



Planet Ninja Warrior is a muscle-endurance conditioning program designed to enhance strength, coordination and confidence. A variety of disciplines are used in this program:

- **Freerunning** to improve fluidity of movement
- **Gymnastics Tumbling** to increase body awareness
- **Obstacle Courses** to boost endurance and agility in executing a variety of "ninja" skills (swings, climbs, jumps, rolls, spins, flips etc.)

The overall mission is to move through an environment with fluidity, prowess and stealth using combinations of Ninja Skills.

Classes are offered on Saturdays biweekly to boys and girls ages 4 to 14+.

Fall 2018 class dates: 9/15, 9/29, 10/13, 10/27, 11/10, 11/24, 12/8, 12/22, 1/12, 1/26

| CLASS NAME (Age) | Saturday |
|---|-----------------|
| Ninja Stars 1 (4-6 yrs.) 1 hour | 1:45 |
| Ninja Stars 2 (5-7 yrs.) 1 hour | 2:45 |
| Ninja Warriors (7-9 yrs.) 1 hour | 4:00 |
| Extreme Ninja Warriors (8-11 yrs.) 1 hour | 5:00 |
| Ninja Warrior Mastery 1 (8-12 yrs.) 1 hour | 6:00 |
| Ninja Warrior Mastery 2 (10+ yrs.) 1.5 hours | 7:00 |

All classes are a 10-week commitment

Annual registration fee: \$35.00 per child is due with the first registration of the calendar year and automatically charged annually.

Class tuition fee and payments: All ninja class tuitions are set as pay in full. The 1-hour class is \$210 and the 1.5-hour class is \$260. Tuition is due the first day of the session and the card on file will be charged. No early cancellations or exceptions. **We pro-rate tuition- start at any time during the session.**

100% money back guarantee: If at any time during the first month (2 classes), from date of enrollment and regardless of absences, you are not completely satisfied with our program; we will refund your tuition 100%. Refund only applies to **NEW** students to Planet Gymnastics. After the money back period there will be no refunds or credits.

Discounts, refunds & makeups: 10% discount for additional classes within the same session & 20% sibling discount. There will be no refunds or credits for missed classes. unless due to serious illness. Make-ups are offered on a space available basis.

REGISTER ONLINE AT WWW.PLANETGYM.COM or call at (508) 647-1777



CLASS WORKOUTS

Ninjas start class with a cardio warmup that will engage their muscles in movement for an extended period of time. After, they are divided into 2 groups. Each group heads to a different area in the gym to learn the skills of the week. Ninjas will try out a variety of skill-specific stations with instructor assistance.

The second half of class is open-ended practice known as "freestyle time". Ninjas have full access to the gym in order to freely practice the skills they wish to master. Also, the skill-specific stations in one area of the gym are combined into an obstacle course. Ninjas use the skills they learned earlier in class to defeat this course.

FUNDAMENTAL CLASSES

NINJA STARS and ***NINJA WARRIORS*** offer our youngest ninjas challenging obstacles specifically designed for beginners. Throughout the session, our five disciplines are introduced: Vaulting, Jumping, Climbing, Swinging and Tumbling. There is a strong focus on developing well-rounded skillsets from each discipline. Ninjas will use creativity and problem-solving skills to defeat obstacle courses. Our goal is for ninjas to build a foundation of primary skills from each discipline to prepare them to advance to a more challenging class. Your child will become a ninja warrior!

ACCELERATED CLASSES

Sign up for ***EXTREME NINJA WARRIORS*** if your ninja is ready to defeat more challenging obstacles. This class is faster paced than our Fundamentals classes and we introduce flips and skill combinations earlier in the session. This allows ninjas to explore different ways to connect skills and create their own skill combinations. Ninjas will start combining skills with mind-blowing fluidity!

NINJA WARRIOR MASTERY uses video-recording to enhance the overall class experience. Each time a ninja masters a skill, they have the option to have their skill video recorded which will allow them to be able to watch their progress over time. At the end of the session, each ninja's individual video clips are spliced together to create personal portfolio videos. Ninjas get to keep these videos to show their friends and family members. The main goal is to give ninjas a fun way to display their abilities using a modern approach in technology.

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