



NINJA TRAINING CAMP

**TRAIN LIKE A NINJA,
BECOME AN ALL AMERICAN SUPER NINJA!**

July 8 - July 12

Ages: Kindergarten and Up

Cost: \$400



Camp will focus on conditioning and agility training with the use of "Ninja Warrior" style Obstacle Courses, Flips, Runs and Spins, Vaults, Beam Jumps, Rope Swing, Rings, Falls, and Trampoline. All done with proper progression and matting.

Specialty Ninja Equipment

- 9 foot warped wall
- 6 foot warped wall
- agility ladder
- ring challenge
- horizontal climbing wall
- monkey bar-stair challenge
- slack line
- hanging slack line
- 4 obstacle hanging challenge
- climbing rope
- slanted steps
- cargo net
- ninja obstacle challenge

Camp Schedule

Monday-Thursday Training Days
9:30am-3:30-pm

Friday Competition Day
9:30-12:30pm

*Parents are encouraged to come watch the Finals at 11:30 on Friday!

Campers will need to bring a lunch Monday - Thursday.

Register online at www.aag-stl.com

All American Gymnastics & Super Ninja
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