



FOREST CITY GYMNASTICS

2449 Dundas Street E

London, ON N5V 3C8

519-452-3242

www.forestcitygym.com

Fall Session – Monday, September 14, to Sunday, December 20, 2026 (14 Weeks)

Closure – October 11 and 12, 2026 for Thanksgiving (Sunday & Monday classes are 13 Weeks)

50% deposit is due within 7 days of registration, remaining 50% due on the first class. All fees subject to HST

Membership fee of \$45.00 plus HST due at registration and valid from July 1, 2026, to June 30, 2027

PROGRAM	MON	TUES	WED	THURS	FRI	SAT	SUN
Ninja Tykes 4-5 years old 1 hour Class \$440		4:30pm	4:30pm	4:30pm		9:00am	
Little Ninjas 6-8 years old 1 hour class \$440	4:30pm		5:45pm		4:30pm	10:15am 11:30am	
Ninja Kids 7-10 years old 1 hour class \$440	5:45pm		7:00pm		5:45pm	12:45pm	
Intermediate Ninjas 7-12 years old 1 hour class \$440	7:00pm	5:45pm		5:45pm		2:00pm	
Advanced Ninja Ages 8+ 1.5-hour class Invite only \$555		7:00pm		7:00pm			

Unleash Your Inner Ninja!

Our high-energy Ninja program combines gymnastics, obstacle training, martial arts, and parkour into one action-packed experience!

Each week, kids will climb, swing, jump, tumble, and conquer exciting challenges while building strength, coordination, agility, body awareness, and confidence.

Every class includes a warm-up, stretching, conditioning, martial arts fundamentals, bar training, and an ever-changing obstacle course—all in a safe, supportive, and structured environment.

Ninja Tykes, Little Ninjas & Ninja Kids

Class Length: 1 hour

Headbands: Light and Wind

The perfect starting point for future ninjas! These age-based beginner classes introduce the essential skills needed to climb, balance, jump, and move with confidence. Courses are tailored to each group's age, size, and ability—and no previous experience is required.

Intermediate Ninjas

Class Length: 1 hour

Headbands: Wind and Water

Ready for the next challenge? Intermediate Ninjas take on tougher bar and obstacle courses while developing greater strength, speed, and agility. With experience in gymnastics and martial arts recommended, students begin building the progressions needed for exciting skills like flips.

Advanced Ninjas

Class Length: 1.5 hours

Headbands: Water and Earth

For experienced ninjas ready to level up! Students tackle advanced courses, handsprings, flips, and intricate skill combinations. With a strong focus on safe progressions, conditioning, and flexibility, they'll develop the power, control, and confidence needed to master their most challenging moves yet

Registration is based on a first come first serve basis. We DO NOT hold classes without payment by the due date.

To promote, foster and love of sport