

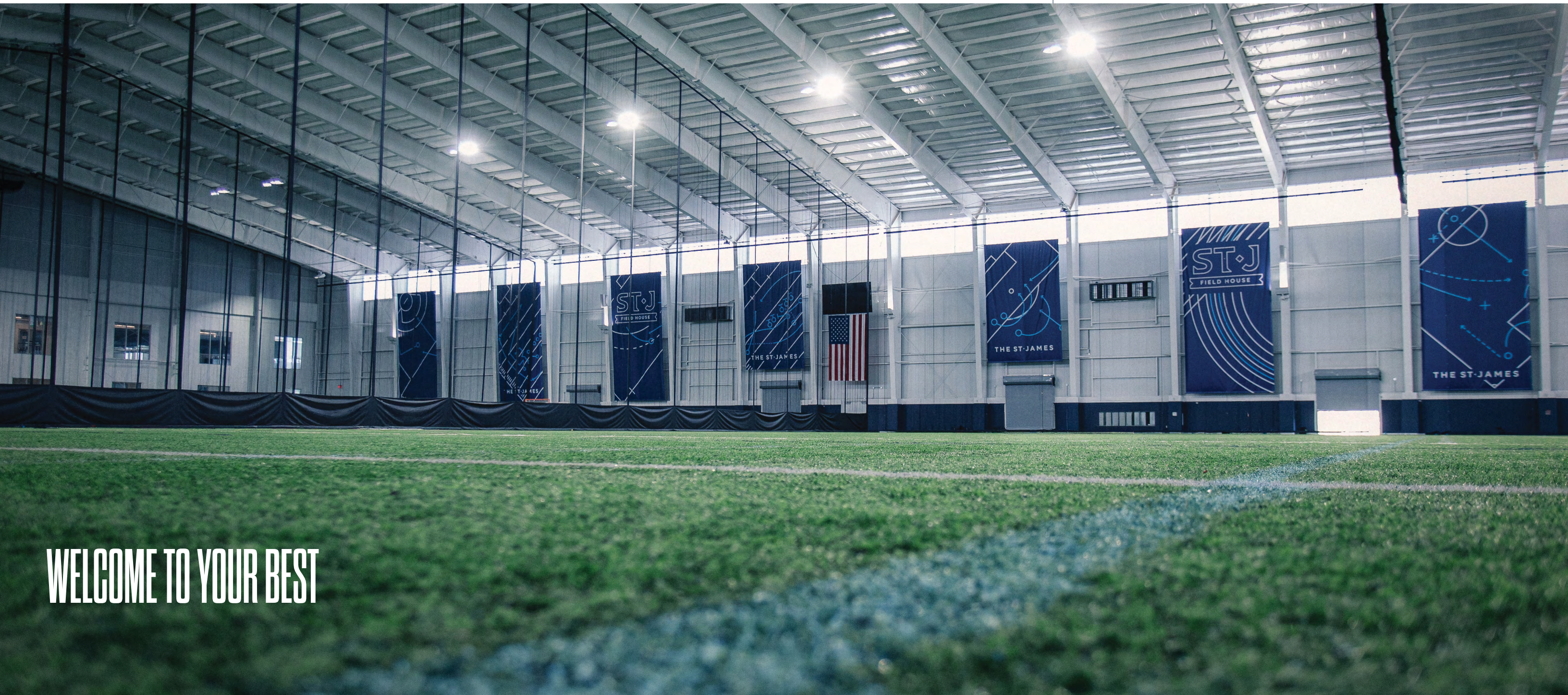
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FALL
2026

