



FLIP OUT NINJA'S

Our Flip Out Ninja classes are perfect for those energetic kids who just want to flip, twist, & move like a real ninja!

Ninjas is an NSW Active Kids approved after school sports program aimed at boosting confidence, fitness, core strength and agility. It's a fun fusion of trampolining and gymnastics where kids learn how to do flips and other tricks.

We offer beginner, intermediate and advanced classes to cater for a broad range of ages and capabilities. Using our graded belt system, skilled instructors work with the individual capabilities of your child, coaching them to reach their individual potential and encouraging them to move on to the next belt once they have mastered the skills required. Above all we aim to make lessons fun!

Rewarding effort and achievement

At the end of each lesson a Ninja of the Week award is given to the child that has put in the most effort and this entitles them to a half hour free jump session. To celebrate progress and reflect on achievements we hold an end of term party where each child receives an individual award certificate outlining the skills they have mastered within the belt system.

Program cost

The cost for a 10-week term is \$130. This entitles your child to a 1 hour class once a week on the day/time you elect. New registrations also receive a Flip Out drink bottle, bag and magic bandana.



NORTH WOLLONGONG

\$130 (10 week term)

\$20 casual

Classes run weekday afternoons and Saturday mornings during the school term. Ask us for a copy of our term timetable

**Beginners
Intermediate
Advanced**

**Got a little one under 5?
Ask us about our Mini Ninjas program!**

**30 minutes free flipping before or after class-
Term Payment Only**

For more information give us a call us on 4229 1752 or email us at northwollongong@flipout.net.au

www.flipout.net.au