

FALL



*Frankfort Square  
Park District*

2024

SEPTEMBER 21  
SATURDAY



★ ★ ★ COLLEGE SCHOLARSHIP ★ ★ ★  
**GOLF CLASSIC**

**\$5 DAY OF GOLF**

**SQUARE LINKS**

**GOLF COURSE & PRACTICE CENTER**

~ REGISTRATION OPENS ON TEESNAP SEPTEMBER 11 ~

7861 W. SAINT FRANCIS ROAD, FRANKFORT, IL 60423

CONTACT: (815) 469-1600 | [www.fspd.org](http://www.fspd.org)

**MUST BOOK TEE TIME ONLINE WITH TEESNAP**

## Table of Contents

Letter from the Executive Director	4
Park District Information	5
Early Learning Center	6
Before and After School Program	7
Escapades	8
Preschool/Youth Programs	9-10
Special Events	11
Senior Trips	12-13
Active Adults	14-15
Fitness Classes	15
F.A.N.	16-17
Athletics	18-19
Braemar Dance Center	20-28
Square Links Golf Course & Practice Center	29-30
Community Groups	31
Facilities	32-33
Facility Rental Information	34
General Information	35
Registration Information	36
Waiver & Release	37
Application	38
LWSRA	39

## 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  
 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

Craig Maksymiak, President  
 Denis Moore, Vice President  
 Frank Florentine, Treasurer  
 Lauren Breedlove, Commissioner  
 Phil Cherry, Commissioner  
 Ryan Holley, Commissioner  
 Joseph King, Commissioner

## College Scholarship Program

The Frankfort Square Park District College Scholarship Program was founded in 2006 by the Park Board of Commissioners, seeking to provide funds for college-bound seniors that reside within the borders of the FSPD. Since its inception, the FSPD has provided \$153,000 in \$1,000 individual awards to 153 students, thanks to area businesses, local organizations, and participants that support the Park District's fundraising efforts during the annual College Scholarship Classic, held at Square Links Golf Course & Practice Center in the fall.

## 2024 College Scholarship Recipients

The achievements of the 2024 scholarship recipients were found to be exemplary among a field of outstanding applicants. The Board Members and staff of the Frankfort Square Park District congratulate the following individuals and wish them much success with their college careers: Angelina Bushnell, Paul Fugett, Mia Hedrick, Kira Jekel, Emily Neumann, Grace Palmer, Cailey Petro, and Kaleigh Young,



**Dear Frankfort Square Park District Residents:**

Many thanks to Dave Macek for 19 years of service on the Park Board of Commissioners. Dave was first elected in 2005 and during his tenure he was instrumental in founding the FSPD College Scholarship Program and the FSPD being nationally recognized by the National Recreation and Park Association as a Gold Medal Finalist and Grand Plaque Award Winner.

Dave’s volunteerism extended throughout the community with efforts in support of various athletic, educational, and recreational endeavors. In addition to Dave, the entire Macek family has shared their time and talents, and we are very grateful for all of their efforts!

This year, the FSPD welcomed Lauren Breedlove and Joseph King to the Park Board. They both were born and raised in Frankfort Square where they and their children have participated in Park District programs and now continue their community involvement while raising their families. We appreciate their leadership skills and their willingness to serve and expand community experiences and opportunities. Lauren and Joseph join a strong Board of talented individuals that volunteer their time to help make our community a better place in which to live.

Congratulations to Arliss Bouton on her retirement. We wish her good health and happiness! Many of you will remember Arliss as a hall monitor for Saturday Indoor Soccer and a helpful supervisor for Community Center party rentals. She joined the FSPD family in the year 2000, and skillfully helped wherever she was needed. Her most recent role was the FSPD’s Risk Manager, constantly prioritizing efforts and initiatives for resident and staff safety.

The FSPD is successful thanks to the support of our residents and community partners. Over the years, the FSPD has worked cooperatively with both Summit School District 161 and Lincoln-Way Community High School District 210 to provide programming space in quality facilities for the residents we mutually serve.

Residents will notice that some of the programs in this brochure are scheduled to be at Mary Drew and some at Frankfort Square School. We are grateful for the opportunity to offer many Park District programs at Mary Drew over the past 8 years, i.e. the Before and After School Program, BDC Dance, Summer Day Camp, as well as various special events, art, and fitness programming. With the reopening of Mary Drew School, we are looking forward to the next chapter of programming space for these treasured programs. At the time of brochure printing, we are in discussions with the mutual goal of an agreement to begin that next chapter at Frankfort Square School, working with Summit Hill School District 161 to keep this valued facility open and available in the best interest of our community.

We wish to congratulate the 8 graduating seniors that were awarded FSPD college scholarships during LWES’s May 8, 2024 Community Scholarship Night. Since the College Scholarship’s Program inception in 2006, \$153,000 in scholarships have been awarded, thanks to the generosity of local area businesses and FSPD vendor donations, and community support through participation in the annual College Scholarship Classic events. See page 29 for details regarding this year’s event, scheduled for Saturday, September 21st.

The FSPD is planning another fun slate of opportunities for active adults that include a Chatanooga Choo Choo Tennessee trip, and for those that prefer something closer to home, the Paramount Theatre Broadway Series in Aurora, IL is offering three amazing shows. See page 12 for full details on these upcoming trips.

It’s been a beautiful summer with plenty of programs and opportunities for residents of all ages. We made it through the cicada emergence and thoroughly enjoyed all the talented musicians that performed at the Island Prairie Park bandshell, and we now look forward to an equally fun fall season!

Sincerely,  
 Audrey Marcquenski  
 Executive Director





**Frankfort Square  
Park District  
Administration Building**

7540 W. Braemar Lane  
Frankfort, IL 60423

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

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

**Office Hours:**

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

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**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.

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

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

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

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

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**Fall 2024 Registration**

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

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

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

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**Registration Dates**

Resident Online Registration  
Begins Thursday, Aug 22, 2024 at 9:00 am.

Non-Resident Registration  
Begins Tuesday, Aug 27, 2024 at 9:00 am.

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

Be sure to register early, programs fill quickly.

Any Questions?

Please contact the park office at:

Phone (815) 469-3524

Fax (815) 469-8657

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

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**Program Scholarships**

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



## Early Learning Center-Preschool

### 2024-2025 School Year

Tuition payments can be made monthly, beginning in September and ending in April.

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

### 3 Year Old Preschool Program

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

Age: 3 years old on or before Sept. 1, 2024  
 Days/Dates: Tues & Thurs, Sept 2024-May 2025  
 Time: 9:15-11:15 am  
 12:15-2:15 pm  
 Fee: \$950 R / \$1,187.50 NR  
 Location: Park District Administration Building

### 4 year Old Preschool Program

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

Age: 4 years old on or before Sept 1, 2024  
 Days/Dates: Mon, Wed, Fri, Sept 2024-May 2025  
 Time: 9:00-11:30 am  
 9:15-11:45 am  
 Fee: \$1640 R / \$2050 NR  
 Location: Park District Administration Building



## 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  
 Days/Dates: Thursdays (Sept 2024-May 2025)  
 Time: 9:00-11:30 am  
 Fee: \$560 R / \$700 NR  
 Location: Park District Administration Building

## Preschool Prep

If your child doesn't meet the requirements for preschool but is ready for a two-day 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 free play. 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! A snack will be provided. Please bring a water bottle labeled with the child's name.

Ages: 2 ½ - 3 ½  
**301052-00** Tues & Thurs, Sept 10-Oct 24  
**301052-01** Tues & Thurs, Oct 29-Dec 19  
 (no class Nov 7, 19, 21)  
 Time: 10:00-11:00 am  
 Fee: \$147 R / \$183.75 NR / 14 sessions  
 Location: Park District Administration Building



## Before and After School Program (BAS)

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

Transportation will be provided by existing school buses at all participating Summit Hill District 161 schools.

