



Beam Bite

OCTOBER 2024

**REGISTRATION FOR
FALL 2 OPENS
MONDAY OCTOBER
28TH**



Training Gym News

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*Upcoming
Events*

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**Birthdays
at NGC**

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New Open Gym Schedule!

N TRAINING GYM

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

Its Not Too Late to Sign Up for this Session!

We pro-rate half way though the session starting October 6th!

Make sure you check out ALL the classes & Programs NGC has to offer!



**WE ARE NOW HOSTING
FIELDTRIPS!**

Show your preschool or daycare kids the world of gymnastics by bringing them to one of NGC's NEW field trips! Fill out a form [here](#) to plan a field trip with us!

*ALL ATHLETES MUST HAVE A WAIVER COMPLETED IN ORDER TO ENTER THE GYM

FIELD TRIPS

INCLUDE: WARM UP GAME, STRETCHES, INTRODUCTION TO GYMNASTICS AND EACH EVENT, GAMES, OPEN GYM, AND MORE!

MINIMUM OF 10 PARTICIPANTS

\$50 APPLICATION FEE &

\$10 PER CHILD FOR 1 HR

\$12 PER CHILD FOR 1 HR 15 MIN

\$15 PER CHILD FOR 1 HR 30 MIN

REGISTER HERE!



Adult GYMNASTICS

Join us at NGC for adult gymnastics! Competitive & non-competitive available! Register online for FREE & pay per practice attended.

[More Information Here](#)

CLICK

HERE

CHECK OUT OUR NEW COURSE CATALOG

TO SEE EVERYTHING NGC OFFERS!

Flip or Treat

SATURDAY, OCTOBER 26TH
FROM 3:00-5:30 PM

JOIN US FOR THIS FREE EVENT WHERE YOUR KIDS HAVE TO PERFORM GYMNASTICS "TRICKS" FOR THEIR "TREATS" THIS EVENT WILL BE FULL OF ACTIVITIES, PRIZES, AND CANDY FOR AGES 3 TO 9 YEARS OLD. ACTIVITIES AND WALK THROUGHS TAKE ABOUT 20-30 MIN. KIDS MUST BE ACCOMPANIED BY AN ADULT. PRE-REGISTER FOR AN EXTRA SPECIAL TREAT [HERE](#):

Costumes Encouraged!

EXCITING CHANGES ARE COMING!

Northfield Gymnastics Club is continuing to GROW! We LOVE being a safe, fun & challenging fitness club for our community! To keep up with demand, and provide the most availability to our athletes, starting in the FALL 2 SESSION our Pre-K & beginner classes will be undergoing some EXCITING Changes! Stay Tuned for more information to come at the end of October.

Birthday Party

GYM-TASTIC BIRTHDAY PACKAGE

GYMNASTICS PARTY

60 MINUTES GYM TIME

30 MINUTES AT PARTY TABLES

GAMES, TRAMPOLINE PLAY, OBSTACLE COURSE, BARS & BEAM

UP TO 12 ATHLETES (INCLUDING BIRTHDAY CHILD)

\$180

\$10/ADDITIONAL ATHLETE

NINJA STYLE BIRTHDAY PACKAGE

NINJA PARTY

60 MINUTES GYM TIME

30 MINUTES AT PARTY TABLES

WARP WALL, NINJA RIG, OBSTACLE COURSE, TRAMPOLINES, GAMES

UP TO 12 ATHLETES (INCLUDING BIRTHDAY CHILD)

\$230

\$12/ADDITIONAL ATHLETE

NERF WARS BIRTHDAY PACKAGE

NERF GAMES PARTY

60 MINUTES GYM TIME

30 MINUTES AT PARTY TABLES

NERF WARS, CAPTURE THE FLAG, FORT BUILDING, ACCURACY CONTESTS

UP TO 12 ATHLETES (INCLUDING BIRTHDAY CHILD)

\$255

\$15/ADDITIONAL ATHLETE

NOW ACCEPTING DEPOSITS FOR SEPTEMBER THRU DECEMBER BIRTHDAYS ONLINE!



SWEET AS HONEY BUSY AS BEES!



JOIN US IN OUR BUSY BEES CLASS! FOR AGES 6 TO 24 MONTHS—GROW THOSE GROSS MOTOR SKILLS AS OUR BUSY BEES HAVE THE GYM TO THEMSELVES TO EXPLORE & PLAY!

MEET NEW FRIENDS!

CRAWL, WALK OR ROLL ON IN!

REGISTER FOR FALL 2 ON OCTOBER 28TH!

UPCOMING THEMES

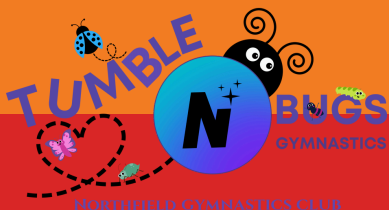
October 14th	Cartwheel Carnival
October 28th	Halloweenie
November 10th	The Pirate's Plank
November 24th	Turkey Tumble

DID YOU KNOW?



Since Tumble Bugs Classes are *mostly* by age, we vary the curriculum & skills taught so your athlete learns **NEW skills ALL YEAR ROUND!**

INTERESTING FACT



ATHLETES 6 MONTHS-7 YEARS



SCHOOL- YEAR OPEN GYMS



TRAINING GYM

DAY	AGES/PRICE	TIME
Wednesdays	Homeschool & Pre-K \$10/athlete, \$30 family max	10:30-12:00 pm
Wednesdays	Adult (16+) \$7/athlete	8:00-9:00 pm
Saturdays	All Ages \$10/Athlete	1:00-2:30 pm

Check our [Club Calendar](#) for Exact Dates!

TUMBLE BUGS GYM

DAY	AGES/PRICE	TIME
Fridays	Under 7 Years \$7	10:55-11:55am

