

Winter
Spring



Frankfort Square
Park District

2024

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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
 Alec Flamm, Full-Time Building and Grounds Maintenance

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
 Summer Day Camp Counselors



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.

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 or through the Lincoln Way East PPS office. The deadline to return completed applications is Monday, March 4, 2024.

2023 College Scholarship Classic Sponsors

We wish to gratefully acknowledge and thank the following sponsors for supporting the 2023 College Scholarship Golf Classic through monetary donations. Their donations will enable the Frankfort Square Park District to award \$1,000 scholarships to eligible 2024 high school graduates. Please be sure to support these area businesses.

Al Warren Oil Company, Inc.
B Practical Solutions
Baird Public Finance
Brigwood Outdoors, LLC
Chapman and Cutler LLP
Currie Motors Commercial Center
Dav-Com Electric, Inc.
Frankfort Chamber of Commerce
Frankfort Lions Club
Graefen Development
Jimbooo's Catering
Oak Lawn Blacktop Paving Company, Inc.
Old Plank Trail Community Bank
Saunoris Brothers, Inc.
Sid Kamp, Inc.

Winter/Spring 2024 Registration

Resident online registration begins Thursday, January 4 at 9:00 am. When registering, you need to use your Username and Password that was provided by the park district. If you have any problems registering online, please contact our office staff during business hours, and we will be happy to assist you.

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

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

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

Registration Dates:

Resident Online Registration Begins Thursday, January 4, 2023, at 9:00 am.

Walk-In and Non-Resident Registration Begins on Monday, January 8 at 9:00am.

The Frankfort Square Park District program waiver and release is located on page 37. For complete registration information, please see page 36.

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 individuals. 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 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.

Dear Frankfort Square Park District Residents:

It has been a great year with record participation in various FSPD offerings and we appreciate your support and willingness to be active and have fun!

Participation in the F.A.N. program at Lincoln-Way North steadily increased in 2023, with users enjoying the fitness center, weight room, basketball courts, and walking track. Also, we are excited to see a growing interest in volleyball and badminton played by families and friends. In response, this fall we have expanded F.A.N. hours to seven days per week and added morning hours to increase access for those with varying schedules.

Also, outdoor field usage was at an all-time high this year. April through October of 2023, the Park District scheduled community athletic teams for 1,787 games and practices on the athletic fields providing access for Frankfort Square Park District and Lincoln-Way Community High School District 210 residents.

Likewise, Mary Drew is home to many popular FSPD programs, including the Before and After School Program, Day-Off Escapades, Summer Day Camp, Braemar Dance Center, art classes, and various special events throughout the year. On average, 823 program participants utilize this facility every week.

Again, due to increasing interest and participation, the Early Learning Center Preschool expanded in the 2023/2024 school year with an additional class for four-year-olds and an opportunity for additional class time for those interested in reinforcing each week's lessons. We have a great group of teachers, and they love sharing this time with your children!

Square Links Golf Course & Practice Center benefitted from beautiful weather and saw the most rounds of golf played and driving range usage than ever before. As of October 31, 2023, we recorded 21,731 rounds of golf played and 827,800 balls struck on the driving range.

Thank you to everyone who supported the FSPD College Scholarship program with a monetary donation or a round of golf at the annual College Scholarship Classic that was held on September 23. Your support, along with our generous local sponsors, enable us to annually provide \$1,000 scholarships to college-bound seniors that reside within our Park District borders.

If you are or know of a current high school senior, we encourage all to complete applications, available on our website, www.fspd.org, at the FSPD's Community Center, and through the Lincoln-Way PPS office.

We welcomed Alec Flamm to the FSPD family as the newest addition to our Parks Department. With his education, an AA in Environmental Horticulture, and his previous work experience, Alec brings knowledge and energy to our District's talented and dedicated full-time Parks team.

And speaking of the Parks Department, our small full-time staff, along with help from hard-working seasonal staff and outside contractors, completed a myriad of projects throughout the District. Construction of a new Splash Park picnic shelter with permanent picnic tables, installation of new pond fountains at Arbor, Crystal Lake, and Community Parks, resurfacing park paths, and installation of a new skylight at the Community Center lobby, are just a small sampling of the improvements this past season.

Also, the 80th Avenue picnic shelter at Union Creek Park was refreshed with new lighting, paint, roofing, and doors. With its close proximity to the sledding hill, I would encourage you to bundle up your kids, pack up their sleds along with a thermos of hot chocolate and favorite treats, and enjoy the new permanent picnic tables while you take a break from the downhill action on a snowy winter's day.

In the Fall 2023 brochure, I wrote about our OSLAD grant application for the redevelopment of one of the FSPD's oldest parks, Hunter Prairie Park, located adjacent to Summit Hill Junior High School. Following the two community meetings, we submitted the application to the Illinois Department of Natural Resources. Our fingers are crossed, and we hope to hear good results in the spring of 2024!

FSPD staff are always planning for the future and brainstorming ideas for new opportunities, often developed from resident input. If you have ideas to share, please contact us by telephone, email, or at a monthly Board Meeting held on the third Thursday of the month.

I hope you have a lot of fun throughout the holiday season and wish you all the best in the New Year!

Sincerely,

Audrey Marcquenski
Executive Director



Early Learning Center-Preschool 2023-2024 School Year

In person registration will be offered at the Frankfort Square Park District Administration building, beginning Monday, January 29, 2024. A \$25 non-refundable deposit is required at the time of registration. Birth certificates are required at the time of registration.

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, 2024
Days/Dates: Tues & Thurs, Sept 2024-May 2025
Fee: \$950 R / \$1,187.50 NR
Location: Park District Administration Building
Time: 9:15-11:15 am
12:15-2:15 pm



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, 2024
Days/Dates: Mon, Wed, Fri, Sept 2024-May 2025
Fee: \$1,640 R / \$2,050 NR
Location: Park District Administration Building
Time: 9:00-11:30 am
9:15-11:45 am

Four's 4th Day

For the preschooler who is looking for more.... Our 4-year-old program will offer an optional fourth day to help get ready for kindergarten. We will reinforce our weekly topics through centers and manipulatives and have fun with our peers while singing and dancing. Children will work on a craft related to our daily story.

Age: Must be currently enrolled in our 4-year-old preschool program
Day/Dates: Thursdays (Sept 2024-May 2025)
Fee: \$560 R / \$700 NR
Location: Park District Administration Building
Time: 9:00-11:30 am

SAVE THE DATE

Preschool Open House Tuesday, Jan 23rd 6:00-7:00 pm
at the Administration Building. Meet teachers, see classrooms, and take a tour of the facility. Teachers will be available to answer questions and provide information regarding our program. Of course, children are welcome to join in on the fun!



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, pickleball 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.

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: Aug 23-Jun 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 child with a sack lunch, a water bottle, and tennis shoes. Students are required to wear an Escapades' t-shirt each day. Escapades 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

Days/Dates:

Ring in the New Year!- During this Escapade, we will prepare to ring in the New Year as we look forward to new things to come!

Tues, Jan 2
Wed, Jan 3
Thurs, Jan 4
Fri, Jan 5

Martin Luther King Day- Enjoy this day off by staying warm with friends while making s'mores.
Mon, Jan 15

Presidents Day Challenge- Students will enjoy different challenges/obstacles played in the gym. After they compete in the courses, they will head off-site on a trip.
Mon, Feb 19

Pulaski Day Patriots- Students will celebrate the holiday with some trivia, a scavenger hunt, a craft, and a special trip.
Mon, Mar 4

Spring Break Getaway- Who knew there could be a beach vacation in Frankfort? The whole week will consist of beach games and activities...it'll almost feel like a tropical vacation!

