

# NINJA TRAINING

(5-10 YEARS)

## ACHIEVEMENT PROGRAM

As your child grows stronger and more confident, they're ready for bigger challenges – and Ninja Training is where all that energy meets purpose in a fun, obstacle-course-based class kids love.

This isn't about being the fastest or the strongest. It's about effort, resilience, and learning to show up with confidence, all in a supportive, noncompetitive environment where every Ninja feels successful.

### WHAT IS MY NINJA LEARNING?

Each class blends obstacle courses, relays, games, and strength-building activities that encourage your child to try, adjust, and try again – building strength, coordination, focus, and problem-solving skills while learning to move with control and keep going when something feels tricky.

Here's what they're working on:

- **Physical strength & agility** through climbing, swinging, jumping, and balancing
- **Problem solving & focus** while navigating obstacles and game-based challenges
- **Confidence & resilience** by trying new skills and sticking with them

### LEVEL UP CHALLENGES!

Every 8 weeks, Ninjas take part in a special **Level Up Challenge Week** that celebrates progress and effort:

Each Ninja takes on:

- One featured obstacle from class
- One movement focused on balance, control, or technique
- One strength skill

After completing the challenges to the best of their ability, the class celebrates together as they **level up and earn a new wristband color**.



### IN EVERY NINJA TRAINING CLASS, YOUR CHILD WILL:

- ✓ Build strength, agility, and coordination through dynamic obstacle courses
- ✓ Practice focus and body control while navigating challenges
- ✓ Learn to try again when something feels tricky (without pressure or comparison)
- ✓ Grow confidence through effort, perseverance, and small wins
- ✓ Leave class energized, proud, and excited to come back



WATCH US  
IN ACTION

