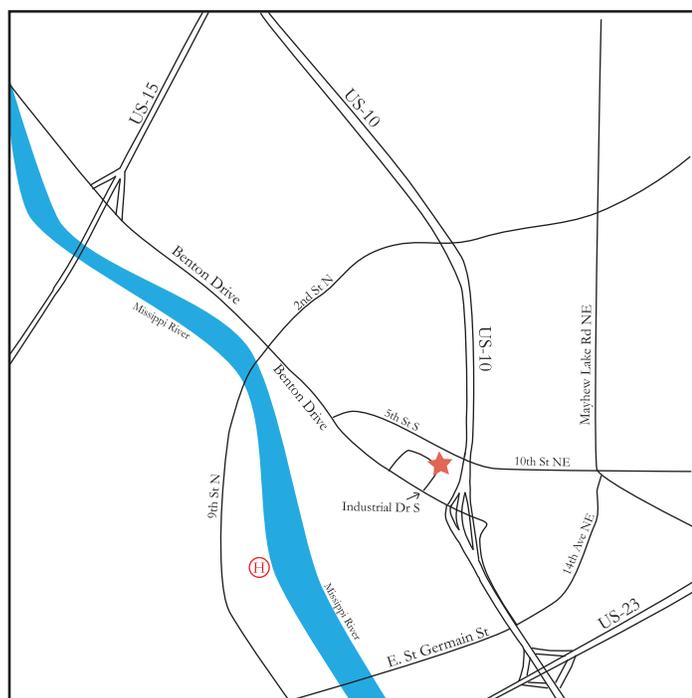


# Welcome!

North Crest's culture upholds an appreciation of everyone's innate worth. Our students and employees are empowered with respect, encouragement, and an unconditional belief in their ability to reach their goals. The technical training will be of the highest quality in an enjoyable, loving, and challenging environment. We are confident that our participants and staff will experience fulfillment knowing that success is not measured in victories, but in the joy of participation.

Our passion...The promotion of physical, emotional and social skills supporting the discovery of one's personal excellence.

At North Crest... Quality is a presence that must be felt.



## From the North

- Take US-10 E
- Exit onto Benton Drive
- Take a right onto Benton Drive
- Take first right onto Industrial Drive S

## From the South

- MN 23 E
- Merge onto US-10 W ramp towards Little Falls
- Take the exit for Benton Dr S
- Take a left onto Benton Dr S
- Take a right onto Industrial Dr S

## From the East

- Take MN 23 South
- Merge onto US-10 W ramp towards Little Falls
- Take the exit for Benton Dr S
- Take a left onto Benton Dr S
- Take a right onto Industrial Dr S

## From the West

- Take MN-15 N
- Take Benton Dr exit
- Turn left onto Benton Dr
- Turn left onto Industrial Drive S



## North Crest Kids Activity Center

1009 Industrial Drive South  
Sauk Rapids, MN 56379  
(320) 251-3416  
www.northcrestkids.com  
office@northcrestkids.com

-  North Crest Kids Activity Center
-  @north\_crest\_kids
-  @teamnorthcrest
-  @companynorthcrestdance

# Welcome!

## Policies:

**Annual Family Membership Fee:** All families will be charged an annual family registration fee. This fee allows for participation in North Crest classes and events for the entire family from September through August. This fee is primarily to cover administrative and insurance costs incurred for your classes. As members, your family will receive discounts on many of North Crest's programs including Birthday Parties, Open Gyms, and Parents' Night Out. This fee is \$36.00 and will be pro-rated according to the first month you attend by \$3.00 per month. Example: Sept \$33, Oct. \$30, Nov. \$27, etc. Summer registration fee will be \$12.00. (Team Gymnasts and Company Dancers will have individual, annual registration fees and are due June 1st.)

**Discontinuation:** Please understand that the program you are registering for is a year long program that runs in monthly billing segments. The school year session is billed from Aug.-April for the months of Sept.- May. The Summer session of June, July and August requires re-registration and is billed May-July. **You MUST give a written notice before the 15th of the month prior to the month of service in order to drop the program and thereby eliminate tuition responsibility.** Tuition will not be adjusted for discontinuing classes mid-month. (Team Gymnasts and Company Dancers are required to give a one month notice prior to their last billing cycle.)

