




# M Kids - January 2012

**M KIDS HOURS**  
**M-F 7:30am - 8:30pm**  
**Sat 8:00am -**

SUN	MON	TUE	WED	THUR	FRI	SAT		
<p>1. <b>Childcare closes at 12pm</b></p> <p><b>HAPPY NEW YEAR!!</b></p>	<p>2. <b>9:15a - FitKids!</b></p> <p>Rockwall Hours 4:30p - 8:30p</p> <p>Kids in Motion 5:00p - Mini Yoga 5:30p - Circuit Training 6:00p - Kid's Muscle</p>	<p>3. <b>ZUMBATOMIC</b> 4:30p (Ages 7-11)</p> <p>Rockwall Hours 4:30p - 8:30p</p> <p>Kids in Motion 5:00p - Mini Movers 5:30p - <b>**Plyo Class**</b> <b>All-Star Cheer (4-6)</b> <b>6:15p-7:00p</b></p>	<p>4. <b>9:15a - FitKids!</b></p> <p><b>** Lunch Bunch **</b> 11:30am-2:30pm</p> <p>Rockwall Hours 4:30p - 8:30p</p> <p><b>ZUMBATOMIC</b> <b>**4:20p (Ages 4-6)**</b></p> <p>Kids in Motion 5:00p - Mini Yoga 5:30p - Kids Yoga</p>	<p>5.</p> <p>Rockwall Hours 4:30p - 8:30p</p> <p>Kids in Motion 5:00p - Mini Movers 5:30p - Kids Boot Camp <b>All-Star Cheer (7-11)</b> <b>6:15p-7:00p</b></p>	<p>6.</p> <p>Rockwall Hours 4:30p - 8:30p</p> <p> <b>5:30p - 8:30p</b> <b>Dinner &amp; A Movie!</b></p>	<p>7.</p> <p>Rockwall Hours 9:00a - 12:00p</p> <p>Kids in Motion 9:30a - Circuit Training 10:00a - Yoga</p>		
8.	<p>9. <b>9:15a - FitKids!</b></p> <p>Rockwall Hours 4:30p - 8:30p</p> <p>Kids in Motion 5:00p - Mini Yoga 5:30p - Circuit Training 6:00p - Kid's Muscle</p>	<p>10. <b>ZUMBATOMIC</b> 4:30p (Ages 7-11)</p> <p>Rockwall Hours 4:30p - 8:30p</p> <p>Kids in Motion 5:00p - Mini Movers 5:30p - <b>**Plyo Class**</b> <b>All-Star Cheer (4-6)</b> <b>6:15p-7:00p</b></p>	<p>11. <b>9:15a - FitKids!</b></p> <p><b>** Lunch Bunch **</b> 11:30am-2:30pm</p> <p>Rockwall Hours 4:30p - 8:30p</p> <p><b>ZUMBATOMIC</b> <b>**4:20p (Ages 4-6)**</b></p> <p>Kids in Motion 5:00p - Mini Yoga 5:30p - Kids Yoga</p>	12.	<p>13.</p> <p>Rockwall Hours 4:30p - 8:30p</p> <p> <b>5:30p - 8:30p</b> <b>Dinner &amp; A Movie!</b></p>	14.		
15.	<p>16. <b>9:15a - FitKids!</b></p> <p>Rockwall Hours 4:30p - 8:30p</p> <p>Kids in Motion 5:00p - Mini Yoga 5:30p - Circuit Training 6:00p - Kid's Muscle</p>	<p>17. <b>ZUMBATOMIC</b> 4:30p (Ages 7-11)</p> <p>Rockwall Hours 4:30p - 8:30p</p> <p>Kids in Motion 5:00p - Mini Movers 5:30p - <b>**Plyo Class**</b> <b>All-Star Cheer (4-6)</b> <b>6:15p-7:00p</b></p>	<p>18. <b>9:15a - FitKids!</b></p> <p><b>** Lunch Bunch **</b> 11:30am-2:30pm</p> <p>Rockwall Hours 4:30p - 8:30p</p> <p><b>ZUMBATOMIC</b> <b>**4:20p (Ages 4-6)**</b></p> <p>Kids in Motion 5:00p - Mini Yoga 5:30p - Kids Yoga</p>	19.	<p>20.</p> <p>Rockwall Hours 4:30p - 8:30p</p> <p> <b>5:30p - 8:30p</b> <b>Dinner &amp; A Movie!</b></p>	21.		
22.	<p>23. <b>9:15a - FitKids!</b></p> <p>Rockwall Hours 4:30p - 8:30p</p> <p>Kids in Motion 5:00p - Mini Yoga 5:30p - Circuit Training 6:00p - Kid's Muscle</p>	<p>24. <b>ZUMBATOMIC</b> 4:30p (Ages 7-11)</p> <p>Rockwall Hours 4:30p - 8:30p</p> <p>Kids in Motion 5:00p - Mini Movers 5:30p - <b>**Plyo Class**</b> <b>All-Star Cheer (4-6)</b> <b>6:15p-7:00p</b></p>	25	26.	<p>27.</p> <p>Rockwall Hours 4:30p - 8:30p</p> <p> <b>5:30p - 8:30p</b> <b>Dinner &amp; A Movie!</b></p>	28.		
29.	<p>30. <b>9:15a - FitKids!</b></p> <p>Rockwall Hours 4:30p - 8:30p</p> <p>Kids in Motion 5:00p - Mini Yoga 5:30p - Circuit Training 6:00p - Kid's Muscle</p>	<p>31. <b>ZUMBATOMIC</b> 4:30p (Ages 7-11)</p> <p>Rockwall Hours 4:30p - 8:30p</p> <p>Kids in Motion 5:00p - Mini Movers 5:30p - <b>**Plyo Class**</b> <b>All-Star Cheer (4-6)</b> <b>6:15p-7:00p</b></p>	<p><b>PARENTS NIGHT OUT</b>  <b>"New Years brings new cheers!"</b>  <b>Saturday January 21</b>  <b>4:30p-9:00p</b></p> <p>Come celebrate the New Year MKids style as we party through an evening full of crafts and activities. Dinner will be served along with a premier showing of <b>Cars 2!</b></p>				<p><b>MKids Winter Camp!</b>  <b>Mon. January 2-Fri. January 6</b>  <b>10:00a-4:00p</b>  <b>early &amp; late care options available</b>  <b>Register in Childcare!</b></p>	

