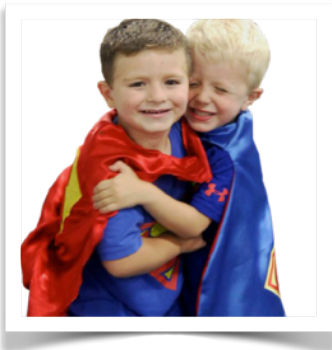


Birthday Parties

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 a Jedi-in-training.

Each party is packed with fun games and interactive drills. They are all led by our coaches 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.



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 \$450

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

2

POPULAR THEMES

- Superhero Training
- Ninja Training
- Athletic Play
- Jedi in Training

3

TIME SLOTS

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

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

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BIRTHDAY PARTY FORMAT

POW! Birthday Parties: Active, Coached, Unforgettable

Your child's party includes **two full hours** of coach-led mini-classes designed to make every kid feel like an athlete. No sitting around. No chaos. Just high-energy fun that builds confidence and keeps them moving.

What Makes POW! Different?

Every party is customized to:

- Your child's age and abilities
- The theme you choose
- The size of your group



The party includes obstacle courses, active games, and interactive drills—all led by our experienced coaches. No open play, no downtime, no kids wandering off. Everything is structured to keep them safe, engaged, and having a blast.

Kids train on our **30-yard indoor speed track** and in our **fully matted martial arts studio**—the same spaces our athletes use every day.

How the Party Flows:

First 85-95 minutes: Theme-based mini-classes packed with games and drills

Final 25 minutes: Food, cake, and celebration

What Parents Need to Know:

Arrive **20 minutes early** to set up your tablecloths, food, drinks, and gift bags. We'll have tables and chairs ready for you—you just bring the fun.

INCLUDED FREE THEMES

- ATHLETIC PLAY (4-12 YRS OLD)
- FITNESS GAMES & DRILLS (6-10 YRS)
- SUPERHERO TRAINING (4-8 YRS)
- NINJA TRAINING (5-8 YRS)
- NINJA WARRIOR (5-9 YRS)

PREMIUM THEMES, ADD-ON

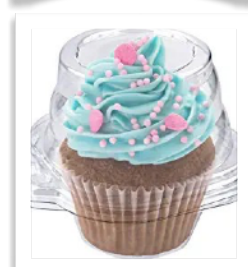
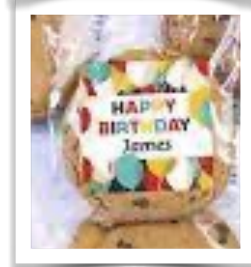
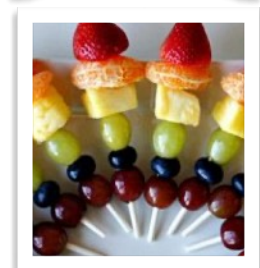
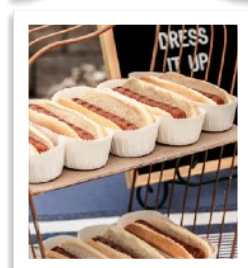
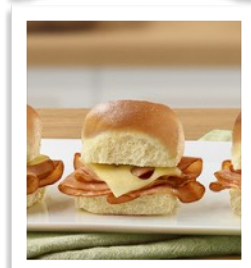
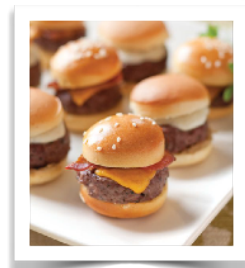
- NERF SKILLS & DRILLS (8+ YRS)
- SPORTS COMBINE (10+YRS)
- CUSTOMIZED THEME



\$50 FEE

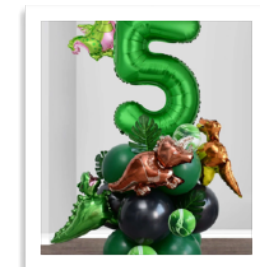
IDEAS FOR MEAL TIME

To reduce mess, we recommend that children's meals and snacks be individually wrapped. Here are some popular ideas.



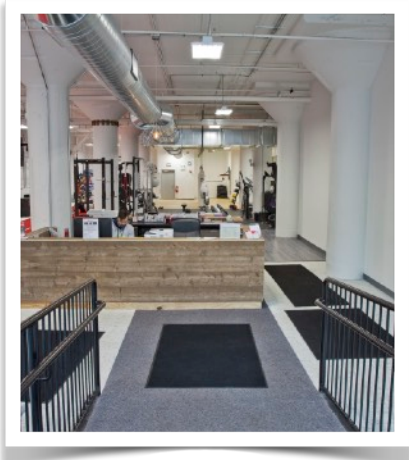
IDEAS FOR DECORATIONS

POW! is a large space with high ceilings. We understand that it is fun to buy birthday decorations, but we suggest saving money and focusing on items like themed disposable tablecloths and 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.