**Credit/Debit Card and Tuition Policy:** It is required that you supply a credit card when registering. This card will be kept on file, however, due to federal laws and for your safety, no one will be able to view your information, including employees. The information is stored in the software and only the last 4 digits are viewable. The card will be charged for your annual family membership fee and your monthly tuition. Tuition is due the 15th of the month prior to the month of service. (Competitive gymnasts and Company Dancers will be charged on the 1st of the month.) Be aware, if you register on or after the 15th, you may be charged your registration fee, your pro-rated first month's tuition and your second month's tuition, as it would be due at this time. You may pay your tuition via cash or check before the 15th of the current billing month to avoid having your credit card charged (end of the month for Competitive Gymnasts and Dancers). If your payment has not been received, your credit/debit card will be charged for any remaining balance on the 16th or closest business day (1st for Competitive Gymnasts and Dancers). If your card has expired or is declined and payment is not received by the 25th you may receive a \$35 late fee. If payment has not been received by the end of the month prior to service you may be asked to visit our front desk to make payment arrangements before your child is allowed to attend their class/es.

**Summer (June, July & August) is also billed monthly on May 15th, June 15th, and July 15th.**

**Absence Policy:** If you are unable to attend one of your classes, please call the office prior to your absence. Upon receiving your notice we will send you a link to a make-up class video. If your class is canceled due to weather conditions, a video will be issued as previously stated. Tuition will not be adjusted for absences or missed classes due to inclement weather or other unforeseen reasons such as power outages.

**\*\*If it is deemed that we must close our doors due to Covid-19 your child will be auto-enrolled in a virtual version of their current class. This class will take place at the same day and time as their in-house class would have. If at that point you wish to discontinue class with us, please see our discontinuation policy above.**

**INCLEMENT WEATHER STATEMENT:** Because we have students from many areas and some out of area schools, we do not follow any one school's decision to close due to inclement weather. Please watch your email and our website at [www.northcrestkids.com](http://www.northcrestkids.com) for any closings or weather related announcements. (Tuition will not be adjusted for absences or missed classes due to inclement weather or other unforeseen reasons such as power outages.)

**Upon registering you will be required to sign a Release of Liability and Assumption of Risk Statement.  
You will be asked to provide Medical Emergency Information and sign a Photo Release Statement.**

# Dance: Girls and Boys

Please see website for current pricing and class times.

## Ballet and Tap; Co-Ed

### Ballet/Tap 1:

3-4 Year olds  
30 Minutes

### Ballet/Tap 2:

5-6 Year olds  
45 Minutes

### Ballet/Tap 3:

7-9 Year olds  
1 Hour

Our Ballet/Tap classes will cover skills in both ballet and tap. Dancers will do a short warm-up, review essential skills in both dance styles, and practice their current routines. To end this class, dancers will talk about their favorite part of class, complete a goodbye dance, receive a sticker and any handouts for the week.

#### Shoes your dancer needs: **Girls:**

- Pink Ballet Shoes
- Black Tap Shoes

#### **Boys:**

- Black Ballet Shoes
- Black Tap Shoes

## Jazz and Hip Hop; Co-Ed

### Jazz/Hip Hop 1:

3-4 Year olds  
30 Minutes

### Jazz/Hip Hop 2:

5-6 Year olds  
45 Minutes

### Jazz/Hip Hop 3:

7-9 Year olds  
1 Hour

Our Jazz/Hip Hop classes will cover skills in both jazz and hip hop. Dancers will do a short warm-up, review essential skills in both dance styles, and practice their current routines. To end this class, dancers will talk about their favorite part of class, complete a goodbye dance, receive a sticker and any handouts for the week.

#### Shoes your dancer needs: **Girls:**

- Black Jazz Shoes
- Black Sneakers with white soles

#### **Boys:**

- Black Jazz Shoes
- White Sneakers

## Boys only; Tap and Hip Hop

Please email [dance@northcrestkids.com](mailto:dance@northcrestkids.com) to inquire about these class options.