Mon, Mar 25
Tues, Mar 26
Wed, Mar 27
Thurs, Mar 28
Fri, Mar 29

Easter Games- Hop around Mary Drew playing carnival-style games both inside and outside, pending weather.
Mon, Apr 1

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

Early Childhood Camp

Come join the fun this summer at Early Childhood Summer Camp specifically for your preschool aged child. Every week will be a different theme with crafts and activities built around that theme. Each day will include Splash Park time, outside play, crafts, music, stories, free play, and lunch. Campers will spend their morning being active. All children must be potty trained and able to separate from parents.

Registration and Payment Schedule

In order to efficiently prepare for staffing and supplies all camp registrations must be completed by Saturday at noon, one full week in advance of the week for which you are registering. A payment calendar may be picked up at the Administration Building.

Ages/Grades: 3-K

Days/Dates: Mon-Fri, Jun 17-Aug 16 (no camp July 4)

Fee: \$28 **R** / \$35 **NR** per day (OFFERING DAILY REGISTRATION)

Location: Park District Administrative Building

Times: 9:15 am-noon

9:15-9:45 am	Check in, meet & greet, coloring books/sheets, story time, free play
9:45-10:30 am	Outside play, chalk, bubbles, hop scotch, relays, park
10:30-11:00 am	Art projects or craft inside, play-dough, finger painting
11:00-11:30 am	Lunch
11:30-noon	Splash Park, water balloons, water games

SAVE THE DATE

Early Childhood Camp Open House
Tuesday, May 21, 5:00-6:00pm at the
Administrative Building
Tour the facility, ask questions, and pick up
informational flyers.



Additional Information

- Each child must have a 2024 registration form on file in order to attend.
- Each child must bring a sack lunch every day.
- Please send your camper with a water bottle, towel, sunscreen, swim attire, and gym shoes each day.
- Children will not change out of their bathing suits. It is recommended girls come in a two piece bathing suit, or comfortable one piece that can be worn all day. It is recommended boys come in swim trunks and a swim shirt.
- No flip flops, please. It is also recommended that children wear sandals with closed backs.

Early Childhood Camp Schedule

Week 1 June 10-14
Week 2 June 17-21
Week 3 July 24-28
Week 4 July 1-5 (no camp July 4)
Week 5 July 8-12
Week 6 July 15-19
Week 7 July 22-July 26
Week 8 July 29-Aug 2
Week 9 August 5-9
Week 10 August 15-16

Registration Begins

Mon, Apr 22 **R**
Thurs, Apr 25 **NR**



Summer Day Camp

Come and join us at the Frankfort Square Park District for a summer full of fun and adventure! The Summer Day Camp Program is designed to allow kids to socialize and interact with other kids their age, while spending their days being active and keeping their minds busy! All ages will have the opportunity to partake in multiple crafts, games, and activities each day. Every week will be a different theme with crafts and activities built around that theme.

Grades: Entering 1st-6th in fall 2024
 Days/Dates: Monday-Friday Jun 17-Aug 16
 (no camp July 4)
 Time: 8:00 am-6:00 pm
 Location: Mary Drew

Camp Fees 2024 with field trips

All field trip costs are included in the fees listed below.

	Resident	NonResident
Individual Daily Registrations	\$50/day	\$62.50/day

Registration and Payment Schedule

To efficiently prepare for staffing and supplies, all camp registrations must be completed by Monday at midnight, 6 days in advance of the week for which you are registering. A payment deadline calendar may be picked up at the Administration Building. Initial registration must be completed in-person, at the park district.

Summer Day Camp Schedule

Week 1 June 10-14
 Week 2 June 17-21
 Week 3 July 24-28
 Week 4 July 1-5 (no camp July 4)
 Week 5 July 8-12
 Week 6 July 15-19
 Week 7 July 22-July 26
 Week 8 July 29-Aug 2
 Week 9 August 5-9
 Week 10 August 15-16



Additional Information

- Field trips are all subject to change.
- Camp t-shirts are available for purchase for \$15. Camp t-shirts are required to be worn on all field trips.
- Each child must have a 2024 registration form on file in order to attend.
- Parents will receive a parent manual at the time of registration and are expected to review the rules and expectations with their campers.
- Please do not allow your camper to bring anything valuable to camp. FSPD is not responsible for lost, stolen, or damaged belongings.
- Please send your camper with a sack lunch, two snacks, a water bottle, sunscreen, and gym shoes each day.

SAVE THE DATE

Day Camp Open House

Tuesday, May 28 from 6:15-7:15 pm at Mary Drew
 Tour the facility, ask questions, meet some of our team, and pick up informational flyers.

Registration Begins

Mon, Apr 22 **R**
 Thurs, Apr 25 **NR**



Sweetheart Dance

Girls, grab your favorite guy (dad, grandfather, uncle, etc.) and dance the night away during this formal evening event! Enjoy a live DJ, dinner from Jimbooo's Italian Restaurant (pasta and garlic bread), snacks, dessert table, and activities to make this night one you will never forget! A photographer will be available at no additional cost to capture the special evening. Girls will receive a corsage upon entrance into the event from their favorite guy. Space is limited, pre-registration is required. Tickets will not be sold at the door. No refunds will be given for this event.

Ages: All
 Day/Date: Sat, Feb 3
50012-05 3:00-5:00 pm
50012-06 6:30-8:30 pm
 Fee: \$20 **R** / \$25 **NR** per person
 Location: Mary Drew Gymnasium

Breakfast with the Bunny

Hop on down to Mary Drew for an egg-cellent morning with the Easter Bunny! Enjoy breakfast (pancakes & sausage), take a picture with the bunny, create a craft, and have an extra special egg hunt through the park! Space is limited, pre-registration is required. Tickets will not be sold at the door. No refunds will be given for this event.

50014-01
 Ages: All
 Day/Date: Sat, Mar 23
 Time: 10:00-noon
 Fee: \$20 **R** / \$20.60 **NR** (Tickets must be purchased for everyone attending the event.)
 Location: Mary Drew Gymnasium

Ice Cream Social

School is out for the summer! Join us at Champions Park Concession Stand for an old fashioned ice cream social. Vanilla ice cream, with a variety of yummy toppings, will be provided for you to create the perfect ice cream sundae. Arrange to meet family and neighbors for a treat, or meet new families while enjoying the park and your frosty treat!

Ages: All
 Day/Date: Wed, Jun 5
 Rain Date: Thurs, Jun 6
 Time: 6:00-7:00 pm
 Fee: FREE
 Location: Champions Park Concession Stand



Preschool Prep

If your child doesn't meet the requirements for preschool but is ready for a two day a week preschool experience, this is the perfect class! Participants will take part in fun activities designed for the 2 ½-3 ½ year old child, with special emphasis on socialization, sharing, and cooperative play. Children will be exposed to a consistent, loosely structured routine revolving around games, crafts, stories, songs and freeplay. This is a great introduction to any preschool setting and should give your child a positive glimpse of just how much fun school can be!

Ages: 2 ½ - 3 ½
101052-05 Tues & Thurs, Jan 9-Feb 15
101052-06 Tues & Thurs, Feb 20-Apr 4
 (no class Mar 26 & 28)
101052-07 Tues & Thurs, Apr 9-May 16
 Time: 9:30-10:30 am
 Fee: \$130 **R** / \$162.50 **NR** / 12 sessions
 Location: Park District Administration Building

Wiggles and Giggles

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

Ages: 2-3 (with adults)
101020-07 Tues, Jan 23-Feb 13
101020-08 Tues, Mar 5-Apr 2
 (no class Mar 26)
101020-09 Tues, Apr 23-May 14
 Time: 9:15-10:00 am
 Fee: \$40 **R** / \$45 **NR** / 4 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 fingerplays), and special time (different each week, examples are: playing with the parachute, musical instruments, crafts, etc.). So take some time and have fun with us!

