

AFTER SCHOOL YOGA @ KILDEER COUNTRYSIDE & COUNTRY MEADOWS SCHOOLS

SPONSORED BY LONG GROVE PARK DISTRICT



We will be working on expanding your child's mind, while strengthening their body with our After School Yoga classes. Your child will learn breathing techniques, balancing poses and even meditation techniques to gain a deeper understanding of the physical and physiological aspects of Yoga. Yoga helps kids manage stress better and improve their self-confidence. Don't miss this great opportunity to participate in this healthy and fun activity. ***Please have your child bring their own yoga mat with their name on it.***

<u>Code</u>	<u>Ages</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
W19YCM1 (6 weeks)	1st-5th Grades	Fri	01/18-03/22	3:00-4:00	\$108.00

Location: Country Meadows School, 6360 Gilmer Road, Long Grove – small gym

<u>Code</u>	<u>Ages</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
W19YK1 (8 weeks)	1st-5th Grades	Wed	01/23-03/20	3:00-4:00	\$144.00

Location: Kildeer Countryside School, 3100 Old McHenry Road, Long Grove - small gym

For additional information, please call the Long Grove Park District at 847-438-4743. Registration forms are available on our website @ www.lgparks.org