



XS
FOUNDATION

XS TENNIS INTENSIVE
WEEKS 1 & 5

In Flight, children will use full courts and full nets. XS helps athletes develop the fundamentals (strategy and scoring) to begin play at a competitive level.



Kids Stem Studio moves from idea generation to implementation, tapping into each child's natural desire to experiment and explore.

FootPrest Labs is dedicated to developing the next generation of tech-preneurs. We teach youth how to think by exposing them to mobile app development and entrepreneurship using our No-Tech, Low-Tech, and High-Tech curriculum.



JOURNALISM INTENSIVE - WEEK 4

True Star Media will teach youth how to analyze and document the social conditions and events happening in their communities. Youth will film, photograph, and write stories about activities or events happening in the communities in which they live. Their work will be distributed on True Star's digital platforms which has an audience of 1 million annually.



NUTRITION INTENSIVE - WEEK 5



Chef David's passion for changing the way we eat has led him to create dynamic culinary programs that challenge children across the city to create healthy, and appealing meals! You may have a master chef in your midst.

TEAM ROWING - WEEK 6

Learn to row with Chicago Training Center. Lessons will include both indoor and water practices at Park 571 Boathouse. Flight focuses on "alternative" sports that earn scholarships (other than baseball, football, basketball, volleyball, etc.). We can row to success!



SLEEPAWAY EXPERIENCE! ZIP LINES, ROPE COURSES, AND A PURDUE UNIVERSITY COLLEGE TOUR - WEEK 7

Zip lines, rope courses, and climbing expand our lungs and awareness while they build our confidence and person-to-person skills. Oh, and they're tons of fun! Chapters are welcomed and encouraged for this one!



CITY MUSEUM TOURS - WEEK 8

A full week of culture as children visit city museums: Dusable, Chicago History Museum, Illinois Holocaust Museum, Hellenic, and The Field Museum.

