

INDOOR PLAYGROUND! BIRTHDAY PARTIES!

PLANNING YOUR **ONE STOP FUN** PARTY IS AS EASY AS 1-2-3.

CELEBRATE THE PARTY OF YOUR DREAMS AT ONE STOP FUN!

STEP 1: PICK YOUR PARTY

One Stop Fun parties offer great value and the most action-packed, fun-filled, stress-free party you could hope for. Each party includes 45 minutes in our fabulous decorated party rooms, a party host/hostess, lifeguard/instructor for activities, beverages for the kids, ice cream, paper products, a balloon and t-shirt for birthday child, plus activities listed!

GYM MANIAC

30 mins indoor playground, 30 mins gym area including foam pit, zip line, moonwalk & Peter Pan ride for the birthday child! \$279 for up to 16 children (\$10/extra guest). Ages 4+. Available Sat. or Sun.

GYMNASTICS DRIVE

30 mins structured gymnastics, 30 mins gym area including, foam pit, zip line, moonwalk and a Peter Pan ride for the birthday child! \$319 for up to 16 children (\$10/extra guest). Ages 4+. Available Sat.

EXTREME

30 mins of flashlight tag in indoor playground, includes a glow necklace for all guests, and 30 mins gym area including foam pit, zip line, moonwalk and a Peter Pan ride for the birthday child! \$319 for up to 16 children (\$10/extra guest). Ages 4+. Available Sat.

MOONWALK MADNESS

30 mins indoor playground, 30 mins gym area, including our regular moonwalk and our caterpillar moonwalk, foam pit, zip line, and a Peter Pan ride for the birthday child! \$319 for up to 16 children (\$10/extra guest). Ages 4+. Available Sat. afternoon or Sun.

THE ULTIMATE PARTY

Plan on 2 1/2 hours of fun! The Ultimate Party includes time in the indoor playground, structured gymnastics, foam pit, zip line, moonwalk and the most popular Peter Pan ride for all party guests! Also included is make-your-own-sundaes and temporary tattoos for all kids. \$359 for up to 16 children (\$10/extra guest). Ages 4+. Available Sat.

Party prices subject to change



GYM MANIA WAY

1 hour playtime in indoor playground. \$199 for up to 10 children (\$10/extra guest). Available daily.

GYM MANIA/MOONWALK

45 mins indoor playground. 15 mins moonwalk. \$219 for up to 10 children (\$10/extra guest). Available Sun.

FLASHLIGHT TAG

1 hour of flashlight tag in indoor playground. Includes a glow necklace for all! \$219 for up to 10 children (\$10/extra guest). Ages 4+. Available Fri. PM.

PARTY ANIMAL

1.5 hours of creating a lovable stuffed animal, picking the perfect outfit, and playtime in the indoor playground! \$279 for up to 10 children. \$15 per extra child - maximum of 15 guests. Ages 3+. Available daily.

CUSTOM PARTIES, SLEEPOVERS, OUTINGS ETC.

The sky is the limit for the imaginative gatherings you can host at One Stop Fun! We can help you plan anything from sleeper parties to evening pool-side cocktail parties to theme parties, or unique corporate outings. Give us a call for a stress-free excellent adventure!

ALL PARTIES INCLUDE:

- Your own party host/hostess
- Balloon and a One Stop Fun t-shirt for the birthday child
- 45 minutes in our fun, decorated party rooms
- Beverages for the kids, ice cream, and paper products
- Indoor playground has a 40' long and 8' high traverse rock wall!

STEP 2: PICK YOUR OPTIONS & EXTRAS

- Food from our snack bar which includes: pizza, popcorn, pretzels, chips & dip, fruit tray and vegetable platter
- Balloons for each child
- Extra time in playground

STEP 3: COME ENJOY THE PARTY!

UNLIMITED INDOOR PLAYGROUND MEMBERSHIP

Can't get enough of the fun at One Stop Fun?

How about a membership with UNLIMITED visits?

\$199/year per family with 1 child

\$249/year per family with 2 children

\$299/year per family with more than 2 children

Payment Plan:

\$20/month (1 child) or \$25/month (2 children)

or \$30/month (more than 2 children) with a 12 month commitment

Bring guests for only \$6 per child

Receive all other great benefits of membership: Discounted admission to special events & pool, free birthday cake if you have a party at One Stop Fun and much more!

