

## POLICIES & GUIDELINES

### Annual Registration Fee

Each family is required to pay a \$10.00 annual registration fee.

### Registration

Pre-registration and payment are required.  
Availability based on first prepaid.  
Need 3+ gymnasts for class to run  
Scholarships/special payments available.

### Registration Deadline

Registration will close on the Saturday prior to the session start date. All registrations need to be turned in with payment by 11:59 p.m. (for Spring 1– February 22, 2014). Any late registrations will be assessed a \$5 late fee per child.

### Sibling Discount

We offer a \$5 sibling discount off the cost of a session for the 2<sup>nd</sup> and 3<sup>rd</sup> child when registering more than 1 child during the same session.

### New—Make-up Policy

*1 makeup per class / per session*

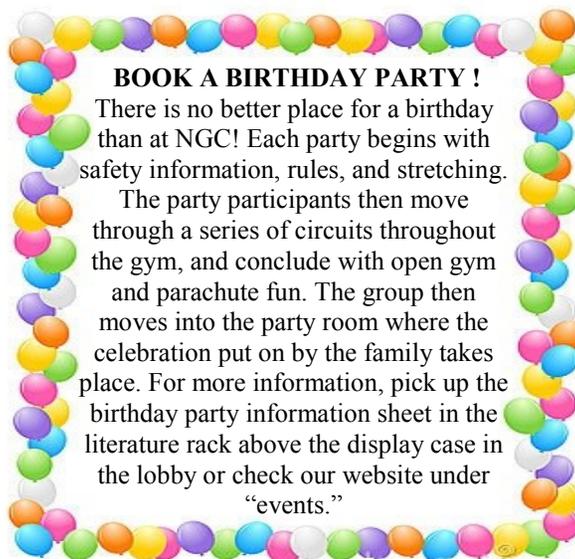
If your child is absent from class, he/she will be allowed **one** “make-up” to be used throughout the session. There will be no prorating or refunds for classes cancelled due to weather, meets or holidays. On these occasions, your child will be entitled to do additional make-ups.

**If you know that your child will be absent from class please call the office or send an email in advance. This will provide an open spot for another child to do a make-up.**

Open Gym may be used as a make-up

Please contact the office to coordinate the time and date of the make-up class or if you would like to be put on the open gym make-up list.

Open gym make-ups are good through the end of the next session.



### **BOOK A BIRTHDAY PARTY !**

There is no better place for a birthday than at NGC! Each party begins with safety information, rules, and stretching.

The party participants then move through a series of circuits throughout the gym, and conclude with open gym and parachute fun. The group then moves into the party room where the celebration put on by the family takes place. For more information, pick up the birthday party information sheet in the literature rack above the display case in the lobby or check our website under “events.”

## *Meet NGC's Team*

### Senior Staff

*John Tobler -*

*Head Coach/Program Coordinator*

*Zach Wareham -*

*Boys' Head Coach/Assistant Manager*

### Office Manager

*Melanie Armstrong*



### Board Members

*President-Steve Petersen*

*Vice President-Steve Stodden*

*Treasurer-Toui Mohlke*

*Secretary-Angie Graff*

*Competitive Rep.-Jen Dack*

*High School Rep.-Carolyn Kiefer*

*Boys Team Rep.-Dan Lideen*

*Fundraising-Steve King*

*Thank You  
for supporting  
Northfield Gymnastics Club*



*Fall 2  
Session*



**NEW - 8 Week Sessions**

## Current

**Fall 2: October 27 - December 20**

**Closed for Thanksgiving**

**November 27 - November 29**

## 2015 Future Sessions

**Winter: December 29 - February 21**

**Spring 1: February 23 - April 18**

**Spring 2: April 20 - June 13**

## **Register Online**

601 Professional Drive  
Northfield, MN 55057  
Phone: (507) 663-7772  
[www.northfieldgymnastics.com](http://www.northfieldgymnastics.com)

