6

105012-07
Grades: 9th-10th
Day/Dates: Tues, Jan 12- Apr 27 (no class Mar 30)
Time: 6:00-6:50 pm
Fee: $212 **R** / $265 **NR** / 15 sessions

11th-12th Grade High School

Ballet High School Advanced

105013-00
Grades: 11th-12th
Day/Dates: Wed, Jan 13- Apr 28 (no class Mar 31)
Time: 6:00-6:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Ballet High School Advanced Option 2

Must have strong and clear ballet technique from previous Ballet classes. Must have strong barre and center work. Must have triple pirouette, advanced flexibility, and proper body alignment.

105012-01
Grades: 9th-12th
Day/Dates: Thurs, Jan 14- Apr 29 (no class Apr 1)
Time: 6:00-6:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Pre-Pointe

Dancer must also be registered for a high school ballet class.

105012-02
Grades: 9th-12th
Day/Dates: Thurs, Jan 14- Apr 29 (no class Apr 1)
Time: 7:00-7:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Pointe
Dancer must also be registered for a high school Ballet class. Must have previous Pre-Pointe experience.

105013-01

Grades: 10th-12th
Day/Dates: Thurs, Jan 14- Apr 29 (no class Apr 1)
Time: 7:00-7:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Jazz High School Advanced
105013-02

Grades: 11th-12th
Day/Dates: Tues, Jan 12- Apr 27 (no class Mar 30)
Time: 6:00-6:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Contemporary High School Advanced
105013-03

Grades: 11th-12th
Day/Dates: Mon, Jan 11- Apr 26 (no class Mar 29)
Time: 7:00-7:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Hip Hop High School Advanced
105013-04

Grades: 11th-12th
Day/Dates: Mon, Jan 11- Apr 26 (no class Mar 29)
Time: 6:00-6:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Tap High School Advanced
105013-05

Grades: 11th-12th
Day/Dates: Tues, Jan 12- Apr 27 (no class Mar 30)
Time: 7:00-7:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Musical Theatre High School
105012-06

Grades: 9th-12th
Day/Dates: Thurs, Jan 14-Apr 29 (no class Apr 1)
Time: 5:00-5:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Acro 4 Advanced 2
Combination running tumbling with practice of back tuck, pike, or layout.

105013-06

Grades: 9th-12th
Day/Dates: Wed, Jan 13- Apr 28 (no class Mar 31)
Time: 8:00-8:30 pm
Fee: $110 **R** / $137.50 **NR** / 15 sessions

Company Class 7
105013-07

Grades: 11th -12th
Day/Dates: Wed, Jan 13- Apr 28 (no class Mar 31)
Time: 7:00-7:50 pm
Fee: $212 **R** / $265 **NR** / 15 sessions

Pre-Professional-NEW!
Must have previous dance experience and be enrolled in four other advanced level high school dance classes, one of which must be Ballet. This class is designed for advanced dancers who are looking to prepare for either a college dance program or the dance industry.

105013-08

Grades: 11th-12th
Day/Dates: Mon, Tues, and Thurs. Jan 11-Apr 29 (no class Mar 29, 30 & April 1)
Time: 8:00-8:30 pm
Fee: $330 **R** / $412.50 **NR** / 15 sessions @ 1.5 hours a week

Adult Classes

Adult Tap

105014-00

Ages: 18 & Up
Day/Dates: Mon, Jan 11-Apr 26 (no class Mar 29)
Time: 7:00-7:50 pm
Fee: $200 **R** / $250 **NR** / 15 sessions

Additional Dance Options

Customized Private Lessons for Dancers

Accelerate your dance training by taking private lessons in your dance style of choice. Customized hour or half hour lessons can provide your dancer with focused instruction that can assist dancers who are looking to make greater strides in ability, receive extra help with class choreography, or deepen his or her understanding of a particular style. One, three, five, or ten private lesson punch cards are available at the park district office, and sessions can be scheduled directly with teacher.