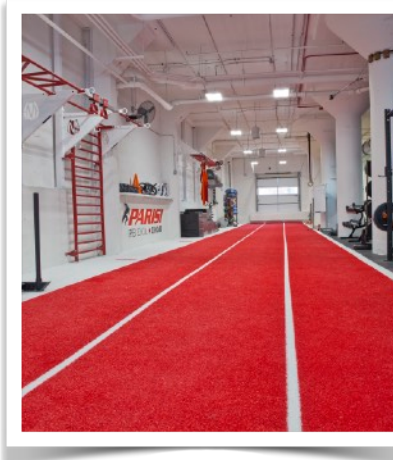


OUR SPACE

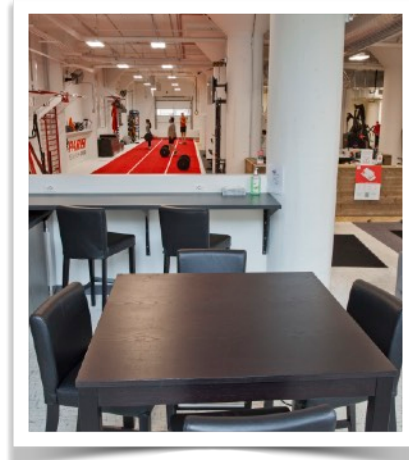
Guests are not allowed to use the equipment or work out during the party. No other events or guests will be using our space during your private birthday party event. Younger children must remain under the supervision of their parents so they do not enter the weight areas or risk being injured.



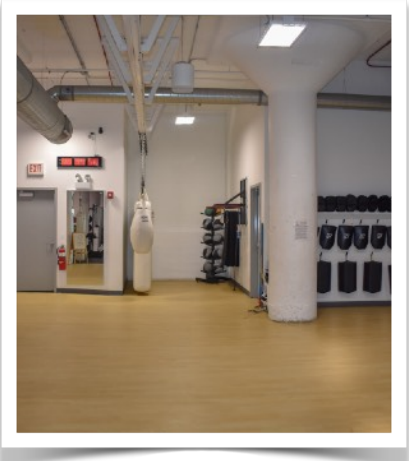
Guests arrive through our front door. We will place a table in this area for gifts.



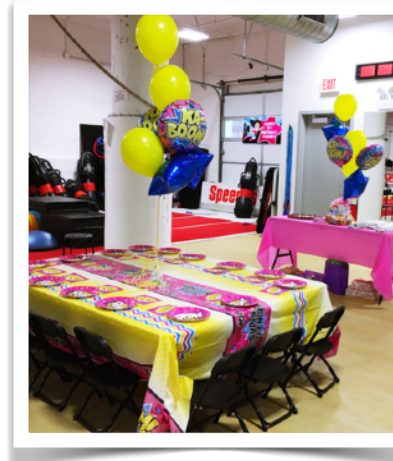
A portion of our programming takes place on this track.



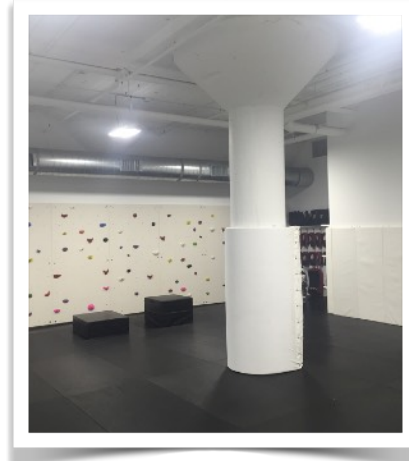
This lounge is usually where the adults hang out when the kids are training.



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.

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Event Timeline

At Booking:

- Pay your **\$225 deposit** to secure your date and time by calling us at 312-829-7699
- Within 48 hours, complete the **party agreement** (sent via email)
- Your date is locked in once both the deposit and agreement are complete

Confirmation Email (sent after booking): You'll receive:

- Waiver link to include in your invitations
- Parking instructions for guests
- Host arrival time reminder (20 minutes early)
- Party prep checklist (what to bring and what we provide)

10 Days Before Your Party:

- The remaining balance is automatically charged to your card on file

5 Days Before Your Party: You'll receive an email to confirm:

- Final headcount
- Party theme
- Guest list (so we can verify all waivers are complete)

Important: Send a reminder to your guests one week before so everyone arrives on time. Parents must complete the waiver before their child can participate.

Week of Your Party:

- We welcome continued communication—reach out anytime with questions

Day of Your Party:

20 minutes before start time:

Arrive to set up your decorations, food, and cake

30 minutes before party ends:

Our staff will present an event completion form confirming any additional charges (extra kids, gratuity, etc.)

When the party ends:

Our staff will help you pack up your items, food, and gifts. **Please plan to be out of the space within 20 minutes** so we can prepare for the next event.

