

# Birthday Parties

Instructor-Led, Active, Theme-Based Parties

## POW! Kids Parties



The theme-specific training drills used during our birthday parties are designed and written by Owner Katalin Rodriguez Ogren and her amazing staff. The POW! Kids staff collaborates to create the most dynamic and exciting active mini-classes that make kids feel like they could train and become a superhero, a

mighty ninja, a world-class athlete or a Jedi. Our party is filled with fun games and interactive training drills. Parties are led by instructors and there is no open play. We keep the kids engaged with our creative training exercises.

We design all of our birthday party training drills to meet the gross motor skills of the age of the birthday party child. Our parties dedicate the first 85-95 minutes to instructor-led mini classes keeping the birthday party child and their friends active. The last 25 minutes is dedicated to eating and cake/



**ACTIVE KIDS**  
Engaging & instructor led.



**FOOD**  
Bring any food, cake or cupcakes.



**FREE PARKING**  
Located off of Jackson Blvd. shared with Extra Storage.

1

**COST**  
\$425

- 2 hours for 15 kids
- \$25/child over 15 participating kids
- Doesn't include gratuity.

2

**POPULAR THEMES**

- Superhero
- Ninja Training
- Athletic Play
- Jedi Training

3

**SET TIME SLOTS**

Saturdays:  
-4:00-6:00pm  
-7:00-9:00pm

Sundays:  
-12:30p- 2:30pm  
-3:30p- 5:30pm

**POW!kids**

WEST LOOP SINCE 2001

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CLASSES | BIRTHDAY PARTIES | CAMPS | EVENTS

# BIRTHDAY PARTY FORMAT

Our birthday parties are active! Our birthday party format includes 3 mini classes within the 2-hour period of time.

These classes are catered to the following:

- The gross motor skills of the birthday child's age
- birthday theme you have chosen
- number of kids attending the party

Our experienced coaches lead dynamic, exciting, fun training classes that build confidence and inspire kids to move. If we find that one of our mini classes is wildly successful, our instructors may decide to lengthen the time of that class for the benefit of the kids.

We adapt our training, interactive classes to the theme you pick. We want to make the children feel like they can train like their heroes and become anything they want. Our first mission is to build confidence through our classes.

Classes reflect various aspect of our regular programming. We take the most successful games, obstacle courses, interactive drills and build them into your child's birthday party. Our party format does not include any open play. Kids must either participate in the program or hang out with their parents. This is to ensure the safety of all the children. Birthday party programming will take part on our 30-yard indoor speed track and fully mated, closed martial arts studio.

Parents only need to arrive 20 minutes before their event to set up their tablecloths, food and eating area. Tables & chairs will be ready for you when you arrive to quickly place your food, snacks, beverages and gift bags on the table. Once your party ends, parents will pack up their foods, left overs and gifts. Parents must exit the space 20 minutes after their party ends. Staff must clean and get POW!'s space ready for the next party.



## INCLUDED FREE THEMES

- **ATHLETIC PLAY (4-12 YRS OLD)**
- **FITNESS GAMES AND DRILLS (6-10 YRS)**
- **SUPERHERO TRAINING (4-8 YRS)**
- **NINJA TRAINING (5-8 YRS)**
- **NINJA WARRIOR (6-10 YRS)**

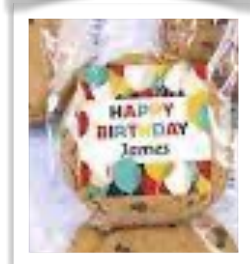
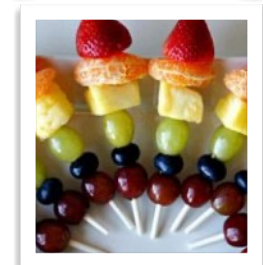
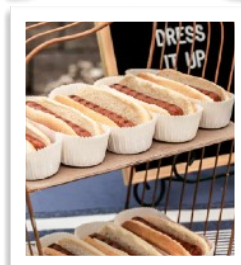
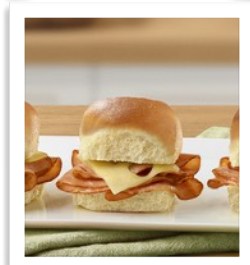
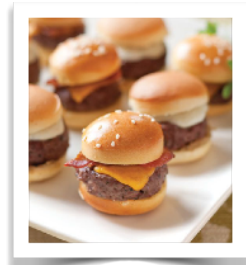
## PREMIUM THEMES,ADD-ON

- **NERF SKILLS & DRILLS (8+ YRS)**
- **MINUTE IT TO WIN GAMES (9+ YRS)**
- **SPORTS COMBINE (10+YRS)**
- **CUSTOMIZED THEME**

  
**\$50 FEE**

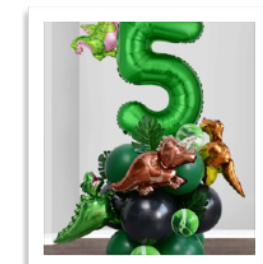
## IDEAS FOR MEAL TIME

To mitigate germs, we suggest that the children's meals and snacks are individually wrapped. We recommend that parents limit platters and bowls of open food which require a designated person to serve. Here are some popular ideas.



