

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

**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 parachute and bubbles, stamps and a coloring picture.

**LEAP FROGS & Peewee Ninjas-** (Ages 3 -5yrs) These classes are 50 minutes long. Children go into these classes without a parent, you may watch from the lobby. Children in the Leapfrog class 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. **Pe Wee Ninjas** do a smaller scaled version of the Ninja Challenge class, see description below.

**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, or 9 to 1 for 7-9+yrs**

**FLIP & TUMBLE FOR BOYS (girls too!)-** 8-12 yrs and 9+ groups. This is a Parkour style 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 8 to 1**