



Twin City Twisters is an established gymnastics program that opened in 1987. TCT has produced 2 Team USA World Championship Team members, countless national team members, many earning full ride division 1 college scholarships and many individual and team state, regional and national titles. Our Brooklyn Park facility is full of challenging and exciting Ninja Warrior obstacles as well as a foam pit, trampolines and more!



Our fun, enthusiastic, creative camp instructors are super excited to be coaching ninja camp.

All summer camps will be held at our at Brooklyn Park facility: 10351 Xylon Ave. N. Suite 140.

Access is off Winnetka and Oxbow Creek Dr.

### Options Available

Summer Ninja Camp will only be offered select weeks throughout the summer. Registrations will be accepted for entire weeks, individual days & half days (AM and/or PM). Camp registration open for 2019 is open now. SIGN UP EARLY as space and availability are limited.

Twin City  
**TWISTERS**  
 GYMNASTICS  
 9001 123rd Ave. N.  
 Champlin, MN 55316  
 Phone: 763-421-3046  
 Fax: 763-421-1448  
 www.twincitytwisters.com



**NINJA CAMP  
2019**

**NEW ALL  
DAY OPTION!**



**AT  
TCT  
GYMNASTICS  
AND  
NINJA ZONE**



**NO NINJA  
EXPERIENCE NECESSARY**

# Summer Camp Coordinator

Jackie heads up our Brooklyn Park facility and is full of creative ideas that kids & parents can't get enough of. She has been running TCT's special events since 2018 and brings an awesome energy to each and every one.



## More Than Just Ninja

Kids get to work on things such as coordination and balance. They will also have free time along with ninja warrior obstacles and games!

Wow! We have so many fun things planned for each day at Ninja camp! Make sure to sign up at the front desk. Spots will fill up quickly. Phone: 763-421-3046 Fax: 763-421-1448

Registration deadline is the Wednesday prior to the week of camp.

# The Camp

Ninja camp gives your 3-12 year old the confidence to take on any challenge and gives you peace of mind knowing that you are contributing to their physical, mental and emotional well-being.

Plus, your ninja will learn to kick, jump and flip like characters in their favorite video games. It doesn't get much cooler than that!

Ninja sport is a ton of fun for kids and instills values and techniques that provide an important foundation for your child's success.



## A Typical Day

8:00-9:00 AM	Drop off/open gym
9:00-10:00	Ninja instruction
10:00-10:15	Snack
10:15-11:00	Games/activities
11:00-11:30	Organized open gym
11:30-12:30	Pick up (½ day) or lunch
12:30-1:30	Drop off/open gym
1:00-1:30	Craft
1:30-2:30	Ninja instruction
2:30-3:00	Snack
3:00-4:00	Open gym/pick up

\* Schedule subject to modification

Half day campers can sign up for morning (8:00-11:30) or afternoon (12:30-4:00)  
**\*\*3-5 year olds can only do ½ day mornings**

**Twin City Twisters 2019 Summer Ninja-Camp**

Please check the date you'd like to come

\_\_\_\_ June 10-14  
 \_\_\_\_ July 8-12  
 \_\_\_\_ Aug. 5-9

Name \_\_\_\_\_ Gender: M F Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Address \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home phone (\_\_\_\_) \_\_\_\_\_ Cel phone (\_\_\_\_) \_\_\_\_\_  
 Parent(s) name \_\_\_\_\_  
 In case of emergency contact: \_\_\_\_\_ Phone # (\_\_\_\_) \_\_\_\_\_  
 Insurance Company \_\_\_\_\_

Full week: \$280.00 per week/child  
 Single day: \$60.00 per day/child  
 Half day: \$30.00 per ½ day/child  
 Payable by: Cash / Check / Credit card  
 Card Type: Visa / MasterCard / Discover  
 Name on card: \_\_\_\_\_  
 Card # \_\_\_\_\_  
 Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Billing zip code \_\_\_\_\_  
 (prices subject to change)

Parent Permission: (must be filled out and signed before first class)  
 \_\_\_\_\_ has my permission to participate in a gymnastics class/field trip at Twin City Twisters Gymnastics. I am aware that there are risks involved and that serious injury, and even death may result with improper conduct of this activity. I have instructed my child to follow directions. I give permission to Twin City Twisters Gymnastics and/or an appropriate medical facility to make whatever emergency (e.g. first aid, disaster evacuation) measures as judged necessary for the care and protection of my child while under the supervision of Twin City Twisters Gymnastics. In case of a medical emergency, I understand that my child will be transported to an appropriate medical facility by the local emergency unit for treatment if the local emergency resource (Police, Rescue Squad) deems it necessary. The child will be transported at my expense. It is understood that in some medical situations, the staff will need to contact the local emergency resource before the parent, child's physician, and/or other adult acting on a parent's behalf. I fully disclaim, waive, and discharge Twin City Twisters Gymnastics, their instructors, and directors from all claims with regard to any personal injury that may be incurred by my child during this class. My child is in good physical health, and there are no medical conditions which would limit his/her participation in class.

Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_  
 Mail or drop off at: Twin City Twisters, 9001 - 123rd Ave. N., Champlin, MN 55316, p. 763-421-3046 f. 763-421-1448