

Frankfort Square Park District

Fall 2023

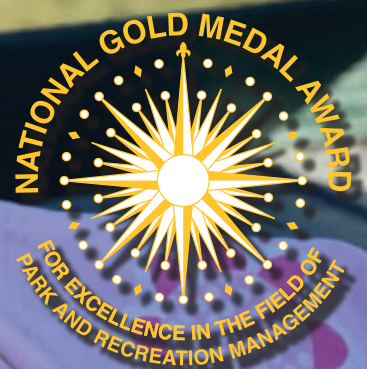


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Park Board Meetings

Day/Date:	Third Thursday of each month
Time:	7:00 pm
Location:	Park District Administration Building 7540 W. Braemar Lane, Frankfort

Administrative Staff

Audrey Marcquenski, Executive Director
Linda Mitchell, Assistant to the Executive Director
Nicolette Jerik, Superintendent of Office Administration and Technology
Julie Hein, Front Office Supervisor
Irene Gama, Receptionist
Lisa Foshinbaur, Receptionist
Lauri Schutzius, Receptionist
Loraine Torres, Receptionist
Arliss Bouton, Safety Coordinator
Susan Baker, Bookkeeper

Recreation Staff

John Keenan, Superintendent of Recreation
Erin Kertson, Recreation Supervisor
Dan Coughlin, Athletic Supervisor

Maintenance Staff

Ed Reidy, Superintendent of Parks
Marlon Medina, Assistant Superintendent of Parks

Park Board of Commissioners

Ken Blackburn, President
Dave Macek, Vice President
Craig Maksymiak, Treasurer
Phil Cherry, Commissioner
Frank Florentine, Commissioner
Denis Moore, Commissioner
Ryan Holley, Commissioner

Join Our Team!

Currently accepting applications
for the following positions:

BAS (Before & After School)
F.A.N. Program



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	9:00 am-7:00 pm
Tuesday, Thursday, Friday	9:00 am-4:00 pm
Wednesday	9:00 am-Noon

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.

**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.



Fall 2023 Registration

Resident online registration begins Monday, August 21, 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.

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, Aug 21, 2023 at 9:00 am.

Non-Resident Registration
Begins Thursday, Aug 24, 2023 at 9:00 am.

The Frankfort Square Park District program waiver and release is located on page 25. For complete registration information, please see page 24.

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

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 business hours.

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 \$145,000 in \$1,000 individual awards to 145 students, thanks to area businesses, local organizations, and participants that support the Park District's fundraising efforts during the annual \$5 Day of Golf, held at Square Links Golf Course & Practice Center in the fall.

2023 College Scholarship Recipients

The achievements of the 2023 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: Maddalyn Alford, Jacob Coulson, Katherine Ehmen, Sabriah Faber, Victoria Lucarelli, and Brooklyn Mortell.

Dear Frankfort Square Park District Residents:

What a wonderful summer it has been! We've enjoyed hosting some of our largest crowds at the Summer Concerts in the Park and Local Showcase Community Concerts. Many thanks to everyone who enjoyed the music at the beautiful lakeside location and thanks also to our talented performers! We also welcomed the newest addition to our friendly and amazing Front Office staff, Irene Gama, who brings a great deal of office experience and is a great fit with the FSPD team.

Speaking of talented staff and performers, as I write this, a group of our BDC dancers are participating in a National dance competition in Pigeon Forge, Tennessee for the very first time. What an amazing experience for the dancers, instructors, and their families. While they were already winning awards on the first day of competition, I congratulate them for challenging themselves with this opportunity and hope they thoroughly enjoyed the experience.

We are also looking forward to another first as we say bon voyage to our first ever Park District group heading out of the country to enjoy the breathtaking views of Niagara Falls from Ontario, Canada. We also wish the group a Happy Oktoberfest as they will also experience this second largest celebration of its kind – Festhallen in Kitchener, Ontario.

Fall is my favorite time of the year and staff are preparing to welcome back our Early Learning Center (ELC) preschoolers. This longest running Park District program continues to grow, and we are excited to offer additional classes and opportunities this year so more can share in the fun, friendships, and learning experience ELC provides to our some of our youngest program participants!

Staff are finalizing an Illinois Department of Natural Resources (IDNR) Open Space Lands Acquisition and Development (OSLAD) grant application for the proposed redevelopment of one of the FSPD's oldest parks, Hunter Prairie Park, located on North Avenue, adjacent to Summit Hill Junior High School. This park was initially developed as part of a successful grant opportunity in 1980, shortly after residents formed the Frankfort Square Park District in 1974. 40+ years later, we look to begin the park's next chapter and hope the State of Illinois continues to support our efforts with another grant opportunity!

Thank you to the many residents who shared their input via our two public meetings or by contacting the Park District directly via phone or email, or by sending letters of support to help strengthen our application. We enjoyed the process, especially when some of our younger residents shared their design skills and wishes for playground features that were able to be incorporated into the plan.

If approved, this project would include the following amenities:

- Community garden plots with garden shed.
- Upgrading existing picnic shelter with eco-friendly green roof panels.
- Revitalized tennis courts and ballfield.
- Accessible creative play area for ages 2-12.
- Rain garden (bioretention facility) creating habitat for butterflies and songbirds.
- Native Illinois shade trees and interpretive signage.
- Asphalt path connecting to adjacent residential neighborhoods with interactive surface markings for young children and their families.

