

Chenango Gymnastics Presents...



**Turning kids into Ninjas one obstacle at a time!**

USA Ninja Challenge™ has developed an obstacle course skills program that incorporates basic skill sets from gymnastics, climbing, cross training and track & field.

Ninja Challenge is open to boys and girls ages 4 to 18. Many gymnastics gyms in New England are currently involved with this program, which creates competitive opportunities in NH, MA, CT, RI, VT and now with our first NY gym Chenango Gymnastics. Everyone involved is very excited about the possibilities that this program holds.

The program is designed to meet the requirements of **a full physical fitness program for today's youth**. We incorporate standard gymnastics apparatus including rings, bars, balance beams and tumbling surfaces. Other specialized ninja training equipment is also used, such as cargo nets, traverse walls, slack lines, ropes and ladders. Each portion of every obstacle course includes corresponding conditioning and flexibility stations. The desired result of this program is to improve children's strength, flexibility and all-around athleticism.

Junior Ninja (4-5 year olds) is a lead up to the full-sized obstacles that are used in the Ninja Challenge. Four and 5 year olds develop their ninja skills with smaller, easy-to-negotiate obstacles until they are ready for the full-scale equipment.

**\*Obstacle categories include:**

**Jumping** - Ninja jumping includes box jumps, long jump, jumping over or onto obstacles, jumping from platform to platform and even from platforms to ropes and cargo nets!

**Climbing** - Kids involved in Ninja get to climb ropes, cargo nets, peg boards and rock walls.

**Swinging** - Swing sets have become a bit boring, so we've upped the game to swinging on gymnastics rings, ropes, hanging ladders, hanging nun chucks and parallel bars.

**Traversing** - There are a lot of things to traverse across in a Ninja gym: cargo nets, spotting blocks, rock walls, peg boards, ledges and chimney walls to name a few!

**Balancing** - Ninja programs work on balancing ninjas. These training activities include balance beams, slack lines and rolling barrels!

**Floor Skills** include running, block pushing, army crawl and vaulting. In addition, Ninjas also learn gymnastics tumbling skills so they can look extremely cool while attacking obstacles!

*\*Some of the above obstacles are not active yet however we will be continually adding to our current obstacles as the classes progress.*

## **Recruiting New Ninja's for November!!!**

**Current Chenango Gymnasts can add a 75 min  
ninja class for an additional \$40/month!**

**New member's one class is \*\*\$65/month, add  
another class for an additional \$40/month.**

**\*\$30 registration fee for new members**

**Limited class space available register online  
today [www.chenangogym.com](http://www.chenangogym.com)**