



WALDEN ENRICHMENT PROGRAM

SPRING 2020
REGISTRATION PACKET
MARCH 30 - MAY 29

****NEW CLASSES****
STREET BEATZ
TIK TOK FOOTWORK
ROBOCODE
MOBILE MADNESS

PRIORITY REGISTRATION DEADLINE: March 17th, 2020 at 5 PM. **Registration opens on March 13th** . Registrations received after 5 p.m. will not be included in the lottery process, if one is needed.

Registration Procedures

CLASS DATES:

For the spring session, classes will run from Monday, March 30th - Friday, May 29th, 2020. Class dates can differ slightly; please see the schedule grid for specific class dates. There are no enrichment classes on days when school is closed, cancelled, or unexpectedly dismissed early. **There will not be refunds/make ups for classes that are missed due to school cancellations.** Please look at the grid for class specific days off.

TO REGISTER:

Visit waldenpto.org and log into your account. Please UPDATE your information.
Go To For Sale Tab & Enrichment.
After making your class selections please PAY & CHECK OUT COMPLETELY!

On Wednesday, there are two sessions of enrichment; 2:30-3:30 and 3:30-4:30. You may register for both hours of enrichment or you can choose either the first hour or the second hour. If you register for the 3:30-4:30 class, your child must exit the building at 2:25 when school is dismissed (unless the student is in after school club).

If you do not have the ability to register online, please contact Julie at ASEWalden@gmail.com.

PROCESSING FEES FOR DROPS/CHANGE REQUESTS:

**After checkout is complete a \$25 fee is charged for any dropped class.
After the first week of classes there is NO REFUND.**

If a lottery is necessary, drop/change fees are waived.

Additions will be accepted after registration is closed as space allows. If you would like to add or drop a class please email Julie at ASEWalden@gmail.com.

SCHOLARSHIPS:

Scholarships are available for families who need assistance with tuition. Please contact Mrs. Strenger, the principal, for additional information.

EMERGENCY AND PLEDGE:

We must have emergency information on file for each child. As part of the online payment process you must provide this information including allergies or additional circumstances of which the instructors should be aware. The enrichment pledge and allergy pledge must be initiated.

LOTTERY:

In the event that registration for a specific class exceeds the maximum allowed for that class, a lottery will be run following the priority registration deadline.

PTO BEHAVIOR POLICY:

The PTO reserves the right to terminate the participation of any student in the enrichment program for disruptive behavior. Additionally, if the PTO or program supervisors consider the continued participation of the student to interfere with the staff to manage the activities of the program, a student's participation may be terminated. Further, all students are reminded not to touch the personal belongings of the students and teachers whose classrooms they use during enrichment. Failure to comply with this may result in the student being terminated from the program. There are no refunds provided if a student's participation is terminated due to disruptive behavior.

CODE OF CONDUCT:

A student participating in an enrichment activity will be held to the code of conduct of School District 109.

THE STUDENT SHALL NOT:

1. Violate the District's policies or procedures on student discipline.
2. Use a beverage containing alcohol.
3. Use tobacco in any form.
4. Use, possess, buy, sell, barter, or distribute any illegal substance or paraphernalia.
5. Use, possess, buy, sell, barter or distribute any object that is or could be considered a weapon or any item that is a look alike weapon.
6. Act in an unsportsmanlike manner.
7. Vandalize or steal.
8. Haze or bully another student.
9. Violate the written rules for the activity.
10. Behave in a manner that is detrimental to the good of the group or the enrichment class.
11. Be insubordinate or disrespectful toward the activity's staff.
12. Falsify any information contained on any permit or permission form required.

Hazing and bullying activities are strictly forbidden at any time and in any location. Hazing is any humiliation or dangerous activity expected of a student to belong to a team or group, regardless of his or her willingness to participate. Bullying is any physical or verbal act or conduct that has or can be reasonably predicted to place a student in reasonable fear of

Walden Enrichment – SPRING 2020

harm; cause a detrimental effect on a student's physical or mental health; interfere with a student's academic performance; or interfere with a student's ability to participate in or benefit from school activities.

ENRICHMENT ATTENDANCE MONITOR:

The enrichment attendance monitor is on duty daily from 3:30 – 4:30 to monitor attendance in after school enrichment classes and Wednesdays from 2:30-4:30. If your child will not be at his/her after school enrichment class, you must call the school office by 3:00 or 2:00 Wednesday, the day of the class. Additionally, you must notify your child's classroom teacher so that she/he knows to send your child home rather than the enrichment class. This applies only to after school classes, not lunch bunch enrichment.