Ages: All
Days/Dates/Times: Varies-Contact Instructors
Fees:
Code: $25 **R** / $27 **NR** 30 min. per lesson
Code: $45 **R** / $47 **NR** 1 hr. per lesson -
(Purchase a 1, 3, 5, or 10 punch card at park district)

Customized Group Lessons

Looking to make your wedding more exciting and surprising for your guests? Or maybe need an idea for team-building, birthday, or bridesmaids party? Let us choreograph a routine for either a group or a couple to add that extra level of fun and surprise to your event! Customized options for this one-of-a-kind lesson are available through the Braemar Dance Center. Please contact the office to speak to the teacher or choreographer who can personalize a dance or lessons just for you!

Code:
Ages: All
Time: Varies
Fee: Contact Kari directly to schedule private lessons
Location: Mary Drew Dance Studio

Braemar Dance Center Weekly Class Schedule Winter Spring 2021

All classes are 50 minutes to allow for cleaning in-between each class unless the time has been listed below. All classes are subject to change. Please note: Auto-Debit is available for a payment plan.

Monday	Tuesday	Wednesday	Thursday	Saturday
4:00pm Contemporary 1st-2nd Jazz 3rd-5th Beg. Contemporary 6th-8th Int. Hip Hop 9th-10th Int./Adv. 5:00pm Ballet 3rd-5th Int. Hip Hop 6th-8th Adv. Tap 6th-8th Adv. Jazz 9th-10th Int./Adv. 6:00pm Contemporary 6th-8th Adv. 1 Hip Hop 11th-12th Adv. Company 2 7:00pm Hip Hop 6th-8th Adv. Contemporary 9th-10th Int./Adv. Contemporary 11th-12th Adv. Adult Tap 18 yrs and up 8:00pm Pre-Professional 11th-12th (30 min)	4:00pm Ballet 1st-2nd Company 3 3rd-5th 5:00pm Musical Theatre 3rd-5th Beg./Int. Company 1 K-2nd 6:00pm Jazz 3rd-5th Int. Company 6 9th-10th Ballet 6th-8th Adv. Jazz 11th-12th Adv. 7:00pm Tap 11th-12th Adv. Ballet 9th-10th Int/Adv Company 5 8th 8:00pm Pre-Professional 11th-12th (30 min)	4:00pm Preschool- K Acro Tap 1st-2nd Contemporary 3rd-5th Beg. Jazz 6th-8th Adv. 2 5:00pm Jazz 1st-2nd Acro 2 Intermediate Based on skills, not grade Ballet 6th-8th Int. Contemporary 6th-8th Adv. 2 6:00pm Acro 1 Beginner Based on skills, not grade Company 4 6th-7th Ballet 11th-12th Adv. 7:00pm Acro 3 Advanced 1 Based on skills, not grade Company 7 11th-12th 8:00pm Acro 4 Advanced 2 9th-12th (30min)	4:00pm Musical Theater 1st-2nd Contemporary 3rd-5th Int. Hip Hop 3rd-5th Beg. 5:00pm Hip Hop 1st-2nd Hip Hop 3rd-5th Int. Musical Theatre 9th-12th 6:00pm Tap 3rd-5th Int. Jazz 6th-8th Adv. 1 Ballet 9th-12th Adv. (option 2) 7:00pm Musical Theatre 6th-8th Adv. Pre-Pointe 9th-12th Pointe 10th-12th (Must have taken Pre-Prointe) 8:00pm Pre-Professional 11th-12th (30 min)	9:00am Preschool Ballet 3/ 4 yr olds 10:00am Ballet/Tap Kindergarten 11:00am Hip Hop/Jazz Kindergarten Classes will be assigned studio letters the first day of classes.

Step Aerobics

Push your limits by adjusting your step board height with the option of adding or taking away risers. This fun and challenging workout is designed to tone the body, work on cardio by bringing that heartrate up and safely back down. **This class can also be done without a stepboard for a low impact workout.*

107009-00

Day/Dates: Mon, Dec 21-Jan 4
Ages: 18 & Up
Time: 6:30-7:30 pm
Fee: $26 **R** / $31.50 **NR** / 3 sessions
Location: Zoom (Link will be e-mailed)

Photo 1

This introductory course in 35mm photography utilizing traditional film or digital SLR is designed for users who want to expand their camera knowledge. Topics include proper exposure, action photos, depth of field, close-up flower photo, methods of focus, camera parts, use of flash, proper maintenance, film speeds, and selection of lens. *Note: Participants must bring film and 35mm camera that will work in manual mode or digital SLR (removable lens).*

