

SUMMER 2023

Summer schedule runs June 5 - August 25, 2023

Facility CLOSED July 1-4, 2023

410-676-0021

Discounts: CHOOSE ONE

- 3% Public Service (May combine)
- 10% 2nd Person
- 25% 3rd+ Person
- 25% 2nd Program
- 50% 2nd Toddler

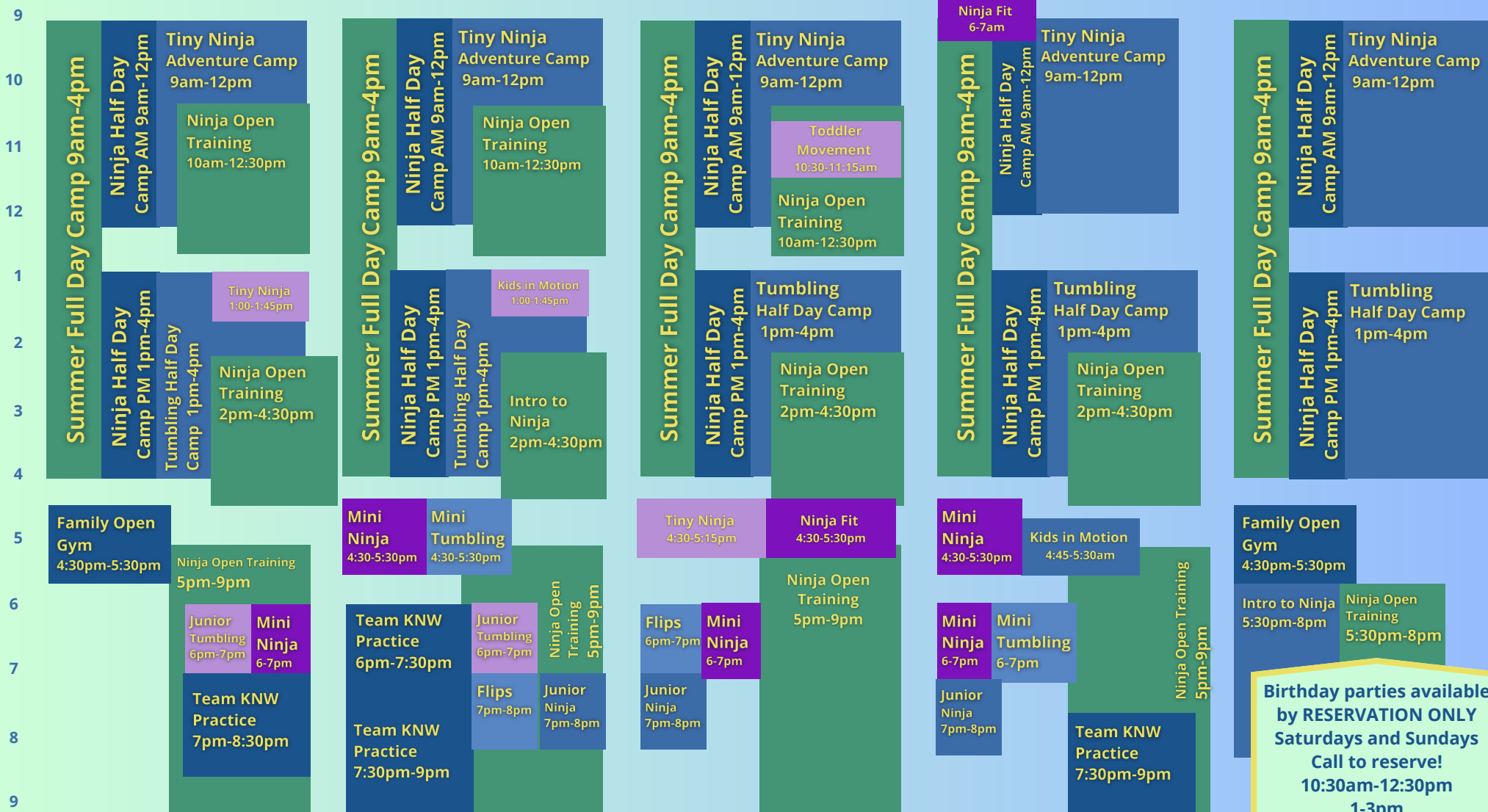
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Birthday parties available
by RESERVATION ONLY
Saturdays and Sundays
Call to reserve!
10:30am-12:30pm
1-3pm
3:30-5:30pm

