



Winter/Spring  
**Frankfort Square  
Park District**

**2025**





# college SCHOLARSHIP

The FSPD College Scholarship Program provides funds to college-bound seniors who reside within the borders of the park district.



Scholarship applications are available beginning in early January, and can be obtained online at [FSPD.ORG](http://FSPD.ORG), or you can pick one up in person at the park district office located at 7540 W. Braemar Lane, Frankfort.

Go to our website, click on "about us" then "scholarship applications" and look for COLLEGE SCHOLARSHIP PROGRAM. Print the PDF application and return to us by Tuesday, March 4, 2025.

## FSPD.ORG



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## Park Board Meetings

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

## College Scholarship Program Golf Classic Supporters

We wish to gratefully acknowledge and thank the following sponsors for supporting the 2024 College Scholarship Golf Classic through monetary donations. Their donations will enable the Frankfort Square Park District to award \$1,000 scholarships to eligible 2025 high school graduates. Please be sure to support these area businesses.

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

## 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  
 Joe King, Commissioner





**Dear Frankfort Square Park District Residents:**

Residents may remember reading about Ken Blackburn’s 35 years of service on the FSPD Park Board of Commissioners in the Summer 2024 brochure. In addition to his community service with the Park District and Frankfort Square Baseball League, Ken was a family man and friend to all who had the honor of knowing him.

In 1975, Ken and his family made Frankfort Square their home and he proudly served his community firmly believing that FSBL and the FSPD existed to provide quality opportunities for children.

The pond at Community Park has been named in Ken’s honor in recognition of his years of volunteer service that benefited the children and residents of Frankfort Square. The Board is appreciative of Ken’s dedication and leadership and the FSPD staff will always remember Ken for his strength, kind heart, and unwavering support.

I encourage all to visit Community Park, where you can find an interpretive sign detailing Ken’s many accomplishments and while there, stop by Blackburn Pond, located in the heart of Ken’s beloved Frankfort Square community.

Many thanks to all the local businesses, friends, and golfers who generously donated to the FSPD College Scholarship program and enjoyed the College Scholarship Golf Classic held at Square Links Golf Course and Practice Center on September 21, 2024. Your continued support allows us to annually provide \$1,000 scholarships to college-bound seniors that reside within FSPD borders.

If you are or know of a current high school senior, we encourage all to complete applications, that are available on our website, [www.fspd.org](http://www.fspd.org), at the FSPD’s Community Center, and through the Lincoln-Way East office.

The Frankfort Square Park District has a long history of working cooperatively with Summit Hill School District 161 and Lincoln-Way Community High School District 210 to support resident use of the high-quality facilities in the community. In August of 2024, we were thrilled to open the doors of Frankfort Square School to program participants in the Before and After School program.

I am happy to report that the property transfer is complete, and the FSPD can now begin the long-term project of converting this valued community facility into a recreation center where all ages will come together and enjoy its indoor and outdoor amenities. We look forward to honoring its history as Frankfort Square School while beginning its next chapter and hope that you will join us at The Square!

The agreement with the Illinois Department of Natural Resources for the redevelopment of Hunter Prairie Park has been finalized and the public bid process for work was completed in October. We look forward to construction beginning this spring and continuing into the fall. Keep your eyes open for the new park amenities including a walking path, playground, tennis courts, and community gardens!

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

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

Audrey Marcquenski  
Executive Director



*Community Park/Blackburn Pond sign located at the site of the Veterans Memorial Eagle Scout Project.*

# 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](mailto: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

## Mission Statement

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

## Free Mulch Provided to Frankfort Square Park District Residents

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

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

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

## Winter/Spring Registration

Resident online registration begins Tuesday, Jan 7, 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 lock back out again.

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

## Registration Dates

### Braemar Dance Center

Resident Online Registration  
Begins Thursday, Dec. 12, 2024  
Non-Resident Registration  
Begins Tuesday, Dec 17, 2024

### Recreation Classes/Events

Resident Online Registration  
Begins Tuesday, Jan 7, 2025 at 9:00 am  
Non-Resident Registration  
Begins Thursday, Jan 9, 2025 at 9:00 am

The Frankfort Square Park District program waiver and release is located on page 38. For complete registration information, please see page 37.

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)

## 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.

## College Scholarship Program

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

The scholarship program recognizes students' remarkable academic achievements and contributions through volunteerism. Students interested in applying for a park district scholarship may access and complete online applications at [www.fspd.org](http://www.fspd.org) beginning in early January. Scholarship applications can also be picked up at the park district office, located at 7540 W. Braemar Lane, Frankfort, during normal office hours. The deadline to return completed applications is Tuesday, March 4, 2025.

## CREATE A CLASS!

Do you have an idea for a class or program you would like to see offered? Better yet, do you have a special interest or talent you would like to share with others? The Frankfort Square Park District is always looking for new program ideas and instructors. If you have a particular interest/talent and are interested in leading activities, or if you have a suggestion for a new program, please email John at [JKeenan@fspd.org](mailto:JKeenan@fspd.org). Thank you!

**Early Learning Center-Preschool  
2025-2026 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, 2025  
 Days/Dates: Tues & Thurs, Sept 2025-May 2026  
 Time: 9:15-11:15 am  
 12:15-2:15 pm  
 Fee: \$1,000 R / \$1,250 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, 2025  
 Days/Dates: Mon, Wed, Fri, Sept 2025-May 2026  
 Time: 9:00-11:30 am  
 9:15-11:45 am  
 Fee: \$1,690 R / \$2,120 NR  
 Location: Park District Administration Building

**SAVE THE DATE**  
**Preschool Open House**  
 Tuesday, Jan 21st 6:00-7:00pm  
 at the Administration Building. Meet teachers, see classrooms, and take a tour of the facility. Teachers will be available to answer questions and provide information regarding our program. Of course, children are welcome to join in on the fun!

**Four's 4th Day**

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

Age: Must be currently enrolled in our 4-year-old preschool program  
 Day/Dates: Thurs, (Sept 2025-May 2026)  
 Time: 9:00-11:30 am  
 Fee: \$575 R / \$719 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 your child's name.

Ages: 2 ½-3 ½  
**101052-05** Tues & Thurs, Jan 7-Feb 13  
**101052-06** Tues & Thurs, Feb 18-Mar 27  
 (no class Mar 31-Apr 4)  
**101052-07** Tues & Thurs, Apr 8-May 15  
 Time: 9:30-10:30 am  
 Fee: \$142 R / \$178 NR, 12 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 trained 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, and a baseball field.

Emergency paperwork must be completed on ePACT prior to registering for the program. Registration for the specific days may be completed by the parent/guardian, either online or at the park district office. **Each participant must be registered by Wednesday at noon, ten days prior to the week needed, to allow for staffing and roster completion.**

**Open to the following schools: Indian Trail, Julian Rogus, and Hilda Walker. Safeway buses will transport child(ren) from their school to Frankfort Square School.**

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

Grades: K-6th  
 Dates: Aug 21-May 29

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

Location: The Square  
 7710 W. Kingston Dr.

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

### Fees 2025-2026 school year:

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



## Escapades

Days off from school can be inconvenient and boring...or they can be exciting and adventurous with day off school Escapades! There will be plenty of games, crafts, activities, and field trips each day to ensure plenty of fun and entertainment for your little ones. Please send your child with a sack lunch, a water bottle, and tennis shoes. Students are required to wear an Escapades t-shirt each day. 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: The Square  
 7710 W. Kingston Dr.

Days/Dates:  
**Ring in the New Year!**- During this escapade, we will prepare to ring in the New Year as we look forward to new things to come!

