

# Beam Bite

FEBRUARY 2024



**Summer**  
**CAMP**  
**REGISTRATION IS**  
**OPEN!**

**SUMMER CAMP STEAL**  
**IS BACK! REGISTER**  
**EARLY & SAVE UP TO**  
**\$200!**

*Training Gym News*

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# TRAINING GYM

Home to NGC's Competitive Teams, A&T, Boys Rec, Ninja and Upper level Girls Rec Programs

## SUMMER CAMP IS BACK AT NGC!

SO MUCH FUN THIS SUMMER — GREAT THEMES, FLEXIBLE SCHEDULING, FRIDAY SKILL CLINICS & SO MUCH MORE!

### ANNUAL COMMUNITY BOARD MEETING

Join us as we re-cap 2023 at Northfield Gymnastics Club. Our annual community board meeting is set for Wednesday, April 17 at 6:00pm. Have your voice heard as we review the previous year and look forward to the future at NGC.

**APRIL 17 @ 6:00PM**

**SPRING SESSION SCHEDULES WILL BE OUT MARCH 1!**

**SAVE THE DATE**

**NORTHFIELD GYMNASTICS**

**SPRING SHOWCASE**

*Mark Your Calendars!*

|                     |  |
|---------------------|--|
| February 19         | <b>BOTH GYMS CLOSED</b>                          |
| February 24         | <b>MAIN GYM CLOSED</b>                           |
| Week of February 26 | <b>SKILL PROGRESS CHECKS</b>                     |
| March 4             | <b>SPRING REGISTRATION OPENS</b>                 |
| April 17            | <b>Annual Community Board Meeting</b><br>6:00 pm |
| March 18            | <b>SPRING SESSION BEGINS!</b>                    |
| May 18              | <b>SPRING SHOWCASE</b>                           |

**CLICK  
HERE**

**CHECK OUT OUR NEW COURSE CATALOG  
TO SEE EVERYTHING NGC OFFERS!**



# NGC SUMMER CAMP!

June 10- August 29

Get ready for summer fun!  
Crafts, Ninja Training,  
gymnastics, outdoor games,  
and more!



**N**  
NORTHFIELD  
GYMNASTICS CLUB

## THEMES!

Pirates & Mermaids  
Treasure Hunters  
Party In The USA  
Nerf Wars  
Out Of This World  
Star Wars  
Explore the Rainforest  
Ninja Mania  
Glow Party  
Wild Wild West

## SUMMER CAMP STEAL IS BACK!

5 Weeks for the price of 4!  
Limited enrollment available  
—Not available after March 15

## PRICES:

- Full Day Camp by Week: \$205
- Full Day Camp by Day: \$60
- Half Day Camp by Week: \$128
- Half Day Camp by Day: \$37

## AGES 4-13

All Campers registered before March 15  
will receive a 2024 Camp T-shirt!

# REGISTRATION NOW OPEN!

-Full Day 8:30am-4:00pm -Half Day options: 8:30-12pm or 12:30-4pm



# SUMMER CAMP STEAL IS BACK!

**5 WEEKS FOR THE PRICE OF 4!**

CHOOSE YOUR WEEKS!

June 10- August 29

**SAVINGS OF OVER \$200!**

**5 WEEKS OF SUMMER CAMP**

~~\$1,025~~

**\$820**

Full Day 8:30am-4:00pm

Monday-Thursday



**N**  
NORTHFIELD  
GYMNASTICS CLUB

**AGES 4-13**

**NGC SUMMER CAMP!**

**REGISTRATION  
OPENS FEBRUARY  
1ST!**

Only 25 Summer camp steal deals available!