Ages: 1-3 (with adults)
101006-07 Tues, Jan 23-Feb 13
101006-08 Tues, Mar 5-Apr 2
 (no class Mar 26)
101006-09 Tues, Apr 23-May 14
 Time: 10:30-11:15 am
 Fee: \$40 **R** / \$45 **NR** / 4 sessions
 Location: Frankfort Founders Center
 140 Oak Street

American Ninja Warrior

Join us for a fun and fast moving program! We will start with a quick warm up to get hyped up and then go right into many obstacles courses and practice speed, balance, and coordination. Gather your friends to add a little competition.

Ages: 4-7
100040-00 Fri, Feb 2-23
100040-01 Fri, Mar 8-29
 Time: 3:30-4:30 pm
 Ages: 7-10
100040-02 Fri, Feb 2-23
100040-03 Fri, Mar 8-29
 Time: 4:40-5:40 pm
 Fee: \$49 **R** / \$61 **NR**
 Location: Mary Drew Dance Studio B

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 childcare and basic first aid. Certification for this class includes participant's workbook, emergency guide, and CD-Rom, 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
104111-05 Mon, Feb 5 & Wed, Feb 7
104111-06 Mon, Apr 15 & Wed, Apr 17
 Time: 4:30-8:00 pm
 Fee: \$80 **R** / \$85 **NR**
 Location: Frankfort Founders Center
 140 Oak Street

Mixed Media Art Camp

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.

104192-06
 Grades: K-6th
 Days/Dates: Thurs, Feb 8-29
 Time: 5:30-6:30 pm
 Fee: \$38 **R** / \$48 **NR** / 4 sessions
 Location: Mary Drew Room 104

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
I04120-00 Tues, Feb 13
I04120-01 Thurs, Apr 18
 Time: 5:00-5:55 pm
 Fee: \$22 R / \$27 NR
 Location: Frankfort Founders Center
 140 Oak Street

Little Doctor School-NEW!

Through role-play and activities, students will learn the key responsibilities of a doctor and explore the heart, lungs, and digestion. Students will use real medical instruments (stethoscope, reflex hammer, and blood pressure cuff) and practice scrubbing, suturing, and tying knots like a real surgeon.

I00042-00
 Ages: 4-6
 Day/Dates: Wed, Feb 14-Mar 20
 Time: 4:15-5:15 pm
 Fee: \$170 R / \$180 NR
 Location: The Oaks-Walnut Room
 10847 La Porte Road, Mokena

Little Veterinarian School Cat -NEW!

Students will role-play the key responsibilities of a veterinarian and perform a whiskers-to-tail exam on their newly "adopted" plush cat. These future veterinarians will learn about animal body language, maintaining a healthy environment such as proper litterbox placement, create a cat toy, and design a vet clinic.

I00042-01
 Ages: 6-10
 Day/Dates: Wed, Feb 14-Mar 20
 Time: 6:45-7:45 pm
 Fee: \$182 R / \$192 NR
 Location: The Oaks-Walnut Room
 10847 La Porte Road, Mokena



Little Veterinarian School Dog -NEW!

After "adopting" their very own plush puppy, students will role-play the key responsibilities of a veterinarian, including how to properly perform a nose-to-tail exam. These future veterinarians will learn how to sew stitches, remove ticks, make healthy treats, and vaccinate their dog.

I00042-03
 Ages: 6-10
 Day/Dates: Wed, Feb 14-Mar 20
 Time: 5:30-6:30 pm
 Fee: \$182 R / \$192 NR
 Location: The Oaks-Walnut Room
 10847 La Porte Road, Mokena

Character Creations

In this class, our artists will learn the basics of cartooning and create their own characters! In each class, students will learn techniques used in cartooning, such as how to show characteristics, features, exaggerations, action, and more. We will apply new skills in every class to create our own original cartoon.

I00043-00
 Grades: K-6th
 Day/Dates: Tues, Mar 5-26
 Time: 5:30-6:30 pm
 Fee: \$44 R / \$55 NR / 4 sessions
 Location: Mary Drew Room 104

Safe at Home

This course will teach children who are home alone the importance of behaving responsibly and how to handle themselves when confronted with a challenge, such as answering the telephone or the door when parents are away. Topics covered include safety in the home, proper use of keys, what to do in case of an emergency, how to respond to strangers and general house rules. Fee includes workbook. (Disclaimer: This course does NOT endorse children being home alone; that responsibility lies with the parents. This course simply prepares children to be safe and careful when parents are not immediately available.)

I04014-02
 Ages: 6-10
 Day/Date: Mon, Mar 11
 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.

104010-04

Ages: 6-10
 Day/Date: Mon, Mar 11
 Time: 6:30-8:00 pm
 Fee: \$40 R / \$45 NR
 Location: Frankfort Founders Center
 140 Oak Street

Little Doctor School -NEW!

Through role-play and activities, students will learn the key responsibilities of a doctor and explore the heart, lungs, and digestion. Students will use real medical instruments (stethoscope, reflex hammer, and blood pressure cuff) and practice scrubbing, suturing, and tying knots like a real surgeon.

100042-04

Ages: 6-10
 Day/Dates: Wed, Apr 24-May 29
 Time: 5:30-6:30 pm
 Fee: \$167 R / \$177 NR
 Location: The Oaks-Walnut Room
 10847 La Porte Road, Mokena

Little Veterinarian School Dog -NEW!

After "adopting" their very own plush puppy, students will role-play the key responsibilities of a veterinarian, including how to properly perform a nose-to-tail exam. These future veterinarians will learn how to sew stitches, remove ticks, make healthy treats, and vaccinate their dog.

100042-05

Ages: 4-6
 Day/Dates: Wed, Apr 24-May 29
 Time: 4:15-5:15 pm
 Fee: \$182 R / \$192 NR
 Location: The Oaks-Walnut Room
 10847 La Porte Road, Mokena

**Wilderness Medicine -NEW!**

Students will explore some of the dangers in the wild such as bug bites, snake bites, and poisonous plants. These future emergency medics will learn how to splint a broken leg, tie a tourniquet, filter dirty water, the effects of hypothermia and 20 ways to use a bandana in emergencies.

100042-06

Ages: 6-10
 Days/Dates: Wed, Apr 24-May 29
 Time: 6:45-7:45 pm
 Fee: \$167 R / \$177 NR
 Location: The Oaks-Walnut Room
 10847 La Porte Road, Mokena

Horseback Riding Lessons

Get up and go! It's time to ride at Nova Quarter Horses! Fun for all ages at any riding level, no previous experience is needed. Come out to learn both Western and English disciplines taught by our highly qualified trainers and instructors. We offer both an indoor and outdoor arena, so Nova is able to offer lessons year round. A 5-lesson card includes 5 individual one hour group lessons. Helmets are available at parent's request. Once your lesson card is purchased, call Nova to schedule your lessons at (708) 479-3696. There is a limit of one 5-lesson card per family. Jeans and boots or hard soled shoes are required.

600000-08

Ages: 7 & Up
 Fee: \$255 R / \$318.75 NR
 Location: Nova Quarter Horses, Inc.
 10129 W. 187th St., Mokena
 (708) 479-3696

Winter Horse Camp

Come join Nova Quarter Horses for 3 fun filled days of Winter Horse Camp! Each day will consist of hands-on experience and a riding lesson. Guided by our experienced staff members, each participant will learn to saddle, bridle and groom their very own horse before taking them to the arena for the daily lesson. No need to worry about the weather outside, as the Nova office is heated and the barn and arena are insulated and climate controlled. All skill levels welcome. Jeans and hard soled shoes required.

600004-00

Ages: 7 & Up
 Day/Dates: Tues-Thurs, Jan 2-4
 Time: 10:00 am-3:00 pm
 Fee: \$280 R / \$350 NR
 Location: Nova Quarter Horses, Inc.
 10129 W. 187th St., Mokena
 (708) 479-3696

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, 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.

You will need to register with a partner. Instructor permission is required to register for the advanced class.

Ages: 18 & Up
110139-06 Thurs, Jan 18-Feb 8 (Advanced Class)
110139-07 Mar 28-Apr 18
 Time: 7:00-8:00 pm
 Fee: \$50 R / \$55 NR per person
 Location: Frankfort Founders Center
 140 Oak St.