Register at  
[northcrestkids.com](http://northcrestkids.com)

### Boys Tap/Hip Hop 1: 6-18 year olds • 45 minutes

These classes are for boys only! Dancers will stretch, review essential tap skills, and practice their tap routine. Halfway through class, dancers will change into their hip hop shoes and do a short hip hop warm-up. After reviewing important hip hop curriculum, dancers will practice their hip hop routine. 2 levels are available and this class is only taught during the school season.

### Boys Tap/Hip Hop 2: 6-18 year olds • 60 minutes

Dancers must complete all the requirements in Boys Tap/Hip Hop 1 to be eligible to move up.

**Performance Opportunities:** All Dance students will have the option to participate in our Winter Dance Performance typically held at the Paramount Theater. The Spring Dance Recital is part of the North Crest Dance Program Curriculum. All dancers will participate in this event. More information will be provided upon registering. Summer Splash, is our summer event where students show off what they have learned in gymnastics and dance and North Crest takes the opportunity to say "Thank You" to its customers by hosting a small reception after the event for the participants and their family and friends.

[More options on the back!](#) →

# Dance: Girls and Boys

## Breakdancing

Co-ed, ages 9 & Up • 45 minutes

This beginner class teaches the art of breakdancing. The dancer will learn and gain knowledge of the following: strength building, self-confidence, self-awareness, body-awareness, discipline/respect and, of course, the foundation of breakdancing. There are 3 main parts of break dancing, Top Rocking (basic), Footwork (basic/intermediate), and Power Moves (basic-advanced). For more information look on the “Dance” page on our website, [www.northcrestkids.com](http://www.northcrestkids.com).

## Junior Dance Team

Co-ed, ages 11 & Up • 1 hour and 30 minutes

Looking for a dance program for your child wanting to tryout for their school dance team in the near or distant future? North Crest is now offering a junior dance team program. This class focuses on jazz and kick technique, flexibility, strength and conditioning. These dancers will start each class with a warm up and stretch. They will then focus on the necessary skills for both styles of dance. Along with technique, these dancers will also learn one dance for our winter performance and two dances for our spring performance. Costumes are included in tuition.

**Register at  
[northcrestkids.com](http://northcrestkids.com)**

## Company North Crest

Company North Crest is comprised of dancers age 5-18 from Central Minnesota who have been selected through instructor recommendation &/or an audition process because of their talent, dedication, and love for the art of dance. Our dance year begins with Placement Auditions, for current Company dancers. These will be held at the beginning of August. Dancers are impartially evaluated on their skills and current technique level and placed in groups accordingly. Placements of your dancer(s) are dependent upon the ability, desire and age of the dancer.

Pre-Company is our preparation program that teaches the skills and techniques needed to be successful future Company dancers. Pre-Company participates in performances and practices similar to Company dancers, but Pre-Company will not attend competitions. Pre-Company groups are Broadway Babies and Showstoppers. Company dancers will have core class time weekly which consists of Ballet. Company core (Ballet) group names in progressive order are: Debut, Premier, Junior, Senior, and Elite. Conditioning and acro are included in your core costs. Company dancers will have elective opportunities including Jazz, Lyrical/Contemporary, Tap, Hip Hop, and Pointe (Pointe needs approval from Miss Kathi). In progressive order, these group names are: Novice, Intermediate, Advanced, and Superior. Core (Ballet) and Jazz are required at all levels. Tap is required through the Intermediate level.

All Company dancers will participate in one competition. Competition routines are usually announced in the fall. Advanced/Superior groups will participate in an additional Regional Competition. Solo/Duets/Trios will have the option to compete in 2 competitions, if in the Novice/Intermediate level and 3 competitions, if in the Advanced/Superior level. We will travel to competitions as a team and support one another for the entire competition. Dancers will be expected to stay at the competition with the group.

# Gymnastics: Girls and Boys

Please see website for current pricing and class times.