THE ST·JAMES CAMPUS GUIDE

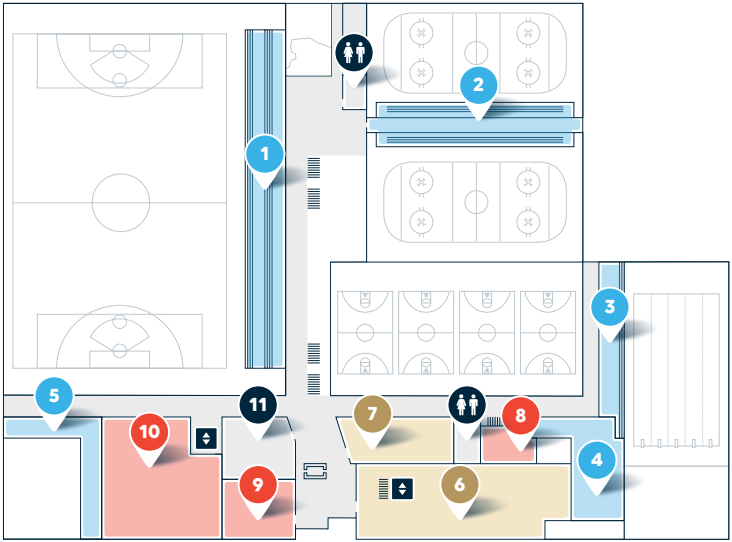
SPORTS — PERFORMANCE — LIFESTYLE

WELCOME TO YOUR BEST

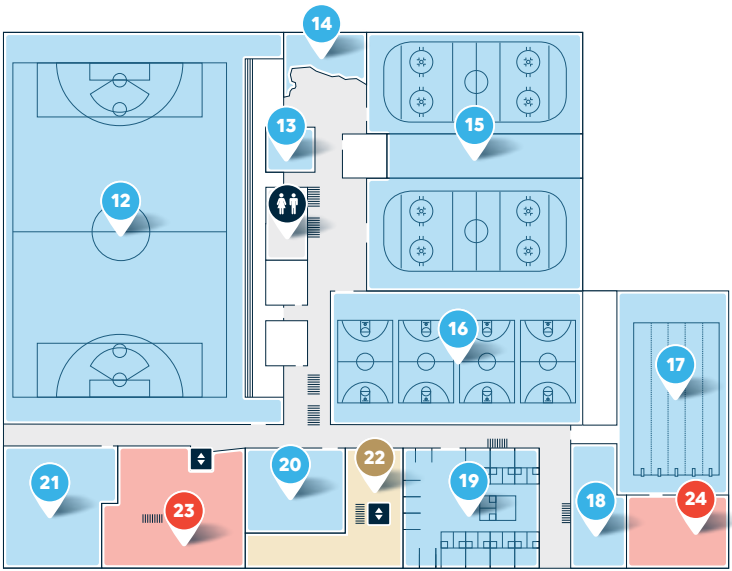


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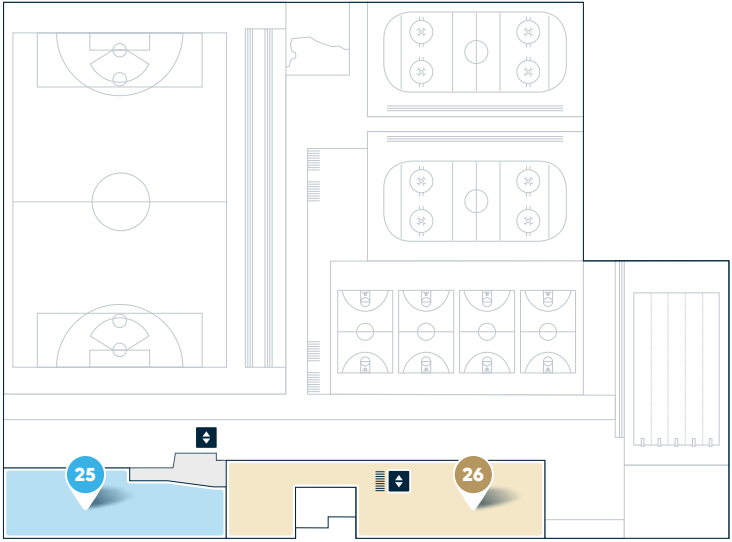
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- RESTROOM
- ELEVATOR
- SPORTS
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A CONVERSATION with **TIM SIMPSON**

Head of School, The St. James
Performance Academy



What inspired you to take on the role of Head of School at STJ Academy?

I have worked in education for 29 years, and becoming a Head of School has long been a professional goal. Meeting with Kendrick Ashton and Elyse Graziano in the summer of 2025 inspired me to pursue the role. It was a unique opportunity to lead a school that is growing and evolving every day and to embrace a truly exciting educational challenge.

