

Current student registration begins: Monday, January 9, 2012

New & former student registration begins: Monday, January 16, 2012

NSGA is now offering



WINTER 2 2012 CLASSES: JANUARY 30 - MARCH 31, 2012

Mondays 8:00-9:00pm & Saturdays 10:30-11:30am

Cost for 9 classes: \$68

Cost for 18 classes: \$129.00

Drop in rate for classes: \$12.00 per class

Kid's Night Out Party!

Valentines Party - Friday, February 10 7:30-10:00pm

Cost: The cost is \$25 for current students and \$30 for guests if paid by 2/09/12.

For families with 2 or more children: 1st Child \$25 or \$30, 2nd Child \$20 or \$25, 3rd Child \$15.

Costs increase by \$5 to \$30 for current students and \$35 for guests if paid on the day of the party.

All non-current students **MUST** have a current parent signed NSGA waiver on file to participate.

Please print a waiver from our web site, www.northshoregym.org.

Please call to reserve, space is limited: 763-479-3189.



Winter 2: January 30-March 31, 2012

Current student registration begins: Monday, January 9, 2012

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763-479-3189 fax 763-479-3231

www.northshoregym.org

*\$30 annual family registration fee applies.

Class Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Fee 1 class per week per 9 wk session 10% discount for 2nd class
Preschool Classes							
Tumble Bugs 18 mo - 3 yrs			5:30-6:10		9:30-10:10	8:30-9:10 9:15-9:55	\$98
Busy Bees 3 years	4:15-4:55	6:00-6:40		10:15-10:55	10:15-10:55	10:00-10:40	\$145
Grasshoppers 4 years	6:00-6:55		9:30-10:25	11:00-11:55	11:00-11:55	10:45-11:40	\$145
Dragon Flies 5 years	5:00-5:55	6:45-7:40		5:00-5:55	12:00-12:55		\$145
Preschool Open Gym			11:30-12:30	12:00-1:00			\$5.00 per child per time
Progressive Girls Classes, Ages 6 - 18 years							
Bronze Age 6 & up	4:00-4:55 5:00-5:55	7:30-8:25		4:00-4:55 6:30-7:25		9:00-9:55	\$145
Silver Age 6 & up	4:30-5:25		4:00-4:55	6:45-7:40	5:30-6:25	10:00-10:55	\$145
Gold recommended 2x per week		7:00-8:25		7:30-8:25	4:00-5:25		\$145 / 1hr class \$196 / 1.5 hr class
Platinum recommended 2x per week	6:00-7:55		3:30-5:25				\$237
Boys Classes, Ages 6 - 18 years							
Boys Ages 6 & up	6:30-7:25		6:30-7:25	4:30-5:25			\$145
Boys Advanced					3:30-4:55		\$196
Specialty Classes							
FUNtastics Ages 6-12				4:00-5:55			\$201
Tumbling 6+				7:30-8:25			\$145
Trampoline 6+					5:30-6:25		\$145
ZUMBA	8:00-9:00pm					10:30-11:30am	9 classes: \$68 18 classes: \$129
Adult Fitness			7:30-8:25pm		8:00-8:55am		\$98
Home School 5+		1:30-2:55					\$83
Open Gym 6+					7:30-9:00		\$8.00 students / \$10.00 guests

Cancellation Policy:

Cancellations made during the first 30 days of the session will receive credit toward a future session. Cancellations made after the first 30 days of the session will be charged a \$25 cancellation fee and receive a credit for the remaining balance to be used toward a future session. No refunds will be given. Coaches are hired based on registration numbers posted the 1st week. In the event of an extreme circumstance, contact the NSGA office.

****NSGA reserves the right to close a class if it is full or cancel a class if there is not enough interest****

Class Descriptions

- > **Preschool Gymnastics: 18 mo. - 5 yrs:** NSGA's preschool-age gymnasts will experience theme weeks, new and improved obstacle courses, pre-determined skill focus and more fun than ever. Parents will receive an explanation of the theme weeks in advance, the skills their child will be learning and what activities will be done throughout the session.
- > **Boys Class Gymnastics: Ages 6 & older:** Progressive classes are offered to boys 6 years and older. Classes emphasize basic skills for all 6 events -- floor, vault, parallel bars, high bar, rings & pommel horse as well as strength and flexibility. Gymnastics is an unparalleled springboard to all other sports. Each spring your gymnast will have the chance to show their stuff in a fun, non-competitive gymnastics show.
- > **Girls Class Program: Ages 6 & older:** Progressive classes are offered for girls 6 years and older. Our classes emphasizes the basic skills along with strength and flexibility in order to progress to the next level of skills. All levels will work on the four women's events: Bars, Beam, Floor and Vault as well as basic trampoline instruction. Gymnastics is a huge benefit for all students, whether improvements are in school, other sports, music or self-discipline. Each spring your gymnast will have the chance to show their stuff in a fun, non-competitive gymnastics show.
- > **Adult Fitness:** Adults will have the chance to do some gymnastics along with conditioning. Not only is it a workout -- it's FUN!
- > **Trampoline: 6+:** Based on USA Gymnastics Tumbling and Trampoline standards, our trampoline program emphasizes form and safety. Students in class range from kids who have never bounced on a trampoline to former team members looking to improve their gymnastics skills. This class is a must for children with their own trampoline at home!
- > **Pre-Competitive & Competitive Teams:** We are dedicated to developing gymnastics excellence while attempting to instill a strong educational & moral foundation for our team gymnasts. Many of our gymnasts have attained excellence at the regional & national levels. Call Dale at 763-479-3189 for competitive team information.
- > **Tumbling:** This 1-hour class focuses on tumbling skills and flexibility.
- > **Homeschool class:** This 1.5 hour class includes both coach-lead activities and open gym time. Specifically designed for homeschooled children ages 5 & up.
- > **High School:** These classes are offered for gymnasts who want to keep working on their skills and learn new ones during the off season.
- > **FUNtastics: Ages 6+** trampoline, plunging into the foam pit and of course gymnastics, the focus of the class is FUN! This class is for boys & girls who want to learn some skills on the trampoline, and also some gymnastics skills in a fun, high energy, no pressure atmosphere.

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To inquire about additional advertising opportunities at NSGA contact the office at 763-479-3189

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Special Events

Birthday Parties at North Shore Gymnastics!

- 1 hour in the gym, ½ hour in the Party Room
- Access to all the gym equipment and up to 2 inflatables!
- Staff on site to ensure safety and FUN!
- Call for pricing: 763-479-3189



Extra gym time!

Open Gym on Friday nights!

7:30-9:00pm, Ages 6 - 18, Bring a friend! cost: \$8 for current NSGA students, \$10 for non-current. Non-current students must have a current NSGA signed waiver on file to participate.

Preschool Open Gym!

Wednesday 11:30am-12:30pm & Thursday 12:00-1:00pm; Bring a Friend! \$5 per child.



Return Service Requested



northshoregym.org | 763.479.3189

North Shore Gymnastics Association was founded in 1974 as a 501(c)(3) non-profit corporation, governed by an executive board.
 THE MISSION OF NORTH SHORE GYMNASTICS ASSOCIATION: It is our purpose to acquaint children at all levels of physical capability, potential and growth, with the sport of gymnastics in an atmosphere of safe, fun, positive learning and to help each child develop gymnastics skills, good sportsmanship and self-discipline.

North Shore
 GYMNASTICS ASSOCIATION
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 763-479-3189

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