



Beam Bite

FEBRUARY 2023

I LOVE NGC WEEK!

THE NEXT 2 WEEKS ARE OUR ANNUAL I LOVE NGC WEEKS AT THE CLUB! WE ARE EXCITED TO CELEBRATE WITH YOU AND HEAR ALL THE REASONS YOU AND YOUR ATHLETES LOVE NGC! WATCH FOR SOCIAL MEDIA CONTESTS AND FUN PHOTO OPPORTUNITIES THROUGHOUT THE WEEKS!

2023 NORTHFIELD GYMNASTICS CLUB

Flip-a-thon

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TUMBLE BUGS & TRAINING GYM HAPPENINGS!



2023 NORTHFIELD GYMNASTICS CLUB

Flip-a-thon

NGC is hosting our Innaugural Flip-A-Thon on February 18, 2023! We are hoping to raise \$15,000 to remodel our lobby and parent viewing areas in the training gym.

Every athlete has a fundraising page here: <https://go.rallyup.com/ngcflip>

Every little bit helps, so donate in honor of your favorite NGC athlete or just to support NGC as a whole! We appreciate any amount of help to make the space more comfortable and functional for all!

Lastly, JOIN US on February 18th from 9-11am to watch athletes FLIP 100 times in an hour. Enjoy other events during the flip-a-thon like raffles, prizes, a dance party & more! To Register your athlete (ages 6+) to flip at the flip-a-thon, fill out the form [here](#)

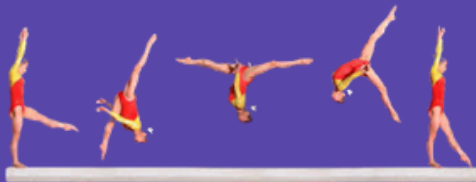
NORTHFIELD GYMNASTICS CLUB

Free Community Event

SATURDAY, FEBRUARY 18
9-11AM



Free Popcorn!



Watch our Flippers!



Free Face
Painting!



Half-way Dance Party!



Raffle
Drawing &
Prizes!

2023 Flip-a-thon

SPRING BREAK CLINICS



Join us March 27-31 to sharpen your gymnastics skills! Check out our clinics & register today! Space is limited.



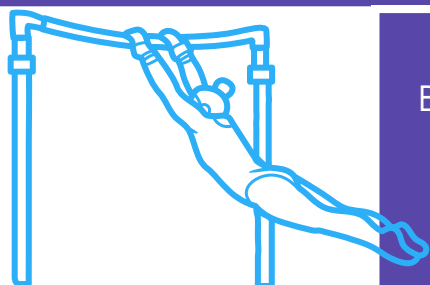
MONDAY, MARCH 27
VAULT CLINIC WITH
COACH TABITHA
12-2PM
\$25

WEDNESDAY, MARCH 29
BEAM QUEEN CLINIC WITH
COACH ELIZABETH
9-11AM
\$25



THURSDAY, MARCH 30
TRAMP & TUMBLING WITH
COACH KATYA
10-12PM
\$25

THURSDAY, MARCH 30
BRIDGES & BACKWALKOVERS WITH
COACH KATYA
12-2PM
\$25



FRIDAY, MARCH 10
BAR BACK HIP CIRCLES WITH
COACH KATYA
10-12PM
\$25

CLINIC REGISTRATION & INFORMATION

BONUS OPEN GYMS

WEDNESDAY,
MARCH 29
12-1:30PM
\$10

FRIDAY, MARCH 31
12-1:30PM
\$10

ALL AGES!

Summer Camp Steal!

ONLY 30 AVAILABLE!

CHOOSE YOUR 4 WEEKS!

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

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 & Ribbons—
So MUCH MORE!

Details

4 Weeks of our Full day Monday-Thursday Camp for the Price of 3!

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

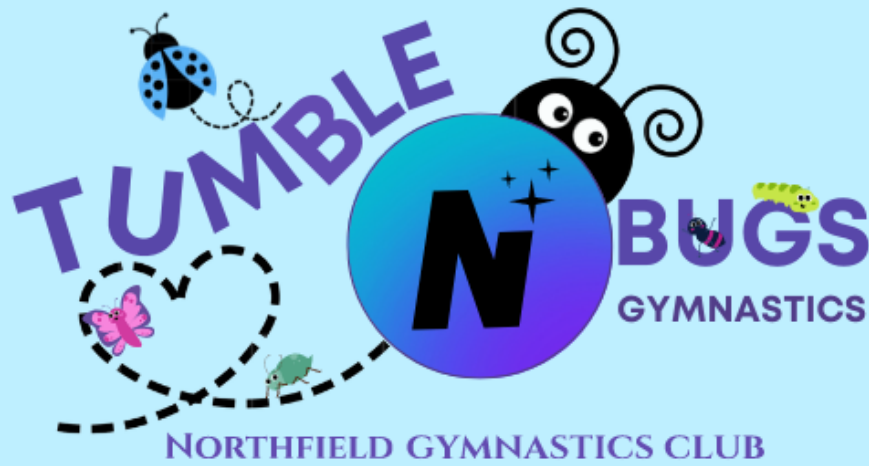
See Website for full offer details & registration!

**FREE CAMP SHIRT IF
REGISTERED BY MARCH 10!**



**NOT LOOKING FOR 4
WEEKS? REGISTER FOR
A WEEK OR A DAY AT A
TIME!**

REGISTER HERE!



EXCITING HAPPENINGS AT THE TUMBLE BUGS GYM!

Upcoming Themes

February 20-
March 4

Owl do my best!

March 6-18

Shamrock Rock!

Next Session

March 20-April 1

BUG OUT!

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

**Spring
Registration will
open soon!**

**February 27-Spring Schedule Release
March 6-Spring Registration Opens**

**Watch for info on joining competitive
gymnastics to come out this spring too!**

OPEN GYM

WEDNESDAYS

HS & ADULT	HOMESCHOOL
8:00-9:00 PM	1:00-2:00PM
\$7	\$5

SATURDAYS

ALL AGES
12:30-2:00 PM
\$10

LOBBY REMODEL

As we near the end of our Flip-a-Thon keep an eye out for lobby renovations to begin! We are hoping to replace the carpet, build a coffee bar & concession area, add digital screens to showcase all our events on the main floor. Upstairs we want to add high top seating, a comfy working area and sibling play space!



COMPETITIVE TEAMS UPCOMING HOME MEETS!

MAGA Home Meet--February 19 beginning
at 12pm!

NGA Home Meet--March 4 beginning at
9am!