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 The Square 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.**

## Early Childhood Summer Camp

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

### Registration and Payment Schedule

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

Ages / Grades: 3-K

Days/Dates: Mon-Fri, Jun 9-Aug 15  
(no camp Jul 4)

Fee: \$31 R / \$39 NR per day

Location: Park District Administration Building

Times: 9:00 am-noon

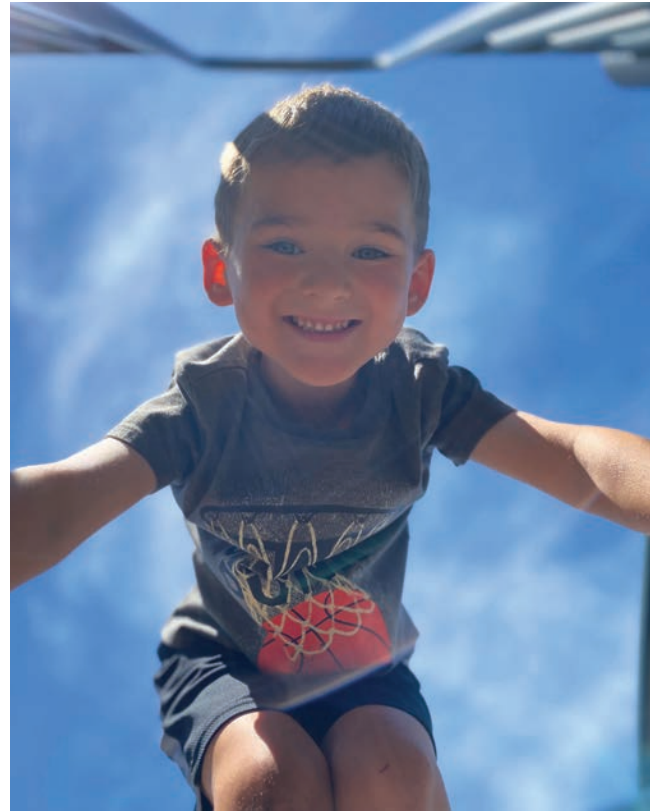
9:15-9:45 am	Check in, meet & greet coloring books/sheets, story time, free play
9:45-10:30 am	Outside play, chalk, bubbles, hop scotch, relays, park
10:30-11:00 am	Snack
11:00-11:30 am	Art projects or craft inside, playdough, finger painting
11:30-noon	Splash Park, water balloons, water games

### Additional Information

- Emergency forms will be kept on file via ePACT.
- Each child must have a 2025 registration form on file to attend.
- Each child must bring a snack every day.
- Please send your camper with a water bottle, towel, snack, and gym shoes or closed toe sandals, no flip flops or crocs
- Children must wear their bathing suits and sunscreen. They will not change out of their bathing suits. It is recommended girls come in a two piece bathing suit, or comfortable one piece that can be worn all day. It is recommended boys come in swim trunks and a swim shirt.

### Early Childhood Camp Schedule

**Week 1** Jun 9-13  
**Week 2** Jun 16-20  
**Week 3** Jun 23-27  
**Week 4** Jun 30-Jul 3  
 (no camp Jul 4)  
**Week 5** Jul 7-11  
**Week 6** Jul 14-18  
**Week 7** Jul 21-25  
**Week 8** Jul 28- Aug 1  
**Week 9** Aug 4-8  
**Week 10** Aug 11-15



### SAVE THE DATE

#### Early Childhood Camp Open House

Tuesday, May 20, 5:00-6:00pm at the Park District Administrative Building  
 Tour the facility, ask questions, and pick up informational flyers





## Summer Day Camp

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

Grades: Entering 1st-6th in Fall 2025  
Days/Dates: Mon-Fri Jun 9-Aug 15  
(no camp Jul 4)  
Time: 8:00 am-6:00 pm  
Location: The Square  
7710 W. Kingston Dr.

### Camp Fees 2024 with field trips

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

	Resident	Non-Resident
Individual Daily Registrations	\$55 / day	\$69 / day

### Registration and Payment Schedule

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

#### Summer Camp Schedule

- Week 1 Jun 9-13
- Week 2 Jun 16-20
- Week 3 Jun 23-27
- Week 4 Jun 30-Jul 3  
(no camp Jul 4)
- Week 5 Jul 7-11
- Week 6 Jul 14-18
- Week 7 Jul 21-25
- Week 8 Jul 28- Aug 1
- Week 9 Aug 4-8
- Week 10 Aug 11-15

Each participant must be registered by Monday at midnight, six days prior to the week needed, to allow for staffing and roster completion. Emergency paperwork must be completed on ePACT prior to registering for the program.



### Additional Information

- Emergency forms will be kept on file via ePACT.
- Field trips are all subject to change.
- Camp t-shirts are available for purchase for \$15. Camp t-shirts are required to be worn on all field trips.
- Each child must have a 2025 registration form on file in order to attend.
- Parents will receive a parent manual at the time of registration and are expected to review the rules and expectations with their campers.
- Please do not allow your camper to bring anything valuable to camp. FSPD is not responsible for lost, stolen, or damaged belongings.
- Please send your camper with a sack lunch, two snacks, a water bottle, sunscreen, and gym shoes each day.

### SAVE THE DATE

Day Camp Open House  
Tuesday, May 20 from 6:30-7:30 pm at The Square.  
Tour the facility, ask questions, meet some of our team,  
and pick up informational flyers.



## Daddy Daughter Dance

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

Ages: All  
 Day/Date: Sat, Feb 8  
**50012-05** 3:00-5:00 pm  
**50012-06** 6:30-8:30 pm  
 Fee: \$25 R / \$31 NR per person  
 Location: The Square  
 7710 W. Kingston Dr.



## Breakfast with the Bunny

Hop on down to The Square for an egg-cellent morning with the East Bunny! Enjoy a hot breakfast, take a picture with the bunny, create a craft, and have an extra special egg hunt through the park! Space is limited, pre-registration is required. Tickets will not be sold at the door. **No refunds will be given for this event. All children must be accompanied by an adult.**

**50014-01**  
 Ages: All  
 Date: Sat, Apr 5  
 Time: 10:00-11:30 am  
 Fee: \$15 R / \$19 NR (Tickets must be purchased for everyone attending the event. Under 12 months are free!)  
 Location: The Square  
 7710 W. Kingston Dr.



## Ice Cream Social

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

Ages: All  
 Day/Date: Wed, Jun 4  
 Rain Date: Thurs, Jun 5  
 Time: 6:00-7:00 pm  
 Fee: FREE  
 Location: Champions Park Concession Stand  
 20150 S. Rosewood Dr.





## Wiggles and Giggles

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

Ages: 2-3 (with adults)  
**101020-07** Tues, Jan 21-Feb 11  
**101020-08** Tues, Mar 4-25  
**101020-09** Tues, Apr 15-May 6  
 Time: 9:30-10:15 am  
 Fee: \$49 R / \$54 NR / 4 sessions  
 Location: Frankfort Founders Center  
 140 Oak Street

## Tot Time

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

Ages: 1-3 (with adults)  
**101006-07** Tues, Jan 21-Feb 11  
**101006-08** Tues, Mar 4-25  
**101006-09** Tues, Apr 15-May 6  
 Time: 10:30-11:15 am  
 Fee: \$49 R / \$54 NR / 4 sessions  
 Location: Frankfort Founders Center  
 140 Oak Street

## Babysitter Training

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

Ages: 11-15  
**104111-05** Mon & Wed, Jan 27 & 29  
**104111-06** Mon & Wed, Apr 7 & 9  
 Time: 4:30-8:00 pm  
 Fee: \$80 R / \$85 NR  
 Location: Frankfort Founders Center  
 140 Oak Street

## Mixed Media Art Camp

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

**104192-06**  
 Grades: K-6th  
 Day/Dates: Tues, Feb 4-25  
 Time: 5:30-6:30 pm  
 Fee: \$43 R / \$54 NR / 4 sessions  
 Location: The Square  
 7710 W. Kingston Dr.

## American Ninja Warrior

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

Ages: 4-7  
**100040-00** Day/Date: Fri, Feb 7-28  
**100040-01** Day/Dates: Fri, Mar 7-28  
 Time: 6:15-7:15pm  
 Ages: 7-10  
**100040-02** Day/Date: Fri, Feb 7-28  
**100040-03** Day/Dates: Fri, Mar 7-28  
 Time: 5:00-6:00pm  
 Fee: \$55 R / \$69 NR  
 Location: The Square  
 7710 W. Kingston Dr.

