



**CLARKSVILLE
ELITE
GYMNASTICS
CENTER**

Elite Ninja Program

Ages 3-17!



OUR FOCUS



Exercise by learning ninja skills while having fun creating flexibility and strength.



A well-structured and positive class that provides a supportive atmosphere for our students.



Ninja will provide social interaction, while fostering a sense of community and connection.

WHY CHOOSE US?

Ninja training stands as an exceptional discipline, honing a range of motor skills and fostering significant improvements in your child's overall physical coordination. Immersing themselves in the intricacies of ninja maneuvers not only enhances physical abilities but also sparks problem-solving, perseverance, and the development of cognitive capabilities.

CONTACT US



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WARPED WALLS

Ascend to new heights with our ninja program's state-of-the-art warped walls! We focus on teaching essential climbing skills, and safe descent techniques, ensuring participants navigate obstacles with confidence and precision. Our priority is safety, emphasizing controlled drops and slides for descent. Moreover, our supportive environment helps participants overcome fear of heights through progressive exposure and positive reinforcement, fostering courage and determination with each successful climb.



NINJA OBSTACLE COURSE

Dive into our dynamic obstacle area and refine your skills! Our program focuses on enhancing speed, coordination, and agility as participants navigate obstacles with precision. Under expert guidance, students learn to move fluidly through each challenge, honing their technique and building confidence. Safety is key, and participants master bail techniques to navigate obstacles with minimal risk. With our supportive environment and progressive training, students develop the resilience to conquer any course challenge.



NINJA WARRIOR RIG

Embark on the ultimate ninja adventure as you tackle our Ninja Warrior Rig, featuring obstacles inspired by the iconic challenges seen on American Ninja Warrior! Test your limits and refine your skills in balance, strength, and hand-eye coordination as you navigate a series of thrilling obstacles. From swinging rings to moving monkey bars, our rig offers a dynamic environment for students to push themselves to new heights and conquer each challenge with determination.



FLOOR

Step onto our versatile floor area and dive into the world of movement mastery! Here, we prioritize form and technique, guiding students through a range of fundamental skills such as cartwheels, handstands, and safety rolls. Our program fosters a deep understanding of movement mechanics, empowering students to become true specialists in their craft. With a focus on precision and control, participants refine their skills under expert instruction, building a strong foundation for their ninja journey. Our floor area is the perfect space to develop essential movement skills and unleash their full potential.