What qualities do you hope every student develops during their time at the Academy, regardless of their sport or interests?

I hope every student-athlete develops a genuine passion for something. Whether they deepen an existing passion for a sport or academic subject, or discover an entirely new interest, every student should have opportunities to explore, grow, and refine their sense of purpose.

What would students be surprised to learn about you outside of school?

Students might be surprised to learn that I was born in St. Anthony, a small fishing town on Newfoundland's Northern Peninsula in Canada. When I was six weeks old, my parents moved to Australia, where I spent the first four years of my life.

What's your sport? The one you play, the one you watch, and the one you secretly wish you were great at.

I played lacrosse and hockey throughout my childhood and young adult years, including four years of college lacrosse and 12 years of competitive club lacrosse after graduation. I enjoy watching almost any sport, but hockey and football top the list. Secretly, I wish I were great at golf. It has the potential to be an enjoyable lifelong sport but, as anyone who plays knows, it can also be extremely frustrating!

What book, mentor, or life experience has most influenced your approach to education?

The people I encountered through my academic and athletic experiences have had the greatest influence on my approach to education. It is the collective impact of the coaches and teachers who challenged me to grow mentally and physically and who used their craft to help young people understand their strengths and weaknesses.

They taught me to see every opportunity as a teachable moment: a chance to learn, grow, and build confidence. Taking risks and not being afraid to fail or fall are invaluable parts of education.

Where do you see The St. James in five years — what gets you most excited about what's ahead?

In five years, I see The St. James Performance Academy as the premier destination for high-level student-athletes seeking an elite academic and athletic experience. I hope the program will include vibrant extracurricular opportunities that support every dimension of a young person's development, including social-emotional learning and mental health and wellness.

I am most excited by the potential for growth across our programs and by the opportunity to do something truly distinctive: pursue excellence across a wide range of sports and academics.

WELCOME TO A LIFE WELL LIVED

The St. James Northern Virginia Campus is a 500,000-square-foot destination designed to give active families and individuals unmatched access to sports, performance, and lifestyle amenities and experiences. Membership means elite training and recovery, sports, family fun, and social experiences all under one roof. It means commitment to a life well-lived, and pursuit of passions without pause.



Discover the right Membership for you.

Scan to schedule a tour with a Membership Ambassador.

TRAIN LIKE AN ATHLETE
Step into the 50,000-square-foot Performance Club, an elite training center complete with premium strength and cardio equipment, expansive athletic turf, expert personal trainers, and more than 80 weekly Build, Burn, and Recover group training classes. New members receive an InBody wellness assessment and introductory personal training sessions to start strong, with access to athletic recovery services including cryotherapy, infrared sauna, cold plunge, compression therapy, and more.

EXPLORE EVERY AMENITY
Dive into the Olympic-size indoor pool, tee off at the golf simulators, or take the court at the squash courts, along with a full lineup of athletic amenities and seasonal programming available throughout the year.

BRING THE WHOLE FAMILY
Daily child watch, complimentary admission to Super, Awesome & Amazing, and special pricing on sports programs and camps make it easy for parents and children to stay active together, all under one roof.

BECOME PART OF A COMMUNITY
Exclusive social events, special pricing on dining and retail, and monthly guest passes make it easy to connect with a community committed to reaching their best.





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FALL & WINTER

Fall sports are well underway at STJ, and winter is just around the corner. This list is just a sampling of our lineup, visit the website for more sports, information and registration.



Register now.

Register early to lock in the best pricing. Members save 20% on Sports.

FEATURED PROGRAMS

SOCCER	Chelsea 3v3 Thanksgiving Cup	November 26	Ages 8U-14U
SWIMMING	Learn to Swim Evaluations	Ongoing	Ages 4-12
CHEER	House Cheer	November 8 – January 17	Ages 6-15
DANCE	Impact Dance Studio Classes (Ballet & Tap, Hip Hop)	September – June	Ages 3-13

BASEBALL	Winter Training	September 1 – May 31	Ages 6-18
FIELD HOCKEY	Developmental Program	November 30 – February 8	Ages U10-U16
FOOTBALL	Girls Got Flag Showcase	November 15	Ages U14-U18
GYMNASTICS	Gymnastics & Tumbling Classes	November 3 – January 16	Ages 4-14
HIGH PERFORMANCE	Middle & High School Strength & Conditioning	Ongoing	Ages 11-18
HOCKEY	High School Prospects Showcase	November 29	