## 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  
**104120-00** Thurs, Feb 20  
**104120-01** Tues, Apr 29  
 Time: 5:00-5:55 pm  
 Fee: \$29 R / \$34 NR  
 Location: Frankfort Founders Center  
 140 Oak Street



### Character Creations

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

**100043-00**

Grades: K-6th  
 Days/Dates: Thurs, Mar 6-27  
 Time: 5:30-6:30 pm  
 Fee: \$45 R / \$56 NR / 4 sessions  
 Location: The Square  
 7710 W. Kingston Dr.

### Safe at Home

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

**104014-02**

Ages: 6-10  
 Day/Date: Mon, Mar 17  
 Time: 4:30-6:00 pm  
 Fee: \$45 R / \$50 NR  
 Location: Frankfort Founders Center  
 140 Oak Street

### First Aid for Kids

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

**104010-04**

Ages: 6-10  
 Day/Date: Mon, Mar 17  
 Time: 6:30-8:00 pm  
 Fee: \$45 R / \$50 NR  
 Location: Frankfort Founders Center  
 140 Oak Street



### Parent & Child Painting

Spend some time with your child creating your very own masterpiece! An instructor will guide you through creating art pieces with step-by-step instructions. The fee is per person. **All attending must register.**

**104192-07**

Ages: 7 & Up  
 Day/Dates: Tues, Apr 8-29  
 Time: 5:30-6:30 pm  
 Fee: \$55 R / \$69 NR / 4 sessions  
 Location: The Square  
 7710 W. Kingston Dr.

### Little Veterinarian School Dog

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

**100042-00**

Ages: 4-6  
 Day/Dates: Thurs, Apr 24-May 29  
 Time: 4:30-5:30 pm  
 Fee: \$150 R / \$155 NR  
 Location: The Oaks-Walnut Room  
 10847 La Porte Road, Mokena

### Little Veterinarian School Dog

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

**100042-01**

Ages: 6-10  
 Day/Dates: Thurs, Apr 24-May 29  
 Time: 5:45-6:45 pm  
 Fee: \$150 R / \$155 NR  
 Location: The Oaks-Walnut Room  
 10847 La Porte Road, Mokena





## Horseback Riding Lessons

Get up and go! It's time to ride at Nova Quarter Horses! Fun for all ages at any riding level, no previous experience is needed. Come out to learn both Western and English disciplines taught by our highly qualified trainers and instructors. We offer both an indoor and outdoor arena, so Nova is able to offer lessons year round. A 5-lesson card includes 5 individual one hour group lessons. Helmets are available at parent's request. Once your lesson card is purchased, call Nova to schedule your lessons at (708) 479-3696. There is a limit of one 5-lesson card per family. **Jeans and boots or hard-soled shoes are required. Riders must be age 7+.**

### 600000-08

Ages: 7 & Up  
 Fee: \$255 R / \$319 NR  
 Location: Nova Quarter Horses, Inc.  
 10129 W. 187th St., Mokena  
 (708) 479-3696

## Winter Horse Camp

Come join Nova Quarter Horses for 2 fun-filled days of Winter Horse Camp! Each day will consist of hands-on experience and a riding lesson. Guided by our experienced staff members, each participant will learn to saddle, bridle, and groom their very own horse before taking them to the arena for the daily lesson. No need to worry about the weather outside, as the Nova office is heated and the barn and arena are insulated and climate controlled. All skill levels welcome. **Jeans and hard-soled shoes required.**

### 600013-00

Ages: 7 & Up  
 Day/Date: Thurs & Fri, Jan 2-3  
 Time: 9:00 am-3:00 pm  
 Fee: \$200 R / \$250 NR  
 Location: Nova Quarter Horses, Inc.  
 10129 W. 187th St., Mokena  
 (708) 479-3696

## Little Buckaroos NEW!!

Little Buckaroos for one parent and up to 2 children. A new event at Nova, Little Buckaroos, is geared toward our littlest riders, ages 5 and under. Each child will have the opportunity to tour the barn, meet and groom our gentle horses, and feed them apples and carrots. Then we'll go for a ride. Each child will sit in the saddle while a Nova staff member leads them around the arena. This is a great introduction to horses for your little ones!

### 600006-10

Ages: 5 & Under  
 Day/Date: Wed, Apr 9  
 Time: 10:00-11:30am  
 Fee: \$30 R / \$38 NR  
 Location: Nova Quarter Horses, Inc.  
 10129 W. 187th St., Mokena  
 (708) 479-3696

## Mommy & Me Mother's Day Horseback Ride

Mother's Day is an occasion to celebrate-why not let Nova Quarter Horses give you a Mother's Day you won't forget? Come join us with your little ones for a fun-filled day of riding and crafting! This event includes a riding lesson, a tour of our barn, as well as the opportunity to learn how to groom a horse! Once you're done horsing around, every child is provided the materials to make mom a special keepsake to remember this special day. Come out and join us for this very unique Mother's Day experience!

Ages: 7 & Up  
**600006-07** Fri, May 9  
 Time: 5:00-7:00 pm  
**600006-08** Sat, May 10  
 Time: 4:30-6:30 pm  
 Fee: \$105 R / \$131 NR  
 Additional Rider: \$45 R / \$56 NR  
 Location: Nova Quarter Horses, Inc.  
 10129 W. 187th St., Mokena  
 (708) 479-3696

## Daddy & Me Father's Day Horseback Ride

Do something unique and fun this Father's Day weekend! Come join us with your little ones for a fun-filled day of riding and crafting! This event includes a riding lesson, a tour of our barn as well as the opportunity to learn how to groom a horse! Once you're done horsing around, every child is provided the materials to make dad a special keepsake to remember this special day. Come out and join us for this awesome Father's Day experience!

Ages: 7 & Up  
**600007-04** Fri, Jun 13  
 Time: 5:00-7:00 pm  
**600007-05** Sat, Jun 14  
 Time: 4:30-6:30 pm  
 Fee: \$105 R / \$131 NR  
 Additional Rider: \$45 R / \$56 NR  
 Location: Nova Quarter Horses, Inc.  
 10129 W. 187th St., Mokena  
 (708) 479-3696



### Social Ballroom Dance

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

Ages: 18 & Up  
**110139-06** Jan 9-30  
**110139-07** May 1-22  
 Time: 7:00-8:00 pm  
 Fee: \$50 R / \$55 NR per person  
 Location: Frankfort Founders Center  
 140 Oak St.

### Photo I Digital SLR Photography - Beginner

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

Ages: 18 & Up  
**110139-11** Wed, Jan 15-29  
**110139-13** Wed, Apr 9-23  
 Time: 6:00-8:00 pm  
 Fee: \$100 R / \$105 NR per person  
 Location: Frankfort Founders Center  
 140 Oak St.

### Spring Sign Making

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

**110147-01**  
 Ages: 21 & Up  
 Day/Date: Mon, Jan 27  
 Time: 7:00-8:30 pm  
 Fee: \$40 R / \$50 NR  
 Location: Square Links Golf Course

### 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.

### Zoom Learn To Edit Your Photos With Adobe Photoshop Elements

Do you want to learn how to improve your images once you download to the computer? Do you need help starting the downloading first? You will learn the different edit modes to make editing faster and simpler. But what if you want to dive into editing your photos even more? For example making the photo part black and white? Or blurring a background of the photo that did not blur that much? This is the class for you! Come join our class to learn all the different ways to edit your photos and improve them or get really creative with the photo! You will learn to practice hands on with your own photos. Get answers on the spot while editing your photos.

**NOTE: Adobe Photoshop Elements is required. Zoom login information will be emailed to participants before the first class.**

**110139-12**  
 Ages: 18 & Up  
 Days/Dates: Mon, Feb 3-17  
 Time: 6:00-8:00 pm  
 Fee: \$100 R / \$105 NR per person  
 Location: Frankfort Founders Center  
 140 Oak St.

### Learn To Fix Your Digital Pictures With Adobe Photoshop CC - Beginners

Welcome all beginners to Adobe Photoshop CC (Cloud)! You will learn how to clean up your images, whether too bright or too dark. Fix the color of your photos, then get into some creative techniques like blurring and partial black and white images. Work with your photos not samples. We cover tool bar and all of its functions. The following topics will be covered: Color Correction, Cropping & Straighten, Brightness & Contrast, Selecting parts of the image, Saving with different file types, and adding text. Participants need to have Photoshop CC installed on the computer before start of class. Zoom login information will be emailed to participants before the first class.

