

PROGRAMS - TEENS

Class	Age	Session	Day	Dates	Time	Fee
Advanced Fencing	12+	01	THURS/FRI	Aug 30th—Oct 5th	7:00PM—9:00PM	\$85/\$100
Advanced Fencing	12+	02	THURS/FRI	Nov 15th—Dec 21st	7:00PM—9:00PM	\$85/\$100
Drawing & Painting Class	6—16	01	MON	Sept 10th—Oct 15th	6:00PM—8:30PM	\$135/\$162*
Drawing & Painting Class	6—16	02	MON	Nov 12th—Dec 17th	6:00PM—8:30PM	\$162/\$195*
Intro to Fencing	12+	01	THURS	Aug 30th—Oct 4th	6:00PM—7:00PM	\$75/\$90
Intro to Fencing	12+	01	FRI	Aug 31st—Oct 5th	6:00PM—7:00PM	\$75/\$90
Intro to Fencing	12+	02	THURS	Nov 15th—Dec 20th	6:00PM—7:00PM	\$75/\$90
Intro to Fencing	12+	02	FRI	Nov 16th—Dec 21st	6:00PM—7:00PM	\$75/\$90
Japanese Style Ju-Jitsu & Eskrima	10—18+	01	WED/SAT	Monthly	6:00PM—8:00PM 9:00AM—12:00PM	\$125/\$150*
Kingdom Training Elite Basketball	12—16	01	THURS	Aug 30th—Oct 18th	6:00PM—7:00PM	\$144/\$173
Kingdom Training Elite Basketball	12—16	01	SAT	Sept 1st—Oct 20th	9:00AM—10:00AM	\$144/\$173
Kingdom Training Elite Basketball	12—16	02	THURS	Nov 15th—Dec 20th	6:00PM—7:00PM	\$90/\$108
Kingdom Training Elite Basketball	12—16	02	SAT	Nov 17th—Dec 22nd	9:00AM—10:00AM	\$108/\$130
Pilates for Teen Athletes	12—18	01	FRI	Aug 31st—Oct 19th	4:00PM—5:00PM	\$120/\$144
Pilates for Teen Athletes	12—18	02	FRI	Nov 16th—Dec 21st	4:00PM—5:00PM	\$75/\$90
Rising Starz	11—16	01	FRI	Aug 31st—Oct 19th	6:30PM—7:30PM	\$168/\$200
Rising Starz	11—16	02	FRI	Nov 16th—Dec 21st	6:30PM—7:30PM	\$105/\$126
Self Defense	14—18+	01	SAT	Sept 1st—Oct 13th	8:00AM—9:00AM	\$135/\$162
Self Defense	14—18+	02	SAT	Nov 17th—Dec 22	8:00AM—9:00AM	\$113/\$136
Teen H.I.I.T. Training	13—17	01	MON	Aug 27th—Oct 15th	4:30PM—5:30PM	\$125/\$150
Teen H.I.I.T. Training	13—17	02	MON	Nov 12th—Dec 17th	4:30PM—5:30PM	\$125/\$150
Volleyball	12—16	01	MON/WED	Aug 29th—Sept 26th	7:00PM—8:00PM	\$100/\$120
Volleyball	12—16	02	MON/WED	Oct 1st—Dec 12th	7:00PM—8:00PM	\$200/\$240



Advanced Fencing

This class will cater to the more advanced fencing player. Participants will practice fencing techniques and have the opportunity to fence with other students working on similar levels of play.

NO CLASS 11/22

Introduction to Fencing

This class will introduce the sport of fencing to those with no fencing experience; as well as, offer an opportunity to those with varying levels of fencing experience to continue to learn. All participants must pay an annual fee of \$10 to become a member of the United States Fencing Association. Fencing equipment will be available for participant use during class time.

NO CLASS 11/22

Japanese Style Ju-Jitsu & Eskrima

Become a well-rounded martial artist. Learn to kick, punch, throw, sweep, grapple, and successfully defend yourself against stick and knife attacks. Blended classes make this the perfect activity for the family to do together. *Uniform purchase required. See instructor for details.

NO CLASS 8/21, 10/23, 10/30 & 11/6

Kingdom Training Elite Basketball

Come learn the game of basketball and develop your skills in a session created to help give you maximum results. Sign up today to train with real coaches and learn real skills from our highly qualified staff of current and former basketball players.

NO CLASS 11/22

Self Defense Class

Being bullied at school? Going away for college? Learn awareness strategies and basic effective techniques that can be used under stress to keep yourself safe when nobody else is around to protect you. *Class t-shirt included for all newly-registered students.

Drawing & Painting Class

These classes are designed to discover, improve and master your own artistic abilities. Whether you are simply having fun, finding relief from a stressful day or expanding your artistic skills. Our classes are range from beginner to advanced arts. *\$30 set up and supply fee due to instructor first day of class.

NO CLASS 8/27, 9/3 & 10/8

Pilates for Teen Athletes

Pilates is a whole-body exercise system that helps athletes develop "core" strength, agility and performance. At the same time, Pilates exercises work on increasing flexibility to help athletes stay injury-free. Pilates makes you better at whatever sport you do!

NO CLASS 11/23

Teen H.I.I.T. Training

Believe the Hype and get fit and have fun during this High Intensity Interval Training class. Participants will be challenged with quick bursts of all out effort followed by active cool down recovery.

NO CLASS 9/3 & 10/8

Rising Starz

Exceptional Performance Coaching with a focus on vocal expression, stage presence, choreography & microphone technique. Learn how to perform and keep them wanting more, our students have appeared on X-Factor, The Voice, Broadway & Primetime TV.

NO CLASS 11/23

Volleyball

This class will include instruction in the basic skills of serving, passing, setting, attacking, and blocking. The class will also cover tactical skills of basic volleyball offensive and defensive play as well as practice games. Includes dri-fit shirt.

NO CLASS 9/3, 10/8, 10/22, 10/24, 10/29, 10/31 & 11/5

