FOREST CITY GYMNASTICS

2449 Dundas Street E
London, ON N5V 3C8
519-452-3242
www.forestcitygym.com

Winter Session – Monday, January 4th, to Sunday, April 25th (15 Weeks)
Sunday & Monday classes are 14 Weeks, all fees prorated

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 $465		4:30pm (6 spots)	4:30pm **FULL**	4:30pm (5 spots)		9:00am (2 spots)	
Little Ninjas 6-8 years old 1 hour class $465	4:30pm (5 spots)		5:45pm (3 spots)			10:15am (4 spots) 11:30am (6 spots)	
Ninja Kids 7-10 years old 1 hour class $465	5:45pm (8 spots)		7:00pm (8 spots)			12:45pm (7 spots)	
Intermediate Ninjas 7-12 years old 1 hour class $465	7:00pm (5 spots)	5:45pm (8 spots)		5:45pm (8 spots)		2:00pm (8 spots)	
Advanced Ninja Ages 8+ 1.5-hour class Invite only $585		7:00pm (8 spots)		7:00pm (8 spots)			

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.

There is a closure week due to our hosting of a competition – The gym is closed from January 19th to 24th.
Family day make up is set for January 18th

To promote, foster and love of sport