

SIGN UP NOW IN LAKE FOREST

KIDSTRONG®

HELPING KIDS WIN AT LIFE

KidStrong is a science-based kids training program designed to help parents raise strong, confident and high-character kids.

Kids walking (~14 months) through 11 years old learn everything from how to make friends to how to do a proper push up and raise their hand high in the classroom. Our program consists of weekly 45-minute age-specific classes that focus on character, physical and brain development.



**SCAN TO LEARN MORE ABOUT
CLASSES AND MEMBERSHIP**



lakeforest.KIDSTRONG.com



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...AND SO MUCH MORE!

WHY CHOOSE KIDSTRONG?

WORLD-CLASS COACHES

KidStrong coaches are certified and trained to be the best at what they do. All our coaches are passionate about helping kids conquer challenges and believe in themselves.

CLEAN, MODERN CENTERS

Our centers are state-of-the-art and designed to be a space where families can learn, grow and have fun together. Every detail of our center is carefully laid out to optimize the KidStrong Experience.

KIDSTRONG KIDS ARE BUILT DIFFERENT

You'd recognize them in the wild—fearless, kind, smart and brave. They boldly declare, "I am STRONG, I am BRAVE, I can DO THIS," in the face of challenges.

Ready to experience KidStrong yourself? **Get started today!**

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Call or email us for more information:
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