



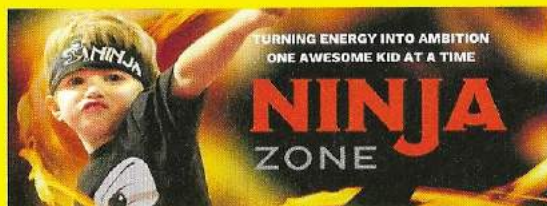
Turning Energy into
Ambition...
One Awesome Kid
at a Time!

**SUMMER
2019**

www.flipsgymandcheer.com

NZ

Ninja Zone
10559 Middleport Lane
White Plains, MD
(301) 645-6763



Welcome To Ninja Zone - a fusion of gymnastics, martial arts, obstacle training and freestyle movement! Children learn flips, rolls, jumps and kicks in combination with strength and ability courses.

2019 Summer Schedule

Monday, July 8th - Saturday, August 17th
6 week session (one class weekly): \$105

Lil' Ninja Program - Age 3-5

Girls: Monday 5:45 pm
Thursday 5:00 pm

Boys: Tuesday 6:15 pm
Wednesday 5:00 pm
Saturday 9:00 am

Ninja Program - Age 5-11

Girls: Monday 5:45 pm
Thursday 5:00 pm

Boys: Monday 5:00 pm
Wednesday 5:45 pm
Wednesday 6:30
Thursday 5:45 pm

Yellow Ninja Program

Must Test First To Level Up!

Tuesday 7:00 pm

Classes are 45 minutes long. Ninjas must wear black sweatpants/shorts/leggings and the Official Ninja Zone Uniform Shirt, Socks and Headband (uniform package available at the front desk \$35).

Ninjas can attend a make-up class for any classes they miss due to illness, vacation, etc...Make-ups expire at the end of the summer session.

See our Welcome Packet for more details.