110143-02

Ages: 18 & Up
Day/Dates: Wed, Jan 20-Feb 17
Time: 7:00-8:30 pm
Fee: $65 **R** / $70 **NR** / 4 sessions
Location: Zoom platform

Social Ballroom Dance Beginner Level

Grab your partner and put on your dancing shoes! In no time at all you'll learn the basic steps of the waltz, foxtrot, rumba, and jitterbug. This class emphasizes fun, ease of movement, and music recognition. This class is a great way to get ready for all those upcoming events, such as weddings, reunions, and parties. Our instructor combines the joy of movement with the romance of ballroom dancing. Instruction will be taught in a friendly and relaxed atmosphere. Please register with a partner.

Ages: 18 & Up
Time: 8:00-8:55 pm
Fee: $40 **R** / $45 **NR** / 4 sessions
Location: Frankfort Founders Center
140 Oak Street

11042-00 Day/Dates: Thurs, Jan 21 - Feb 11
11042-01 Day/Dates: Thurs, Feb 25 - March 18

More Then You Ever Wanted To Know About Bluebirds-NEW!

Have you ever wanted to attract eastern bluebirds to your yard? We have them here in Frankfort and you will learn how to make their special house, where it should be placed and how to "monitor" your bluebird house. You'll receive plans for several styles of houses and important literature to help you understand the other birds in your yard.

110147-00

Day/Date: Sat, Feb 20
Ages: 18 & Up
Time: 10:30-11:30 am
Fee: $5 **R** / $5 **NR**
Location: Frankfort Founders Center
140 Oak Street

Adobe Photoshop Elements-NEW!

You will explore in depth photo editing techniques. The following topics will be covered: color correction, brightness and contrast, replacing one part of the image with another, blurring an area of the photo which is in focus already, correcting for improper white balance, and sharpening a blurred photo. Participants need a laptop computer for this class.

107012-00

Ages: 18 & Up
Day/Dates: Wed, Feb 24 – Mar 24
Time: 7:00-8:00 pm
Fee: $65 **R** / $70 **NR** / 5 sessions
Location: Zoom platform

Adult CPR & First Aid-NEW!

The American Red Cross Adult CPR with First Aid course will help participants recognize and respond appropriately to cardiac, breathing, and first aid emergencies with hands-on activities designed to reinforce learning and equip participants with knowledge on how to provide immediate care to a suddenly ill or injured person until more advanced medical help arrives and takes over. Successful completion provides an American Red Cross certificate valid for 2 years from the date of issuance. All materials reflect 2015 ECC (Emergency Cardiovascular Care), American Heart, and American Red Cross guidelines.

107013-00

Ages: 18 & up
Day/Date: Sat, Feb 27
Time: 9:00 am-1:00 pm
Fee: $58 **R** / $63 **NR**
Location: Frankfort Founders Center
140 Oak Street

Rain Garden Program-NEW!

Rain gardens are one way to trap rain and allow it to be absorbed by plants and slowly return it to the ground. Too much of our precious water is currently being swept away in the storm sewer system, and flushed into our rivers, carrying with it dirt and pollutants. Adding a rain garden to your yard will also help beautify your landscape and helps turn low, wet areas into functioning gardens. The plantings will create great habitat for birds and butterflies too! In this program, you will learn about rain gardens, how to create one in your yard, and how The Conservation Foundation staff can help you with your yard problems! All attendees will receive a native plant guide.

110148-00

Ages: 18 & Up
Day/Date: Sat, Mar 20
Time: 10:00-11:00 am
Fee: FREE (must pre-register)
Location: Frankfort Founders Center
140 Oak Street

Social Ballroom Dance Advanced Level

Grab your partner and put on your dancing shoes! In no time at all you'll learn the basic steps of the waltz, foxtrot, rumba, and jitterbug. This class emphasizes fun, ease of movement, and music recognition. This class is a great way to get ready for all those upcoming events, such as weddings, reunions, and parties. Our instructor combines the joy of movement with the romance of ballroom dancing. Instruction will be taught in a friendly and relaxed atmosphere. Please register with a partner.