Thank you for your support through the process and please keep your fingers crossed that the IDNR shares in our vision and approves the project for funding. Our Park District is successful because of the support of its residents and that is demonstrated in over \$4 million in grant awards over the years.

Happy Fall!

Audrey Marcquenski
Executive Director



Early Learning Center-Preschool 2023-2024 School Year

Registration is currently full for both 3- & 4- year old preschool morning classes, but we highly encourage you to be added to the waitlist as an opening may occur.

Installment bill dates are the 20th of every month September-April.

Note: All participants must be toilet trained and ready for the preschool setting. Birth certificates will be asked to be provided before the start of the school year.

3-Year-Old Preschool Program

The emphasis for our 3 year 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, shape, number, and letter recognition along with learning to write our names. Finally, we will focus on many things, people, and places in the world around us as we learn and grow.

Age: 3 years old on or before Sept 1, 2023
 Days/Dates: Tues & Thurs, Sept 2023-May 2024
 Time: 9:15-11:15 am-Full
 12:15-2:15 pm-Open
 Fee: \$900 R / \$1,125 NR
 Location: Park District Administration Building



4-Year-Old Preschool Program

Our 4 year old program will focus on preparing students for kindergarten in a socially-based preschool setting. We will work on number and letter recognition, as well as pre-reading skills such as rhyming and letter sounds. Mathematical skills such as sorting, sequencing, counting, recognizing numbers, and comparing numbers/quantities will be introduced. Finally, we will discuss and explore seasons, holidays, and weather. Through learning centers, songs, movement activities, craft projects, science experiments, and hands-on activities, your child will have fun while learning in a comfortable atmosphere.

Age: 4 years old on or before Sept 1, 2023
 Days/Dates: Mon, Wed, Fri, Sept 2023-May 2024
 Time: 9:00-11:30 am-Full
 12:00-2:30 pm-Open
 Fee: \$1,590 R / \$1,987.50 NR
 Location: Park District Administration Building



Before and After School Program (BAS)

The Before and After School (BAS) program provides students of Summit Hill School District 161, in grades kindergarten through six, 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.

Students have access to a full size gymnasium for games and active play, along with a full playground. A baseball field, pickle ball courts and a playground 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 the specific days may be completed by the parent/guardian, either online or at the park district office. **Each participant must be registered by Wednesday at noon, ten days prior to the week needed, to allow for staffing and roster completion.**

Open to the following schools: Arbury Hills, Indian Trail, Frankfort Square, Julian Rogus, and Hilda Walker. Lincoln-Way 210 school buses will transport child(ren) from their school to Mary Drew.

Snow day info: Care will also be offered on days that Summit Hill School District 161 closes for snow or other weather related emergencies. All BAS participants already registered for that day are welcome to attend at no additional charge. Care will be provided from 6:30 am-6:30 pm.

Grades: K-6th
Dates: August 23-June 7
Location: Mary Drew

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

BAS registration in this program is available only to students of Summit Hill School District 161.

Fees 2023-2024 school year:

990026-05 Before School: \$14 per day per child
990027-05 After School: \$16 per day per child

Escapades

Days off from school can be inconvenient and boring...or they can be exciting and adventurous with day off school Escapades! There will be plenty of games, crafts, activities, and field trips each day to ensure plenty of fun and entertainment for your little ones. Please send your children with a sack lunch, a water bottle, and tennis shoes. Students are required to wear an Escapades t-shirt each day. Escapade t-shirts can be purchased and picked up at the main office for \$15/per shirt. *A minimum of 8 participants must be met in order for Escapades to run.*

990029-05

Grades: K-6th
Time: 6:30 am-6:30 pm
Fee: \$60 per Escapade. Price includes field trip and travel.
Location: Mary Drew

Back to School Backyard Games-Each day will consist of plenty of activities played outside such as a water balloon toss, egg on a spoon, bucket brigade, and much more!

Mon, Aug 21 Enchanted Castle
Tues, Aug 22 Palos Heights Pool

Halloween Spirit-On Friday we will be painting mini pumpkins and on Monday we will be painting gourds.
Mon, Oct 9

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

Mon, Nov 20
Tues, Nov 21
Wed, Nov 22

Holiday Fun- Continue the holiday spirit by playing holiday trivia, watching holiday movies, and making holiday crafts!

Wed, Dec 27
Thurs, Dec 28
Fri, Dec 29

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

All information will be sent through the Remind app.



Polar Express

We will read the Polar Express story on the train while the conductor punches your ticket. Cookies and a beverage will be served. When the train reaches the North Pole (Joliet), Santa joins the group. All children will go home with a train whistle and silver bell. Bring your camera! Event is only open to Frankfort Square Residents. **Beginning Monday, October 2 through Friday, October 13. Polar Express registration forms will be accepted at the Park District Administration Building front desk. All forms are due by Friday, October 13 at 4:00pm. The Polar Express registration form will be available on our website beginning Monday, October 2. All registration forms must be returned in person. A lottery registration will be chosen. You will be notified the week of October 16 and all forms will be processed. All sales are final. Limit 6 tickets per household. Tickets must be purchased for everyone including infants. Tickets will be handed out the day of the event. A letter will be available online with additional details on what to expect at the event.**

Ages: All

Day/Date: Sat, Nov 18

Fee: \$20 R

50008-01 11:18 am depart Tinley 80th Ave Train Station

50008-02 1:18 pm depart Tinley 80th Ave Train Station

Santa's Craft Corner

It's that time, Christmas is here! Come on out and get in the holiday spirit at this memorable event. We will eat cupcakes, create a craft, 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.**

301171-01

Ages: All (Children under the age of 10 must be accompanied by an older sibling or adult age 18 or older.)

