

Perfect your technique by taking dance classes at one of Katy's many studios

Katy Youth Soccer is a great way to get moving this fall

Katy Magazine's Get Moving Guide

Ten ways to get your family moving this fall

Written by Lacey Kupfer Wulf

Katy has several area parks with walking trails and play areas for families

Take a class, feed the ducks, or play putt-putt at Mary Jo Peckham Park

Seven Lakes High School students participating in the Color in Action 5K race

Enroll in a class at Connelly Dance Arts

When ages and skill levels range within a family, it can be difficult to find appropriate outings and activities that everyone in the family can enjoy. Here are some fun, active things to do in Katy with your whole family.

1. Twist and Shout

When you feel happy or excited, what's more natural or fun than dancing? In the privacy of your own home or semi-public view of your car, your family can bust a move to your favorite songs any time, especially at a family dance party. If your children want more training on real dance moves, consider joining Connolly Dance Arts, or you and your partner can learn salsa or swing dancing at Arthur Murray Dance Studio. Then, the real dancers can teach the rest of the family their new grooves at the next family dance party.

2. Country Clubbin'

With the cooler weather, take the opportunity to learn or improve your skills in a sport. Learn to play tennis or golf with the kids at Willow Fork Country Club through private lessons or clinics. Then on your own time, you can practice for a winner-picks-dinner prize. Other country clubs that offer golf lessons or programs in Katy include the Golf Club at Cinco Ranch, Meadowbrook Farms Golf Club, and Weston Lakes Country Club. If your family already knows the basics of golf or tennis, get out there in the beautiful autumn weather and play.

3. Go Camping

Although summer camps have ended, camping itself can continue. As the temperature cools at George Bush Park or Brazos Bend State Park, your family will love exploring nature, hiking, and even sleeping under the stars. Also, throughout the fall season in Trinity, Texas, YMCA Camp Cullen offers family camps where you can canoe, go horseback riding, make crafts, ride a zip line, climb a rock wall, do the ropes course, and enjoy the outdoors together as a family. No time to pack everyone in the Suburban? Try a campout in the backyard for some family time with a restroom and soft bed for those midnight emergencies or changed-my-mind campers.

4. Join a Sports League

Katy Youth Soccer Club has programs for players ages 4 and older, and parents and teenage siblings can get involved beyond spectating as both coaches and referees. At the Katy Family YMCA, your kids can join leagues for not only soccer but also sports like football, basketball, softball, or volleyball. Katy Youth Football and the Katy Girls Softball Association are other popular sports clubs for kids and teens. No matter the sport or league, the whole family can cheer your team to victory and maybe even start the wave in the crowd.

5. Hiking and Biking

Get moving faster on wheels by taking your bikes and scooters for a spin. Explore the many hike and bike trails near Katy at Terry Hershey Park or the bike trails in George Bush Park. If you want to plan ahead for your excursion, these parks' websites have either an interactive map online or a downloadable one available. Prepare your favorite picnic foods and enjoy lunch together outdoors. Then, have your own family nature hunt before the ride home. Let the good times roll.



Learn martial arts as a family at Tiger-Rock Martial Arts of Katy



Photo by Anetrius Wallace

Steven, Stephanie, and Brooklyn
Poss get in some family time at
Katy's Heritage Park



Tess, Rocky, and Annette Lockwood during
the Katy Family YMCA's Turkey Dash race

6. Jump on It

Who doesn't love the feeling of flying high through the air? Pump It Up and Inflatable Katy provide bouncy slides and obstacle courses. Jump Street in the Katy Mills Mall has trampolines for all ages with a foam pit, dodgeball court, trampoline basketball, and earthquake kids' zone. At home or at a trampoline park, your family will jump for joy while making memories.

7. Train as a Family

Enroll your children in a class where they learn discipline, respect, and how to use their energy safely. At facilities like Tiger-Rock Martial Arts of Katy and Hwarang Tigers TaeKwonDo, both kids and adults can participate in martial arts courses. Hwarang Tigers TaeKwonDo even offers a family class for all ages and belt levels. From Brazilian Jiu Jitsu to kickboxing, The Athletic Performance Lab offers courses at all fitness ages and levels. Expand your health knowledge with nutritional counseling, diet planning, and even SAT prep courses available in their educational lab. Even if your courses are separate, after getting tips from an instructor, your family may safely practice together at home.

8. Indoor Recreation

You don't have to dress in gym clothes or be outside to work up a sweat. Indoor activities like laser tag, bowling, billiards, or air hockey definitely get your family moving and having fun simultaneously. At Times Square Entertainment, Main Event Entertainment, and Tilt Studio, you can enjoy not only all of these activities, but also yummy food and arcade games to keep the family entertainment going for hours.

9. Go the Distance

Running through mud or while dressed up like a superhero just might amp up the level of fun for your family's next adventure. This fall, Katy will host several walks, fun runs, and 5Ks for the whole family to do together. Join the Superhero 5K at Villagio Town Center on September 20, the Katy Triathlon at Firethorne on September 29, or the Katy Family YMCA Turkey Dash on November 27. Many races even encourage furry family members on leashes to join their owners for the race.

10. Make the World Your Playground

Instead of sitting inside and playing on phones and game consoles, go outside and play simple outdoor games as a whole family. Teach the kids how to aim in croquet, create jump rope routines, play catch, throw a Frisbee, and do hopscotch or four square, or play miniature golf at Mary Jo Peckham Park or Inflatable Katy. Explore the corn maze, climb Fort DewHickey, and feed the farm animals at Dewberry Farm. There are many fun things to do outside together, so let's get moving! **KM**

LACEY KUPFER WULF is a freelance writer and enjoys playing volleyball and ultimate Frisbee, jumping rope, going to the gym, and running in cooler weather.

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George Bush Park
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Houston

Katy City Park
5720 Franz Rd.

Katy Heritage Park
5990 George Bush Dr.

Katy Park
24927 Morton Rd.

Mary Jo Peckham Park
5597 Gardenia Ln.

**Mason Creek Park
& N. Hike & Bike Trail**
2500 Porter Rd.

Mayde Creek Hike & Bike Trail
18907 Morton Rd.

Paul D. Rushing Park
9114 Katy Hockley Rd.

**Railroad Park Information
& Tourist Center**
5615 First St.

Saums Park
20002 Beechview Ln.

**Sergeant J.R. Hatch Park
& Skate Park**
17525 Katy Fwy.

Terry Hershey Park
15200 Memorial Dr.

Thomas Park
Third St. and Ave. D

VFW Park
6202 George Bush Dr.

**Woodlands Park &
Community Center**
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