



Introducing Lil Ninjas—an exhilarating adventure for young enthusiasts who thrive on excitement! Designed for kids with boundless energy, this dynamic program is perfect for those who revel in jumping, rolling, and climbing their way through challenges.

For the daring souls who crave a little challenge and love the thrill of a fast-paced environment, Lil Ninjas is the ultimate playground. Each week, your child will conquer new physical challenges, fostering independence and teamwork. Lil Ninjas not only encourages physical prowess but also promotes mental resilience, pushing boundaries, and achieving milestones with care and support.

This class is a haven for kids who relish sports, play, and are eager to build coordination for dance. But it's not just about physical activities—Lil Ninjas incorporates critical thinking skills through activities like sorting colours, creating puzzles, and much more.

In the Acro component of the class, Lil Groovers will discover new moves, while enhancing their balance, flexibility, and strength through foundational acrobatic techniques like straddles, bunny hops, and pikes. It's not just a just a class; it's an expedition of growth, excitement, and achievement.