Day/Dates: Fri, Dec 8

Time: 6:30-7:30 pm

Fee: \$20 R / \$25 NR

Location: Mary Drew Gym

Letters from Santa

Parents & Guardians: Surprise your child(ren) by getting mail from Santa! Stop by the Park District Administration Building to pick up the questionnaire. Fill out the form and return it to the main office to pay the fee. Forms will be available Monday, November 6. The deadline to turn in the questionnaire is Friday, December 8 at 4:00pm, so Santa has plenty of time to reply during his busiest time of the year. Don't forget to include your address so Santa can write back!

301170-00

Fee: \$12 R / \$15 NR / per letter



Preschool Prep

Join us for an hour of fun! Activities will help promote language, positive social interaction, and large and small motor development through the use of age-appropriate materials and equipment. The philosophy is play based and each class will include coloring and / or painting, play, storytime and snack. Each student will have a supply kit made for all craft supplies used. Please bring your own water bottle.

Ages: 2 ½-3
 Time: 10:00-11:00 am
301052-00 Tues & Thurs, Sept 12-Oct 26
301052-01 Tues & Thurs, Oct 31-Dec 21
 (no class Nov 21 or 23)
 Fee: \$135 **R** / \$168.75 **NR** / 14 sessions
 Location: Park District Administration Building

Character Creation Drawing

In this class our artists will learn the basics of cartooning and create their own characters! During each class 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.

304021-04
 Grades: K-6th
 Day/Dates: Tues, Sept 19-Oct 10
 Time: 5:30-6:30 pm
 Fee: \$45 **R** / \$56.25 **NR** / 4 sessions
 Location: Mary Drew Room 104

Kid's 3-D Art

Students will work on creating 3-dimensional art and will create small sculptures, mobiles, and visual art that will pop out at them! A wide range of materials will be used for student to manipulate into their own designs.

204005-02
 Grades: K-6th
 Day/Dates: Thurs, Sept 21-Oct 12
 Time: 5:30-6:30 pm
 Fee: \$40 **R** / \$50 **NR** / 4 sessions
 Location: Mary Drew Room 104

Private Piano Lessons

Learn or advance your piano skills by taking private piano lessons. One-hour and half hour lessons available. Purchase at the park district offices.

Ages: All
 Day/Date: Varies. Contact instructor.
 Fee: \$25 **R** / \$27 **NR** half hour
 \$50 **R** / \$62.50 **NR** 1 hour
 Location: Park District Administration Building

Halloween Pumpkin Face Cookie Decorating

Participant will be given 6 plain cookies to decorate. They will then be provided with their own container of orange frosting and separated bags of candy to make spooky Halloween pumpkin faces. All ingredients are peanut and tree nut free.

300024-00
 Ages: 4-10
 Day/Date: Mon, Oct 16
 Time: 4:30-5:15 pm
 Fee: \$14 **R** / \$17.50 **NR**
 Location: Mary Drew Room 104

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. All art supplies will be provided.

304003-04
 Grades: K-6th
 Day/Dates: Thurs, Oct 19-Nov 16
 (no class Oct 26)
 Time: 5:30-6:30 pm
 Fee: \$40 **R** / \$50 **NR** / 4 sessions
 Location: Mary Drew Room 104

Dino-Riffic Fun

Calling all Paleontologists! Our little dinosaurs will dive into the fascinating world of reptiles that lived long ago. They will do a craft, create their own fossil to "oven bake" at home, and share fun stories.

300026-00
 Ages: 4-10
 Day/Date: Mon, Nov 6
 Time: 4:30-5:30 pm
 Fee: \$23 **R** / \$29 **NR**
 Location: Mary Drew Room 104

Create Your Own Gingerbread House

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. All gingerbread houses will already be put together. Milk and cookies will be provided.

300020-03
 Ages: 4-10 with an adult
 Day/Date: Thurs, Dec 7
 Time: 4:30-5:30 pm
 Fee: \$23 **R** / \$29 **NR**
 Location: Mary Drew Room 104

Crayola Artist's Passport

Embark on an around-the-world cultural adventure. Explore far-off places and learn about the people who live there, from the Americas to Polynesia, from the cosmopolitan to the countryside. Experiment with Crayola products, while trying art techniques such as calligraphy, sculpting and patterning developed by local artists and artisans. Make different masterpieces each week such as drums, masks, canvases, prints, buses and more! Bring the unique creations home and build a globally-inspired art gallery.