Mon-Sat 9am-6pm · Sun 10am-6pm



WESTFORD'S FAMILY FUN & FITNESS CENTER

Home of Nashoba Gymnastics Academy



Birthday Parties

Gymnastics

Dance

Karate

Yoga

Indoor Playground

PULL

Holiday & School Vacation Programs



49 Powers Road · Westford, MA

978.692.9907

onestopfun@charter.net

www.onestopfun.com

REGISTER now for OUR 2011-2012 CLASSES!

Holiday & School Vacation Programs

Classes Available Monday-Saturday

DANCE

Tiny Dancers (ballet, tap, jazz, hip hop) (5-6 yrs – 45 min)

A combination of ballet, tap, jazz and hip hop- Introduction to movement and basic jazz and hip-hop steps, ballet and tap technique. This program helps build a child's development and confidence. Dancers will get a feel for all styles of dance. \$145/session.

Lil Dudes (hip hop, tap, gymnastics) (4-6 yrs – 45 min)

An all boys beginner hip hop dance class that will focus on hip hop basics and the basic techniques of tap and basic gymnastics. \$145/session.

Lyrical Ballet 1 (7-9 yrs – 1 hr)

Students will learn isolations, combinations, turns and leaps as well as the classical techniques and progressions of ballet. Class consists of stretch and strengthening during warm up, as well as dance combinations and barre work. \$165/session.

Jazz-Funk/Tween Jazz-Funk (7-9 yrs and 10-13 yrs – 1 hr)

Hip-Hop and Jazz combination class focusing on popular "street style" movements along with Jazz progressions and learning choreography. \$165/session.

Tween Theatrical/Lyrical (10-13 yrs – 1 hr)

Broadway style Jazz that explores dance through acting and expression to music of the great Broadway productions of our times combined with lyrical techniques and choreography. \$165/session.

Teen Jazz/Lyrical (14-17 yrs – 1 hr)

Explores all styles of jazz and lyrical. Students will learn isolations, combinations, turns and leaps through the utilization of various styles of jazz such as Contemporary, Lyrical & Broadway. Class consists of Stretch and Strengthening during warm up, as well as dance combinations and progressions. \$165/session.

Teen Hip-Hop (14-17 yrs – 1 hr)

A fun street style dance that is fast moving and high energy. \$165/session.



PRESCHOOL COMBO CLASSES (3-4 YRS - 45 MIN - TAP, BALLET & GYM)

Preschool Dance Class- Introduction to Dance. Participation and creativity are encouraged through novelty songs and dance. Ballet and Tap techniques along with basic gymnastics make this a fun combo class for everyone! These classes combine the coordination and discipline with a fun preschool feel in a program that teaches the fundamentals of dancing and gymnastics in a fun, supportive environment. \$145/session.

SHOTOKAN KARATE (3 YRS - ADULT AND KARATE KIDS)

Students practice kihon (basics), kata (forms), kumite (sparring), and various drills to improve fitness, speed, flexibility and agility. Karate is excellent for improving overall fitness, confidence, and focus. \$249/session for two classes per week (required for students ages 8+ and all blue major belt or higher). \$169/session for one class per week (open to students lower than blue major belt and students under age 8). \$100/session for karate kids (30 min).

Go to www.onestopfun.com/karate.asp for schedule and for more details on our karate programs.



YOGA

For adults we offer Kripalu and Hot Vinyasa Yoga. Kripalu classes (60 or 75 min) are held at a mild temperature and include warmups, breathwork, postures, and meditation. Vinyasa class (90 min) is physically challenging and held in a heated room. The heat encourages a detoxifying sweat and deeper postures. Both styles emphasize safety and end in deep relaxation.

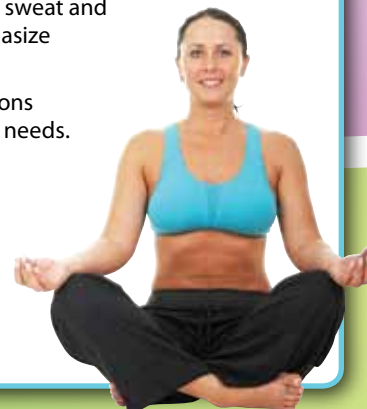
All levels are welcome – modifications are offered according to individual needs.

60 min classes are \$120/session

75 min classes are \$130/session

90 min classes are \$140/session

Length of class on schedule at www.onestopfun.com/yoga.asp



GYMNASTICS

Our Philosophy

Nashoba Gymnastics Academy at One Stop Fun is committed to providing a quality gymnastics program. We teach gymnastics in a safe, progressive manner and always have fun! Physical fitness through gymnastics teaches your child coordination and provides the basics for a lifetime of activity. Gymnastics helps children develop a positive self-esteem, providing children with confidence and socialization. Most of all, we provide children with the joy of learning in a fun and safe environment.



