



# Beam Bite

NOVEMBER 2022

**FALL 2 REGISTRATION IS OPEN!**

DROP 'N'  
SHOP

at Northfield Gymnastics Club

REGISTER  
TODAY!

DECEMBER 10

1:00-5:00PM

\$45/FIRST ATHLETE

\$15/EACH ADDITIONAL

AGES 4-12 YEARS

**Holiday Break Camps**

**December 27-29**

November  
PROSHOP  
SALE

Buy 2 items receive 5% off

Buy 3 items receive 10% off

Buy 4 or more receive 20% off

\*Not valid on food, beverages or scrunchies.



# EXCITING HAPPENINGS AT THE TUMBLE BUGS GYM!

## Upcoming Themes

November 14-23

Turkey Tumble

November 28-  
December 10

Tumble Bug Pirates

December 12-22

Twinkle Twinkle  
TumbleBugs

## OPEN PLAY TIMES

TUESDAYS  
9:30-10:30 AM

WEDNESDAYS  
11:15-12:15 PM

THURSDAYS  
6:15-7:15 PM



## Winter Break Camps!

December 27-29

9:30-11:00 am

\$25/day

See Page 4!

Watch for our coaches in training from our TILT program in the coming weeks. They will be observing classes & learning strategies to become great coaches & leaders at NGC!



# TRAINING GYM

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

## Winter Break Camps!

**December 27-29**

**8:30-4:00**

**\$60/day**

**See Page 4!**

## OPEN GYM

WEDNESDAYS

HS & ADULT	HOMESCHOOL
8:00-9:00 PM	1:00-2:00PM
\$7	\$5

SATURDAYS

ALL AGES

12:30-2:00 PM  
\$10

## NEW PROSHOP LOOK IN THE LOBBY!

Keep an eye out for our NEW Proshop look in the Lobby! Sweatshirts, Leos, Joggers, Leggings, Snacks, Scrunchies, Tumblers, Tees, Waterbottles and more!

You can now CUSTOMIZE your NGC apparel too! Get your custom apparel EARLY before the holiday rush!

Watch for our coaches in training from our TILT program in the coming weeks.

They will be observing classes & learning strategies to become great coaches & leaders at NGC!

## RAIDER GYMNASTICS SEASON STARTS!

Make sure you check out the meet schedule for the NHS Raider Gymnastics Team this season. Your athlete is sure to LOVE watching these amazing athletes!



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C**

**27**



# **WINTER BREAK CAMPS AT NGC!**

**FULL DAY CAMP AT  
NGC TRAINING GYM**

8:30am-4:00pm

Ages 6-14 years

\$60/day

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**HALF DAY CAMP AT NGC  
TUMBLE BUGS GYM**

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C**

**29**



9:30-11:00am

Ages 3-5 years

\$25/day

**REGISTER HERE TODAY!**

ALL camp attendees must register on our website and have a signed waiver. Wear athletic clothing (no jeans) and bring a water bottle. Full day campers should pack a lunch and 2 snacks, half day campers should pack a snack.