

Offering fun and fitness to people  
of all ages and abilities.

# Welcome to...





# About KNW

## Established in 2016

Mr. Scott has been training for years and competes as The Kinetic Ninja. He built his own obstacles as part of his training. He shared those obstacles with Ms. Paula's Kinetic Youth Academy and as interest grew, so did the dream to create a gym dedicated to ninja warrior training.

The Morrisons opened KNW in 2016 and it has thrived ever since with over 100 obstacles, 19 classes per week, 41 open training hours per week, 3 weekly summer camps, and 264 birthday parties per year. Additional offerings include Tumbling and Tricking.

KNW is a National Ninja League training facility that hosts both RNL and NNL competitions. The KNW Team competes nationally with 40+ members ranging in age from 7 to 51 years. Team members have won the 2018 NNL National Championship Teen Division (Will Warner), the 2020 World Championship Master's Skills Competition (Mike Warner), 4th Place in the 2020 Master's Skills Competition (Scott Morrison), and Winner of the 2020 Step By Step Competition (Paula Morrison).



# We're glad you're here!

Please follow our Safety Rules:

- Everyone is treated with respect
- Always play safely and ask for help if you're not sure of your ability to perform a skill
- Watch for traffic patterns and swing zones
- Take turns on all equipment
- Ages 7+ must play gently in the Youth Gym, which is focused on younger students' activities during Family Open Gyms
- Ask the coaches before moving any equipment
- Clean up any equipment you get out immediately when you are done with it
- Ball play is allowed only in certain areas and should stay within those areas
- Warnings to correct behavior problems will be given and failure to make corrections will result in time-outs and removal from play





## A few more rules:

- Wear tennis shoes or go barefoot-- socks are too slippery
- Please tell a staff member if you get hurt or don't feel well
- Don't put anything in the toilet other than bodily fluids and a little bit of toilet paper
- Please tell a staff member if you see a problem with the bathrooms
- We are a peanut-free facility so no items with peanuts or contaminated with peanuts are allowed

We can keep the gym running smoothly if we all work together. Thanks for joining our community!



# Rules for COVID-19:

- Please call first to schedule an appointment
- Please wear a mask at all times
- Arrive a few minutes early so we can take your temperature
- Please use hand sanitizer or wash your hands when you arrive, when you move from gym to gym, and before you leave
- Please do not come to KNW if you aren't feeling well
- Please don't come to the gym if someone in your household is ill
- Please call if you're not sure or to reschedule your class or training

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# Helpful Information:

- All students get 1 FREE Family Open Gym for each class purchase (must be used while they're active students)
- We offer a 3% discount for military and public service workers
- We offer a 10% discount for registering a 2nd family member and a 25% discount for a 3rd family member or a 2nd class/program
- Keep an eye out for special events through our social media accounts
- Please call with any questions and we'll be happy to help

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# See you in the gym!