## Ocean & Jungle Gyms:

### **Parent Tot: Co-Ed; 18mo-3yrs • 30 minutes**

Our Parent Tot class is structured around an appropriate curriculum for boys and girls 18 months to 3 years old. Our well-trained preschool coaches will lead the class, while you, the parent, help your child with stretching positions, basic skills, and following directions. The gymnast will be working their large motor skills by hanging on the bar, jumping on the trampoline, balancing on the beam, and log-rolling on the floor. This class is a great way to spend time being active with your child and watching them get stronger. Skills learned will assist in preparing children to move on to early childhood classes on their own

### **Preschool: Co-Ed; 3yrs- 5yrs • 30 minutes**

Our preschool class is structured around an appropriate curriculum for boys and girls age 3 to 5 years old. Our well-trained preschool coaches will lead the class in warm-up/stretch and lead the class around our diverse circuits. The circuits cover vault, bars, beam, floor, and tramp. The gymnasts will be working on motor skills, body awareness and basic gymnastics skills. Skills learned will prepare your child for level 1!

### **Girls Level 1: 5-7yrs • 1 hour**

Our Girls Level 1 class is structured around an appropriate curriculum for girls 5 to 7 years old who are new to the gymnastics or have been recommended from a preschool coach. Our well-trained coaches will lead the class in warm-up/stretch and will proceed to that day's assigned events. The class will explore vault, bars, beam, floor, and tramp. The gymnasts will be working on progressing through their Level 1 skills. When the gymnast has mastered all the Level 1 requirements, the coach will inform you they are ready to move up to Girls Level 2.

## Main Gym:

**Register for Classes at Our Website:  
[northcrestkids.com](http://northcrestkids.com)**

### **Girls Level 2: 7-9yrs • 1 hour**

Our Girls Level 2 class is structured around an appropriate curriculum for children who have completed level 1 or are just beginning at age 9 or older. Our well-trained coaches will lead the class in warm-up/stretch and will proceed to their assigned events. The class will explore vault, bars, beam, floor, and tramp. The gymnasts will be working on progressing through their Level 2 skills. When the gymnast has mastered all the Level 2 requirements, the coach will inform you they are ready to move up to Girls Level 3.

### **Girls Level 3: 9yrs & Up • 2 hours**

Gymnasts must master all the Level 2 requirements to be eligible to move up to this level.

### **Jr. HIT: 9 yrs & Up • 2 hours**

Gymnasts must master all level 3 requirements to be eligible to move up to this class. This class is designed to provide a structured setting for students training for high school or that do not intend to compete at a club level. This is still a recreational level class and does not guarantee any spots on a high school program.

### **HIT: 2 hours, 2 days per week**

High Intensity Training for off-season high school gymnasts. This class has a focus on strength training and maintaining skills, as well as opportunities to increase skill level. Fall, Spring and Summer sessions available.

All gymnasts will have 2 opportunities to perform the skills/routines learned in class! Showtime Showdown is our school season opportunity to have your gymnast show you what they have learned. This event follows a mock gymnastics meet style. Summer Splash is the summer performance opportunity where all of our students showcase what they have learned during summer classes. Also, North Crest takes the opportunity to say "Thank You!" with a small social gathering in the backyard following the event. Both of these opportunities are optional but are highly recommended!

[More options on the back!](#) 

# Gymnastics: Girls and Boys

## Main Gym: Boys Classes

### Mini Muscles: 5yrs-6yrs old • 45 minutes

Our Mini Muscles class is structured around an appropriate curriculum for boys age 5 to 6 years old. This class is designed to introduce children to the big gym and prepare them for an hour long class. Our well-trained coaches will lead the class in warm-up/stretch and will proceed to that day's assigned events. The class will cover the 6 male Olympic events: floor, pommel horse, still rings, vault, high bar and parallel bars, as well as tramp. The gymnasts will be working on progressing through their skills that will prepare them for Mighty Muscle 1.

### Muscle Men Level 1: 6yrs or older • 1 hour

Our Muscle Man I class is structured around an appropriate curriculum for boys 6 years old or older. This class is an introduction to men's gymnastics. Our well-trained coaches will lead the class in warm-up/stretch and will proceed to that days assigned events. The class will cover the 6 male Olympic events: floor, pommel horse, still rings, vault, high bar and parallel bars, plus tramp. The gymnasts will be working on progressing through their skills. When the gymnast has mastered all the Muscle Man I requirements, the coach will inform you they are ready to move up to Muscle Man II.