Questions? Contact Erika Harris at 312-303-0013; waldenenrichment@gmail.com or Julie Calderon at 773-469-9575; ASEWalden@gmail.com

<p align="center"><u>MONDAY</u> 3/30-5/18 7 Weeks No Class 4/13, 5/25</p>	<p align="center"><u>TUESDAY</u> 3/31-5/26 9 Weeks</p>	<p align="center"><u>WEDNESDAY</u> 2:30 - 3:30 4/1-5/27 9 Weeks</p>	<p align="center"><u>THURSDAY</u> 4/2-5/28 8 Weeks No Class 4/23</p>	<p align="center"><u>FRIDAY</u> 4/3- 5/29 8 Weeks No Class 4/10</p>
<p>FASHION SEWING & DIY FASHION ACCESSORIES Gr 1-3 Ciao Bella Sewing Fee: \$158</p>	<p>FLAG FOOTBALL Gr 1-2 Kogen Fee: \$214</p>	<p>FLAG FOOTBALL 2:30-3:30 Gr 3-4 Kogen Fee: \$214</p>	<p>FLOOR HOCKEY Gr 2-5 Kogen Fee: \$143</p>	<p>CHEER/POMS! Gr K-5 Chicago Loves Dance Fee: \$152</p>
<p>PEGASUS FC SOCCER SKILLS Gr K-2 Pegasus Fee: \$122</p>	<p>KARATE Gr K-5 Focus Martial Arts Fee: \$177</p>	<p>NINJA WARRIOR TRAINING Gr 1-5 Pulse Fitness Fee: \$195</p>	<p>STICKY FINGERS Gr K-5 Sticky Fingers Cooking Fee: \$185</p>	<p>FIT 4 KIDS Gr K-2 Kogen Fee: \$143</p>
<p>LET'S BUILD IT - CHAIN REACTIONS Gr 1-5 Chess Scholars Fee: \$133</p>	<p>LEGOS Gr K-5 Ward Fee: \$160 Materials fee included</p>	<p>LEGOS 2:30-3:30 Gr K-5 Fee: \$160 Materials fee included</p>	<p>BUILD A BUDDY Gr. 1-3 S.T.E.A.M Educators Fee: \$359 Materials fee included</p>	<p>TUMBLE PLAY Gr K-2 Dean Fee: \$143</p>
<p>CODE CLASS 1 Gr K-2 The CoderSchool Fee: \$223</p>	<p>CREATIVE TECHNICIANS Gr. 3-5 S.T.E.A.M Educators Fee: \$363 Materials fee included</p>	<p>AMAZING ART! 2:30-3:30 Gr K-5 Sunshine Crafts Fee: \$167</p>	<p>INVENTORS CLUB Gr 2-3 Noggin Builders Fee: \$177</p>	<p>S.T.E.M. EXPLORERS Gr K-1 Noggin Builders Fee: \$177</p>
<p>CODE CLASS 2 Gr 3-5 The CoderSchool Fee: \$245</p>	<p>AROUND THE WORLD Gr K-5 Taste Buds Kitchen Fee: \$233</p>	<p>CHESS SCHOLARS 2:30-3:30 Gr K-5 Chess Scholars Fee: \$144</p>	<p>YOGA Gr K-5 Chicago Loves Dance Fee: \$152</p>	<p>ROBOCODE Gr 3-5 The CoderSchool Fee: \$260</p>
<p>AROUND THE WORLD Gr K-5 Taste Buds Kitchen Fee: \$187</p>	<p>AMAZING ART! 2:30-3:30 Gr K-5 Sunshine Crafts Fee: \$167</p>	<p>HIP HOP Gr K-5 Chicago Loves Dance Fee: \$167</p>	<p>TIK TOK FOOTWORK Gr 4-5 FAMOS! DJ Entertainment Fee: \$193</p>	
<p>STREET BEATZ Gr 4-5 FAMOS! DJ Entertainment Fee: \$172</p>		<p>STICKY FINGERS Gr K-5 Sticky Fingers Cooking Fee: \$205</p>		
		<p>MOBILE MADNESS Gr 2-5 The CoderSchool Fee: \$289</p>		
		<p>MOVEMENT JUNKIES YOGA Gr K-3 Taxman Fee: \$167</p>		
		<p>LOOK WHAT I MADE! Gr 3-5 Art Party Chicago Fee: \$312 Materials fee included</p>		
		<p>CODE CLASS 1 Gr K-2 Fee: \$279</p>		