Latin Dance- NEW!

Enjoy the Latin rhythms and music and learn to dance as well. Learn the staccato beat of the cha cha, the slow and gliding movements of the bolero, the fast feet and music of the salsa, and the rumba, which is the most popular Latin dance. This class will concentrate on rhythm and patterns as well as having fun! Please wear comfortable clothing and shoes.

110139-10
 Ages: 18 & Up
 Day/Dates: Thurs, Feb 22-Mar 14
 Time: 7:00-8:00 pm
 Fee: \$50 R / \$55 NR per person
 Location: Frankfort Founders Center
 140 Oak St.

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.

110139-09
 Ages: 18 & Up
 Day/Dates: Thurs, May 2-23
 Time: 7:00-8:00 pm
 Fee: \$50 R / \$55 NR per person
 Location: Frankfort Founders Center
 140 Oak St.

Photo I Digital SLR Photography- Beginner

You'll start with the basics to give you a good foundation. You'll learn about your camera modes, learn your aperture, shutter speed, depth of field, close-up flower photo, methods of focus and ISO, then taking pictures in Manual Mode. At the end of this class, you will understand your camera and gear so you can use them to their fullest potential. NOTE: Participants must bring film and a 35 mm camera that will work in manual mode or digital SLR (removable lens).

110139-11
 Ages: 18 & Up
 Day/Dates: Tues, Jan 23-Feb 6
 Time: 6:00-8:00 pm
 Fee: \$94 R / \$99 NR per person
 Location: Frankfort Founders Center
 140 Oak St.

Camera Pictures & Editing in Adobe Photoshop Elements -NEW!

You have had your camera for a while, practicing different techniques and wondering how to edit the photos. In this class, we will go out and take photos of various subjects in various situations. The following week we will come into the classroom and edit the photos from the previous week. We will be using Adobe Photoshop Elements to edit the photos. NOTE: Participants need to bring a Digital SLR or Mirrorless Camera along with a laptop with Adobe Photoshop Elements to class.

110139-12
 Ages: 18 & Up
 Day/Dates: Mon, Apr 8-22
 Time: 10:00 am-noon
 Fee: \$94 R / \$99 NR per person
 Location: Frankfort Founders Center
 140 Oak St.



Paint 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!

110147-00

Ages: 21 & Up
 Day/Date: Mon, Mar 11
 Time: 7:00-8:30 pm
 Fee: \$40 R / \$50 NR
 Location: Square Links Golf Course and Practice Center

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 self-corded cushion to replace those worn-out cushions or update an out of style cushion.

107103-02

Ages: 18 & Up
 Day/Dates: Wed, Apr 3-10
 Time: 6:15-8:15 pm
 Fee: \$60 R / \$65 NR per person
 Location: Lincoln-Way North Wood Shop
 Please enter through the back door by door #28

Spring/Welcome Sign Making-NEW

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

110147-01

Ages: 21 & Up
 Day/Date: Mon, Apr 15
 Time: 7:00-9:00 pm
 Fee: \$60 R / \$75 NR
 Location: Square Links Golf Course and Practice Center

Paint 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!

110147-02

Ages: 21 & Up
 Day/Date: Mon, May 6
 Time: 7:00-8:30 pm
 Fee: \$40 R / \$50 NR
 Location: Square Links Golf Course and Practice Center



*Please refer to pages 22-24 for required company classes.

Below is a general description for each dance style. Difficulty level is increased with each grade level.

Dance classes are closed to viewing unless invited in by the instructor.

PLEASE NOTE: Dancers that were registered for the fall session must stay in the same class they originally registered for unless they would like to add an additional class. Dance instructors keep the same group for the year to maintain consistency.

INCLEMENT WEATHER: When Summit Hill School District 161 closes due to the weather, dance classes will be cancelled.

With each age and level, the difficulty and pacing of class will increase. Should any questions arise as to which level a dancer should be in, please contact Donnette at dcannonie@fspd.org. Teachers will also evaluate dancer levels the first week of class and make any individual recommendations, if needed.

Refer to the Braemar Winter/Spring 2024 Quick Glance Dance Calendar on page 15.

OFFERING INSTALLMENT BILLING THROUGH ONLINE REGISTRATION OR IN-PERSON!

In order to secure your dancer's spot in class, a \$25 deposit is due at the time of registration for each class. Tuition will be split into three payments, charging your card on file 2/15, 3/15, and 4/15. The deposit is not an additional fee but comes off the total tuition. Upon check out, you will select if you want to pay in full or utilize the installment billing payment plan set up in the system. You may call the park district at any time throughout the season to update your card on file.

If you choose to utilize installment billing, any household credits will be used first if you have a credit available. If your dancer needs to transfer into another class for any reason, you must do so by February 9. Any transfers needed after the first installment bill date of February 15, cannot be completed unless you pay in full.

Acro

Acro-Gymnastics teaches strength, flexibility, and tumbling. Gymnastics skills are included in the list next to each level but are not limited to the list. All classes will start with stretching, warmups, 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 for the style that is the building block of dance. Each class includes barre exercises, center floor work, and across-the-floor combinations while focusing on grace, balance, and precision of movement.

Contemporary

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

Hip Hop

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

Jazz

Jazz dance combines techniques of classical ballet and modern dance with the current forms of popular dance. Jazz also has its own movement vocabulary ranging from the isolation of certain body parts to the movement of the entire body with the accents of musical rhythms. Emphasis is on the importance of energy, rhythmical accuracy, 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 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.

Company/Competition Team

Company class students will learn dances, and will be given performance opportunities, including competition. This class is great for dancers looking to take their training to the next level. Class requirements are within each company's description. Enrollment for fall and winter/spring sessions is required. Performance and costume fees not included. Competition and additional rehearsal dates TBD.

Pre-Professional

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 movement classes in specific styles, but also mock auditions, choreography development, teaching techniques, and guest presenters!

Dress Code Requirements

Any additional questions regarding dance attire can be discussed with the teacher.

Ballet Classes

Girls: Ballet leotard, tights, ballet shoes. May wear ballet skirts. Hair must be neatly tied up.

Boys: T-shirt and athletic shorts, socks, and black ballet shoes.

Ballet/Tap Classes

Girls: Ballet leotard, tights, ballet shoes, and black tap shoes. May wear ballet skirts. Hair must be neatly tied up.

Boys: T-shirt and athletic shorts, socks, black ballet shoes, and black tap shoes.

Tap Classes Comfortable clothes that allow easy movement and black tap shoes, no jeans.

Jazz

Girls: Leotard or tank top, jazz pants/leggings/athletic shorts, skin colored jazz shoes.

Boys: T-shirt and athletic shorts, black jazz shoes.

Hip-Hop Comfortable clothes that allow easy movement and gym shoes, no jeans.

Contemporary Comfortable clothes that allow easy movement; no jeans; no shoes.

Musical Theater Comfortable clothes that allow easy movement and skin colored jazz shoes.

Acro Comfortable clothes that allow easy movement, no jeans.

Mark your calendars!

Sun, Apr 21 - Picture Day @ Mary Drew (Times TBD)

Thurs, May 2 - Dress Rehearsal @ Lincoln Way West (Times TBD)

Sat, May 4 - Recital at Lincoln Way West

*Class fees include costumes for each class. Hip Hop and Acro do not include a costume fee, accessories are purchased for these classes. Adult classes do not include a costume fee as these classes do not participate in recital.