FREE! Activities	Day/Date	Description
<b>FitKids!</b>	Mon & Wed	<b>9:15am</b> - Children ages 3+up. Must be potty-trained. Athletic shoes only - no crocs, flip-flops, sandals or dress shoes. Included with your childcare plan or \$3 hourly rate.
<b>Fee Based Programs</b>	Day/Date	Description
<b>Kids in Motion</b>	Monday—Thursday Saturday	<b>Fitness classes</b> offered in our Kids in Motion Workout Gym! Circuit Training & Specialty classes offered Monday - Thursday evenings and Saturday mornings, for kids ages 6-11 years old! Join in the fun & get fit with us! <b>Circuit Training</b> - A variety of circuit routines designed to keep your child fit & focused! A great workout! <b>Classes</b> - Kids Muscle, Boot Camp 4 Kids, Kids Yoga, Plyo <b>1 Punch Per Child Per Class or \$8.00 Drop In Fee Per Child</b>
	Tuesdays 4:30p-Ages 7-11 Wednesdays 4:20p - Ages 4-6	Love Zumba??? Now your kids can enjoy the newest rage in fitness!! Kids will learn a new ZumbAtomic routine each month with Katy Craner (certified Zumba / ZumbAtomic Instructor)! <b>\$30 per monthly session or 4 punches (M Kids Punch card)</b> Space Limited - Sign up in M Kids today! (Sorry - no drop-ins, must sign up for monthly sessions.)
<b>Mini Yoga</b>	Mon. & Weds. 5:00pm - 5:30pm	A relaxing, fun stretching/posing class for your little MKIDS. Class is appropriate for ages 3+. Must be potty trained. <b>1 Punch Per Child Per Class or \$8.00 Drop In Fee Per Child</b>
<b>Lunch Bunch</b>	Every Wednesday!!	Need to run a few errands, have lunch with the girls or just have some peace & quiet? Drop your children off at M Kids for our Lunch Bunch!! We'll provide pizza & watch your children from 11:30am—2:30pm! <b>\$10 / 1st Child &amp; \$5 / Per Sibling or 2 Punches / First Child &amp; 1 Punch Per Sibling</b> <b>PLEASE NOTE:</b> Day of Sign-ups must reserve spot no later than 10:30am to guarantee. You may "drop in" for this service - subject to space availability.
<b>Parents Night Out</b>	January 21 4:30p-9:00p	<b>PARENT'S NIGHT OUT!!</b> Join us for a great night out!! A fun-filled evening including dinner, a craft, games & a great movie!! Plan for FUN, FUN, FUN! <b>\$25 1st child / \$10 each sibling</b> (Sign-up thru 09/17/10) Late sign-ups subject to availability & \$5 per child late fee. PUNCH CARDS MAY NOT BE USED FOR PARENTS NIGHT OUT.
<b>Dinner &amp; A Movie</b>	Every Friday 5:30-8:30 pm	Want to go out for on Friday night?? We'll provide a pizza, drink and a great family classic or new release! <b>\$15 / one child &amp; \$5 per additional sibling or utilize Punch Card</b>
<b>Mini Movers</b>	Tues. & Thurs. 5:00pm - 5:30pm	A fun exercise class appropriate for ages 3+. Must be potty trained. <b>1 Punch Per Child Per Class or \$8.00 Drop In Fee Per Child</b>
<b>All-STARS CHEER</b>	Tuesdays 6:15 (4-6) Thursdays 6:15 (7-11)	Bring your All-Stars to come shake their pom poms in our new cheer class. Learn a new cheer each class!