**Class Sessions  
are now  
8 weeks long**

**CLASS SCHEDULE**  
*Morning classes are in red*  
*Afternoon/Evening classes are in blue*

**Pay full price for a Once/Week class -  
Add a second day and get 65% off the  
second day class -2X/Week**

**CLASS DESCRIPTIONS**  
*Prices listed are for the entire eight week session.*

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tiny Tumblers	10:30-11:15 6:15-7:00		6:15-7:00		9:30-10:15 6:15-7:00	9:00-9:45	
Preschool	10:30-11:15 5:30-6:15	9:30-10:15 2:45-3:30 3:45-4:30	5:30-6:15 3:45-4:30	9:30-10:15 3:45-4:30	10:30-11:15 3:45-4:30	9:00-9:45 10:00-10:45	
Beginners	4:30-5:45 5:45-7:00	2:30-3:45 4:30-5:45	4:00-5:15 5:45-7:00	2:30-3:45 4:30-5:45	4:30-5:45 5:45-7:00	9:00-10:15 10:30-11:45	
Boys Beginners		4:00-5:15	4:00-5:15			9:00-10:15 10:30 - 11:45	
Adv. Beginners	4:00-5:30		5:30-7:00		4:00-5:30	10:30-12:00	
Boys Adv. Beginners	4:00-5:30				4:00-5:30		
Intermediates		5:30-7:30	4:00-6:00		5:30-7:30	10:00-12:00	
Boys Intermediates		5:30-7:30		5:30-7:30			
Preteam	5:00-7:00		5:00-7:00	5:00-7:00			
Girls Team	4:00-7:00	4:00-7:00		4:00-7:00	4:00-7:00		
Boys Team	5:30-8:00		4:30-7:00		5:30-8:00		
Juniors			5:30-7:00		6:30-8:00		
Mini-Mites		4:00-5:30		4:00-5:30	9:45-11:15		
High School Off Season							
Open Gym	11:30-12:30		7:00-8:00 8:00-9:00 over 18		11:30-12:30 8:00-9:00	12:00-1:00 12:00-1:30 Teams	
Birthday Party						2:00-3:30 4:00-5:30	2:00-3:30 4:00-5:30

**Once/Week**      **2X/Week**

**Tiny Tumblers TT**      \$55      65% discount  
For children younger than preschool-a semi-instructor led class for children to become familiar with the gym apparatus and play with their parents/grandparents. Additional siblings \$5 each-maximum family charge \$55/\$75

**Preschool PS**      \$57      65% discount  
For children 3-5 years. Gymnasts learn basic skills while growing accustomed to a structured gymnastics class.  
No testing.

**Beginners B (and Homeschool)** \$87      65% discount  
For children ages 5+ and enrolled in kindergarten. Gymnasts learn basic skills of gymnastics on all four main events and the trampolines.

**Boys Beginners BB**      \$87      65% discount  
For boys 5+ and enrolled in kindergarten, gymnasts learn basic skills of men's gymnastics.

**Adv. Beginners AB**      \$105      65% discount  
For gymnasts who have passed the Beginners test. Gymnasts begin to learn more difficult basic skills.

**B. Adv. Beginners BAB**      \$105      65% discount  
For gymnasts who have passed the Beginners test. Gymnasts begin to learn more difficult basic skills.

**Intermediates I**      \$130      65% discount  
For gymnasts who have passed Advanced Beginners. Gymnasts focus on perfecting skills attained and will learn new difficult ones. (NO TESTING)

**Boys Intermediates BI**      \$130      65% discount  
For boys who have passed Adv. Beginners. Gymnasts will work a more advanced progression of skills.  
(NO TESTING)

**Juniors J**      \$105      65% discount  
This class is tailored to older gymnasts (approx. 10 and up) of all abilities who want to learn skills on women's events and trampoline. (NO TESTING)

**Mini-Mites MM**      \$105      65% discount  
For gymnasts ages 4-6 (approx), and chosen by head coach. This class places a very strong focus on building strength, flexibility, and mental toughness. Expectations are elevated. Gymnasts will be pushed and fast tracked to the Preteam program.

**Preteam PT**      NA      \$171  
When chosen by head coach. 2x/week required. Preteam prepares the gymnast physically, emotionally, and mentally for competitive gymnastics.

**NGC Boys Team**      NA      \$160  
When chosen by Boys Head Coach. 2x/week required  
By invite only. 2 x/week

**High School Off Season**      NA      NA  
Girls who have or will be competing this year at the high school level. (10 week Session - Sept 1, to Nov 6, )

**Open Gym**      \$5 each time  
Explore in the gym for one hour. Registration form mandatory. Enrollment not required. **Children under 5 must be Accompanied by an adult.** Open gym may be used as a makeup-class.