### Muscle Men Level 2: 8yrs or older • 1 hour

Our Muscle Man II class is structured around an appropriate curriculum for boys that have completed Muscle Man II. This class is an advanced gymnastics class for boys. Our well-trained coaches will lead the class in warm-up/stretch and will proceed to that days assigned events. The class will cover the 6 male Olympic events, floor, pommel horse, still rings, vault, high bar and parallel bars, plus tramp. The gymnasts will be working on progressing through their skills. When the gymnast has mastered all the Muscle Man II requirements the coach will inform you they are ready for a trial on our boys competitive gymnastics team.

### Muscle Men Level 3 and Up: 9yrs & Up • 1 hour 30 mins.

Gymnasts must master all of the level 2 requirement to be eligible to move up to this level. Boys that maintain this level of gymnastics are likely to be encouraged to join our competitive team, however they will continue to be challenged, should they choose to stay in the recreational program.

## Team North Crest

North Crest is USA gymnastics affiliated. Our gymnasts represent North Crest at seasonal gymnastics meets nationally. Recreational gymnasts have the opportunity to join Team North Crest by invitation or assessment only. This assessment will include a two week trial in the appropriate level. If your athlete is interested, please request the Team directors information at the front desk.

**Pre Competitive Programs:** Here at North Crest we have 3 different pre competitive programs. Our first is our boys Pre Team program. This program is designed to prepare boys ages 4-7 for our Men's JO competitive program. These boys practice 1 or 2 days a week for 1.5 hrs at a time. Our second pre competitive program is our Girls Pre Team. This program is designed for girls ages 3-7 to prepare athletes for our Women's JO competitive program. These girls practice 1 or 2 days a week for 1.5 hrs at a time. Our third pre competitive option is our Training XCEL program. This program is designed for girls ages 8+ to prepare them for our USAG XCEL program. These athletes practice once a week for 3 hours.

**USAG Men's Levels 4-10:** Our Men's Team ranges in age from 6 to 18 years old. Levels 4-7 are compulsory in nature, this means that all athletes compete the same routines and skills. Levels 8-10 are optional, this means gymnasts learn individual routines on each piece of equipment that meet specific skill requirements. Boys have the opportunity to compete at the State, Regional and National Levels and must have a specific skill set to move up to the next level. These athletes train anywhere from 6 to 20 hours based on level.

**USAG Women's Levels 3-10:** Levels 3-5 are compulsory in nature, this means that all athletes compete the same routines and skills. They must earn a qualifying score at a sanctioned gymnastics meet to compete at the state level and to move up to the next level. These girls practice up to 10.5 hours a week. Levels 6-10 are optional in nature, this means gymnasts learn individual routines on each piece of equipment that meet specific skill requirements. They must achieve certain score requirements to compete at the State, Regional and National levels and to move up to the next competitive level. These girls practice up to 20 hours a week.

**Xcel:** The Xcel Program is designed to offer a broad-based, affordable competitive experience outside the traditional Compulsory and Optional programs to attract and retain a diverse group of athletes. Xcel is a 5 level program. These levels are Bronze, Silver, Gold, Platinum & Diamond. These girls train anywhere from 6 to 9 hours a week, depending on level. The Xcel program is optional in nature, this means gymnasts learn individual routines on each piece of equipment that meet specific skill requirements.

# Combination Classes: Dance & Gymnastics

Please see website for current pricing and class times.

Class	Ages	Class Length
<b>It Takes 2</b> Dance & Gymnastics w/ adults	2-3yr old	<b>1 Hour</b> 30 mins of dance & 30 mins of gymnastics
<b>Tappin' Tumbler 1</b> Tap and Ballet with Pre School Gymnastics	3-4yr old	<b>1 Hour</b> 30 mins of dance & 30 mins of gymnastics
<b>Tappin' Tumbler 2+</b> Tap and Ballet with Girls Level 1 Gymnastics	5-6yr old	<b>1 Hour 45 mins</b> 45 mins of dance & 1 hour of gymnastics
<b>Tappin' Tumbler 2++</b> Tap and Ballet with Girls Level 2 Gymnastics	5-6yr old	<b>1 Hour 45 mins</b> 45 mins of dance & 1 hour of gymnastics
<b>Tappin' Tumbler 3+</b> Tap and Ballet with Girls Level 1 Gymnastics	7-9yr old	<b>2 Hours</b> 1 hour of dance & 1 hour of gymnastics
<b>Tappin' Tumbler 3++</b> Tap and Ballet with Girls level 2 Gymnastics	7-9yr old	<b>2 Hours</b> 1 hour of dance & 1 hour of gymnastics
<b>Tappin' Tumbler 3+++</b> Tap and Ballet with Girls level 3 Gymnastics	7-9yr old	<b>3 Hours</b> 1 hour of dance & 2 hours of gymnastics

Athletes ages 10+ wishing to do both dance and gymnastics should inquire about special rate options including Junior Dance Team or Breakdancing with a gymnastics class.

