



Anderson Park District



Kellogg Park Playground Ninja Course



1. Before we begin, warm up your arms. Do 10 forward arm circles and 10 backward arm circles. Now let's start the course.
2. Make your way over to the green ladder with 2 rungs.
3. Climb up and do the round monkey bars. Stop half way and land on the bottom triangle on the playset.
4. Walk across the space walk. (black stools)
5. Hop over to the zip line and glide across.
6. Drop down and find the green chin-up bar. Do 3 chin-ups.
7. Now look for the green ladder with 3 rungs and go across to the horizontal loop ladder. Once across go to the top of the playset, turn right and slide down.
8. At the bottom look for the rock wall. Start your climb up. Count the red rock climbing holds. How many did you count?
9. Now that you are at the top, turn right and go across the bridge. Find the twisty slide and go on down.
10. Hop on 1 foot and find the other rock wall. Climb up and go down the middle slide.
12. Skip over the blue wall and climb up to the top triangle on the playset.
13. Go across the rings and go down the triangles to the bottom.
14. Run over to the swings and swing as high as you can 25 times.
15. Skip back over to the playset and walk up the gray leaves, make your way back to the top and slide down the pole.
16. For your final quest, look for some trees to practice your ninja hiding skills.



Congratulations! You have completed the Playground Ninja Course!