TRYOUTS

VOLLEYBALL	Girls Volleyball Tryouts	October 24-31	Ages 11U-17U
FUTSAL	ID Sessions	October 3 – November 7	Ages 8U-16U

LEAGUES

LACROSSE	Winter Lacrosse League	December 5 – February 7	Ages 8U – High School
FUTSAL	Winter Futsal League	November 29 – February 28	Ages 8U – High School
VOLLEYBALL	Middle & High School Volleyball Leagues	October 2 – November 20	Ages 11-16

THE PLAYER PATHWAY:

VOLLEYBALL

Volleyball development is a gradual process. Players first learn to control the ball and understand the fundamentals before progressing to more technical skills, game strategy, and competition. The St. James Volleyball pathway follows this progression, providing opportunities to advance from introductory instruction through skill development, competitive play, and, for some, an integrated academic and athletic experience at The St. James Performance Academy.



NIKKI MABREY

Director, STJ Volleyball

Nikki Mabrey brings more than a decade of coaching experience and a distinguished playing career to The St. James as Director of Volleyball. A four-year varsity starter at Battlefield High School, Mabrey played volleyball and track & field on scholarship at Virginia State University, where she was a four-year starter, three-year captain, and CIAA All-Conference honoree. Her coaching experience spans school and club programs across all age groups, with teams earning top regional finishes and multiple USAV Nationals qualifications. Now in her third year at The St. James, Mabrey has helped drive significant program growth, collegiate recruiting success, and the club's first podium finish at Nationals.



NICK COLLINS

Assistant Director, STJ Volleyball

Nick Collins brings extensive playing and coaching experience to The St. James, where he is entering his eighth season with the club and 11th season coaching volleyball. A former Division I player at Rutgers University, Collins competed as an outside hitter and libero and helped his team earn two consecutive top-five NCAA finishes. He has coached seven Division I commits and seven additional collegiate athletes, with players earning national team and NTDP opportunities. A 2024 AVCA 30 Under 30 honoree and 2025 AVCA Winner's Circle recipient, Collins also spent four years coaching at George Mason University and currently serves as Assistant Director of Volleyball at The St. James, focusing on player development, coach education, recruiting, and club operations.



LEARN

The pathway begins with Learn to Play Volleyball, also known as Lil Spikers, for athletes ages 4–7. Players are introduced to passing, setting, serving, footwork, court awareness, and communication through age-appropriate games and activities.

Spikers 1 continues this foundation for athletes ages 8–12, developing fundamental skills through structured instruction and game-based activities. Next Level Prep also offers a beginner group for older athletes without previous volleyball experience, introducing fundamental techniques and court movement.



DEVELOP

As athletes gain experience, they progress through Spikers 2 and the intermediate group within Next Level Prep. Training emphasizes precision, reaction speed, decision-making, and applying individual skills in game situations.

Players refine passing, setting, serving, attacking, and defensive skills while developing court awareness and volleyball IQ. Next Level Prep's intermediate group introduces more advanced concepts, including three-touch play and offensive and defensive strategy. Camps, clinics, and private lessons provide additional opportunities for targeted skill development.



COMPETE

Athletes ready to apply their skills in competition can progress through the STJ Volleyball League and STJ Travel Teams. The league bridges skill development and club competition, combining instruction with live gameplay and opportunities to develop communication, decision-making, and volleyball IQ.

For athletes seeking a more intensive competitive environment, STJ Travel Teams provide year-round training and competition against regional and national opponents. Training combines technical development with team systems, position-specific skills, game strategy, and competitive experience.

VOLLEYBALL at STJ ACADEMY

Student-athletes seeking to combine academics with high-level volleyball development can continue their progression through The St. James Performance Academy. The Academy integrates a college-preparatory education with dedicated athletic coaching, allowing student-athletes to maintain a consistent training schedule alongside their academic work. The Academy currently enrolls 366 students hailing from across the U.S., Puerto Rico, Canada, Sweden, and Venezuela.

