



NORTHFIELD GYMNASTICS CLUB



Winter 2023 Session -- January 9-March 19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
# of Classes in this Session	9	10	10	10	8	7	
Intermediate & Advanced Girls Rec Gymnastics							
Youth Beginners (9+ years)	5:25-6:25	6:15-7:15		3:30-4:30			
Advanced Beginners	4:00-5:15	3:45-5:00		6:45-8:00		11:15-12:30	
Intermediate 1	5:45-7:15				4:00-5:30		
Intermediate 2	4:00-5:30						
Advanced					5:40-7:10		
MAGA Pre-Team <small>*Both days included in tuition</small>		5:30-7:30			5:30-7:30		
Boys Rec Gymnastics							
Boys Beginner 1		4:00-5:00					
Boys Beginner 2		4:00-5:00		4:55-5:55			
Boys Intermediate 1	5:15-6:30	5:15-6:30		4:55-6:10			
Ninja							
Lil' Samurai	4:00-4:45 4:55-5:40	3:45-4:30	5:20-6:05 6:15-7:00			11:00-11:45	
Samurai's		4:30-5:15 6:20-7:20		6:20-7:20		10:10-11:10	
Nunchucks	3:45-4:45	6:40-7:40	7:00-8:00	6:05-7:05		9:00-10:00	
Throwing Stars		5:10-6:10	6:15-7:15				
Katanas		6:30-8:00					
Specialty Gymnastics							
HomeSchool Gymnastics Class		9:30-10:30					
Tramp & Tumbling Ages 7+						11:20-12:20	
Strength & Conditioning Ages 7+		3:45-4:30					
Adaptive School Age							12:30-1:15
Girls Competitive							
Level 2			5:30-7:30		5:00-7:00		
Level 3		4:15-7:15			4:15-7:15		
Gold	4:45-7:45	4:45-7:45			5:00-8:00		
Level 4/5		4:45-7:45		5:00-8:00		9:00-12:00	
MAGA	3:45-6:45		3:45-6:45	3:45-6:45			
Adult Competitive & HS Off-Season							
Adult Competitive	6:00-9:00	6:00-9:00		6:00-9:00		8:00-11:00	
Open Gym							
School-Age Open Gym						12:30-2:00	

HomeSchool Open Gym			1:00-2:00				
Adult Open Gym			8:00-9:00				

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

January 13, 20, 21 & February 18, 19, 20 & March 3-4

Register at www.NorthfieldGymnastics.com



Tumble Bugs Gym
 Located at 680 Professional Drive across from our Main Gym
 Register Today
www.NorthfieldGymnastics.com

Winter 2023 Session -- January 9-March 19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
# of Classes in this Session	9	10	10	10	10	10	
Pre-K Gymnastics (6 Months-5 Years)							
Busy Bees		12:30-1:00 4:45-5:15		10:10-10:40 2:50-3:20			
Tipsy Tots	1:00-1:45	5:40-6:25	9:15-10:00	1:55-2:40 4:30-5:15	9:00-9:45		
Thrilling 3's	1:55-2:40 5:30-6:15	11:35-12:20 3:00-3:45 4:00-4:45 5:20-6:05	10:10-10:55 6:05-6:55	9:15-10:00 4:40-5:25	9:55-10:40	9:15-10:00	
Fabulous 4's	2:50-3:35 4:55-5:40	10:40-11:25 2:00-2:45 6:30-7:15	5:10-5:55	10:50-11:35	10:50-11:35	10:00-10:45	
Beginner Gymnastics (5-7 years)							
Bouncing Beginners	3:45-4:45	3:45-4:45 6:15-7:15	4:00-5:00 5:25-6:10	3:30-4:30	5:15-6:15 6:20-7:20	10:10-11:10	
Bounding Beginners	4:00-5:00		4:15-5:15 6:20-7:20	5:30-6:30		9:00-10:00	
Open Play							
Open Play		9:30-10:30	11:00-12:00		11:45-12:45		

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

February 20

Session Themes

Week 1-2 Shape up in 2023



Weeks 3-4 Fit 'N' Frozen



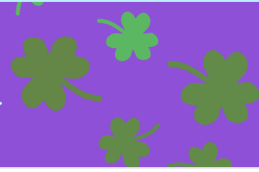
Weeks 5-6 We Love NGC!

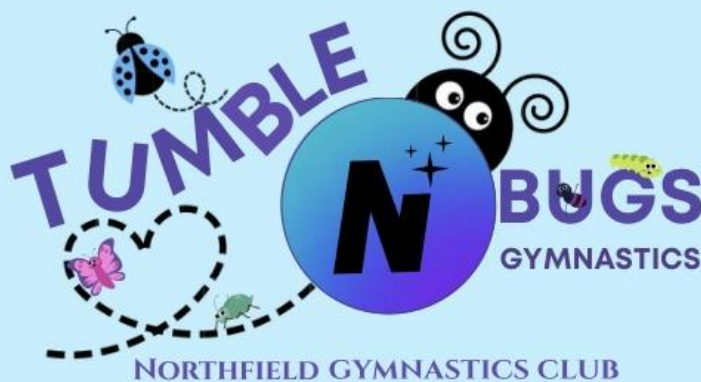


Weeks 7-8 Owl Do My Best



Weeks 9-10 Shamrock Rock





680 Professional Drive across from our Training Gym

Register Today!

www.Northfieldgymnastics.com

Class Descriptions

Busy Bees	For ages 6-18 months with their favorite adult! Come Explore our theme each week and work on the gross motor skills. Crawling, walking, jumping and movement!
Tipsy Tots	Join us with your tot for an exciting class filled with exploration! We will dance, move, learn gymnastics shapes & so much more! For ages 18 months-3 years.
Thrilling 3s	Our Thrilling 3s begin to explore the gym without their favorite adult. Learning gymnastics shapes, gaining strength and building confidence to do things on their own! Check out our fun weekly themes to know what is coming each week!
Fabulous 4s	Four year olds are fun and gaining independence, as they navigate beginner gymnastics skills in this class they will have a BLAST learning new skills to show off to family & friends.
Bouncing Beginners	For ages 5+, our first level of beginner gymnastics classes focus on foundations that will make athletes successful in the sport. Beginning skills like cartwheels, handstands, pullovers and so much more!
Bounding Beginners	For athletes that have tested out of Bouncing Beginners, this class begins to put together some of those foundational skills into combinations. Our Bounding beginners continue to learn new skills on all 4 events to make more combinations as their skill level grows.
Open Play	Bring your little ones to open play at Tumble Bugs. All athletes must have an adult at open play. Open play is drop in only and does not require advanced registration. All athletes must have a waiver on file.