

- **Knee injury prevention exercises by Ms. Madeline McHugh, M.S., ATC**

Madeline McHugh, M.S., ATC a Certified Athletic Trainer working in the Division of Orthopaedic Surgery and Sports Medicine at [Ann & Robert H. Lurie Children's Hospital of Chicago](#). She is a Physician Extender for one of our sports medicine physicians, and the Knee Injury Prevention Program (KIPP) Coordinator.

- **Yoga courtesy [Zen Yoga Garage](#)**

Zen Yoga Garage is a yoga and fitness home for the urban fitness enthusiast. It is a place for those who want more out of life, need a reminder to be present, and return to their true self. It's hot and sweaty with an edge. While our main focus is on modern yoga, we provide unique experiences in a variety of wellness disciplines to help you meet all your lifestyle goals. We are all about it... the power of the postures, the dynamic feeling that comes with movement flow, and the philosophy that accompanies the rich history of yoga. Simply, we are here to share the joys of yoga. We also have a Little Buddha Yoga Class on Saturdays 11-11:45am for ages 2-8.

- **Water Safety by FOSS Swim School**

We do one thing extremely well for you, we teach children how to swim better than any other program. Learning to swim isn't easy for a child. Learning to swim improperly is very easy. Our program produces strong swimmers with correct technique. You will find our program is structured to teach fundamental stroke skills that lead to a strong, safe, and confident independent swimmer. We do all this by laughing while we learn. We provide the energy, enthusiasm, stories, games, toys and songs that kids respond to. We keep our class sizes small with a 3:1 for beginning swimmers in all age groups and 4:1 for all subsequent intermediate levels.

- **American Sign Language and its benefits by Ms. Angela Zucker**

Ms. Angela Zucker will present and teach American Sign Language and its benefits. Angela Zucker, aka Ms. Angie, formerly taught Zumba Fitness after school at Pritzker Elementary. She is currently the instructor for the Pritzker after school program, American Sign Language Fun and Games. This class is available Tuesdays and Wednesdays from 4-5 p.m. Ms. Angie has a BA in Biology and Psychology from Indiana University and an O.D. degree from the Indiana School of Optometry. After working as an Optometrist for 10 years, she became certified in Zumba, Zumba Gold, and Zumba Kids. She also studied American Sign Language. Ms. Angie is also currently tutoring at Pritzker Elementary School.

5 Benefits of Learning Sign Language

1. Improves spelling – Research is showing that children who learn the basic sign languageskills (such as American Sign Language – ASL) of signing the alphabet can have improved spelling skills.
2. Improves classroom behaviors

3. Improves small motor skills – Sign language helps to develop small motor skills because of the dexterity required for communicating with hand gestures.
4. Builds overall communication skills – When you think of “language” you might just think of your spoken native language, such as English. However, language involves many other aspects including body language, emotional language, and more. An interesting study shows that people who can sign have improved abilities to read general body language – an integral part of communication.
5. Builds a better vocabulary –When you can hear the word and see the word spoken it leaves a stronger imprint on the brain.

The benefits of learning sign language for the hearing population go beyond these 5 reasons. In 1989 the U.S. Supreme Court officially recognized ASL as a true language, and many schools and colleges are allowing credits for this as a study in foreign language. Those with disabilities such as autism can also find it easier to communicate when given the tools of an alternative language such as ASL. Speech Buddies, Inc. 2017