Academy student-athletes train within The St. James' broader performance environment, which includes volleyball courts, strength and conditioning, and other athletic resources. The model is designed to support the development of the whole student-athlete, combining technical and tactical volleyball training with physical preparation, academic development, and the habits required to compete at the next level.

Visit thestjames.com/academy to learn more.



A DAY IN THE LIFE OF A STRIVER

A typical day at The St. James Performance Academy is structured to give students dedicated time for academics, athletic development, and recovery. With flexible scheduling and access to coaches, teachers, and academic advisors, students can pursue their sport while maintaining a rigorous college-preparatory education.

This is how STJ Academy develops the complete student-athlete. Academic instruction, athletic training, competition, recovery, and college preparation are integrated into a single schedule, giving students-athletes unmatched opportunities for development across every area of their lives.

Learn more.

Speak with our admissions team to get started.



6:15 AM

Start the Day

The day begins at home with breakfast, hydration, and preparation for classes and training. Students pack their school and athletic gear before traveling to The St. James.

7:30 AM

Arrive on Campus

Students arrive with time to get settled before the school day begins. Their schedules are built to accommodate practices, competitions, and other athletic commitments throughout the week.

8:00 AM

Academics

Mornings are dedicated primarily to college-preparatory coursework. Students work with teachers and academic advisors while developing the study habits, time management, and independence expected of college-bound students.

12:00 PM

Lunch & Transition

After classes, students refuel and prepare for the afternoon. Depending on their sport and schedule, this may include changing for practice, reviewing a training plan, or preparing for an upcoming competition.

1:00 PM

Athletic Development

Sport-specific instruction, tactical preparation, and team practice. Competition schedules vary by sport and season.

3:00 PM

High Performance

Sport-specific strength, conditioning, speed, and agility training led by our expert high performance coaches.

4:00 PM

Head Home

Students leave campus with their academic work organized and their training complete. Depending on the season, the next day may bring another training session, a team practice, or travel for competition.

ROAD TO RECRUITMENT

with **DEJA MITCHELL**
Director of Counseling & Recruitment, STJ Academy

Freshman & Sophomore Years:

Focus on academics, building athletic skills, and attending camps. Division I coaches cannot have direct recruiting conversations or send personal messages yet, but athletes can reach out or send general camp inquiries at any time. Division III and NAIA have no restrictions on communication timing.

June 15 (After Sophomore Year):

For many Division I sports, this is the official date when coaches can first initiate private electronic communication (texts, DMs, emails), phone calls, and verbal scholarship offers. Division II personal communication off-campus also opens around this summer milestone.

August 1 (Before Junior Year):

Division I student-athletes can begin taking official visits and arrange official/unofficial visits involving the athletic department.

September 1 (Junior Year):

For remaining Division I sports (such as football and specific others), private electronic correspondence and recruiting materials are fully unlocked.

Senior Year:

Official and unofficial visits continue, off-campus contacts are regulated by sport calendars, and National Letter of Intent (NLI) signing periods begin in mid-November and stretch into the spring.

Understanding NCAA Recruiting Periods

Contact Period: Coaches can meet face-to-face with recruits and parents on or off-campus.

Evaluation Period: Coaches can watch athletes compete live or visit high schools, but no face-to-face off-campus recruiting interactions are allowed.

Quiet Period: All recruiting contact must happen strictly on the college's campus; coaches cannot visit athletes off-campus or watch them play live elsewhere.

Dead Period: No in-person contact or evaluations are permitted between coaches and recruits, though digital communication may still be allowed depending on the rules.



Top: College coaches visiting STJ Academy Girls Basketball Open Practice.

Bottom: STJ Academy Students on tour at Morgan State University.

MATTERS OF MOVEMENT:

STAYING IN RUNNING SHAPE

with **KATIE CONN**
NASM - Certified Personal Trainer

Fall is a great season for runners. Cooler temperatures after a blistering summer and ample race opportunities, particularly here in the DMV, have many people lacing up their running shoes. As mileage and intensity begin to increase, the work runners do in the gym becomes even more important to help them toe the starting line healthy and prepared and ultimately reach their next PR.