**110139-14**  
 Ages: 18 & Up  
 Days/Dates: Tues, Feb 4-18  
 Time: 6:00-8:00 pm  
 Fee: \$100 R / \$105 NR per person  
 Location: Frankfort Founders Center  
 140 Oak St.

### 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.



## Swing Dance

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

### 110139-09

Ages: 18 & Up  
 Day/Dates: Thurs, Feb 13-Mar 6  
 Time: 7:00-8:00 pm  
 Fee: \$50 R / \$55 NR per person  
 Location: Frankfort Founders Center  
 140 Oak St.

## Latin Dance

Enjoy the Latin rhythms and music and learn to dance as well. Learn the staccato beat of the cha cha, the slow and gliding movements of the bolero, the fast feet and music of the salsa and the rumba, which is the most popular Latin dance. We will be concentrating on rhythm and patterns in these dances as well as having fun while we learn. Please wear comfortable clothing and shoes. **You must register with a partner.**

### 110139-10

Ages: 18 & Up  
 Day/Dates: Thurs, Mar 20-Apr 10  
 Time: 7:00-8:00 pm  
 Fee: \$50 R / \$55 NR per person  
 Location: Frankfort Founders Center  
 140 Oak St.

## Photography II - Improving Your Picture Taking Skills

This course introduces the creative side of traditional film or digital photography. Topics include use of color; improving use of texture in the photo and lighting. Participants will have an opportunity to practice taking pictures during class. If you are looking to improve your picture taking skills, this is one class you won't want to miss. **NOTE: Participants must bring a digital camera to class.**

### 110139-15

Ages: 18 & Up  
 Days/Dates: Wed, May 7-21  
 Time: 6:00-8:00 pm  
 Fee: \$100 R / \$105 NR per person  
 Location: Frankfort Founders Center  
 140 Oak St.

## 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. If you are a member, please remember to bring your AARP membership card. 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  
**107000-03** Thurs, Mar 27 & Fri, Mar 28  
**107000-04** Thurs, May 1 & Fri, May 2  
 Time: 9:30 am-1:30 pm  
 Fee: \$20 AARP Members / \$25 Non-AARP Members  
 Location: Nature Center  
 7540 W. Braemar Ln.



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## Softball Basics

Play ball! Learn the basics through skills, drills, and fun. We'll cover hitting, throwing, catching, fielding, and the rules of softball. **Note: Players will need their own helmet w/guard, bat, and softball mitt.**

### 107014-03

Ages: 3.5-5  
 Day/Dates: Wed, Jan 8-Feb 12  
 Time: 4:30-5:45 pm  
 Fee: \$50 R / \$62.50 NR / 6 sessions  
 Location: Lincoln-Way North Field House

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## 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. **Note: Registration is underway for this class.**

### 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  
 19900 Harlem Ave

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## Youth Wiffle Ball – NEW!

Batter up! We are excited to offer our new wiffle ball program where kids will participate in a new and exciting wiffle ball game each week. During this program kids can expect to learn fielding, batting, throwing, base running, and sportsmanship all while having fun. The program will conclude with a skills challenge and HR Derby on the final night for the kids! Participants will need to wear comfortable clothes and gym shoes.

**NOTE: Baseball mitts are not needed for this program.**

Ages: 8-12  
**107014-04:** Mon, Feb 3-Mar 10  
 (no class Feb 17)  
**107014-05** Mon, Apr 14-May 12  
 Time: 6:00-6:45 pm  
 Fee: \$45 R / \$56 NR / 5 sessions  
 Location: The Square Gymnasium  
 7710 W. Kingston Dr.

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## Pee Wee Sports Mix

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

Ages: 4-7  
**103020-04** Mon, Feb 3-Mar 10  
 (no class Feb 17)  
**103020-05** Mon, Apr 14-May 12  
 Time: 5:00-5:45 pm  
 Fee: \$45 R / \$56 NR / 5 sessions  
 Location: The Square Gymnasium  
 7710 W. Kingston Dr.

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## Instructional Co-Ed Junior Basketball

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

**103041-00**  
 Ages: 4-7  
 Day/Dates: Tues, Mar 4-25  
 Time: 6:00-6:45 pm  
 Fee: \$40 R / \$50 NR / 4 sessions  
 Location: The Square Gymnasium  
 7710 W. Kingston Dr.

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## Indoor Futsal Training & Soccer League – NEW!

Is your son or daughter interested in soccer? Well...have you hear of futsal? You'll enjoy this exciting, fast-paced form of soccer that originates in South America featuring a smaller, flight restricted ball. Your session will combine the FUN of our outdoor program with an emphasis on technical skill training and match play. Bring your indoor shoes, a positive attitude, and enthusiasm for the game... don't forget your shin guards, they are required to play!

**Note: Registration is underway for this class.**

Ages: 5-8  
 Day/Dates: Thurs, Jan 9-Feb 27  
**103001-05** 5:30-6:30 pm  
**103001-06** 6:30-7:30 pm  
**103001-07** 7:30-8:30 pm  
 Fee: \$80 R / \$100 NR / 8 sessions  
 Location: The Square Gymnasium  
 7710 W. Kingston Dr.



## Basketball Co-Ed Skills & Drills

Spend time each week working on a different aspect of basketball. This clinic is for players that want to get ready for the basketball season or keep their skills sharp 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!

Ages:	8-14
<b>103041-02</b>	Tues, Mar 4-25
Fee:	\$48 R / \$60 NR / 4 sessions
<b>103041-03</b>	Tues, Apr 8-May 6
Time:	7:00-8:00 pm
Fee:	\$60 R / \$75 NR / 5 sessions
Location:	The Square Gymnasium 7710 W. Kingston Dr.

## Advanced Basketball Scoring & Moves - NEW!

The game of basketball is simple. Putting the ball in the hoop however is actually hard to do. This program will help basketball players at all positions learn how to score. The program will focus on the small details that make a huge difference. We will focus on 1on1 attack moves, finishing moves, jab steps, footwork, and creating space so players can get their own shots off.

<b>103041-01</b>	
Ages:	10-15
Day/Dates:	Tues, Apr 8-May 6
Time:	6:00-7:00 pm
Fee:	\$60 R / \$75 NR / 5 sessions
Location:	The Square Gymnasium 7710 W. Kingston Dr.

## Floor Hockey

Young hockey players get ready! This program is the perfect way to introduce your child to the wonderful sport of hockey. Kids will meet weekly to develop their skills through a variety of age-appropriate skills and team building exercises. All players will learn how to pass, shoot, defend, and work as a team. Pickup games will be played with boys and girls being divided into teams. Shin guards are required. All other equipment is provided.

**NOTE: Each participant will receive a Chicago Wolves jersey.**

<b>103150-01</b>	
Ages:	8-14
Day/Dates:	Wed, Feb 5-Mar 12
Time:	6:00-7:30 pm
Fee:	\$65 R / \$81 NR / 6 sessions
Location:	The Square Gymnasium 7710 W. Kingston Dr.

## 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, May 3-Jun 7
<b>103100-01</b>	9:00-9:35 am
<b>103100-02</b>	9:40-10:15 am
Fee:	\$60 R / \$75 NR / 6 sessions
Location:	The Square 7710 W. Kingston Dr.

## Intermediate Soccer

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

<b>103001-01</b>	
Ages:	4-7
Day/Dates:	Sat, May 3-Jun 7
Time:	10:20-11:20 am
Fee:	\$70 R / \$88 NR / 6 sessions
Location:	The Square 7710 W. Kingston Dr.

## Instructional Soccer Skills & Scrimmage

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

Day/Dates:	Sat, May 3-Jun 7
Time:	TBA 1 hour / same time each week
Fee:	\$70 R / \$88 NR / 6 sessions
Location:	The Square 7710 W. Kingston Dr.

<b>800060-00</b>	5 years old
<b>800060-01</b>	6 years old
<b>800060-02</b>	7 years old
<b>800060-03</b>	8 years old
<b>800060-04</b>	9 years old
<b>800060-05</b>	10 years old
<b>800060-06</b>	11 years old
<b>800060-07</b>	12 years old
<b>800060-08</b>	13 years old

# 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.

Refunds will not be issued after the third week of class. Monthly payments will continue, even if your child chooses not to continue with the class.

