



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+.

**Spring 2019 class dates: 2/9, 2/23, 3/9, 3/23, 4/6, 4/20, 5/4, 5/18, 5/25, 6/1**

<b>CLASS NAME</b> (Age)	<b>Saturday</b>
<b>Ninja Stars 1</b> (4-6 yrs.) 1 hour	1:45
<b>Ninja Stars 2</b> (5-7 yrs.) 1 hour	2:45
<b>Ninja Warriors</b> (7-9 yrs.) 1 hour	4:00
<b>Extreme Ninja Warriors</b> (8-11 yrs.) 1 hour	5:00
<b>Ninja Warrior Mastery 1</b> (8-12 yrs.) 1 hour	6:00
<b>Ninja Warrior Mastery 2</b> (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](http://WWW.PLANETGYM.COM) or call at (508) 647-1777**



## CLASS INFO

Class starts with an interactive cardio warmup. Ninjas are then divided into groups based on abilities. Each group heads to an area in the gym to learn the skills of the week using a variety of skill-specific stations and obstacles. Ninjas practice various types of vaulting, swinging, climbing, jumping, and tumbling. During the last quarter of class, certain skill-specific stations are combined into an obstacle course. Ninjas apply their knowledge and previous practice of the new skills to conquer the course.

**Special Features:** Our new Ninja Warrior Training Area was constructed to enhance our ninjas' upper-body strength through a unique set of power-based obstacles. This area includes pegboards, rows of hanging rings, hanging platforms, ropes, monkey bars, and a salmon ladder, among other obstacles.

**Ninja Stars 1 and 2** offer our youngest ninjas challenging obstacles that are carefully designed for beginners. **Ninja Warriors** allows older ninjas who are just starting to gain a basis of the primary skills before advancing to a more challenging class. We introduce the concept of fluidity and how to connect various skills within obstacle courses. There is a strong focus on developing the basics of landing correctly, rolling, vaulting, and body control. The goal is for ninjas to build a strong foundation of fundamental skills to prepare them for the next level.

**Extreme Ninja Warriors** is a faster-paced class that challenges our advanced ninjas with more complex obstacle courses. Ninjas explore different ways to create skill combinations while maintaining a continuous movement. There is also a stronger focus on mastering flips. Ninjas will travel through obstacles with mind-blowing fluidity!

**Ninja Warrior Mastery 1 and 2** use a modern approach in technology to enhance the overall class experience. Ninjas may create a skills video portfolio and choose certain skills to be video-recorded. The clips will be spliced together at the end of the session into personal ninja movies that ninjas get to keep!

\*Ninjas may sign up for these classes even if they wish to not create a video portfolio.\*

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