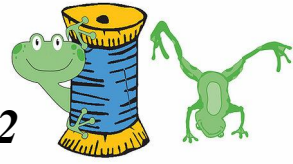


# FROG BRIDGE GYMNASTICS & NINJA

## 2023-24 CLASS SCHEDULE: SEPT 5 - JUNE 22



*Daytime group classes for 4 or more students are available upon request for any of the classes listed below.  
Schedule a time Tues-Fri between 9am-4:00pm that works best for your group.*

**TADPOLES:** Parent & Tot Gymnastics Classes (ages 20 mo.- 3.5 years)  
Tues 3:30-4:15/ 5:30-6:15/ Thurs 10-10:45am/ Fri 4:30-5:15/ Sat 9:30-10:15am/ 10:30-11:15am

**LITTLE LEAPERS:** Preschool Gymnastics Classes (Ages 3.5- 5 years)  
Tues 3:30-4:15/ 5:30-6:15/ Weds 4:15/ Thurs 10-10:45am/ Thurs 4:15-5:00/ Thurs 5:30-6:15/ Fri 5:30-6  
Sat 9:30-10:15am/ 11:30-12:15

*All preschool students will be required to have a parent during class until the teacher determines that they are ready to be independent.*

**INTRO FROG BRIDGERS:** Beginner Level Gymnastics Classes (Ages 5-7 Y/ Ages 8 & up O)  
Tues 4:30-5:30 Y/ Thurs 4:30-5:30 Y & O/ Fri 6:30-7:30 O/ Sat 9:30-10:30am Y/ Sat 11:30am-12:30pm O

**FROG BRIDGERS:** Intermediate Level Gymnastics Classes (Ages 5-7 Y/ Ages 8 & up O)  
*Must have completed the Intro Frog Bridger class or schedule a time for an evaluation*  
Tues 4:30-5:30 Y/ Tues 6:30-7:30 Y & O/ Weds 5:00-6:00 Y/ Thurs 6-7:00 O/  
Fri 4:30-5:30 Y/ 5:30-6:30 Y/ 6:30-7:30 O/ Sat 10:30-11:30am Y/ 12:30-1:30 O

**ADVANCED FROG BRIDGERS:** Advanced gymnastics class students are selected by coaches based on level (Ages 6+)  
Tues 6:30-8/ Thurs 6:30-8/ Sat 11:15-12:45

**HOME-SCHOOL GYMNASTIC, NINJA & COOPERATIVE GAMES-** Weds 3:15-4:15/ Thurs 11:15am-12:15pm/ Thurs 12:45-1:45 All levels are welcome! Grouped by ages. This will be a fun PE activity with a focus on gymnastics, ninja & cooperative group games. If your homeschool group of 4 or more requires a different time please let us know.

**SPECIAL NEEDS, FIELD TRIPS, TUMBLING CLASSES** - available to groups of 4 or more upon request

**ADULT/ TEEN OPEN GYM:** Ages 15 & up. Supervised time for use of our gymnastics or ninja equipment. \$15 per hour or punch card of 5 open gyms for \$60/ 10 punches for \$100. Monday and Weds 8-9:00pm/ Sunday 5-6:00pm

**GIRLS TEAM LEVELS XCEL BRONZE- DIAMOND:** Ages 5 and up. Schedules and rates available upon request.

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**NINJA TRAINING CLASSES:** Work on the skills needed to become the next American Ninja or Junior Ninja Warrior! We have a specially designed strength & agility building ninja training center with a variety of obstacles ranging from novice to ultra challenging. We have the Warped Wall, Ultimate Cliff- Hanger, Salmon Ladder, Ropes, Rings & much, much more.  
Great cross-training for youth & adults!

**LIL' NINJAS:** Parent & Tot Ninja Class (ages 4-6 years)  
Tues 4:30-5:15/ Weds 4:15-5:00/ Thurs 4:45-5:30/ 5:30-6:15/ Sat 11:30-12:15

*Lil' Ninja students are required to have a parent during class until the teacher determines that they are ready to be independent.*

**INTRO NINJAS:** Beginner Level Ninja Classes (Ages 7+)  
Tues 5:30-6:30/ Thurs 6:30-7:30/ Fri 4:30-5:30/ Sat 9:30-10:30am/ Sat 12:15-1:15

