

# Birthday Parties

**Instructor-Led, Active, Theme-Based Parties**

## POW! Kids Parties



The theme-specific training drills at our birthday parties are designed by Owner **Katalin Rodriguez Ogren** and her talented staff. Together, the POW! Kids team creates dynamic mini-classes that make kids feel like superheroes, mighty ninjas, world-class athletes, or even Jedi in training.

Each party is packed with fun games and interactive drills — all led by instructors to keep kids engaged from start to finish. (No open play, just structured fun!)

Our activities are designed to match the birthday child's age and developmental stage, ensuring every child can participate successfully. The first **85-95 minutes** are dedicated to active, instructor-led mini-classes, and the final **25 minutes** are set aside for food, cake, and celebration.

**1**

**COST**  
**\$450**

- 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**

**TIME SLOTS**

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

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



**ACTIVE KIDS**

Engaging & instructor led.



**FOOD**

Bring any food, cake or cupcakes.



**FREE PARKING**

Located off of Jackson Blvd.  
shared with Extra Storage.

**POW!kids**

WEST LOOP ★ SINCE 2001

312.829.7699 • POWKidsChicago.com  
CLASSES | BIRTHDAY PARTIES | CAMPS | EVENTS

# BIRTHDAY PARTY FORMAT

## POW! Birthday Parties are Active and Engaging!

Our two-hour parties include **three mini-classes**, led by POW!'s experienced coaches. These dynamic sessions build confidence, inspire kids to move, and make them feel like they're training just like their heroes.

## What Makes POW! Parties Unique

### Classes are tailored to:

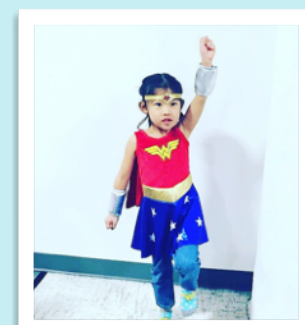
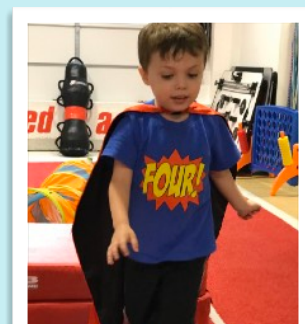
- The birthday child's age and gross motor skills
  - The theme you choose
  - The number of kids attending
- We include our favorite active games, obstacle courses, and interactive drills.
  - No open play — all activities are instructor-led to keep kids safe and engaged. Children will enjoy training on our 30-yard indoor speed track and in our fully matted martial arts studio.

## Party Flow

- **First 85–95 minutes:** Structured, theme-based mini-classes filled with games and drills.
- **Final 25 minutes:** Food, cake, and celebration time.

## Parent Details

- Arrive **20 minutes before** your event to set up your tablecloths, food, beverages, and gift bags. Tables and chairs will be ready for you.
- At the end of the party, parents are responsible for packing up food, leftovers, and gifts.
- Families must exit **within 20 minutes** after the party ends so our staff can reset the space for the next event.



## 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

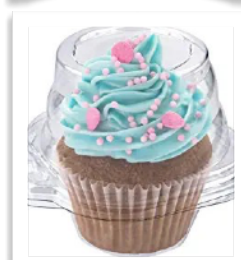
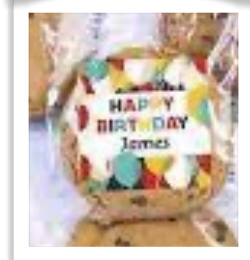
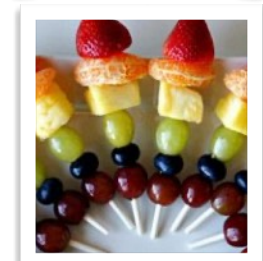
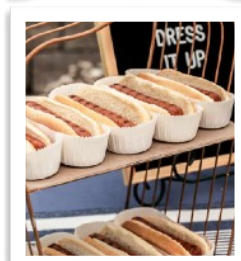
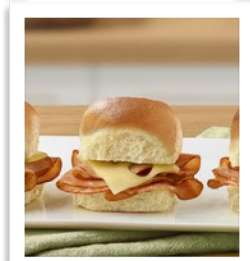
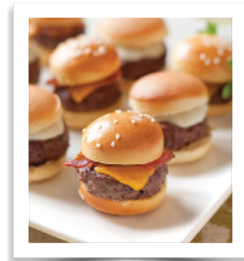
- NERF SKILLS & DRILLS (8+ YRS)
- MINUTE IT TO WIN GAMES (9+ YRS)
- SPORTS COMBINE (10+YRS)
- CUSTOMIZED THEME



**\$50 FEE**

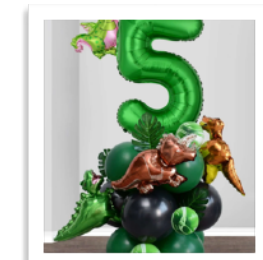
## IDEAS FOR MEAL TIME

To mitigate germs, we suggest that the children's meals and snacks are individually wrapped. 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 tablecloths (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.