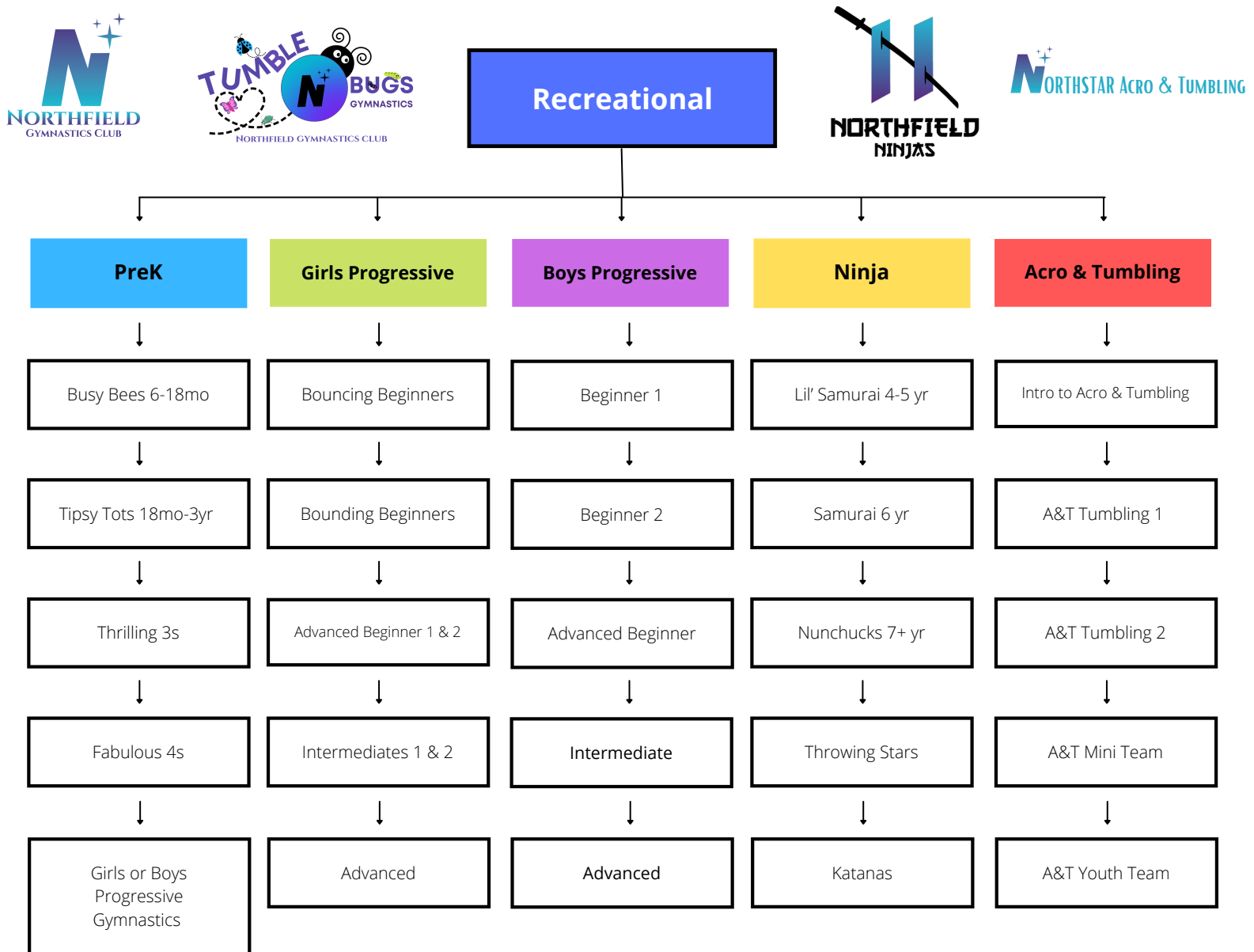
Offer ends March 15, 2024

ALL Summer Camp Steal Campers Receive a 2024 Camp T-Shirt!