Ages: 18 & Up
Time: 7:00-7:55 pm
Fee: $40 **R** / $45 **NR** / 4 sessions
Location: Frankfort Founders Center
140 Oak Street
110139-00 Day/Dates: Thurs, Jan 21 - Feb 11
110139-01 Day/Dates: Thurs, Feb 25 - March 18

Upholstery Class

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.

Ages: 18 & Up
Fee: $160 **R** / $165 **NR** / 8 sessions
Location: Lincoln-Way North Wood Shop
Please enter through the back by door #28.
110140-00 Day/Dates: Tues, Jan 26-Mar 23
(no class Mar 16)
Time: 11:00 am-2:00 pm
110140-01 Day/Dates: Wed, Jan 27-Mar 24
(no class Mar 17)
Time: 6:15-9:15 pm

Self-Corded Cushion Making Class

Have a chair cushion, outdoor cushion, or couch cushion that needs to be recovered but you don't know where to start? Learn how to make a customized cushion to replace those worn out cushions or update an out of style cushion. You will learn how to make a self-corded box cushion in this class.

107103-02

Ages: 18 & Up
Day/Dates: Wed, Apr 7 & 14
Time: 7:00-9:00 pm
Fee: $60 **R** / $65 **NR** / 2 sessions
Location: Lincoln-Way North Wood Shop
Please enter through the back by door #28.

Information Pending. Check back Soon.

Square Links

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

Square Links, a 1,749 yard, par 32 course owned by the Frankfort Square Park District is open daily all year as long as the weather is 40 degrees or warmer. Golf is available on a first come, first served basis and should be booked online through our website www.fspd.org. The driving range covers over 400,000 square feet and includes both manicured grass tees and synthetic stations and is open from April through November. Also featured is an 18-hole natural grass putting course and a practice sand bunker.

TopTracer delivers the same ball-tracking technology that traces the shots of the games best players on TV. Driving ranges equipped with Toptracer Range technology offer a fun, engaging, tech-driven experience that appeals to seasoned players, range rivals, friends, family members, and even first-time golfers.

- Practice Like the Pros-Toptracer Range Mobile sends shot traces and detailed data directly to your phone. Hit a shot and get instant stats like ball speed, launch angle, carry, curve, and more. The app then stores all that data so you can track progress and measure improvement.
- Get the App-How to download and set up Toptracer Range App on your mobile device.
- Toptracer Range Game Guide-Spice up your practice session with these skilled bases games on the App.
- Go to our website to learn more www.fspd.org

Group Lessons

Youth/Junior and Teen/Adult group lessons are offered at Square Links Golf Course. See our summer brochure issued in mid-March, or call the golf course after April 1 for details about spring lessons. Spring lessons begin in mid to late April.

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. For participants ages 11 or 12, preparation for, and one opportunity to take the "Junior Masters" test is included in this program. Completing this class does not guarantee a passing score on the test. Please bring the following to the first class: a wood, a mid-iron (e.g. 5-iron), and a putter.

Price: $42 / 4 sessions

Teen/Adult Golf Lessons (Ages 14 and Older)

Bring your game to par this spring! This program will emphasize the fundamentals of grip, stance, alignment, and swing techniques. Please bring your golf clubs to each class. In addition to the lessons open to all teens/adults, we offer separate lessons for ladies and couples (spouses, friends, and family members ages 14 and over), with a reduced rate for couples.

Price: $75 / 4 sessions
$130 / Couple

TOPTRACER RANGE™

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. Contact Ken directly at (708) 567-3667 to schedule private lessons.

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 be notified when chemical applications will be done, please contact the park office at (815) 469-3524

Super Bowl Sunday Golf

Bring your friends and family to Square Links Golf Course to enjoy a round of golf before the big game! Rain, snow, sleet, or hail, we will be open to anyone who wants to brave the elements.

NOTE: Walking only, riding carts will not be available.

Day/Date: TBD based on sports schedule
Time: 9:00 am-2:00 pm
Fee: $5
Location: Square Links Golf Course

Information Pending. Check back Soon.

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 sent to alarm horns and strobe lights located at the Community Center, Summit Hill Jr. High, Lincoln-Way North, 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. 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.

