

Flip Zone



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.

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.

Let's get started making the next *Ninja Kidz* Warrior!

NINJA Kidz

Learn the ways of a Ninja!

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

Tiny NINJAs

Tiny Ninjas are age 5-7 yrs. This is learning the foundation of a true Ninja!

Mighty NINJAs

Mighty Ninjas are age 8-12 yrs. This level will include more advanced skill to find the true limitations of a Ninja!

Super NINJAs

Super Ninjas are age 13 yrs. and older. At this level, the Ninja will understand and execute everything and Ninja is!



MAMs Flip Zone

445 Schoolhouse Road,
Johnstown, PA 15904

Phone: 814-483-2369

Cost of the Program:

\$50/Month, 1 day a week or \$85/Month, 2 days a week

Plus a \$35 Yearly Membership Fee

Classes: Tuesday- 7:00pm-8:00pm

Friday -6:00pm -7:00pm & 7:00pm – 8:00pm

Saturday – 1:00-2:00

Starting October 10th 2017

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**! Head bands will also be available for purchase in the Pro-Shop*

Beginners –Red Wrist Band

Intermediate – Blue Wrist Bands

Advanced – Black Wrist Bands