

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.

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 the 2nd child, \$10 off the 3rd child, \$15 off the 4th child and \$20 off the 5th child enrolled in the same session.

Make-up Policy

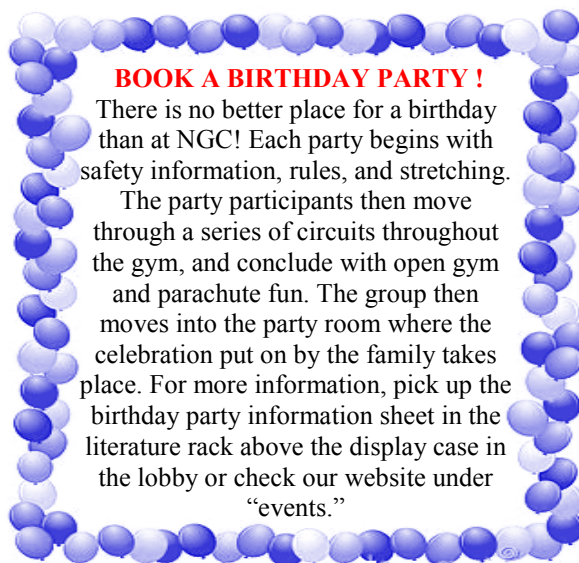
1 makeup per class / per session

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. Open Gym may be used as a make-up

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.

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

Gym Manager

Andrea Stowe

Boys' Head Coach/Assistant Manager

Zach Wareham -

Office Manager

Melanie Armstrong



Board Members

President-Steve King

Vice President-Emil Sik

Treasurer-Daria Kolb

Secretary-Ashley Ringlien

Competitive Rep.- Jenny Dack

High School Rep.-T.J. Wiebe

Boys Team Rep.-Heather Kunz

Fundraising-Krissy Keeney

Instructional Rep. -Steve Stodden

Member-at-Large - Tony Rodin



*Thank You
for supporting*



Northfield Gymnastics Club



2016

Current

Fall 2 Session

7 Week Session

November 1 - December 17,

Gym Closed:

Oct 31 (Halloween)

November 24 - 26 (Thanksgiving Holiday)

Winter Session

10 Week Session

January 3 - March 11

Register Online

601 Professional Drive

Northfield, MN 55057

Phone: (507) 663-7772

www.northfieldgymnastics.com

info@northfieldgymnastics.com

Class Sessions
are
7 weeks long

2016 Fall 2 CLASS SCHEDULE
Morning classes are in red
Afternoon/Evening classes are in blue

Class Sessions
are
7 weeks long

CLASS DESCRIPTIONS

Prices listed are for the entire seven week session.

Once/Week Twice Week

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

Tiny Tumblers TT \$50.00 50% discount
A class for you to explore gymnastics with your child. Will use the preschool curriculum to be adjusted to their ability. This class is for children ages 1.5 to 3.

Preschool PS \$50.00 50% discount
A class where they begin to do gymnastics on their own without a parent! This class will be structured with curriculum, learning positions and beginning level skills while having fun. Will use the preschool equipment only in this class. Ages 3-5

Beginners One B1 \$63.00 50% discount
A class for those who are starting out gymnastics for the first time and/or coming from preschool! A curriculum based class that will learn the basic skills to progress into the Beginner 2 class. In this class we will use standard size equipment. Ages 5 to 6.

Beginners Two B2 \$63.00 50% discount
A class for those who have had experience with beginning level skills but are ready to work on cartwheels, handstands, pullovers, and more! This curriculum based class is designed to obtain those more advanced basic skills. Ages 6 to 8.

Boys Beginners BB \$63.00 50% discount
For boys 5+ and enrolled in kindergarten, gymnasts learn basic skills of men's gymnastics.

Home School Class \$78.75 50% discount
This class is tailored for children at different levels and are being schooled at home. For ages 5-12.

Adv. Beginners AB \$94.50 50% discount
A class ready to start the advanced basic level skills as well as touching up the basics. This class will begin the basics on the low beams and will work toward junior level tumbling skills. This class will also work on core strengthening on bars to prepare for higher level skills. Ages 7 to 10.

B. Adv. Beginners BAB \$94.50 50% discount
For gymnasts who have passed the Beginners test. Gymnasts begin to learn more difficult basic skills.

Intermediates I \$126.00 50% discount
A class ready to start some junior level tumbling skills on floor and put the basics on the beam! This class will use the high beams and begin using the high bar too! A class to prepare you for Intermediate 2 skills. Ages 8 and up

Boys Intermediates BI \$126.00 50% discount
For boys who have passed Adv. Beginners. Gymnasts will work a more advanced progression of skills. **(NO TESTING)**

Juniors J \$94.50 50% 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 \$94.50 50% 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 \$168.00
When chosen by head coach. 2x/week required. Preteam prepares the gymnast physically, emotionally, and mentally for competitive gymnastics.

NGC Boys Team NA \$201.60
When chosen by Boys Head Coach. 2x/week required
By invite only. 2 x/week

High School Off Season \$180.00 50% discount
Girls who have or will be competing this year at the high school level. **(9 week Session - Sept 6, to Nov 12,)**

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.