		The CoderSchool		
--	--	-----------------	--	--

WEDNESDAY SECOND HOUR ENRICHMENT 3:30-4:30

<u>MONDAY</u> 3/30-5/18 7 Weeks No Class 4/13, 5/25	<u>TUESDAY</u> 3/31-5/26 9 Weeks	<u>WEDNESDAY</u> 3:30 - 4:30 4/1-5/27 9 Weeks	<u>THURSDAY</u> 4/2-5/28 8 Weeks No Class 4/23	<u>FRIDAY</u> 4/3- 5/29 8 Weeks No Class 4/10
		I LOVE TO PAINT! 3:30-4:30 Gr 2-5 Sunshine Crafts Fee: \$177		
		LEGOS 3:30-4:30 Gr K-5 Fee: \$185 Materials fee included		
		CODE CLASS 1 Gr K-2 The CoderSchool Fee: \$279		
		CODE CLASS 2 Gr 3-5 The CoderSchool Fee: \$308		

SPECIAL ENRICHMENT CLASS 3:30-4:30

		MAGIC CLASS 4/29 Gr K-5 Gary Kantor Staff Fee: \$20		
--	--	--	--	--

Class Descriptions AFTER SCHOOL ENRICHMENT

AMAZING ART (Grades K-5)

Amazing Art combines all your favorite art projects and mixed media in this unique class. Kids will make Tie Dye shirts (art smocks for the session), experience pottery painting, create fired ceramic arts, paint a canvas acrylic painting, do recycled art projects and more. Lessons will include concepts and techniques kids can use for a lifetime and the experience of creating awesome projects will result in great self-esteem and a sense of accomplishment. All new lessons for every session.

AROUND THE WORLD WITH TASTE BUDS KITCHEN! MONDAYS & TUESDAYS (Grades K-5)

Calling all chefs from across the globe! We've got your passport ready for a weekly culinary adventure that takes your palate on a world tour. From chopping up fresh veggies in Japan, to whipping up a mousse in France and mashing cardamom in India, this hands-on after-school class will set you up to be a future top chef. Pack up your adventure bags and let's get cooking!

BUILD A BUDDY (Grades 1-3)

In this class, students will take a stuffed animal and bring it to life with electronics. Students will add sensors, sounds, and motors to their animals and will learn how to program components using our TinkRworks app. Students will learn to use touch sensors and servo motors to make their electric pet move. Then they can program sounds from roaring to snoring. Students will even get to design and laser cut a personalized name tag for their pet. Best of all, the students will take their animals home to show their family and friends!

***Students will not be able to add late to this class and NO refunds.**

CHEER/POMS (Grades K-5)

Under the direction of Chicago Loves Dance instructors, Students will learn cheers as well as poms choreography in this upbeat class. They will learn 3-4 new cheers weekly, work on form, as well as add on to their poms dance routine. The last day of the class will be a parent watch day where they will do a short performance.

CHESS SCHOLARS (Grades K-5)

Develop your child's intellect through the royal game of chess! Current research has shown a strong link between chess and academic performance in a variety of areas, including mathematics and language arts. Also, chess has been proven to enhance children's motivation, concentration, focus, social skills, and creativity. No previous knowledge of chess is necessary. Each class will consist of a fun, interactive teaching period and guided practice time. Both beginner and experienced players are welcome and will get to the next level under the guidance of an experienced Chess Scholars coach. There will also be a chess competition with prizes at the end of the session!

CODE CLASS 1 (Grades K-2)

Code Class 1 is our entry level program, only for newbie coders. In our introductory Code Class, our Coaches use Scratch or Snap! to teach kids using our project-based game development curriculum, in a traditional class-like environment. By learning through repetition, students will be able to learn the fundamentals of coding in a fun and engaging way. Throughout the session, every student will have the opportunity to present a chosen project if interested.

