

**KNO
 KIDZ NITE OUT**

FOR CHILDREN AGES 1 - 13YRS OLD
 SATURDAYS FROM 6:30PM - 10PM

**REGISTRATION
 TAKEN ONLINE ONLY**
 at www.healthquest-fitness.com
 Sun - Thur Each Week

Reservations & cancellations MUST be
 made by 6:00pm Thursday evening.
 (Online Only until 11:00pm Thursday evening)

Friday & Saturday

LATE REGISTRATION fee: \$25.00

Family Memberships Receive 1 FREE KNO per month!

Prices and more information for Members & Non Members are online.

Options include:

Dinner \$5 per child
 Pizza unless noted otherwise (snacks are always available)

Before Care \$10 per child
 Available 5:30 - 6:30pm

Materials/Craft Fee per child
 Occasionally a craft will require a small fee per child.



SWIMMING FOR AGES 6-13:

Choose When Registering. All kids have the option
 to swim or not! Non-swimmers will attend the movie.

JAN 9

**FIT FOR FUN
 KIDZ CHALLENGE**

Get ready for a fit challenge! Test your speed,
 navigate an obstacle course, & jump all night!

Dinner: Pizza

JAN 16

**MINUTE TO WIN
 IT FUN NIGHT**

How many silly challenges can you beat in a
 minute? A night of silly fun!

Dinner: Pizza

JAN 23

**WINTER ICE
 CREAM PARTY**



It's never too cold for an Ice Cream Party!

Dinner: Pizza

JAN 30

**SPORT CENTER
 FUN**

A night of hoops, goals, & home runs! A fun
 night for all sports enthusiasts!

Dinner: Pizza

NO LIMITS
 a special needs program for children and their families

SATURDAY NIGHT CINEMA

All movies shown are rated G or PG and are age appropriate
 for each group. Parents wanting more info regarding
 cinema showings can call Linda at (908) 782-4009 ext. 240.