



Elemental 5

ACROBATICS • PARKOUR • NINJA

NEWSLETTER

Important Dates

JANUARY 1ST, 2026 - ANNUAL MEMBERSHIP FEE IMPLEMENTED

Please continue reading for more details.

FEBRUARY 1ST - SUMMER CAMP SCHEDULE WILL BE PUBLISHED

FEBRUARY 20TH - ALL AFTER SCHOOL MINI NINJA CLASSES ARE CANCELLED MONDAY - THURSDAY

WEEK OF FEBRUARY 23RD - FIRST OFFICIAL TESTING WEEK FOR NINFIT YOUTH PROGRAM

MARCH 16TH - 20TH SPRING BREAK

Classes CANCELLED.

NO regularly scheduled programs.

MAY 15 - LAST CAMP FRIDAY FOR THE SCHOOL YEAR

Camp fridays wil pick back up in September

**We recently did a few small
updates to our policies.**

**Please log in to your account,
review and agree to the policy
updates.**

**This helps protect both you and
your family as well as us.**

Please leave us a Google Review!!

**Please help us help you. If you are pleased
with the services we provide the
community help us spread the word by
leaving us a Google review.**

**If you have constructive criticisms to share,
please contact us directly. We are always
happy to hear all forms of feedback.**

Friday Morning Minis Restructured! Starting February 1st

In conjunction with the cancellation of the Mini Ninja after school classes effective on February 20th we will be restructuring the Friday morning programs to better support the 0-5 age group.

Starting Feb 1, 2025 We will offer a Mini Ninja class for ages 3-5 from 9:15 - 10AM (Floor opens at 9AM)

We will have enough staff on hand to host a larger number of students, and we will be able to specialize our programming even more for the group.

This class will no longer coincide with the minis open gym.

The minis open gym will be moved to 10AM to 11:30AM on Friday mornings.

This will be the new Friday morning
schedule as of February 1st:

- Mini Ninja class (ages 3-5 yo) 9:15 - 10AM
- Minis Open Gym (ages 1-5 yo) 10AM - 11:30AM
- NOTE: Monday and Wednesday Minis Open Gym (ages 1-5 yo) 9AM - 11AM will continue to run before and after this transition

**The next Camp Friday is
THIS Friday**

January 9th

1PM - 4PM

\$50/student

sibling discount included

Optional Early Drop-off 12PM - 12:50PM for \$10

A new way of Leveling up!

We have retiring the bracelet idea, and are trying something new...



Elemental 5
ACROBATICS • PARKOUR • NINJA

This book belongs to:

Levels 1-3
Beginner Curriculum



Testing booklet policy for NinFit Youth program

Booklets will be given to kids ages 7+. Students are expected to bring the books to class as we will provide opportunities for sign offs at the end of every class. Students ages 5 and 6 (coaches discretion) may have a book, but it is to remain at the gym until he or she turns 7.

If a student loses his or her booklet, to earn a new one, there will be a physical exertion consequence during one of their class times that is appropriate to the students capacity + a \$10 fee.

Once we hone into and streamline our testing-out process, we plan to build out each program's curriculum in a uniform fashion.

We're excited to introduce our brand-new curriculum books for all NinFit students! This booklet gives each athlete a clear roadmap of the skills they'll be learning in class from fitness benchmarks to parkour, tumbling, and trampoline fundamentals.

Students can track their own progress, see exactly what each level requires, and take ownership of their own training.

Starting in January we are shifting our lesson plan curriculum from a 6 week cycle to an 8 week cycle. Every 7th week of a cycle will be a "sign-off" week. Coaches will use the books during sign-off weeks and testing periods to provide structure, consistency, and meaningful feedback. Every 8th week of a cycle will be a "testing" for students who completed signing off on all of their skills for the level they are working on.

Our goal is to help every student build confidence through visible progress, while strengthening the training culture that makes Elemental 5 such a powerful place to grow.

E5 ELEMENTAL T'S



ORDER YOURS
TODAY!

\$15

SHOW YOUR
E5 SPIRiT
WITH PRiDE!



Contact the
front desk to
place your
pre-order.

When we have at least
50 shirts pre-ordered
then we will place the
order. Once shirts arrive
the price will be charged
to your account.

You've asked for it!

Adult Beginner Aerial Silks!