## IDEAS FOR DECORATIONS

POW! is a large space with high ceilings. We understand that it is fun to buy birthday decorations, but we suggest saving your money and focusing on items like disposable table clothes (btw 4-8) and themed plates. If you purchase balloons, we suggest no more than 2 arrangements: one for the birthday cake table & the other for the gift table near the entrance. We do not hang or tape anything to our walls. Piñatas & confetti are not allowed. Here are our favorite ideas. These are not necessary.



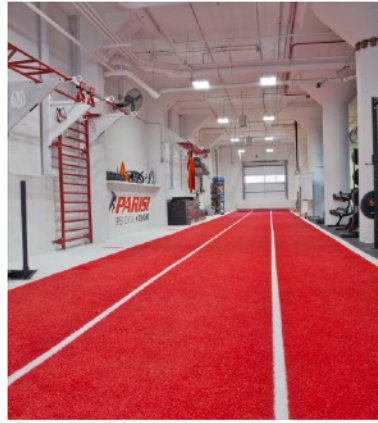


# OUR SPACE

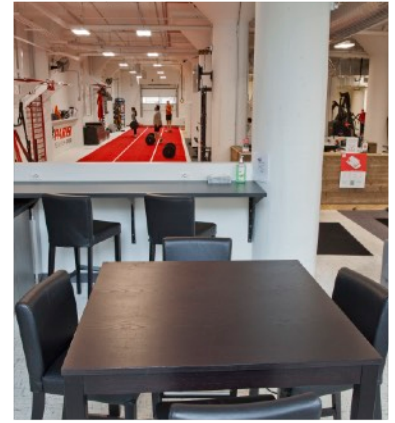
Guests are not allowed to use the equipment or workout during the party. No other events or guests will be using our space during your private birthday party event. Younger children must remain under the supervision of the parent so they do not enter the weight areas or risk being injury.



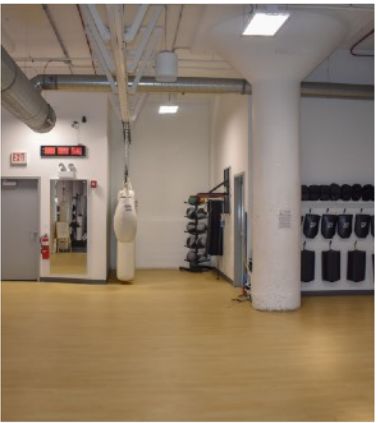
Guests arrive through our front door. We will place a table in this area for gifts.



A portion of our programming takes place on this track.



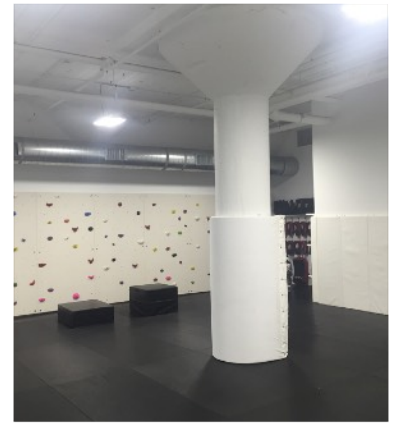
This lounge is usually where the adults hang out when the kids are training.



This is where we set up tables and chairs for the kids to eat. Tables with food sit on the perimeter of the space.



This is an example of what our multi-purpose space can look like when decorated.



A portion of the programming takes place in this matted studio.

# FAQS

## Payment, Deposits & Refund Policy

### **How do I pay for my party and when is the balance due?**

A \$200 deposit will be due at booking to secure your date. We will keep your credit card on file and run the final payment 10 days before your event. If you need to change payment methods, contact us before the final payment is due. Remaining balance and any overages will be charged to the credit card on file. A charge of \$25 per child is required for over 15 children. The maximum number of kids is 20 for our parties. This final head count is verified by POW! Staff. You may add gratuity at the end of your event.

### **What if my guest count changes prior to the party?**

You can make changes to guest count 5-days before your party date. We charge \$25.00 a child after 15 kids. The number of kids indicated on your contract is the number we use for planning your party's curriculum. For example, if you write on your contract Superhero theme, 16-18 kids, we will create programming that accommodates 18 children with our creative training drills. You will be charged for the number of additional children over 15 that are confirmed in your final head count. We ask that your final headcount is provided on the Thursday before your event.