204005-03

Ages: 5-12
 Day/Dates: Tues, Sept 19-Nov 14
 (no class Oct 31)
 Time: 4:30-5:30 pm
 Fee: \$170 **R** / \$175 **NR** / 8 sessions
 Location: Frankfort Founders Center
 140 Oak Street

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 finger plays), 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: Walking-3 (with adult)
 Time: 10:30-11:15 am
301051-02 Tues, Sept 19-Oct 17
 Fee: \$45 **R** / \$50 **NR** / 5 sessions
301051-03 Tues, Nov 7-Dec 6
 Fee: \$45 **R** / \$50 **NR** / 5 sessions
 Location: Frankfort Founders Center
 140 Oak Street



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! Finger plays, rhymes and rhythm movements, hoops and parachutes are also included.

Ages: 2-3 (with parent)
 Time: 9:30-10:15 am
301060-02 Tues, Sept 19-Oct 17
 Fee: \$45 **R** / \$50 **NR** / 5 sessions
301060-03 Tues, Nov 7-Dec 5
 Fee: \$45 **R** / \$50 **NR** / 5 sessions
 Location: Frankfort Founders Center
 140 Oak Street

Social Ballroom Dance

Grab your partner and put on your dancing shoes! In no time at all you'll learn the basic steps of the waltz, fox-trot, 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.

307006-00
 Ages: 18 & Up
 Day/Dates: Thurs, Sept 21-Oct 12
 Time: 7:00-8:00 pm
 Fee: \$42 **R** / \$47 **NR** / 4 sessions
 Location: Frankfort Founders Center
 140 Oak Street

Babysitter Training

This is a two day class which 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 to 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 participant workbook and other training supplies as well as an American Red Cross Babysitters Training Certificate. Attendance is required for the entire two days to receive certificate. Any exceptions need to be approved in advance by the instructor.

Ages: 11-15
304019-01 Mon, Oct 16 & Wed, Oct 18
304019-02 Mon, Dec 4 & Wed, Dec 16
 Time: 4:30-8:00 pm
 Fee: \$80 **R** / \$85 **NR**
 Location: Frankfort Founders Center
 140 Oak Street

Night Photography

Join me to learn how to shoot amazing night photos by controlling exposure and light. We will discuss camera settings, how and when to use the settings. Discuss types of camera gear for night photos and using a shutter release remote to shoot long exposures. Learn how to shoot at night so you won't have to edit the photos or can learn how to enhance your night photos.

307013-00

Ages: 18 & Up
Day/Date: Fri, Oct 23 & Fri, Oct 30
Time: 6:00-8:00 pm
Fee: \$90 R / \$95 NR
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: 5:00-5:55 pm

304120-03 Tues, Oct 24

304120-04 Thurs, Nov 30

Fee: \$22 R / \$27 NR
Location: Frankfort Founders Center
140 Oak Street

Swing Dance

Swing Dance remains one of the most popular dance styles in modern dance clubs. Dance to the big bands, the Beach Boys, Lady Gaga and more! You will learn the single time swing (jitterbug) and the triple time swing. The basic dance steps of each style are relatively easy to learn. As you gain more confidence you can layer on different moves as the mood and the song rhythm strikes you. Couples are recommended but not necessary. Singles are not guaranteed a partner. Please wear comfortable clothing and shoes.

307006-05

Ages: 18 & Up
Day/Dates: Thurs, Oct 26-Nov 16
Time: 7:00-8:00 pm
Fee: \$40 R / \$50 NR per person
Location: Frankfort Founders Center
140 Oak St.



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.

304007-02

Ages: 6-10
Day/Date: Mon, Nov 6
Time: 4:30-6:00 pm
Fee: \$40 R / \$45 NR
Location: Frankfort Founders Center
140 Oak Street

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.

304013-00

Ages: 6-10
Day/Date: Mon, Nov 6
Time: 6:30-8:00 pm
Fee: \$40 R / \$45 NR
Location: Frankfort Founders Center
140 Oak Street

Learn Adobe Elements for Beginners

Do you want to learn how to improve your images once you download to the computer? Do you need help starting the downloading first? You will learn the different edit modes to make editing faster and simpler. But what if you want to dive into editing your photos even more? For example, making the photo part black and white, or blurring a background of the photo that just did not blur that much. This is the class for you! Join us to learn all the different ways to edit your photos and improve them or get really creative with the photo! **Note: Participants will need their own computer with Adobe Photoshop Elements installed.**

307013-01

Ages: 18 & Up
Day/Date: Wed, Nov 29-Dec 13
Time: 6:00-8:00 pm
Fee: \$90 R / \$95 NR
Location: Frankfort Founders Center
140 Oak Street

West Coast Swing for Beginners- NEW!

Enjoy the stylish, sophisticated dance of West Coast Swing. It is danced in a slow to moderate tempo blues, R & B, and contemporary music. It is the smoother version of the swing dance family. We will be focused on basic patterns, lead/follow, and timing.

307013-02

Ages: 18 & Up
Day/Dates: Thurs, Nov 30-Dec 14
Time: 7:00-8:00 pm
Fee: \$34 R / \$39 NR / 4 sessions
Location: Frankfort Founders Center
140 Oak Street

R.E.C.E.S.S.

Remember when recess used to be fun? Come join us for adult R.E.C.E.S.S.

