

LITTLE NINJA WARRIORS \$45

Ages: 4-5

A class designed just for little ones. Little Ninjas will learn basic entry-level parkour, gymnastics and Ninja Warrior skills. Events include hanging obstacles, pegboard, vault, cargo net, safety falls, agility skills along with hand eye coordination. Participants will develop balance, focus, strength, social skills and trust.

NINJA WARRIOR STARS \$45

Ages: 6-9

Jump right in or build upon the core skills learned in Little Ninja Warrior. Participants will learn basic parkour skills, safety rolls, vaulting, wall and bar progressions, along with development of core strength and speed. With our special ninja training equipment, students will improve their balance, agility, strength and flexibility all while having FUN!

NINJA WARRIOR ADVANCE \$69

Ages: 10-14

Ninjas who have mastered the skills in the beginning program. Students will master all beginner progressions such as rolling, hand support, spotted flipping, wall progressions, precision jumps and basic transitions. Students will be lead through courses that include our most difficult and rigorous obstacles.

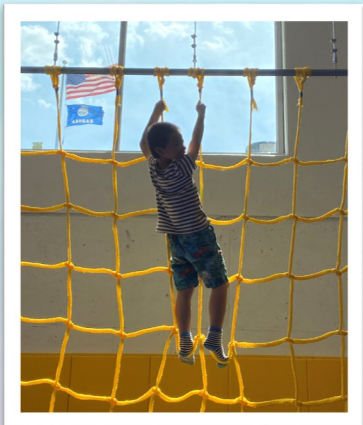
NINJA WARRIOR ELITE \$89

Ages: 10-14.

Elite Ninja Warrior is an invite only class with Ninja Warrior Advance being the prerequisite class. The class focus is on mastery of skills.



Lawrence Parks and Recreation offers a comprehensive programs for Gymnastics and Ninja Warrior. These activities will guide children with their skill development, increase their self-esteem, independence and character. Classes offered include Parent-Tot, Preschool and Recreation Gymnastics, Ninja classes, and Intermediate levels.



Enrollment can be processed online at www.lprd.org

Lawrence Parks and Recreation Gymnastics & Ninja Warrior



Sports Pavilion Lawrence®

100 Rock Chalk Lane

For more information, please contact
Landon Noll, Gymnastics Programmer, at
785-832-7364 or lnoll@lawrenceks.org



City of Lawrence
PARKS AND RECREATION

Lawrence Parks and Recreation Gymnastics Classes

*Prices are based off a monthly payment.
Prices are subjected to change.*

LITTLE BEAR GYMNASTICS \$45

Age: 18 mo. – 3 yr. / with guardian

This class has children and their parents explore different activities using various pieces of gymnastic equipment. The focus will be on balance, strength, gross and fine motor skill development all while having fun and experiencing success!

One guardian per child.



TUMBLE BEARS GYMNASTICS \$45

Age: 3

Participants will improve their physical awareness, body coordination and explore movement. Large motor skills are improved using the bars, tumble track and balance beam. Emphasis is placed on learning tumbling skills such as forward rolls, balancing, strength coordination and movement exploration.

GYM BEARS GYMNASTICS \$45

Ages: 4-5

Students will be introduced to all gymnastics equipment. Target skills and circuits will be provided to continue building balance, strength, agility, confidence, coordination and social skills.



BEGINNING BOYS \$45

Ages: 6-9

Class will focus on proper skill progression and fundamental strength development. Boys will work on developing proper swing on the apparatus, as well as developing good basic tumbling skills.

INTERMEDIATE BOYS \$69

Ages: 6-9

This class is for participants who have mastered all the gymnastics skills and progressions in Beginning Boys. Emphasis is placed on strength, flexibility and learning intermediate skills and body positions while increasing their time in the gym.

BEGINNING GIRLS \$45

Ages: 6-9 / Ages: 9-12

Participants will develop flexibility, body positioning, improved posture, rhythmic movement, balance and strength with gymnastics apparatuses. Participants will be expected to perform all necessary skills before advancing to the next level.

INTERMEDIATE GIRLS I \$69

Ages: 6 and Up

This class is for participants who have mastered all the gymnastics skills and progressions in beginning girls. Emphasis is placed on strength, flexibility and learning basic skills and body positions while increasing their time in the gym. Students in this program must have passed Beginning Girls or have permission from the gymnastics programmer prior to enrollment.

INTERMEDIATE GIRLS II \$69

Ages: 6 and Up

This class is for participants who have mastered all gymnastics skills and progressions in Intermediate Girls 1. Emphasis is placed on strength, flexibility, and learning intermediate skills and body positions. Permission is required prior to enrollment.

ADVANCED GIRLS \$125

Invite only/ Meets twice a week

This class is for participants who have mastered all gymnastics skills and progressions in Intermediate Girls II.