

2024 SUMMER Daytime Activities

WEEK 1: June 24-June 28NINJA-NASTICS SESSION 1WEEK 2: July 8-12NINJA-NASTICS SESSION 2WEEK 3: July 15-19NINJA-NASTICS SESSION 3WEEK 4: July 22-26*TEAM TRAINING WEEKWEEK 5: July 29- Aug 2NINJA-NASTICS SESSION 4WEEK 6: Aug 5-9NINJA-NASTICS SESSION 5WEEK 7: Aug 12-16*TEAM TRAINING WEEK*for current and future FBG team members or prior approval only



Frog Bridge's Summer Day-Time Activities include ninja warrior obstacle courses and activities, gymnastics instruction and games and other fun activities in our **AIR-CONDITIONED LOCATION** at the **EAST BROOK MALL**.

<u>Half- Day Activities</u> are for boys and girls ages 5 & older (younger by permission only). Bring a snack and drink and clean sneakers for our ninja obstacles.

All participants must complete the FBG Online Registration before participating.



Register online at <u>www.frogbridgegymnastics.com</u> 95 Storrs Road, Willimantic, CT 06226 | (860) 786-7107 | frogbridgegym@gmail.com

2024 SUMMER CLASSES (JULY 9TH - AUGUST 16TH)



CLASS SCHEDULE

Tadpoles Gymnastics (Parent w/ Tot ages 2- 3.5yrs) Tues 4:00-4:45 | Weds 10:00-10:45 am Little Leapers Gymnastics (Preschool ages 3.5-5 yrs) Weds 11-11:45 am | Thurs 4:45-5:30 Frog Bridgers (Beginners Gymnastics ages 5+ up) Tues 4:00-5:00 | Weds 4:45-5:45 | Thurs 4:00-5:00 Advanced Frog Bridgers (Intermediate Gymnastics-by permission/evaluation only) Tues 5:30-7:00 Cheer Tumbling (Basic-Advanced Tumbling for Cheer) Tues 7:00-8:00 Lil' Ninjas (Parent w/ Tot ages 4-6yrs) Tues 4:45-5:30 | Weds 4:00-4:45 | Weds 4:45-5:30 Intro Ninjas (Beginners Ninja ages 7+ up) Tues 5:00-6:00 | Thurs 4:00-5:00 Ninjas (Intermediate-Advanced Ninja ages 7+ up) Weds 5:30-6:30 | Thurs 4:45-5:45

If you have a group of three or more students and wish to have a class at a time not listed on our schedule please contact our office and we would be happy to see if we can meet your request.



TEAM SCHEDULES & RATES AVAILABLE UPON REQUEST

IN ORDER TO PARTICIPATE, AN ONLINE REGISTRATION & PAYMENTS MUST BE RECEIVED PRIOR TO THE FIRST CLASS.

GO TO www.frogbridgegymnastics.com for more information on our programs including our "FANTASTICALLY" FUN NINJA-NASTICS DAYTIME ACTIVITIES!

SIGN UP ONLINE www.frogbridgegymnastics.com | (860) 786-7107 | Frogbridgegym@gmail.com