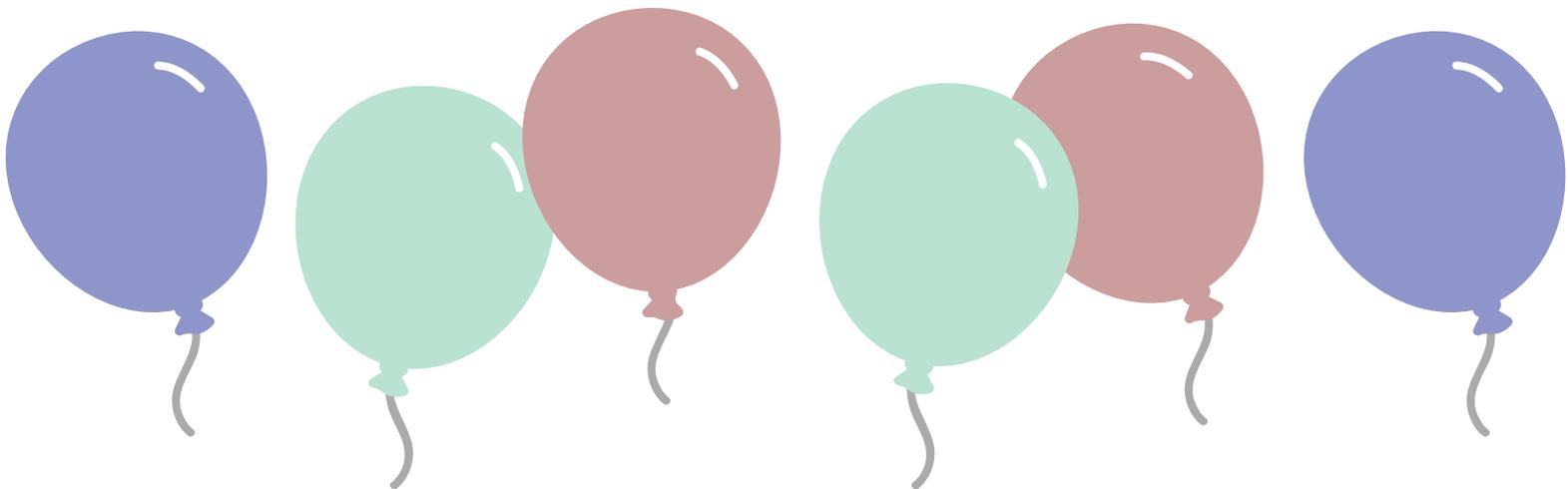


# Play Kootenays

Powered By Kootenay Fit Kids

## Birthday Party Info Package



## Introducing Play Kootenays Birthday Parties!

We are so excited that you've considered bringing us to your kids parties!

We work with ages 3+ to bring Dance and/or Yoga to your parties!



Here's the details!

Our instructor comes to your location to run dance and/or yoga, games and activities.

We work with a few different studios so if you need help finding a location please let us know and we would be happy to help! (Any location rental costs are the responsibility of the family hosting the party)



## A Dance Party!

The kids in your party will get to explore movement to music. Our programs are inclusive to everyone, which means no Dance background is required, it's fun for all genders, we aren't wasting time mastering choreography or focusing on 'right foot/left foot'. We use a play based approach to Dance!

## A Yoga Party!

Experience the most playful yoga class in the kootenays! We practice mindfulness, asanas (physical postures) and breath work through various games and activities.



## The price

45 minute Party: \$150

75 minute Party: \$200

Prices include GST

An instructor will come to your location, do a quick set up, run a Dance/ Yoga class, structured games and activities based around the theme of your party (if applicable). The instructor will bring a sound system, and any required equipment.

Travel Fee: any locations more than 40km outside of Castlegar or Trail BC will cost an additional \$0.60/km



Ready to book?!

Fill out this : [Google form](#) with all the applicable information! We will send you an email confirmation letting you know if we have an instructor available for your desired date/time. A \$50 non refundable deposit is then required within 24hrs to reserve your booking. Full payment is then due 24 hrs prior to your party start time.



## What parents had to say

"This was the best thing ever. The last thing I wanted to do was entertain seven 7 year Olds!"

"The kids had so much with with Hailey, we can't wait for the next party to bring Play Kootenays back! Even the kids who weren't thrilled to be dancing really got into it!"