R. Resist-a-ball

E. Education

C. Core Strengthening

E. Exercising

S. Strength Training

S. Stretching

Bring a towel, 2lb hand weights and get ready for some fun while working out with a yoga ball.

****Balls will be provided****

Ages: 16 & Up

Time: 5:45-6:45 pm

307010-00 Tues, Sept 12-Oct 17

307010-02 Tues, Oct 24-Dec 5
(no class Nov 21)

Fee: \$35 R / \$44 NR / 6 sessions

Location: Lincoln-Way North Dance Studio
(use the Fieldhouse Entrance)

Zumba

Looking to strengthen and tone your core, legs, arms, and glutes? Step right up. You won't believe the progress you make while having so much fun. The dance cardio fitness program has found a way to combine Latin American dance moves with classic bodyweight exercises to deliver a workout that, at times, feels a little like a party. The fact that this class is set to an upbeat soundtrack certainly doesn't hurt.

Ages: 16 & Up

Time: 6:00-7:00 pm

307010-03 Mon, Sept 11-Oct 23

307010-04 Thurs, Sept 14-Oct 26

307010-05 Mon, Oct 30-Dec 18
(no class Nov 20)

307010-06 Thurs, Nov 2-Dec 21
(no class Nov 23)

Fee: \$45 R / \$56.25 NR / 7 sessions

Location: Lincoln-Way North Dance Studio
(use the Fieldhouse Entrance)



Chair Yoga

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.

Please bring a water bottle to each class.

Ages: 16 & Up

Time: 6:30-7:30 pm

307011-01 Wed, Sept 13-Oct 18

307011-02 Wed, Oct 25-Dec 6
(no class Nov 22)

Fee: \$35 R / \$44 NR / 6 sessions

Location: Lincoln-Way North Dance Studio
(use the Fieldhouse Entrance)

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 water bottle, mat, and towel to class.**

Ages: 16 & Up

Time: 7:00-8:00 pm

307201-03 Tues, Sept 12-Oct 17

307201-04 Tues, Oct 24-Dec 5
(no class Nov 21)

Fee: \$35 R / \$44 NR / 6 sessions

Location: Lincoln-Way North Dance Studio
(use the Fieldhouse Entrance)

Youth Yoga

Yoga helps kids build strength and improve their posture, balance, flexibility, and coordination. Yoga helps teach children how to relax and destress, which can also help with better focus, attention span, and sleep patterns. **Please bring a water bottle, mat, and towel to class.**

Ages: 10-15

Time: 5:30-6:20 pm

307011-01 Wed, Sept 13-Oct 18

307011-02 Wed, Oct 25-Dec 6
(no class Nov 22)

Fee: \$35 R / \$44 NR / 6 sessions

Location: Lincoln-Way North Dance Studio
(use the Fieldhouse Entrance)



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
307102-00 Tues, Sept 26-Nov 7
 Time: 11:00 am-2:00 pm
307102-01 Wed, Sept 27-Nov 8
 Time: 6:15-9:15 pm
 Fee: \$160 R / \$165 NR / 8 sessions
 Location: Lincoln-Way North Wood Shop
 Please use Field House Entrance

Print and Pour

Create botanical artwork with step-by-step instructions from an experienced instructor. Fee includes one drink from that bar; additional drinks may be purchased. All levels are welcome!

307013-03
 Age: 21 & Up
 Day/Date: Mon, Aug 28
 Time: 7:00-8:30 pm
 Fee: \$40 R / \$50 NR
 Location: Square Links Golf Course Club House

Fall/Halloween Sign Making-NEW

Create your own fall/Halloween themed decor with step-by-step directions from an instructor while enjoying a drink from the bar at Square Links Golf Course. All levels welcome to register for this fun class! Fee includes one drink from the bar. Additional drinks may be purchased.

307013-04
 Age: 21 & Up
 Day/Date: Mon, Oct 2
 Time: 7:00-8:30 pm
 Fee: \$60 R / \$75 NR
 Location: Square Links Golf Course Club House

Halloween Paint and Pour-NEW

Bring out your inner artist! Paint on canvas with step-by-step directions from an instructor while enjoying a drink from the bar at Square Links Golf Course. You do not have to be an experienced painter to enjoy this class! Fee includes one drink from the bar. Additional drinks may be purchased.

307013-05
 Age: 21 & Up
 Day/Date: Mon, Oct 16
 Time: 7:00-8:30 pm
 Fee: \$40 R / \$50 NR
 Location: Square Links Golf Course Club House

Winter/Christmas Sign Making-NEW

Create your own winter/Christmas themed decor with step-by-step directions from an instructor while enjoying a drink from the bar at Square Links Golf Course. All levels welcome to register for this fun class! Fee includes one drink from the bar. Additional drinks may be purchased.

