



M Kids - Activities September 2010

M KIDS HOURS
M-F 7:30am - 8:30pm
Sat 8:00am - 6:00pm
Sun 8:00am - 3:00pm

	SUN	MON	TUE	WED	THUR	FRI	SAT
AM	<h1>Punch Card</h1>  <p>15% Off Punch Card Purchase! Sale ends September 30, 2010.</p>			1	2	3	4
PM				9:15a - FitKids! ** Lunch Bunch ** 11:30am-2:30pm	10am M Kids Cheer I Ages 3-5 	Kids in Motion 4:30p - Open Gym 5:30p - Circuit Training 6:00p - Kids Yoga	Kids in Motion 4:30p - Open Gym 5:45p - Kids Boot Camp 6:15p - Dance Team!
AM	5	6	7	8	9	10	11
PM		9:15a - FitKids! LABOR DAY Club Hours 6am - 2pm M Kids Hours 7:30am - 12pm	10am Karate Ages 3-5 10:30am Karate Ages 6+ Kids in Motion 4:30p - Open Gym 5:45p - **Plyo Class** 6:15p - M Kids Cheer II	9:15a - FitKids! ** Lunch Bunch ** 11:30am-2:30pm	10am M Kids Cheer I Ages 3-5 Kids in Motion 4:30p - Open Gym 5:45p - Kids Boot Camp 6:15p - Dance Team!	 5:30p - 8:30p Dinner & A Movie!	10:30a - Circuit Training 11:05a - Kick Boxing!
AM	12	13	14	15	16	17	18
PM		9:15a - FitKids! Kids in Motion 4:30p - Open Gym 5:30p - Circuit Training 6:00p - On the Ball!	10am Karate Ages 3-5 10:30am Karate Ages 6+ Kids in Motion 4:30p - Open Gym 5:45p - **Plyo Class** 6:15p - M Kids Cheer II	9:15a - FitKids! ** Lunch Bunch ** 11:30am-2:30pm	10am M Kids Cheer I Ages 3-5 	 5:30p - 8:30p Dinner & A Movie!	10:30a - Circuit Training 11:05a - Kick Boxing! PARENTS Night Out! 4:30pm - 9pm
AM	19	20	21	22	23	24	25
PM		9:15a - FitKids! 	10am Karate Ages 3-5 10:30am Karate Ages 6+ Kids in Motion 4:30p - Open Gym 5:45p - **Plyo Class**	9:15a - FitKids! ** Lunch Bunch ** 11:30am-2:30pm	10am M Kids Cheer I Ages 3-5 Kids in Motion 4:30p - Open Gym 5:45p - Kids Boot Camp 6:15p - Dance Team!	 5:30p - 8:30p Dinner & A Movie!	10:30a - Circuit Training 11:05a - Kick Boxing!
AM	26	27	28	29	30	Upcoming Club Events October 30th Fall Fun Festival & Craft Show Kids Costume Contest, Party, Games & Craft Booths for Adults! November 13th 2nd Anniversary Party! Zumbathon! Pedal 4 Purple! Food! Kids Activities! November 20th 1st Annual Turkey Trot 5K Run, 1K Kids Run, Kids Dash - PRIZES!	
PM		9:15a - FitKids! Kids in Motion 4:30p - Open Gym 5:30p - Circuit Training	10am Karate Ages 3-5 10:30am Karate Ages 6+ Kids in Motion 4:30p - Open Gym 5:45p - **Plyo Class** 6:15p - M Kids Cheer II	9:15a - FitKids! ** Lunch Bunch ** 11:30am-2:30pm	10am M Kids Cheer I Ages 3-5 Kids in Motion 4:30p - Open Gym 5:30p - Circuit Training 6:00p - Kids Yoga		

FREE! Activities	Day/Date	Description
FitKids!	Mon & Wed	9:15am - 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.

Fee Based Programs	Day/Date	Description
Kids in Motion	Monday—Thursday Saturday	Fitness classes offered in our Kids in Motion Workout Gym! Circuit Training & Specialty classes offered Monday - Thursday evenings & Saturdays! For kids ages 6-11 years old! Join in the fun & get fit with us! Circuit Training - A variety of circuit routines designed to keep your child fit & focused! A great workout! Classes - KickBoxing 4 Kids, On The Ball, Boot Camp 4 Kids, Kids Yoga Open Gym w/Jamie - Use a punch to work out. Certified Personal Trainer on duty to supervise. 1 Punch Per Child Per Class or \$8.00 Drop In Fee Per Child
M Kids Cheer I/II Dance Team	Tues / Thurs	M Kids Cheer I (Thursdays 10am): Ages 3+ Little ones learn the very beginning cheerleading skills M Kids Cheer II (Tuesdays 6:20pm): Ages 6+ or with instructor approval Learn arm movements, jumps, steps & cheer routines. M Kids Dance Team (Thursdays 6:20pm): Ages 6+ or with instructor approval Learn fun dance team dance routines. 1 Punch Per Child Per Class or \$8.00 Drop In Fee Per Child
Lunch Bunch	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! \$10 / 1st Child & \$5 / Per Sibling or 2 Punches / First Child & 1 Punch Per Sibling PLEASE NOTE: 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.
Parents Night Out	September 18th 4:30-9pm	PARENT'S NIGHT OUT!! Sign your children up & enjoy a night out!! A fun-filled evening including dinner, a craft, games & a great movie!! \$25 1st child / \$10 each sibling (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.
Dinner & A Movie	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! \$15 / one child & \$5 per additional sibling or utilize Punch Card

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 Programs	Day/Date	Description
BEST Sports	Saturday Sunday	Ages 18 months - 13 years. Soccer, Basketball, Baseball!! Pick up a brochure/coupon in M Kids! For more information: www.theBESTinAZ.com or 623-748-9453
Karate!!	Tuesday 10 & 10:30 Friday (6+up)	Children learn the Youn Wha 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! <i>Contact: Marsha Fagan info@younwha-az.com / 602.363.0863</i>
Sonoran Dance	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: sonorandanceinstitute@gmail.com or 480.353.1034 Fall semester starts August 21st!!!

Specialty Program Weekly Schedule

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