**NINJA 1:** Intermediate Level Ninja Classes (Ages 7+)- *students must have completed intro level or schedule a time for evaluation*  
Tues 5:30-6:30/Weds 5:00-6:00/ Fri 5:30-6:30/ Sat 10:30-11:30

**NINJA 2:** Advanced Level Ninja Class (*by try-out only or prior approval*)  
Tues 6:30-8/ Thurs 6:30-8 / Fri 6:30-8/ Sat 10:30-12

**ADULT NINJA & GYMNASTICS CROSS- FIT- TIMES TBA**

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**GYMNASTICS & NINJA PARTIES OR FIELD TRIPS:** Let your guests "BOUNCE" off of our walls! Great fun for birthdays, family gatherings, school groups, team parties, etc...includes supervised gymnastics or ninja obstacle courses and age appropriate games (dodgeball, etc..). Check out our website for more information!

**LOCATED IN THE EAST BROOK MALL (across from Famous Footwear)  
95 STORRS ROAD, MANSFIELD, CT (860)786-7107**

[www.frogbridgegymnastics.com](http://www.frogbridgegymnastics.com) [frogbridgegym@gmail.com](mailto:frogbridgegym@gmail.com)

# FROG BRIDGE GYMNASTICS & NINJA

## 2023-2024 RATES- Sept 5, 2023- June 22, 2024



<p><b><u>Session Rates</u></b>  <b>(8 week rates- 8 classes)</b>                  45 min Gymnastics \$175                  45 min Ninja \$175                  1 hour Gymnastics \$185                  1 hour Ninja \$185                  1.5 hour Gymnastics \$230                  1.5 hour Ninja \$230</p> <p><i>SPLIT PAYMENT OPTIONS AVAILABLE</i></p>	<p><b><u>Session Dates</u></b>  <b>Session 1: Sept 5- Oct 30</b>                  (closed October 31st)  <b>Session 2: Nov. 1- Jan 8</b>                  (Holiday Break- Nov 22-25 &amp; Dec 24-Jan 1)  <b>Session 3: Jan. 9- March 2</b>                  (Closed Jan 15th MLK Day)  <b>Session 4: March 5- April 27</b>  <b>Session 5: April 30- June 22</b>                  (Closed May 27th Memorial Day                  &amp; June 19th Juneteenth Day- Weds classes will be prorated to reflect 7 weeks )</p>
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<p><b>Sibling discounts available!</b>                  10% off 2nd family member enrolled, 20% off 3rd, etc..</p> <hr/> <p><b>Early Bird Discount</b>                  10% off full Session 1 payments made before July 15</p>	<p><b><i>WE OFFER ON-GOING ENROLLMENT!</i></b>  <i>Tuition will be prorated.</i></p>	<p>All students are on <b><u>CONTINUOUS ENROLLMENT</u></b> from Session 1 thru Session 5 until you <b><u>DISENROLL</u></b>. You must fill out a disenroll form 2 weeks before the next 8 week session begins or you <b>WILL be CHARGED</b> for the following 8 week session.</p>
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**SPACES ARE LIMITED! SIGN-UP EARLY TO GET YOUR CHOICE CLASS TIME!**

We are currently accepting online registrations and payments using our Jackrabbit parent portal. If you need any assistance with registration please contact us at [frogbridgegym@gmail.com](mailto:frogbridgegym@gmail.com)

**HUGE DISCOUNTS WHEN YOU TAKE MULTIPLE CLASSES EACH WEEK!**

*Ninja/Gymnastics combos apply*

***This rate chart is based on an 8 week session. Monthly split payment options are available.***

	1 Class Weekly		2 Classes Weekly 25% off 2nd class		3 Classes Weekly 25% off 2nd class/ 50% off 3rd class	
	Full Payment	Split Payment	Full Payment	Split Payment	Full Payment	Split Payment
<b>45 Min Class</b>	\$175	\$87.50	\$306.25	\$153.13	\$393.75	\$196.88
<b>1 Hour Class</b>	\$185	\$92.50	\$323.75	\$161.88	\$416.25	\$208.13
<b>1.5 Hour Class</b>	\$230	\$115	\$402.50	\$201.25	\$517.50	\$258.75

**FOR MORE INFO** email us at [frogbridgegym@gmail.com](mailto:frogbridgegym@gmail.com)  
**REGISTER ONLINE AT** [www.frogbridgegymnastics.com](http://www.frogbridgegymnastics.com)