



Beam Bite

APRIL 2023

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REGISTRATION EXTENDED!

NGC will be hosting our 2nd Annual Spring Showcase for recreational gymnasts and ninjas on Saturday, May 20, 2023. This event will be a chance to show off all they've learned and perform for parents, family & friends! Athletes must sign-up in advance using the link below. Please fill out a new form for each athlete attending. The fee to participate is \$35/athlete and includes a showcase T-shirt and a showcase medal.

Accounts will be charged when registration closes April 15th

*If you registered prior to today, your account has already been charged and will not be charged again.

NORTHFIELD GYMNASTICS **SPRING SHOWCASE**

REGISTER



Session #1: 9:00-11:00am

Tots, Thrilling 3s, Fabulous 4s, Lil' Samurai's

Session #2: 11:30-1:30pm

Bouncing & Bounding Beginners, Boys Beginners 1 & 2, Youth Beginners, Samuri's

Session #3: 2:00-4:00pm

Advanced Beginners, Girls Intermediates 1, Boys Intermediates, Nunchucks, Throwing Stars

Session #4: 4:30-6:30pm

Girls Intermediate 2 & Advanced, Boys & Girls NGA Team Prep, MAGA Girls Pre-team



COMPETITIVE GYMNASTICS

NEW PARENT MEETING!

*Boys
Competitive*

*Girls
Competitive*

THURSDAY, APRIL 20
6:30PM

LOOKING FOR MORE INFO?

EMAIL: KRYSTAL@NORTHFIELDGYMNASTICS.COM



Used Leotard

DONATIONS WANTED

It will soon be time for our Annual Used Leo Fundraising Sale! Our NGA athletes are headed to NATIONALS in New Orleans, LA and they need your help! As you are spring cleaning consider donating the leotards that your athlete has outgrown! All funds raised from the used leo sale help pay for flights, hotels and competition fees for these athletes!



SUMMER

Apparel Coming Soon!

Make sure to keep an eye on our Proshop as we get ready to release some GREAT summer apparel! Tank Tops, Boys/Girls Shorts, Comfy Tees & More! Just like our winter gear, you can customize it to your athlete or family member! Just fill out the form & drop it in the box!

Summer Camp

AT NGC

GREAT THEMES ALL SUMMER!

Week 1: June 19-22 Oceans & Sharks

Week 2: June 26-29 Pirates &
Mermaids

CLOSED JULY 2-9

Week 3: July 10-13 Treasure Hunters

Week 4: July 17-20 Bugs & Insects

Week 5: July 24-27 Star Wars

Week 6: July 31-August 3 Rainforest

Week 7: August 14-17 Let's Go
Camping!

Week 8: August 21-24 Nerf Wars

Join us for Summer camp at NGC!
Super fun themes and excitement all
summer long!

Full Day: 8:30-4:00pm

Regular Cost: \$185/week

Summer Camp Steal Price: \$540—
that's a savings of \$200!

Half Day: 8:30-12pm OR 12:30-4pm

Cost: \$120/week Monday-Thursday OR
\$35/day

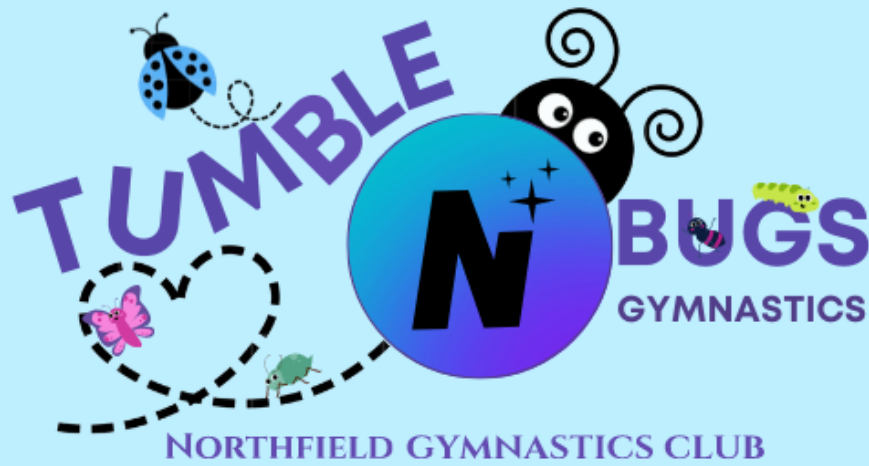
See Website for details & registration!

REGISTER FOR A WEEK OR A DAY AT A TIME!

REGISTER HERE!

Daily Activities

—Warm-up/Conditioning—Gymnastics Events & Basic
Instruction—Open Gym Time—Lunch/Snack Breaks—Crafts—
Trampoline Training—Outdoor Games—Ice Cream Treats—
Ninja Obstacle Training—Water Balloon Fights—Dress Up Days
—Games, Contests & Races—Team Games—Prizes & Ribbon
So MUCH MORE!



EXCITING HAPPENINGS AT THE TUMBLE BUGS GYM!

Upcoming Themes

April 3-16

Jelly Bean Jam

April 17-30

Teddy & Me

May 1-14

Disco Dinosaurs

Summer Camps!

**Mondays &
Thursdays**

9:00-11:00 am

\$25/day

**[Click here for
themes &
registration info!](#)**

OPEN PLAY TIMES

TUESDAYS

9:30-10:30 AM &
11:30-12:30

WEDNESDAYS

11-12 PM

THURSDAYS

6:30-7:30 PM

FRIDAYS

11:45-12:45





TRAINING GYM

Home to NGC's Competitive Teams, Boys Rec, Ninja and
Upper level Girls Rec Programs

Good Luck at State!

CONGRATULATIONS to our NGA Athletes that have qualified to the NGA MN State Meet! Over 50 NGA athletes qualified to the competition this season, we are so proud of their HARD WORK! At the state meet April 15-16, athletes will be competing to qualify to the MIDWEST REGIONAL MEET held in Indianapolis in May!



OPEN GYM

New

TUESDAYS

STARTING MARCH 21

PREK IN THE BIG GYM

11AM-12PM

\$7

WEDNESDAYS

HS & ADULT

8:00-9:00 PM

\$7

HOMESCHOOL

1:00-2:00PM

\$5

SATURDAYS

ALL AGES

12:30-2:00 PM

\$10

LOBBY UPDATE

We have placed orders for the flooring and will be purchasing tables in the coming weeks! When our athletes join us for summer classes & camps they will have a different experience walking into our lobby!