Recreational Dance Classes

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

Preschool Dancers

Preschool Ballet

105007-00

Grade: Preschool
Day/Dates: Sat, Jan 6-Apr 27
(no class Mar 30, Apr 6)
Time: 9:00-9:45 am
Fee: \$232 **R** / \$290 **NR**

Ballet/Tap Combo

105007-01

Grade: Preschool
Day/Dates: Sat, Jan 6-Apr 27
(no class Mar 30, Apr 6)
Time: 10:00-10:55 am
Fee: \$232 **R** / \$290 **NR**

Acro

105007-02

Grades: Preschool
Day/Dates: Wed, Jan 10-May 1
(no class Mar 27, Apr 3)
Time: 5:00-5:45 pm
Fee: \$218 **R** / \$272 **NR**

Creative Movement

105007-03

Grade: Preschool
Day/Dates: Fri, Jan 5-Apr 26
(no class Mar 29, Apr 5)
Time: 4:00-4:45 pm
Fee: \$232 **R** / \$290 **NR**

Kindergarten-1st Grade Dancers

Hip Hop/Jazz K-1st

105008-00

Grades: K-1st
Day/Dates: Fri, Jan 5-Apr 26
(no class Mar 29, Apr 5)
Time: 5:00-5:55 pm
Fee: \$218 **R** / \$272 **NR**



1st-2nd Grade Dancers

Jazz 1st-2nd

105008-01

Grades: 1st-2nd
Day/Dates: Mon, Jan 8-Apr 29
(no class Mar 25, Apr 1)
Time: 5:00-5:55 pm
Fee: \$273 **R** / \$327 **NR**

Musical Theater 1st-2nd

105008-02

Grades: 1st-2nd
Day/Dates: Mon, Jan 8-Apr 29
(no class Mar 25, Apr 1)
Time: 4:00-4:55 pm
Fee: \$273 **R** / \$327 **NR**

Acro 1st-2nd

105008-03

Grades: 1st-2nd
Day/Dates: Tues, Jan 9-Apr 30
(no class Mar 26, Apr 2)
Time: 5:00-5:55 pm
Fee: \$218 **R** / \$272 **NR**

Hip Hop 1st-2nd

105008-04

Grades: 1st-2nd
Day/Dates: Tues, Jan 9-Apr 30
(no class Mar 26, Apr 2)
Time: 4:00-4:55 pm
Fee: \$218 **R** / \$272 **NR**

Ballet 1st-2nd

105008-05

Grades: 1st-2nd
Day/Dates: Thurs, Jan 4-Apr 25
(no class Mar 28, Apr 4)
Time: 5:00-5:55 pm
Fee: \$273 **R** / \$327 **NR**



Tap 1st-2nd**I05008-06**

Grades: 1st-2nd
 Day/Dates: Thurs, Jan 4-Apr 25
 (no class Mar 28, Apr 4)
 Time: 6:00-6:55 pm
 Fee: \$273 R / \$327 NR

Boys Hip Hop 1st-4th**I05008-07**

Grades: Preschool
 Day/Dates: Fri, Jan 5-Apr 26
 (no class Mar 29, Apr 5)
 Time: 4:00-4:45 pm
 Fee: \$218 R / \$272 NR

3rd-5th Dancers**Hip Hop 3rd-5th****I05009-00**

Grades: 3rd-5th
 Day/Dates: Tues, Jan 9-Apr 30
 (no class Mar 26, Apr 2)
 Time: 5:00-5:55 pm
 Fee: \$218 R / \$272 NR

Contemporary (Rec) 3rd-5th**I05009-01**

Grades: 3rd-5th
 Day/Dates: Tues, Jan 9-Apr 30
 (no class Mar 26, Apr 2)
 Time: 7:00-7:55 pm
 Fee: \$273 R / \$327 NR

Ballet (Rec) 3rd-5th**I05009-02**

Grades: 3rd-5th
 Day/Dates: Wed, Jan 10-May 1
 (no class Mar 27, Apr 3)
 Time: 4:00-4:55 pm
 Fee: \$273 R / \$327 NR

Jazz (Rec) 3rd-5th**I05009-03**

Grades: 3rd-5th
 Day/Dates: Wed, Jan 10-May 1
 (no class Mar 27, Apr 3)
 Time: 7:00-7:55 pm
 Fee: \$273 R / \$327 NR

Acro 3rd-5th**I05009-04**

Grades: 3rd-5th
 Day/Dates: Wed, Jan 10-May 1
 (no class Mar 27, Apr 3)
 Time: 6:00-6:55 pm
 Fee: \$218 R / \$272 NR

Musical Theater 3rd-5th**I05009-05**

Grades: 3rd-5th
 Day/Dates: Thurs, Jan 4-Apr 25
 (no class Mar 28, Apr 4)
 Time: 4:00-4:55 pm
 Fee: \$273 R / \$327 NR

Tap 3rd-5th**I05009-06**

Grades: 3rd-5th
 Day/Dates: Thurs, Jan 4-Apr 25
 (no class Mar 28, Apr 4)
 Time: 7:00-7:55 pm
 Fee: \$273 R / \$327 NR

Boys Hip Hop 1st-4th**I05008-07**

Grades: Preschool
 Day/Dates: Fri, Jan 5-Apr 26
 (no class Mar 29, Apr 5)
 Time: 4:00-4:45 pm
 Fee: \$218 R / \$272 NR

6th-8th Dancers**Jazz (Rec) 6th-8th****I05010-01**

Grades: 6th-8th
 Day/Dates: Mon, Jan 8-Apr 29
 (no class Mar 25, Apr 1)
 Time: 6:00-6:55 pm
 Fee: \$278 R / \$332 NR

Contemporary (Rec) 6th-8th**I05010-02**

Grades: 6th-8th
 Day/Dates: Mon, Jan 8-Apr 29
 (no class Mar 25, Apr 1)
 Time: 7:00-7:55 pm
 Fee: \$278 R / \$332 NR

Hip Hop 6th-8th**I05010-03**

Grades: 6th-8th
 Day/Dates: Tues, Jan 9-Apr 30
 (no class Mar 26, Apr 2)
 Time: 6:00-6:55 pm
 Fee: \$218 R / \$272 NR



Musical Theater 6th-8th**I05010-04**

Grades: 6th-8th
 Day/Dates: Tues, Jan 9-Apr 30
 (no class Mar 26, Apr 2)
 Time: 7:00-7:55 pm
 Fee: \$278 **R** / \$332 **NR**

Acro 6th-8th**I05010-05**

Grades: 6th-8th
 Day/Dates: Wed, Jan 10-May 1
 (no class Mar 27, Apr 3)
 Time: 4:00-4:55 pm
 Fee: \$218 **R** / \$272 **NR**

Pointe 6th-HS**I05010-06**

Grades: 6th-8th
 Day/Dates: Wed, Jan 10-May 1
 (no class Mar 27, Apr 3)
 Time: 8:00-8:30 pm
 Fee: \$109 **R** / \$136 **NR**

Ballet (Rec) 6th-8th**I05010-07**

Grades: 6th-8th
 Day/Dates: Thurs, Jan 4-Apr 25
 (no class Mar 28, Apr 4)
 Time: 6:00-6:55 pm
 Fee: \$278 **R** / \$332 **NR**

Tap 6th-8th**I05010-08**

Grades: 6th-8th
 Day/Dates: Thurs, Jan 4-Apr 25
 (no class Mar 28, Apr 4)
 Time: 5:00-5:55 pm
 Fee: \$278 **R** / \$332 **NR**

H.S. Dancers**Ballet (Rec) H.S.****I05011-00**

Grades: High School
 Day/Dates: Tues, Jan 9-Apr 30
 (no class Mar 26, Apr 2)
 Time: 4:00-4:55 pm
 Fee: \$278 **R** / \$332 **NR**

Hip Hop H.S.**I05011-01**

Grades: High School
 Day/Dates: Tues, Jan 9-Apr 30
 (no class Mar 26, Apr 2)
 Time: 7:00-7:55 pm
 Fee: \$218 **R** / \$272 **NR**

Contemporary (Rec) H.S.**I05011-02**

Grades: High School
 Day/Dates: Tues, Jan 9-Apr 30
 (no class Mar 26, Apr 2)
 Time: 6:00-6:55 pm
 Fee: \$278 **R** / \$332 **NR**

