



WHAT IS NINJA ZONE?



"We're taking the coordination from gymnastics, the discipline from martial arts, the strength and agility from obstacle course training, and the creativity from tricking." In Ninja Zone classes, children learn a combination of flips, rolls, jumps, and kicks in combination with strength & agility courses.

- **General Information:**

- Ages 2-13

- Boys and Girls (only Lil Ninjas and 5 year old classes are Co-ed)

- Levels: White, Yellow, Green, & Blue

- **Class Details:**

- There are three 8-week sessions (you can select 1, 2, or 3):

- 1st Session: Starts Week of Sept 4 through week of Oct 22

- 2nd Session: Starts Week of Oct 29 through week of Dec 17

- 3rd Session: Starts Week of Jan 8 through week of Feb 25

- Time/Space:

- Lil Ninjas: 45 minute class in Studio C for ages 2-4 (Boys & Girls together)

- All White Level Ninjas: 1 hr class in Studio C for age 5 ONLY (Boys & Girls together)

- All White & Yellow Level Ninjas: 1 hr class in Gym for ages 6-13 (Boys & Girls separate)

- All Green Level Ninjas: 1-2 hour class in the Gym for ages 8-13 (Boy & Girl classes)

- **Ninja Attire:**

- Ninja Shirt (Dance South), Headband (Dance South), RED, BLACK, GRAY, OR WHITE Athletic Shorts (to be purchased on your own)

- WHITE HEADBANDS are \$10 for 1st time ninjas (you will get a different color headband as you move up in the levels). Each color headband costs \$10.

- **How does my child LEVEL UP?**

- We will have MISSIONS (at the end of EVERY 8-week session) which depict the moment when your ninja could possibly move up to the next level. To be invited to participate in a MISSION, your ninja has to complete a Progress Chart within his/her current class level. If your ninja successfully completes the MISSION (masters all required skills), then he/she moves up to the next level and gets a new headband.

- **Class Structure:**

- Each session, the ninjas will learn 1-2 lines of the CREED (discussed later). Then they will participate in...

1. warm-up circuit/conditioning
2. light stretch
3. events such as bar, beam, trampoline, and floor
4. obstacle courses
5. strength and agility training
6. NINJA ZONE mantra
 - Focused Energy (Clap)
 - Work Ethic (Clap)
 - Self Responsibility (Clap Clap)
 - Ninjas Dismissed

We will 'set the movie scene' for each class so the ninjas feel as if they are scaling a wall, jumping over cars, diving thru a window, or crawling over a bridge to narrowly escape the snake pit.

- **Ninja Zone Opportunities:**

- Christmas parades
- PC halftime shows
- Exhibitions
- Missions
- Ninja Nights (Parent's Date Night)
- Nerf Wars & Ninja Games
- Festivals to name a few...

- **Ninja Creed:**

As a Ninja, I pledge to:

1. Respect & Honor GOD, my parents, teachers, siblings, peers, & authority figures
2. Use proper manners at home and in public...

There are 12 lines to the NINJA CREED because we are building Godly people that will be strong in their faith, character, and physique!

- **Schedule:**

Lil Ninja: (ages 2-4 BOYS&GIRLS)

- Monday 4:00-4:45
- Thursday 5:30-6:15

White Ninjas (age 5 only BOYS&GIRLS):

- Monday 4:45-5:45

White Ninjas (ages 6-8 BOYS):

- Monday 3:45-4:45

White Ninjas (ages 9-13 BOYS):

- Monday 4:45-5:45

White Ninjas (ages 6-8 GIRLS):

- Time to be determined

Yellow Ninjas (ages 6-8 BOYS):

- Monday 3:45-4:45

Yellow Ninjas (ages 9-13 BOYS):

- Monday 4:45-5:45

Yellow Ninjas (ages 9-13 GIRLS):

- Thursday 6:15-7:15

Green Ninjas (ages 8-13BOYS):

- Time to be determined

Home school Ninjas (2-13BOYS/GIRLS
as needed)

- Time to be determined

Ninja Apparel/Prices:

HEADBAND-\$10



WRISTBAND-\$5

**CLASS
NINJA SHIRT
\$20**

Other items for sale in the future:

- NZ Bags
- NZ Hats
- NZ Sweat shirts
- NZ Shirts (unlike class shirt)

