

POLICIES & GUIDELINES

Annual Registration Fee

Each family is required to pay a \$25.00 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

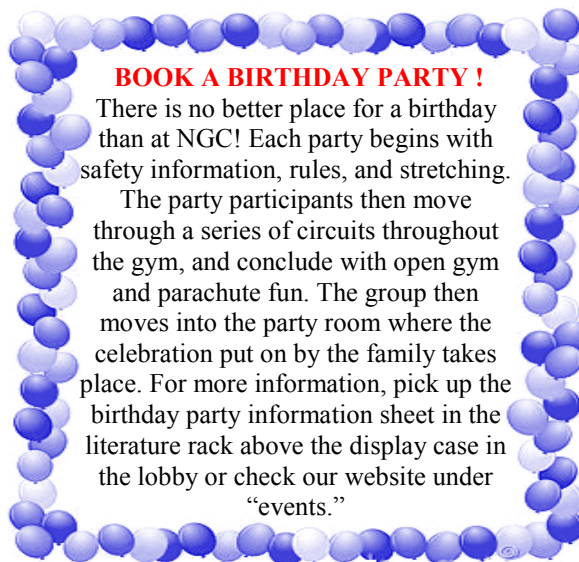
1 makeup per class / per session

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

Girls Head Coach

Melinda Cerkoney

Boys' Head Coach

Zach Wareham

Office Manager

Melanie Armstrong



We are a Non Profit Organization

Mission Statement

The Northfield Gymnastics Club promotes fitness, self-confidence, poise, and athletic skill among area youth training in gymnastics.



Northfield Gymnastics Club



2017

Current

Summer Session

10 Week Session

June 12th - August 17th,

Gym Closed - July Holiday

July 3rd & 4th

Fall Session

10 Week Session

Register Online

601 Professional Drive

Northfield, MN 55057

Phone: (507) 663-7772

www.northfieldgymnastics.com

info@northfieldgymnastics.com

Class Sessions
are
10 weeks long

2017 SPRING CLASS SCHEDULE
Morning classes are in red
Afternoon/Evening classes are in blue

Class Sessions
are
10 weeks long

CLASS DESCRIPTIONS

Prices listed are for the entire ten week session.

<u>CLASS</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Tiny Tumblers	9:00-9:45 4:15-5:00 6:15-7:00	10:15-11:00 5:00-5:45	4:15-5:00	4:00-4:45 5:15-6:00			
Preschool	9:00-9:45 11:00-11:45 4:15-5:00 5:15-6:00 6:15-7:00	10:15-11:00 3:15-4:00 5:15-6:00	5:15-6:00	10:00-10:45 4:00-4:45 5:15-6:00			
Beginners One	10:00-11:00 3:00-4:00 4:00-5:00	9:00-10:00 5:00-6:00	6:00-7:00	11:00-12:00 5:00-6:00 7:00-8:00			
Beginners Two	10:00-11:00 3:00-4:00 4:00-5:00	9:00-10:00 4:00-5:00 5:00-6:00	6:00-7:00	11:00-12:00 5:00-6:00 7:00-8:00			
Boys Beginners	9:00-10:00	10:00-11:00 6:00-7:00		6:00-7:00			
Wrestler Gymnastics		9:00-10:00		9:00-10:00			
Mini Mites	5:30-6:45	5:30-6:45					
Adv. Beginners	11:00-12:00 4:00-5:00 5:00-6:00	5:00-6:00 6:00-7:00	4:00-5:00	10:00-11:00 3:00-4:00 5:00-6:00 7:00-8:00			
Boys Adv. Beginners	10:00-11:00	4:00-5:00 5:00-6:00					
Intermediates 1	3:00-4:00 5:00-6:00	4:00-5:00 6:00-7:00	5:00-6:00	4:00-5:00 6:00-7:00			
Intermediates 2	5:00-6:00	4:00-5:00 6:00-7:00	5:00-6:00	4:00-5:00 6:00-7:00			
Boys Intermediates				10:00-11:00			
Girls Prep Team	5:00-7:00		5:00-7:00		9:30-11:30		
Girls Team	8:30-11:30	8:30-11:30		8:30-11:30	8:30-11:30		
Boys Team	5:00-8:00	5:00-8:00	4:00-7:00	5:00-8:00			
Juniors	6:00-7:00	6:00-7:00		6:00-7:00			
Advanced			5:00-6:00	7:00-8:00			
Tumbling				6:00-7:00			
High School	8:30-11:30	8:30-11:30		8:30-11:30			
Open Gym		11:30-12:30	7:00-8:00	8:00-9:00			
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 \$82.50 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 \$82.50 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 \$110.00 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 \$110.00 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 \$110.00 50% discount
For boys 5+ and enrolled in kindergarten, gymnasts learn basic skills of men's gymnastics.

Wrestler Gymnastics \$110.00 50% discount
This class is tailored for wrestlers. For ages 5-12.

Adv. Beginners AB \$110.00 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 \$110.00 50% discount
For gymnasts who have passed the Beginners test. Gymnasts begin to learn more difficult basic skills.

Intermediates I \$110.00 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

Intermediates two II \$110.00 50% discount
This class is to prepare the gymnast for higher level skills. Will be working more on high bar and high beam skills. Connections of leaps and jumps as well as learning mini routines. Ages 8 and up.

Boys Intermediates BI \$110.00 50% discount
For boys who have passed Adv. Beginners. Gymnasts will work a more advanced progression of skills. **(NO TESTING)**

Juniors J \$110.00 50% discount
This class is tailored to older gymnasts (approx. 9 and up) of all abilities who want to learn skills on women's events and trampoline. **(NO TESTING)**

Advanced
This class is focused on higher level tumbling and leap/jump skills such as back handsprings and leap connections. Junior tumbling skills will be worked on the beam such as cartwheels and back walkovers. Will learn routines as well.

Tumbling A class for those that are in cheer, dance, and/or other sports that want to learn junior/advanced level tumbling skills. Curriculum will be based on specific skills he/she will be working on. Trampoline and floor are used in this class.

Mini Mites MM \$137.50 50% discount
When chosen by head coach. For gymnasts ages 4-6 (approx.). Class goals - Strength, flexibility, fast pace to Preteam program.

High School off Season \$300.00 50% discount
Girls PreTeam PT 2X a week \$300.00
When chosen by head coach. Prepares the gymnast physically, emotionally, and mentally for competitive gymnastics.

Boys PreTeam 2x a week \$300.00
Chosen by head coach. Prepares gymnast physically, emotionally, and mentally for competitive gymnastics.

NGC Boys Team \$192.00 50% discount
When chosen by Boys Head Coach.

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.