Students have access to a full-size gymnasium for games and active play, along with a full playground. A baseball field, basketball court, 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.**



*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.*

### AM Codes:

**Indian Trail:** 990026-00  
**Rogus:** 990026-01  
**Rogus K:** 990026-02  
**Hilda Walker:** 990026-03

### PM Codes:

**Indian Trail:** 990027-00  
**Rogus:** 990027-01  
**Rogus K:** 990027-02  
**Hilda Walker:** 990027-03

Grades: K-6th

Dates: Aug 21-May 29

Location: Frankfort Square School

**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 2024-2025 school year:

**Before School:** \$15 per day per child  
**After School:** \$17 per day per child

### SAVE THE DATE!

*BAS Open House*

*Monday, August 12 from 5:00-6:00 pm  
 at Frankfort Square School.*

*Tour the facility, ask questions, meet some of our team and pick up informational flyers.*



## Escapades

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

Grades: K-6th

Time: 6:30 am-6:30 pm

Fee: \$61 per Escapade. Price includes field trip and travel.

Location: Frankfort Square School

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

Mon, Aug 19

Tues, Aug 20

**Halloween Spirit** - On Friday we will be painting mini pumpkins and on Monday we will be painting gourds.

Mon, Oct 14

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

Tues, Nov 5

Mon, Nov 25

Tues, Nov 26

Wed, Nov 27



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

Mon, Dec 23

Fri, Dec 27

Mon, Dec 30

**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!

Fri, Jan 3

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

Mon, Jan 20

**Presidents Day Challenge**- Students will enjoy different challenges/obstacles to play in the gym. After they compete in the courses they will head off site on a trip.

Mon, Feb 17

**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 31

Tues, Apr 1

Wed, Apr 2

Thurs, Apr 3

Fri, Apr 4

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

Fri, Apr 18

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





## Character Creation Drawing

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

### 304021-04

Grades: K-6th  
 Day/Dates: Tues, Sept 10-Oct 1  
 Time: 5:30-6:30 pm  
 Fee: \$45 R / \$56.25 NR / 4 sessions  
 Location: Frankfort Square School

## Wiggles & Giggles

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

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

## Tot Time

Are you ready to meet new people and spend some play-time with your little one in a non-structured environment? This is the class for you! We will explore large and fine motor activities through play (lots of toys), circle time (we sing songs and do finger plays), and special time (different each week, examples are: playing with the parachute, musical instruments, crafts, etc.). So take some time and have fun with us!

Ages: Walking-3 (with parent)  
**301051-02** Tues, Sept 17-Oct 15  
**301051-03** Tues, Nov 5-Dec 3  
 Time: 10:30-11:15 am  
 Fee: \$45 R / \$50 NR  
 Location: Founders Community Center  
 140 Oak St.



## Yoga for Kids

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

Ages: 10-15  
 Time: 5:30-6:20 pm  
**307011-06** Wed, Sept 18-Oct 23  
**307011-09** Wed, Oct 30-Dec 11  
 (no class Nov 27)  
 Fee: \$35 R / \$44 NR / 6 sessions  
 Location: Lincoln-Way North Dance Studio  
 (use the Fieldhouse Entrance)

## Babysitter Training

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

Ages: 11-15  
**304019-01** Mon, Sept 23 & Wed, Sept 25  
**304019-02** Mon, Nov 18 & Wed, Nov 20  
 Time: 4:30-8:00 pm  
 Location: Frankfort Founders Center  
 140 Oak Street  
 Fee: \$80 R / \$85 NR

## Safe At Home

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

**304007-02**  
 Ages: 6-10  
 Day/Date: Mon, Oct 28  
 Time: 4:30-6:00 pm  
 Fee: \$40 R / \$45 NR  
 Location: Frankfort Founders Center  
 140 Oak Street

### First Aid for Kids

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

#### 304013-00

Ages: 6-10  
 Day/Date: Mon, Oct 28  
 Time: 6:30-8:00 pm  
 Fee: \$40 R / \$45 NR  
 Location: Frankfort Founders Center  
 140 Oak Street

### Halloween Pumpkin Face Cookie Decorating

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

#### 300024-00

Ages: 4-10  
 Day/Date: Mon, Oct 14  
 Time: 4:30-5:15 pm  
 Fee: \$14.50 R / \$18 NR  
 Location: Frankfort Square School

### Mixed Media

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

#### 304003-04

Grades: K-6th  
 Day/Dates: Thurs, Oct 17-Nov 14  
 (no class Oct 24)  
 Time: 5:30-6:30 pm  
 Fee: \$41 R / \$51 NR / 4 sessions  
 Location: Frankfort Square School



### Magic Class

Children will have a great time as they learn a collection of fascinating and mesmerizing tricks! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading, and more. While the tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials are provided, and each child receives a magic kit to take home. New tricks are always taught each session!

Ages: 5-12  
 Time: 5:00-5:55 pm  
**304120-03** Wed, Oct 9  
**304120-04** Thurs, Dec 5  
 Fee: \$22 R / \$27 NR  
 Location: Frankfort Founders Center  
 140 Oak Street

### Dino-Riffic Fun

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

#### 300026-00

Ages: 4-10  
 Day/Date: Mon, Nov 4  
 Time: 4:30-5:30 pm  
 Fee: \$24 R / \$30 NR  
 Location: Frankfort Square School

### Create Your Own Gingerbread House

We are all decorating our homes for the holidays. How about decorating a gingerbread house with someone you love? All supplies will be provided to design a one-of-a-kind gingerbread house. All gingerbread houses will be pre-assembled. Milk and cookies will be provided.

#### 300020-03

Ages: 4-10  
 Day/Date: Thurs, Dec 5  
 Time: 4:30-5:30 pm  
 Fee: \$24 R / \$30 NR  
 Location: Frankfort Square School



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## Letters from Santa

### 301170-00

Parents & Guardians: Surprise your child(ren) by getting mail from Santa! Stop by the Park District Administrative Building to pick up the questionnaire. Fill out the form and return it to the main office to pay the fee. Forms will be available Monday, November 11. The deadline to turn in the questionnaire is Friday, December 6 at 4:00pm, so Santa has plenty of time to reply during his busiest time of the year. Don't forget to include your address so Santa can write back!

Fee: \$5 R / \$6 NR / per letter

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## Polar Express

We will read the Polar Express story on the train while the conductor punches your ticket. Cookies and a beverage will be served. When the train reaches the North Pole (Joliet), Santa joins the group. All children will go home with a train whistle and silver bell. Bring your camera! Event is only open to Frankfort Square Residents. Beginning Monday, October 7 through Friday, October 18. Polar Express registration forms will be accepted at the Park District Administration Building front desk. All forms are due by Friday, October 18 at 4:00 pm. The Polar Express registration form will be available on our website beginning Monday, October 7. All registration forms must be returned in person. A lottery registration will be chosen. You will be notified the week of October 21 and all forms will be processed. All sales are final. Limit 6 tickets per household. Tickets must be purchased for everyone including infants. Tickets will be handed out the day of the event. A letter will be available online with additional details on what to expect at the event.

Ages: All

Day/Date: Sat, Nov 16

50008-01 Time: 11:33 am depart Tinley 80th Ave

50008-02 Time: 1:33 pm depart Tinley 80th Ave

Fee: \$21 R

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## Santa's Craft Corner

It's that time, Christmas is here! Come on out and get in the holiday spirit at this memorable event. We will eat cupcakes, create a craft, and visit with Santa. Don't delay in reserving your spot. **Sorry, no refunds can be given for this event. Pre-registration is required, no tickets will be sold at the door. All attending must pre-register.**

### 301171-01

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

Day/Dates: Fri, Dec 6

Time: 6:30-7:00 pm

Fee: \$10 R / \$12.50 NR / per person

Location: Frankfort Square School

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## The Full Monty – Sept 25

Based on the cult hit film of the same name, *The Full Monty*, a ten-time Tony Award nominee, is filled with honest affection, engaging melodies and the most highly anticipated closing number of any show.

While spying on their wives at a “Girls’ Night Out,” a group of unemployed steelworkers from Buffalo sees how much they enjoy watching male dancers. Jealous, out of work and feeling emasculated, the men come up with a bold and unclothed way to make some quick cash. In preparation, they find themselves extremely exposed; not merely physically but emotionally. As they conquer their fears, self-consciousness and prejudices, the men come to discover that they’re stronger as a group, and the strength that they find in each other gives them the individual courage to “let it go.”

*The Full Monty* is a story full of heart. Right to the end, audiences will be wondering if these lovable misfits will really pull it off. With a raucous mix of razor-sharp humor and toe-tapping pizzazz, this heartwarming, upbeat comedy is a must see.