**Register at [northcrestkids.com](http://northcrestkids.com)**

## Dance Portion of Tappin' Tumbler:

The dance portion of Tappin' Tumbler classes will teach both Ballet and Tap. Dancers will do a short warm-up, review essential skills in both dance styles, and practice their current routines. To end this portion of class, dancers will talk about their favorite part of class, complete a goodbye dance, receive a sticker and any handouts for the week.

## Gymnastics Portion of the Combination Classes:

**It Takes 2, Pre School Classes and Girls Level 1** are located in our ocean or jungle gyms. These gyms have all the amenities of our big gym but the equipment is sized appropriately for these ages! The gymnastics portion of class will include balancing, hanging, jumping, and introductory gymnastics skills appropriate to their age and level.

**Girls levels 2, 3 and up** are held in the big/main gym. Each of these levels has a planned progression of skills. Students move to the next level after they demonstrate mastery of these skills. Students will each have their own skill card. When all skills are mastered for their current level, the instructor will recommend that it's time to move to the next level. Students will do rotations on vault, uneven bars, balance beam, floor, and trampoline, as well as conditioning for strength and flexibility.

More options on the back! →

# Combination Classes: Dance & Gymnastics

Please see website for current pricing and class times.

Class	Ages	Class Length
<b>Jazzin' Jumper 1</b> Jazz and Hip Hop with Pre School Gymnastics	3-4yr old	<b>1 Hour</b> 30 mins of dance & 30 mins of gymnastics
<b>Jazzin' Jumper 2+</b> Jazz and Hip Hop with Girls Level 1 Gymnastics	5-6yr old	<b>1 Hour 45 mins</b> 45 mins of dance & 1 hour of gymnastics
<b>Jazzin' Jumper 2++</b> Jazz and Hip Hop with Girls Level 2 Gymnastics	5-6yr old	<b>1 Hour 45 mins</b> 45 mins of dance & 1 hour of gymnastics
<b>Jazzin' Jumper 3+</b> Jazz and Hip Hop with Girls Level 1 Gymnastics	7-9yr old	<b>2 Hours</b> 1 hour of dance & 1 hour of gymnastics
<b>Jazzin' Jumper 3++</b> Jazz and Hip Hop with Girls level 2 Gymnastics	7-9yr old	<b>2 Hours</b> 1 hour of dance & 1 hour of gymnastics
<b>Jazzin' Jumper 3+++</b> Jazz and Hip Hop with Girls level 3 Gymnastics	7-9yr old	<b>3 Hours</b> 1 hour of dance & 2 hours of gymnastics

**Athletes ages 10+ wishing to do both dance and gymnastics should inquire about special rate options including Junior Dance Team or Breakdancing with a gymnastics class.**

**Register at [northcrestkids.com](http://northcrestkids.com)**

## Dance Portion of Jazzin' Jumper:

The dance portion of Jazzin' Jumper classes will teach both Jazz and Hip Hop. Dancers will do a short warm-up, review essential skills in both dance styles, and practice their current routines. To end this portion of class, dancers will talk about their favorite part of class, complete a goodbye dance, receive a sticker and any handouts for the week.

**Gymnastics:** Please reference the reverse side of this page for the gymnastics descriptions of the Combination Classes.

**Performance Opportunities:** Combination Dance & Gym students will have the option to participate in our Winter Dance Performance typically held at the Paramount Theater. Showtime Showdown, held in the school season, gives the students an opportunity to showcase their gymnastics skills in a mock meet styled event. The Spring Dance Recital is part of the North Crest Dance Program Curriculum. All dancers will participate in this event. More information will be provided upon registering. Summer Splash, is our summer event where students show off what they have learned in gymnastics and dance and North Crest takes the opportunity to say "Thank You" to its customers by hosting a small reception after the event for the participants and their family and friends.

