

# **SCHOOL SPORTS NOW AVAILABLE @NINJA PARC**

**THE NINJA PARC IS AN INDOOR OBSTACLE COURSE. THE OBSTACLES ARE A FUN AND CHALLENGING WAY TO DEVELOP AND IMPROVE A WHOLE RANGE OF SKILLS AND ABILITIES INCLUDING STRENGTH, BALANCE AND COORDINATION.**

**THE COURSE ALSO REQUIRES PARTICIPANTS TO SOLVE PROBLEMS. EVERYBODY IS DIFFERENT AND THE OBSTACLES REQUIRE THE PARTICIPANT TO ADAPT TO THE ENVIRONMENT THROUGH TRIAL AND ERROR.**

**AT THE NINJA PARC WE DON'T BELIEVE IN FAILING, YOU EITHER WIN OR LEARN. IF THE WAY THE PARTICIPANT TRIALS THE OBSTACLE DOESN'T WORK THEY RECEIVE INSTANT FEEDBACK AND GET TO ADJUST THEIR APPROACH.**

**THE PARC EMBRACES A PLAY TO LEARN PHILOSOPHY.**

**OUR TRAINERS FACILITATE AN ENVIRONMENT THAT ENCOURAGES EXPLORATION OF MOVEMENT AND CREATIVITY. SAFETY AND PARTICIPATION DICTATES THESE PARAMETERS OF THE ENVIRONMENT.**

**20 OBSTACLES. MULTIPLE SECTIONS. COURSE ADJUSTED TO SUIT GROUP NEEDS.**

## **SCHOOL PROGRAM (INCLUDE A TRAINER)**

- 10-19 PARTICIPANTS - \$10 PER PERSON**
- 20+ PARTICIPANTS - \$9 PER PERSON**

**FOR MORE INFO OR BOOKINGS:**

**CALL MATT ON 0401 579 306 OR 49 264 488**

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**NINJA PARC**

**[WWW.NINJAPARC.COM.AU](http://WWW.NINJAPARC.COM.AU)**





# OVERVIEW OF NINJA PARC COURSE