### Package Includes:

- Lunch in the Meyer Ballroom
- Ticket to the show and meal gratuity
- Deluxe motorcoach transportation

### 307002-02

Ages: 21 & Up  
 Day/Date: Wed, Sept 25  
 Departs: 10:45 am  
 Fee: \$100  
 Location: Paramount Theatre

## Disney’s Frozen the Broadway Musical – Nov 20

Nominated for a Tony Award for Best Musical, this sparkling Disney fairytale has been reimagined for the stage. The theatrical production of *Frozen* brings Disney’s beloved animated film to life and fills the stage with winter magic. Set in the magical kingdom of Arendelle, the story follows two royal sisters, Elsa and Anna, as they navigate love, loyalty, and Elsa’s uncontrollable powers. In her struggle to understand her identity, Elsa questions her talents, confusing them with character flaws. Like every young woman’s coming-of-age story, she must find strength in her identity and gifts, looking both inward and to those she loves and trusts for support.

The stage adaptation maintains the film’s enchanting music, including the iconic and award-winning song “Let It Go.” Spectacular set designs and dazzling special effects transport the audience to the wintry landscapes of Arendelle, a land populated by fantastical creatures including Olaf the snowman and Sven the Reindeer. *Frozen* is a powerful fable that captures the essence of sisterhood, self-discovery, and the enduring power of love, making it a magical and heartwarming experience for audiences of all ages.

The *Frozen* song repertoire is full of beloved hits like “For the First Time in Forever,” “Love Is an Open Door” and “Do You Want to Build a Snowman?” Bring your friends and family for this holiday extravaganza, a snowy Disney fairytale reimagined for the stage by Paramount Theatre.

### Package Includes:

- Lunch in the Meyer Ballroom
- Ticket to the show and meal gratuity
- Deluxe motorcoach transportation

### 307002-03

Ages: 21 & Up  
 Day/date: Wed, Nov 20  
 Departs: 10:45 am  
 Fee: \$105  
 Location: Paramount Theatre

## A Christmas Carol

Charles Dickens’ enchanting tale of redemption and hope comes to life in Arlington Heights’ favorite holiday tradition. On a snowy Christmas Eve brimming with memorable characters, ghostly apparitions and splendid holiday music, miserly Ebenezer Scrooge visits the past, present and future to discover the true meaning of Christmas. Metropolis Performing Arts Centre’s updated, record-breaking production returns with enough magic, joy and Christmas spirit to delight audiences of all ages. The performance is held at the Metropolis Performing Arts Center in Arlington Heights.

Registration deadline: November 15th

### 307002-04

Ages: 21 & Up  
 Day/Date: Fri, Dec 13  
 Time: 12:15-5:00 pm  
 Fee: \$95 (Fee includes admission, gratuity, and transportation)  
 Departure Location: Main Park  
 10925 W La Porte Rd, Mokena



## Chattanooga Choo Choo – Tennessee

### A Group Bus Tour

If you love trains, this tour is for you! Tucked between the mountains of Southeast Tennessee, along the beautiful Tennessee River, Chattanooga is one of America's most breathtaking cities and has been voted as one of the "Top 45 Places to Go" in the World. The Incline Railway scales steep Lookout Mountain and Rock City, featuring sweeping views, sandstone formations, and gardens. The Blue Ridge Scenic Railway takes riders on a four-hour, 26-mile roundtrip journey deep in the mountains along the Toccoa River through the countryside to the quaint sister towns of McCaysville, Georgia, and Copperhill, Tennessee. There is a world of outdoor adventure and world-class attractions waiting for you in Chattanooga! Cancellation insurance is available and recommended.

### Package Includes:

- Louisville Jack O'Lantern Spectacular Festival
  1. [www.jackolanternlouisville.org](http://www.jackolanternlouisville.org)
- 5 nights lodging
- 5 breakfasts
- 5 dinners, including the Southern Belle Dinner Cruise
- 3 train rides!
  1. The Missionary Ridge Local
  2. Lookout Mountain Incline Railway
  3. Blue Ridge Scenic Railway
- Rock City Gardens
- Souvenir gift for all
- Luggage handling
- All taxes and meal gratuities
- Deluxe motorcoach transportation.

Ages: Adult

Days/Dates: Day, Oct 7-Oct 12

Fee: \$1,399 Double Occupancy  
\$1,799 Single Occupancy



CHATTANOOGA  
CHOO-CHOO

# Chattanooga, Tennessee



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### 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. Please register with a partner.

Ages: 18 & Up  
**307006-00** Thurs, Sept 5-26  
**307006-01** Thurs, Jan 9-30  
 Time: 7:00-8:00 pm  
 Fee: \$50 R / \$55 NR  
 Location: Founders Community Center  
 140 Oak St.

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### Fall Colors and Foliage Photography - NEW!

Join our class to learn how to get the best out of your fall foliage pictures. We will discuss camera settings and controls to use for gorgeous color. Discover filters for DSLR cameras and MIRRORLESS cameras to enhance fall leaves. Then creatively photograph the fall colors! This class is equal parts instruction and hands-on photography.

**304009-00**  
 Ages: 18 & Up  
 Day/Dates: Wed, Sept 11-25  
 Time: 6:00-8:00 pm  
 Fee: \$100 R / \$105 NR  
 Location: Founders Community Center  
 140 Oak St.

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### Learn Your Sewing Machine - NEW!

Embark on a sewing adventure and unlock the full potential of your Singer sewing machine in our specialized class. Designed for beginners and sewing enthusiasts alike, this hands-on workshop is crafted to demystify the art of sewing, providing you with the confidence and skills needed to unleash your creativity. Note: Participants must bring their own machine. A supply list will be provided.

Ages: 18 & Up  
**307102-10** Sat, Sept 14  
**307102-11** Sat, Oct 5  
**307102-12** Sat, Nov 16  
 Time: 10:00 am-2:00 pm  
 Fee: \$100 R / \$105 NR  
 Location: Founders Community Center  
 140 Oak St.

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### Upholstery Class

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

Ages: 18 & Up  
**307102-00** Tues, Sept 17-Nov 5  
 Time: 3:00-6:00 pm  
**307102-01** Wed, Sept 18-Nov 6  
 Time: 6:15-9:15 pm  
 Fee: \$160 R / \$165 NR  
 Location: Lincoln-Way North Wood Shop  
 Please use Field House Entrance

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### Swing Dance

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

**307006-05**  
 Ages: 18 & Up  
 Day/Dates: Thurs, Oct 3-24  
 Time: 7:00-8:00 pm  
 Fee: \$50 R / \$55 NR per person  
 Location: Founders Community Center  
 140 Oak St.

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### AARP Driver Safety

This program is designed to give adults the tools needed to drive defensively and be better aware while behind the wheel. Completion of this AARP course may qualify you for an auto insurance discount. Please remember to bring your AARP membership card, if you are a member. Feel free to bring a lunch or snack. **Pre-registration is required, but you will make payment the day of. Make checks payable to AARP.**

Ages: 50 & Up  
**307003-02** Thurs, Oct 17 & Fri, Oct 18  
**307003-03** Thurs, Dec 12 & Fri, Dec 13  
 Time: 9:30 am-1:30 pm  
 Fee: \$20 AARP Members  
 \$25 Non-AARP Members  
 Location: Park District Nature Center

## Get Ready for The Holidays Photography

Are you still wondering about the features of your digital camera? This class will get you ready for the holidays and parties coming up. Learn what settings to use in front of lit decorations with your family. Why does my flash wash out my pictures? Why are my flash pictures dark? We will fix that. We will also discover how to take pictures with snow and low indoor light. Come join us, have fun and learn how to take great holiday pictures.

**304009-03**

Ages: 18 & Up  
 Day/Dates: Thurs, Nov 7-21  
 Time: 6:00-8:00 pm  
 Fee: \$100 **R** / \$105 **NR**  
 Location: Founders Community Center  
 140 Oak St.

