



Welcome parents and future ninjas! We are so excited to introduce to you our exhilarating, stealthy, but most of all FUN program- Ninja Zone! Please review the following guidelines and let us know if you have any questions.

PROPER ATTIRE:

Ninja shirt and headband for appropriate skill level must be worn*. Moderate length athletic shorts or athletic pants. No jeans or clothing with snaps, zippers, buttons or hard fasteners. Hair past the shoulders needs to be pulled back. Bare feet or Ninja Zone socks can be worn. *Please see the front desk for directions on how to purchase the Ninja shirt and headband that are required to participate in this class.

PROPER ETIQUETTE:

1. No gum, food, drinks, or cell phones allowed in the ninja area.
2. No rings, watches necklaces, bracelets, or dangling earrings. Post earrings are acceptable.
3. Ninjas should not enter the gym without a coach.
4. Ninjas may not leave the class without permission.
5. Parents are asked to please not coach from the sidelines. Your child needs to give their coach their full attention. Parents are not permitted in the Ninja Room with the exception of Baby Ninjas classes.
6. Good attendance is imperative, as absences and tardiness can hold back the progression of your child. Please make every effort to have your child at every class.
7. Being late is very disruptive to the class. Please be sure your child is at the gym at least 5 minutes prior to their class time. Stretching and warming up our muscles is a big part of being a ninja and is always done in the first part of the class.
8. If your child is ill or will not be able to attend class, a courtesy call is very much appreciated; missed class options will not be granted without calling in your absence in advance. Please see our policies sheet for missed class options.
9. Please be prompt in picking up your child.
10. Our coaches have 5 minutes built into their class schedules for communication with parents. This is the perfect time to get to know your coach and discuss your child's progress and any other questions you may have for them!
11. All ninjas are expected to conduct themselves in a safe, courteous, respectful, and responsible manner and be mindful of the rules posted in the gym.

NINJA PROGRESSION:

Baby Ninjas (Ages 18 months to 3 years old): Students progress based on their age and ability to follow directions in class with minimal help from the parent.

Lil' Ninjas (Ages 3-5): Students progress based on their age, ability to follow directions and interact with fellow students safely.

Ninjas (Ages 5-13): Students progress through the color levels on their own time based on the mastery of skills. As students master all the required skills for their current level, they will receive a certificate of completion for the level from which they are graduating.

NINJA CREED:

Respect and Honor my parents, teachers, siblings, peers & authority figures. Use proper manners at home and in public. Take self-responsibility for my actions. Exhibit impulse restraint & make good decisions. Work hard at everything I do. Never let any obstacles get in the way of success. Help others grow to the next level. Have fun while being responsible and safe. Use my ninja powers only for good and helpful purposes. Resolve conflict in a peaceful, quiet and respectful manner. Reach my full potential each day by pushing my body, mind & soul. Learn at least one new thing each day in school, at home, or in ninja class.

NINJA ZONE DEPARTMENT LEADER:

Feel free to contact the Ninja Zone Department Leader, with any questions or concerns: ninja@suncountryrsports.com

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