With demanding training schedules, time in the gym can feel like just another task competing with running, or something that is nice to do when time allows. However, a well-designed strength program should be an important part of a runner's training. Running is a high-impact sport, and building strength in the muscles, tendons, and connective tissues can help the body better tolerate its repetitive demands. A consistent routine can also improve running economy and force production, helping runners become more efficient, maintain their mechanics as they fatigue, and better meet the physical demands of their sport.

A major emphasis of a runner's program should be single-leg exercises, such as step-ups, split squat variations, and single-leg deadlifts. Running is essentially a series of single-leg movements, so training unilaterally not only develops strength, but also challenges balance, coordination, and stability through the hip, knee, and ankle.

Bilateral compound exercises have an important place as well. Movements such as squats and deadlifts train the body to produce force and allow runners to work with heavier loads than they may encounter with unilateral exercises. Running already provides a significant amount of muscular endurance, so incorporating heavier, controlled resistance can help develop the strength and force production that complement those demands.

While most runners are familiar with exercises like squats, deadlifts, and lunges, special attention should also be given to the smaller muscles of the hip complex that contribute to stability and force production with each step. The gluteus maximus, gluteus medius, and adductors all play important

roles in controlling the pelvis and lower extremity during running. Some of my favorite exercises for targeting these areas are glute bridge variations, side plank variations, and Copenhagen planks.

And don't forget the lower leg! These muscles are often neglected in a runner's program. Calf raises should be performed in both straight- and bent-knee positions to train the different muscles that contribute to calf strength. Seated calf raises and standing calf raises are simple but effective options, and incorporating single-leg variations when appropriate adds another challenge to the lower leg and ankle.

As fall race season gets underway, gym work should support your running, not compete with it. Two focused sessions per week, using appropriately challenging loads and good form, can provide a strong foundation for runners to build resilience, improve force production, and maintain strength throughout a demanding race season. The goal is not to spend hours in the gym—it is to give your body the strength and stability it needs to run strong and arrive at the starting line prepared for race day.



Our trainers get results.

No matter what your goals are, meet them head-on with personalized, data-driven training.



FUELING AN ACTIVE FALL

with **MATT RACKIEWICZ**
B.S. Exercise Science,
Marymount University & Director
of Performance training

Never underestimate the power of a healthy mindset combined with consistent execution of small behaviors. Body transformations don't happen by accident. They are the result of intentionally repeating healthy behaviors over time.

Too many people wait until January 1 to set their fitness goals, but not us. Not The St. James community. We set goals. We train intentionally. We accomplish what we set out to do. Then we set higher goals and repeat. When it comes to your fitness goals, the best time to start was yesterday, the second-best time is today, and the worst time is tomorrow. If you aren't currently training toward a goal, set one today and get to work.

But training is only part of the equation. The food we use to fuel our bodies matters too, and so does the mindset we bring to nutrition.

We are entering the season of pumpkin spice everything, pillowcases full of candy, Thanksgiving feasts, holiday parties, and sweet treats constantly within arm's reach. It is easy to concede that you will enjoy the next few months and "get serious" again January 1. There is nothing wrong with enjoying them, but this is not all or nothing. Do both.

A few fun size candy bars on Halloween are not going to derail your fitness goals, and Great Grandma Rose's decadent pecan pie might be the very thing that brings everyone back around the table for another year. Food is fuel, but it is also family, culture, tradition, and connection. A healthy relationship with food should make room for all of it.

So how do we enjoy the season and still move toward our goals? After more than 20 years of coaching fitness and nutrition goals, one thing I have learned is that the most effective plan is rarely the most complicated one. It is the one you can consistently execute.

Know your numbers. Nutrition equations are estimates and individual needs vary, but having a baseline gives you something to work from. An InBody assessment can provide information about skeletal muscle mass, body fat, and estimated Basal Metabolic Rate, or BMR. BMR is not a calorie target. It estimates the energy your body uses at rest and is one piece of understanding your overall energy needs. Establish a baseline, set a goal, and track your progress.

Control the controllables. You do not need to become a nutrition expert to make better choices. Start by paying attention. The front of a food package is designed to sell. The nutrition label helps you understand what you are eating. Pick one food you eat regularly and look at the **serving size, calories, protein, fiber, and added sugar.** Drink water throughout the day, include nutrient dense foods consistently, and remember that protein, carbohydrates, and healthy fats all play important roles in health, recovery, and performance.