Tap H.S.**I05011-03**

Grades: High School
 Day/Dates: Tues, Jan 9-Apr 30
 (no class Mar 26, Apr 2)
 Time: 6:00-6:55 pm
 Fee: \$278 **R** / \$332 **NR**

Strength 6th-H.S.**I05011-04**

Grades: High School
 Day/Dates: Tues, Jan 9-Apr 30
 (no class Mar 26, Apr 2)
 Time: 4:00-4:55 pm
 Fee: \$218 **R** / \$272 **NR**

Jazz (Rec) H.S.**I05011-05**

Grades: High School
 Day/Dates: Wed, Jan 10-May 1
 (no class Mar 27, Apr 3)
 Time: 7:00-7:55 pm
 Fee: \$278 **R** / \$332 **NR**

Acro H.S.**I05011-06**

Grades: High School
 Day/Dates: Wed, Jan 10-May 1
 (no class Mar 27, Apr 3)
 Time: 8:00-8:30 pm
 Fee: \$109 **R** / \$136 **NR**

Musical Theater H.S.**I05011-07**

Grades: High School
 Day/Dates: Thurs, Jan 4-Apr 25
 (no class Mar 28, Apr 4)
 Time: 6:00-6:55 pm
 Fee: \$278 **R** / \$332 **NR**



Adult Dancers

Adult Dance

105007-04

Ages: 18 & Up
 Day/Dates: Tues, Jan 9-Apr 30
 (no class Mar 26, Apr 2)
 Time: 7:00-7:55 pm
 Fee: \$218 **R** / \$272 **NR**

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 through Donnette or Kari.

Ages: All
 Times: Varies- contact instructors
 Fees: \$25 **R** / \$27 **NR** 30 min. per lesson
 (Purchase a 1, 3, 5, or 10 punch cards 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!

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

BDC Dance Company Requirements

BDC Dance Company is comprised of a dedicated group of dancers that have the opportunity to compete throughout the year. Two levels of Company will be offered this year, based on time commitment. Each of those company levels has a list of requirements which allows dancers to maximize their training. Please refer to the classes below to see the requirements for each level and age group.

Company Level I

This Company level is for the dancer who wants to be involved in competitions and take their training to the next level but with a lower level of time commitment throughout each week. Good for younger dancers or dancers who would like to try Company for the first time.

Company Level I Preschool-K

Dancers enrolled in Company Level I Preschool-K must be registered for Company as well as any 2 additional recreational classes per week.

105012-00

Grades: Preschool-K
 Day/Dates: Wed, Jan 10-May 1
 (no class Mar 27, Apr 3)
 Time: 4:00-4:55 pm
 Fee: \$218 **R** / \$272 **NR** / 15 sessions + rehearsals *competitions and costumes will be paid separately.

Company Level I 1st-2nd

Dancers enrolled in Company Level I 1st-2nd must be registered for Company as well as any 2 additional recreational classes per week.

105012-01

Day/Dates: Thurs, Jan 4-Apr 25
 (no class Mar 28, Apr 4)
 Time: 4:00-4:55 pm
 Fee: \$218 **R** / \$272 **NR** / 15 sessions + rehearsals *competitions and costumes will be paid separately.

Company Level I 3rd-5th

Dancers enrolled in Company Level I 3rd-5th must be registered for Company as well as any 2 additional recreational classes per week.

105012-02

Grades: 3rd-5th
 Day/Dates: Tues, Jan 9-Apr 30
 (no class Mar 26, Apr 2)
 Time: 4:00-4:55 pm
 Fee: \$218 **R** / \$272 **NR** / 15 sessions + rehearsals *competitions and costumes will be paid separately.



Company Level 1 H.S.

Dancers enrolled in Company Level 1 H.S. must be registered for Company as well as any 3 additional recreational classes per week.

I05012-03

Grades: H.S.
 Day/Dates: Mon, Jan 8-Apr 29
 (no class Mar 25, Apr 1)
 Time: 7:00-7:55 pm
 Fee: \$218 **R** / \$272 **NR** / 15 sessions + rehearsals *competitions and costumes will be paid separately.

Company Level 2

Company Level 2 is a higher level of competition, performance opportunity and time commitment. Dancers enrolled in Level 2 must be signed up for the full curriculum each week based on age level below. Classes include Company (2x a week), Ballet, Contemporary, Technique, Hip Hop, Jazz, and Strength. (Dancers in the 2nd-4th grade level 2 will not be required to take technique or strength classes. Their curriculum commitment is 6 hours a week of classes. Dancers at the 5th-7th and above age group are exempt from the required Strength class IF they are in any other cross training sport outside of dance. Their time curriculum commitment is 7-8 hours per week.) Dancers have the option to take additional classes if desired. (Musical Theater, Tap, Pointe, Acro etc) Please refer to the required classes times below.

Company Level 2 3rd-5th required classes:**Company Level 2 3rd-5th****I05013-00**

Grades: 3rd-5th
 Day/Dates: Tues, Jan 9-Apr 30
 (no class Mar 26, Apr 2)
 Thurs, Jan 4-Apr 25
 (no class Mar 28, Apr 4)
 Time: 6:00-6:55 pm
 Fee: \$436 **R** / \$545 **NR** / 30 sessions + rehearsals *competitions and costumes will be paid separately.

Company Level 2 Contemporary 3rd-5th**I05013-01**

Grades: 3rd-5th
 Day/Dates: Tues, Jan 9-Apr 30
 (no class Mar 26, Apr 2)
 Time: 4:00-4:55 pm
 Fee: \$218 **R** / \$272 **NR**

Company Level 2 Ballet 3rd-5th**I05013-03**

Grades: 3rd-5th
 Day/Dates: Wed, Jan 10-May 1
 (no class Mar 27, Apr 3)
 Time: 5:00-5:55 pm
 Fee: \$273 **R** / \$327 **NR**

Company Level 2 Technique 3rd-5th (Optional)**I05013-03**

Grades: 3rd-5th
 Day/Dates: Wed, Jan 10-May 1
 (no class Mar 27, Apr 3)
 Time: 7:00-7:55 pm
 Fee: \$218 **R** / \$272 **NR**

Company Level 2 Jazz 3rd-5th**I05013-04**

Grades: 3rd-5th
 Day/Dates: Thurs, Jan 4-Apr 25
 (no class Mar 28, Apr 4)
 Time: 5:00-5:55 pm
 Fee: \$218 **R** / \$272 **NR**

Company Level 2 6th-8th required classes:**Company Level 2 6th-8th****I05013-05**

Grades: 6th-8th
 Day/Dates: Mon, Jan 8-Apr 29
 (no class Mar 25, Apr 1)
 Time: 7:00-7:55 pm
 Day/Dates: Wed, Jan 10-May 1
 (no class Mar 27, Apr 3)
 Time: 6:00-6:55 pm
 Fee: \$436 **R** / \$545 **NR** / 30 sessions + rehearsals *competitions and costumes will be paid separately.