# Specialty

## Birthdays, Open Gyms, Parents' Night Out, Yoga, Summer Day Camp and Field Trips

### Yoga

This 45 minute class will challenge you to “get out of your own way” as you stretch and strengthen. You will feel healthy, energized and serene by integrating your breath with the body and mind. Great for beginners or practiced students.

**Classes:**

One day per week  
Two days per week

**Prices:**

\$28.00/mo  
\$40.00/mo

**Days and Times:**

Monday 7:15-8:00pm or Friday 7:15-8:00 am  
Monday 7:15-8:00pm and Friday 7:15-8:00 am

### Summer Day Camp

If you are looking for some fun summer activities for your child, consider Camp North Crest! We are a great alternative for summer daycare in the St. Cloud area and offer more value than any other option available. North Crest offers the flexibility parents need and the stability that allows children to build muscles, brain cells & character while making lifelong friends! Available to school aged boys and girls. Camp hours are 7:00am-5:30pm.

**Camp Activities:**

- Weekly Field Trips to the library
- Swimming at Becker Community Center
- Arts & Crafts, Field Trips, Dance, Gymnastics, and so much more!
- Character Focus
- Reading, Science & History activities

**Pricing:**

- \$36.50 per day (**field trips are included!**)
- 15% discount if you attend M-F!  
Choose 1 day, 1 week, or all summer!
- Additional children within the immediate family receive a 5% discount.
- Prices include tax.

### Adult Dance Fitness

Perfect for everybody and every BODY! This class combines high energy and motivational music with unique moves and combinations that allow the participants to dance away their worries. In order for participants to stick to the fitness program, the workout is designed to be ‘FUN AND EASY TO DO’. Participants who stick to the program achieve long-term health benefits. Dance Fitness is not only great for the body, it is also great for the mind – it is a ‘feel happy’ workout you don’t want to miss! Class beginning in October 2020. Registration available NOW!!

**Class Days:**

Saturday

**Prices:**

\$30.00 – per month  
\$10.00 – Drop-In

**Time:**

10:30-11:20am

### Field Trips

North Crest is the perfect place for a field trip! Bring children just crawling through high school age to release some energy in our big gym. The field trip will be properly structured according to the ages of children and size of group attending.

**Pricing:**

- \$5 per child/ per hour
- Minimum of \$20 per party.
- Large group discount's available.

**Days and Times:**

Please call for available days and times.

**Call Us to Schedule your Field Trip!**

**(320) 251-3416**

# Specialty

## Birthdays, Open Gyms, Parents Night Out, Yoga, Summer Day Camp and Field Trips

### ★ Birthday Parties

Celebrating your birthday at North Crest Kids Activity Center will be a birthday you will never forget. It is a 2 hour, stress-free celebration. Our well-trained staff will entertain the children with games, obstacle courses, and some basic gymnastics skills in the gym, while you watch and take pictures. Following opening gym time we head to the party room where cake and ice cream are served. Time will be given for opening gifts and your host/hostess will help you track gifts with our gift log. The party ends with some final play time in the gym!

#### Birthday Includes:

- 2 Hour Stress Free Party
- Cake and Ice Cream
- Invitations
- Special Gift for Each Guest
- T-Shirt for Birthday Child
- Pizza is optional

#### Pricing:

- Check website for current pricing.
- Members receive a \$25.00 discount.

#### Days and Times:

**Currently unavailable due to Covid-19. Please contact the front desk or follow us on social media for updates on current restrictions.**

**Book Your Party Today at Our Website:  
[northcrestkids.com](http://northcrestkids.com)**

### ★ Open Gym

**Currently unavailable due to Covid-19.**

**Please contact the front desk or follow us on social media for updates on current restrictions.**

#### Family Open Gym

A great way for the whole family to get out and be together. Come and watch your kids explore and interact with all the equipment in the big gym. Not intended for practicing new gymnastics skills but having fun with the family. Children are not to be left unattended during Family Open Gym.

