



# NORTHFIELD GYMNASTICS CLUB

Summer 2024--June 10-August 23 2024  
Training Gym Schedule

**No Classes July 1-7, August 5-10**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
# of Classes in this Session	10	10	10	10		

### Girls Rec Gymnastics

Youth Beginners (8+ years)	5:30 PM	3:45 PM		5:40 PM		
Advanced Beginner 1	3:00 PM		9:00 AM	4:00 PM 6:10 PM		
Advanced Beginner 2		4:00 PM		5:25 PM		
Intermediate 1		5:25 PM	10:25 AM			
Intermediate 2	<i>Not offered this session please contact info@northfieldgymnastics.com for an alternative.</i>					

### Adaptive Gymnastics

Adaptive & Sensory Friendly (Ages 3+)					2:00-2:45	
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### Boys & Girls Pre-Competitive Gymnastics

Pre-Competitive Programming will start back up in the Fall!

### Acro & Tumbling

Acro & Tumbling Team will Start back up in the fall!

Acro Dance ages 5+ years		4:30 PM				
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### Boys Rec Gymnastics

Boys Beginner 1		6:15-7:15				
Boys Beginner 2		6:15-7:15				
Boys Intermediate 1	<i>Not offered this session please contact info@northfieldgymnastics.com for an alternative.</i>					

### Ninja

Lil' Samurai	3:30 PM	4:55 PM				
Samurai's	4:25 PM	5:50 PM				
Nunchucks	3:45 PM 4:55 PM					
Throwing Stars	6:05 PM					
Katanas	<i>This class will start back up in the Fall! Contact us for summer options!</i>					

### Homeschool Classes

Homeschool Programming will start back up in the Fall!

### Adult Competitive & HS Off-Season

High School Off-Season		8am-12pm	12:30-3:30p		*9am-12pm	
High School Championship Season	8am-12pm	8am-11:15 12-1pm		8am-12pm	*9am-12pm	
Adult Competitive	<b>Watch for information on next season—coming in August!</b>					

\*This is an open work practice, coaches are present but not running the practice. This is the drop-in option for summer.

**No Class Dates (these are not included in your tuition)**

July 1-7, August 5-10

Register at [www.NorthfieldGymnastics.com](http://www.NorthfieldGymnastics.com)



# NORTHFIELD GYMNASTICS CLUB

## Summer 2024--Camps, Clinics & Open Gyms Training Gym Schedule

### No Camps or Clinics July 1-7, August 5-10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>NGC Summer Camps</b>						
Full Day Camp	8:30-4:00	8:30-4:00	8:30-4:00	8:30-4:00		
1/2 Day AM Camp	8:30-12:00	8:30-12:00	8:30-12:00	8:30-12:00		
1/2 Day PM Camp	12:30-4:00	12:30-4:00	12:30-4:00	12:30-4:00		

NGC summer campers will enjoy gymnastics & ninja rotations, open gym time, crafts, outside games and more! Register by the week or by the day—keep them busy this summer at NGC!!!!

### Friday Focus Clinics

Focus Clinics are held each Friday from 10-11:15 and 12:15-1:30. Each clinic focuses on a different skill or event. Ages 6+ all abilities \$20/clinic. Must register in advance.

June 14	10:00 AM	Back Handsprings	12:15 PM	Kips & Casting
June 21	10:00 AM	All about the Handstand	12:15 PM	Front Handspring Vaulting
June 28	10:00 AM	Flexibility & Leaps	12:15 PM	Flip out for Front & Back Tucks
July 5	NO CLINICS			
July 12	10:00 AM	Beam Basics	12:15 PM	Tramp & Tumbling
July 19	10:00 AM	Front & Back Walkovers	12:15 PM	Beam & Bar Dismounts
July 26	10:00 AM	Working through beam fear	12:15 PM	Strength & Bar Basics
August 2	10:00 AM	Floor Basics for BIG tumbling	12:15 PM	Swings & Circles on Bars
August 9	NO CLINICS			
August 16	10:00 AM	Yurchenko & Tsuk Prep Vaults	12:15 PM	Connections on Floor & Beam

### Open Gym @ Training Gym

\*See Tumble Bugs Schedule for Open Play Times available there

All-Ages Open Gym			7:30-9:00 pm		
Adult Open Gym					

### Summer Birthdays & Parties at NGC!

Due to staff availability on the weekends in the summer, we only schedule parties via email during June, July & August. If you are interested in hosting a party at NGC, please email: [Ashley@Northfieldgymnastics.com](mailto:Ashley@Northfieldgymnastics.com)