



FROG BRIDGE GYMNASTICS & NINJA TRAINING CENTER

2022-23 CLASS SCHEDULE: SEPT 6 - JUNE 17

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

TADPOLES: Parent & Tot Gymnastics Classes (ages 2- 3.5 years)

Tues 9-9:45am/ Thurs 5:30-6:15/ Fri 9-9:45am/ Fri 4:30-5:15/ Sat 9:30-10:15am

LITTLE LEAPERS: Preschool Gymnastics Classes (Ages 3.5- 5 years)

Tues 10-10:45am/ Tues 5:30-6:15/ Thurs 4:30-5:15/ Thurs 5:30-6:15/ Fri 9-9:45am/ Sat 9:30-10:15am

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+)

Tues 4:30-5:30/ Thurs 4:30-5:30/ Fri 5:30-6:30/ Fri 6:30-7:30/ Sat 9:30-10:30am/ Sat 11:30am-12:30pm

FROG BRIDGERS: Intermediate Level Gymnastics Classes (Ages 5+)

Tues 4:30-5:30/ Tues 5:30-6:30/ Weds 4:30-5:30/ Fri 6:30-7:30/ Sat 10:30-11:30am

ADVANCED FROG BRIDGERS: Advanced gymnastics class students are selected by coaches based on level (Ages 6+)

Mon 5:30-7:00/ Thurs 6:30-8/ Sat 11:30-1:00

ADULT GYMNASTICS CLASS & CROSS-TRAINING - Weds 7:30-9pm. All levels are welcome! This will be a fun way to learn (or re-learn) gymnastics skills and to strengthen muscles you never knew you had!

SPECIAL NEEDS, HOMESCHOOL & 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 Friday 7:30-8:30pm

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

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 10-10:45am/ Tues 4:30-5:15/ Weds 4:30-5:15/ Thurs 5:30-6:15/ Sat 10:30-11:15am/ Sat 11:30am-12:15pm

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/ Weds 3:15-4:15 (HOMESCHOOL)/ Fri 4:30-5:30/ Sat 9:30-10:30am/ Sat 10:30-11:30am

NINJAS: Intermediate to Advanced Level Ninja Classes (Ages 7+)

Tues 6:30-7:30/ Thurs 6:30-7:30/ Fri 5:30-6:30/ Sat 12:15pm-1:15pm

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, fun gymnastics or ninja gym circuits and age appropriate games. 90 MINUTE PARTY for up to 10 participants \$225/ Unregistered Families \$250

11-15 participants \$275/ Unregistered Families \$300

\$15 for each additional participant

Parties are available Saturdays after 2:00 and Sundays after 10:00am. Field trip times are available throughout the week.

Email Frogbridgegym@gmail.com to schedule

LOCATED IN THE EAST BROOK MALL

95 STORRS ROAD, MANSFIELD, CT (860)786-7107

www.frogbridgegymnastics.com frogbridgegym@gmail.com

FROG BRIDGE GYMNASTICS & NINJA TRAINING CENTER

2022-2023 RATES- Sept 6, 2022- June 17, 2023



<p><u>Session Rates</u> (8 week rates)</p> <p>45 min Gymnastics \$165 45 min Ninja \$165 1 hour Gymnastics \$175 1 hour Ninja \$175 1.5 hour Gymnastics \$221</p> <p>SPLIT PAYMENT OPTIONS AVAILABLE</p>	<p><u>Session Dates</u></p> <p>*Session 1: Sept 6- Oct 29 (closed October 31st)</p> <p>Session 2: Nov. 1- Jan 7 (Holiday Break- Nov 22-27 & Dec 24-Jan 1)</p> <p>*Session 3: Jan. 9- March 4 (Closed Jan 16th MLK Day)</p> <p>Session 4: March 6- April 29</p> <p>**Session 5: May 2- June 17 (Closed May 29th Memorial Day)</p> <p><i>*Make-ups are available for October 31st, December 24th, January 16th, May 29th</i></p> <p><i>**7 week session. Tuition will be prorated.</i></p>
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<p>Sibling discounts available! 10% off 2nd family member enrolled, 20% off 3rd, etc..</p>	<p>WE OFFER ON-GOING ENROLLMENT! <i>Tuition will be prorated.</i></p>	<p>Registration Fee-\$10 per session/per member <i>Maximum yearly registration per family \$80</i></p>
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LIMITED ENROLLMENT!

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

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 second class		3 Classes Weekly 50% off third class	
	<i>Full Payment</i>	<i>Split Payment</i>	<i>Full Payment</i>	<i>Split Payment</i>	<i>Full Payment</i>	<i>Split Payment</i>
45 Min Class	\$165	\$82.50	\$288.75	\$144.38	\$371.25	\$185.63
1 Hour Class	\$175	\$87.50	\$306.25	\$153.13	\$393.75	\$196.88
1.5 Hour Class	\$221	\$110.50	\$386.75	\$193.38	\$497.25	\$248.63

FOR MORE INFO email us at frogbridgegym@gmail.com
REGISTER ONLINE AT www.frogbridgegymnastics.com