



# FROG BRIDGE GYMNASTICS & NINJA TRAINING CENTER

## 2019-20 CLASS SCHEDULE

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**LIL' NINJAS:** Parent & Tot Ninja & Gymnastics (ages 3-6 years)

Monday, Tuesday, Friday 4:30-5:30

**TADPOLES:** Parent & Tot Gymnastics Classes (ages 15 months to 3 years)

Tues 5:45-6:30 Thursday 1:15-2:00/ 5:45-6:30 Saturday 9:15-10:00 am

**LITTLE LEAPERS:** Preschool Gymnastics Classes (Ages 3 ½ – 6 years)

Tues 5:30-6:30 Weds 5:30-6:30 Thurs 1-2:00/ 5:30-6:30 Saturday 9-10:00/ 10-11:00 am

*Daytime (Tues-Fri 9-3:00am) group classes for 5 or more students are available upon request and will receive a 30% group discount*

**FROG BRIDGERS:** Intro thru Beginner Level Gymnastics Classes (Ages 5-10)

Tues or Friday (INTRO) 4:30-5:30 Weds or Fri 5:30-6:30

Thurs 1-2:00 (HOMESCHOOL)/ 4:30-5:30 Saturday 9-10:00am/ 10-11:00am

**ADVANCED FROG BRIDGERS:** For older (ages 11+) or more advanced young students (ages 6 & up)

Monday 5:30-7 Thurs 4:30-6 (younger)/ 6:30-8 Friday 4:30-6 Saturday 9-10:30/10:30-12

**CHEER TUMBLING:** Learn the basic thru advanced tumbling skills needed for competitive cheer from cartwheels to double fulls. (Ages 7 & up) *Group or private times and rates available upon request.*

**OPEN GYM (GYMNASTICS):** Work on the events and skills that you are interested in under the guidance of our staff.

Wednesdays 7:30-8:30/ Fridays 7:30-8:30

*Registered members \$10 /non-members \$15*

*Discount Punch-cards available to members: 10 punches \$70/ 5 punches \$40*

**GIRLS USAG & AAU TEAM LEVELS 1-9 & XCEL:** Ages 5 & up. Schedules and rates available upon request.

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**NINJA TRAINING CENTER:** Work on the skills needed to become the next American Ninja or Junior Ninja Warrior!

We have a specially designed strength & agility building ninja training center with a variety of obstacles ranging from challenging to ultra challenging appropriate for youth & adults. We have the Warped Wall, Ultimate Cliff Hanger, Salmon Ladder, Ropes, Rings & much, much more

### *Ninja Training Classes:*

Future Star Ninjas (Ages 5-7 years) - Monday, Weds, Friday 4:30-5:30/ Saturday 9:00-10 am

Junior Ninjas (Ages 8-14)- Monday- Friday 5:30-6:30 Saturday 9:00-10 am/ 10-11:00 am

HOMESCHOOL Thurs 2-3:00 (all ages)

Ask about our NEW NINJA TEAM PROGRAM!

### *Open Ninja Gym:*

For guests ages 14 - adult and youth members\* enrolled in a Ninja class.

Mon/ Weds/ Fri 6:30-8:00/ Saturdays 11:00am-12:30

Daily Pass -members \$10/ non-members \$15

*Discount Punch-cards available to registered members: 10 punches \$70/ 5 punches \$40*

***Auto-bill (or pre-paid) 10 month student/adult UNLIMITED open ninja gym membership -\$40 per month***

\*Youth members under 12 must be accompanied by a participating adult unless prior approval by office has been attained.

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**GYMNASTICS OR NINJA PARTIES:** Let your guests "BOUNCE" off of our walls!

Great fun for birthdays, family gatherings, school groups, team parties, etc...includes supervised, fun gymnastics or ninja gym circuits and age appropriate games. 2- HOUR PARTY for up to 10 guests-\$200 11-15 guests- \$225 /16-20 guests \$250

**FIELD TRIPS:** We have special field trip rates for your group. Much like a gymnastics/ ninja party, guests will be supervised through fun obstacle courses that will boost their self-confidence and build memories that will last a lifetime. Great for school groups, athletic teams and scouts.

**730 WINDHAM ROAD, UNIT 7, SOUTH WINDHAM, CT (860) 450-7001**

# FROG BRIDGE GYMNASTICS & NINJA

## 2019-20 SESSIONS & RATES

**Sibling  
& multi-class  
discounts  
available!**

**RATES PER  
8-WEEK SESSION**  
 1 hour ninja \$150  
 1 hour gymnastics \$150  
 1.5 hour classes \$196  
*SPLIT PAYMENT OPTIONS  
AVAILABLE*

**YEARLY  
REGISTRATION FEE**  
 \$35 per student  
 \$100 max per family  
 Registration fee is prorated  
 depending on starting date.

Session 1: Sept. 3- Oct. 28th

Session 2: Oct 29- Jan. 9th (no class 10/31, 11/27- 11/30 & 12/23- 1/1)

Session 3: Jan. 10- March 5<sup>th</sup> (no class 1/20)

Session 4: March 6- April 30

Session 5: May 1- June 25th (no class 5/25)

***ON-GOING ENROLLMENT! REGISTER ANYTIME!!!***

### DISCOUNTS

YEARLY PAYMENTS RECEIVED BY AUG 1st- *10% discount check / 8% discount cc payments*

3 FULL SESSION PAYMENTS RECEIVED PRIOR TO STARTING- *7 % discount*

SIBLING DISCOUNT- *10% off lowest tuition*

FAMILY DISCOUNT- *3 or more members- 20% off lowest 2 tuitions*

DAYTIME PRE-SCHOOL & HOMESCHOOL DISCOUNT- *(Tues-Fri 10:30- 4:30) Group classes for 5 or more students are available upon request and will receive 20% discount!*

**In gym check payments received at least 2 weeks prior to the next session receive 5% discount**

*Payments not received 2 weeks prior to the next session on auto-pay will be withdrawn 10 days prior to the next session.*

### HUGE DISCOUNTS WHEN YOU TAKE MULTIPLE CLASSES EACH WEEK

*This rate chart is based on an 8 week session. Ninja/ Gymnastics combos apply*

|                  |              |             | 35% off        |                 | 45% off         |                 |
|------------------|--------------|-------------|----------------|-----------------|-----------------|-----------------|
|                  | 1x wkly      | 2 split     | 2x wkly        | 2 split         | 3x wkly         | 2 split         |
| <b>1 hour</b>    | <b>\$150</b> | <b>\$75</b> | <b>\$195</b>   | <b>\$97.50</b>  | <b>\$247.50</b> | <b>\$123.75</b> |
| <b>1.5 hours</b> | <b>\$196</b> | <b>\$98</b> | <b>\$254.8</b> | <b>\$127.40</b> | <b>\$323</b>    | <b>\$161.70</b> |

**FOR MORE INFO** e-mail us at [fbgymnastics@sbcglobal.net](mailto:fbgymnastics@sbcglobal.net)

Or Call (860) 450-7001

REGISTER ONLINE AT [www.frogbridgegymnastics.com](http://www.frogbridgegymnastics.com)