



# NINJA MOVE

QC NinjaMove is proud to be an innovator in providing a youth fitness program founded on the competitive and recreational sport of "Ninja". We offer 7- week sessions and classes are comprised of 6 students. Each class lasts 50 minutes. Curriculum-based, age-appropriate instruction is provided. We have the only unique "Ninja" course in the QC area where curriculum and instruction are provided for students ages 4 to 9. We wish to instill within our students a sense of accomplishment and positive self-image in an environment where learning the fitness lifestyle is safe, rewarding and fun!

**Registration**  
begins February 10, 2020



**Register:**  
<https://parks.cityofdewittiowa.org>

**Fee is \$99-Classes begin March 10,11.**

**Tuesday-** 4pm 6-9 yrs  
5pm 4-5 yrs  
6pm 5-7 yrs

**Wednesday-** 4pm 4-5 yrs  
5pm 5-7 yrs  
6pm 6-9 yrs

**Classes held at DeWitt Fitness Center.**  
900 14th Street, DeWitt, Iowa. (563) 659-5127

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