**This class is built as an 8 week
session.**

*To run this program we need at
least 3 registered students before
the start date. Please reach out if
you are interested, and pass along
the flyer to someone who may be!*

ADULT BEGINNER AERIAL SILKS

\$190

8 Week Session
1/8/2026 - 2/26/2026
Thursdays 7:30PM - 8:30PM



Elemental 5
ACROBATICS • PARKOUR • NINJA
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CAMP FRIDAYS ARE BACK!

EVERY FRIDAY!!

1PM - 4PM

AGES
5+

THE GAME PLAN FOR FRIDAYS!!

Camp Fridays are BACK EVERY FRIDAY going all the way through the end of the school year. The more sessions you purchase the more money you save.

Click [HERE](#) to check out the price point breakdown.
(Sibling discount included)

Click [HERE](#) to check out the revamped Camp Friday curriculum!!

Optional Early Drop-off
12PM - 12:50PM for an additional \$10

BUY MORE
SESSIONS
AND SAVE
MORE
MONEY!



\$50 PER STUDENT
SIBLING DISCOUNT INCLUDED

Ninja of the Month!

The Ninja of the month is selected based on The Three A's:

Attendance - Are you coming to class?
Aptitude - Are you progressing in skill?
Attitude - Are you acting with positivity toward yourself, your classmates, and your coaches?

We select one to two students each month that have shown the attributes listed above.

Ninja of the Month:
Selah



1. What do you enjoy most about Elemental 5?

That I get to have more arm strength and I get to do aerial tricks!

2. Which element do you feel most drawn to?

Earth, water, fire, air or void and why?

Void (black is my favorite color!)

3. If you were to be an expert at anything in life, what would it be?

Reading and writing books

4. If you could harness any animal's power or ability, what would it be?

Flying like an eagle

5. What's your favorite sweet treat?

Reese's or Twizzlers

System Onboarding Information Reminder

New Billing Day: All monthly billing is processed the 1st of each month

Sibling Discount: The sibling discount for weekly classes is as follows:

First kid's first class is full price, second class is 25% OFF, third class is 50% OFF

Second kid's first class is 10%, second class is 50% OFF, third class is 75% OFF

Third kid's first class is 15%, second class is 75% OFF, third class is FREE

Fourth kid is FREE!

Enrollment Cancellation: We are no longer suspending accounts if students are looking to take a break from classes. They will be expected to cancel their enrollment. Cancellation requests must be submitted 7 days prior to the new billing period (the 1st of the month).

No Refunds: There will be no refunds or prorated tuition for missed classes, *or failure to request a tuition/event cancellation prior to billing day*. All funds are transferrable to other services/goods Elemental 5 offers.

Gym Closure Proration: tuition will be prorated for planned gym closures and if a student enrolls in a class partway through the month.

New Makeup Policy: If a student misses class whether planned or unexpected, then they are still able to make up that class. Once the student is marked 'absent' for their class then a 'Makeup Token' will be applied to their account. Parents will be able to schedule makeup classes using the token through their online customer portal. Parents may schedule a makeup class within 14 days of today's date. The token do not expire. Makeup classes may still be scheduled between different programs. *UPDATE: Make up tokens are only eligible to use if a student is currently registered in classes or is scheduled to start a class in the future. Make up tokens are only eligible to the same skill level/time duration class equal to or less than the class they missed. For example: a Makeup token for Ninfit lvl 1-3 class is eligible for a Beginner Tx3 class, but not a Ninfit lvl 4+ class because the skill level is higher and the duration of the class is 90 minutes, as opposed to Ninfit lvl 1-3 which is 60 minutes. HOWEVER, a makeup token for a Ninfit lvl 4+ can be used for a Ninfit lvl 1-3 class or a Beginner Tx3 class, because the shorter class duration still falls within the 90 minutes class duration.*

Punch Passes: Punch passes may be shared among family members however they may no longer be extended to friends/members outside of the registered family unit.

