

Beam Bite

MAY 2023



Year-Round Class Schedule

Page 3

Page 4

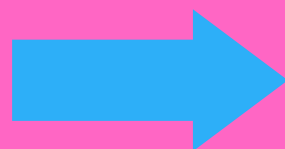
Summer Session
SCHEDULE

**TUMBLE BUGS GYM
NEWS**

Page 5

Page 6

Training Gym





SUMMER

AT NGC!

Click each title to find out more!

Day Camps

UNLIMITED CLASS MAKE-UPS

FRIDAY FOCUS CLINICS

OPEN GYMS

YEAR-ROUND CLASSES

YEAR-ROUND CLASS SCHEDULE

JUNE 12, 2023-MAY 23, 2024

# of classes	44	48	47	47
Class/Day	Monday	Tuesday	Wednesday	Thursday
Girls Youth Beginners (8+ years)	5:30-6:30			
Girls Advanced Beginners	4:00-5:15			5:15-6:30
Girls Intermediate 1		6:00-7:30		4:30-6:00
Girls Intermediate 2		4:30-6:00		
Boys Beginner 1 & 2			5:15-6:15	
Ninja Nunchucks				6:20-7:20
Ninja Throwing Stars		5:10-6:10		
Ninja Katanas		6:20-7:45		

Year-Round Recreational Classes at NGC begin each June and run the entire year until the end of May. Athletes should enroll in their current level and will continue to progress through our tested skill levels. Throughout a year-round rec class, skill assessments are updated and available on your ENGAGE profile.

If an athlete chooses to drop a year-round class, written notice via email (to Mark@Northfieldgymnastics.com) 30 days in advance must be received. See full policies upon registration or on our website.

REGISTRATION OPENS MAY 8TH!



SUMMER 10- WEEK SESSION SCHEDULES

JUNE 12- AUGUST 27
REGISTRATION OPENS MAY 15!

Click each title go to the schedule!

Training Gym

TUMBLE BUGS

NGC SUMMER
CALENDAR





FRIDAY FOCUS

Friday Focus Clinics are open to athletes 6+ who want to work on specific skills. Pre-registration required, \$20/clinic, register online!

DATE	8:30-10:00 am	10:30-12:00 pm
June 16	Back Handsprings	Front Handspring Vaulting
June 23	It's All About the Handstand	Ninja Agility & Speed
June 30	Kips & Casts	Round-offs for Powerful Tumbling
July 7	Intro to Advanced Vaults	Beam Leaps, Jumps & Turns
July 14	Trampoline Skills	Bar Tap Swings & Dismounts
July 21	Ninja Obstacle Training	Beam Basics that transfer to BIG SKILLS
July 28	Standing Back Tucks	Static & Active Flexibility
August 4	Bar Pull-overs & Back Hip Circles	Front Tucks
August 18	Beam Queen Confidence	Squat-on's & Tap Swings
August 25	Bridges & Backwalkovers	Front Handspring Vaulting

\$20/Clinic--Register Online!



SUMMER IS COMING AT TBG!

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

** ONLY THROUGH
THE MONTH OF MAY--
WATCH FOR SUMMER
OPEN PLAY TIMES
FOR JUNE-AUGUST!

Upcoming Themes

May 1-14

Disco Dinosaurs

May 15-25

Out of this World

Summer Session Unlimited Make-ups!

EVERY Friday at 1pm, check your inbox to sign up for your make-up class for the next week! Athletes MUST sign up for their make-up class.

TBG WILL BE CLOSED

May 26-29

July 1-6

WE ARE HIRING

Click for more information or to apply!



TRAINING GYM

Home to NGC's Competitive Teams, Boys Rec, Ninja and
Upper level Girls Rec Programs

Unlimited Make-up classes this summer!

EVERY Friday at 1pm, check your inbox to sign up for your make-up class for the next week! Athletes MUST sign up for their make-up class.

Used Leotard DONATIONS WANTED

It will soon be time for our Annual Used Leo Fundraising Sale! Our NGA athletes are headed to NATIONALS in New Orleans, LA and they need your help! As you are spring cleaning consider donating the leotards that your athlete has outgrown! All funds raised from the used leo sale help pay for flights, hotels and competition fees for these athletes!

Summer Camp

AT NGC

GREAT THEMES ALL SUMMER!

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

REGISTER HERE!

*WAITLISTS WILL BE ACCEPTED IN
ORDER RECEIVED!