## Zumba

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

Ages: 16 & Up  
 Time: 6:00-7:00 pm  
 Location: Lincoln-Way North Dance Studio  
 (use the Fieldhouse Entrance)

**307010-03** Mon, Sept 16-Oct 28  
 Fee: \$49 **R** / \$61.25 **NR** / 7 sessions

**307010-04** Thurs, Sept 19-Oct 24  
 (no class Oct 10)

Fee: \$35 **R** / \$44 **NR** / 5 sessions

**307010-05** Mon, Nov 11-Dec 16  
 (no class Nov 25)

Fee: \$35 **R** / \$44 **NR** / 5 sessions

**307010-06** Thurs, Nov 7-Dec 19  
 (no class Nov 28)

Fee: \$42 **R** / \$52.50 **NR** / 6 sessions

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

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

R. Resist-a-ball  
 E. Education  
 C. Core Strengthening  
 E. Exercising  
 S. Strength Training  
 S. Stretching

Bring a towel, 2lb hand weights and get ready for some fun while working out with a yoga ball. **\*\*Balls will be provided\*\***

Ages: 16 & Up  
 Time: 6:00-6:50 pm  
**307010-00** Tues, Sept 17-Oct 22

**307010-02** Tues, Oct 29-Dec 10  
 (no class Nov 26)

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  
 Time: 7:00-7:50 pm  
**307201-03** Tues, Sept 17 - Oct 22  
**307201-04** Tues, Oct 29 - Dec 10  
 (no class Nov 26)

Fee: \$40 **R** / \$50 **NR** / 6 sessions  
 Location: Lincoln-Way North Dance Studio  
 (use the Fieldhouse Entrance)

## Yoga for Kids

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

Ages: 10-15  
 Time: 5:30-6:20 pm  
**307011-06** Wed, Sept 18-Oct 23  
**307011-09** Wed, Oct 30-Dec 11  
 (no class Nov 27)

Fee: \$35 **R** / \$44 **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  
 Time: 6:30-7:20 pm  
**307011-01** Wed, Sept 18-Oct 23  
**307011-02** Wed, Oct 30-Dec 11  
 (no class Nov 27)

Fee: \$40 **R** / \$50 **NR** / 6 sessions  
 Location: Lincoln-Way North Dance Studio  
 (use the Fieldhouse Entrance)

## 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  
**307011-10** Thurs, Sept 19-Oct 24  
**307011-11** Thurs, Oct 31-Dec 12  
 (no class Nov 28)

Time: 9:00-9:50 am  
 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 must close FAN for a length of time we will add the time onto the end of your membership. F.A.N. hours are available online.

Any resident of the Frankfort Square Park District (FSPD) or 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 (Must have a valid L-Way 210 address)
- Valid State of Illinois ID card (Must have a valid L-Way 210 address)
- Voter's registration card
- Vehicle registration card
- Utility bills - can have two utility bills (Must be different utility providers)
- FOID card (Firearms Owner Identification)
- Police/Fireman Commissions card (photograph and thumbprint will be on this card)
- Valid Illinois fishing license

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

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

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

Membership is not available to non-residents.

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

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

High School aged participants must be directly supervised by an adult (21 or older) in the weight room or fitness room.

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

Drop-In participants under the age of 18 must have a parent/legal guardian accompany the child/children to sign the registration/waiver form.





## Indoor Track Information

- Approximately 8-9 laps in lanes 5 or 6 equal one mile.
- Be alert for others around you.
- No strollers or any wheeled mechanisms.
- Slower moving users shall stay on the inner lanes of the track.
- Inappropriate behavior will not be tolerated.
- Only gym shoes will be allowed in the Field House.
- No food or beverages other than water are allowed in the Field House.

## F.A.N. for All

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

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

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



## Winter Break Pass

This is designed for students who are home for the Holiday season 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. Must show a valid College/University ID  
Fee: \$35 per student



### Little Kickers

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

Ages: 3-6  
 Day/Dates: Sat, Oct 5-Nov 16  
**303208-02** Time: 9:00-9:35 am  
**303208-03** Time: 9:40-10:15 am  
 Fee: \$55 R / \$68.75 NR / 7 sessions  
 Location: Frankfort Square School Gym /  
 Outside (weather permitting)

### Pee Wee Sports Mix & More

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

**303020-03**  
 Ages: 4-6  
 Day/Dates: Mon, Oct 14-Nov 11  
 Time: 5:00-5:45 pm  
 Fee: \$50 R / \$62.50 NR / 5 sessions  
 Location: Frankfort Square School 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.  
**303030-01**

Ages: 5-7  
 Day/Dates: Mon, Oct 14-Nov 11  
 Time: 6:15-7:00 pm  
 Fee: \$50 R / \$62.50 NR / 5 sessions  
 Location: Frankfort Square School Gym

### Intermediate Soccer

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

**303001-01**  
 Ages: 4-7  
 Day/Dates: Sat, Oct 5-Nov 16  
 Time: 10:20-11:20 am  
 Fee: \$70 R / \$87.50 NR / 7 sessions  
 Location: Frankfort Square School Gym /  
 Outside (weather permitting)

### Saturday Co-Ed Indoor/Outdoor Soccer Scrimmage Program

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

Day/Dates: Sat, Oct 5-Nov 16  
 Time: 1 hour / same time each week / TBD  
 Fee: \$70 R / \$87.50 NR / 7 sessions  
 Location: Frankfort Square School Gym /  
 Outside (weather permitting)

**800050-00** 5 years old  
**800050-01** 6 years old  
**800050-02** 7 years old  
**800050-03** 8 years old  
**800050-04** 9 years old  
**800050-05** 10 years old  
**800050-06** 11 years old  
**800050-07** 12 years old  
**800050-08** 13 years old



### Instructional Co-Ed Junior Basketball

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

#### 303216-03:

Ages: 5-7  
 Day/Dates: Mon, Sept 9-Oct 7  
 Time: 6:00-6:45 pm  
 Fee: \$50 R / \$62.50 NR / 5 sessions  
 Location: Frankfort Square School Gym

### Floor Hockey

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

#### 303150-05:

Ages: 6-11  
 Day/Dates: Wed, Oct 2-Nov 13  
 Time: 6:00-7:30 pm  
 Fee: \$65 R / \$81.25 NR / 7 sessions  
 Location: Frankfort Square School Gym

### Columbus Day Basic Basketball Youth Camp - NEW!

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

#### 303216-07

Ages: 6-12  
 Day/Date: Mon, Oct 14  
 Time: 9:00 am-noon  
 Fee: \$35 R / \$43.75 NR  
 Location: Lincoln-Way North

### Fall Basketball Co-Ed Skills & Drills Clinic

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

#### 303216-04

Ages: 8-14  
 Day/Dates: Mon, Sept 9-Oct 7  
 Time: 7:00-8:00 pm  
 Fee: \$60 R / \$75 NR / 5 sessions  
 Location: Frankfort Square School Gym

### Youth Fast Pitch Softball Camp

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

Ages: 6-12  
**303012-05** Sat, Nov 2-Dec 14  
 (no class Nov 30)  
**303012-06** Sat, Jan 4-Feb 8  
 Time: 12:30-1:45 pm  
 Fee: \$70 R / \$87.50 NR / 6 sessions  
 Location: Lincoln-Way North Field House

### Winter Break Co-Ed Basketball Shooting Camp

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

#### 303216-06

Ages: 8-14  
 Day/Date: Mon, Dec 30  
 Time: 9:00-11:00 am  
 Fee: \$30 R / \$37.50 NR  
 Location: Lincoln-Way North

### Winter Break Co-Ed Basketball Camp

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

#### 303216-05

Ages: 6-14  
 Days/Dates: Thurs-Fri, Jan 2-3  
 Time: 9:00-11:00 am  
 Fee: \$40 R / \$50 NR / 2 sessions  
 Location: Lincoln-Way North



# Braemar Dance Center

Below is a general description for each dance style.

All dance classes will be held at the Mary Drew Studios located at 20130 S. Rosewood Drive. Studios will be assigned and posted the week classes start. 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. Teachers will also evaluate dancer levels the first week of class and make any individual recommendations, if needed.

Refer to the Braemar Fall 2024 Quick Glance Dance Calendar on page 28

## Acro

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

## Ballet

Students will learn classical ballet techniques and terminology 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.



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## 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.

