

NINJA JR.

(3½-5 YEARS)

ACHIEVEMENT PROGRAM

Your preschooler is gaining confidence, coordination, and independence, and Ninja Jr. is where those growing skills really start to shine – in their first independent class experience.

In this fun, fast-moving class, kids participate on their own while coaches guide them through class activities that change weekly to keep things exciting, engaging, and FUN – all in a supportive, noncompetitive environment where every child can succeed.

WHAT IS MY NINJA LEARNING?

Each class blends obstacle courses, relays, games, and strength-building activities that help your child grow stronger, more coordinated, and more confident. They're learning to follow directions, focus on a task, and keep going when something feels tricky.

Here's what they're working on:

- **Strength & coordination** through climbing, swinging, jumping, and balancing
- **Problem solving & focus** as they follow directions and complete challenges
- **Confidence & resilience** by trying new skills and celebrating progress

LEVEL UP CHALLENGES!

Ninja Jr. includes individual Level Up Challenges that celebrate each child's personal growth.

They'll even earn their first Level Up just a few weeks after starting class – a fun way to celebrate their early progress!

Each Level Up includes:

- Two physical skills performed to the best of their ability
- One "Good Citizen" question

When your child levels up, they'll earn a **new wristband and a certificate** to mark the milestone – a proud, confidence-boosting moment just for them!



IN EVERY NINJA JR. CLASS, YOUR CHILD WILL:

- ✓ Burn energy in a fun, positive way that builds real skills
- ✓ Strengthen their body through age-appropriate obstacles and games
- ✓ Practice listening, focus, and following directions
- ✓ Build confidence by trying new challenges in a supportive setting
- ✓ Learn teamwork, patience, and cooperation through group activities



WATCH US
IN ACTION