## 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.

## 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.





## Recreational Dance Classes

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

### Preschool Dancers

#### Acro

##### I05007-02

Grades: Preschool  
Day/Dates: Tues, Jan 7-Apr 29  
(no class Mar 25 & Apr 1)  
Time: 5:00-5:45 pm  
Fee: \$195 R / \$244 NR

#### Creative Movement

##### I05007-03

Grades: Preschool-K  
Day/Dates: Fri, Jan 10-May 2  
(no class Mar 28 & Apr 4)  
Time: 4:15-5:00 pm  
Fee: \$255 R / \$319 NR

#### Pre-Ballet

##### I05007-01

Grades: Preschool  
Day/Dates: Sat, Jan 11-May 3  
(no class Mar 29 & Apr 5)  
Time: 9:00-9:45 am  
Fee: \$255 R / \$319 NR

### Kindergarten-2nd Grade Dancers

#### Jazz K-2nd

##### I05008-00

Grades: K-2nd  
Day/Dates: Mon, Jan 6-Apr 28  
(no class Mar 24 & 31)  
Time: 4:00-4:55 pm  
Fee: \$293 R / \$366 NR

#### Contemporary K-2nd

##### I05008-01

Grades: K-2nd  
Day/Dates: Mon, Jan 6-Apr 28  
(no class Mar 24 & 31)  
Time: 5:00-5:55 pm  
Fee: \$293 R / \$366 NR

#### Acro K-2nd

##### I05008-02

Grades: K-2nd  
Day/Dates: Tues, Jan 7-Apr 29  
(no class Mar 25 & Apr 1)  
Time: 4:00-4:55 pm  
Fee: \$233 R / \$291 NR

### Boys Hip Hop

##### I05008-03

Grades: 2nd-6th  
Day/Dates: Tues, Jan 7-Apr 29  
(no class Mar 25 & Apr 1)  
Time: 5:00-5:55 pm  
Fee: \$233 R / \$291 NR

#### Ballet K-2nd

##### I05008-04

Grades: K-2nd  
Day/Dates: Wed, Jan 8-Apr 30  
(no class Mar 26 & Apr 2)  
Time: 4:00-4:55 pm  
Fee: \$293 R / \$366 NR

#### Hip Hop K-2nd

##### I05008-05

Grades: K-2nd  
Day/Dates: Thurs, Jan 9-May 1  
(no class Mar 27 & Apr 3)  
Time: 4:00-4:55 pm  
Fee: \$233 R / \$291 NR

#### Tap K-2nd

##### I05008-06

Grades: K-2nd  
Day/Dates: Thurs, Jan 9-May 1  
(no class Mar 27 & Apr 3)  
Time: 5:00-5:55 pm  
Fee: \$293 R / \$366 NR

#### Hip Hop/Jazz K-2nd

##### I05008-07

Grades: K-2nd  
Day/Dates: Fri, Jan 10-May 2  
(no class Mar 28 & Apr 4)  
Time: 5:00-5:55 pm  
Fee: \$233 R / \$291 NR

#### Ballet/Tap Combo

##### I05008-08

Grades: K-2nd  
Day/Dates: Sat, Jan 11-May 3  
(no class Mar 29 & Apr 5)  
Time: 10:00-10:55 am  
Fee: \$293 R / \$366 NR

**3rd-5th Dancers****Musical Theatre 3rd-5th****I05009-00**

Grades: 3rd-5th  
 Day/Dates: Mon, Jan 6-Apr 28  
 (no class Mar 24 & 31)  
 Time: 4:00-4:55 pm  
 Fee: \$293 R / \$366 NR

**Contemporary 3rd-5th****I05009-01**

Grades: 3rd-5th  
 Day/Dates: Mon, Jan 6-Apr 28  
 (no class Mar 24 & 31)  
 Time: 7:00-7:55 pm  
 Fee: \$293 R / \$366 NR

**Hip Hop 3rd-5th****I05009-02**

Grades: 3rd-5th  
 Day/Dates: Tues, Jan 7-Apr 29  
 (no class Mar 25 & Apr 1)  
 Time: 4:00-4:55 pm  
 Fee: \$233 R / \$291 NR

**Boys Hip Hop****I05008-03**

Grades: 2nd-6th  
 Day/Dates: Tues, Jan 7-Apr 29  
 (no class Mar 25 & Apr 1)  
 Time: 5:00-5:55 pm  
 Fee: \$233 R / \$291 NR

**Acro 3rd-5th****I05009-03**

Grades: 3rd-5th  
 Day/Dates: Tues, Jan 7-Apr 29  
 (no class Mar 25 & Apr 1)  
 Time: 6:00-6:55 pm  
 Fee: \$233 R / \$291 NR

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

Grades: 3rd-5th  
 Day/Dates: Tues, Jan 7-Apr 29  
 (no class Mar 25 & Apr 1)  
 Time: 7:00-7:55 pm  
 Fee: \$293 R / \$366 NR

**Jazz 3rd-5th****I05009-05**

Grades: 3rd-5th  
 Day/Dates: Wed, Jan 8-Apr 30  
 (no class Mar 26 & Apr 2)  
 Time: 7:00-7:55 pm  
 Fee: \$293 R / \$366 NR

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

Grades: 3rd-5th  
 Day/Dates: Thurs, Jan 9-May 1  
 (no class Mar 27 & Apr 3)  
 Time: 4:00-4:55 pm  
 Fee: \$293 R / \$366 NR

**6th-8th Dancers****Contemporary 6th-8th****I05010-01**

Grades: 6th-8th  
 Day/Dates: Mon, Jan 6-Apr 28  
 (no class Mar 24 & 31)  
 Time: 7:00-7:55 pm  
 Fee: \$298 R / \$373 NR

**Boys Hip Hop****I05008-03**

Grades: 2nd-6th  
 Day/Dates: Tues, Jan 7-Apr 29  
 (no class Mar 25 & Apr 1)  
 Time: 5:00-5:55 pm  
 Fee: \$233 R / \$291 NR

**Hip Hop 6th-8th****I05010-02**

Grades: 6th-8th  
 Day/Dates: Tues, Jan 7-Apr 29  
 (no class Mar 25 & Apr 1)  
 Time: 5:00-5:55 pm  
 Fee: \$233 R / \$291 NR

**Acro 6th-8th****I05010-03**

Grades: 6th-8th  
 Day/Dates: Tues, Jan 7-Apr 29  
 (no class Mar 25 & Apr 1)  
 Time: 7:00-7:55 pm  
 Fee: \$233 R / \$291 NR



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**Pre-Pointe 6th-8th****I05010-04**

Grades: 6th-8th  
 Day/Dates: Wed, Jan 8-Apr 30  
 (no class Mar 26 & Apr 2)  
 Time: 8:00-8:30 pm  
 Fee: \$127 **R** / \$159 **NR**

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**Musical Theatre 6th-8th****I05010-05**

Grades: 6th-8th  
 Day/Dates: Thurs, Jan 9-May 1  
 (no class Mar 27 & Apr 3)  
 Time: 4:00-4:55 pm  
 Fee: \$298 **R** / \$373 **NR**

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**Tap 6th-8th****I05010-06**

Grades: 6th-8th  
 Day/Dates: Thurs, Jan 9-May 1  
 (no class Mar 27 & Apr 3)  
 Time: 5:00-5:55 pm  
 Fee: \$298 **R** / \$373 **NR**

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**Jazz 6th-8th****I05010-07**

Grades: 6th-8th  
 Day/Dates: Thurs, Jan 9-May 1  
 (no class Mar 27 & Apr 3)  
 Time: 7:00-7:55 pm  
 Fee: \$298 **R** / \$373 **NR**

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**High School Dancers****Contemporary H.S.****I05011-00**

Grades: H.S.  
 Day/Dates: Mon, Jan 6-Apr 28  
 (no class Mar 24 & 31)  
 Time: 6:00-6:55 pm  
 Fee: \$298 **R** / \$373 **NR**