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## Recreational Dance Classes

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

## Preschool Dancers

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### Acro

#### 305030-13

Grades: Preschool  
 Day/Dates: Tues, Sept 10-Dec 3  
 (no class Nov 26)  
 Time: 5:00-5:45 pm  
 Fee: \$143 R / \$179 NR

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### Creative Movement

#### 305030-15

Grades: Preschool-K  
 Day/Dates: Fri, Sept 13-Dec 6 (no class Nov 29)  
 Time: 4:15-5:00 pm  
 Fee: \$143 R / \$179 NR

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### Pre-Ballet

#### 305030-04

Grades: Preschool  
 Day/Dates: Sat, Sept 14-Dec 7  
 (no class Nov 30)  
 Time: 9:00-9:45 am  
 Fee: \$143 R / \$179 NR

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## Kindergarten-2nd Grade Dancers

### Jazz K-2nd

#### 305030-05

Grades: K-2nd  
 Day/Dates: Mon, Sept 9-Dec 2  
 (no class Nov 25)  
 Time: 4:00-4:55 pm  
 Fee: \$175 R / \$219 NR

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### Contemporary K-2nd

#### 305030-06

Grades: K-2nd  
 Day/Dates: Mon, Sept 9-Dec 2  
 (no class Nov 25)  
 Time: 5:00-5:55 pm  
 Fee: \$175 R / \$219 NR

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## Acro K-2nd

#### 305030-07

Grades: K-2nd  
 Day/Dates: Tues, Sept 10-Dec 3  
 (no class Nov 26)  
 Time: 4:00-4:55 pm  
 Fee: \$175 R / \$219 NR

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## Boys Hip Hop

#### 305031-07

Grades: 2nd-6th  
 Day/Dates: Tues, Sept 10-Dec 3  
 (no class Nov 26)  
 Time: 5:00-5:55 pm  
 Fee: \$175 R / \$219 NR

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## Ballet K-2nd

#### 305030-08

Grades: K-2nd  
 Day/Dates: Wed, Sept 11-Dec 4  
 (no class Nov 27)  
 Time: 4:00-4:55 pm  
 Fee: \$175 R / \$219 NR

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## Hip Hop K-2nd

#### 305030-09

Grades: K-2nd  
 Day/Dates: Thurs, Sept 12-Dec 12  
 (no class Oct 31 & Nov 28)  
 Time: 4:00-4:55 pm  
 Fee: \$175 R / \$219 NR

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## Tap K-2nd

#### 305030-10

Grades: K-2nd  
 Day/Dates: Thurs, Sept 12-Dec 12  
 (no class Oct 31 & Nov 28)  
 Time: 5:00-5:55 pm  
 Fee: \$175 R / \$219 NR

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## Hip Hop/Jazz K-2nd

#### 305030-11

Grades: K-2nd  
 Day/Dates: Fri, Sept 13-Dec 6  
 (no class Nov 29)  
 Time: 5:00-5:55 pm  
 Fee: \$175 R / \$219 NR

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## Ballet/Tap Combo

#### 305030-12

Grades: K-2nd  
 Day/Dates: Sat, Sept 14-Dec 7  
 (no class Nov 30)  
 Time: 10:00-10:55 am  
 Fee: \$175 R / \$219 NR

## 3rd-5th Dancers

### Musical Theatre 3rd-5th

#### 305031-00

Grades: 3rd-5th  
 Day/Dates: Mon, Sept 9-Dec 2  
 (no class Nov 25)  
 Time: 4:00-4:55 pm  
 Fee: \$175 R / \$219 NR

### Contemporary 3rd-5th

#### 305031-01

Grades: 3rd-5th  
 Day/Dates: Mon, Sept 9-Dec 2  
 (no class Nov 25)  
 Time: 7:00-7:55 pm  
 Fee: \$175 R / \$219 NR

### Hip Hop 3rd-5th

#### 305031-02

Grades: 3rd-5th  
 Day/Dates: Tues, Sept 10-Dec 3  
 (no class Nov 26)  
 Time: 4:00-4:55 pm  
 Fee: \$175 R / \$219 NR

### Boys Hip Hop

#### 305031-07

Grades: 2nd-6th  
 Day/Dates: Tues, Sept 10-Dec 3  
 (no class Nov 26)  
 Time: 5:00-5:55 pm  
 Fee: \$175 R / \$219 NR

### Acro 3rd-5th

#### 305031-03

Grades: 3rd-5th  
 Day/Dates: Tues, Sept 10-Dec 3  
 (no class Nov 26)  
 Time: 6:00-6:55 pm  
 Fee: \$175 R / \$219 NR

### Tap 3rd-5th

#### 305031-04

Grades: 3rd-5th  
 Day/Dates: Tues, Sept 10-Dec 3  
 (no class Nov 26)  
 Time: 7:00-7:55 pm  
 Fee: \$175 R / \$219 NR

## Jazz 3rd-5th

#### 305031-05

Grades: 3rd-5th  
 Day/Dates: Wed, Sept 11-Dec 4  
 (no class Nov 27)  
 Time: 7:00-7:55 pm  
 Fee: \$175 R / \$219 NR

## Ballet 3rd-5th

#### 305031-06

Grades: 3rd-5th  
 Day/Dates: Thurs, Sept 12-Dec 12  
 (no class Oct 31 & Nov 28)  
 Time: 4:00-4:55 pm  
 Fee: \$175 R / \$219 NR

## 6th-8th Dancers

### Contemporary 6th-8th

#### 305032-00

Grades: 6th-8th  
 Day/Dates: Mon, Sept 9-Dec 2  
 (no class Nov 25)  
 Time: 7:00-7:55 pm  
 Fee: \$175 R / \$219 NR

### Ballet 6th-8th

#### 305032-01

Grades: 6th-8th  
 Day/Dates: Tues, Sept 10-Dec 3  
 (no class Nov 26)  
 Time: 4:00-4:55 pm  
 Fee: \$175 R / \$219 NR



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**Boys Hip Hop****305031-07**

Grades: 2nd-6th  
 Day/Dates: Tues, Sept 10-Dec 3  
 (no class Nov 26)  
 Time: 5:00-5:55 pm  
 Fee: \$175 R / \$219 NR

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**Hip Hop 6th-8th****305032-02**

Grades: 6th-8th  
 Day/Dates: Tues, Sept 10-Dec 3  
 (no class Nov 26)  
 Time: 6:00-6:55 pm  
 Fee: \$175 R / \$219 NR

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**Acro 6th-8th****305032-03**

Grades: 6th-8th  
 Day/Dates: Tues, Sept 10-Dec 3  
 (no class Nov 26)  
 Time: 7:00-7:55 pm  
 Fee: \$175 R / \$219 NR

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**Pre-Pointe 6th-8th****305032-04**

Grades: 6th-8th  
 Day/Dates: Wed, Sept 11-Dec 4  
 (no class Nov 27)  
 Time: 8:00-8:30 pm  
 Fee: \$95 R / \$119 NR

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**Musical Theatre 6th-8th****305032-05**

Grades: 6th-8th  
 Day/Dates: Thurs, Sept 12-Dec 12  
 (no class Oct 31 & Nov 28)  
 Time: 4:00-4:55 pm  
 Fee: \$175 R / \$219 NR

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**Tap 6th-8th****305032-06**

Grades: 6th-8th  
 Day/Dates: Thurs, Sept 12-Dec 12  
 (no class Oct 31 & Nov 28)  
 Time: 5:00-5:55 pm  
 Fee: \$175 R / \$219 NR

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**Jazz 6th-8th****305032-07**

Grades: 6th-8th  
 Day/Dates: Thurs, Sept 12-Dec 12  
 (no class Oct 31 & Nov 28)  
 Time: 7:00-7:55 pm  
 Fee: \$175 R / \$219 NR

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**High School Dancers**

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**Contemporary H.S.****305033-00**

Grades: H.S.  
 Day/Dates: Mon, Sept 9-Dec 2  
 (no class Nov 25)  
 Time: 6:00-6:55 pm  
 Fee: \$175 R / \$219 NR

---

**Tap H.S.****305033-01**

Grades: H.S.  
 Day/Dates: Mon, Sept 9-Dec 2  
 (no class Nov 25)  
 Time: 7:00-7:55 pm  
 Fee: \$175 R / \$219 NR



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**Musical Theatre H.S.****305033-02**

Grades: H.S.  
 Day/Dates: Tues, Sept 10-Dec 3  
 (no class Nov 26)  
 Time: 6:00-6:55 pm  
 Fee: \$175 R / \$219 NR

---

**Hip Hop H.S.****305033-03**

Grades: H.S.  
 Day/Dates: Tues, Sept 10-Dec 3  
 (no class Nov 26)  
 Time: 7:00-7:55 pm  
 Fee: \$175 R / \$219 NR

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**Acro H.S.****305033-04**

Grades: H.S.  
 Day/Dates: Tues, Sept 10-Dec 3  
 (no class Nov 26)  
 Time: 8:00-8:30 pm  
 Fee: \$95 R / \$119 NR

