



## MENU OF CLASSES

CLASS	AGES	PRICE	DURATION
<p><b>kinetic discovery classes</b></p> <p>Super fun classes centered around various themes. Each week we learn something new about our subject (dinosaurs, outerspace, around the world, science, insects,...). We will do crafts, projects, learning activities, and more. Each week we also work on their physical abilities (balance, climbing, strength, agility...). The goal is to boost the kids' physical, social, and cognitive abilities. There's a little tumbling, a little dancing, a lot of games and a whole lot of fun.</p>	classes available for 6 months through 5 years	\$96	6 weeks
<p><b>tumbling</b></p> <p>Does your child love to jump and tumble? Maybe you have a budding Olympian, or a young athlete who will benefit from early gymnastics training.</p>	3 - 8 years old	\$120	8 weeks
<p><b>dance</b></p> <p>Does your child love to move to the music? Maybe you have a future Ginger Rogers or Fred Astaire in your home.</p>	3 - 8 years old	\$120	8 weeks
<p><b>karate</b></p> <p>Do you have a kid with lots of energy? Karate could be the perfect outlet to help them gain self discipline, body control as well as improve focus.</p>	4 - 8 years old	\$75	5 weeks
<p><b>music lessons</b></p> <p>Let your child explore the possibilities and wonders of music with Kinetic Kids music lessons.</p>	any age	\$30/ session	weekly 30 minute private lessons with a monthly commitment
<p><b>open gym playtimes</b></p> <p>There are times scheduled each day (Monday-Saturday) when kids can enjoy the gym in this unstructured event. They can explore, play, and release some of their energy.</p>	any age	Free with classes or \$10/child/session (packages and sibling discounts available)	
<p><b>birthday parties</b></p> <p>You bring the kids and the cake....WE DO EVERYTHING ELSE! We provide plates, cups, napkins, balloons, ice cream, and drinks. Your birthday child will be the center of attention as our trained staff leads party-goers in fun, age-appropriate group activities.</p>	any age	\$250	Times available Fridays, Saturdays, and Sundays
<p><b>summer programs</b></p> <p>Schools out. What are the kids going to do? Let them join us for a class.</p>	programs available for ages 3-11	varies	
<p><b>parent recharge night</b></p> <p>allows you relax and enjoy some adult time while your children have fun in a safe and fun environment. Our Kinetic Team has planned an evening of physical activities, music, food, and fun.</p>	Ages 3-11 (and bathroom independent)	\$30/ child (sibling discounts available)	pecially scheduled evenings
<p><b>adult fitness classes</b></p> <p>Have a hard time finding time for yourself? How about yoga, pilates, or zumba while the kids play in the gym?</p>	all adults	various packages available	varies by package