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**Tap H.S.****I05011-01**

Grades: H.S.  
 Day/Dates: Mon, Jan 6-Apr 28  
 (no class Mar 24 & 31)  
 Time: 7:00-7:55 pm  
 Fee: \$298 **R** / \$373 **NR**

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**Musical Theatre H.S.****I05011-02**

Grades: H.S.  
 Day/Dates: Tues, Jan 7-Apr 29  
 (no class Mar 25 & Apr 1)  
 Time: 6:00-6:55 pm  
 Fee: \$298 **R** / \$373 **NR**

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**Hip Hop H.S.****I05011-03**

Grades: H.S.  
 Day/Dates: Tues, Jan 7-Apr 29  
 (no class Mar 25 & Apr 1)  
 Time: 7:00-7:55 pm  
 Fee: \$233 **R** / \$291 **NR**

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**Acro H.S.****I05011-04**

Grades: H.S.  
 Day/Dates: Tues, Jan 7-Apr 29  
 (no class Mar 25 & Apr 1)  
 Time: 8:00-8:30 pm  
 Fee: \$127 **R** / \$159 **NR**

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**Jazz H.S.****I05011-05**

Grades: H.S.  
 Day/Dates: Thurs, Jan 9-May 1  
 (no class Mar 27 & Apr 3)  
 Time: 6:00-6:55 pm  
 Fee: \$298 **R** / \$373 **NR**

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**Pointe H.S.****I05011-06**

Grades: H.S.  
 Day/Dates: Thurs, Jan 9-May 1  
 (no class Mar 27 & Apr 3)  
 Time: 8:00-8:30 pm  
 Fee: \$127 **R** / \$159 **NR**

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

Ages: 18 & Up  
**I05007-04** Day/Dates: Tues, Jan 7-Feb 18  
**I05011-05** Day/Dates: Tues, Feb 25-Apr 22  
 (no class Mar 25 & Apr 1)  
 Time: 7:00-7:55 pm  
 Fee: \$102 **R** / \$128 **NR**

## 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.

### Company Level 1

#### Company Level 1 Mini Company

Dancers enrolled in Company Level 1 Mini Company must be registered for Company as well as 2 additional recreation classes per week.

##### 105012-00

Grades: K-1st  
 Day/Dates: Tues, Jan 7-Apr 29  
 (no class Mar 25 & Apr 1)  
 Time: 5:00-5:55 pm  
 Fee: \$233 R / \$291 NR / 15 sessions + rehearsals.

#### Company Level 1 2nd-3rd

Dancers enrolled in Company Level 1 2nd-3rd must be registered for Company as well as 2 additional recreation classes per week.

##### 105012-01

Grades: 2nd-3rd  
 Day/Dates: Tues, Jan 7-Apr 29  
 (no class Mar 25 & Apr 1)  
 Time: 4:00-4:55 pm  
 Fee: \$233 R / \$291 NR / 15 sessions + rehearsals.

#### Company Level 1 4th-6th

Dancers enrolled in Company Level 1 4th-6th must be registered for Company as well as 2 additional recreation classes per week.

##### 105012-02

Grades: 2nd-3rd  
 Day/Dates: Tues, Jan 7-Apr 29  
 (no class Mar 25 & Apr 1)  
 Time: 6:00-6:55 pm  
 Fee: \$233 R / \$291 NR / 15 sessions + rehearsals.

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

Dancers enrolled in Company Level 1 7th-H.S. must be registered for Company as well as 3 additional recreation classes per week.

##### 105012-03

Grades: 7th-H.S.  
 Day/Dates: Mon, Jan 6-Apr 28  
 (no class Mar 24 & 31)  
 Time: 7:00-7:55 pm  
 Fee: \$233 R / \$291 NR / 15 sessions + rehearsals.

### Company Level 2

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

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

#### Company Level 2

##### 105013-00

Grades: 4th-6th  
 Day/Dates: Wed, Jan 8-Apr 30  
 (no class Mar 26 & Apr 2)  
 Thurs, Jan 9-May 1  
 (no class Mar 27 & Apr 3)  
 Time: 6:00-6:55 pm  
 Fee: \$465 R / \$581 NR

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

##### 105013-01

Grades: 4th-6th  
 Day/Dates: Tues, Jan 7-Apr 29  
 (no class Mar 25 & Apr 1)  
 Time: 5:00-5:55 pm  
 Fee: \$233 R / \$291 NR

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

##### 105013-02

Grades: 4th-6th  
 Day/Dates: Wed, Jan 8-Apr 30  
 (no class Mar 26 & Apr 2)  
 Time: 5:00-5:55 pm  
 Fee: \$298 R / \$373 NR



**Company Level 2 Contemporary 4th-6th****I05013-03**

Grades: 4th-6th  
 Day/Dates: Thurs, Jan 9-May 1  
 (no class Mar 27 & Apr 3)  
 Time: 5:00-5:55 pm  
 Fee: \$233 R / \$291 NR

**Company Level 2 Technique 4th-6th****I05013-04**

Grades: 4th-6th  
 Day/Dates: Thurs, Jan 9-May 1  
 (no class Mar 27 & Apr 3)  
 Time: 7:00-7:55 pm  
 Fee: \$233 R / \$291 NR

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

**Company Level 2 7th-Fr****I05013-05**

Grades: 7th-Fr  
 Day/Dates: Mon, Jan 6-Apr 28  
 (no class Mar 24 & 31)  
 Time: 5:00-5:55 pm  
 Day/Dates: Wed, Jan 8-Apr 30  
 (no class Mar 26 & Apr 2)  
 Time: 6:00-6:55 pm  
 Fee: \$465 R / \$581 NR

**Company Level 2 Technique 7th-H.S. (option 1)****I05013-06**

Grades: 7th-H.S.  
 Day/Dates: Mon, Jan 6-Apr 28  
 (no class Mar 24 & 31)  
 Time: 4:00-4:55 pm  
 Fee: \$233 R / \$291 NR

**Company Level 2 Ballet 7th-Fr (option 1)****I05013-07**

Grades: 7th-Fr  
 Day/Dates: Mon, Jan 6-Apr 28  
 (no class Mar 24 & 31)  
 Time: 6:00-6:55 pm  
 Fee: \$298 R / \$373 NR

**Company Level 2 Contemporary 7th-Fr****I05013-08**

Grades: 7th-Fr  
 Day/Dates: Wed, Jan 8-Apr 30  
 (no class Mar 26 & Apr 2)  
 Time: 4:00-4:55 pm  
 Fee: \$233 R / \$291 NR

**Company Level 2 Jazz 7th-Fr****I05013-09**

Grades: 7th-Fr  
 Day/Dates: Wed, Jan 8-Apr 30  
 (no class Mar 26 & Apr 2)  
 Time: 5:00-5:55 pm  
 Fee: \$233 R / \$291 NR

**Company Level 2 Technique 7th-H.S. (option 2)****I05013-10**

Grades: 7th-H.S.  
 Day/Dates: Wed, Jan 8-Apr 30  
 (no class Mar 26 & Apr 2)  
 Time: 7:00-7:55 pm  
 Fee: \$233 R / \$291 NR

**Company Level 2 Technique 7th-H.S. (option 3)****I05013-11**

Grades: 7th-H.S.  
 Day/Dates: Thurs, Jan 9-May 1  
 (no class Mar 27 & Apr 3)  
 Time: 6:00-6:55 pm  
 Fee: \$233 R / \$291 NR

**Company Level 2 Ballet 7th-H.S. (option 2)****I05013-12**

Grades: 7th-H.S.  
 Day/Dates: Thurs, Jan 9-May 1  
 (no class Mar 27 & Apr 3)  
 Time: 7:00-7:55 pm  
 Fee: \$298 R / \$373 NR



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

### Company Level 2 So-Sr

#### 105013-13

Grades: So-Sr  
 Day/Dates: Mon, Jan 6-Apr 28  
 (no class Mar 24 & 31)  
 Time: 6:00-6:55 pm  
 Day/Dates: Wed, Jan 8-Apr 30  
 (no class Mar 26 & Apr 2)  
 Time: 5:00-5:55 pm  
 Fee: \$465 R / \$581 NR