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**Ballet H.S.****305033-05**

Grades: H.S.  
 Day/Dates: Wed, Sept 11-Dec 4  
 (no class Nov 27)  
 Time: 7:00-7:55 pm  
 Fee: \$175 R / \$219 NR

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**Jazz H.S.****305033-06**

Grades: H.S.  
 Day/Dates: Thurs, Sept 12-Dec 12  
 (no class Oct 31 & Nov 28)  
 Time: 6:00-6:55 pm  
 Fee: \$175 R / \$219 NR

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**Pointe H.S.****305033-07**

Grades: H.S.  
 Day/Dates: Thurs, Sept 12-Dec 12  
 (no class Oct 31 & Nov 28)  
 Time: 8:00-8:30 pm  
 Fee: \$95 R / \$119 NR

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**Adult Dancers****Adult Dance**

Ages: 18 & Up  
**305030-14** Tues, Sept 10-Oct 15  
**305030-16** Tues, Oct 22-Dec 3  
 (no class Nov 26)  
 Time: 7:00-7:55 pm  
 Fee: \$87.50 R / \$109 NR

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**BDC Dance Company Requirements**

BDC Dance Company is comprised of a dedicated group of dancers that have the opportunity to compete at four dance competitions per year. Each company level has a list of requirements which allows dancers to maximize their training. Want to take more than the required classes? Dancers are able to register in recreation classes as well! Please refer to the classes below to see the requirements for each level and age group.

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**Company Level I****Company Level I Mini Company**

Dancers enrolled in Company Level I Mini Company must be registered for Company as well as 2 additional recreation classes per week.

**305034-00**

Grades: K-1st  
 Day/Dates: Tues, Sept 10-Dec 3  
 (no class Nov 26)

**Spring session dates to be announced**

Time: 5:00-5:55 pm  
 Fee: \$175 R / \$219 NR / 12 sessions + rehearsals

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**Company Level I 2nd-3rd**

Dancers enrolled in Company Level I 2nd-3rd must be registered for Company as well as 2 additional recreation classes per week.

**305034-01**

Grades: 2nd-3rd  
 Day/Dates: Tues, Sept 10-Dec 3  
 (no class Nov 26)

**Spring session dates to be announced**

Time: 4:00-4:55 pm  
 Fee: \$175 R / \$219 NR / 12 sessions + rehearsals



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### Company Level 1 4th-6th

Dancers enrolled in Company Level 1 4th-6th must be registered for Company as well as 3 additional recreation classes per week.

#### 305034-02

Grades: 2nd-3rd  
Day/Dates: Tues, Sept 10-Dec 3  
(no class Nov 26)

#### Spring session dates to be announced

Time: 6:00-6:55 pm  
Fee: \$175 R / \$219 NR / 12 sessions + rehearsals.

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### Company Level 1 7th-H.S.

Dancers enrolled in Company Level 1 7th-H.S. must be registered for Company as well as 2 additional recreation classes per week.

#### 305034-03

Grades: 7th-H.S.  
Day/Dates: Mon, Sept 9-Dec 2  
(no class Nov 25)

#### Spring session dates to be announced

Time: 7:00-7:55 pm  
Fee: \$175 R / \$219 NR / 12 sessions + rehearsals

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### Company Level 2

Dancers enrolled in Company Level 2 must be registered for the following classes: Company, Ballet, Contemporary, Technique, Hip Hop, and Jazz. All other classes are optional. Please refer to the required classes below.

#### Company Level 2 4th-6th required classes below:

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### Company Level 2 4th-6th

#### 305035-00

Grades: 4th-6th  
Day/Dates: Wed, Sept 11-Dec 4  
(no class Nov 27)  
Thurs, Sept 12-Dec 12  
(no class Oct 31 & Nov 28)  
Time: 6:00-6:55 pm  
Fee: \$350 R / \$438 NR

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### Company Level 2 Jazz 4th-6th

#### 305035-01

Grades: 4th-6th  
Day/Dates: Tues, Sept 10-Dec 3  
(no class Nov 26)  
Time: 5:00-5:55 pm  
Fee: \$175 R / \$219 NR

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### Company Level 2 Ballet 4th-6th

#### 305035-02

Grades: 4th-6th  
Day/Dates: Wed, Sept 11-Dec 4  
(no class Nov 27)  
Time: 5:00-5:55 pm  
Fee: \$175 R / \$219 NR

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### Company Level 2 Contemporary 4th-6th

#### 305035-03

Grades: 4th-6th  
Day/Dates: Thurs, Sept 12-Dec 12  
(no class Oct 31 & Nov 28)  
Time: 5:00-5:55 pm  
Fee: \$175 R / \$219 NR

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### Company Level 2 Technique 4th-6th (optional)

#### 305035-04

Grades: 4th-6th  
Day/Dates: Thurs, Sept 12-Dec 12  
(no class Oct 31 & Nov 28)  
Time: 7:00-7:55 pm  
Fee: \$175 R / \$219 NR

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#### Company Level 2 7th-Freshman required classes below:

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### Company Level 2 7th-Fr

#### 305035-05

Grades: 7th-Fr  
Day/Dates: Mon, Sept 9-Dec 2  
(no class Nov 25)  
Time: 5:00-5:55 pm  
Day/Dates: Wed, Sept 12-Dec 12  
(no class Nov 27)  
Time: 6:00-6:55 pm  
**Spring session dates to be announced**  
Fee: \$350 R / \$438 NR

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### Company Level 2 Technique 7th-H.S. (option 1)

#### 305035-06

Grades: 7th-H.S.  
Day/Dates: Mon, Sept 9-Dec 2  
(no class Nov 25)  
Time: 4:00-4:55 pm  
Fee: \$175 R / \$219 NR

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**Company Level 2 Ballet 7th-Fr (option 1)****305035-07**

Grades: 7th-Fr  
 Day/Dates: Mon, Sept 9-Dec 2  
 (no class Nov 25)  
 Time: 6:00-6:55 pm  
 Fee: \$175 R / \$219 NR

**Company Level 2 Contemporary 7th-Fr****305035-08**

Grades: 7th-Fr  
 Day/Dates: Wed, Sept 11-Dec 4  
 (no class Nov 27)  
 Time: 4:00-4:55 pm  
 Fee: \$175 R / \$219 NR

**Company Level 2 Jazz 7th-Fr****305035-09**

Grades: 7th-Fr  
 Day/Dates: Wed, Sept 11-Dec 4  
 (no class Nov 27)  
 Time: 5:00-5:55 pm  
 Fee: \$175 R / \$219 NR

**Company Level 2 Technique 7th-H.S. (option 2)****305035-10**

Grades: 7th-H.S.  
 Day/Dates: Wed, Sept 11-Dec 4  
 (no class Nov 27)  
 Time: 7:00-7:55 pm  
 Fee: \$175 R / \$219 NR

**Company Level 2 Technique 7th-H.S. (option 3)****305035-11**

Grades: 7th-H.S.  
 Day/Dates: Thurs, Sept 12-Dec 12  
 (no class Oct 31 & Nov 28)  
 Time: 6:00-6:55 pm  
 Fee: \$175 R / \$219 NR

**Company Level 2 Ballet 7th-H.S. (option 2)****305035-12**

Grades: 7th-H.S.  
 Day/Dates: Thurs, Sept 12-Dec 12  
 (no class Oct 31 & Nov 28)  
 Time: 7:00-7:55 pm  
 Fee: \$175 R / \$219 NR

**Company Level 2 Sophomore-Senior required classes below:**

**Company Level 2 So-Sr****305035-13**

Grades: So-Sr  
 Day/Dates: Mon, Sept 9-Dec 2  
 (no class Nov 25)  
 Time: 6:00-6:55 pm  
 Day/Dates: Wed, Sept 11-Dec 4  
 (no class Nov 27)  
 Time: 5:00-5:55 pm  
**Spring session dates to be announced**  
 Fee: \$350 R / \$438 NR

**Company Level 2 Technique 7th-H.S. (option 1)****305035-06**

Grades: 7th-H.S.  
 Day/Dates: Mon, Sept 9-Dec 2  
 (no class Nov 25)  
 Time: 4:00-4:55 pm  
 Fee: \$175 R / \$219 NR

