

XRKade

Youth

(Age 8)

XR8

Offered: W/S

Has your child expressed interested in our XRKade only to discover they were too young to use the equipment? We have a NEW course for 8 year olds which upon completion will allow your 8 year old to use* the XRKade on their own. XR8 is an 5-week course designed to educate, engage, and encourage them to use the XRKade. For more information contact Joe Fuhrman, ext. 132.

**8 year old must be a facility/facility plus member*

3-kick 30 minute work out (ages 9 - 12)

Participate, with a group, in the same fun and challenging competitions that had athletes from a local college basketball team, college wrestling team, and even a extremely local minor league baseball team completely worn out!

Survivor: XRKade (ages 9 - 12)

Form tribes, create alliances, to outsmart and out game the competition to avoid elimination. Competitions include both physical and mental challenges such as the XRKade scavenger hunt and 3-Kick relay.

X-treme tween triathlon* (ages 9 - 12)

A fun and modern twist on the classic adult triathlon. Utilize the XRKades

X-treme active gaming stations to game bike, Jackie Chan Action Run, and Cardio Kick Box your way to the week 8 XRKade Triathlon*.

**events consist of running, biking, and cardio kick boxing*

TEEN

(Ages 13 - 17)

3-kick 30 minute work out (ages 13 - 17)

Participate, with a group, in the same fun and challenging competitions that had athletes from a local college basketball team, college wrestling team, and even a extremely local minor league baseball team completely worn out!

Father-son boot camp (Father and son(s) ages 9 - 12)

What a great way for a father and son to get a fun work out and more importantly spend time together. Whether its cardio kickboxing at the

3 kick, race dirt bikes together on the game bikes, and or participating in basic calisthenics this time together is sure to be an experience to last!

Mother daughter Game Time (Mother and daughter(s) ages 9-12)
Strengthen your mother/daughter relationship by spending time together, laughing together, socializing, and having fun learning the different dance patterns our dance dance revolution game stations.

Survivor: XRKade (ages 13 - 15)
Form tribes, create alliances, to outsmart and out game the competition to avoid elimination. Competitions include both physical and mental challenges such as the XRKade scavenger hunt and 3-Kick relay.

X-treme tween triathlon* (13 - 15)
A fun and modern twist on the classic adult triathlon. Utilize the XRKades X-treme active gaming stations to game bike, Jackie Chan Action Run, and Cardio Kick Box your way to the week 8 XRKade Triathlon*.

**events consist of running, biking, and cardio kick boxing*

Teen/Adult

(Ages 16+)

Volunteers needed

Are you a gamer looking to make a difference? We have a 27-station interactive game room that is looking for volunteers who can help youth develop and realize their gaming potential in a fun, challenging, social atmosphere. If you think this may be you, contact Joe Fuhrman, ext. 132 for your volunteer interview.

Youth/Teen/Adult/Senior

(Ages 6+)

All aXcess Pass

Are you a Program Member looking to become a GAMER? Visit the Member Service Desk to find out how you can become a part of the XRKade through purchasing a NEW All aXcess Pass. Packages of 10 or 20 visits are available. Don't miss out on this opportunity to have a great Xperience! Contact Joe Fuhrman at ext. 132 with additional questions.

Adult Programs ***(ages 18+ years)***

3-kick 30 minute work out (ages 18 and up)

Participate, with a group, in the same fun and challenging competitions that had athletes from a local college basketball team, college wrestling team, and even a extremely local minor league baseball team completely worn out!

Family Programs ***(ages 9-12 with a parent)***

Father-son boot camp (Father and son(s) ages 9-12)

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Mother daughter Game Time (Mother and daughter(s) ages 9-12)

Strengthen your mother/daughter relationship by spending time together, laughing together, socializing, and having fun learning the different dance patterns our dance dance revolution game stations.