



Beam Bite

SEPTEMBER 2023

CLASSES START
TUESDAY,
SEPTEMBER 5TH!



Training Gym News

Page 2

Page 3

*Upcoming
Camps*

Page 4

**Birthdays
at NGC**

**TUMBLE BUGS GYM
NEWS**

Page 5

Page 6

New Open Gym Schedule!



TRAINING GYM

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

Fall Session Registration is OPEN!

Make sure you check out ALL the classes & Programs NGC has to offer!

REGISTER HERE!



ACRO & TUMBLING

CLASSES THIS FALL

*Intro to A&T

A&T Tumbling 1

A&T Tumbling 2

*ALL ATHLETES SHOULD
ENROLL IN 1 INTRO CLASS
& 1 TUMBLING CLASS.

**COMPETITION
TEAM IN
NOVEMBER!**



Adult GYMNASTICS

Join us at NGC for adult gymnastics! Competitive & non-competitive available! Register online for FREE & pay per practice attended.

[More Information Here](#)

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 Camp SEPTEMBER 29-30

Join us to try the NEWEST NCAA sport that is sweeping the NATION!

Acro & Tumbling combines gymnastics, stunting, synchronization and cheer tosses!

Athlete Showcase
on Saturday 4-
5:30pm

GUEST COACHES!

**FUN &
CHALLENGING!**

**FRIDAY, SEPTEMBER 29
4:00-8:00 PM**

**SATURDAY, SEPTEMBER 30 8:30
AM-4:00 PM**

\$75/ATHLETE

REGISTER TODAY!





Birthday Party

GYM-TASTIC BIRTHDAY PACKAGE

GYMNASTICS PARTY

60 MINUTES GYM TIME

30 MINUTES AT PARTY TABLES

GAMES, TRAMPOLINE PLAY, OBSTACLE COURSE, BARS & BEAM

UP TO 12 ATHLETES (INCLUDING BIRTHDAY CHILD)

\$180

\$10/ADDITIONAL ATHLETE

NINJA STYLE BIRTHDAY PACKAGE

NINJA PARTY

60 MINUTES GYM TIME

30 MINUTES AT PARTY TABLES

WARP WALL, NINJA RIG, OBSTACLE COURSE, TRAMPOLINES, GAMES

UP TO 12 ATHLETES (INCLUDING BIRTHDAY CHILD)

\$230

\$12/ADDITIONAL ATHLETE

NERF WARS BIRTHDAY PACKAGE

NERF GAMES PARTY

60 MINUTES GYM TIME

30 MINUTES AT PARTY TABLES

NERF WARS, CAPTURE THE FLAG, FORT BUILDING, ACCURACY CONTESTS

UP TO 12 ATHLETES (INCLUDING BIRTHDAY CHILD)

\$255

\$15/ADDITIONAL ATHLETE

NOW ACCEPTING DEPOSITS FOR SEPTEMBER THRU DECEMBER BIRTHDAYS ONLINE!



JOIN US IN OUR BUSY
BEES CLASS! FOR
AGES 6 TO 24
MONTHS—GROW
THOSE GROSS
MOTOR SKILLS AS
OUR BUSY BEES HAVE
THE GYM TO
THEMSELVES TO
EXPLORE & PLAY!

MEET NEW FRIENDS!

CRAWL, WALK OR
ROLL ON IN!

SWEET AS HONEY BUSY AS BEES!



REGISTER TODAY! CLASSES START TUESDAY!

UPCOMING THEMES

September 5

Getting to know our
friends

September 11-24

Turtle Power

September 25-
October 8

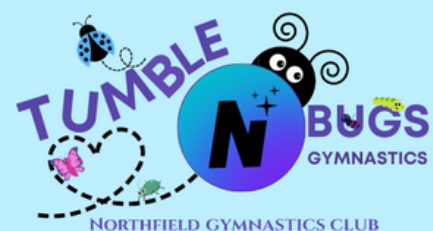
Cartwheel Carnival

DID YOU KNOW?



Since Tumble Bugs
Classes are *mostly* by
age, we vary the
curriculum & skills taught
so your athlete learns
NEW skills **ALL YEAR
ROUND!**

INTERESTING FACT



Athletes 6 mo - 7 years

SCHOOL- YEAR OPEN GYMS

TRAINING GYM

DAY	AGES/PRICE	TIME
Wednesdays	Homeschool & Pre-K \$10/athlete, \$30 family max	9:30-11:00 am
Wednesdays	Adult (16+) \$7/athlete	8:00-9:00 pm
Saturdays	All Ages \$10/Athlete	1:00-2:30 pm

Check our [Club Calendar](#) for Exact Dates!

TUMBLE BUGS GYM

DAY	AGES/PRICE	TIME
Tuesdays	Under 7 Years \$7	9:20-10:20
Wednesdays	Under 7 Years \$7	11:20-12:20
Fridays	Under 7 Years \$7	11:45-12:45