

THE BENEFITS OF Playing Together

Katy offers a variety of activities where families of all shapes and sizes can stay active and have fun

Written by Samantha Villarreal and Kennan Buckner



It's been said that a family who plays together, stays together. Many times extracurricular and other activities can take your family in several different directions at once. But with a little planning and effort, your family can have fun, make new memories, and build stronger relationships, all while being together.

Fitness on the Green

There are several options for playing with the family at LaCenterra at Cinco Ranch. From special events like the upcoming Willow Fork Drainage District children's festival, Art in the Park with the Katy Contemporary Arts Museum, or getting your Zumba on at Kaia Jam - your family is sure to find fun.

Join fellow moms at LaCenterra in Central Green Park for Baby Boot Camp Katy every Tuesday and Thursday from 9:30 a.m. to 10:30 a.m. The first class is free. This stroller fitness program helps moms regain their pre-pregnancy

fitness levels and includes an hour of cardio, strength training, and core workouts. Or come on Saturdays for Tai Chi with Trina. All ages and levels of fitness are welcome in Central Green Park on Saturdays at 8:30 a.m. for this graceful form of exercise. Tai Chi is a great way to reduce stress and increase feelings of Zen.

Horseback Riding

Circle Lake Ranch is another option where families can have fun through horseback riding lessons. For kids who don't prefer group sports, horseback riding is a great activity that helps strengthen confidence, build core muscles, and increase coordination. Owner Layne Spitzenberger believes it's a great way for parents and children to bond and provides opportunities for family relationships to shine. "Parents make great cheerleaders for their equestrians. Parental encouragement and involvement always add to a child's enjoyment of the sport."

Circle Lake Ranch offers training for riders age 7 through adults. Participants can learn Western and English riding in a group format. Riders develop relationships with both their horse and their fellow riders as lessons are taught at the same time and participants ride the same horse each week.

Martial Arts

For those who want to experience the thrill of breaking boards and finding their inner ninja, look no further than Tiger-Rock Martial Arts of Katy. Their programs are a great fit for all ages and skill levels. Chief instructor Angus Pollard shares what families can expect. "Along with the physical fitness and self-defense skills, children are coming to us for help with self-esteem and confidence, enhanced focus, socialization skills, and self-discipline," says Pollard.

At Tiger-Rock Martial Arts of Katy, the programs make it easy and convenient for families to participate together. "We believe that a family that trains together has more success reaching their personal goals," says Pollard. Whether your family finds interest in music, the outdoors, animals, or physical fitness, there are several places in Katy where you can find fun, healthy ways to enjoy time with the entire family.

Playing Music

Getting active doesn't mean you have to lift weights or run marathons. Many Katy parents and their kids find the joy of playing together during a musical performance at School of Rock Katy. Children and parents alike can participate in programs, camps, and workshops for all skill levels to help develop both their confidence and musicianship. General manager Mark Bowerman takes pride in the amount of family involvement he is able to offer with these programs. "We have a lot of kids inspiring their parents to take lessons so they can play along together at home and jam as a family. Several of our younger students have parents that join our adult program, and now they are all able to share the experience."

Katy parent Tiffany Yates was encouraged by her child to join. "I joined the adult band at School of Rock because I have always wanted to sing and play an instrument, but never thought that I could stand in front of people and do it. My daughter, Peyton Guy, and her involvement inspired me. Now, I know that I can," says Yates. The whole Yates family now participates in karaoke night. "It helps the family to be supportive of each other in all they do," says Yates. "It's very nice to have your own personal cheering section there when you are up on stage." KM

SAMANTHA VILLARREAL is a student at the University of Houston and is passionate about people, food, and the Houston Rockets.

Enjoy the outdoors while taking horse riding lessons with your family



"Parental encouragement and involvement always adds to a child's enjoyment of a sport."

- Layne Spitzenberger, Circle Lake Ranch owner

Photo by Anetrus Wallace



Training in martial arts is available for children as young as age 4

"We believe that a family that trains together has more success reaching their personal goals."

- Angus Pollard, Tiger-Rock Martial Arts of Katy chief instructor



School of Rock Katy offers lessons for music lovers of all ages

"Getting to share music with your kids can be very special."

- Mark Bowerman, School of Rock Katy general manager

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MORE RESOURCES FOR Playing Together

The Athletic Performance Lab

481 Katy Fort Bend Rd., #210
281-394-9494
thelabkaty.com

Achieve your peak performance in mixed martial arts or in the LAB's sports programs.

See ad on page 159

Connolly Dance Arts

22760 Westheimer Pkwy., #300
281-693-1232

connollydancearts.com

Children and adults alike can enroll in classes like ballet, dancing, or jazz.

See ad on page 87

ESN Health

22756 Westheimer Pkwy.

281-395-0827

esnhealth.com

Register for a one-on-one or two-on-one personal training session with a family member.

See ad on page 167

Gymboree Play & Music

1520 S. Mason Rd.

713-953-0444

gymboreeclasses.com

Bring everyone to a family fun class such as art, music, or play and learn.

Katy Family YMCA

22807 Westheimer Pkwy.

281-392-5055

ymcahouston.org/katy

Attend a family fitness class or family camp and improve health while having fun.

See ad on page 113

The Little Gym of Katy

23010A Highland Knolls Blvd.

281-347-1400

thelittlegym.com/katytx

Parent and child classes include get moving, brain boost, and citizen kid.

See ad on page 72

Multiplicity

1306 Avenue A

832-437-2442

multiplicity.co

Let out your inner crafter at a chalk paint, metalsmith, or jewelry-making class.

See ad on page 15

Smith Ranch

25440 Beckendorff Rd.

281-371-3318

smithranchkaty.com

Enjoy a day of paddle boats, moonwalks, and petting zoo, or try the batting cages.

See ad on page 85

Tilt Studio

5000 Katy Mills Cir., #100

281-644-2340

tiltstudio.com

Enjoy games, attractions, and activities in an arcade atmosphere.

See ad on page 44

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Afshan Dehlavi, MD, FAAP & Lisa White, DO, FAAP

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