Choose one behavior goal. Maybe you drink water instead of soda at lunch. Maybe you include a quality protein source or a serving of vegetables with every meal. Maybe you pack lunch three days a week. Your goal does not need

to be impressive. It needs to be repeatable. Do it and repeat it. Get really good at turning goals into habits. Successful people turn last month's goals into this month's routines. And when things don't go according to plan? Be nice to yourself and get back to your goal.

I remember learning the phrase, "A lapse is not a relapse," in a psychology class. I still love the lesson behind it. One meal doesn't define your nutrition. Your habits do.

Athletes understand this. You miss a shot, throw an interception, or lose a point, and the game keeps moving. Great performers learn from what happened, reset, and focus on what they can control next. Bring that same mindset to nutrition.

If you ate three pieces of pie, you do not need to punish yourself with a workout the next morning to "earn" your dessert. You also don't need to decide the entire weekend is ruined. Enjoy the experience. Then make your next decision one that supports your goals. Consistency matters more than perfection.

This fall, set a goal. Know your numbers. Pick one nutrition behavior you can own. Fuel your training. Enjoy the candy and Great Grandma Rose's pecan pie. Share meals with the people who matter to you. And if you make a nutrition choice you aren't proud of, make yourself proud by getting back to your goal.

January 1 is just another day on the calendar. You don't need to wait for it to start. Finish 2026 strong and welcome to your best!

RECOVERY ROUTINE

with **AMANDA HOLSTON**
Manager, Courted MedSpa & Recovery Suite

Athletic recovery should be just as intentional as training itself. Incorporating recovery into your weekly routine can help you feel better, support performance, and stay consistent with your fitness goals. At Courted, recovery is designed to be convenient, comprehensive, and easy to make part of your lifestyle.

There's no need to use everything every week. The right combination depends on your training schedule, goals and how your body feels. Here's one example of how you might put the pieces together.

MONDAY
Legs & Compression
After a training session with a heavy leg focus, Compression Therapy uses gentle, sequential pressure to support circulation and help tired legs feel refreshed.

TUESDAY
Core & Contrast
Infrared Sauna uses dry heat to promote clean sweating and relaxation. Pairing it with a Cold Plunge provides a contrasting recovery experience that can help you reset after a demanding training day.

WEDNESDAY
Light Training, Light Recovery
For a light training day, use Red Light Therapy for a low intensity, simple way to support the body's natural recovery processes.

THURSDAY
Upper Body & Massage
After a taxing upper body session, try Massage Therapy to target tension commonly held in the back, shoulders, and neck.

FRIDAY
Recover Your Way
After your final workout of the week, choose the modality that matches how you feel. Compression, infrared sauna or cryotherapy can each provide a different approach to recovery.

WEEKEND
Rest + Reset
Rest days are part of your training plan, too. Use the weekend to prioritize sleep, hydration and nutrition, with recovery modalities available when you want additional support.



ON THE RIGHT WAVELENGTH

UNDERSTANDING RED LIGHT THERAPY

What is Red Light Therapy?

Red light therapy is an easy, low-impact addition to both athletic recovery and everyday wellness. Wavelengths of red and near-infrared light calibrated to promote cellular energy production and healthy circulation are delivered to the body, helping support the body's natural recovery processes and promote overall muscle and tissue wellness. It can also be a great option on lighter or rest days when you want to prioritize recovery without putting additional stress on your body. Because red light therapy is non-invasive and requires little downtime, it can easily become a consistent part of a weekly routine. Red light can also extend beyond athletic recovery into everyday self-care. A red-light mask provides targeted benefits for the face, and consistent use may help support collagen production, improve the appearance of fine lines and wrinkles, promote a more even-looking complexion, and support overall skin health.

How does it work?

While the therapeutic benefits of red light therapy are well documented, researchers are still working to understand the exact mechanisms that make it possible.

The leading theory goes like this: When tissue is stressed by exercise or injury, cellular energy production is reduced. Red and near-infrared light seem to interact with parts of the mitochondria in damaged cells, facilitating reactions that boost the production of cellular energy. That increase in energy creates a cascade of effects that may moderate inflammation and oxidative stress, and promote the processes involved in tissue repair and recovery.

