



# Summer Pleasures 2.0

## Teens

AT THE OSTHOFF RESORT  
JUNE 25 – AUGUST 18, 2018

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### **Wake Up, No Wake Paddle**

Monday, Wednesday, Friday, 9–10 AM  
\$20, Ages 11 and up

### **Teen Yoga**

Tuesday, Thursday, 4–5 PM  
\$15, Ages 11 and up (max capacity 20)

### **#OsthoffFoodies**

Tuesday, 11 AM–12:30 PM  
\$20, Ages 11 and up

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Please register in advance to ensure participation in the activity of your choice.

Call 800.876.3399 or register at the Front Desk or Activities Room during your stay.

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## Teens

### WAKE UP, NO WAKE PADDLE

Before the motors start on the lake, learn how to use a stand up paddle board (SUP) while the waters of Elkhart Lake are calm and wake-free! During the first ten minutes we'll teach you the basics: how to get on, stand up, and navigate your SUP. Then we'll head onto Elkhart Lake for a picturesque paddle.

Parents are encouraged to join their kids!

Please register 24 hours in advance.

Meet at Watersports.

### TEEN YOGA

Relax, unwind and learn stretches and exercises to help your body feel stronger. We'll also introduce breathing techniques and mindfulness to help manage stressful situations and provide an overall sense of calm. Meet at the Spa.

### #OSTHOFFFOODIES

Become a hip food blogger for the day as an Osthoff Chef guides you step-by-step in making Insta-worthy dishes. Capture your culinary creations for a lifetime by sharing on social media with #OsthoffFoodies. Please register by 6PM on Monday before activity.

Meet at the Cooking School.



[osthoff.com](http://osthoff.com)

Elkhart Lake, WI • 800.876.3399