



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	 <i>Labor Day Hours 7:30-12:00 !!!</i>						
AM				1 9:30 Fit Kids 11:30-2:30 Lunch Bunch	2 9:30 Tumbling	3 11:30a-2:30p Lunch Bunch KIM Open 4:00-8:00	4
PM				KIM Open 4:00pm-8:00pm	KIM Open 4:00-8:00 5:30 Muscular Strength 6:00 Kiddie Bootcamp	Friday Night Movie 5:30pm—8:30pm	
AM	5	6 9:30 Fit Kids 10:15 Dodgeball Labor Day Childcare Closes at 12:00	7 9:30 Tumbling	8 9:30 Fit Kids 11:30-2:30 Lunch Bunch	9 9:30 Tumbling	10 11:30a-2:30p Lunch Bunch	11
PM			KIM Open 4:00-8:00 5:30 Muscular Strength 6:00 Kiddie Bootcamp	KIM Open 4:00pm-8:00pm	KIM Open 4:00-8:00 5:30 Muscular Strength 6:00 Kiddie Bootcamp	KIM Open 4:00-8:00 Friday Night Movie 4:00pm—7:00pm	
AM	12	13 9:30 Fit Kids 11:30-2:30 Lunch Bunch	14 9:30 Tumbling	15 9:30 Fit Kids 11:30-2:30 Lunch Bunch	16 9:30 Tumbling	17 11:30a-2:30p Lunch Bunch KIM Open 4:00-8:00	18
PM		KIM Open 4:00pm-8:00pm	KIM Open 4:00-8:00 5:30 Muscular Strength 6:00 Kiddie Bootcamp	KIM Open 4:00pm-8:00pm	KIM Open 4:00-8:00 5:30 Muscular Strength 6:00 Kiddie Bootcamp	Friday Night Movie 5:30pm—8:30pm	4:30p-9:00p Games, Crafts, Movie and Pizza
AM	19	20 9:30 Fit Kids 11:30-2:30 Lunch Bunch	21 9:30 Tumbling	22 9:30 Fit Kids 11:30-2:30 Lunch Bunch	23 9:30 Tumbling	24 11:30a-2:30p Lunch Bunch	25
PM		KIM Open 4:00pm-8:00pm	KIM Open 4:00-8:00 5:30 Muscular Strength 6:00 Kiddie Bootcamp	KIM Open 4:00pm-8:00pm	KIM Open 4:00-8:00 5:30 Muscular Strength 6:00 Kiddie Bootcamp	KIM Open 4:00-8:00 Friday Night Movie 4:00pm—7:00pm	
AM	26	27 9:30 Fit Kids 11:30-2:30 Lunch Bunch	28 9:30 Tumbling	29 9:30 Fit Kids 11:30-2:30 Lunch Bunch	30 9:30 Tumbling		
PM		KIM Open 4:00pm-8:00pm	KIM Open 4:00-8:00 5:30 Muscular Strength 6:00 Kiddie Bootcamp	KIM Open 4:00pm-8:00pm	KIM Open 4:00-8:00 5:30 Muscular Strength 6:00 Kiddie Bootcamp		

FREE! Activities	Day/Date	Description
FitKids!	Mon & Wed	9:15am—FitKids! Children ages 3+up. Must be potty-trained. Athletic shoes only - no crocs, flip-flops, sandals or dress shoes. No Fee!
Story Time	Fridays	9:30am Enjoy a special story time each week! FREE!!

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. Punch Card or \$8.00 drop in fee
M Kids Cheer I&II & Dance Team	Tues or 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. Classes are drop in but will be geared towards a performance at our upcoming Member Appreciation Day! 1 Punch per Class or \$8.00 drop in fee
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 / first child & \$5 / per additional sibling. Last minute sign-ups subject to availability & \$5 per child late fee.
Parents Night Out	May 15th 4:30-9pm	PARENT'S NIGHT OUT!! Sign your children up & enjoy a night out!! Your children will enjoy a fun-filled evening including dinner, a craft, games & a great movie!! \$25 1st child / \$10 each sibling (Sign-up thru 05/14/10) Late sign-ups subject to availability & \$5 per child late fee.
Dinner & A Movie	Every Friday 5:30-8:30 pm	Want to go out for on Friday night?? We've extended this service to include dinner & a longer time limit! 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

SUMMER CAMP!! SUMMER CAMP!! SUMMER CAMP!!

Summer Camp is coming back to M Kids!!

We're joining forces this summer with Sonoran Foothills Soccer to provide a 1/2 day or all-day option for your busy children! Check out our Summer Camp Calendar for more information on May 3rd!!

Member registration begins May 15th! 9am - Noon

Specialty Programs	Day/Date	Description
Soccer Tots SlamDunkerz	Saturday Sunday	Ages 18 months - 13 years. Pick up a brochure/coupon in M Kids! Sign up your youngster today! For more information: www.theBESTinAZ.com or 623-748-9453
Karate!!	Tuesday (ages 3-5) 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 Institute	Summer Session Starts May 1st	<i>Ballet, Hip Hop-Jazz & Busy Bumbles!</i> Need More info: E-mail: sonorandanceinstitute@gmail.com or 480.353.1034 Happy Hula Week. Ages 6-9 June 1-4: 1-2pm

Specialty Program Weekly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Slam Dunkerz 11-2 <small>Basketball Court</small>		Little Warriors Karate 10am Kids In Motion Room			Warriors Karate 4pm <small>Mind & Body Room</small>	Soccer Tots 9-12 <small>Basketball Court</small> Sonoran Dance Institute Busy Bumbles Ages 2-3: 11am-11:30am Ages 4-5: 11:30am-12pm