



Beam Bite

NOVEMBER 2023



**FALL 2
REGISTRATION IS
OPEN!**

MAKE SURE YOU CHECK OUT ALL THE FRIDAY &
SATURDAY EVENTS IN THE MAIN GYM TOO!

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NIGHT OUT**

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TRAINING GYM

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

Fall 2 Registration is Open!

Make sure you register quickly as this short session has limited classes and fills up FAST!

WE WANT TO HEAR FROM YOU!

It's hard to believe, but we're coming to the end of 2023. The new year allows us to reflect on the past and plan for the future. NGC leadership and the Board of Directors will be taking this chance to work on a strategy for 2024 and beyond. We'd very much appreciate 5-10 minutes of your time to tell us your thoughts. This anonymous feedback will ensure your voice is included. Thank you in advance!

Year End Survey



Community Events

**MAKE SURE YOU
CHECK OUT ALL
THE COMMUNITY
EVENTS COMING
UP ON THE
FOLLOWING
PAGES!**

**FIND THE EVENTS
ON FACEBOOK &
SPREAD THE
WORD!**

**CLICK
HERE**

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

NOVEMBER PRO SHOP SALE!

Buy 2 Items -- Get 5% off

Buy 3 Items -- Get 10% off

Buy 4 Items -- Get 20% off



New Items
in Stock!

Check our [Club Calendar](#) for all special events!!

Acro & Tumbling Team Open for Registration!

TEAM IS NOW FORMING! REGISTER TODAY -- ATHLETES LOVE THIS
NEW PROGRAM!

MORE QUESTIONS?

EMAIL TANYA@NORTHFIELDGYMNASTICS.COM

Join us to try the NEWEST NCAA sport
that is sweeping the NATION! Acro &
Tumbling combines gymnastics,
stunting, synchronization and cheer
tosses!



Upcoming Skill Clinics

Rec & Competitive Athletes Welcome!

FRIDAY, DECEMBER 1

4:00-5:30

Bars Pullovers &
Back Hip Circles

SATURDAY, DECEMBER 2ND

9:00-10:30 AM

Handstand
Rodeo

Acro &
Tumbling

11:00 AM-12:30 PM

Front & Back Handsprings

WEDNESDAY, DECEMBER 27

10:00-11:30 AM

Back & Front Tucks

Ninja Skillz

FRIDAY, DECEMBER 29

10:00-11:30 AM

Walkovers & Flexibility

12:30-2:00 PM

Power Tumbling

SATURDAY, DECEMBER 30

12:30-2:00 PM

Intermediate Bars &
Beam

6 YEARS+
\$20
REGISTER
ONLINE
TODAY!





PJ'S & POPCORN Parents Night Out!

SATURDAY, NOVEMBER 18

5:00-8:00 PM

AGES 5+

\$30—1st child, \$25—2nd child, \$20 for each additional

Movie: Ferdinand (PG)

Price includes Pizza, Drinks & Popcorn!

Pre-Registration REQUIRED—Register online, space is limited!



**DROP
AND
SHOP**

NERF PARTY

**SATURDAY,
DECEMBER 9
3:00-8:00 PM
AGES 5+**

\$45—1st child, \$40—2nd child, \$35 for each additional

Movie: Super Mario Bros. (PG)

Price includes Pizza, Drinks & Popcorn!

Pre-Registration REQUIRED—Register online, space is limited!



WEAR
BRIGHT
COLORS!

LET'S

PARTY
FAVORS

GLOW

CRAZY!

DANCE PARTY

NEON FACE
PAINT

Parents Night Out!



FRIDAY, DECEMBER 15
5:00-8:00 PM
AGES 5+

\$30—1st child, \$25—2nd child, \$20 for each additional

Movie: Elemental (PG)

Price includes Pizza, Drinks & Popcorn!

Pre-Registration REQUIRED—Register online, space is limited!

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UPCOMING THEMES

November 13-26 Turkey Tumble

November 27-December 10 Tumble Bug Pirates

December 11-22 Twinkle Twinkle

REGISTER TODAY!



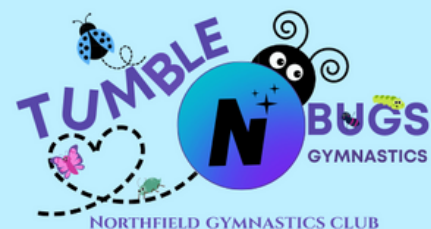
DID YOU KNOW?



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