**Company Level 2 Jazz So-Sr****305035-15**

Grades: So-Sr  
 Day/Dates: Mon, Sept 9-Dec 2  
 (no class Nov 25)  
 Time: 5:00-5:55 pm  
 Fee: \$175 R / \$219 NR



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**Company Level 2 Contemporary So-Sr****305035-16**

Grades: So-Sr  
 Day/Dates: Wed, Sept 11-Dec 4  
 (no class Nov 27)  
 Time: 4:00-4:55 pm  
 Fee: \$175 **R** / \$219 **NR**

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**Company Level 2 Ballet So-Sr (option 1)****305035-17**

Grades: So-Sr  
 Day/Dates: Wed, Sept 11-Dec 4  
 (no class Nov 27)  
 Time: 6:00-6:55 pm  
 Fee: \$175 **R** / \$219 **NR**

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**Company Level 2 Technique 7th-H.S. (option 2)****305035-10**

Grades: 7th-H.S.  
 Day/Dates: Wed, Sept 11-Dec 4  
 (no class Nov 27)  
 Time: 7:00-7:55 pm  
 Fee: \$175 **R** / \$219 **NR**

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**Company Level 2 Technique 7th-H.S. (option 3)****305035-11**

Grades: 7th-H.S.  
 Day/Dates: Thurs, Sept 12-Dec 12  
 (no class Oct 31 & Nov 28)  
 Time: 6:00-6:55 pm  
 Fee: \$175 **R** / \$219 **NR**

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**Company Level 2 Ballet 7th-H.S. (option 2)****305035-12**

Grades: 7th-H.S.  
 Day/Dates: Thurs, Sept 12-Dec 12  
 (no class Oct 31 & Nov 28)  
 Time: 7:00-7:55 pm  
 Fee: \$175 **R** / \$219 **NR**

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**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.

**305039-00**

Ages: all  
 Day/Date/Time: Varies- contact instructors  
 Fees: \$25 **R** / \$27 **NR** 30 min. per lesson  
 (Purchase a 1, 3, 5, or 10 punch card at Park District)

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**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!

**305039-00**

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

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**Dress Code Requirements**

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

**Ballet**

Girls: Ballet leotard, pink tights, pink leather ballet shoes. May wear ballet skirts. Hair must be neatly tied up.  
 Boys: T-shirt and athletic shorts, white socks, and black leather ballet shoes.

**Ballet/Tap**

Girls: Ballet leotard, pink tights, pink leather ballet shoes and black tap shoes. May wear ballet skirts. Hair must be neatly tied up.  
 Boys: T-shirt and athletic shorts, white socks, black leather ballet shoes and black tap shoes.

**Tap**

Comfortable clothes that allow easy movement and black tap shoes; no jeans.

**Jazz**

Girls: Leotard or tank top, jazz pants/leggings/athletic shorts, nude 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 Theatre**

Comfortable clothes that allow easy movement and nude jazz shoes.

## Braemar Dance Center Weekly Class Schedule Fall 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4:00pm</b>  <b>Company Level 2</b>  <b>Technique (Opt.1)</b>  <b>7-HS</b></p> <p><b>Jazz</b>  <i>K-2nd</i></p> <p><b>Musical Theatre</b>  <i>3rd-5th</i></p> <p><b>5:00pm</b>  <b>Company Level 2</b>  <b>Jazz</b>  <b>So-Sr HS</b></p> <p><b>Company Level 2</b>  <b>7th-Fr</b></p> <p><b>Contemporary</b>  <i>K-2nd</i></p> <p><b>6:00pm</b>  <b>Company Level 2</b>  <b>So-Sr HS</b></p> <p><b>Company Level 2</b>  <b>Ballet (Opt. 1)</b>  <b>7th-Fr</b></p> <p><b>Contemporary</b>  <i>High School</i></p> <p><b>7:00pm</b>  <b>Company Level 1</b>  <b>7th-HS</b></p> <p><b>Contemporary</b>  <i>6th-8th</i></p> <p><b>Contemporary</b>  <i>3rd-5th</i></p> <p><b>Tap</b>  <i>High School</i></p>	<p><b>4:00pm</b>  <b>Company Level 1</b>  <i>2nd-3rd</i></p> <p><b>Acro</b>  <i>K-2nd</i></p> <p><b>Ballet</b>  <i>6th-8th</i></p> <p><b>Hip Hop</b>  <i>3rd-5th</i></p> <p><b>5:00pm</b>  <b>Company Level 2</b>  <b>Jazz</b>  <b>4th-6th</b></p> <p><b>Boys Hip Hop</b>  <i>2nd-6th</i></p> <p><b>Acro</b>  <i>Preschool (45 mins.)</i></p> <p><b>Company Level 1</b>  <i>K-1st</i></p> <p><b>6:00pm</b>  <b>Hip Hop</b>  <i>6th-8th</i></p> <p><b>Company Level 1</b>  <i>4th-6th</i></p> <p><b>Musical Theatre</b>  <i>High School</i></p> <p><b>Acro</b>  <i>3rd-5th</i></p> <p><b>7:00pm</b>  <b>Hip Hop</b>  <i>High School</i></p> <p><b>Acro</b>  <i>6th-8th</i></p> <p><b>Adult Dance</b>  <i>18 and UP</i></p> <p><b>Tap</b>  <i>3rd-5th</i></p> <p><b>8:00pm</b>  <b>Acro</b>  <i>High School (30 mins.)</i></p>	<p><b>4:00pm</b>  <b>Company Level 2</b>  <b>Contemporary</b>  <b>So-Sr High School</b></p> <p><b>Company Level 2</b>  <b>Contemporary</b>  <b>7th-Fr</b></p> <p><b>Ballet</b>  <i>K-2nd</i></p> <p><b>5:00pm</b>  <b>Company Level 2</b>  <b>So-Sr High School</b></p> <p><b>Company Level 2</b>  <b>Jazz</b>  <b>7th-Fr</b></p> <p><b>Company Level 2</b>  <b>Ballet</b>  <b>4th-6th</b></p> <p><b>6:00pm</b>  <b>Company Level 2</b>  <b>Ballet (Opt. 1)</b>  <b>So-Sr High School</b></p> <p><b>Company Level 2</b>  <b>Jazz</b>  <b>7th-Fr</b></p> <p><b>Company Level 2</b>  <b>Ballet</b>  <b>4th-6th</b></p> <p><b>7:00pm</b>  <b>Company Level 2</b>  <b>Technique (opt.2)</b>  <b>7-HS</b></p> <p><b>Ballet</b>  <i>High School</i></p> <p><b>Jazz</b>  <i>3rd-5th</i></p> <p><b>8:00pm</b>  <b>Pre-Pointe</b>  <i>6th-8th (30 mins.)</i></p>	<p><b>4:00pm</b>  <b>Hip Hop</b>  <i>K-2</i></p> <p><b>Ballet</b>  <i>3rd-5th</i></p> <p><b>Musical Theatre</b>  <i>6th-8th</i></p> <p><b>5:00pm</b>  <b>Tap</b>  <i>6th-8th</i></p> <p><b>Tap</b>  <i>K-2nd</i></p> <p><b>Company Level 2</b>  <b>Contemporary</b>  <b>4th-6th</b></p> <p><b>6:00pm</b>  <b>Company Level 2</b>  <b>4th-6th</b></p> <p><b>Company Level 2</b>  <b>Technique (opt.3)</b>  <b>7-HS</b></p> <p><b>Jazz</b>  <i>High School</i></p> <p><b>7:00pm</b>  <b>Company Level 2</b>  <b>Ballet (Opt. 2)</b>  <b>7th-HS</b></p> <p><b>Jazz</b>  <i>6th-8th</i></p> <p><b>Company Level 2</b>  <b>Technique</b>  <b>4th-6th</b></p> <p><b>8:00pm</b>  <b>Pointe</b>  <i>High School (30 mins.)</i>  <i>We strongly recommend the 7pm Ballet in addition to pointe.</i></p>	<p><b>4:15pm</b>  <b>Creative Movement</b>  <i>Preschool-K (45 mins.)</i></p> <p><b>5:00pm</b>  <b>Hip Hop/ Jazz</b>  <i>K-2nd</i></p> <hr/> <p style="text-align: center;"><b>Saturday</b></p> <p><b>9:00am</b>  <b>Preschool Ballet</b>  <i>(45 minutes)</i>  <i>Preschool</i></p> <p><b>10:00 am</b>  <b>Ballet/Tap</b>  <i>K-2nd</i></p> <p>Additional classes are optional.</p> <p><b>Key:</b></p> <p><b>LEVEL 1-</b></p> <p><b>Level 1 Company Classes*</b></p> <p>*K- 1st, 2nd-3rd, 4-6th (Any 2 additional unhighlighted classes required)</p> <p>*7th-HS (Any 3 additional unhighlighted classes required)</p> <p><b>LEVEL 2-</b></p> <p><b>REQUIRED</b>  <b>Company Level 2</b>  <b>4th-6th</b></p> <p><b>REQUIRED</b>  <b>Company Level 2</b>  <b>7th-Fr</b></p> <p><b>REQUIRED</b>  <b>Company Level 2</b>  <b>So- Sr High School</b></p> <p><i>(We strongly recommend 1-2 additional classes for all Level 2 dancers.)</i></p>



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

Square Links, a 1,749-yard, par 32 course owned by the Frankfort Square Park District, is open daily spring through fall. You can book a tee time online at [www.fspd.org](http://www.fspd.org). The driving range covers over 400,000 square feet and includes both manicured grass tees and synthetic hitting bays. Also featured is a spectacular 18-hole natural grass putting course and a practice sand bunker.

