

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TADPOLES 10-10:45 MARK	TADPOLES 10-10:45 MARK	TADPOLE 10:30-11:15 MARK	TADPOLES 10-10:45 MARK		TADPOLES 9:00-9:45 MARK
LEAPFROGS 10-10:45 MEL	PEEWEE NINJA 11-11:45 MARK	PEEWEE NINJA 11:30-12:15 MARK	LEAPFROGS 10-10:45 MEL		LEAPFROGS 9:00-9:45 MEL & ELYSE
PEEWEE NINJA 11-11:45 MARK			TADPOLES 11-11:45 MARK	LEAPFROGS 2:00-2:50 ELYSE	10:00-11:00 5-8 YRS MEL
LEAPFROGS 11-11:45 MEL		LEAPFROGS 2:00-2:45 ELYSE	HOMESCHOOL 11-12:00 6-9 YRS MEL	PEEWEE NINJA 2-2:45 MARK	10-11:00 8+ MARK
		LEAPFROGS 3-3:45 ELYSE	LEAPFROGS 3-3:45 ELYSE	PEEWEE NINJA 3-3:45 MARK	10-11:00 4-6 YRS ELYSE
					11:15-12:15 5-8 YRS MEL
4:15-5:15 4-6 YRS CHARLOTTE	4:15-5:15 4-6 YRS MEL	4:15-5:15 4-6 YRS ELYSE	LEAPFROGS 4:15-5:00 ELYSE	4:15-5:15 4-6 YRS ELYSE	
4:15-5:15 5-8 YRS SARAH	4:15-5:15 5-8 YRS ELYSE	4:15-5:15 5-7 YRS MEL	4:15-5:15 4-6 YRS SARAH		11:15-12:15 4-6 yrs ELYSE
4:15-5:15 6-8 YRS MEL	4:15-5:15 6-8 YRS SARAH	4:15-5:15 6-8 YRS SARAH	4:15-5:15 6-8 YRS MEL		11:15-12:15 9+ YRS MARK
4:15-5:15 5-9 YRS-NINJA COURTNEY & MARK	4:15-5:15 8+ YRS MARK	4:15-5:15 NINJA 5-9 YRS COURTNEY & CHAR			
		4:15-5:15 NINJA 9+ YRS MARK	4:15-5:15 NINJA 5-9 YRS MARK	4:15-5:15 NINJA 5-9 YRS MARK	PRICING FOR 10 WEEK SESSIONS
					1 HOUR CLASSES \$275/ SESSION
5:25-6:25 4-6 YRS SARAH	5:25-6:25 4-6 YRS ELYSE	5:25-6:25 4-6 YRS SARAH	5:25-6:10 LEAPFROG ELYSE		45 & 50 MIN CLASSES \$265/ SESSION
5:25-6:25 5-8 YRS MEL	5:25-6:25 5-8 YRS MEL	5:25-6:25 5-8 YRS MEL	5:25-6:25 5-8 YRS MEL		SESSION 1 DATES RUN 9/13-11/20
5:25-6:25 5-8 YRS-NINJA CHARLOTTE	5:25-6:25 8+ YEARS SARAH	5:25-6:25 5-8 YRS-NINJA CHARLOTTE	5:25-6:25 8+ YEARS SARAH		NO HOLIDAY CLOSINGS IN SESSION 1
8+ NINJA 5:25-6:25 Courtney	5:25-6:25 8+ NINJA/FLIP & TMBL MARK	5:25-6:25 8+ NINJA/ FLIP&TMBL Courtney	5:25-6:25 8+ NINJA/FLIP MARK	5:25-6:25 5-9 YRS-NINJA ELYSE	MAKE-UPS MUST BE MADE WITHIN THE SESSION THEY ARE MISSED. 2 MAKE-UP MAX PER SESSION.
5:25-6:25 9+ YRS MARK		5:25-6:25 9+ YRS MARK		5:25-6:25 9+ YRS MARK	INCLEMENT WEATHER CLOSINGS WILL BE POSTED ON THE WEBSITE.
6:30-7:30 5-8 YRS SARAH	6:30-7:30 4-6 YRS ELYSE	6:30-7:30 5-8 YRS SARAH	6:30-7:30 4-6 YRS ELYSE		SEE CLASS AGE REQUIREMENTS AND CLASS DESCRIPTIONS BELOW...
6:30-7:30 5-8 YRS-NINJA CHARLOTTE	6:30-7:30 5-8 YRS MEL	6:30-7:30 9+ MEL	6:30-7:30 5-8 YRS MEL	6:30-7:30 5-8 YRS-NINJA ELYSE	
6:30-7:30 ACRO 8+ MARK	6:30-7:30 9+ SARAH	6:30-7:30 5-8 YRS-NINJA CHARLOTTE	6:30-7:30 9+ SARAH	6:30-7:30 9+ YRS MARK	
6:30-7:30 8+ NINJA COURTNEY	6:30-7:30 FLIP & TUMBLE 8+ MARK	6:30-7:30 TUMBLE CHEER 8+ YRS MARK	6:30-7:30 FLIP & TUMBLE 8+ MARK		
6:30-7:30 9+ MEL		6:30-7:30 8+ NINJA COURTNEY			

CLASS DESCRIPTIONS

TADPOLES- (Ages 14-36 months) This is a 45 minute class. Kids start with a quick stretch on the parachute.

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 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 - 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 older classes

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, tumbltrak 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**

ACRO- Students will work on walkovers, aerials and handsprings with a spotter, often learning skills for outside dance routines. **8 to 1 ratio**

TUMBLE CHEER- Girls come to this class to work on back handsprings, roundoffs and other skills for their cheer teams. **8 to 1 ratio**