Monday After Your Party:

- Any additional charges and gratuity will be processed

Payment Policies & Timeline Review

Payment, Deposits & Refunds

How do I pay for my party?

A **\$225 deposit** is due at booking to secure your date. We'll keep your credit card on file and charge the final balance **10 days before your event**.

- **Credit card payments** include a 3% processing fee
- **ACH payments** are also accepted with no fee
- Need to update your payment method? Contact us before the final charge is processed.

Pricing:

- Base party: Up to 15 children
- \$25 per child for 16–22 children (22-child maximum)
- Gratuity is optional and can be added at the end of your event

What if my guest count changes?

You can adjust your guest count up to **5 days before your party**. When sending your invitations out, be mindful that our parties are designed for no more than 22 kids,

The number of children indicated on your contract determines how we plan your party. For example, if you book a Superhero theme for 16–18 kids, we'll create programming for 18 children.

Final headcount is due the Thursday before your event. What if I need to cancel?

- **14+ days before:** Full deposit refund
- **7–13 days before:** No refund, but your \$225 deposit can be applied to any POW! service or rescheduled party date
- **Within 7 days:** No refund, but you can reschedule at no additional cost or apply your deposit to any POW! service (classes, private sessions, future parties, etc.)

Before the party:

- Arrive 20 minutes early
- Set up table decorations (tablecloths, plates, etc.)
- Arrange food, snacks, cake, and beverages on the serving tables provided

After the party:

- Pack up all personal items, food, beverages, and leftovers
- Help remind guests the party has ended (we need the space cleared 20 minutes after your event ends)

POW! staff will handle:

- Garbage removal
- Cleaning and sanitizing all counters, tables, floors, and training spaces

Guest Management & Host Responsibilities

Where do the children eat?

In our multi-purpose space at the back of the gym. Tables and chairs will be set up and ready when you arrive. You'll have time to arrange tablecloths, plates, food, and decorations before the party starts.

Who serves the food?

You and your adult guests serve the children. Our staff will not serve food or manage dietary restrictions/allergies—only parents and hosts have that information.

We recommend encouraging parents to stay on-site to help with food service. Our staff will support by cleaning and engaging with the kids.

Can younger children attend the party?

Yes. We understand many families have younger siblings and guests attending.

Important: Toddlers and crawling-age children must remain under the supervision of their parent or designated guardian at all times. Our staff will be fully dedicated to leading the activities designed for the birthday child's age group.

Please do not ask our staff to hold, watch, or entertain younger children. If this happens, our instructors must stop the party activity, sit all children down, and redirect their attention, which disrupts the flow and experience for everyone.

Our staff cannot leave their designated group or activity for the individual child's needs.

When We'll Need Your Help:

If a child needs to use the restroom, is not behaving safely or respectfully, is not following activity rules, or requires one-on-one attention, our staff will ask for your assistance. This ensures the party activities continue in the safest and most positive way for all guests.

Can adults attend the party?

Yes! We ask that adult guests respect our training spaces. No adult is allowed to use any of our training equipment during our event (even if they are members). The front lounge is a perfect space for adult guests to hang out and socialize. This is a great spot for adult snacks, coffee, or a food platter.

Kids' food and cake are served in the multi-purpose area during the final 25 minutes of the party. We encourage adults to eat during the first 80 minutes while the children are active in their training classes. This creates the best experience for everyone.

General Policies & FAQs

Can we have the party catered?

Absolutely. You're welcome to order food from anywhere.

Important: No food or beverages are allowed on the turf or studio mats. Spills on these surfaces will automatically incur a **\$50 cleaning fee**. Please remind your guests to keep all food and drinks in the designated party area.

Can my party be longer than 2 hours?

No. We've found that 2 hours is the ideal length for our curriculum and structure. If you remain in our space 30 minutes after your party ends, a \$75 fee will be automatically charged.

Where are the birthday parties held?

We're a fitness gym. Parties take place in our two main training areas:

- **Turf section** for speed and agility drills
- **Matted studio** for various games and activities

Children will not roam freely throughout the gym, and **no equipment may be used by guests**. All activities are structured and coach-led in these designated spaces.

Do kids wear shoes during the party?

No. Children will train barefoot or in socks on our mats and turf.

Can I refrigerate food?

Yes. Just reach out to us in advance to coordinate.

Is gratuity included?

No. Gratuity is optional and can be added when you sign the party recap form (presented 15–20 minutes before the party ends). You may also give cash tips directly to the instructors.

Can I bring a piñata?

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

Are there items we should avoid bringing?

Do not bring glass or ceramic plates, cups, or bowls. If these break in our space, we must immediately shut down the area and stop programming to clean up safely.

Can I put up decorations?

Decorations may not be hung or taped to our walls.

Balloons are welcome! We suggest two arrangements for the best visual impact.