

SEPTEMBER EVENTS

KIDTOWN

BRING THE WHOLE FAMILY FOR ONE (OR ALL) OF OUR KIDTOWN SPECIAL EVENTS.

SPECIAL EVENTS

DATE NIGHT: BACK TO SCHOOL

Our first date night program! Let's get ready for school with backpack relay races, craft, snack and a movie!

YOUTH YOGA RETREAT

Join Miss Trish for an evening of om and Namaste. Participants will learn about yoga, create their own pose, take a class and snack with their yogi friends.

DATE NIGHT: FIRST DAY OF FALL

Fall is upon us, let's learn about the change in the seasons, craft like Monet with leaves and watch our all-time favorite football movie *Little Giants!*

MOVEMENT

A healthy lifestyle starts when we are young.

FALL SPORTS YOGA (Ages 5-8)

Football's flying, volleyball's spiking, runners racing, soccer stars kicking, fall sports are here! Let's train together with yoga movement to strengthen our muscles and mind. Be good to your body, join us for Youth Yoga Class!

TUMBLE TIME (Ages 5-8)

We'll hit the tumble mats and practice basic gymnastics including balance, coordination, and flexibility.

TURF TIME (Ages 5-8)

We'll head upstairs to the turf for soccer, relays, team drills, tag, and other movement games.

ZUMBA® KIDS (Ages 5-8)

Zumba® Kids features kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities, and cultural exploration elements into the class structure. It helps develop a healthy lifestyle and incorporate fitness as a natural part of kids' lives by making fitness fun.

DAILY KIDTOWN ACTIVITIES

Throughout the day, we'll use special themes to create unique activities for all ages.

MAKE-BELIEVE MONDAYS

Our creative kids will perform theater games, dress-up, and pretend play.

TUNES ON TUESDAYS

Kids will sing, dance, and play instruments.

MY WORLD WEDNESDAYS

Through the eyes of a child, we'll explore the world through science and special events.

CRAFTY THURSDAYS

Our little artists will complete a fun seasonal craft.

MOVING FUN FRIDAYS

It's time to move! We'll have group play and introduce sports.



SEPTEMBER EVENTS

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01	02 Kick-Off Party
03 Tumble Time 11:00am	04 Make-Believe Mondays Zumba Kids 5:00pm	05 Tunes on Tuesdays	06 My World Wednesdays	07 Crafty Thursdays Turf Time 4:00pm	08 Moving Fun Fridays Fall Sports Yoga 5:00pm	09 Date Night: Back to School
10 Tumble Time 11:00am	11 Zumba Kids 5:00pm Make-Believe Mondays	12 Tunes on Tuesdays	13 My World Wednesdays	14 Crafty Thursdays Turf Time 4:00pm	15 Moving Fun Fridays Fall Sports Yoga 5:00pm	16 Date Night: Yoga Retreat
17 Tumble Time 11:00am	18 Make-Believe Mondays Zumba Kids 5:00pm	19 Tunes on Tuesdays	20 My World Wednesdays Dive-in Movie 8:00pm	21 Crafty Thursdays Turf Time 4:00pm	22 Moving Fun Fridays Fall Sports Yoga 5:00pm	23 Date Night: First Day of Fall
24 Tumble Time 11:00am	25 Make-Believe Mondays Zumba Kids 5:00pm	26 Tunes on Tuesdays	27 My World Wednesdays	28 Crafty Thursdays Turf Time 4:00pm	29	30

Complimentary for members and guests using Kidtown

Register at midtown.com

MIDTOWN
ATHLETIC CLUB®