Company Level 2 Technique 6th-8th (Option 1)**I05013-06**

Grades: 6th-8th
 Day/Dates: Mon, Jan 8-Apr 29
 (no class Mar 25, Apr 1)
 Time: 5:00-5:55 pm
 Fee: \$218 **R** / \$272 **NR**



Company Level 2 Contemporary 6th-8th 105013-07

Grades: 6th-8th
Day/Dates: Mon, Jan 8-Apr 29
(no class Mar 25, Apr 1)
Time: 6:00-6:55 pm
Fee: \$218 **R** / \$272 **NR**

Company Level 2 Technique 6th-8th (Option 2) 105013-08

Grades: 6th-8th
Day/Dates: Tues, Jan 9-Apr 30
(no class Mar 26, Apr 2)
Time: 5:00-5:55 pm
Fee: \$218 **R** / \$272 **NR**

Company Level 2 Jazz 6th-8th 105013-09

Grades: 6th-8th
Day/Dates: Wed, Jan 10-May 1
(no class Mar 27, Apr 3)
Time: 5:00-5:55 pm
Fee: \$218 **R** / \$272 **NR**

Company Level 2 Ballet 6th-8th (Option 1) 105013-11

Grades: 6th-8th
Day/Dates: Wed, Jan 10-May 1
(no class Mar 27, Apr 3)
Time: 7:00-7:55 pm
Fee: \$278 **R** / \$332 **NR**

Company Level 2 Ballet 6th-8th (Option 2) 105013-10

Grades: 6th-8th
Day/Dates: Thurs, Jan 4-Apr 25
(no class Mar 28, Apr 4)
Time: 4:00-4:55 pm
Fee: \$278 **R** / \$332 **NR**



Company Level 2 H.S. required classes:

Company Level 2 H.S. 105013-12

Grades: 8th-H.S.
Day/Dates: Mon, Jan 8-Apr 29
(no class Mar 25, Apr 1)
Wed, Jan 10-May 1
(no class Mar 27, Apr 3)
Time: 4:00-4:55 pm
Fee: \$436 **R** / \$545 **NR** / 30 sessions +
rehearsals *competitions and costumes
will be paid separately.

Company Level 2 Contemporary H.S. 105013-13

Grades: H.S.
Day/Dates: Mon, Jan 8-Apr 29
(no class Mar 25, Apr 1)
Time: 5:00-5:55 pm
Fee: \$218 **R** / \$272 **NR**

Company Level 2 Technique H.S. (Option 1) 105013-14

Grades: H.S.
Day/Dates: Mon, Jan 8-Apr 29
(no class Mar 25, Apr 1)
Time: 6:00-6:55 pm
Fee: \$218 **R** / \$272 **NR**

Company Level 2 Ballet H.S. (Option 1) 105013-15

Grades: H.S.
Day/Dates: Wed, Jan 10-May 1
(no class Mar 27, Apr 3)
Time: 6:00-6:55 pm
Fee: \$278 **R** / \$332 **NR**

Company Level 2 Technique H.S. (Option 2) 105013-16

Grades: H.S.
Day/Dates: Thurs, Jan 4-Apr 25
(no class Mar 28, Apr 4)
Time: 5:00-5:55 pm
Fee: \$218 **R** / \$272 **NR**

Company Level 2 Ballet H.S. (Option 2) 105013-17

Grades: H.S.
Day/Dates: Thurs, Jan 4-Apr 25
(no class Mar 28, Apr 4)
Time: 7:00-7:55 pm
Fee: \$278 **R** / \$332 **NR**



Fastpitch Softball Camp

This softball camp is open to athletes of all abilities and is a great opportunity to learn to skills and make friends. Our goal is to provide young girls with the opportunity to grow and develop their skill set and knowledge for the game of softball by focusing on fundamental instruction while creating an immersive learning environment. Campers will work on all aspects of their game including fielding, hitting, baserunning, pitching, and team play.

NOTE: Each participant must wear gym shoes and bring their own helmet, face guard, bat, and mitt.

107014-00

Ages: 7-12
Day/Dates: Sun, Jan 14-Feb 18
Time: 9:00-10:30 am
Fee: \$50 R / \$62.50 NR / 6 sessions
Location: Lincoln-Way North Field House

Girls Fastpitch Softball League

The Frankfort Square Girls' Softball program provides a wholesome sports activity and fellowship for all girls ages 4-15. It is our goal, in addition to teaching our girls to love the sport of softball, to instill ideals of good sportsmanship, honesty, loyalty, and family interaction. The SSC softball league with neighboring towns, Frankfort, Flossmoor, Homewood, Joliet, Mokena, and Tinley Park creates an opportunity for our players to travel to local venues to compete against other teams. Division is based upon the players' age as of December 31, 2023.

Important Dates:

Indoor voluntary weekend practices for the 8u-15u divisions will begin in February at Lincoln-Way North High School. Outdoor scheduled practices will begin in April, and games will conclude by the end of June.

Times: Various start times
Location: Park District Ball Fields
Fee: \$125 R / \$156.25 NR
110142-00 Age/Division: 4 years old/6u
110142-02 Age/Division: 5 years old/6u
110142-04 Age/Division: 6 years old/6u
Fee: \$150 R / \$187.50 NR
110142-05 Age/Division: 7 years old/8u
110142-08 Age/Division: 8 years old/8u
Fee: \$180 R / \$225 NR
110142-09 Age/Division: 9 years old/10u
110142-10 Age/Division: 10 years old/10u
Fee: \$190 R / \$237.50 NR
110142-11 Age/Division: 11 years old/12u
110142-12 Age/Division: 12 years old/12u
Fee: \$200 R / \$250 NR
110142-13 Age/Division: 13 years old/15u
110142-14 Age/Division: 14 years old/15u
110142-15 Age/Division: 15 years old/15u

Floor Hockey

Young hockey players get ready! This program is the perfect way to introduce your child to the wonderful sport of hockey. Kids will meet weekly to develop their skills through a variety of age-appropriate skills 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. Shin guards are required. All other equipment is provided.

NOTE: Each participant will receive a Chicago Wolves jersey.

103150-01

Ages: 8-14
Day/Dates: Wed, Feb 7-Mar 13
Time: 6:00-7:30 pm
Fee: \$65 R / \$81.25 NR / 6 sessions
Location: Mary Drew Gym

Pee Wee Sports Mix

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.

Ages: 4-7
103020-04 Day/Dates: Mon, Feb 5-Mar 11
(no class Feb 19)
103020-05 Day/Dates: Mon, Apr 15-May 13
Time: 5:00-5:45 pm
Fee: \$45 R / \$56.25 NR / 5 sessions
Location: Mary Drew Gym

Little All-Stars

Skills will be taught in a fun and easy-to-learn environment. Throwing, catching, base running, fielding, and hitting will be learned in this introduction to t-ball. Non-competitive games will be played during each class, allowing all participants to get involved. Age-appropriate equipment will be used.

NOTE: Each participant must bring his or her own mitt.

Ages: 4-7
103030-00 Mon, Feb 5-Mar 11
(no class Feb 19)
103030-01 Mon, Apr 15-May 13
Time: 6:15-7:00 pm
Fee: \$45 R / \$56.25 NR / 5 sessions
Location: Mary Drew Gym

Instructional Co-Ed Junior Basketball

This is a six-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

Ages: 4-7
I03041-00 Tues, Feb 6-Mar 12
I03041-01 Tues, Apr 9-May 14
 Time: 6:00-6:45 pm
 Fee: \$51.50 R / \$64.25 NR / 6 sessions
 Location: Mary Drew Gym

Basketball Co-Ed Skills & Drills

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 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!

Ages: 8-15
I03041-02 Tues, Feb 6-Mar 12
I03041-03 Tues, Apr 9-May 14
 Time: 7:00-8:00 pm
 Fee: \$62 R / \$77.50 NR / 6 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
I03100-01 9:00-9:35 am
I03100-02 9:40-10:15 am
 Day/Dates: Sat, May 4-Jun 15
 (no class May 25)
 Fee: \$55 R / \$68.75 NR / 6 sessions
 Location: Lincoln-Way North

Saturday Co-Ed Soccer Program

This program 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, May 4-Jun 15
 (no class May 25)
 Time: TBA 1 hour / same time each week
 Fee: \$65 R / \$81.25 NR / 6 sessions
 Location: Lincoln-Way North
800060-00 5 years old
800060-01 6 years old
800060-02 7 years old
800060-03 8 years old
800060-04 9 years old
800060-05 10 years old
800060-06 11 years old
800060-07 12 years old
800060-08 13 years old

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 fundamentals 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.

