



Where kids come to move,
learn, grow, and succeed!

September 2011 Newsletter

Register NOW for Fall 2011!
Our online registration is **EASY** at
www.kineticyouthacademy.com!

You may also register by phone,
fax, snail mail, and in person.

410-676-0021

12 week FALL session
Sept. 8th—Dec. 3rd
CLOSED
November 24th - 27th
for Thanksgiving

2011-2012 Session Dates
Fall - September 8th - Dec 3rd
Winter - December 5th - March 10th
Spring - March 12th - June 9th

Date Night Friday, Sept 23rd 5:30-8:30

KYA Enrichment Camp
Mon-Thurs 9:00-12:00
Choose from 1—4 days per week!
Monthly Tuition: 1 Day: \$ 108 2 Day: \$ 216
3 Day: \$ 260 4 Day: \$ 335
7% Full-session Discount Available!
KYA Enrichment Camp develops preschoolers
physically, academically, and socially in our safe,
clean, and FUN facility!
Join us at KYA as we move, learn, grow, and
succeed within a positive community!

Drop-In Tumbling Classes for High School
*In response to overwhelming demand, KYA will be
allowing drop-ins to our tumbling classes that
have open spaces! Registration for the classes is
available by phone at 410-676-0021 with a maxi-
mum of 16 students accepted. Registration is on
a first registered, first served basis. Registration
is finalized with your tuition payment.*

*September classes begin on
Thursday, Sept 8th. Drop-in are
\$20, with an additional \$5
non-member fee.*

Exercise Benefits Kids in School

Regular exercise has many physical benefits for children: weight control, building stronger bones, and lowering cholesterol, but did you know children who exercise regularly also benefit academically? Studies show children who exercise are more successful in school. They fidget less, are less likely to be disruptive, have higher self-esteem, and less instances of depression and anxiety. Exercise gives children a healthy tool for managing stress.

With schools under pressure to increase academic performance, many physical education programs have been cut in the interest of focusing on academic studies; however, studies show exercise increases blood flow to the brain and stimulates brain activity. According to Dr. John Radey, psychiatrist and Harvard Professor, exercise is food for the brain. Children who exercise score higher on tests of language and reading.

At KYA, we encourage children to enjoy physical fitness through activities designed to enhance physical abilities, self-confidence, social awareness, and educational concepts. We believe with encouragement, all kids grow strong—not just physically, but in many other areas as well! Start the year off right with a balance of academic and physical programs for your child!

Party or Field Trip
Reservation and
\$ 100 Deposit Required
Sat: 3:00, 5:30
Sunday: 12:30, 3:00, 5:30

www.kineticyouthacademy.com

Featuring **easy** online registration
through our website, and a client portal
for accessing and making changes to
your KYA account! Check it out!

