



Beam Bite

DECEMBER 2022



WINTER 2023 REGISTRATION IS OPEN!

WE'VE REVAMPED SOME OF OUR PROGRAMMING!

Boys Recreational Program--UPDATED!

Ninja Recreational Program--UPDATED!

MAGA Pre-team--NOW OFFERED!

CHECK OUT PAGE 3 FOR DETAILS!



Holiday Break Camps

December 27-29

See page 4 for details!



NEW NGC APPAREL!

CUSTOMIZATION AVAILABLE IF ORDERED
BEFORE SATURDAY, DECEMBER 17, 2022.





EXCITING HAPPENINGS AT THE TUMBLE BUGS GYM!

Upcoming Themes

January 9-22 Shape up in 2023!

January 23-
February 5 Fit 'N' Frozen

February 6-19 We Love NGC!

February 20-
March 5 Owl do my Best!

March 6-March 19 Shamrock Rock!

OPEN PLAY TIMES

TUESDAYS
9:30-10:30 AM

WEDNESDAYS
11:00-12:00 PM

THURSDAYS
6:30-7:30 PM

Winter Break Camps!

December 27-29

9:30-11:00 am

\$25/day

See Page 4!





TRAINING GYM

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

Winter Break Camps!

December 27-29

8:30-4:00

\$60/day

See Page 4!

OPEN GYM

WEDNESDAYS

HS & ADULT

8:00-9:00 PM

\$7

HOMESCHOOL

1:00-2:00PM

\$5

SATURDAYS

ALL AGES

12:30-2:00 PM

\$10

PROGRAM UPGRADES!

Wahoo! We have updated our Boys Recreational Programming & Ninja Programming for the Winter 2023 Session! Click on the links below to view the NEW Program paths! You can also find more information on our website under "Classes".

[Boys Program Path](#)

[Ninja Program Path](#)

RAIDER GYMNASTICS

COMMUNITY NIGHT!

Friday, December 16

at 6:30pm!

Free Admission for athlete 6th
grade and younger!

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WINTER BREAK CAMPS AT NGC!

**FULL DAY CAMP AT
NGC TRAINING GYM**

8:30am-4:00pm

Ages 6-14 years

\$60/day

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**HALF DAY CAMP AT NGC
TUMBLE BUGS GYM**

9:30-11:00am

Ages 3-5 years

\$25/day

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REGISTER HERE TODAY!

ALL camp attendees must register on our website and have a signed waiver. Wear athletic clothing (no jeans) and bring a water bottle. Full day campers should pack a lunch and 2 snacks, half day campers should pack a snack.