



Beam Bite

MARCH 2023

**SPRING REGISTRATION
& SHOWCASE!**

SATURDAY, MAY 20

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Spring

SCHEDULE



Spring Session March 20-May 25

March 6-Spring Registration Opens at 8:00am

NGC will be hosting our 2nd Annual Spring Showcase for recreational gymnasts and ninjas on Saturday, May 20, 2023. This event will be a chance to show off all they've learned and perform for parents, family & friends! Athletes must sign-up in advance using the link below. Please fill out a new form for each athlete attending. The fee to participate is \$35/athlete and includes a showcase T-shirt and a showcase medal.

Accounts will be charged when registration closes April 1st.

NORTHFIELD GYMNASTICS SPRING SHOWCASE



REGISTER



Session #1: 9:00-11:00am

Tots, Thrilling 3s, Fabulous 4s, Lil' Samurai's

Session #2: 11:30-1:30pm

Bouncing & Bounding Beginners, Boys
Beginners 1 & 2, Youth Beginners, Samuri's

Session #3: 2:00-4:00pm

Advanced Beginners, Girls Intermediates 1,
Boys Intermediates, Nunchucks, Throwing Stars

Session #4: 4:30-6:30pm

Girls Intermediate 2 & Advanced, Boys & Girls
NGA Team Prep, MAGA Girls Pre-team





COMPETITIVE GYMNASTICS

Northfield Gymnastics Clubs offers multiple opportunities for athletes to experience the world of Competitive Gymnastics including Local, Regional & National Competition. NGC strives to have a place for any athlete that wishes to have a competitive experience.

Each Spring NGC begins enrolling competitive athletes into the team program for the following competitive season (which begins in late fall). See the options below, offered in our Spring Session and please reach out to NGA Head Coach Krystal (Krystal@Northfieldgymnastics.com) or MAGA Head Coach Mark (Mark@Northfieldgymnastics.com) with any questions.

NGA Boys Team Prep: NGC has been working on starting a boys competitive program and we want your athletes! Join us for Boys Team Prep and get prepared to compete in the 2023-24 season!

NGA Girls Team Prep: If you are looking for a competitive opportunity for your athletes ages 4+, where they can try some practices to see if they enjoy a competitive environment. During practices athletes will work toward perfecting skills necessary for competitive gymnastics and then showcase their mini routines at our spring showcase! This class is a great way to try out competitive gymnastics without the monetary commitment.

MAGA Girls Pre-Team: Our MAGA girls pre-team is for athletes that have attained a specific skill level in gymnastics. For most athletes, that means they have completed at least one session of girls intermediate 2 or girls advanced. Please contact Mark Morpew with any questions.

MAGA Team Try-outs: MAGA team try-outs will be held Saturday, April 1st from 10am-12pm. This try-out is for athletes not currently enrolled in any of our competitive programming or classes. If your athlete is currently enrolled in one of our competitive classes, please reach out to Mark to let him know you are interested in your athlete being on the MAGA team for the 2023-23 season.



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!

SPRING BREAK CLINICS



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



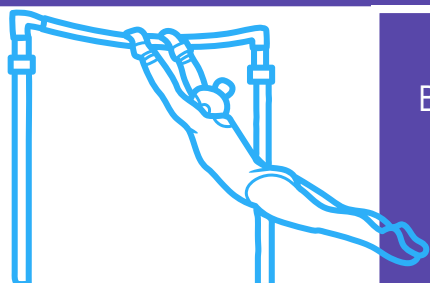
MONDAY, MARCH 27
VAULT CLINIC WITH
COACH TABITHA
12-2PM
\$25

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

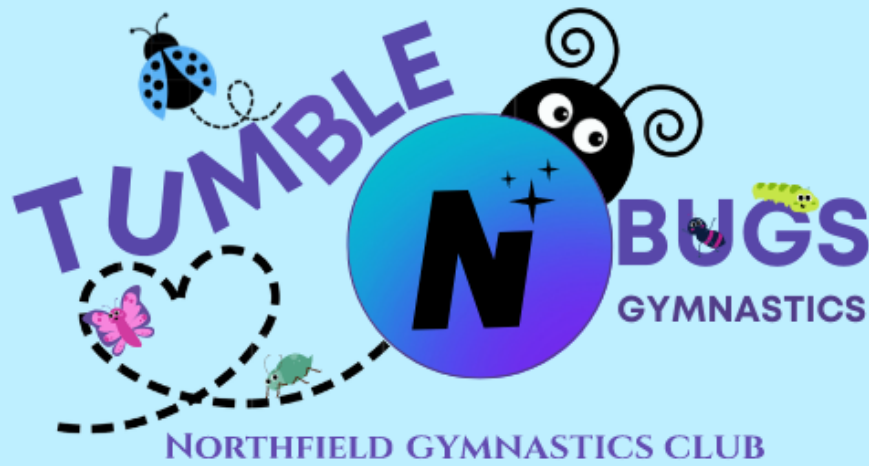
CLINIC REGISTRATION & INFORMATION

BONUS OPEN GYMS

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

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

ALL AGES!



EXCITING HAPPENINGS AT THE TUMBLE BUGS GYM!

Upcoming Themes

March 20-April 1

BUG OUT!

April 3-16

Jelly Bean Jam

April 17-30

Teddy & Me

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**

LOBBY REMODEL

EXCITEMENT IS BREWING! We are making decisions and finalizing the plan for our new lobby spaces this month! We anticipate remodeling the lobby the week after Memorial Day in May and are SOOO EXCITED! Thank you all for your donations & participation in our flip-a-thon to make this lobby remodel a possibility!

OPEN GYM

New

TUESDAYS
STARTING MARCH 21
PREK IN THE BIG GYM
11AM-12PM
\$7

WEDNESDAYS
HS & ADULT
8:00-9:00 PM
\$7

HOMESCHOOL
1:00-2:00PM
\$5

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