

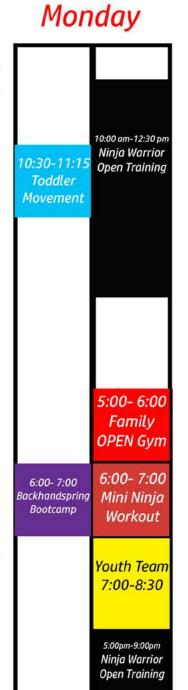
www.kineticyouthacademy.com 410-676-0021 410-676-0021 www.kineticninjawarrior.com 2245 Conowingo Road #200 Bel Air, MD 21015



Kinetic Youth Academy



WARRIOR



Tues	day
9:30-10:15 Kids in Motion	9:15 10:15 Ninja Lite
	10:00 am-12:30 pm Ninja Warrior Open Training
4:30-5:30 Mini Backhandspring Bootcamp	4:30- 5:30 Mini Ninja Workout
5:30-6:30 Boys Momentum 5:30-6:15 Kids in Motion	4:30pm-9:00pm Ninja Warrior Open Training
6:30- 7:30 Tuck & Twist	6:30- 7:30 Junior Ninja

3 0	Wedn	esday
	10:30-11:15 Toddler Movement	9:30-10:15 Tiny Ninja 10:00 am-12:30 pm Ninja Warrior Open Training
	12:00-1:00 Home School Class	4:45- 5:30 Tiny Ninja
	5:30-6:30 Boys Momentum 5:30-6:15 Toddler Movement	4:30pm-9:00pm Ninja Warrior Open Training
	6:30- 7:30 Tuck & Twist	6:30- 7:30 Junior Ninja
	7:30-8:30 Velocity	

Thur	sday
	4:30- 5:30 Mini Ninja Workout
5:30- 6:30 Mini Backhandspring Bootcamp	5:30- 6:30 Mini Ninja Workout
6:30- 7:30 Backhandspring Bootcamp	4:30pm-9:00pm Ninja Warrior Open Training 6:30-7:30 Junior Ninja
	Senior Team 7:30 -9:00

10:00 am-12:30 pm Ninja Warrior Open Training 4:30-5:30 Family **OPEN Gym** 4:30pm-8:00pm Ninja Warrior Open Training

Friday

Saturday 9:00-10:00 Ninja Warrior ackhandspring Open Training Bootcamp 10:00 - 11:00 10:15-11:00 Boys Momentum Tiny Ninja 1:00-12:00 11:15-12:00 Junior Kids in Ninja Motions

> 2019-2020 School Year Sept 5, 2019-June 1, 2020

Fall Sept 5, 2019-Nov 30, 2019

> Winter Dec 2, 2019- Mar 4, 2020

Spring Mar 5, 2020 -June 1, 2020

Summer June 3, 2020- Aug 25, 2020

Events/ Classes	Daily	Monthly	Seasonal	School Year
Family Open Gym	\$20/family	\$80/family	\$228/family	\$675/family
Intro to Ninja	\$40			
Ninja Open Training	\$30	\$95	\$270	\$756
Parent/Child Class	\$22.50	\$70	\$199	\$580
45 Minute Class	\$25	\$80	\$225	\$630
Hour Class	\$30	\$95	\$270	\$756
Home School Class	\$30/family	\$95/family	\$270/family	\$756/family

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P	Discounts
R	3% Military
I	10% 2nd
C	Family Membe
ı	25% 3rd +
_	Family Member
N	25% 2nd Class
G	/Program

## Kinetic Youth Academy

Toddler Movement (Walking-4 years)
45 minute basic movement class in the youth
gym with an adult care giver.

Kids in Motion (3 -5 year olds)
45 minute INDEPENDENT basic movement class.

Mini Backhandspring Bootcamp (5-12 yrs)

1 hour basic tumbling course taught using progressions with a goal of learning skills up to a backhandspring.

Backhandspring Bootcamp (8-18 yrs)
1 hour tumbling course with a goal of learning
a fronthandspring, backhandspring, and
roundoff backhandspring.

Tuck and Twist Bootcamp (10-18 yrs)
1 hour tumbling course with a goal of learning
front and back tucks and twisting skills.

Boys Momentum (5-12 yrs)

1 hour long fitness class just for boys

combining basic acrobatic skills with basic
fitness.

Velocity (12-22 yrs)

1 hour long advanced fitness class for boys combining acrobatics and ninja warrior obestacles.

Family Open Gym (All ages)
1 hr open gym for ALL AGES with both the
main gym and youth gym available in a
supervised setting



Tiny Ninja Workout(3-5 yrs)
Beginning climbing, jumping, obstacle skills,
and basic strength. 30 minutes in youth gym
plus 15 minutes in main gym.

Mini Ninja Workout (6-10 yrs)
Basic strength, climbing, jumping,
and obstacle skills.

Junior Ninja Workout (10-18 yrs)
Major focus on grip strength, climbing and
jumping techniques, and conidence on
obstacles.

NINJA LITE Workout (18 years plus)
This one-hour fitness class provide a workout based on body-weight conditioning with
ninja warrior obstacles to enhance overall
fitness, endurance, flexibility, and cardio.

Family Open Gym (All ages)

1 hr open gym for ALL AGES with both the
main gym and youth gym available in a
supervised setting

Ninja Warrior Open Training (10 years plus or coach permission for under 10 years)
Supervised but not structured. Work on the obstacles you need to train the most. Get an evaluation for which class will work for you.

Privated Ninja Training (all Ages)
Scheduled with individual Coach as available.
\$37.50 for 30 minute session. \$75 for hour
session.

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