#### Ages 6 & Up Open Gym

A fantastic way to socialize and expend energy on a weekend! Come and explore all the equipment in the main gym! Not intended for practicing new gymnastics skills but perfecting already learned skills in a supervised, but unstructured, environment. Bring a friend or meet them here!

#### Pre-School Open Gym

A great way to socialize and expend energy! Come and explore all the equipment in the main gym! Not intended for practicing new skills but for perfecting already learned skills in a supervised, but unstructured, environment.

### ★ Parents' Night Out

**Currently unavailable due to Covid-19.**

**Please contact the front desk or follow us on social media for updates on current restrictions.**

Automatic Babysitter!! If your children are 3 and up (and potty-trained), you may drop them off between 5:30 and 10pm and enjoy a Parent's Night Out! Kids have crafts, videos (child appropriate), sports, games, skits and open gym time. Pizza and beverage are included so you don't even need to make supper!

#### Pricing:

- Check website for current pricing.
- Members receive a \$5.00 discount.

#### Day and Times:

First Friday of every month; October-May from  
5:30pm - 10:00pm.

**Be sure to check website for important closings.**

**Pre Register to Save Your Spot Today at Our Website:  
[northcrestkids.com](http://northcrestkids.com)**

More options on the back! →

# Important Dates 2020-2021

September 10th: 1st Day of School Season Recreational Classes

\*October 2nd: First Parents Night Out, 5:30-10:00pm; Visit our website for more details

October 15th: MEA; classes will remain in session

\*October 31: Halloween; North Crest Trunk-or-Treat

\*November 6th: Parents Night Out, 5:30-10:00pm; Visit our website for more details

November 20th: First Winter Dance Performance Rehearsal @ North Crest  
Times in Dancer Welcome Packet

November 20th: Final Day to turn in Winter Performance Participation Form

November 25th-26th: Thanksgiving; North Crest closed  
No classes or open gyms

\*November 27th: Holiday Parent Night Out, 5:30- 10:00pm; Visit our website for more details  
•Members receive a \$5.00 discount

\*December 4th: Parents Night Out, 5:30-10:00pm; Visit our website for more details

December 11th: Second Winter Dance Performance Rehearsal;  
5:00pm @ North Crest

December 18th: Third Winter Dance Performance Rehearsal;  
5:00pm @ North Crest

December 22nd-January 3rd: Christmas & New Years; North Crest Closed  
No classes or regular open gyms

\*December 30th: Holiday Family Open Gym; Times TBA

\* As of 9/10/2020 PNO, Open Gym and other special events are unavailable.  
Please see our website for current offerings.  
All other dates are subject to change or cancellation due to COVID-19.

Team Gymnasts and Company Dancers please consult your individual program schedule.

[More information on the back!](#) →

# Important Dates 2020-2021

January 4th: Classes Resume

\*January 8th: Parents Night Out, 5:30-10:00pm; Visit our website for more details

January 9th: Final Winter Dance Performance Rehearsal;  
Times TBA @ the Paramount

January 10th: Winter Dance Performance @ the Paramount; Arrival times and Show times TBA

\*February 5th: Parents Night Out, 5:30-10:00pm; Visit our website for more details

February 26th-28th: North Crest Hosts Spirit Of The North Gymnastics Meet  
@ St. Cloud River's Edge Convention Center

\*March 5th: Parents Night Out, 5:30-10:00pm; Visit our website for more details

March 13th: North Crest Gymnastics' Showtime Showdown; Times TBA  
(No regularly scheduled classes, Dance, Combo or Gymnastics)

April 2nd-5th: Easter; North Crest Closed

\*April 9th: Parents Night Out, 5:30-10:00pm; Visit our website for more details

April 10th-15th: Picture week; Dance, Combo and Gymnastics

\*May 7th: Last Parents Night Out, 5:30-10:00pm; Visit our website for more details

May 9th: No Open Gym, Mother's Day

May 9th-15th: Awards Week for Dance and Combo Classes

May 9th-15th: Last week of Dance and Combination classes

May 16th-22nd: Last week of Gymnastics Classes at North Crest

May TBA: Spring Dance Show Rehearsal; Venue and Times TBA

May TBA: Spring Dance Show; Venue and Times TBA

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