



# HELPING KIDS WIN AT LIFE

**KidStrong is a science-based kids training program that builds strong, confident and high-character kids.**

Kids walking through 11 years old will master critical skills across three main pillars of programming: **character**, **physical**, and **cognitive**. In weekly 45-minute age-specific classes, KidStrong kids practice everything from public speaking and introducing themselves with a strong handshake to doing monkey bars, burpees, and rope climbs, along with life skills like ordering their own food and raising their hand high in the classroom.



## KidStrong at a Glance:

### WEEKLY CLASSES

Develop the right skills at the right time

- > **45 min age-appropriate** classes once per week
- > **Highly-trained coaches** to help kids become confident and resilient
- > **Programming** designed by child-development experts to improve emotional, physical and mental skills.

### CAMP

School is out, KidStrong Camp is in!

- > **Epic days, unforgettable memories:** New friends and confidence-building challenges they'll love.
- > **Easy for you, awesome for them:** Drop them off, we bring the magic.
- > **Skills for life:** Kids build independence and lifelong skills.

### PARTIES

Make their celebration unforgettable.

- > **Dedicated use** of entire facility
- > **1 ½ hour private party** Ages 1-11
- > **Two dedicated coaches**
- > **Action-packed custom** KidStrong experience
- > **Flexibility** to bring your choice of cake, food and drinks
- > **Setup and cleanup** included



**SIGN UP NOW FOR FOUNDERS' RATES!**

Don't miss our presale deals. Scan to learn more.

### KidStrong South Bend

5530 Grape Rd., Mishawaka, IN 46545  
(574) 203-9605  
southbend.in@kidstrong.com

**SOUTHBEND.KIDSTRONG.COM**