

*****Starting in DECEMBER! NEW CLASSES TIMES*****

Flip Zone

445 Schoolhouse Road, Johnstown, PA 15904

Phone: (814)-483-2369



Our *Ninja Kidz* program is a recreational program designed for children ages 5 years old and up. Classes are Co-ed and divided by age and skill level. The program includes four different events, Form, Obstacles, Climbing, and Power; with three levels to progress in each group; Beginner, Intermediate, and Advanced.

NINJA Kidz

Our instructors will evaluate each Ninja on their own abilities and advance them to their next level. Our courses will continue to grow and become more difficult, as more and more *Ninja Kidz* advance.

Learn the ways of a Ninja!

Safety....Exercise....Learning....Fun

\$50/Month, 1 day a week or \$85/Month, 2 days a week/Plus a \$35 Yearly Membership Fee

Classes:

TUESDAY

5-8yrs old 6-7 pm

9yrs & older 7-8 pm

FRIDAY

5-8yrs old 6-7 pm

9yrs & older 7-8 pm

SATURDAY

5-8yrs old 1-2 pm

9yrs & older 2-3 pm

Tiny NINJAs Level

Tiny Ninjas! This is learning the foundation of a true Ninja!

Mighty NINJAs Level

Mighty Ninjas! This level will include more advanced skill to find the true limitations of a Ninja!

Awesome NINJAs Level

Awesome Ninjas! At this level, the Ninja will understand and execute everything and Ninja is!

Super NINJAs Level

Super Ninjas! At this level, the Ninja will be asked to participate on a team

Each *Ninja Kidz* will receive a *Ninja Kidz* Black T-shirt and pair of red wrist bands with your first enrollment into the program!

Ninja Kidz

Practice

The four events are practices of Form, Obstacles, Climbing, and Power. All four events are chosen to create a well-rounded *Ninja Kidz* and to achieve safe exercise, learning, and fun in every class.

Form Practice is dedicated to learning the discipline of stationary skills like rolls, safety falls, and gymnastics skills

Obstacles Practice is a series of obstacles the *Ninja Kidz* will learn to maneuver through. The maneuvers are based off of free style movement.

Climbing Practice is similar to obstacle practice. The *Ninja Kidz* must maneuver through obstacles by climbing and swinging. This area of expertise is designed to develop strength and free style movement coupled with gymnastic style discipline.

Power Practice is where the *Ninja Kidz* conditions their strength. The *Ninja Kidz* Instructor trains your *Ninja Kidz* through fun yet challenging exercises to develop brute strength.

Levels

Instructors will periodically test each *Ninja Kidz* based on certain criteria for advancement to next level. The Flip Zone will provide the first set of wrist bands and it is the responsibility of the parent to purchase advancement wrist bands in the [Flip Zone Pro-Shop!](#)

Tinys –Red Wrist Band

Mightys – Blue Wrist Bands

Awesome– White Wrist Bands

Super– Black Wrist Bands