



NINJA WARRIOR SUMMER CAMP

July 8-12

9am-4pm

Register [HERE](#)

General Schedule:

9-9:30am Open Play

9:30-10:15am Warm-Up Obstacle Course

10:15-11am Team Relay Competition - Hit the buzzer!

11-11:45am Gymnastics Circuit

12-1pm Lunch & Craft

1-2pm Parkour Practice

2-2:45pm Tumble Circuit

2:45-3:30pm Strength Training & Trampoline Time

3:30-4pm Open Play

Schedule Description

9-9:30am Open Play

- While campers are arriving, our staff will be checking people in and getting kids comfortable, facilitating introductions in a casual, laid-back setting.

9:30-10:15am Warm-Up Obstacle Course

- We'll take all the mats in the gym to create a fun, challenging Ninja Warrior inspired obstacle course!

10:15-11am Team Relay Competition - Hit the buzzer!

- We'll divide campers up into teams and host a friendly competition of Ninja Warrior-style challenges, promoting teamwork and sportsmanship!

11-11:45am Gymnastics Circuit

- Staff will set up two separate, basic tumbling circuits suitable for both beginners and intermediate/advanced tumblers. Here, athletes will safely learn new tumbling skills and bond with other kids!



12-1pm Lunch & Craft

- Our crafts include: Ninja Headband decorating on Monday, Ninja Warrior medals on Tuesday, create Obstacle Course Blueprints on Wednesday, Coloring motivational quotes on Thursday, and a Photo Booth photoshoot on Friday.

1-2pm Parkour Practice

- Learn to jump, roll, and flip safely on our mats! Each day will focus on a new skill, such as running up a wedge mat as a warp-wall or jumping down from a tall mat to a safety roll.

2-2:45pm Tumble Circuit

- Staff will set up one massive tumbling circuit, and will tell each child what they should work on at each station depending on their experience level.

2:45-3:30pm Strength Training & Trampoline Time

- From bicep curls with resistance bands, to push-ups off of a mat, we've got a lot of equipment to make fitness FUN!

3:30-4pm Open Play

- Similar to how they arrived, campers will get to hang out as they wait for their parents to arrive. If someone different is picking them up than the person who dropped them off, be sure to tell a staff member at drop-off!