**M Kids Punch Cards** are available for purchase (\$45 for 10 punches).  
Classes & Activities use 1 to 3 punches per child (see classes listed above).

## What is a Punch Card?

We offer a range of dance, cheer & exercise classes for your children in addition to our Lunch Bunch & Friday Night Movie Services.

NOTE: Punch Cards are for M Kids only - they may not be used for BEST Sports, Youn-Wha Karate or Sonoran Dance.

Specialty	Day/Date	Description
<b>BEST Sports</b>	Saturday Sunday	Ages 18 months - 13 years. Soccer, Basketball, Baseball!!! Pick up a brochure/coupon in M Kids! For more information: <a href="http://www.theBESTinAZ.com">www.theBESTinAZ.com</a> or 623-748-9453
<b>Karate!!</b>	Tuesday 10 & 10:30 Friday (6+up)	Children learn the Youn Waha Ryu training principles: Be Polite, Be Patient, Be Alert, Be Brave, Do Your Best, Respect Yourself & Others! Get your child started in the great Martial Arts program! Contact: <i>Marsha Fagan</i> <a href="mailto:info@younwha-az.com">info@younwha-az.com</a> / 602.363.0863
<b>Sonoran Dance</b>	Wednesday 4p Saturday 11 / 11:30a	Hip-Hop/Jazz (ages 6-9) & Busy Bumbles Dance (ages 3-5)!! Pick up flyer in M Kids today!! More Info: E-mail: <a href="mailto:sonorandanceinstitute@gmail.com">sonorandanceinstitute@gmail.com</a> or 480.353.1034 <b>Watch for Spring Semester Enrollment In January!</b>

## Specialty Program Weekly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BEST Sports</b> 10:45a - 1:15p Basketball Court		<b>Little Warriors Karate</b> 10am Ages 3-5 10:30 Ages 6+			<b>Warriors Karate 4pm</b> Mind & Body Room	<b>BEST Sports</b> 8:45a - 12:15p Basketball Court  <b>Sonoran Dance Institute</b> 11am & 11:30am Mind & Body Studio