



Beam Bite

OCTOBER 2023



IT'S GOING TO BE
A BOO-TIFUL FALL
AT NGC!

WE HAVE PACKED THIS FALL WITH COMMUNITY
EVENTS, CAMP OPPORTUNITIES, AND SO MUCH MORE!!

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**Community
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Upcoming Sessions!



TRAINING GYM

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

Fall Session in FULL SWING!

Next week we will be halfway through our fall session! The gym is busy, but make sure you check out everything your athlete is learning! If you need anything be sure to stop by the reception desk or send us an email!

CLASS REMINDERS!

Please ensure hair longer than shoulder is tied back for practices. If shorter than shoulders, tie back so it doesn't fall in athletes face during class.

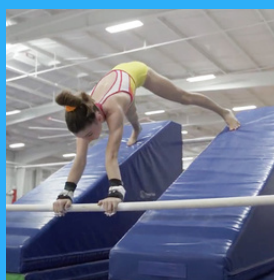
It is not safe to tumble in the lobby, please wait until you get into class.

Athletes not enrolled in class may not be on the mats or equipment at any time.

New Equipment

CHECK IT OUT!

A HUGE thanks to all the families who purchased or helped us sell butterbraids this fall, our gym raised almost \$3,000 to purchase new equipment for our ever-growing advanced athletes.



CLICK
HERE

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

**THURSDAY, OCTOBER 19
4:00-8:00 PM**

**FRIDAY, OCTOBER 20
8:30 AM-4:00 PM**

**SATURDAY, OCTOBER 21
8:30 AM-3:00 PM**

Season Prep Camp

**MSHSL
NGA
USAG
MAGA**



**\$275/ATHLETE
SPACE LIMITED TO 60 ATHLETES!
REGISTER TODAY!**

Acro & Tumbling Team Forming Soon!

**NGC WILL BE FORMING ITS FIRST NATIONAL ACRO & TUMBLING
LEAGUE (NATL) TEAM IN THE COMING MONTH!**

LET US KNOW YOUR ATHLETE IS INTERESTED!

WE WILL KEEP YOU UPDATED!

FILL OUT THIS FORM!

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!



FLIP OR TREAT

SUNDAY OCTOBER 29 2:00-4:00PM

Join us to walk down Candy Land Lane at NGC! NGC's Flip or Treat will be FULL of activities, prizes & candy for ages 3 to 9 years (all ages are welcome!). Costumes HIGHLY encouraged —activities and walkthrough will take approximately 20-30 minutes. All children must be accompanied by an adult for the duration of the walk through, no un-attended minors will be allowed. ALL families that pre-register will receive an EXTRA SPECIAL TREAT upon arrival! This is a FREE community event, donations are welcome and appreciated, but not necessary.

Pre-register to help us make sure we can accomodate everyone who wishes to attend!

[Pre-Register Here!](#)



SUNDAY, NOVEMBER 5

3:00-5:00PM

\$30

Current Class Athletes can receive a \$5 off promo code from their class coach!

STRENGTH CONTESTS
OBSTACLE COURSE RACES
KICKS & VAULT SHOWCASE

Members & non-members welcome!

Price includes a T-Shirt!
Parents are encouraged to stay and watch their amazing athlete!
Athletes can win medals, certificates, ninja headbands and MORE at the event.

Pre-Registration is required.

[Register Here!](#)



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!

Come Play with Us

WEDNESDAYS
9:30-11:00
MAIN GYM
\$10

WEDNESDAYS
11:20-12:20
TUMBLE BUGS
\$7

FRIDAYS
10:45-11:45
TUMBLE BUGS
\$7



UPCOMING THEMES

October 9-22 Zoo-nastics

October 23-Nov 5 Halloweenie

November 6-12 Turkey Tumble

NEW SESSION STARTS
NOVEMBER 13!

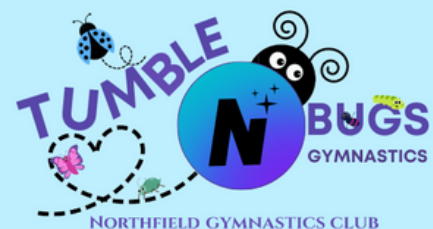
DID YOU KNOW?



Gymnastics Develops Cognitive Skills!

Learning and completing gymnastics movements requires the mind as well as the body. The left brain & right brain have to work in concert, so your toddlers body & spacial awareness Improve!

INTERESTING FACT



Athletes 6 mo - 7 years

UPCOMING SESSIONS!

FALL 2

NOVEMBER 13-DECEMBER 22

NO CLASSES NOVEMBER 23-26

SCHEDULE RELEASE: OCTOBER 16

REGISTRATION START: OCTOBER 30 AT 8:00AM

**PLEASE NOTE: NGC WILL NOT BE RUNNING MAIN GYM RECREATIONAL CLASSES ON FRIDAYS AND SATURDAYS DURING THIS SESSION DUE TO COMPETITIVE SEASON MEETS. SPACE WILL BE LIMITED, SO REGISTER EARLY!

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

WINTER 2024

JANUARY 8-MARCH 17

NO CLASSES FEBRUARY 17-19

SCHEDULE RELEASE: DECEMBER 1

REGISTRATION START: DECEMBER 12 AT 8:00AM