

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

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. (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 2nd and 3rd child when registering more than 1 child during the same

New—Make-up Policy

1 make-up per class / per session

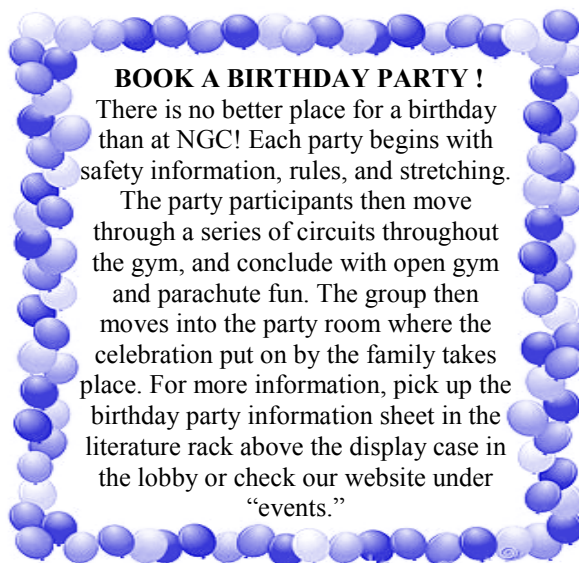
If your child is absent from class, he/she will be allowed **one** “make-up” to be used throughout the session. There will be no prorating or refunds for classes cancelled due to weather, meets or holidays. On these occasions, your child will be entitled to do additional make-ups.

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 King

Vice President-Steve Stodden

Treasurer-Steve Petersen

Secretary-MJ Davenport

Competitive Rep.-Jen Dack

High School Rep.- Open

Boys Team Rep.-Heather Kunz

Fundraising-Daria Kolb

Member at Large- Krissy Keeney

Thank You

for supporting

Northfield Gymnastics Club



Northfield Gymnastics Club



2015

Current Session

Fall 1

8 Week Session

**August 31 through October 24,
CLOSED Sept.7 - Holiday**

Fall 2 Session

8 Week Session

**October 26 - December 19
Closed for Thanksgiving Break
November 26 - 28**

Register Online

601 Professional Drive

Northfield, MN 55057

Phone: (507) 663-7772

www.northfieldgymnastics.com

info@northfieldgymnastics.com

**Class Sessions
are now
8 weeks long**

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

**Class Sessions
are now
8 weeks long**

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

| CLASS | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------|--|-----------|--------------------------------|-----------|--|----------------------------|------------------------|
| Tiny Tumblers | 9:30-10:15 5:45-6:30 | | 10:15-11:00 6:00-6:45 | | 9:30-10:15 5:45-6:30 | 9:45-10:30 | |
| Preschool | 9:30-10:15 10:15-11:00 5:00-5:45 | 3:45-4:30 | 9:30-10:15 5:15-6:00 | 5:00-5:45 | 9:30-10:15 10:15-11:00 5:00-5:45 | 9:00-9:45 11:00-11:45 | |
| Beginners One | 4:00-5:00 | 4:00-5:00 | 4:00-5:00 | | 6:00-7:00 | 9:00-10:00 | |
| Beginners Two | 6:30-7:30 | 5:00-6:00 | | 4:00-5:00 | 4:00-5:00 7:00-8:00 | 10:00-11:00 11:00-12:00 | |
| Boys Beginners | | 5:00-6:00 | | 5:00-6:00 | | 10:00-11:00 | |
| Home School | | 2:30-3:45 | | 2:30-3:45 | | | |
| Adv. Beginners | 4:00-5:30 | | 4:00-5:30 | | 6:30-8:00 | 10:30-12:00 | |
| Boys Adv. Beginners | | 6:30-8:00 | | 6:30-8:00 | | | |
| Intermediates | | 6:00-8:00 | | | 4:00-6:00 | 10:00-12:00 | |
| Boys Intermediates | | 6:00-8:00 | | 6:00-8:00 | | | |
| Preteam | 5:30-8:00 | | 4:30-7:00 | 5:30-8:00 | | | |
| Girls Team | 3:30-6:30 | 3:30-6:30 | | 3:30-6:30 | 3:30-6:30 | | |
| 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 | | 4:30-6:00 | | 4:00-5:30 | | 10:00-11:30 | |
| High School Off Season | 3:30-6:30 | 3:30-6:30 | | 3:30-6:30 | | | |
| Open Gym | | | 7:00-8:00 8:00-9:00 HS & up | | 11:00-12:00 8:00-9:00 | 12:00-1:00 | |
| Birthday Party | | | | | | 2:00-3:30 4:00-5:30 | 2:00-3:30 4:00-5:30 |

Once/Week **Twice 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 old. Gymnasts learn basic skills while growing accustomed to a structured gymnastics class. No testing.

Beginners One B1 \$70 65% discount
For children 5+ and enrolled in kindergarten through age 6. Gymnasts learn basic skills of gymnastics on all four main events and the trampolines.

Beginners Two B2 \$70 65% discount
For children 7-9 years old. Gymnasts learn basic skills of gymnastics on all four main events and the trampolines.

Boys Beginners BB \$70 65% discount
For boys 5+ and enrolled in kindergarten, gymnasts learn basic skills of men's gymnastics.

Home School Class \$87 65% discount
This class is tailored for children at different levels and are being schooled at home. For ages 5-12.

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. Gymnasts will be pushed and fast tracked to the Preteam program.

Preteam PT NA \$187
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 \$288.75 65% discount
Girls who have or will be competing this year at the high school level. (10 week Session - Aug 31, 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 make-up class.