307013-06
 Age: 21 & Up
 Day/Date: Mon, Dec 4
 Time: 7:00-8:30 pm
 Fee: \$60 R / \$75 NR
 Location: Square Links Golf Course Club House

AARP Driver Safety

This program is designed to give adults the tools needed to drive defensively and be better aware while behind the wheel. Completion of this AARP course may qualify you for an auto insurance discount. Pre-registration is required, but you will make payment the day of class. Make checks payable to AARP. Please remember to bring your AARP membership card, if you are a member. **Feel free to bring a lunch or snack. Please note, credit cards will not be accepted.**

307002-02 Tues Dec 19 & Wed Dec 20
 Ages: 50 & Older
 Time: 9:30 am-1:30 pm
 Fee: \$20 AARP Members / \$25 Non-AARP Members
 Location: Park District Board Room





FSPD Girls T-Ball Fall Softball League

The Frankfort Square Park District Girls Softball League is a unique program with a strong focus on skills & drills, sportsmanship, teamwork and having fun. Coaches and parents are encouraged to focus on the big picture and help our participants enjoy themselves and at the same time, have FUN!! The league fee includes a team jersey and ball cap.

Note: Players will need their own helmet, bat, softball glove, and face mask.

A player born after December 31, 2016 is eligible to play in this league.

303012-07

Ages: 4-6
 Days/Dates: TBD/Mid-August-October
 Fee: \$50 R / \$62.50 NR
 Location: Champions Park/Lincoln-Way North

FSPD Girls 8U Fall Softball League

The Frankfort Square Park District Girls Softball League is a unique program with a strong focus on skills & drills, sportsmanship, teamwork, and having fun. Coaches and parents are encouraged to focus on the big picture and help our participants enjoy themselves and at the same time, have FUN!! The league fee includes a team jersey and ball cap.

Note: Players will need their own helmet, bat, softball glove, and face mask.

A player born after December 31, 2015 is eligible to play in this league.

303012-00

Ages: 7-9
 Days/Dates: TBD/Mid-August-October
 Fee: \$100 R / \$125 NR
 Location: Champions Park/Lincoln-Way North

Instructional Co-Ed Junior Basketball

This is a five-week instructional class where children will be taught the fundamentals of basketball in a fun challenging environment without an emphasis on competition. Children will learn skills such as dribbling, passing, and shooting.

303216-03

Ages: 4-7
 Day/Dates: Mon, Sept 11-Oct 9
 Time: 6:00-6:45 pm
 Fee: \$45 R / \$56.25 NR / 5 sessions
 Location: Mary Drew Gym

Fall Basketball Co-Ed Skills & Drills Clinic

Spend time each week working on a different aspect of basketball. This clinic is for players that want to get ready for the basketball season or keep their skills sharp by doing more intensive drills. We will focus on helping athletes improve their skills and develop their talent by learning basic practice drills and emphasizing fundamentals. Each week we will focus on a specific skill and workouts will be directed more for the individual player to get as much work and reps in as they can. You will walk away motivated and inspired to elevate your game!

303216-04

Ages: 8-15
 Day/Dates: Mon, Sept 11-Oct 9
 Time: 7:00-8:00 pm
 Fee: \$60 R / \$75 NR / 5 sessions
 Location: Mary Drew Gym

Floor Hockey

In this program, kids will meet weekly to develop their skills through a variety of age-appropriate skill drills and team building exercises. All players will learn how to pass, shoot, defend, and work as a team. Pickup games will be played with boys and girls being divided into teams by age. Shin guards are required. All other equipment is provided.

303150-05

Ages: 6-11
 Day/Dates: Wed, Oct 4-Nov 15
 Time: 6:00-7:30 pm
 Fee: \$65 R / \$81.25 NR / 7 sessions
 Location: Mary Drew Gym



Little Kickers

Buckle up! These kids are eager for action and ready to learn. With a curriculum chock full of imaginative games and adventures, these players are going to have a blast and won't even realize just how much they're learning. Coaches will guide them towards great soccer skills (specifically passing, trapping, shooting, attacking, and defending) and introduce them to scrimmaging. Look a little closer and you'll also notice improved communication, listening, sharing, perseverance, and resilience. **Shin guards are required for this program.**

Ages: 3-6
 Day/Dates: Sat, Oct 7-Nov 18
303208-02 Time: 9:00-9:35 am
303208-03 Time: 9:40-10:15 am
 Fee: \$50 R / \$62.50 NR / 7 sessions
 Location: Lincoln-Way North Main Gym /
 Outside (weather permitting)

Intermediate Soccer

Does your child always have a ball at their feet? Constantly talk about soccer? Or are they simply driven to get better? Created for kids who are motivated soccer players, micro classes kick it up a notch. While coaching remains child-centered and fun, this curriculum is fundamentally focused and provides game-like situations each week that help solidify learning. Players enjoy 30 minutes of age-appropriate instruction and 30 minutes of small-sided scrimmaging.

Shin guards are required for this program.

303001-01
 Ages: 4-7
 Day/Dates: Sat, Oct 7-Nov 18
 Time: 10:20-11:20 am
 Fee: \$65 R / \$81.25 NR / 7 sessions
 Location: Lincoln-Way North Main Gym /
 Outside (weather permitting)

Saturday Co-Ed Indoor/Outdoor Soccer League

This league is designed to provide fun, recreational soccer practice and play during which participants learn basic skills and rules of the game in a structured environment. We're here to have fun and give every child, no matter their level of skill, a chance to experience soccer. Players will be divided into age groups/teams after registration.

Shin guards are required for this program.