Birthday Parties: It is not required for clients to call prior to booking a birthday party. It may all be done through the online customer portal. There are specific designated time slots to choose from, still with the option of purchasing an extra half hour. If you are looking to book a party on a Sunday then you will need to contact the front desk for availability. Please note that if a client requests an extra half hour they will be expected to pay that added fee the day they book their event and process their deposit. Any extra guest fees will be processed the day of the party at the end. *You will be able to book a party no earlier than 2 weeks in advanced. If you are looking to book an event less than 2 weeks in advanced then you will need to contact the front desk.*



Annual Membership Policy Information

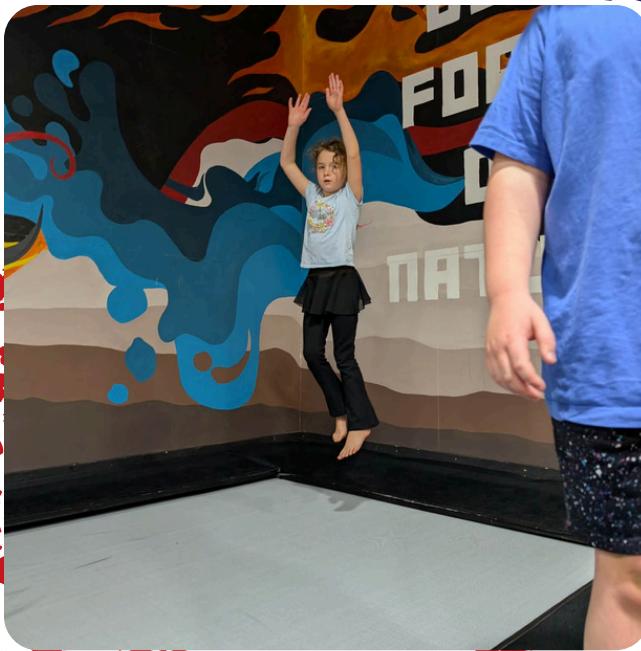
Annual membership fees have come to be industry standard for acrobatic centers such as ours. They help to create a more comprehensive fund to help cover any unexpected costs such as damages caused to the facility/equipment, seasonal fluctuation in attendance, as well as administrative cost such as insurance enrollments, staff background checks, student record-keeping, and our CRM system, iClassPro. As we continue to grow, we recognize an annual membership fee as a necessary component to our business's stability.

What to expect:

- Single student families membership fee will be \$30 annually
- Multi-member families membership fee will be \$50 annually
- The membership fee will be waived for all military (active and retired) personnel, fire fighters, police officers, first responders and teachers because we appreciate your service!
 - **IMPORTANT:** If you qualify for any of the listed categories please notify us of your status via email by December 31st, so we can ensure your anniversary fee is waived. We receive the right to request proof of status.
- All ACTIVE families will be charged for a membership fee. An active family is an account that currently has one or more students in enrolled in one of our programs. Holding only a punch pass does not qualify as an Active family. Multi-member family rate is used when there are multiple students enrolled. Example, if a family has 3 student profiles but only one student is enrolled then the single student family rate (\$30) will be used. If another student enrolls at a later date from the same family, then the difference will be paid for the multi-member family rate (\$50) at that time of enrollment.
- Once charged and billed for the Annual Membership fee, a family will be eligible again to be charged and billed after 12 month.
- If you pay the annual membership fee, and your child temporarily unenrolls in a class, then re-enrolls at a later date with in the 12 month cycle, the family account will not be charged and billed again for the annual membership fee until the 12 months is completed.

Please let us know if you have any questions or concerns regarding any of this information.

November Photo Gallery



Ninja Tots

Join Ninja Tots!

A fun-filled movement program where little adventurers build strength, balance, and confidence through self lead play. In this open gym structure kiddos discover the playful spirit of the ninja!



AGES 1-5



Leap, flip, and fly—celebrate your child's big day the Elemental 5 way!



ENROLL IN CLASSES!

Elemental 5 is a movement academy where kids and adults train like ninjas—blending parkour, acrobatics, and fitness in a powerful, progressive system rooted in discipline, creativity, and fun. Whether you're climbing your first wall or mastering flips, every class unlocks new levels of strength, skill, and confidence.

NINFIT - MINI NINJAS - AERIAL SILKS - TX3 - PPF

Expert coaching in a safe and supportive atmosphere

**PUSH
PULL
FLEX**
CONDITIONING CLASS

PPF is a functional strength and mobility class focused on three pillars: handstands, hanging and flexibility. Each session develops upper body and core strength while enhancing flexibility and joint resilience through bodyweight training, holds, and dynamic stretching.

