



www.kineticyouthacademy.com

410-676-0021

410-676-0021

www.kineticninjawarrior.com

2245 Conowingo Road #200 Bel Air, MD 21015



Kinetic
Youth
Academy



**W
E
E
K
L
Y
S
C
H
E
D
U
L
E**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 am-12:30 pm Ninja Warrior Open Training</p> <p>10:30-11:15 Toddler Movement</p> <p>6:00- 7:00 Backhandspring Bootcamp</p> <p>5:00- 6:00 Family OPEN Gym</p> <p>6:00- 7:00 Mini Ninja Workout</p> <p>Youth Team 7:00-8:30</p> <p>5:00pm-9:00pm Ninja Warrior Open Training</p>	<p>9:30-10:15 Kids in Motion</p> <p>9:15 10:15 Ninja Lite</p> <p>10:00 am-12:30 pm Ninja Warrior Open Training</p> <p>4:30- 5:30 Mini Backhandspring Bootcamp</p> <p>5:30-6:30 Boys Momentum</p> <p>5:30-6:15 Kids in Motion</p> <p>6:30- 7:30 Tuck & Twist</p> <p>4:30- 5:30 Mini Ninja Workout</p> <p>4:30pm-9:00pm Ninja Warrior Open Training</p> <p>6:30- 7:30 Junior Ninja</p>	<p>10:30-11:15 Toddler Movement</p> <p>12:00-1:00 Home School Class</p> <p>5:30-6:30 Boys Momentum</p> <p>5:30-6:15 Toddler Movement</p> <p>6:30- 7:30 Tuck & Twist</p> <p>7:30-8:30 Velocity</p> <p>9:30-10:15 Tiny Ninja</p> <p>10:00 am-12:30 pm Ninja Warrior Open Training</p> <p>4:45- 5:30 Tiny Ninja</p> <p>4:30pm-9:00pm Ninja Warrior Open Training</p> <p>6:30- 7:30 Junior Ninja</p>	<p>10:30-11:15 Toddler Movement</p> <p>12:00-1:00 Home School Class</p> <p>5:30- 6:30 Mini Backhandspring Bootcamp</p> <p>6:30- 7:30 Backhandspring Bootcamp</p> <p>4:30- 5:30 Mini Ninja Workout</p> <p>5:30- 6:30 Mini Ninja Workout</p> <p>6:30- 7:30 Junior Ninja</p> <p>7:30- 9:00 Senior Team</p> <p>9:30-10:15 Tiny Ninja</p> <p>10:00 am-12:30 pm Ninja Warrior Open Training</p> <p>4:30- 5:30 Mini Ninja Workout</p> <p>4:30pm-9:00pm Ninja Warrior Open Training</p> <p>6:30- 7:30 Junior Ninja</p>	<p>10:00 am-12:30 pm Ninja Warrior Open Training</p> <p>4:30-5:30 Family OPEN Gym</p> <p>4:30pm-8:00pm Ninja Warrior Open Training</p>	<p>9:00-10:00 Backhandspring Bootcamp</p> <p>10:00 - 11:00 Boys Momentum</p> <p>11:15-12:00 Kids in Motions</p> <p>9:00 am-12:00 pm Ninja Warrior Open Training</p> <p>10:15-11:00 Tiny Ninja</p> <p>11:00-12:00 Junior Ninja</p>

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

**2
0
1
9
-
2
0**

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

**P
R
I
C
I
N
G**

Discounts
3% Military
10% 2nd Family Member
25% 3rd + Family Member
25% 2nd Class /Program

**S
E
A
S
O
N
A
L**

**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**



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 obstacles.

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 confidence 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.