Day/Dates: Sat, Oct 7-Nov 18
 Time: 1 hour / same time each week / TBD
800050-00 5 years old
800050-01 6 years old
800050-02 7 years old
800050-03 8 years old
800050-04 9 years old
800050-05 10 years old
800050-06 11 years old
800050-07 12 years old
800050-08 13 years old
 Fee: \$65 R / \$81.25 NR / 7 sessions
 Location: Lincoln-Way North Main Gym /
 Outside (weather permitting)

Columbus Day Basic Basketball Youth Camp - NEW

This camp is designed for boys and girls ages 6-12. Basic Camp emphasizes skill development and fundamentals, teaching of basic basketball principles, contests, and game play. There will be an introduction of techniques to become a competitive player. **Players can bring a small snack and something to drink.**

303216-07
 Ages: 6-12
 Day/Date: Mon, Oct 9
 Time: 9:00 am-Noon
 Fee: \$30 R / \$37.50 NR
 Location: Lincoln-Way North

Basketball Shooting & Trick Shot Camp - NEW

Calling all hoopers! A trick shot is a seemingly unlikely or impossible shot, that requires great skill to make. In this class we are going to make the impossible possible! Don't worry, we know the perfect trick shot might take a couple of tries. We are here to teach you a bunch of trick shots while having fun! Don't be afraid to get creative with your trick shot! Come see what you can do with some imagination, creativity, a basketball, and a hoop.

Each participant will receive a basketball to keep.

303216-08
 Ages: 6-12
 Day/Date: Mon, Oct 9
 Time: 5:00-6:15 pm
 Fee: \$30 R / \$37.50 NR
 Location: Mary Drew Gym

Pee Wee Sports Mix & More

At Pee Wee Sports Mix, children are introduced to the fundamentals of soccer, basketball, t-ball, exercises, and other great games in a structured and free-play setting. This is a great way to get your child excited about sports while building self-esteem and improving coordination and motor skills. These skills will be taught in a fun, non-competitive learning environment. Appropriately sized equipment will be used. Parents are encouraged to participate with their children.

303020-03
 Ages: 4-6
 Day/Dates: Mon, Oct 16-Nov 13
 Time: 5:00-5:45 pm
 Fee: \$45 R / \$56.25 NR / 5 sessions
 Location: Mary Drew Gym



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 lowered baskets will be used to help skill development. Parents are encouraged to participate with their children.

303140-03

Ages: 5-7
Day/Dates: Mon, Oct 16-Nov 13
Time: 6:15-7:00 pm
Fee: \$45 R / \$56.25 NR / 5 sessions
Location: Mary Drew Gym

Youth Fast Pitch Softball Camp

This camp will focus on the fundamentals of softball: basic rules, throwing, catching, hitting, pitching, base running, and position play. Players will hone their skills in a non-competitive environment where the emphasis is on teamwork, fun, and proper mechanics. This program is for all skills levels. **Note: Players will need their own helmet, bat, and softball glove.**

Ages: 6-12
303012-05 Day/Dates: Sat, Nov 4-Dec 16
(no class Nov 25)
303012-06 Day/Dates: Sat, Jan 6-Feb 10
Time: 10:00-11:15 am
Fee: \$65 R / \$81.25 NR / 6 sessions
Location: Lincoln-Way North Field House

Winter Break Co-Ed Basketball Camp

Increase your confidence and improve your skills over the holidays this winter break! Stay on top of your game by working on your shooting, passing, dribbling, rebounding and defensive skills. You're guaranteed to finish camp with increased self-esteem, new friends, and more passion for the game.

303216-05
Ages: 6-15
Days/Dates: Tue, Dec 26-Thurs, Dec 28
Time: 9:00-11:00 am
Fee: \$65 R / \$81.25 NR / 3 sessions
Location: Lincoln-Way North



Winter Break Co-Ed Basketball Shooting Camp

This is strictly a shooting camp, that gives players the opportunity to focus on improving their shooting skills. Emphasis is placed on technique, footwork, shooting drills, shooting off the dribble, shooting off the pass, shooting games, free throw shooting, and post/perimeter shooting.

303216-06

Ages: 8-15
Day/Date: Fri, Dec 29
Time: 9:00 am-noon
Fee: \$30 R / \$37.50 NR
Location: Lincoln-Way North



Annual Memberships

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

Family Membership	\$297
Couple Membership	\$189
Single Membership	\$135
Senior Pass (62 and older)	\$55
Drop in daily fee available	

Memberships can only be purchased at the park district office, located at 7540 W. Braemar Lane, Frankfort. Membership is provided on an annual basis. Your membership is valid for one year from the date of purchase. No refunds, if for some reason we have to close FAN for a length of time we will add the time onto the end of your membership.

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

Proof of Residency

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

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

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

Bank statements, personal checks, credit card statements



or other mail addressed to a P.O. Box will NOT be considered acceptable forms of identification.

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

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

Membership is not available to non-residents.

Children must be at least 5 years of age to participate in the F.A.N. program.

Children under 14 must be directly supervised by an adult and participating in an activity.

Participants high school age and above must be directly supervised by an adult in the weight room or fitness room.

Drop-In participants under the age of 18 must have a signed parental registration form.

F.A.N. for All

The Frankfort Square Park District has received many requests for usage from a variety of community, private non-profit, and for profit organizations. At this time, exclusive use of the Lincoln-Way North field house, gymnasiums, and athletic fields, is not available. The purpose of F.A.N. is not to host tournaments or special events, no matter what revenue the event may generate.

