



# Energym's Ninja Zone - Sycamore

**Ninja Zone - "A New Discipline Inspired by Gymnastics and Martial Arts"**

Continuous Monthly Enrollment	Monthly Tuition	Class Length	Mon	Tues	Wed	Thurs	Fri	Sat
<p><b>AGE GROUPS</b></p> <p>Energym has now broken down Age Groups between Boys and Girls for a better learning experience !!</p> <p><b>The Ninja Zone Level System Goes as Follows:</b></p> <p><b>Boys</b></p> <p>New students Ages 3-4 will register for Lil' Ninja.</p> <p>New Students Ages 5 - 13 will register for Ninja White.</p> <p><b>Yellow &amp; Green Classes:</b></p> <p>Ninjas with mastery of skill combinations will be placed in either Yellow or Green with instructor approval.</p> <p><b>Girls</b></p> <p>New Students Ages 7 - 13 will register for Ninja Girls White.</p>	<b>Boys Classes</b>							
	<b>Lil' Ninjas</b> Ages: 3 - 4	\$63	45 Min.		9:30 am 4:30 pm 5:20 pm			4:00 pm 11:10 am
	<b>Ninja - White</b> Ages: 5 - 7	\$74	60 Min.	6:10 pm	4:15 pm 5:20 pm			4:50 pm 9:00 am 10:05 am
	<b>Ninja - White</b> Ages : 8 - 13	\$74	60 Min.		4:15 pm			5:55 pm
	<b>Ninja - Yellow</b> Ages: 5 - 8 *(Instructor Approval)	\$74	60 Min.		5:20 pm 6:25 pm			4:50 pm
	<b>Ninja - Yellow</b> Ages: 9 - 13 *(Instructor Approval)	\$74	60 Min.		6:25 pm			5:55 pm
	<b>Ninja - Green</b> Ages: 5 - 13 *(Instructor Approval)	\$74	60 Min.		7:30 pm			7:00 pm
	<b>Girls Classes</b>							
	<b>Ninja - White</b> Ages: 7 - 13	\$74	60 Min.		6:25 pm			
	<b>Ninja - Yellow/Green</b> Ages: 7 - 13 *(Instructor Approval)	\$74	60 Min.		7:30 pm			7:00 pm



## Make-Up Policy

At Energym, your Monthly tuition pays for a class spot regardless of your attendance. As a courtesy, we offer Unlimited Make-ups during the time you are enrolled, only when doing so does not jeopardize the safety or integrity of the class. Hence, make-up procedures vary from class to class, depending on safety concerns, space, equipment, and teaching ratios. Energym has the right to refuse a make-up if we feel it will affect safety or lessen the experience of those children who have registered for and paid for that class. In this case, we will offer you a Free Open Gym Pass. Contact the office to schedule your make-up. All make-ups must be made-up within the Month of the absence and must be scheduled at least 24 hours in advance. If you schedule a make-up, and you fail to attend that class without calling to cancel your make-up 24 hours in advance, you forfeit the right to a make-up for that class.

**Note:** There will be some classes that do not have make-up options due to limited class offerings. In this case, we will offer you a Free Open Gym Pass.

**Energym is one of many gym clubs in America to introduce a program that is skill based, fast paced and geared for little boys and girls with lots of Energy !!**

This Curriculum is comprised of a clever combination of Gymnastics, Martial Arts, & Cross Training that teaches:

- Obstacle courses for Strength and Agility
- Ninja training (ninja style flips, rolls, kicks, vaults)
- Gymnastics, Tumbling and Obstacle Course Training

Beyond the Skills you will also learn ⇨ Confidence • Being Part of a Group • Impulse Control • Discipline

For success in school, sport, and life, a child that learns to channel their impulse and energy towards a focused goal will succeed in all endeavors.

