



OCTOBER NEWS

Looking ahead

10/12	Parents Night Out; 4:30-9:00pm -Visit our website for more details!
10/15	November tuition due
10/17-10/18	MEA; Classes will remain in session.
10/26	Trunk-or-Treat and Open Gym 1:00-3:00pm
10/27	No open gym
10/31	Halloween; No classes
11/8	Final day to turn in Winter Performance Package
11/9	Parents Night Out; 4:30-9:00pm -Visit our website for more details!
11/28-11/29	Thanksgiving; North Crest closed
11/29	Shop 'Til You Drop; a Specialty PNO -Visit our website for more details!
12/1	Thanksgiving weekend; No open gym
12/14	Parents Night Out; 4:30-9:00pm -Visit our website for more details!

TRUNK-OR-TREAT

Come join us at our annual Trunk-or-Treat event on October 26th from 1:00-3:00pm. Wear your costume and collect some candy from our multitude of local businesses. Jump around at our \$5 open gym and play a few games in our dance studio!

There are still a few spots available for trunks. Email office@northcrestkids.com with questions or to sign up.

*Open gym cash or check only!

Stay in touch

Please allow for 24 hours for a response.



office@northcrestkids.com

North Crest Kids Activity Center
1009 Industrial Drive S
Sauk Rapids, MN 56379



PARENT CORNER

Gymnastics

Term of the Month

Artistic Gymnastics

A gymnastic discipline, which is performed upon any kind of apparatus (floor, bars, beam, vault, rings, pommel, parallel bars). The type of gymnastics taught at North Crest.

Reminders

- Label water bottles & shoes
- Come in appropriate class wear
- Trunk-or-Treat: Oct. 26th 1-3pm
- Open Gym is on Sunday's!

Parents Night Out

Parents Night Out happens on the second Saturday of each month and is a great opportunity for kids to get tons of play time in the big gym and parents to get a chance to go on a date, get some silent shopping in or wrap Christmas presents!

Register today at
www.northcrestkids.com

Dance

Term of the Month

Releve

re·le·vé /,re|ə'vā/

Ballet

a movement in which the dancer rises on the tips of the toes.

GYMNASTICS



Sweet Peas

We would like to thank you for your patience as we have all been getting used to having 2 classes in the preschool gym. We have gotten helpful feedback and promise to continue to make improvements for you.



Big Gym

During the week of October 21st-25th we will be having Halloween themed classes. We encourage athletes to wear part of a costume that is class apparel appropriate. Things that make great options are headbands, face painting, tank tops or leggings. Skirts and baggy clothing items will not be allowed due to safety. Items will be left up to coaches discretion.



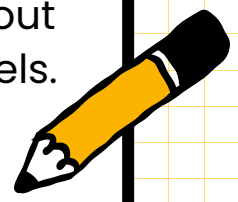
Skills of the Week

Each week in the big gym athletes will have a "Skill of the Week". Don't forget to ask your child what the skill of the week was after class and have them show you to learn along with them!

Skills Checks*

Next Check: 11/11-11/15

Instructors will reach out to parents or guardians if level movement is needed after skill checks are over. Please wait until the week after checks to reach out about appropriate levels.



*Due to Sweet Peas classes being age based, skill checks only happen in the big gym. If your athlete has aged out of their current class and you would like to move up an age group please reach out to the front desk.

TEAM NC

Stay in touch



Team North Crest Gymnastics
@teamnorthcrest

Upcoming Meets

November 16th-17th

Throwback @ Becker HS
XCEL Bronze, XCEL Silver,
Girl's Level 2 & Girl's Compulsory

December 6th-8th

Peppermint Twist @ MLPS
Convention Center
XCEL Bronze, XCEL Silver,
Girl's Level 2 & Girl's Compulsory

December 13th-15th

State @ Warner Coliseum
XCEL Bronze, XCEL Silver,
Girl's Level 2 & Girl's Compulsory

September and October Recap

Team North Crest has had a great start to this meet season! So far, our Level 2 & Bronze athletes have had 1 meet, our Silvers have had 2 meets and our Girls Compulsory levels have had 3 meets. In these meets we have taken home a combined total of 7 team awards and have qualified a total of 28 athletes for the state meet! We have 2 more regular season meets coming up and then onto state!! We are continually proud of our athletes and can't wait to see what more amazing things they do this season!



DANCE



This month in class...

Your dancer(s) will begin to learn short dance combinations that will be put into their winter and spring show dances.

These combinations will feature movements that your dancer has or will continue to work on in class so that they are confident in their abilities when Winter and Spring shows come around!

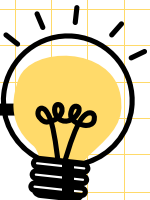
Winter Show

Dancers are encouraged to participate in two performances, one in the winter and one in the spring.

The Winter show features our Company North Crest Dancers. Recreational dance students are invited to perform as guests in two dances. All recreational dancers in each style & level will dance together.

*It Takes 2 Pea is only asked to perform in our spring recital.

Don't Forget!



- Winter Show Packages are due November 8th, 2024.
- Spectator tickets go on sale November 1st at www.paramountarts.org
- Dancers should have pink(girls) or black(boys) ballet shoes and Black tap shoes for Ballet/Tap classes and performances.
- Dancers should have black jazz shoes and neutral (& clean) tennis shoes for Jazz.Hip Hop classes and performances.,

COMPANY NC

Sauk Rapids Dance Show Recap

Company North Crest had their first high school dance show of the year at Sauk Rapids-Rice High School! The show theme was "Dancing With The Stars". The audience was given a survey and our dancers were awarded with the mirror ball winner of 'Best Dressed Team' & Most Spirited Team! We couldn't be more proud of our amazing dancers!



Next Performances

November 9th

Crush Dance Show @ St. Cloud Apollo
Show time TBA

November 16th

Sartell Dance Show @ Sartell HS
Show time TBA

November 22nd

SCSU Dance Show @ Halenbeck Gym
Show time TBA

January 11th

Winter Dance Show @ The Paramount
Show time 4:00pm

Stay in touch



Company NC

@companynorthcrestdance

HAPPY BIRTHDAY!

Help us in wishing these athletes a "Happy Birthday!"

Stop by our front desk the week of your birthday to get a birthday sticker to wear to class!

October 1st
Margot A
Anna H

October 2nd
Veida B
Audree H
Gabriella K
Nora L
Samantha S

October 3rd
Carly F
Brinley G

October 4th
Eloise Fi

October 5th
Nora S-M

October 7th
Oliver B

October 8th
Teagan D
Audreyana H

October 10th
Bella A
Noa R
Koltan R

October 11th
Leona O

October 12th
Drew A
Nevaeh K B
Breckette L

October 13th
Brenna B
Delilah H
Brooke M

October 14th
Lucille H
Tyler H

October 15th
Kain F

October 16th
Elliana C
Selah N
Briella O
Reece W

October 17th
Tenley B

October 18th
Deserae P
Aamiyah R
Winifred W

October 19th
Samantha F
Aurora K
Adalyn O

October 20th
Harper C
Ezben G
Zayden H

October 21st
Olivia S

October 22nd
Landis B

October 25th
Delilah H
Kaylee M
Anyia N

October 27th
William D

October 29th
JP B
Ayla E
Reagan K
Aurora K
Elizabeth M
Pearl S

October 30th
Aurora B
Waylon G
Lee H
Annika S
Charlotte W

