



2026-2027 Welcome to KNW! **General Gym Conduct and Safety Rules**

1. Everyone entering the gym floor **IS REQUIRED** to have a signed waiver on file. No exceptions.
2. Everyone is treated with respect.
3. Warnings to correct behavior problems will be given up to 3 times. Failure to follow coaches instructions will result in time out and removal from the gym. *Please see our **Discipline Policy** below.
4. Always conduct yourself safely. **Everyone participates at their own risk.** Ask for help if you're not sure of your ability to perform a skill.
5. Watch for traffic patterns and swing zones.
6. Take turns on all equipment. Only one person at a time per obstacle.
7. Ask coaches before moving or altering any equipment.
8. Immediately put away any equipment you have taken out when you are done using it.
9. Ball play is allowed only in certain open areas with permission.

***KNW Discipline Policy:**

Respectful behavior is given and expected

Expectations are clearly stated and repeated often.

Programs are structured.

Students are encouraged and praised for effort.

Conflicts are expected and resolved respectfully

Students are encouraged to work out conflicts in a respectful manner and suggested techniques are given to them.

Students are encouraged to seek out help from leadership when needed.

Removal from gym

Students will receive a warning when their behavior is not acceptable, and the consequences of continuing to misbehave.

If behavior continues, a time out from the gym is given (one minute per year of age is typical time out length).

Students must sit quietly in time out and use the time to gather themselves and reflect upon why they needed a time out. If the student is moving, etc, time out is NOT counting down.

Return to Activity

After time out has been successfully completed, the student is invited to briefly discuss the behavior that earned the time out, why it isn't acceptable, and proper behavior is explained. Once an understanding is reached, the student returns to class with an opportunity to make corrections and participate. KNW Staff will discuss the issue with the parent/caregiver to make them aware of the issue.

Peanut Free Facility

KNW is a PEANUT FREE facility due to having a number of students with severe peanut allergies. Please make every effort to check all food items you bring into KNW to ensure peanuts are not an ingredient or contaminant. We appreciate your assistance in making our facility as safe as possible for all our students. Parents with campers bringing a non-perishable lunch should check all items for peanuts - a list of many peanut free snacks and food items is available from KNW upon request.

Program Policies and Membership Options

KNW Classes/Family Open Gyms:

1. **Please make a reservation!** This is necessary for all programs at our facility. Classes do fill up, and we'd hate to have to turn anyone away because they arrived without a reservation. You can make single or recurring reservations online, in our app, in person, or by phone.
2. Please do not abuse our reservation system by holding spaces in classes your athlete will not use. KNW reserves the right to use one of your passes to cover a late cancellation or no show reservation, and to deny recurring reservations to families abusing our reservation system by reserving class spaces unpaid and then not using the spaces, causing KNW to have open spaces in our classes without a student attending.
3. All clients should check in at the front desk upon arrival at the facility, or with their instructor if the front desk staff is unavailable.
4. Do your best to arrive on time, prepared and ready to participate. We start our classes on time.

Be sure to wear appropriate workout clothing and athletic shoes. Going barefoot is also acceptable. (Wearing just socks is not permitted for safety purposes.)

5. Please remain in the lobby area until your coaches announce the start of your class.
6. Be prepared to listen to your coaches. It will be necessary for our coaches to explain new obstacles and other safety related procedures during sessions. If your coach has to keep stopping to remind athletes to pay attention this will take away from obstacle time.
7. Repeated disruptions to class will result in consequences according to the guidelines set in our General Safety Rules.

Ninja Open Training:

1. Ages 10 and up.**
2. Must be able to follow all of the General Safety Rules
3. Must demonstrate the ability to independently work on obstacles without support from coaches.
4. Must be able to navigate the gym floor safely without direction from coaches.
5. Must be able to work out without being disruptive to the ninja classes taking place.

Exceptions to this age restriction **may BE REQUESTED for Team KNW athletes and/or students under 10 who consistently follow the above General Safety Rules and the qualities outlined for Open Training. These individuals **may** be cleared for participation **at the discretion of our coaching staff.**

Cancellation Policy (Please keep your athlete home if they are ill.):

1. Cancellations must be made at least 12 hours prior to the start of the scheduled class (Early cancel). You may cancel online or by phone, and your class pass will still be available for you to schedule another session before the expiration date.
2. Any late cancellations (less than 12 hours prior to the start of the scheduled class) will count as a used pass as this prevents us from offering the spot to another student. **Exceptions are made for medical issues only.**
3. No shows/ failure to cancel will also count as a used pass, as this prevents us from offering the spot to another student.
4. **Medical issues:** If you will miss an extended amount of time due to a medical reason, please reach out to our front desk staff as soon as possible to discuss your options.