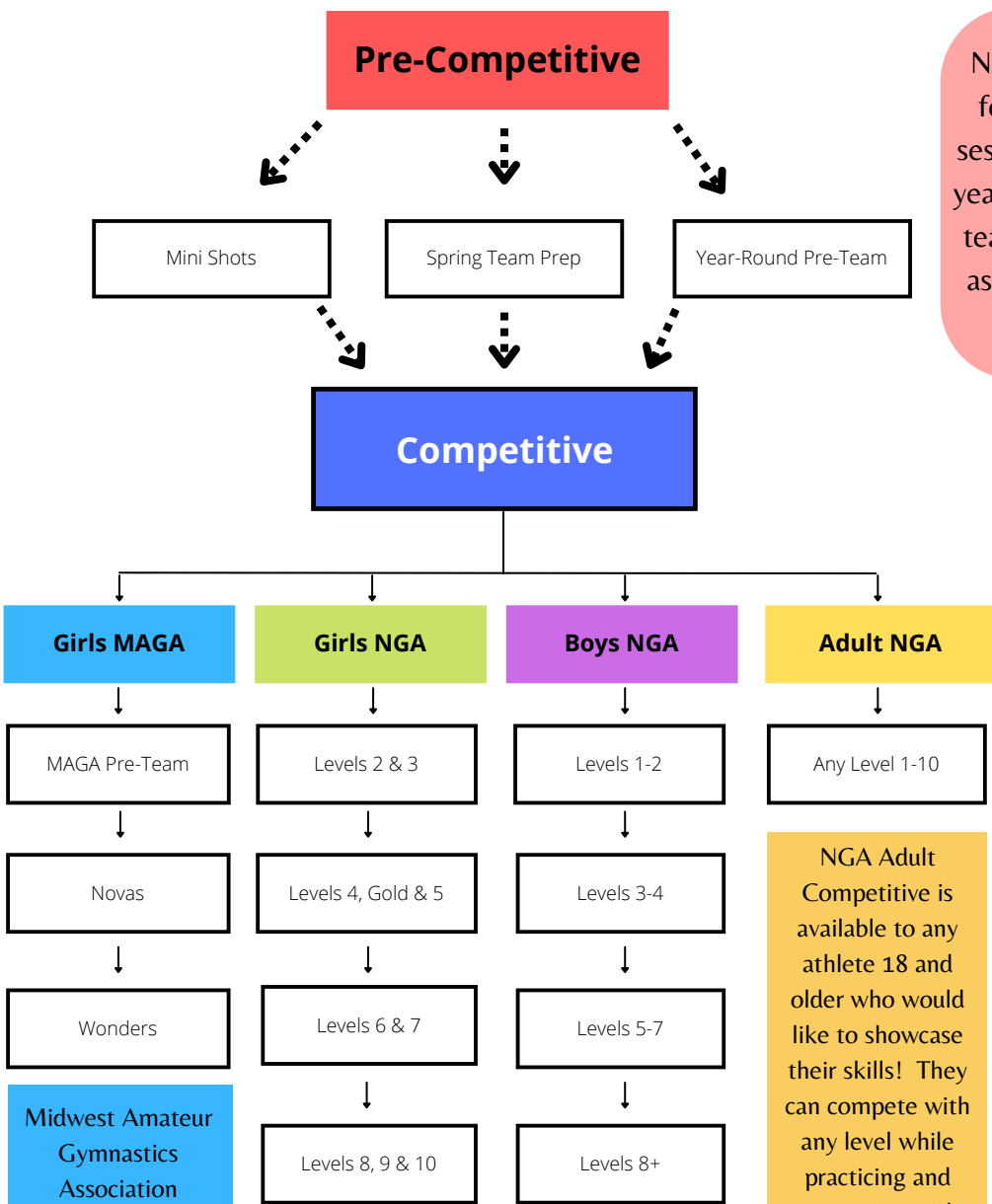
There are NO REFUNDS for summer camp enrollment regardless of reason. The ONLY refund is if Northfield Gymnastics Club cancels camp due to low enrollment. If the parent notifies the gym 14 days prior to the start of camp via EMAIL, then an NGC credit will be issued on the parent account less a \$35 supply and administrative charge. No shows and/or cancellations within 14 days prior to camp will not receive a credit or a refund. Any discounts and/or promotions are Non-refundable, non-transferable and no credit is given. Each enrollment is per athlete and may not be transferred to another athlete. If a week needs to be switched, it can be switched with a 30 day email notice prior to the camp start day. This applies to the Summer Camp Steal Promotion.

# New Rec Class Progressions!

As our athletes evolve and our programming grows, we change with the needs of our community. Starting in our Spring Session, our girls progressive gymnastics will split our current advanced beginner class into “Advanced Beginner 1” & “Advanced Beginner 2”. This change will assist athletes in feeling more successful as our current Advanced Beginner class had a lot of crucial skills and sometimes took many sessions to pass. Current Advanced Beginner athletes will be tested on skills on the Advanced Beginner 1 & 2 lists to ensure the correct placement in our spring session. Please see the chart below to view our classes in progressive order.



# COMPETITIVE GYMNASTICS



Midwest Amateur Gymnastics Association (MAGA) is a non-traveling competitive program that prepares athletes for high school gymnastics. Ideal for upper elementary & middle school athletes that have Intermediate Level skills or higher.

National Gymnastics Association (NGA) is an optional travel program that has different skill requirements depending upon the level the athlete is enrolled in. Ideal for athletes looking to compete at a National Level or start competitive gymnastics at a younger age. Athletes start as young as 5 years old at a beginner level of gymnastics. Offered for both boys & girls.

NGA Adult Competitive is available to any athlete 18 and older who would like to showcase their skills! They can compete with any level while practicing and competing with athletes their age.

NGC's pre-competitive programming is open for registration during recreational 10-week sessions. Athletes must be assessed to enroll in year-round pre-team and mini shots. Our spring team prep is open to athletes ages 5+ without assessment who are interested in competitive gymnastics.

Starting in June of each year athletes from our pre-competitive programming are invited to our team program. Over the summer athletes work towards skills to move levels. In August skills are assessed and athletes begin to learn routines for the upcoming season. NGC offers multiple avenues for competitive athletes, see notes under each one to find the right fit for your family & athlete.



# SUMMER @ TBG

Summer is right around the corner and we are getting ready for some **BIG SUMMER FUN** at Tumble Bugs! Daytime classes, mini camps, drop ins and so much more! Stay tuned to social media and your email for details to be released in March!

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## UPCOMING THEMES

February 19 Owl Do My Best

March 4 Buggin' Out

March 18 Shamrock-Rock



## DID YOU KNOW?



Gymnastics is a sport of self-control and mastering self-control ultimately leads to improved self-esteem.

Learning and successfully completing a gymnastics skill creates the sense of accomplishment, which in turn supports self-esteem. Your child will learn from an early age that hard work and practice pays off - key life skills!

INTERESTING FACT

*Athletes 6 mo - 7 years*