Parent/Tot Classes (1-2.5 yrs and 2.5-3.5 yrs)

Parents and guardians play an active role in these fun and interactive toddler classes. The focus is on movement with emphasis on developing fine and gross motor skills, exploration, socialization, and muscle coordination. In addition to physical development, each child will leave with a big smile and positive self-esteem. Class ratios are 10:1. 45 minute class. \$180/session.

Preschool & Kinderkids Classes (3.5-4 yrs and 4-5 yrs)

We have a fun and progressive curriculum designed to enhance your child's developing strength and coordination in a fun and progressive manner. Students learn basic tumbling and gymnastics skills. We encourage continuous activity through obstacle courses with emphasis on climbing, jumping, running and tumbling in a fun and safe environment. Class ratios are 6:1. The 3.5-4 yrs class is 50 minutes and \$190/session. The 4-5 yrs class is 55 minutes and \$195/session.

Gymnastics Classes (6-8 yrs and 8+ yrs)

Children learn developmental gymnastic skills with an introduction to competitive gymnastics equipment. These classes are not only for children that have progressed out of our preschool classes, but are also for beginners. Girls utilize vault, uneven bars, balance beam, floor exercise, trampoline and Tumble Trak. Boys utilize vault, high bar, floor exercise, rings, parallel bars, trampoline and Tumble Trak. Class benefits include great exercise, enhanced motor coordination for all sports, greater confidence and self-esteem and socialization with friends. Pricing below.*

Tumbling Classes (6-8 yrs and 8+ yrs)

This program is divided into three levels for children who want to focus on the tumbling aspect of gymnastics using the trampoline, Tumble Trak and spring floor. For boys and girls. Pricing below.*

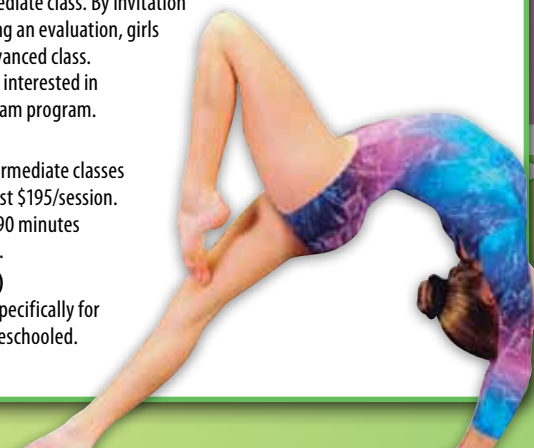
Gymnastics/Tumbling Classes Are Offered At Beginner, Intermediate and Advanced Levels.

Children starting out will be placed in a beginner class. After obtaining the basic skills, students can progress to an intermediate class. By invitation only or after scheduling an evaluation, girls can progress to an advanced class. Great for girls that are interested in participating in our team program. Class ratios are 8:1.

*All beginner and intermediate classes are 60 minutes and cost \$195/session. Advanced classes are 90 minutes and cost \$250/session.

Homeschoolers (HS)

A program designed specifically for children that are homeschooled. Please call for details.



TEAM PROGRAM NASHOBA GYMNASISTICS ACADEMY

Nashoba Gymnastics Academy is a member of U.S.A. Gymnastics the governing body for gymnastics in the United States. Last season NGA had a 2nd place finish at Eastern Nationals and several 1st place finishes at Regional and State Championships. Participation in the team program is by invitation only. Please let us know if you would like your child evaluated.

2011-2012 Session Dates And Specials

Session	Dates	No Classes
1	September 6 – November 6	—
2	November 7 – January 15	11/24, 12/24-1/1
3	January 16 – March 25	2/20-2/26
4	March 26 – June 3	4/16-4/22; 5/28

- Siblings play free during class time.
- Tentative date for Year End Show – 6/3/12
- Call ahead to book a FREE Trial Class for any of our programs!
- Students that sign up for two sessions save 5%, three sessions save 10%, four sessions save 15%.
- Families that sign up for more than one class per session will save \$20 for two classes, \$30 for three classes.

Schedules Available At www.onestopfun.com

When enrolling, an annual family membership fee of \$50 applies.

Membership benefits include:

Reduced indoor playground, pool and special events rates, indoor playground free for siblings during class, free access to wireless internet, free birthday cake at your One Stop Fun party (or up to \$18 credit towards birthday party extras) and 10% off ProShop purchases.