CODE CLASS 2 (Grades 3-5)

Code Class 2 This class is intended for students who have previously taken Coding 1 or who have had experience with concepts taught in Scratch or Snap. We will explore additional concepts and projects in Scratch. Where appropriate, we also introduce concepts and projects in JavaScript and/or Python. Throughout the session, every student will have the opportunity to present a chosen project if interested.

CREATIVE TECHNICIANS (Grades 3-5)

In this class, students will create 21st century artwork by combining traditional wooden displays with lights, sounds and other electronics (e.g. sensors and microcomputers). At the beginning of the project, students will select a template that will be used as the foundation for their project. Students will use sandpaper, paint and other art supplies and crafts to finish the template before attaching and wiring up LEDs, sensors and a micro- computer and then code the electronics to light up and play different sounds, when people approach. Students will also be learning 3-D printing! Best of all, students will take their fully-functional creation home. ***Students will not be able to add late to this class and NO refunds.**

FASHION SEWING & DIY FASHION ACCESSORIES WITH CIAO BELLA SEWING (Grades 1-2)

New Projects Each Session! During this course little sewers will dive into the world of hand sewing, crafting and DIY. By the end of this course students will have completed several projects on their own. Possible projects could be pillows, scarves, hats, DIY fashion accessories and more. Your budding fashionista will love learning about the various hand sewing techniques and being creative. We will use hand sewing supplies, fabric markers, hot glue and more to create lots of fashionable items! *This class is great for new & returning students. Sewing supplies, including fabric, thread, needles, and pins, will be provided. Students may choose to purchase additional specialty items on their own.

FIT 4 KIDS (Grades K-2)

Join fit 4 kids this session for tons of fitness fun. We will be kicking off the new year with a bunch of new activities and games. We pride ourselves on being one of the most unique activities for kids. Girls and boys sign up and be prepared for a blast! *Fit 4 kids is proud to announce FIT 4 KIDS CARES a nonprofit program designed to help kids out who do not have programs like this available to them. 8% of all proceeds will go towards funding FIT 4 KIDS CARES.* Check out www.fit4kidsclub.com for more information.

FLAG FOOTBALL (Grades 1-4)

Join us this winter for another fun season of flag football with Coach Steve and crew. We have a blast learning all about football in a safe environment. We team up with our buddies to play against kids from the other 3 Deerfield schools on Friday evenings. Every new participant will receive a jersey as well. www.fit4kidsclub.com

FLOOR HOCKEY (Grades 2-5)

Everybody loves hockey, especially when you don't have to worry about skating! Join us this winter at Walden and participate in one of the all-time favorite gym games. No equipment necessary, we'll provide all the kid friendly hockey equipment needed.

HIP HOP (Grades K-5)

Under the creative direction of skilled Chicago Loves Dance instructors, students will learn choreography to newest pop/dance songs, show off their creativity in freestyle choreography sessions and more. Chicago Loves Dance runs on the philosophy that dance should open your child's creative abilities and be FUN! We pride ourselves on teaching the self-esteem and socialization needed in everyday life through the activity of dance and performance. The last day of the class will be a parent watch day where they will do a short performance to show off their new talents.

I LOVE TO PAINT! (Grades 2-5)

Kids #1 favorite art media is Painting! This class will emphasize Painting. We will use many types of paint. Acrylics, temperas, watercolors, fired glazes and more. Lessons will include the large variety of brushes and tools used to accomplish specific painting tasks. Taking care of their tools will also be emphasized. Lessons learned are for life, whether painting pottery, canvas, bisque or watercolors. It is NOT necessary to have taken Amazing Art, but students should be serious about painting and learning. All materials included.

INVENTORS CLUB THURSDAYS (Grades 2-3)

Do you love to design and build? This class is for you! Filled with open-ended design projects and scientific experiments, Makers in this class will use many different areas of STEM. Create a motorized ferris wheel, build gadgets for an escape room, or experiment with levers to design a trebuchet. Activities are new each session!

JUST DANCE!! (Grades K-5)

Explore the world of dance by learning and performing new styles of dance each week. You will learn hip hop, jazz, lyrical, poms and more! In addition to mastering dance techniques and routines, we will enjoy playing many fun dance games!

KARATE (Grades K-5)

The Focus Karate program builds confidence and self-esteem. We teach students to set and achieve their goals while respecting themselves and others. We do so in a safe, structured environment where our trained instructors keep students motivated, fit and wanting more. Students will learn self-defense and interpersonal communication skills that will last a lifetime. Our youth get better grades, make more friends, and work towards their black belts. We build their confidence and in the process help to nurture tomorrow's leaders! Uniforms are not mandatory, but are available for purchase. Information will be provided the first day of class.

