



# Youth Activities

## General Youth Activities Continued

### Manners, Please! Workshop (Ages 7-13)

JG

It just takes 30 seconds to make an impression. Will it be a good one? Introductions, hand-shakes, and eye contact are just a few of the social graces you will learn and keep in your portfolio for life. personal qualities such as telephone and cell phone courtesies, acts of kindness, party savvy, invitations, importance of RSVP, and writing a thank-you note will be included. Proper behavior at the movies, the mall, escalator and elevator etiquette. Learn the rules of table manners: proper way to set the table, which fork to use and what to do if you drop it on the floor. After attending the Manners, Please workshop you will feel confident at dinners at home and away plus have social skills to take you to the top of the social and business ladder. Ms. Manners requests you be on time and dress in your best. Boys~shirt and tie (sport coat optional), Girls~dress or suitable pant outfit.

Location: Andersen Center

Sa, Apr 4 \$50/\$75  
10am-12:30pm #212220-18  
Min 10/Max 20

### Budding Engineers (Ages 8-11)

JG

Constructing working models of basic machines with LEGO® Education Sets provides an understanding of some of the fundamental concepts of engineering, without the burden and boredom of technical jargon. The participants apply their learning about structures, levers, pulleys and gears for problem solving, by progressively investigating and exploring, through modification and upgrading of simple mechanical and motorized machines. They are encouraged to deploy their ingenuity and creativity by a friendly and competitive environment. Each team, comprising two children, will have a complete LEGO® education set to work with.

Location: Field Center

W, 5:40-6:40pm \$94/\$141  
Apr 1 - May 20 #212220-11  
# of weeks: 8 Min 8/Max 18

### Destination Hollywood (Ages 8-11)

JG

Movie making is a perfect art-form which brings together a variety of talents and skills. Children have a great sense of creativity and imagination which need appropriate impulse and encouragement to manifest. The participants will choose individual themes for their movies, develop the plot and implement the blueprint to accomplish movie-making project. They work in small teams with technical equipment, a complete set of which is allotted exclusively to each team. The program concludes with burning the digital movie to a CD for taking home. Working together, role playing film crews and simulating the situations, while being great fun, help build social skills and promote team work.

Location: Field Center

W, 4:30-5:30pm \$94/\$141  
Apr 1 - May 20 #212220-10  
# of weeks: 8 Min 8/Max 16

## Yoga for Youth

### Yoga for Kids (Ages 8-12)

LV

Children can benefit from practicing yoga! We'll concentrate on stretching, strengthening, and relaxation while coordinating breathing with movement. We will also explore more advanced and exciting poses. Many of these relaxation techniques can be practiced at home - a great tension reliever for both kids and parents.

Instructor: Julia Robling Griest

Location: Dole Center, Studio 3

W, 4-5pm \$42/\$63  
Apr 15 - May 20 #213020-01  
# of weeks: 6 Min 6/Max 20

### Parent & Child Yoga (Ages 8-12)

LV

Stay on the same wavelength with your child by practicing yoga together! Have lots of fun learning the yoga basics as well as cool "partner poses" that the two of you can do together. Parents, you'll also learn healthy tips about your child's body type including how to help them maintain good posture.

Instructor: Julia Robling Griest

Location: Dole Center, Studio 3

M, 4-5pm \$84/\$126 (per pair)  
Apr 13 - May 18 #263020-01  
# of weeks: 6 Min 3/Max 10

## School's Out Activities



Join the Park District of Oak Park on your day off from school! On select days when school is scheduled to be out or gets out early, we've got some fun activities planned that you can sign up for!

### Shedd Aquarium Full Day Trip (Ages 8-12)

JG

Join us for a fun filled day as we travel to Chicago's Shedd Aquarium. Enjoy the freedom to experience all the aquarium has to offer: the Wild Reef, Amazon Rising, the Caribbean Reef, Waters of the World. We will start the day off at Fox Center and then travel to the Shedd Aquarium. Please bring a sack lunch. Sign up today!

Location: Fox Center

F, Apr 10 \$55/\$83  
8:30am-5pm #212250-03  
Min 10/Max 13

### Enchanted Castle Full Day Trip (Ages 8-12)

JG

Don't spend your day off from school sitting at home with nothing to do... join us for a day of fun as we head to the Enchanted Castle in Lombard! The Enchanted Castle features Bumper Cars, Laser Tag, Miniature Golf and hundreds of games. Package includes pizza and pop, an indoor ride wristband, laser tag mission and 20 game tokens. Participants can bring money for additional tokens.

Location: Fox Center

F, Apr 24 \$46/\$69  
8:30am-5pm #212250-04  
Min 8/Max 13