

Boogie kids: Dance party fun intended for the whole family

By Nancy Twigg
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Move over, grown-ups. Now kids have their own place to go when they want to party hard. That place is the bi-monthly dance event hosted by Boogie Down Baby.

Think disco mania for little kids. Boogie Down Baby is a place where children - and the adults in their lives - can dance, play, snack and spend time with people their own age. It's a place where little ones can let their hair down - if they have hair, that is. Some of the most enthusiastic dancers are the ones still in diapers.

"She lives for this stuff," says Chris Branson as she watches her 5-year-old daughter Kinsley do cartwheels on the dance floor. "She absolutely loves it."

Branson brought Kinsley and her 6-year-old daughter Ryan to Boogie Down Baby to attend a birthday party. Although she had never heard of it before receiving the invitation, Branson was impressed with what she saw.

"This is great for a cold winter day," Branson said. "All this dancing is awesome exercise for kids."

Fitness was one of the goals Kiley Yarbrough of West Knoxville had in mind when she founded Boogie Down Baby last April. Yarbrough, mother of two preschoolers, noticed her daughters always wanted to dance.

Not only did they want to dance, but they wanted Yarbrough and husband Bob to dance with them. The family dances occurred so frequently Yarbrough wondered if she had stumbled upon a business idea.

"I thought, 'How can I make this a community event?'" says Yarbrough. "There are not a lot of things to do that are active and that incorporate the whole family. Boogie Down Baby combines my passion for fitness and quality family time."

Boogie Down Baby dance parties are held every other month at various venues around town. For the admission price of \$10 per person (non-walkers admitted free), families can move and groove while a DJ spins a variety of retro music. The dance floor is fully equipped with disco lights, hula hoops, scarves and noisemakers to entice kids to join the fun.

When guests work up an appetite from dancing, they can chow down on healthy snacks or take a breather in the "Boogied Out Room," complete with tables, books and toys for less energetic play. Parents can also enjoy free chair massages given by local massage therapists.

Beginning this year, Boogie Down Baby will partner with local charities so the boogying is for a good cause. Part of the proceeds from the Jan. 17th party went to House of Courage, a home for unwed mothers and their babies.

"A different charity benefits from each event," says Yarbrough. Given her passion for fitness and family, Yarbrough plans to work with charities that promote family, children, and a healthy lifestyle.

The next Boogie Down Baby party is tentatively scheduled for March 28, 11 a.m.-2 p.m. at the former Green Hills Grille in Bearden. The event will benefit ASD Athletes, which supports people with Autistic Spectrum Disorders. For information, visit www.letsboogiedownbaby.com or call 865-755-8502.



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