

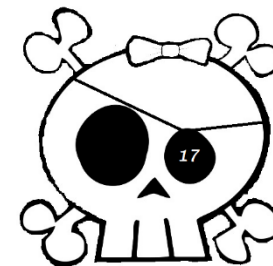


Presented by 17 Barbells Strength and Conditioning

In partnership with SSMGC



NINJA & OBSTACLE COURSE TRAINING



New to the Sault!

REBEL NINJAS

OC REBELS

Winter Training 2019

Registration Opens November 1, 2018

January 9, 11, 13
to
March 6, 8, 10
(9 Weeks)

HEALTH AND SAFETY

At the time of registration, medical forms must be completed and include emergency contact information, special needs, and health information.

CLASS CANCELCATION POLICY

If for any reason you are unsatisfied after your child's first class, we will provide you with a full refund. If you wish to cancel after the second week, we offer a pro-rated refund. After the third week, no refunds will be granted.

CLOTHING

REBELS should wear comfortable pants or shorts and a tshirt. Please no sports bras or crop tops. Long hair must be tied back. All jewelry must be removed, except for small stud earrings. Indoor shoes only – no outside shoes allowed in course. Socks may be worn but restrict certain obstacle participation.

Sault Youth don't have to jump over furniture or climb up walls anymore!
Our Kids Ninja and Obstacle Course include elements that are versatile, challenging & fun.

Obstacle elements include Floating Boards, Cargo Net, Parkour Blocks, Monkey Bars, Ledge & Round Holds, Salmon ladders and 2 Warped Walls!

PROGRAM AND CLASS TIMES

Mondays 4:30 – 5:45 – 7:00
Wednesdays 4:30 – 5:45 – 7:00

Youth Ages 5-6
Youth Ages 7-8
Youth Ages 9-10
Youth Ages 11-13

6:1 Ratio
1 Hour Classes

Cost \$212 (tax included)

*14 and older groups and class times are available

To Register
Call 705-989-9143
Email: 17barbells@gmail.com
573 Second Line East
Sault Ste Marie, Ontario
P6B 4K8

Challenge your physical and mental limits.
Develop speed, power, strength and endurance with a Fundamental Movement Pattern Development Program including Body Weight exercises and Light to Moderate Weightlifting