

Y NINJA TRAINING CENTER

TORRINGTON YMCA



YOU CAN BE A NINJA WARRIOR

NINJA JUNIORS

Ages 6-12 Years.

Level 1: Your young beginner ninja will focus on the basics of Balance, Jumping, Climbing, Rolling, Swinging, Vaulting, Grip, and Footwork in this 60 minute class. A warm-up will help improve endurance and strength in body weight exercises. Each class will introduce new challenges. Class concludes with a run through a course of learned obstacles.

Torrington: Mon 4 pm • Mon 6 pm • Tue 5 pm • Wed 6 pm
• Fri 4 pm • Fri 6 pm • Sat 9 am • Sat 10 am

Level 2: Our level 2 classes for your young ninja will take place in a faster paced class environment. Level 2 ninjas are progressing more quickly through skills and obstacles with increasing levels of difficulty. Must complete at least one Level 1 class to participate in this class. Starting in the Spring 2 Session.

Torrington: Mon 6 pm • Wed 6 pm • Fri 6 pm

NINJA WARRIORS

Ages 13-16 Years.

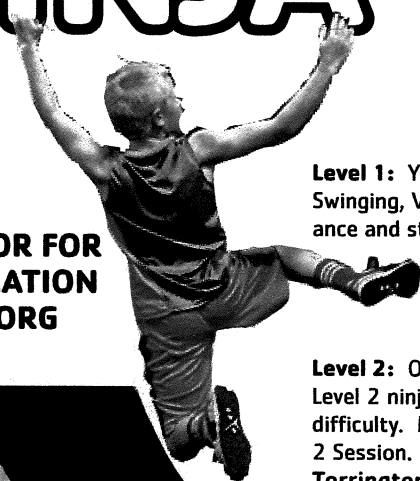
Level 1: Level 1 teen ninja warriors will focus on basic skills and overcoming obstacles. In this 60 minutes class your ninja will receive 30 minutes of coaching through obstacles after completing a 10 minute warm up with focus on strength and endurance and have 20 minutes of open gym time at the end.

Torrington: Mon 5 pm • Fri 5 pm

Level 2: Level 2 teen ninja warriors will experience a faster paced class environment with a focus on more advanced obstacles and freedom to work on their individual areas of interest. Ninjas will go through a 10 minute warm-up and 20 minutes class before 30 minutes of open gym time. Starting in the Spring 2 Session.

Torrington: Fri 5 pm

TO REGISTER OR FOR
MORE INFORMATION
VISIT YNINJA.ORG

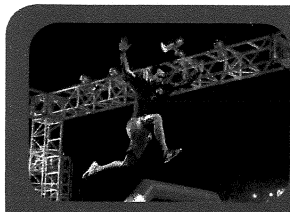


NOW BOOKING
BIRTHDAY PARTIES

GIRLS JUST WANT TO HAVE FUN

Ages 8-13. A ninja warrior experience for girls only. This fitness focused program will introduce participants to new challenges that will slowly increase in difficulty class after class.

Torrington: Tue 4 pm



COME TRYOUT THE CENTER & MEET
"AMERICAN NINJA WARRIOR" ICON
JOE 'THE WEATHERMAN' MORAVSKY.
SATURDAY MARCH 9TH

YOUTH BASEBALL PRESEASON TRAINING

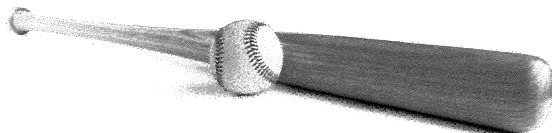
These clinics provide ample time to make sure all players learn proper techniques and have adequate time to practice skills in a variety of drills. Program is led by former collegiate player Tim Cederberg. Sessions begin **March 2** and run for 4 weeks.

READINESS CLINIC

AGES 9-12: Designed to help the young ballplayer get ready for his or her spring tryouts. Players will be led through the fundamentals of throwing, fielding and batting.
Torrington: Sat 3-4 pm

PITCHING CLINIC

AGES 10-14: Designed to help aspiring pitchers learn fundamental mechanics of effective pitching as they are led through key check-points of consistent pitching
Torrington: Sat 4-5 pm



VERTIMAX

EXPLOSIVE TRAINING FOR YOUNG ATHLETES

Ages 11-18 Years. Increase your explosive power, agility, lateral acceleration and decrease your injury risk with our safe jump training system. Our VERTIMAX technology is a sophisticated jump training platform with bands that attach to various points to the body for resistance. Using movement's specific in sport, these bands of resistance help influence total body power and acceleration for athletes. 30 minutes.
Torrington: Tue & Thu 3:30 pm



YOUTH BASKETBALL SKILLS & DRILLS

Ages 6 to 13 Years.

This program as participants develop skills such as dribbling, passing, shooting and teamwork. More importantly, this program encourages youth to explore the game of basketball in a fun and stimulating environment. 45 minutes.

Torrington: 6-9 year olds - Mon 6 pm
10-13 year olds - Mon 7 pm

GYMNASTICS

KINDERNASTICS

Ages 3-5 Years. Learn the basics of tumbling and cartwheels in our fun preschool class. Balance beam is introduced as well. 30 minutes.
Torrington: Thu 6 pm • Sat 9:15 am

CARTWHEELIN' KIDS (BEGINNER)

Age 6 and Up. Learn the basics of tumbling and cartwheels in our fun gymnastics beginner class. Balance beam skills are included as well. 45 minutes.
Torrington: Thu 4 pm • Sat 9:45 am

LITTLE FLIPPERS (INTERMEDIATE)

Age 6 and Up. Learn more challenging skills like round-offs and back hand springs. Participants must have completed Cartwheelin' Kids to attend this course.
Torrington: Thu 5 pm • Sat 10:30 am



TINY TUMBLERS

Ages 1 to 3 years. Toddlers learn to twist and roll on their own teaching independence and confidence while building strength and flexibility. Mats are used to roll, twist and flip while a balance beam is offered as well.
Torrington: Wed 11:15 am • Thu 2 pm

AFTER SCHOOL GYMNASTICS

Ages 3-12. Have some fun after school as you learn the basics of gymnastics and progress accordingly. Option to bus child directly from school. Snack provided.

Torrington: Preschool age- Wed 3:30 pm - 4:00 pm; School age- Wed 4:00 pm - 5:00 pm
Fee: Facility Member \$50;
Program Member \$100.