



Harry Gray Elementary

"A Life of Learning"

April 30, 2025

Dear Parents and Guardians

We're thrilled to share some exciting news with you! Our school council has sponsored an event that's sure to bring a lot of fun and energy to our school community. On June 19, Fitset Ninja will be coming to our school!

Fitset Ninja is a ninja obstacle course that will be set up outside in the school playground. It's a fantastic opportunity for our students to challenge themselves, build teamwork skills, and most importantly, have a blast!

In order for your child to be able to participate in this exciting event, we kindly ask you to fill out the attached waiver form and return it to the school no later than June 17. This is a necessary step to ensure the safety and well-being of all participants.

For more information about Fitset Ninja and the activities planned for the day, please refer to the attached flyer or visit fitsetninja.com. We believe this will be a memorable experience for our students and we can't wait to see them in action!

Best regards,

Cheryl Gascoyne
Principal



Fitset Ninja
11511 120th Street
780.455.4442
hello@fitsetninja.com

NOTIFICATION OF RISK

Participants Informed Consent Form

PARTICIPANTS NAME:

EMERGENCY CONTACT INFORMATION

LAST NAME: _____ CONTACT: _____

FIRST NAME: _____ PHONE: _____
or
PHONE: _____

RISK:

I, _____ give my consent for my child _____.
(Print Parent's full name) (Print Child's full name)

to participate in obstacle fitness programs **understanding that participation in a program offered by FITSET NINJA may result in personal injury** (including but not limited to Injury to internal organs, bones, joints, ligaments, muscles, tendons and other aspects of the skeletal system and paralysis or brain damage) **and property damage or loss**. I fully understand these risks and give my son/daughter permission to participate in the programs offered by FITSET NINJA

RULES:

I understand that the rules and regulations are designed for the safety and protection of participants and hereby agree to inform my son/daughter of the importance of abiding by the rules and regulations set down by FITSET NINJA

Parents/Guardian Signature: _____ Date: _____

Name: _____

Email Address: _____



Welcome to the *Fitset Ninja* Mobile Obstacle Course Experience!

We heard that you have a little one that is about to experience Fitset Ninja with their school! We can't wait to meet them! Below is some information about Fitset Ninja and our programming.

About Fitset Ninja

Safety First: The safety of your little ninjas is our top priority! Our coaches are trained in ensuring that their obstacle course experience is safe and fun. Our coaches are also first aid certified!

Inclusive: Fitset Ninja believes that every athlete should be able to fully enjoy our programming regardless of age, skill level, fitness level or abilities. Our coaches are trained in ensuring that our programming is accessible.

Growth Mindset: All Fitset Ninja programs are built off of the principle of Growth Mindset. We pride ourselves in helping our athletes develop skills that benefit them both on and off the course. We are a community that encourages goal setting, celebrates successes and sees "failure" as an opportunity to learn and grow.

Our Mobile Obstacle Course Program

Full Day Event: Our Mobile Obstacle Course Program is a full day event! Different classes/groups come through the course throughout the day according to a pre-set schedule. This ensures that your little ninja gets to fully experience our obstacles.

Types of Obstacles: Our Mobile Obstacle Course Coaches bring an array of obstacle courses for your kids to explore! This includes a Slip Wall, Stride Bars, Tires, Ninja Steps and a Z-Wall.



Welcome to the *Fitset Ninja* Mobile Obstacle Course Experience!

We heard that you have a little one that is about to experience Fitset Ninja with their school! We can't wait to meet them! Below is some information about Fitset Ninja and our programming.

About Fitset Ninja

Safety First: The safety of your little ninjas is our top priority! Our coaches are trained in ensuring that their obstacle course experience is safe and fun. Our coaches are also first aid certified!

Inclusive: Fitset Ninja believes that every athlete should be able to fully enjoy our programming regardless of age, skill level, fitness level or abilities. Our coaches are trained in ensuring that our programming is accessible.

Growth Mindset: All Fitset Ninja programs are built off of the principle of Growth Mindset. We pride ourselves in helping our athletes develop skills that benefit them both on and off the course. We are a community that encourages goal setting, celebrates successes and sees "failure" as an opportunity to learn and grow.

Our Mobile Obstacle Course Program

Full Day Event: Our Mobile Obstacle Course Program is a full day event! Different classes/groups come through the course throughout the day according to a pre-set schedule. This ensures that your little ninja gets to fully experience our obstacles.

Types of Obstacles: Our Mobile Obstacle Course Coaches bring an array of obstacle courses for your kids to explore! This includes a Slip Wall, Stride Bars, Tires, Ninja Steps and a Z-Wall.



Session Breakdown: Each session begins with a coach-led warmup and orientation. Then the kids get to explore the obstacles, while getting individualized tips and instruction from our coaches. The session wraps up with a competition that is focused on encouragement, teamwork, collaboration and celebrating the success of the group!

What your child needs to bring: Comfy athletic clothes, running shoes and a water bottle!

Try More Fitset!!

Fitset offers a ton of exciting programs at our facility to keep your ninja developing their skills and building their confidence in a welcoming, fun environment. Click the links below to learn more about the different programs that we offer.

Receive \$10 off any of our programs with the code: FITSETSCHOOLS

[PD Day Camps](#)

[Parties](#)

[Parents' Night Out](#)

[Free Trial Ninja Classes](#)

[Free Trial Tricking Classes](#)

[Free Parkour Classes](#)

Have Questions?

You can reach us at **hello@fitsetninja.com**. We would love to hear from you!