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

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



### Private Lessons

Private lessons can be scheduled at Square Links by directly contacting PGA Golf Professional Matt Major. Matt has been a resident of the Frankfort Square community for the past 15 years. He has 8 years of experience as a golf instructor and is the Head Coach (Girls Golf) at Lockport Township High School. Contact Matt directly at (708) 606-2716 to schedule private lessons.



### Square Links Gift Cards

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

### 2024 College Scholarship Classic Saturday, September 21, 2024

Join your family, friends, and neighbors for a fun event in support of your area youth on Saturday, September 21 from 7:30 am to dusk.

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

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



**Golf Skills Challenge – NEW!**

This free event is open to boys and girls at least 7 years of age and no older than 13. Boys and girls will compete in separate divisions in three age categories: 7-9 years old, 10-11 years old, and 12-13 years old. Registration can be completed in person at Square Links Clubhouse.

- Drives -Participants hit three drives down a 40-yard-wide fairway, and their shots must land in the fairway to score points.
- Chips- Participants hit 2 chips- putter will not be allowed for chipping.
- Putts- a 15-foot putt and a 30-yard putt.

Ages: 7-13  
 Day/Date: Sunday Sep 22  
 Time: 11:00 am  
 Fee: FREE  
 Location: Square Links Golf & Practice Center

**Errant Golf Ball Policy**

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

- Golfers are expected to exercise the highest degree of sportsmanship, etiquette, caution, and consideration of others – refraining from horseplay, carelessness, and reckless or offensive behavior. Golfers are responsible for their own conduct and play, including errant shots that may result in property damage or personal injuries.
- In the event of property damage or personal injury, Square Links employees will assist the damaged property owner or injured party in trying to identify the golfer who struck the shot. However, the property owner or injured party cannot be disruptive or discourteous to facility patrons or staff.



- Square Links Golf Course & Practice Center and Frankfort Square Park District staff are not responsible for identifying the golfer who hit the errant ball, or for ensuring that the parties will exchange contact and/or insurance information when the responsible golfer is identified. When the responsible golfer is known, Square Links staff will attempt to facilitate polite interaction and cooperation between the responsible golfer and injured party.

**Integrated Pest Management**

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





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## Boy Scouts of America

The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law.

### Scouts BSA, Ages 11-18

This program focuses on Character and leadership development, Citizenship, and personal fitness.

Registered youth will learn from each other and plan the Troops activities for the year, under the direct supervision of trained adult leadership. Youth will be challenged with monthly outdoor activities/camping, community service opportunities, and program advancement.

Boys and girls interested in meeting new people, developing life-long friendships, and visiting new and exciting places should reach out to the leaders below and stop by a meeting to see what it's all about.

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 Scout Pack 101, Grades K-5

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 like the annual Pinewood Derby, STEM activities, as well as camping, fishing, and hiking opportunities! Visit us on Facebook - [www.facebook.com/FSPack101/](http://www.facebook.com/FSPack101/) - to learn more or look us up at [www.beascout.org](http://www.beascout.org) to apply.

Questions? Email [cubscoutpack101fs@yahoo.com](mailto:cubscoutpack101fs@yahoo.com)

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## Girl Scouts USA

Are you looking to become a Girl Scout? We have troop leaders ready to accept new girls (age 5-18) into their troops which meet on a variety of days and times. For more information, please contact:

Amy Nordsell

Registrar SU742

Leader 75186

(630) 661-1001 cell

[serviceunit742@gmail.com](mailto:serviceunit742@gmail.com)

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## 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](http://fsbl.net) or like us on Facebook at [facebook.com/thefsbl](https://facebook.com/thefsbl) to stay informed regarding all league activities.

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## Frankfort Square Raptors Softball

Starting in the 2024 fall season, FS will now offer a Raptors travel softball program. We will start with part-time (PT) travel teams and will also offer a full-time (FT) travel option as well. Part time teams will play in the Chicagoland Sunday League like our part time baseball teams. All PT teams are required to participate in our in-house program. Travel games will be played once a week on Sundays during the spring season and tournaments starting in June.

Please register online at [www.Frankfortsquaresoftball.com](http://www.Frankfortsquaresoftball.com)

For questions or inquiries, please email: [lisamozmin@gmail.com](mailto:lisamozmin@gmail.com) or [Fishingal74@sbcglobal.net](mailto:Fishingal74@sbcglobal.net)

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## Frankfort Square Wildcats Football & Cheer

The Frankfort Square Wildcats are a member of the River Valley Youth Football League. The Wildcats was established in 1998 with the following objective: To provide the youth in the community a safe, supervised competitive football and cheerleading program while promoting the ideals of sportsmanship, team spirit, honesty, loyalty, and citizenship. Please visit us on the web at [fswildcats.org](http://fswildcats.org) or like us on Facebook at [facebook.com/FrankfortSquareWildcats](https://facebook.com/FrankfortSquareWildcats) to stay informed regarding all activities.

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## Frankfort Square Wildcats Wrestling

Wrestling develops discipline, quickness, balance, flexibility, coordination, muscular power, aggressiveness, agility, endurance, and a winning attitude. Our mission is to provide a safe, fun, and challenging wrestling experience to all participants regardless of individual experience. Please visit us on the web at [fswildcatswrestling.com](http://fswildcatswrestling.com) to stay informed regarding all wrestling 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.



### 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.

## Simba and Nala's Dog Park 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.





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## 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. The manufacturer recommends public 'should always err on the side of caution'. Do not wait for the warning signal to activate, as the system can malfunction.

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## 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.

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## 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.

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
- Drip and Kcup Coffee Maker

**Board Room - 7540 W. Braemar Lane**

- Occupancy - seating for approximately 35 guests
- Tables and chairs
- Full kitchen with appliances
- Drip and Kcup 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
Rental rate	\$100
Non-resident rental rate	\$250

- \* Deposit required
- \* No alcohol allowed
- \* 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.

**Office Phone:**

**(815) 469-3524**

**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 to obtain a full refund on any park district trip. (Less a \$5.00 service charge.)
6. No refunds for certain special events. (i.e.; Breakfast with the Bunny, one-day parties, or trips)

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

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

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

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



## Frankfort Square Park District Program Waiver & Release

### Important Information

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

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

### Warning of Risk

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

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

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

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

### Photo/Video Policy

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

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

### Please Print

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

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

### Participation Will Be Denied

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

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



# APPLICATION FOR EMPLOYMENT

Today's date: \_\_\_\_\_  
 Date available to start work: \_\_\_\_\_

Pre-employment questionnaire

An equal opportunity employer

**PERSONAL INFORMATION**

DATE: \_\_\_\_\_

Name: \_\_\_\_\_  
Last First M.I.

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.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Include work experience and references with application. Download full application for employment at [www.fspd.org](http://www.fspd.org).



*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](http://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



**FALL  
GOLF  
SPECIAL**

**Walking - \$12.00**  
**W/Cart - \$20.00**

*\* Fall Golf Special starts October 1st*



**SQUARE LINKS**

GOLF COURSE & PRACTICE CENTER

7861 W Saint Francis Road, Frankfort, IL / 815-469-1600 / [www.fspd.org](http://www.fspd.org)