

| MONDAY                                      | TUESDAY                             | WEDNESDAY                                      |  | THURSDAY                             | FRIDAY                                 | SATURDAY                           |
|---|-------------------------------------|--|--|--------------------------------------|--|------------------------------------|
| TADPOLES<br>10-10:45 MARK                   | TADPOLES<br>10-10:45<br>MARK        | HOMESCHOOL<br>NINJA 7-11YR<br>10-11:00<br>MARK | LEAPFROG<br>10-10:50<br>MEL                      | TADPOLES<br>10-10:45<br>MARK         |  | TADPOLES<br>9-9:45<br>MARK         |
| LEAPFROG<br>10-10:45 MEL                    |                                     |  |  |                                      |  |                                    |
| TADPOLE<br>11-11:50 MEL                     | LEAPFROG<br>11-11:50<br>MARK        | 9+ YR GIRLS<br>11:10-12:10<br>MARK             | HOMESCHOOL<br>GIRLS 5-8 YR<br>11:10-12:10<br>MEL | LEAPFROG<br>11-11:50<br>MARK         |  | LEAPFROG<br>9-9:50<br>ANNIKA & MEL |
| PEEWEE NINJA<br>11-11:50 MARK               |                                     |  |  |                                      |  |                                    |
| *see age<br>requirements &<br>pricing below | 4:15-5:15<br>4-6 YRS<br>MISS JAMIE  | 4:15-5:15<br>4-6 YRS<br>MISS MEL               | 4:15-5:15<br>4-6 YRS<br>JAMIE                    | 4:15-5:15<br>4-6 YRS<br>MISS MEL     | PEEWEE NINJA<br>2-2:50<br>MARK         | 10-11<br>4-6 YRS<br>MISS ANNIKA    |
| 4:15-5:15<br>4-6 YRS<br>MISS MEL            | 4:15-5:15<br>6-8 YRS<br>MISS MEL    | 4:15-5:15<br>6-8 YRS<br>MISS KAT               | 4:15-5:15<br>6-8 YRS<br>MISS MEL                 | 4:15-5:15<br>6-8 YRS<br>MISS MEL     | PEEWEE NINJA<br>3-3:50<br>MARK         | 10-11<br>7-9 YRS<br>MISS MEL       |
| 4:15-5:15<br>FLIP N TMBL 9+<br>MARK         | 4:15-5:15<br>9+ YRS<br>MARK         | 4:15-5:15<br>9+ YRS<br>MARK                    | 4:15-5:15<br>9+ YRS<br>MARK                      | 4:15-5:15<br>9+ YRS<br>MARK          |  | 10-11<br>10+<br>MARK               |
| 4:15-5:15<br>NINJA 5-8 YRS<br>CHRIS         | 4:15-5:15<br>NINJA 5-8<br>CHRIS     | 4:15-5:15<br>NINJA 5-8<br>CHRIS                | 4:15-5:15<br>NINJA 5-8 YRS<br>CHRIS              | 4:15-5:15<br>9+ YRS<br>MARK          | 10-11<br>NINJA 5-8<br>CHRIS            |                                    |
| 5:25-6:25<br>5-8 YRS<br>MISS MEL            | 5:25-6:25<br>NINJA 5-8 YRS<br>CHRIS | 5:25-6:25<br>NINJA 5-8 YRS<br>CHRIS & KAT      | 5:25-6:25<br>5-8 YRS<br>MISS MEL                 | 4:15-5:15<br>NINJA 5-8 YRS<br>CHRIS  | 11:15-12:15<br>FLIP N TMBL 9+<br>CHRIS |                                    |
| 5:25-6:25<br>NINJA 5-8 YRS<br>CHRIS         | 5:25-6:25<br>FLIP N TMBL 9+<br>MARK | 5:25-6:25<br>NINJA 8-12 YRS<br>MARK            | 5:25-6:25<br>NINJA 5-8 YRS<br>CHRIS              |                                      | 11:15-12:15<br>5-7 YRS<br>MISS MEL     |                                    |
| 5:25-6:25<br>9+ YRS<br>MARK                 | 5:25-6:25<br>5-8 YRS<br>MISS MEL    | 5:25-6:25<br>7-9 YRS<br>MISS MEL               | 5:25-6:25<br>9+ YRS<br>MARK                      | 5:25-6:25<br>FLIP N TMBL 9+<br>CHRIS | 11:15-12:15<br>7-9 YRS<br>MISS ANNIKA  |                                    |
| 6:35-7:35<br>TMBL CHEER<br>8-12 YRS MARK    | 6:35-7:35<br>9+YRS<br>MARK          | 6:35-7:35<br>9+YRS<br>MISS MEL                 | 6:35-7:35<br>NINJA 8-12 YRS<br>CHRIS             | 5:25-6:25<br>9+ YRS<br>MARK          | 11:15-12:15<br>10+<br>MARK             |                                    |
| 6:35-7:35<br>9+<br>MISS MEL                 | 6:35-7:35<br>5-8 YRS<br>MISS MEL    | 6:35-7:35<br>5-8 YRS<br>MISS KAT               | 6:35-7:35<br>9+<br>MISS MEL                      | 6:35-7:35<br>9+<br>MARK              |  |                                    |
| 6:35-7:35<br>FLIP N TMBL<br>CHRIS           | 6:35-7:35<br>NINJA 5-8 YRS<br>CHRIS | 6:35-7:35<br>TMBLCHEER<br>6-8 YRS MARK         | 6:35-7:35<br>FLIP N TMBL<br>MARK                 |                                      |  |                                    |
|   |                                     | 6:35-7:35<br>NINJA 5-8 YRS<br>CHRIS            |  | 6:35-7:35<br>FLIP N TMBL<br>CHRIS 9+ |  |                                    |