Boy Scouts of America
Boy Scout Troop 237
Scouts, BSA Ages 11-18

A leadership program that is designed to challenge and inspire it's members.
With our advancement and merit badge opportunities youth have the opportunity to grow and explore, via camping, hiking, and service projects.
https://www.facebook.com/scoutsbsaFS

For Boys: Troop 237
Contact Earl Bonovich at 708-638-2195 or earl.bonovich@tkdtrio.com

For Girls: Troop 732 Contact Dave Geekie at 708-902-2295 or dgeekie63@gmail.com

Cub Pack 237, Grades: K - 5th
Contacts: Chris Thomsen (312) 446-2163
Tim Peracke (312) 550-8183

Cub Pack 101, Grades K - 5th
Cub Scout Pack 101 is a Family Pack that welcomes boys and girls in kindergarten through 5th grade to join at any time during the year. Our Pack offers a fun and exciting Cub Scout program that includes events such as the annual Pinewood Derby, and also provides camping and hiking opportunities. Visit us on Facebook - www.facebook.com/FSPack101/ - to learn more, or look us up at www.beascout.org to apply. For more information, contact membership chair Justin Pariseau at (708) 921-3083 or justinapariseau@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.com

Arbury Hills - Amy Nordsell (630) 661-1001
Daisy (K-1st) - Amy Nordsell (630) 661-1001
Frankfort Square - Amy Nordsell (630) 661-1001
Indian Trail - Amy Nordsell (630) 661-1001
Rogus - Amy Nordsell (630) 661-1001
Hilda Walker - Amy Nordsell (630) 661-1001
Summit Hill - Pat Huntoon (708) 651-1389
Lincoln-Way School District 210 - Pat Huntoon (708) 651-1389

Union Creek Skate Park

Hours: Dawn to dusk

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.

WINTER FUN - ICE SKATING RINK AND SLEDDING HILL

The Frankfort Square Park District provides a lighted rink for ice skating at Champions Park. **These facilities are UNSUPERVISED and users are voluntarily participating at their own risk.** Users should thoroughly inspect the ice before skating. Please be aware of constantly changing ice conditions. Skating conditions can vary hourly depending on temperature and sunlight. Extreme caution should always be used when enjoying this facility.

The Champions Park ice rink is located on the north side of the concession stand. The park staff does its best to maintain this facility, but it is always advisable to bring your own shovel.

Union Creek Park is home to a lighted sledding hill, adjacent to the in-line hockey rink. Users of both facilities can also enjoy the natural wood burning fireplace underneath the picnic shelter only a few feet away. Use of the fireplace is by permit only. Call the park office for further information.

At dusk, the lights are turned-on at each of these three facilities when conditions are favorable for use. Daily hours are 8:00 am – 10:00 pm.

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 district 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.

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

Community Park Gardens - FREE!

Elevated community gardens are available at Community Park, located at the corner of St. Francis and Frankfort Square Roads. Residents are FREE and $30 for Non-Residents. Interested individuals should contact the Park District office at (815) 469-3524.

Brookside Bayou Park – FREE!

Garden plots located at 191st and Brookside Glen Drive Residents are FREE and $30 for Non-Residents. Interested individuals should contact the Park District office at (815) 469-3524.

Frankfort Square Baseball League (FSBL)

FSBL is an all-volunteer baseball organization that seeks to instill ideals of good sportsmanship, teamwork, honesty, courage, and leadership in every player at every age level. Online registration for the spring 2021 season opens in late November. The season is expected to begin in April. We offer t-ball through collegiate divisions and travel baseball.
Please visit us on the web at fsbl.net or like us on Facebook at facebook.com\thefsbl to stay informed regarding all league activities.

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 and Early Childhood Camp, 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 do not retain copies of birth certificates.

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.

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, website, and social media. 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.

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. 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 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 $25.00 fee will be assessed for any returned check and any future registrations will need to be paid in cash.

Resident Status

Please call the park office to see if you are a resident and within Park District boundaries.

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. 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.)
6. 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.

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.

Walking Trail and 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 Subdivision Trail and Lighthouse Pointe Subdivision Trail 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

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.

Trail Rules

Trails are open from dawn to dusk. Motorized vehicles are not allowed on any park district or township trails. Pets must be leashed and pet cleanup is required.

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, wildlife 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.

Programming continues to look different but we are all in this together.