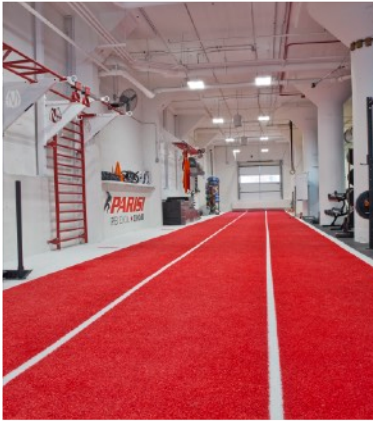


# OUR SPACE

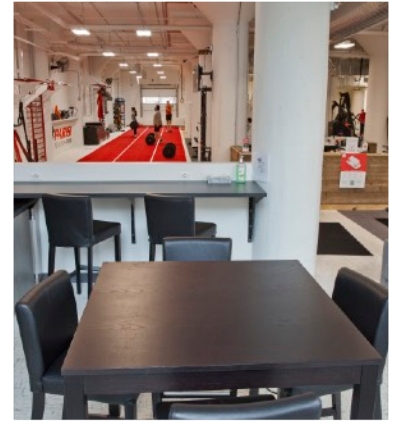
Guests are not allowed to use the equipment or work out during the party. No other events or guests will be using our space during your private birthday party event. Younger children must remain under the supervision of their parents so they do not enter the weight areas or risk being injured.



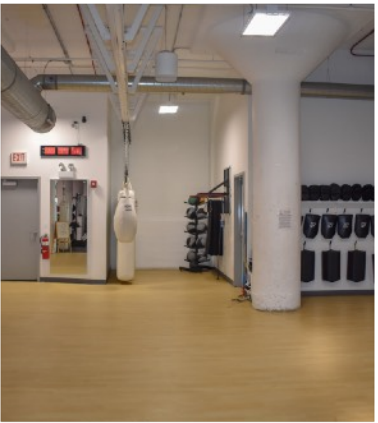
Guests arrive through our front door. We will place a table in this area for gifts.



A portion of our programming takes place on this track.



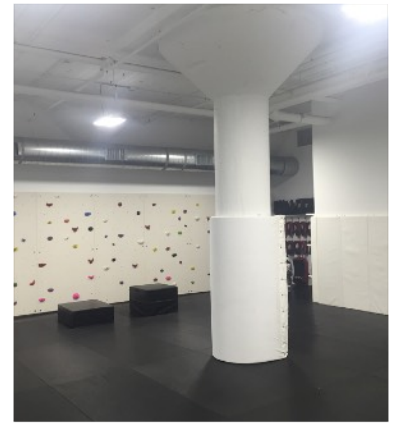
This lounge is usually where the adults hang out when the kids are training.



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. The 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 before 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 a 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 be provided on the Thursday before your event.

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

- The deposit is refundable 14+ days before 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 a 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 allergies and dietary restrictions of your guests. Our staff supports by cleaning and interacting with the kids. Encourage the parents to be onsite to assist you with serving food to their children.

### 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, and 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 to bring home.
- supporting the POW! 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 removing garbage, and cleaning/sanitizing the counters, tables, floors, and training spaces.

## FAQS

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

We ask that you and your adult guests be respectful of our space. Adult guests can hang out in our front lounge. This space is great for food platters and snacks for your adults guests. 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. No food or beverages can be on our turf or in our studio. We will automatically charge \$50 if food or beverages are spilled on the 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 the 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 ?**

Yes. Reach out to us to coordinate.

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

No. Gratuity can be added. POW! staff will have you sign a party recap document which is presented to you 15-20 minutes before the the end of the party. You may also give 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 in our space - we have to immediately shut down the area, and our staff will have to stop the programming to tend to the cleanup.

### **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**

## FILL OUT THE AGREEMENT WHICH IS A LINK IN YOUR CONFIRMATION EMAIL.

The \$250 balance will be charged 10 days before party. If more than 15 kids attend the party, \$25 additional fee will be charged on the Monday after your party.

### 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)**