**FALL SCHEDULE RUNS 10 WEEKS FROM 9/14/2020 THROUGH 11/21/2020. MOST AFTERNOON CLASSES**

**ARE 1 HOUR (NO 1.5 HR CLASSES) IN ORDER TO BREAK BETWEEN FOR CLEANING THE MATS.**

**Tadpole 18-36 mos \$235    Leapfrog & Peewee Ninja 3-5 yrs \$255    1 HOUR CLASSES \$265.**

## **CLASS DESCRIPTIONS**

**TADPOLES-** (Ages 18-36 months) This is a 45 minute class. The parent or caretaker comes into the gym and with the help of instructors you will assist the child through obstacle courses which incorporate all of the major events in gymnastics. We use lots of mats to introduce the basic skills to your toddler while teaching them to follow direction and wait their turn. We come together at the end of class for circle time which includes a good bye song with the parachute and bubbles, stamps and a coloring picture of something they've learned.

**LEAP FROGS-** (Ages 3 &4) This class is 50 minutes long. Children go into this class without a parent, you may watch from the lobby. Children learn all of the basics of gymnastics in an obstacle course format. Skills include forward rolls, backward rolls, cartwheels, handstands by walking their feet up the mat on wall, jumps, body positions, balance beam walks, basic vaulting, bars, trampolines and much more! You will see your child develop upper body strength, as well as flexibility, balancing and coordination. Student to teacher ratio 7 to 1

**GIRLS / BOYS - 1 hour Class** -The children program is based on USA Gymnastics' curriculum and focuses on skill levels 1-4. Children advance at different rates and we work to each child's own ability. Kids will get to use 2 events per class and change each week. (Floor, Bars, Beam, Vault, Tumble Trak) Stations are set up around the event they are on and each child is assigned a station so that they are all working on something at all times. They rotate around stations learning skills progressively. Student to teacher ratio 8 to 1

**FLIP & TUMBLE FOR BOYS (girls too!)-** This is a class for boys and girls who want to learn to flip and twist in a safe manor. We use the foam pit, mini tramp, tumbtrak and trampoline along with mats to assist in training and safe landings. Student to teacher ratio 9 to 1

**Ninja Challenge** has developed an obstacle course skills program that incorporates basic skill sets from gymnastics, climbing, cross training, and track and field. We incorporate gymnastics equipment with specialized ninja training equipment such as cargo nets, rock walls, slack lines, ropes, swinging rings and ladders. The Desired result of this program is to improve children's strength, flexibility, and all around athleticism. Student to teacher ratio 7 to 1