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

#### 105013-06

Grades: 7th-H.S.  
 Day/Dates: Mon, Jan 6-Apr 28  
 (no class Mar 24 & 31)  
 Time: 4:00-4:55 pm  
 Fee: \$233 R / \$291 NR

### Company Level 2 Jazz So-Sr

#### 105013-14

Grades: So-Sr  
 Day/Dates: Mon, Jan 6-Apr 28  
 (no class Mar 24 & 31)  
 Time: 5:00-5:55 pm  
 Fee: \$233 R / \$291 NR

### Company Level 2 Contemporary So-Sr

#### 105013-15

Grades: So-Sr  
 Day/Dates: Wed, Jan 8-Apr 30  
 (no class Mar 26 & Apr 2)  
 Time: 4:00-4:55 pm  
 Fee: \$233 R / \$291 NR

### Company Level 2 Ballet So-Sr (option 1)

#### 105013-16

Grades: So-Sr  
 Day/Dates: Wed, Jan 8-Apr 30  
 (no class Mar 26 & Apr 2)  
 Time: 6:00-6:55 pm  
 Fee: \$298 R / \$373 NR

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

#### 105013-10

Grades: 7th-H.S.  
 Day/Dates: Wed, Jan 8-Apr 30  
 (no class Mar 26 & Apr 2)  
 Time: 7:00-7:55 pm  
 Fee: \$233 R / \$291 NR

### Company Level 2 Technique 7th-H.S. (option 3)

#### 105013-11

Grades: 7th-H.S.  
 Day/Dates: Thurs, Jan 9-May 1  
 (no class Mar 27 & Apr 3)  
 Time: 6:00-6:55 pm  
 Fee: \$233 R / \$291 NR

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

#### 105013-12

Grades: 7th-H.S.  
 Day/Dates: Thurs, Jan 9-May 1  
 (no class Mar 27 & Apr 3)  
 Time: 7:00-7:55 pm  
 Fee: \$298 R / \$373 NR

### Customized Private Lessons for Dancers

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

Ages: All  
 Days/Dates/Times: Varies- contact instructors  
 Fees: \$25 R / \$27 NR 30 min. per lesson  
 \$40 R / \$42 NR 1 hr. per lesson  
 (Purchase a 1, 3, 5, or 10 punch card at Park District)





## Customized Group Lessons

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

Code:

Ages: All

Time: Varies

Fee: Contact Kari directly to schedule private lessons

Location: Mary Drew  
20130 S. Rosewood Dr.



*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.



## 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)
<b>107003-02</b>	Mon, Jan 13-Feb 24
Fee:	<b>\$49 R / \$61 NR / 7 sessions</b>
<b>107003-03</b>	Thurs, Jan 16-Feb 27 (no class Feb 13)
Fee:	<b>\$42 R / \$53 NR / 6 sessions</b>
<b>107003-04</b>	Mon, Mar 3-Apr 14 (no class Apr 21)
Fee:	<b>\$49 R / \$61 NR / 7 sessions</b>
<b>107003-05</b>	Thurs, Mar 6-Apr 17 (no class Apr 24)
Fee:	<b>\$49 R / \$61 NR / 7 sessions</b>

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

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

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

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

\*\*Yoga balls will be provided \*\*

Ages:	16 & Up
<b>110143-00</b>	Day/Dates: Tues, Jan 14-Feb 18
<b>110143-02</b>	Day/Dates: Tues, Mar 4-Apr. 8
<b>110143-03</b>	Day/Dates: Tues, Apr. 15-May 20 (no class Apr 15)
Time:	5:45-6:45 pm
Fee:	<b>\$40 R / \$50 NR / 6 sessions</b>
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
<b>107021-01</b>	Day/Dates: Tues, Jan 14-Feb 18
<b>107021-02</b>	Day/Dates: Tues, Mar. 4-Apr. 8
<b>107021-07</b>	Day/Dates: Tues, Apr. 15-May 20 (no class Apr 15)
Time:	7:00-8:00 pm
Fee:	<b>\$40 R / \$50 NR / 6 sessions</b>
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
<b>107011-01</b>	Day/Dates: Wed, Jan 15-Feb 19
<b>107011-02</b>	Day/Dates: Wed, Mar 5-Apr. 9
<b>107011-03</b>	Day/Dates: Wed, Apr. 16-May 21 (no class Apr 16)
Time:	6:30-7:30 pm
Fee:	<b>\$40 R / \$50 NR / 6 sessions</b>
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
<b>107011-05</b>	Day/Dates: Thurs, Jan 16-Feb 20
<b>107011-08</b>	Day/Dates: Thurs, Feb 27-Apr 3
<b>107011-09</b>	Day/Dates: Thurs, Apr 10-May 22 (no class Apr 17)
Time:	9:00-10:00 am
Fee:	<b>\$40 R / \$50 NR / 6 sessions</b>
Location:	Lincoln-Way North Dance Studio (use the Fieldhouse Entrance)

## Boot Camp Conditioning

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

<b>207011-00</b>	
Ages:	18 & Up
Day/Dates:	Tues, May 13-Jun 17
Time:	5:30-6:30 pm
Fee:	<b>\$48 R / \$60 NR / 6 sessions</b>
Location:	Mary Drew Studios 20130 S. Rosewood Dr.

## Annual Memberships

Membership in the F.A.N. (Fitness 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 one 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 on our website under the Programs tab.

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 are needed. All three must have an LWCHSD address that matches on all three forms of proof of residency. One must include photo identification, and one must be a utility bill. The third must be a valid form of ID from the list below.

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 LWCHSD address)
- Valid State of Illinois ID card (must have a LWCHSD address)
- Voter's registration card
- Vehicle registration card
- Utility bills - can have two utility bills, but 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.

An ID will be provided for all members. ID's must be carried whenever attending F.A.N. programming at the LVN 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 their parent or legal guardian and be participating in an activity.

Children (eighth grade and under) are not permitted in the weight room or fitness room.

Participants (high school age) must be directly supervised by an adult (21 and older) in the weight room or fitness room.

Drop-In participants under the age of 18 must have their parent or legal guardian accompany them to sign the registration/waiver form.



## F.A.N. Access

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

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

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

## Indoor Track Information

- Approximately 8-9 laps in lanes 5 or 6 equal one mile.
- Be alert for others around you.
- Strollers are prohibited.
- 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 Fieldhouse.
- No food or beverages other than water are allowed in the Field House.
- Due to circumstances beyond our control, additional skip days may be added. These dates will be posted as we are notified.

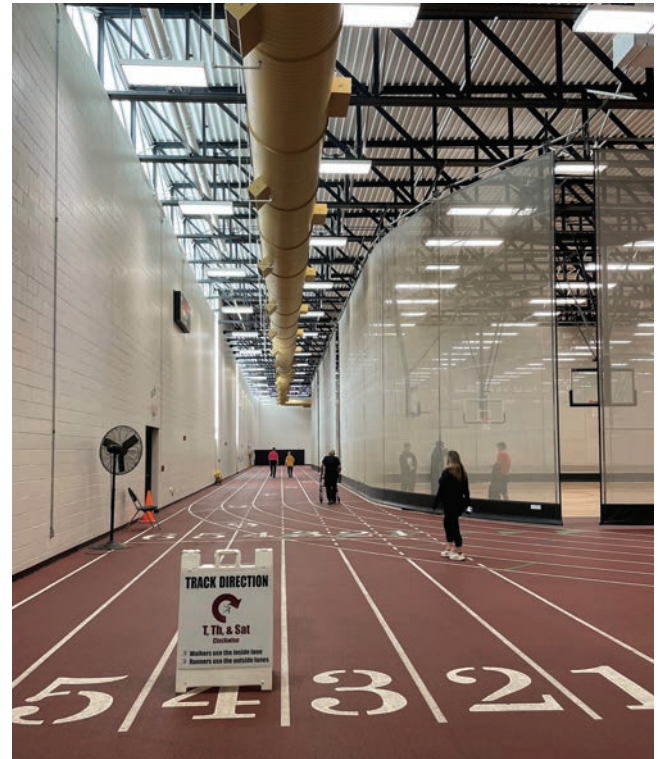


## Winter Break Pass

This is designed for students 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



## Paramount Theater Broadway Series

### WAITRESS – Feb 26

What is more American than apple pie? A small-town waitress with a dream and the ingredients for success! Sugar, butter, flour. These aren't the only ingredients Jenna, a waitress and expert pie maker, uses to make her famous pies. Stuck in a small town and a loveless marriage, Jenna unexpectedly becomes pregnant, and then finds acceptance and love in the most unexpected place.

