

Welcome to Patti's All-American!

What to Expect from Your All-American Ninjas Class (Ages 3½–12)

Welcome to our All-American Ninja family! Our Ninja program combines obstacle training, martial arts, gymnastics, and freestyle movement to build strength, agility, confidence, and discipline.

Facility & Arrival Guidelines

1. **Arrival Time:** Please arrive 5–10 minutes before class starts (or earlier if you need to purchase uniform gear in the Pro Shop).
2. **Sibling Supervision:** Parents must monitor children before class begins and keep non-participating siblings supervised at all times. For safety, siblings are not permitted inside the gym or dance rooms.
3. **First-Day Check-In & Nametags:** All parents must come inside on the first day to ensure a signed online policy agreement is on file. Pick up your child's nametag at the front desk before class.
4. **Cubbies & Preparation:** Cubbies are available inside the gym for coats, street shoes, and bags. Students can change into gymnastics shoes on the carpet edge of the springfloor, then wait on the benches or bleachers until called.
5. **Restrooms:** Remind your child to use the restroom before class. If they need to go during class, they must ask their coach's permission first so the group stays accounted for.
6. **Required Uniform & Apparel:** To foster discipline, team unity, and maximum safety, all ninja students must wear the official uniform on day one
 - a. **Top:** Official Ninja T-Shirt (purchased in our Pro Shop)
 - b. **Headband:** Official Ninja Headband (purchased in our Pro Shop)
 - c. **Bottoms:** Black athletic shorts
 - d. **Footwear:** Clean gymnastics shoes (fitted and purchased in our Pro Shop)



Levels of All-American Ninjas:

Red (Ninja Bear)

Navy (Beginner)

Purple (Advanced Beginner)

Yellow (Intermediate)

Black (Advanced)



5 Tips for Ninja Class Success

1. **Focus & Safety First:** The gym can get loud and high-energy! Remind your ninja to stay focused on their coach, wait their turn at obstacle stations, and stay with their group. Note: Ninja class is a structured learning environment, not open gym time, and students may not leave the floor during class.
2. **Support from the Bleachers:** Parents are welcome to watch! Please support your ninja with praise from the sidelines rather than coaching or shouting instructions. Praise is the ultimate motivator! If a discipline issue arises, your instructor will consult you for guidance.
3. **Individual Growth Speeds:** Avoid comparing your child's skill progress to other students. Every ninja learns at their own pace. Instructors are trained to adapt challenges for multi-level groups, and students often learn a lot simply by observing their peers.
4. **Spectator Flexibility:** While most parents stay and watch, it isn't mandatory. If you must step away, please inform the instructor or customer service desk and ensure we have an updated cell phone number on file for emergencies.
5. **Accelerating Skill Progression:** If your ninja wants to level up faster or needs extra practice on specific skills, consider adding a 2nd weekly class (with a \$20-25 discount!), booking a private lesson, or asking their coach for custom home drills.