LEGOS (Grades K-5)

Imagination, Creativity, Fun! For all those Lego builders here's the perfect class for you! Imagine what you want to build: choose the bricks, pieces and mini figures to create something special. Pictures of your original builds will be emailed to mom and dad. A \$20.00 materials fee (included in the class price) is used to purchase a lego set of the student's choice to take home.

LET'S BUILD IT- CHAIN REACTIONS (Grades 1-5)

Let's Build It: Chain Reactions – Ready, Set, Roll - See the laws of motion at work in this thrilling, hands-on course. Both new and returning participants are welcome. Students will construct machines, like the Heavyweight Hammer and the Spin-o-Matic, and then combine them to create exciting chain reactions! Each week, the chain reactions will become more complex with the introduction of new machines. The projects will afford students the opportunity to delve into concepts such as force, gravity, velocity, types of energy, and balance. At the end of the session, students will be challenged to create the Ultimate Chain Reaction by working cooperatively to see how many machines they can incorporate. No previous experience is necessary, just a desire to learn and build. Each participant will receive an award on the last day of the session and have the opportunity to earn Energy Belts by demonstrating their learned skills!

LOOK WHAT I MADE! (Grades 3-5)

Art Party Chicago's Walden workshop is all about building skills, being creative & developing your own unique and amazing style all while HAVING FUN! First, students will get fired up over learning the science behind **Fused Glass** when they design & create glass pendants, magnets, framed wall art & a multi-strand wind chime. Then it's on to **Hand-Stamped Metal** where they'll hammer out personalized bookmarks, backpack tags & jewelry. Of course, they'll need somewhere to store all their hand-made treasures so they'll create their own vessels using the versatility of **Polymer Clay**. After that, it's time for **Extreme Beading**, complete with easy-to-learn

techniques to create a dazzling array of pieces. We'll wrap up our art adventures with the magic of **Alcohol Ink**, where the young artists will learn the process of using this mesmerizing medium to make Wall Art that Wows! **Art Party Chicago** believes there's an inner artist in all of us, and we're excited to welcome your student to our workshop.

Safety: Safety is of the utmost importance to Art Party Chicago. Students will learn how to safely use all tools and art supplies before creating with them. ****New Projects Each Session!*

MAGIC CLASS 4/29 (Grades K-5)

Children will have a great time as they learn a collection of thrilling and mesmerizing tricks from the "Magic Team of Gary Kantor." Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading, and more. All materials are provided, and each child receives a magic kit to take home. Children are grouped by age and always learn tricks that are age-appropriate. Additionally, you can sign up for this class again and again since brand new tricks are always taught at each session! Note: If your child has taken Gary Kantor's magic classes at the Park District, some of the tricks may be the same.

MOBILE MADNESS (Grades 2-5)

From the day Steve Jobs introduced the iPhone in 2007, smart phones have been slowly taking over all of our worlds. Our Mobile Madness camps get our intermediate coders introduced to the world of mobile app development by coding mobile apps loaded on an Android-based mobile phone.

MOVEMENT JUNKIES YOGA (GRADES K-2)

Yoga is a wonderful tool for improving listening skills and body awareness, supporting social and emotional learning and building confidence. Your child will begin his/her yogic journey with animated breathing techniques, and playful yoga poses. Children will learn relaxation techniques through breathing exercises and guided imagery. Embedded themes in our yoga classes will include gratitude, environmental awareness and self expression.

NINJA WARRIOR TRAINING (Grades 1-5)

Pulse's Ninja Warrior Training is a bootcamp style class that challenges children, grades 1-5, with equipment such as medicine balls, resistance bands, agility ladders, ropes, Bosu balls and more. This fun-filled and structured format employs games and drills that are guaranteed to improve children's overall coordination and cardiovascular conditioning, strength and flexibility, as well as boost their sportsmanship, leadership, and teamwork skills. Our motivating and passionate coaches create empowering and exciting fitness classes that will quickly become your child's favorite hour of the week.