Preschool Programs

Toddler Single Class = \$25

Toddler Monthly = \$75

Toddler FLEX 4 Pack = \$82

Toddler Seasonally = \$ 212

Single Class = \$27

Monthly = \$89

FLEX 4 Pack = \$93

Seasonally = \$253

Toddler Movement 45 minute beginner basic movement class for toddlers in the youth gym with a caregiver, siblings are welcome up to age 4 yrs (50% discount for siblings) **Wed 10:30-11:15am**

Kids in Motion 45 minute beginner INDEPENDENT movement class for ages 3-5 yrs in the youth gym, basic safety rules and skills **Tues 1-1:45pm and Thurs 4:45-5:30pm**

Tiny Ninja Workout 45 minute beginner ninja warrior class for ages 3-5 yrs, basic safety rules and beginner climbing, and strength. 30 minutes in youth gym and 15 minutes in the main gym. **Mon 1-1:45pm and Wed 4:30-5:15pm**

www.kineticyouthacademy.com

Intro to Ninja

REQUIRED ONLY for athletes under 10 yrs who want to participate in ninja open training.
\$45/participant

Great for first timers to our facility! Includes 1 hr of safety instruction followed by ninja open training in a supervised setting.
INDEPENDENCE expected!

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Tumbling Programs

Single Class = \$33

Monthly = \$102

FLEX 4 Pack = \$106

Seasonally = \$298

Mini Tumbling 1 hr beginner tumbling class for ages 6-10 yrs with a goal of learning forward and backward rolls, cartwheels, and handstands up to handsprings and roundoff backhandspring **Tues 4:30-5:30pm and Thurs 6-7pm**

Jr Tumbling 1 hr tumbling class for ages 10 yrs+ with a goal of learning tumbling skills up to front and backhandsprings and roundoff backhandsprings **Mon/Tues 6-7pm**

Flips 1 hr **advanced** tumbling class for all ages with a goal of learning front and back flips, aerials, and twisting skills **Tues 7-8pm and Wed 6-7pm**

Family Open Gym

Daily per FAMILY = \$23 50% **Discount OFF first visit!**

Monthly Unlimited per FAMILY = \$88

3 Months Unlimited per FAMILY = \$253

Family Open Gym (ALL AGES) GREAT way for the whole family to try our facility! Free play in a supervised setting with staff to assist as needed. **Mon/Fri 4:30-5:30pm**

Private Training (All ages and abilities)
\$80/hr or \$40/ Half Hour Schedule with coach.

Ninja Programs

Single Class = \$33

Monthly = \$102 FLEX 4 Pack = \$106

Seasonally = \$298

Mini Ninja Workout 1 hr beginner ninja class for ages 6-10 yrs with basic strength, flexibility, coordination, agility, balance, and climbing skills with an emphasis on safety rules
Mon/Wed/Thurs 6-7pm and Tues/Thurs 4:30-5:30pm

Jr Ninja Workout 1 hr ninja class for ages 10 yrs+ with a major focus on grip strength, climbing, jumping, swinging, and building confidence on obstacles
Tues/Wed/Thurs 7-8pm

Ninja Open Training

Daily = \$33 50% **Discount OFF first visit!**

Monthly Unlimited = \$102

3 Months Unlimited = \$298

Ninja Open Training 10yrs+
Supervised but not structured open workout in the main gym ***Athletes under 10 years need coaches permission or Intro to Ninja.** Adults are welcome!
Mon/Tues/Wed 10am-12:30pm
Mon/Wed/Thurs 2-4:40pm
Mon-Thurs 5-9pm Fri 5:30-8pm

www.kineticninja-warrior.com