



Fall with the Wildwood Park District

Fall Registration Begins August 6th

School Day Off Trips

Join the Wildwood Park District on our School Day Off trips! We will go on field trips on the days District 50 has off from school. The dates for these trips are October 5th, October 8th, December 28th and January 4th. Register for each trip individually at least one week prior to the date of the trip.

- October 5: Ultimate Ninjas
- October 8: Hastings Lake YMCA
- December 28: Lasertag Adventure
- January 4: Hastings Lake YMCA

Zumba Gold

Perfect for everybody and every body! Once the Latin and World rhythms take over, you will see why Zumba Gold classes are often called exercise in disguise. With easy to follow interval-style and less intense traditional calorie-burning Zumba moves, we take the "work" out of workout for a dance fitness party! Come ready to sweat, while having fun, and prepare to leave empowered and feeling strong.

Location: Oak Room; Rule House, 33325 N. Sears Blvd.

Age: 18+

Instructor: Kaylie Lemke

Min/Max: 5/12

Number of Classes: 5

| Class ID | Date | Day | Time | Fee (R/NR) |
|------------|-----------|------|-------------|------------|
| 1836.02.01 | 9/4-10/2 | Tues | 5:45-6:30pm | \$65/\$80 |
| 1836.02.02 | 10/9-11/6 | Tues | 5:45-6:30pm | \$65/\$80 |

Special Events

- September 8 Touch-A-Truck
- September 29 Worldwide Day of Play
- September 29 GO Lake County Celebration
- November 16 Board Game Night
- December 7 Dear Santa
- December 8 Family Holiday Shopping Trip
- December 9 Lunch with Santa

Youth Yoga Class

In this class, students will learn basic yoga poses, breathing techniques and relaxation in fun and creative ways. Classes focus on building self confidence, strength, flexibility and focus through the use of games, music and stories. Children are encouraged to express themselves while learning the basic yoga principles of respect to self and others. Ages 7-12. 4:30-5:15pm

Preschool Yoga Class

In this fun and playful class for preschoolers we will introduce yoga poses, awareness of breath and relaxation through games, stories, music and play. The practice helps children improve strength, flexibility, focus, social and motor skills while having fun. Ages 4-6. 1:30-2:15pm

Classes will be on Wednesdays. The first session starts September 5. \$50R/\$58NR

Location: Oak Room; Rule House, 33325 N. Sears Blvd.

Instructor: Melissa Denapoli

Min/Max: 5/12

Number of Classes: 5

No Class: 11/21