



# WINTER 2020 SESSION

8 Weeks, January 6 to March 7 (no classes the week of February 17th)

## MONDAY

9:30am  
Gymnastics  
3-5 yrs

10:30am  
Tumble Tykes  
12-36 mo.

Sports/Tumble  
3-5 yrs

1:00pm  
Gymnastics  
3-5 yrs

3:00pm  
Karate Ninja's  
3-5 yrs

4:00pm  
Tumbling  
4-6 yrs

5:00pm  
Advanced  
Tumbling

## TUESDAY

9:30am  
Tumble Tykes  
12-36 mo.

Sports/Tumble  
3-5 yrs

10:30am  
Tumble Tykes  
12-36 mo.

Sports/Tumble  
3-5 yrs

2:00pm  
Gymnastics  
3-5 yrs

4:00pm  
Ninja Warrior  
3-5 yrs

5:00pm  
Ninja Warrior  
6-10 yrs

## WEDNESDAY

9:30am  
Tumble Tykes  
12-36 mo.

2:00pm  
Ninja Warrior  
3-5 yrs

4:00pm  
Ninja Warrior  
6-10 yrs

5:00pm  
Sports/Tumble  
3-5 yrs

## THURSDAY

9:30am  
Tumble Tykes  
12-36 mo.

Sports/Tumble  
3-5 yrs

10:30am  
Gymnastics  
3-5 yrs

Karate Ninja's  
3-5 yrs

1:00pm  
Ninja Warrior  
3-5 yrs

3:00pm  
Karate Ninja's  
3-5 yrs

4:00pm  
Ninja Warrior  
3-5 yrs

5:00pm  
Ninja Warrior  
6-10 yrs

## FRIDAY

9:30am  
Tumble Tykes  
12-36 mo.

Sports/Tumble  
3-5 yrs

10:30am  
Tumble Tykes  
12-36 mo.

Karate Ninja's  
3-5 yrs

1:00pm  
Ninja Warrior  
3-5 yrs

4:00pm  
Ninja Warrior  
3-5 yrs

5:00pm  
Ninja Warrior  
6-10 yrs

Karate Ninja's  
3-5 yrs

## SATURDAY

9:00am  
Tumble Tykes  
12-36 mo.  
wait list

10:00am  
Tumble Tykes  
12-36 mo.  
wait list

11:00am  
Ninja Warrior  
3-5 yrs  
wait list

Ninja Warrior  
6-10 yrs  
wait list

\*Classes are subject to change and availability. Visit our website for most up to date schedule [www.rsgfitness.com](http://www.rsgfitness.com)

All Classes are 50 minutes. Curriculum is age appropriate & rotated every two weeks.

### Parent participation classes:

**Tumble Tykes** with the assistance of their parents, this class is designed to get our tykes introduced to gymnastics. Class includes teacher led movement & music, tumbling obstacle course, sport skill, age appropriate adventure, bubbles and parachute play.

### Independent classes:

*Children must be able to separate from parent/guardian. Parents are not allowed in room.*

**Gymnastics** children will learn the basic fundamentals of gymnastics. They will utilize circuits and obstacle courses that include balance beam, bars, and Tumbl Trak becoming comfortable and gaining skills in all gymnastics events.

**Sports/Tumble** children will be introduced to basic fundamentals, rules, and strategies of soccer, basketball, baseball, football and hockey, through different drills and activities. Children will also do a gymnastics obstacle course that focuses on beginner tumbling skills.

**Karate Ninja's** taught by Sensei Steve, students learn fundamental karate blocks, punches and kicks in addition to Ninja techniques in a twist on this ancient martial art. Class begins in the dojo and finishes with a Ninja Warrior obstacle course in the gymnastics room where students will work on mastering our very own Warped Wall (Gi is included with enrollment)

**Tumbling** an introduction to basic tumbling fundamentals. Students will learn the proper techniques and execution of beginner tumbling skills. Class will be spent focusing on forward and backwards rolls, cartwheels, and round-offs.

**Advanced Tumbling** builds on the basic tumbling fundamentals learned in Pre Team. Tumbling focused on in this class are round-offs, back walkovers, and back handsprings with the overall focus being gaining power and connecting skills.

**Ninja Warrior** our very own twist on the ever popular America Ninja Warrior. Children will go through a variety of obstacle courses focusing on swinging, climbing, balance, tumbling, jumping and running, with the overall goal being to master our own Warped Wall.



Ready, Set, Go! Kids Fitness 978-685-7704 [rsg@rsgfitness.com](mailto:rsg@rsgfitness.com) [www.rsgfitness.com](http://www.rsgfitness.com)