I03001-01
 Ages: 4-7
 Day/Dates: Sat, May 4-Jun 15
 (no class May 25)
 Time: 10:20-11:20 am
 Fee: \$65 R / \$81.25 NR / 6 sessions
 Location: Lincoln-Way North



Morning 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
107011-05 Thurs, Jan 18-Feb 22
107011-08 Thurs, Feb 29-Apr 11
 (no class Mar 28)
107011-09 Thurs, Apr 18-May 23
 Time: 9:00-10:00 am
 Fee: \$40 R / \$50 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
207003-01 Wed, Jan 17-Feb 21
207003-02 Wed, Feb 28-Apr 10
 (no class Mar 27)
207003-03 Wed, Apr 17-May 22
 Time: 5:30-6:20 pm
 Fee: \$40 R / \$50 NR / 6 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
107011-01 Wed, Jan 17-Feb 21
107011-02 Wed, Feb 28-Apr 10
 (no class Mar 27)
107011-03 Wed, Apr 17-May 22
 Time: 6:30-7:30 pm
 Fee: \$40 R / \$50 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
107021-01 Tues, Jan 16-Feb 20
107021-02 Tues, Feb 27-Apr 9
 (no class Mar 26)
107021-07 Tues, Apr 16-May 21
 Time: 7:00-8:00 pm
 Fee: \$40 R / \$50 NR / 6 sessions
 Location: Lincoln-Way North Dance Studio
 (use the Fieldhouse Entrance)

YOGA CLASS

*Youth
 *Hatha
 *Chair

New Sessions Start in January!

L-WAY NORTH DANCE STUDIO
 \$40 R / \$50 NR / 6 SESSIONS

FRANKFORT SQUARE PARK DISTRICT

815-469-3524
 WWW.FSPD.ORG



Boot Camp Conditioning

This circuit training class will give you a power, strength, and agility workout. You will complete different workout stations while squatting, lunging, crunching, and lifting your way to complete a full body workout. Introduce your body to new workouts and get ready to sweat. **Please bring a yoga mat and a set of dumbbells or a kettlebell (any amount of weight as we will adjust exercises accordingly).** Depending on the weather, some classes may be outside.

207011-00

Ages: 18 & Up
 Day/Dates: Mon, Jan 15- Mar 18
 Time: 5:00-5:55 pm
 Fee: \$82.50 R / \$103 NR
 Location: Mary Drew

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
I07003-02 Mon, Jan 15-Feb 26
 (no class Feb 12)
I07003-03 Thurs, Jan 18-Feb 29
 (no class Feb 15)
I07003-04 Mon, Mar 11-Apr 22
 (no class Apr 1)
I07003-05 Thurs, Mar 14-Apr 25
 (no class Apr 4)
 Time: 6:00-7:00 pm
 Fee: \$40 R / \$50 NR / 6 sessions
 Location: Lincoln-Way North Dance Studio
 (use the Fieldhouse Entrance)



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.

**Yoga balls will be provided **

Ages: 16 & Up
I10143-00 Tues, Jan 16-Feb 20
I10143-02 Tues, Feb 27-Apr 2
I10143-03 Tues, Apr 9-May 14
 Time: 5:45-6:45 pm
 Fee: \$40 R / \$50 NR / 6 sessions
 Location: Lincoln-Way North Dance Studio
 (use the Fieldhouse Entrance)



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 Resident	\$5
Drop-in daily fee Non-Resident	\$10

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 1 year from the date of purchase. No refunds, if for some reason we have to close F.A.N. for a length of time we will add the time onto the end of your membership.

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

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 LW210 address)
- Valid State of Illinois ID card (valid LW210 address)
- Voter's 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 under 14 must be directly supervised by an adult and participating in an activity.

Children 8th grade and under are not permitted in weight room or fitness room.

Participants (high school age) 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 parent accompany the child/children to sign the registration/waiver form.

F.A.N. Access

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.

Indoor Track Information

Approximately 8-9 laps in lanes 5 or 6 equal one mile.

No strollers or any wheeled mechanisms.

Slower moving users shall stay on the inner side of the track.

No food or beverages other than water are allowed in the field house.

Due to circumstances beyond our control, additional skip days may be added. These dates will be posted as we are notified.

Winter Break Pass

This is designed for students 18 & Up who are home for winter break and want an affordable way to work out and have fun. Passes will be available for purchase at the park district office. This pass will be valid December 1-January 31.
Winter Break Pass: \$35

Square Links Golf Course & Driving Range

7861 W. Saint Francis Road
Frankfort, IL 60423
(815) 469-1600

Watch for our season opening, approximately Mar 4, 2024. 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. 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

Free Adult Golf Clinics

Join us for these free golf instructional clinics to shore up your game or learn something new. Clinics will be held throughout the spring, summer, and fall. 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, May 2
Day/Date: Thurs, Jun 6
Day/Date: Thurs, Jul 11
Day/Date: Thurs, Aug 1
Day/Date: Thurs, Sept 5
Day/Date: Thurs, Oct 3
Location: Square Links Golf Course and Practice Center



Youth and Junior Group Lessons (Ages 7-13)

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

The program fee includes range balls for each class.

840000-04

Ages: 7-13
Time: 5:00-6:00 pm
Fee: \$45 / 4 sessions
Day/Dates: Tues, May 7-May 28
Location: Square Links Golf Course and Practice Center

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.

840000-03

Ages: 14-Adult
Time: 6:00-7:00 pm
Fee: \$55 / 4 sessions
Day/Dates: Tues, May 7-May 28
Location: Square Links Golf Course and Practice Center

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.

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 for anyone who wants to brave the elements.

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

Day/Date: Sun, Feb 11
Time: 9:00 am-2:00 pm
Fee: \$5
Location: Square Links Golf Course and Practice Center

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, 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.



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.



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 Matt Randall at 708-525-1709 or mattrandall322@gmail.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/thefsb1 to stay informed regarding all league activities.

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.



Winter Fun - Ice Skating Rink & Sledding Hill

The Frankfort Square Park District provides a lighted rink for ice skating and hockey 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, as skating conditions can vary hourly depending on temperature and sunlight. Extreme caution should always be used when enjoying this facility.

Champions Park offers a rink for ice skating on the north side of the concession stand. The park staff do their 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 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.

Lincoln-Way North High School is home to a lighted sledding hill, adjacent to the Community Softball Field.

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.





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.

APPLICATION FOR EMPLOYMENT

Today's date: _____

Date available to start work: _____

Pre-employment questionnaire

An equal opportunity employer

PERSONAL INFORMATION

DATE: _____

Name: _____

Address: _____

City/State: _____ Zip Code: _____

Telephone Number: _____ Cell Phone Number: _____

E-mail: _____ Are you 18 years or older?: _____

The Age Discrimination in Employment Act of 1967 prohibits discrimination on the basis of age with respect to individuals who are at least 40 years of age, but less than 70 years of age.

POSITION

Position: _____ Salary desired: _____

Are you currently employed?: _____ If so, may we inquire of your present employer?: _____

EDUCATION

TYPE OF SCHOOL	NAME OF SCHOOL	ADDRESS	YEARS COMPLETED	COURSE OF STUDY
GRAMMAR SCHOOL				
HIGH SCHOOL				
COLLEGE				
BUSINESS OR TRADE SCHOOL				

SPECIAL SKILLS

Please list other special skills you may have, e.g., licenses, certifications, specialized training, etc.



Lincolnway
SPECIAL RECREATION
ASSOCIATION

BUILDING A COMMUNITY WITHOUT LIMITS

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 but fun-filled social environment. Staff create opportunities to develop skills and try new experiences. Popular programs include dances, bingo, trivia, community trips, adult day program, summer camps and social groups.



Interest-based Programs

Find programs centered around fitness or cultural arts. Try competitive Special Olympics and adapted sports or 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

Frankfort Square Park District
7540 West Braemar Lane
Frankfort IL 60423

ECRWSS
Postal Customer

Breakfast with the Bunny

Pancakes and Sausage
will be served

**Saturday,
March 23
All Ages**

Details on page 9