Providing space for these events would limit resident access and usage for F.A.N. members and local groups and organizations that schedule practices and games.

Secondly, F.A.N. and the North campus cannot accommodate every group and organization at all the facilities and fields for the Lincoln-Way area. Local high schools, East, Central, and West are still available for resident usage, and should be considered as able to meet group and/or organization needs.

Lincoln-Way North facility usage request forms are available on the FSPD website under the Parks & Facilities tab.





Square Links Golf Course & Practice Center

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 spring through fall. You are able to book a tee time online at www.fspd.org. 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 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/iPad. 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 based games on the App.
- Go to our website to learn more www.fspd.org



**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.

Square Links Gift Cards

Square Links gift cards can be purchased in any amount and make great gift ideas for holidays, birthdays, or any other time you would like to give the gift of golf! Please stop by the golf course to purchase.

2023 College Scholarship Classic

Saturday, September 23, 2023

Join your family, friends, and neighbors for a fun event in support of your area youth on Saturday, September 23 from 7:30 am to dusk.

Green Fees \$5 all day (includes riding cart/if available).

See page 3 for more information on the College Scholarship Program.



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.

840014-05

Ages: 14-Adult
Time: 6:00-7:00 pm
Fee: \$55 / 4 sessions
Day/Dates: Tues, Sept. 5-26

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. 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.

840000-06

Ages: 7-13
Time: 5:00-6:00 pm
Fee: \$45 / 4 sessions
Day/Dates: Tues, Sept. 5-26

Free Adult Golf Clinics

Join us for these free golf instructional clinics to shore up your game or learn something new. Three clinics will be held throughout the spring and summer. Each clinic will touch on grip, stance, alignment, and swing techniques. Please make sure to bring your own clubs.

Ages: 14 & Up
Time: 5:30-6:30 pm
Fee: FREE
Day/Date: Thurs, Aug. 3
Day/Date: Thurs, Sept 7
Day/Date: Thurs, Oct.5

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. 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.



Interested in
Cub Scouting?



**JOIN
TODAY**



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

A leadership program that is designed to challenge and inspire its 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 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 Pine-wood Derby, and 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 - Amy Nordsell (630) 661-1001
Lincoln-Way School District 210 - Pat Huntoon (708) 651-1389





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 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.

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, 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.

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.

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, 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 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.

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.

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.



Simba and Nala's Dog Park Ongoing Membership

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 FREE per resident dog and \$60.00 per non-resident dog. Non-residents will be billed at the end of April each year.

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.

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 \$25.00 reactivation fee. Reactivation of your fob may take up to two weeks due to shot records not being up to date.

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 35 guests

- Tables and chairs
- Full kitchen with appliances
- Keurig coffee maker

Nature Center - 7530 W. Braemar Lane

Occupancy - seating for approximately 20 guests

- Tables and chairs
- Outdoor picnic tables

Rental Fees

Facilities are available for a minimum of five hours. Additional hours are \$70 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	\$350
Non-Residents	\$450
Host Liquor/General Liability Insurance	\$200
Outdoor Bandshell	\$75

* Must rent Community Room with Outdoor Bandshell.

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.

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.

Picnic Shelter 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.



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 always be respectful to others 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.

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.



About Us

Since 1976, the Lincolnway Special Recreation Association (LWSRA) has provided recreation services for individuals with disabilities through a cooperative agreement with its eight member park districts: Crete, Frankfort, Frankfort Square, Manhattan, Mokena, New Lenox, Peotone and Wilmington Park Districts. Participants enjoy active, healthy and more independent lifestyles through a variety of recreational and social opportunities.

Benefits of Recreation

- ✓ Discover new experiences & interests
- ✓ Build confidence & friendships
- ✓ Socialize in an inclusive setting



Our services



Social Programs

Engage with similar-aged peers in a structured & fun-filled social environment. Staff create opportunities to develop skills and try new experiences. Popular programs include dances, bingo, trivia, community trips, adult card program, summer camps and social groups.



Interest-based Programs

Find programs centered around fitness or cultural arts. Find competitive Special Olympics and adapted sports, fitness outlets such as strength & conditioning and introductory sports skills. Enjoy creative arts through cooking, drawing & painting, dancing and more!



Inclusion Programs

Park Districts welcome participation of individuals with disabilities in all recreational programs. The district works cooperatively with LWSRA to facilitate successful participation for individuals who request an inclusion aide. Inclusion services give participants the needed support in a typical park district setting.

LEARN MORE AT WWW.LWSRA.ORG



(815) 320-3500
support@lwsra.org



1900 Heather Glen Drive
New Lenox, IL 60451

Braemar Dance Center

**+ACRO+BALLET+HIP HOP
+JAZZ+TAP+CONTEMPORARY
MUSICAL THEATER**

FSPD.ORG

Classes for all ...

Preschool - High School

Frankfort Square Park District
7540 West Braemar Lane
Frankfort IL 60423

ECRWSS
Postal Customer

Braemar Dance Center

Congratulations to the BDC dancers who traveled to Nationals for the first time in park district history, bringing home National titles from Pigeon Forge, Tennessee.



2023-2024 dance classes will be available at www.fspd.org!