Inclement Weather Policy:

We'll announce schedule changes for winter weather on Facebook and our website. Clients with reservations will also receive email or text notifications if our schedule is affected by the weather.

We do NOT follow HCPS closings! *Pre-scheduled closure dates can be found on our Master Calendar displayed on our bulletin boards and on our website.

KNW Tuition Options (*more commitment = more savings*):

Monthly Membership

2026-2027 Tier 1: \$105 monthly, 5 passes, may be shared by family members

2026-2027 Tier 2: \$169 monthly, 10 passes, may be shared by family members

2026-2027 Tier 3: \$225 monthly, UNLIMITED PASSES, may be shared by family members

1. Minimum two month commitment required for our Tier memberships. You must reach out to our

- front desk staff if you need to modify your membership moving forward.
2. Your billing will auto-renew monthly from the *date of purchase* using the default payment method on file.
 3. Monthly passes **expire** if not used by the end of your billing period. **Unused passes do not roll over.**
 4. If you know you will have an extended absence (injury, illness, travel), please reach out to our front desk staff to discuss your options.
 5. Passes can be used for any classes that are age-appropriate for the athlete.

Or

Daily Drop in: \$35 for one class (most expensive, zero commitment)

Class Packs: 4 pack (\$113) or 12 pack (\$254) passes **expire 3 months after purchase**, NO automatic renewal

IMPORTANT: When you purchase a membership or class packs at KNW, you are purchasing a certain amount of classes offered during **a specified date range**. The same way you can't return unused milk to the grocery store for a refund, **you may not get a refund for unused passes at KNW**. Our flexible scheduling system is very generous, but **you are ultimately responsible** for scheduling, rescheduling, and use of your allotment of passes within the allowed dates for your tuition choice.

You are not locked into a specific class/day/time frame unless you choose to make a recurring Booking.

We are not responsible for going back in time and checking how many classes you have attended, this is your responsibility. You may check past attendance in your athlete's profile in our software system. *Our front desk staff is available should you need assistance with our scheduling software.*

KNW Client Rewards Program:

Rewards are earned on each client profile in the following ways:

Every \$1 spent	1
Attend any service weekly	30
Buy any product	10
Invite a new client	100
Book any service and share on FB	50
Book any service online	10
Attend any Team KNW Practice	300
Review and share on FB	500
Review on wellnessliving	500
Refer a New Client	500

Buy Tier1	100
Buy unlimited FOG	100
Buy tier 2	150
Buy unlimited NOT	150
Host birthday party	400
Buy tier 3	200
Register	50
Birthday	100
Attend camp	75
Attendance milestone: 25 visits	250
Attendance milestone: 50 visits	500
Attendance milestone: 75 visits	750
Attendance milestone: 100 visits	1000
Attendance milestone: 250 visits	2,500
Attendance milestone: 500 visits	5,000
Attendance milestone: every 1000 visits	10,000

Rewards points can be redeemed on the following prizes (see front desk for help):

Free KNW Sticker	500
Free additional birthday party guest (5 MAX/Party)	750
Free Family Open Gym	1500
Free Ninja Open Training	1500
Bring a friend to class for free (new)	1500
One FREE pass (active memberships ONLY)	1750
Free KNW shirt (4 MAX/Family)	3000
\$100 Discount on Party	5000
Free 4 Pack of classes	8000

Tuition Discounts:

KNW offers the following TUITION DISCOUNTS (Case sensitive when entering into discount box at check out):

**3%PubService - 3% public service discount (teacher, police, firefighter, etc)*

10%2ndFamMem - 10% discount on additional purchase for 2nd family member

25%3rdFamMem - 25% discount on additional purchase for 3rd+ family member

10%TodMove - 10% discount off Toddler Movement **because an adult assists**

Summer Camp Discounts:

**3%mem - 3% member discount off summer camps *May be combined with other discounts.*

10%AddCamp - 10% off additional summer camps beyond first week

Images of our Students: Digital images may occasionally be taken of class participants. Kinetic Ninja Warrior, LLC uses these images in marketing media. Please inform our office if you do not wish to allow these images to be used without compensation to you.

We understand privacy concerns in our ever increasingly public society, so please inform us if you DO NOT want us to use photos and videos of your child in our marketing activities. Of course, we make every effort to ensure ONLY appropriate activities would be represented in any marketing materials, and we enjoy showing off our students' successes. We do not use any child's complete name without asking permission first in order to protect their privacy.