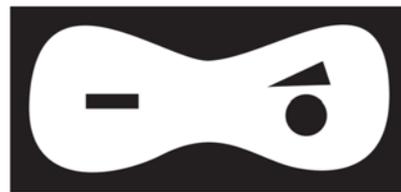




Welcome to Lil' Ninjas class! We are so grateful that you chose Rock Springs Gymnastics to enhance your child's mental, physical, and social health. We are proud of our recreational programs, and our Lil' Ninjas class is no exception!

We have pulled together some tips and ideas that we would like for you to keep in mind as you enter the Lil' Ninjas program. These points are designed to enhance your experience, and for you to understand why we do what we do, and to also gather some insight regarding the progress you can expect from your children.



1. What should my child wear?

Your child should wear the uniform required by Ninja Sports International, the governing body that oversees NinjaZone Headquarters. The Lil' Ninja program is a pillar of the NinjaZone program, thus, the required uniform applies. The uniform consists of a Ninja T-shirt and headband. Bottoms should be comfortable play clothes without zippers or buttons. Long hair will need to be pulled back and bare feet are best for ninjas as it allows them to grip with their toes providing them with better balance and coordination while developing foot and leg strength. Uniforms can be ordered at www.rsgymnastics.org/ninja-zone.html and look for the "Order Your Ninja Uniform Here" button next to the class listings or you can call (307-362-1647 ext. 1) or email your request in to us at rsgymnastics@outlook.com.

2. Is it better if I stay and watch class or can I leave them and come back?

Most children in this age group prefer that a trusted adult stay within eye sight during class. Please plan to be present during the entire class. They love showing you all the things they are learning.

3. What if my child has to use the restroom during class?

It's best to use the restroom before class, but if your child needs to use it during class we do ask that the parent/trusted adult that came with the child attend to all toileting needs. Our instructors are not allowed to leave the class area once class has started and they are not allowed in the restrooms with any child. Another reason to stay and watch the entire class.

4. A note about the Warm-Up:

Warm-Up time can sometimes be the most difficult adjustment for children. In the beginning, it is very common for children to be hesitant to participate in the Warm-Up. This is perfectly normal. Just give it some time, and they'll get the hang of it in no time!

5. How long before my child adjusts?

It typically takes 3-4 classes (Sometimes more! No big deal!) for children to become familiar with the process and comfortable with the instructor.

4. What if my child can't stand still while the instructor demonstrates?

No surprise here! We're teaching 3—5 year olds! There is absolutely no need for you to worry. If your child has difficulty sitting still for the demonstrations (we keep them short and sweet!), remember this is completely normal and expected! This is simply another part of the learning process. This will become easier as your child gets older and matures.

5. What should I do if my child is not following directions?

The gym environment is very stimulating and exciting for children and it makes it hard for them to control themselves. Good thing learning self control, listening & following directions is one of our main focuses of class. Please allow the instructors to redirect your child and coax them back into class participation first. If you feel this is unsuccessful and that if you say something it will help your child reengage in class, please feel free to do so.

6. What is the purpose of the class?

The biggest component to the class is to teach structure, routine, listening, & following directions from someone other than parents. Your child will also learn fundamental motor and ninja skills, which will allow them to progress through the program and into Ninja classes when they are old enough to move up. As a parent, we encourage you to not put too much emphasis on the skills- we're all about structure, socialization, play, and most importantly- FUN!