



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

# September 2016 Newsletter

**Register NOW for Fall 2016!**  
Our online registration is EASY at  
[www.kineticyouthacademy.com!](http://www.kineticyouthacademy.com)

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

**410-676-0021**

12-week FALL session  
Sept 1st - Nov 23rd  
CLOSED  
November 24th - 27th  
for Thanksgiving

## 2016-2017 Session Dates

Fall - September 1st - Nov 23rd

Winter - Nov 28th - March 4th

Spring - March 6th - June 3rd

## KYA Enrichment Camp

Mon-Thurs 9:00-12:00

Choose from 1—4 days per week!

Monthly Tuition: 1 Day: \$ 135 2 Day: \$ 225

3 Day: \$ 295 4 Day: \$ 350

KYA Enrichment Camp develops preschoolers  
and Home School students 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 Classes Available

In response to overwhelming demand, KYA will  
be allowing drop-ins to our classes that have  
open spaces! Registration for the classes is  
available by phone at 410-676-0021 or email  
[paula@kineticyouthacademy.com](mailto:paula@kineticyouthacademy.com).

Registration is on a first registered, first served  
basis. Registration is final with payment.

September classes begin on Thurs, Sept 1st.

Drop-ins are \$25 in 45 minute classes  
and \$27.50 in hour classes.

**\$5 member discount. PLEASE REGISTER.**

**DATE NIGHT! Fri, Sept 23rd 5:30-8:30pm**  
Register at 410-676-0021

## 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!



[www.kineticyouthacademy.com](http://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!