PEGASUS FC SOCCER SKILLS (Grades K-2)

The Pegasus FC Soccer Skills class is a fun, energetic soccer program run by professional coaches from the Pegasus FC (soccer club). Whether your child is new to soccer or has already developed a love of the game, our age appropriate curriculum will allow all players to have fun developing their soccer skills. The fundamental techniques of dribbling, passing, shooting and defending will be taught during skill based activities and small sided scrimmages.

ROBOCODE (GRADES 3-5)

Domo arigato, Mr. Roboto! The field of robotics is absolutely booming. Everything from cars to thermostats and appliances are all tied to robotics and hardware engineering. If you're excited by the thought of being an Aerospace engineer at NASA or designing the next robotic creation, then you can get a nice start on the right path with this class. This class will use mBots to build out robot creations.

S.T.E.M. EXPLORERS FRIDAYS (Grades K-1)

NEW PROJECTS! Experiment, build, and create as you explore STEM through hands-on projects. Activities include many areas of STEM: investigate electricity, build your own vehicle, experiment with chemical reactions, and design an earthquake-proof building. These are just some of the challenges we'll dig into as we build creative problem solving skills through STEM. Activities are new each session!

STICKY FINGERS COOKING (WEDNESDAY & THURSDAY Grades K-5)

Let your child release their inner chef! *We're whipping up some fresh and tasty content for your budding kid chef this season by focusing on 3 super fun COOL-inary themes in our after-school cooking class sessions:*

- ***FUN-da-mentals:*** *In our first class, your kid chef will develop confidence in the kitchen by learning the FUN-da-mentals: measuring, mixing, mashing, blending, and more! These skills set the foundation for cooking and baking, and students will learn these skills while creating a delicious sweet treat with a nutritious twist!*
- ***Kitchen Tools PhD:*** *In subsequent classes, students will move on to earning their Kitchen Tools PhD! Recipes provide tons of engaging and tactile learning for kids to perfect their dicing, slicing, mincing, grating, folding and chopping with a wide variety of kitchen tools, from graters and immersion blenders to whisks, wooden spoons and kid-safe kitchen knives. These kitchen tools help develop and hone fine motor skills as kid chefs prepare savory recipes together with their peers.*
- ***COOL-inary Confidence:*** *Students will also learn to "Cook Off the Cuff" for several classes and develop their COOL-inary Confidence with fun & flexible recipes that let them choose the vegetables, herbs, and spices from a bundle of colorful and tasty options. Each hands-on, real-world class will encourage your young chef to engage all of their 5 senses while expressing their own unique culinary creativity, trying new foods, and thinking about how each component will contribute to their own tasty recipe masterpiece in the end!*

Our professional chef instructors guide kid chefs by providing safe, entertaining, hands-on learning throughout the class, but it's the kid chefs who do the prepping and the cooking! Our class sessions are a BLAST for all ages! When kids get to touch the ingredients and have a hand in creating their food, they're much more willing to try new foods. We provide all of the tools, ingredients and instruction needed to cook up a delicious, healthy and hearty after-school snack each week. Our online recipe collection is included as well for loads of future family cooking fun at home! www.stickyfingerscooking.com/recipes

STREET BEATZ (Grades 4-5)

Calling all 4th and 5th graders to join Street Beatz with Brandon Brown. Brandon is the North Shore's #1 MC with FAMOS! DJ Entertainment and choreographer of the Chicago Bears & Bulls Drum Line. You will learn real drumming technique by playing 5 gallon buckets just like the street performers! Sign up for Street Beatz with Brandon Brown today!

TIK TOK FOOTWORK (Grades 4-5)

Learn new, original dance moves that you can post to your Tik Tok profile with Ralphie today! Ralphie is the North Shore's #1 Dancer with FAMOS! DJ Entertainment and choreographer of the Untouchables Crew who performs at the B96 Pepsi Summer Bash! Bring your dancing shoes and sign up for Tik Tok Footwork with Ralphie!

TUMBLE PLAY (Grades K-2)

Hop right onto the mats to learn to roll and cartwheel. Join this enrichment class to load up your afternoon with games and strength-building gymnastics in a relaxed and fun environment.

YOGA (GRADES K-5)

We supply the mats, all you need to do is come ready for some yoga and stretch! In this class run by Chicago Loves Dance certified yoga instructors, kids will learn beginning yoga movements, terms and yoga based games to make learning fun. Yoga in early childhood is wonderful for improving listening skills, building self-esteem and supporting social and emotional learning.