When should I use it?

Whether you're recovering from a hard workout, giving your body a break between training sessions, or taking time for everyday self-care, red light therapy offers a simple way to support the body's natural recovery processes. With no impact, little downtime, and benefits that extend from muscle and tissue wellness to skin health, it's an easy addition to a well-rounded approach to feeling and performing your best.



Book a session today.

Explore Membership options to see how you can unlock unlimited recovery services.





FALL EXPERIENCES



[Check out the full events calendar!](#)

After a summer of long days, late nights, and a calendar full of camps, vacations, and adventures, fall brings a welcome change of pace. School is back in session, sports are underway, and the familiar rhythm of practices, workouts, games, and homework is back.

For active families, that routine can be something to look forward to.

There's something satisfying about settling back into a schedule, seeing familiar faces, setting new goals, and finding your stride again. And while summer may be over, there's no need to slow down.

Fall at The St. James is all about finding the balance of staying active, making time for the things you enjoy, and giving yourself a few reasons to step outside the

routine, too. Because some of the best parts of the season happen after practice, after work, or when you decide to do something simply because it sounds fun.

So as you settle into the fall rhythm, leave a little room for something different. Join us for one of our upcoming events or experiences and make this season about more than just getting back to the grind.

Trivia Nights

Wednesdays @ 6:30 PM

Get ready to put your knowledge to the test and show off your trivia skills at The St. James Trivia Night - it's game time! Presented by Rockstar DJ & Karaoke and hosted by the electrifying Angela Envy, this weekly showdown is your chance to flex your brainpower, jam to great tunes, and compete for prizes and bragging rights.

Think you've got what it takes to claim the title of trivia champion? Gather your crew, grab a drink, and join us Wednesday nights.

Thursday Night Live

Thursdays @ 6:00 PM

Join us for a night of live music and entertainment at Thursday Night Live at Vim & Victor. Held every Thursday evening, this weekly showcase features a rotating lineup of talented local musicians, bands, and performers across a range of genres, in a dynamic, community-focused atmosphere.

The St. James Run Club

Thursdays @ 6:00 PM

Introducing The St. James Run Club! We'll meet at Vim & Victor every Thursday evening at 6:00 PM and head out together for an outdoor community run. All paces and experience levels welcome. This event is complimentary and open to both members and non-members.

Halloween Trick or Treat Celebration

Sunday, October 25,
1:00–4:00 PM

Get ready for an afternoon of Halloween fun at The St. James! Come dressed in your favorite costume for trick-or-treating, live entertainment, festive activities, pumpkins, and family-friendly fun throughout the facility. Highlights include Trunk or Treat in the Pool Lot and the Pumpkin Plunge in the Pool House, where you can take on aquatic challenges and enjoy a little Halloween magic in the water.

'80s Halloween Dance Party

Friday, October 30 @ 8:00 PM

Step back into the '80s for a Halloween dance party with DJ Dior! Friday Night Fright brings big '80s energy to The St. James with throwback hits, dancing, costumes, and a night of nostalgic fun. Come dressed as your favorite '80s icon, grab your friends, and get ready to dance the night away.



BEST PARTY EVER

If your kid thinks a birthday party should involve maximum fun and minimum sitting still, we have good news: Super, Awesome & Amazing was basically built for them.

At SAA, we've crafted an environment for active kids to run, jump, climb, splash, play, and generally just go nuts. Combine that with party rooms, dedicated hosts, and add-on options for personalization and extra fun, and you've got an all-inclusive party experience built to make parents' lives easy and kids' birthday dreams come true.

And yes, there's cake. Along with frosting on everyone's faces and also the floor. We're prepared for this. We're professionals.

We make it easy to throw a birthday party that kids will remember for years to come. No elaborate planning required, no house to clean afterward, and no need to invent seventeen different games because someone announced they're bored.

It's a birthday party, an adventure, and a proven, hassle-free model for entertaining a group of energetic kids. Everyone wins!

Get the party started.

Members enjoy 10% off party bookings at Super, Awesome, & Amazing.

