

## **New Specialty Camp Offering!** **For Wee & Primary Campers** **Ninja Camp**

Join us for our new and exciting Ninja Camp, a unique and empowering approach to fitness which fuses the elements of gymnastics, obstacle training and freestyle movement into a fun, inspiring camp week for children!

Our Ninja Camp curriculum teaches and reinforces 8 main areas, with each and every activity during the week highlighting a specific skill or set of attributes:

- Focus/Concentration
- Perseverance/Teamwork
- Courage
- Discipline/Intensity
- Coordination/Speed
- Fitness/Agility
- Control/Technique
- Flexibility

Camp Life: Each day we encounter new and fun challenges as we channel children's excitement and energy into a fun camp week designed to develop strength, agility, balance, acceleration, stealth, and the control of body movement.

We will use the gym, playground, and the grass area for fun movement games, stations, outdoor adventures, obstacle training and more!

Ninja Camp is perfect for campers looking to safely explore their physical capabilities in a creative, fun and fast-paced environment!

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**SUMMER FUN . . . NINJA CAMP**

We're very excited to be running a Ninja Camp this summer with Chris Calveley. Chris' passion is teaching and he loves to give children the



opportunity to experience freedom and creativity through play! He has been involved in sports and

education for over 20 years, running his own soccer company in the area and offering Soccer, Ninja, and movement classes in preschools and local schools. He



the Head of the Girls Soccer team at Morris-town Beard School and they won the 2018 NJ State Championship, the school's first ever. Chris

won the 2018 NJ Coach of the Year Award; runs a number of voluntary programs for the Children's Specialized Hospital in Mountainside, and inner city youth programs in Elizabeth, as well as at Lantern Hill - New Providence, and the Cancer Support Community, Central NJ.



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