### **What if I need to cancel my party for any reason?**

- Deposit is refundable 14+ days prior to your event for a full refund.
- No refund will be given on the deposit if you cancel 13 days from your party date. The \$200 deposit can be used for any future service at POW! or towards a new date for your birthday party event.
- No refund will be given if you cancel within 7 days of your party. However, you can reschedule for no additional fees or use your credit towards any service (class, privates, party, etc..)

## Guest Management, Host Responsibilities & Food

### **Where do the children eat?**

In the back of the gym, there is a multi-purpose space that is transformed into the dining and snack area. Tables and chairs will be set up by our staff for your event. Upon your arrival, you will be able to set up your tablecloths, plates, snacks, beverages, etc...

### **How does serving food work?**

You and your adult guests will serve the children their food and snacks. Our staff will not serve the kids; our instructors will not know any details about the allergies and dietary restrictions of your guests. Our staff supports by cleaning and interacting with the kids. Please make sure parents are onsite to assist with any meals to ensure the safety of the kids.

### **What are my responsibilities as a host?**

Before the party begins, hosts are responsible for:

- setting up your table decorations (i.e. tablecloths, plates..).
- setting up/arranging your food, snacks, cake, beverages on the serving tables provided.

As the party ends, hosts are responsible for:

- cleaning and packing up your personal items, food, beverages, snacks and treats that they want to bring home.
- supporting the staff when the party ends by reminding the guests that the party is over; be mindful that your guests also need to leave the space 20 minutes after the party ends.
- POW! staff is responsible for taking out the garbage, cleaning/sanitizing the counters, tables, floors,

# FAQS

## **Can adults attend the party?**

We ask that you and your adult guests are respectful of our space. Adult guests can hang out in our front lounge. This space is best used for food platters and snacks that are catered to the adults. Food and snacks for the kids are served at the end of the party and in our multi-purpose area.

Adults are encouraged to eat and snack during the first 80 minutes of the party when the kids are active in our training classes. This promotes the best experience for everyone.

## **Can we have the party catered?**

Yes, you are welcome to order food from anywhere. You may also bring your own beverages. All food and beverages must be kept off our track/turf, out of our studio and off of our equipment. We will automatically charge \$50 if food or beverages are spilled on our turf or mats. Please communicate with your guests to respect our space and the pride we take in keeping it clean.

## General Logistics

### **Can my party be longer than 2 hours?**

No. We have found that 2 hours is a perfect amount of time for our curriculum & structure. A \$75 fee will be automatically charged if you remain in our space 30 minutes after your party has ended.

### **Where are the birthday parties held?**

We are a martial arts school and a fitness gym. Our parties are held on our training floors. One section of our facility is covered in turf and our training studio has a matted floor. Children will not be running freely throughout the gym and none of the equipment may be used by any guests during the party. We keep the participating kids engaged in various structured physical games and drills in these two main training areas.

### **Can we wear street shoes in the facility?**

Children will not wear shoes during the party.

### **Can I refrigerate food and what food do you suggest?**

Yes, if it fits in our refrigerator.

### **Is gratuity included in the cost of the party?**

No. Gratuity can be added to your agreement which is presented towards the end of the party or you can offer the instructors a cash tip.

### **Can I bring a piñata?**

No, we do not hang piñatas or allow confetti in our space.

### **Are there items we should avoid bringing?**

Please do not bring glass or ceramic plates, cups and bowls. If these break and shatter in our space - we have to immediately shut down the area and our staff will have to stop the programming to tend to the clean up.

### **Can I put up decorations?**

Decorations may not be hung on our walls. We do not allow anything to be taped to our walls. Balloons are a great addition. If you love balloons, we suggest two arrangements.

# How to book a POW! Birthday Party.

**1**

**PROVIDE A DEPOSIT TO SECURE YOUR DATE AND TIME.**

Call our front desk. Provide a credit card. \$200 deposit must be given on the date of booking.

**2**

**CONFIRM YOUR DATE AND TIME VIA EMAIL OR CALL.**

Read through this brochure to review our birthday party format, guidelines & theme options.

**3**

**SEND IN THE CONTRACT AND AGREEMENT.**

Please fill out the agreement and waiver with the correct information. Please email it back to POW!

## **PREMIUM THEMES, \$50 ADD-ON**

- **NERF SKILLS & DRILLS (8+ YRS)**
- **MINUTE IT TO WIN GAMES (9+ YRS)**
- **SPORTS COMBINE (10+YRS)**

Saturday  
7:00pm is  
great for the  
older kids!

## **MOST POPULAR FREE THEMES**

- **Athletic Play Game Time(4-12 yrs)**
- **Superhero Training (4-8 yrs)**
- **Ninja Training (4-8 yrs)**
- **Ninja Warrior Training (4-8yrs)**
- **Pokemon Training (5-8 yrs)**
- **Jedi Training (4-8 yrs)**