Hoping to bake her way out of her troubles, she puts her heart and soul into her unique pies, winning over anyone who tastes them. But while battling expectations and self-esteem issues, Jenna's delicious pies reflect her state of mind with names like I Hate My Husband Pie, and Pregnant, Miserable, Self-Pitying Loser Pie. Each of us will find something relatable in Jenna's struggles and triumphs.

Full of romance and the joy of an uninhibited fling, Waitress challenges the story of a pregnant woman trapped in a small town between the life she's living and the life she wants. Her customers, co-workers, and the town's handsome new doctor may all offer her conflicting recipes for happiness, but only Jenna can do the soul-searching to decide for herself what the right ingredients are for her own happiness. Want to know her secret recipe?

Based on the 2007 film by the same name, with lyrics and music by Grammy Award winner and Tony Award nominee, Sara Bareilles. Nominated for four Tony Awards including Best Musical and Best Original Score!

The playlist includes "Sugar, Butter, Flour," "What Baking Can Do," "Club Knocked Up", and romantic tunes such as "It Only Takes a Taste" and "When He Sees Me."

#### Package Includes:

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

#### 207015-05

Ages: Adult  
Day/Date: Wed, Feb 26  
Time: 10:30 am  
Fee: \$105  
Location: Paramount Theatre

### CATS – Jun 11

Totally reinvented the Paramount way for a new era of feline fans! The most beloved musical in theater history brings the colorful world of Cats to the stage.

Inspired by a collection of poems by T.S. Eliot, Cats, the iconic musical by Andrew Lloyd Webber, is a well-loved fantastical journey into the world of Jellicle Cats.

Long-time subscribers of Paramount will recall our acclaimed rendition in 2014. Now Paramount's creative team is re-envisioning this classic and bringing a new layer and energy to this clandestine world of felines. You may know all the words, but you'll have never seen this Cats before!

The latest production explores timeless themes of identity and redemption, while keeping the unforgettable music with stirring songs like "Memory," and "The Rum Tum Tigger." More than 40 years since its release on Broadway, Cats enchants a new generation of audiences with its imaginative storytelling and groundbreaking theatrical flair.

Light on dialog, but full of captivating dance, rousing music, and singsong poetry, the show won the Tony for Best Musical and Best Original Score. It also ranks as number 11 on the all-time Best Selling Broadway Musical roster.

See for yourself how Paramount Theatre gives Cats another life!

#### Package Includes:

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

#### 207015-06

Ages: Adult  
Day/date: Wed, Jun 11  
Time: 10:30 am  
Fee: \$105  
Location: Paramount Theatre

### Nitti's Supper Club Presents Who Killed Eddie O'Hare? – Mar 22

#### A True Crime History Mystery Musical

Step inside the landmark building of Harry Caray's Italian Steakhouse, once owned by infamous Chicago mobster Frank Nitti, and travel back in time for dinner and a show based on the real-life murder of Eddie O'Hare.

This irreverent comedy features an ensemble cast of characters, many of whom walked the very halls of 33 W. Kinzie back when Nitti called it home. The immersive experience invites you to step into the role of partygoer at Frank Nitti's birthday and delve into the unsolved murder of Edward J. "Easy Eddie" O'Hare – Al Capone's lawyer and father of war hero Butch O'Hare for whom the airport is named. The crime was never solved, but suspects include Frank Nitti, his wife Annette, Al Capone, and several others. Can you crack the case?

**Note: Trip details not available at time of print... the online brochure will be updated.**







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

Watch for our season opening, approximately, March 1, 2025. 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 stations. Also featured is an 18-hole natural grass putting course and a practice sand bunker.

Toptracer delivers the same ball-tracking technology that traces the shots of the 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. 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.
- 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 at [www.fspd.org](http://www.fspd.org).



**TOPTRACER  
RANGE™**

### Free Adult Golf Clinics

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

Ages: 14 & Up  
 Fee: **FREE**  
 Time: 5:30-6:30 pm  
 Day/Date: Thurs, Jun 5  
 Day/Date: Thurs, Jul 10  
 Day/Date: Thurs, Aug 7  
 Location: Square Links Golf Course & Practice Center

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

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

The program fee includes range balls for each class.

Ages: 7-13  
 Time: 5:00-6:00 pm  
 Fee: \$50 / 4 sessions  
**840000-19** Tues & Thurs May 6-May 15  
**840000-20** Tues & Thurs May 20-May 29  
 Location: Square Links Golf Course & Practice Center

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

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

The program fee includes range balls for each class.

Ages: 14-Adult  
 Time: 6:15-7:15 pm  
 Fee: \$62 / 4 sessions  
**840000-03** Tues, May 6-May 15  
**840000-04** Tues, May 20-May 29  
 Location: Square Links Golf Course & Practice Center





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## Super Bowl Sunday Golf

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

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

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

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## Private Lessons

Private lessons can be scheduled at Square Links by directly contacting Matt Major.

Matt Has been a resident of the Frankfort Square Community for the past 16 years. He has 9 years of experience as a golf instructor and Head Coach at Lockport Township High School.

Contact Matt directly at (708) 606-2716 to schedule private lessons.

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## Square Links Gift Cards

Square Links gift cards can be purchased in any amount and make great gift ideas for holidays, birthdays, or any time you would like to give the gift of golf! Please stop by the golf course to purchase during the golf season. Gift cards can be purchased at the Frankfort Square Park District Administration Building when the course is closed for the winter.



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## Errant Golf Ball Policy

Kindly understand that Square Links Golf Course and the Frankfort Square Park District are not responsible or liable for property damage or personal injuries arising from errant golf balls. The park district is committed to safety, good sportsmanship, and cooperation with our golfers and



residents, and has developed the following guidelines to minimize errant shots and to assist injured parties in identifying the golfer responsible for hitting the errant shot.

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





## Winter Fun With FSPD!

Champions Park offers a rink for ice skating & hockey on the north side of the concession stand. The park staff do their best to maintain this facility, but it is unsupervised, and you are voluntarily participating at your own risk. We also advise you to bring your own shovel. Users should thoroughly inspect the ice before skating. Extreme caution should be used when enjoying this facility.

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

At dusk, the lights are turned-on at both facilities when conditions are favorable for use. Daily hours are 8:00 am-10:00 pm. Enjoy!

## Simba and Nala's Dog Park:

Simba and Nala's Dog Park is located at Union Creek 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 for resident dogs and \$60 per non-resident dog. 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 administration building. Special registration forms are available at the park office, located on Braemar Lane.

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 has been installed, promoting safety and security, as well as operational efficiency. The key fob, which can be attached to your dog park lanyard or your keychain, must be presented near 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 replacement fee.





## 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)

## 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)

## 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/thefsbll](https://facebook.com/thefsbll) to stay informed regarding all league activities.

## Frankfort Square Raptors Softball

Starting in the 2025 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)

## 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.

## 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.



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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 errr 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.

## 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.



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.





**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 phone, online, 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. All payments must be paid in-full at time of registration.
8. Non-residents will pay an additional 25% for programs.
9. The park district reserves the right to adjust any incorrect program fees that were due to printing errors.
10. 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.
11. 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)



## 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.



Lincolnway  
SPECIAL RECREATION  
ASSOCIATION

# BUILDING A COMMUNITY WITHOUT LIMITS

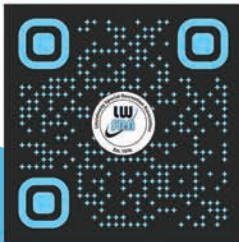


## About Us

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



Frankfort Square P.D.



2025



Daddy Daughter



DANCE



DADS, GRANDPAS, UNCLES, ANY  
FATHER FIGURE IS WELCOME  
AS AN ESCORT.

**\$25 PER  
RESIDENT**



**Saturday,  
FEBRUARY 8**  
**3:00-5:00 pm or  
6:30-8:30 pm**