

# Beam Bite

SUMMER 2023

# SUMMER FUN AT NGC

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# TRAINING GYM

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

## CONGRATULATIONS!

A HUGE Shout-out to our Competitive Athletes who competed in New Orleans, LA last week at the NGA National Competition.

Brooklynn S. Level 8  
Dani H. Level 8  
Maura E. Level 8  
Shayla S. Gold  
Willow W. Level 2

These athletes made qualifying scores to compete at this meet.



## CHECK OUT THE NEW LOBBY!



## BALCONY & LOBBY SEATING AVAILABLE!

# Proshop

Our remodeled lobby has a new pro shop space! We now carry even more gymnastics & fitness products for you and your athletes! Check out some of the NEW PRODUCTS below!



**NEW PRODUCT!**



**WOD & DONE**

Don't rip when you grip

SINGLE USE | SKIN-TIGHT | SELF-ADHESIVE

Bar grips don't stop rips, but wod & done can help athletes with sore callous hands.

**HELP US KEEP OUR NEW LOBBY  
CLEAN! PLEASE REMIND YOUR  
ATHLETES TO CLEAN UP AFTER  
THEMSELVES!**

## Snack Stop



Our improved snack shop features some healthy options for our athletes during class, camp or team practice! If there is something your athlete craves during practice, let us know!

## How to Purchase Proshop items

To the right of the corner display, by our emergency exit door, there is a blue box with envelopes & custom order forms. If you are buying an item off the rack, simply write what you purchased on an envelope and enclose your payment. Put the envelope in the box and you're all set! If you would like a custom design or to add a name to an item, fill out the custom order form and include that in an envelope with payment. We will contact you when your item is ready (usually within a week!)



# SUMMER CAMP

The last 2 weeks of camp have been so much fun! Athletes are having a BLAST in the gym at NGC—Learning new skills, making new friends, playing outside and making crafts!!

There is so much excitement in the gym each day! Registration is still open for available slots in July & August! Sign up by the week, full day, half day—so many options!

[Register Here!](#)







COME  
HANG  
WITH US!

## FRIDAY FOCUS CLINICS

DATE	8:30-10:00 am	10:30-12:00 pm
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!**





*Camp at Tumble Bugs!*

**Join us Mondays & Thursdays  
through the summer for Mini  
Camps from 9-11am!  
\$30/athlete Ages 3-5 years**

**REGISTER TODAY!**

**Gym Explorers  
July 10 & 13**

**Buggin' Out  
July 17 & 20**

**Twinkle Toes  
July 24 & 27**

**Turtle Power  
July 31 & Aug 3**

## UPCOMING THEMES

July 17-28

Stick It—Spaceship  
Landings

July 31-August 11

Wild Wild West

August 14-25

Hawaiian Luau

## OPEN PLAY TIMES

*Tuesdays  
9am-10am  
\$7*



# Important Dates

July 1-6	GYM CLOSED (Training Gym & TBG)
August 7	Fall Schedule Released
August 8	TRAINING GYM CLOSED - No Rec Classes
August 14	Fall Registration Opens Online
August 25	Last Day of Summer Session
August 28-Sept 2	No Class for Year-Round Athletes
September 5	Fall Session Begins

## OPEN GYM

WEDNESDAYS

TRAINING GYM

7:30-9PM

ALL AGES

\$10

## FALL OPEN HOUSE

WEDNESDAY, AUGUST 30

2-5PM

GAMES, RAFFLES, FAMILY FUN!