RYER MARTIAL ARTS ACADEMY

Our goal is to strengthen lives through professional martial arts. We offer programs for the entire family; Pre-School, Youth, and Teen classes as well as Adult self-defense for men and women. Finally, we have blended the benefits of martial arts and fitness into our popular Kickboxing classes. Join us for a free week of classes and discover Ryer Academy!

CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
12pm	**Adult** 12:00pm – 1:00pm		**Adult** 12:00pm – 1:00pm				
4:30pm	**Pre-School** 4:30pm – 5:20pm **Beginner Youth** 4:30pm – 5:20pm	**Pre-School** 4:30pm – 5:20pm **Beginner Youth** 4:30pm – 5:20pm	**Pre-School** 4:30pm – 5:20pm **Beginner Youth** 4:30pm – 5:20pm	**Pre-School** 4:30pm – 5:20pm **Beginner Youth** 4:30pm – 5:20pm	**Beginner Youth** 4:30pm – 5:20pm	**9am**	**Pre-School** 9:00am – 9:50am **Beginner Youth** 9:00am – 9:50am
5:30pm	**Intermediate Youth** 5:30pm – 6:20pm **Teen** 5:30pm – 6:20pm	**Beginner Youth** 5:30pm – 6:20pm **Intermediate Youth** 5:30pm – 6:20pm	**Intermediate Youth** 5:30pm – 6:20pm **Teen** 5:30pm – 6:20pm	**Beginner Youth** 5:30pm – 6:20pm **Intermediate Youth** 5:30pm – 6:20pm	**Kickboxing** 5:30pm – 6:30pm	**10am**	**Beginner Youth** 10:00am – 10:50am **Intermediate Youth** 10:00am – 10:50am
6:30pm	**Beginner Youth** 6:30pm – 7:20pm **Kickboxing** 6:30pm – 7:30pm	**Teen** 6:30pm – 7:20pm **Kickboxing** 6:30pm – 7:30pm	**Adult** 6:30pm – 7:30pm **Kickboxing** 6:30pm – 7:30pm	**Teen** 6:30pm – 7:20pm **Kickboxing** 6:30pm – 7:30pm		**11am**	**Teen** 11:00am – 11:50am **Kickboxing** 11:00am – 12:00pm
7:30pm	**Adult** 7:30pm – 8:30pm	**Adult** 7:30pm – 8:30pm	**Adult Doce Pares** 7:30pm – 8:30pm	**Adult** 7:30pm – 8:30pm		**12pm**	**Adult** 12:00pm – 1:00pm

*** Beginner Youth = White & Junior Yellow** **Intermediate Youth = Yellow, Junior Orange, Orange, Junior Purple, Purple & Junior Blue***

TUITION

Martial Arts Memberships

One Class Every Week
$120/month for Individuals $108/month-each for College Students & Two or More Family Members
Two Classes Every Week
$160/month for Individuals $144/month-each for College Students & Two or More Family Members
Unlimited Classes Every Week
$190/month for Individuals $171/month-each for College Students & Two or More Family Members

Family Cap – Unlimited Classes for the Entire Family
$375/month

Kickboxing Memberships

One Class Every Week
$70/month for Individuals $63/month-each for College Students & Two or More Family Members
Two Classes Every Week
$110/month for Individuals $99/month-each for College Students & Two or More Family Members
Unlimited Classes Every Week
$140/month for Individuals $126/month-each for College Students & Two or More Family Members

Ryer Academy is located in Shadyside on the second floor at 5440 Centre Avenue, Pittsburgh PA 15232

Frequently Asked Questions

How does the free week work?
Anyone new to Ryer Academy is invited to try a free week of our classes. This is a seven-day consecutive pass. Adults are invited to try our Beginner Adult Martial Arts and Kickboxing classes. Kids are invited to try a week of age and rank appropriate martial arts classes.

Do I need to have experience?
You do not need to have any experience to try a free week. Our staff will guide you along the way with the intent to make your experience fun and rewarding. We do ask that if you have any limitations or injuries, to please let us know before taking part in any physical activity.

What do I wear the first class?
We recommend wearing comfortable athletic clothes like workout/ sweat pants and a plain t-shirt (please no shorts and midriff showing). There are no street shoes allowed on the training floor, so you may be bare foot, wear socks, or wear wrestling shoes.

What happens after the free week?
After your free week expires, you will be contacted through e-mail about your interest in joining. You may select a membership option on the front of this paper that reflects your interest and attendance level. You may reply to that e-mail to schedule a time to enroll or just show up to the next class and a staff member will enroll you before or after the session.

What payment method is accepted?
On the day of your enrollment, you may pay your down payment in any form you like (cash, check or credit/debit card). From that point forward we place a credit/ debit card (MasterCard or Visa only) on file and we bill to that card automatically on the first of each month until you cancel your membership.

Is a uniform included in enrollment?
A uniform is not included and is an additional $65 at the time of enrollment. Please note that uniforms are only required for the Martial Arts Programs and is not a requirement for the Kickboxing Program.

Are there fees for new belts?
There are fees and the fee is $60 for adolescent ranks and Adult under Black Belt ranks. For Adult CTS Black Belt ranks, the fees are built into the Iron Mountain Camp costs. For Adult Doce Pares Black Belt ranks, the fees begin at $100 and incrementally increase based on the degree.

Are gloves provided for Kickboxing?
Gloves are not provided for Kickboxing. We recommend that participates purchase their own due to hygiene and health reasons. We recommend full boxing gloves that are 10 oz. or 12 oz. in weight/ size.

How do I cancel?
Members must provide a minimum of seven days notice before the next payment due date to cancel their agreement. This cancellation notice can be done in person, through a phone call, or by e-mail. All cancellations will receive a confirmation e-mail.

Can I make-up classes?
If you miss class, you're welcome to make-up classes within the month you miss them. We respectfully ask you not to roll-over missed classes into other months.

What martial art do you teach?
Ryer Academy teaches Master Zach Whitson's Counterpoint Tactical System. At the children's level, the curriculum is organized into tangible categories of training. As our children develop valuable verbal and physical self-defense skills, they will transition into older programs. At the adult level, you're introduced to progressive categories of training. These categories include empty hand training; such as striking, stand-up grappling, and ground fighting; as well as weapon training. As you find success in this martial art not only do your survival skills improve, but your confidence will grow. An increase in your confidence is immeasurable and will positively affect all areas of your life.

Does your academy participate in tournaments?
No we don't participate in tournaments. Our academy's focus is on practicing a martial art and developing our individual life and self-defense skills. It can become difficult to balance all the aspects of practicing a martial art and participating in tournaments at the same time. It's also important to note the additional time and expense your family would incur due to tournaments, such as; registration fees, travel expense, etc.

Where do you park?
If you are driving, we recommended parking along Graham Street which is adjacent to our facility. There's also metered parking available along Centre Avenue. We discourage members from parking in the Panera Bread parking lot as you risk being towed.

I have a question not listed, who do I speak with?
You may ask our staff members any questions you may have. If you need further help, please contact Josh Ryer by phone at **412-621-7937** or by e-mail at **josh@ryeracademy.com**.

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