



Anderson
Park District

Riverside Park Playground Ninja Course



1. Let's start off by digging the biggest hole that you can dig in the sand. You can use the diggers or your hands.
2. After you have dug your hole, walk over to the slide covered in rocks. Now slide down.
3. At the bottom hop up and down 5 times to warm up your legs. Now hop over to the butterfly.
4. Climb up the butterfly. When you reach the top, turn to your right and slide down the little slide.
5. Take 5 gigantic steps forward. Now turn and take 5 gigantic steps back to the stairs.
6. Go to the top of the stairs and turn left. Walk over to the other set of stairs and climb up. At the top, slide down the twisty slide.
7. Next turn to your right and crawl through the tunnel.
8. Go straight ahead and take a short break and drive around the park. What do you see?
9. Walk to the other side of the playset and go down that slide.
10. Skip over to the swings. Swing as high as you can for 3 minutes.
11. Walk backwards over to the rock wall and climb up. At the top, go straight across and slide down that slide.
12. At the bottom, turn to your left and fly over to the dragonfly. Go across the dragonfly.
13. Once you are back on the playset, look around and find the shakers. Make some music. What song are you playing?
14. Crawl down the tunnel and find the drums. Continue your song.
15. Run around the playset until you get to the stairs. Climb to the very top! At the top, go do the twisty slide one last time!
16. Now that you have reached the bottom, do 3 sets of toe touches. These stretches will help you with the last quest. Look for some trees to practice your ninja hiding skills.



Congratulations!
You have completed the
Playground Ninja Course!

