

Important Dates 2025-2026

September 4th: 1st day of School Session recreational classes

September 7th: First Open Gym; Visit our website for details

October 11th: First Parents Night Out, 4:30-9:00pm; Visit our website for details

October 16th-17th: MEA; classes will remain in session

October 25th: North Crest Trunk-or-Treat and Open Gym, 1:00-3:00pm

October 26th: No Open Gym

October 31st: Halloween; no classes

November 1st: Winter Dance Show tickets on sale at www.paramountarts.org

November 7th: Final day to turn in Winter Performance Package

November 8th: Parents Night Out, 4:30-9:00pm; Visit our website for more details

November 27th-30th: Thanksgiving; North Crest closed, No classes

November 28th: Shop 'Til You Drop, A specialty PNO 10am-2pm; Visit our website for details

November 30th: No Open Gym, Thanksgiving

December 13th: Parents Night Out, 4:30-9:00pm; Visit our website for more details

December 21st-January 1st: Christmas & New Years; North Crest Closed
No classes or regular open gyms

December 21st: No Open Gym, Winter Break

December 28th: No Open Gym, Winter Break

January 2nd: Classes Resume

January 9th: Winter Dance Performance rehearsal for registered recreational dancers;
5:00pm at the Paramount. Additional information in Dancer Welcome Packet

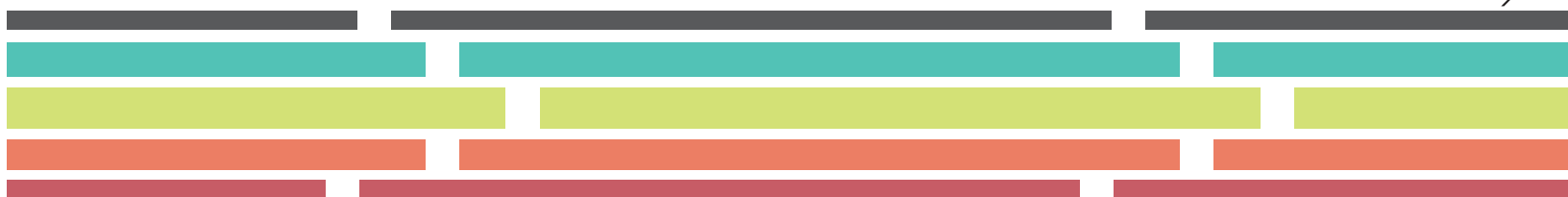
January 10th: Winter Dance Performance @ 4:00pm at the Paramount;
Arrival times and additional information in Dancer Welcome Packet

January 10th: Parents Night Out, 4:30-9:00pm; Visit our website for more detail

January 12th-16th: No Recreational Dance, post-dance show break

Team gymnasts and Company dancers please consult your individual program schedule.

*** All dates are subject to change or cancellation. Watch for updates on TeamApp.** [More information on the back!](#) ➔



Important Dates 2025-2026

February 14th: Parents Night Out, 4:30-9:00pm; Visit our website for more details

February 20th: Final day to turn in Spring Performance Package

March 2nd-6th: Summer 2025 recommendations handed out

March 13th: Summer 2025 registration opens

March 14th: Parents Night Out, 4:30-9:00pm; Visit our website for more details

March 16th-20th: Picture week, recreational gymnastics. No recreational gymnastics classes

March 29th: Easter Egg-Stravaganza with NCAA Booster Club

April 3rd-5th: Easter; North Crest closed, No classes

April 5th: No Open Gym, Easter

April 11th: Last Parents Night Out, 4:30-9:00pm; Visit our website for more details

April 13th: Spring Recital Tickets on sale at North Crest front desk

April 13th-17th: Picture week, recreational dance. No recreational dance classes

April 20th-April 24th: School Year 2024-2025 recommendations handed out

May 1st: School Year 2024-2025 registration opens

Date TBA: North Crest gymnastics' Showtime Showdown, Times TBA

*This show is a part of our NC Gymnastics curriculum. Participation is expected.

May 11th: No Open Gym, Mother's Day

May 11th-15th: Awards week for recreational dance classes

May 11th-15th: Last week of recreational dance classes

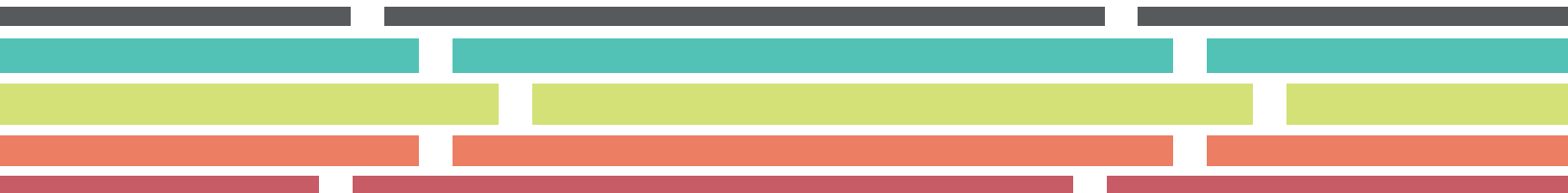
May 15th: Spring Dance Show rehearsal; Times in Dancer Handbook

May 16th: Spring Dance Show; 1:00pm and 5:00pm Shows @ Sauk Rapids-Rice Middle School CAC

May 17th: Last Open Gym

May 18th-22nd: Last week of recreational gymnastics classes

June 8th: First day of Summer Classes



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 that are due July 1st.)

Discontinuation: Please understand that the program you are registering for is a year long program that is broken into monthly billing installments. The school year schedule is billed monthly beginning on August 15th and concluding on April 15th for classes Sept.- May. The Summer schedule of June, July and August requires re-enrolling and is billed May 15th, June 15th & July 15th. **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 installments. Installment due the 15th of the month prior to the month of service. (Homeschool Families, 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 that 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.

ALL TUITION IS BILLED MONTHLY

(Aug. 15th, Sept. 15th, Oct. 15th, Nov. 15th, Dec. 15th, Jan. 15th, Feb. 15th, March 15th, April 15th, May 15th, June 15th & July 15th)

Absence Policy: We understand that absences from class are inevitable. If for any reason you will be missing class, please let our front desk know ahead of time via email (office@northcrestkids.com) so that we may get you an open gym coupon to make up for the missed day. Note: Open gym coupons will ONLY be made if the front desk is contacted about the absence. Open gym coupons will be good for 3 months from the date of issuance.

INCLEMENT WEATHER STATEMENT: Because we have students from many areas and several school district, we do not follow any one school's decision to close due to inclement weather. Please watch your email, teamapp and our website at 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, however, open gym coupons will be distributed to make up for the missed class.)

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.

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.



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

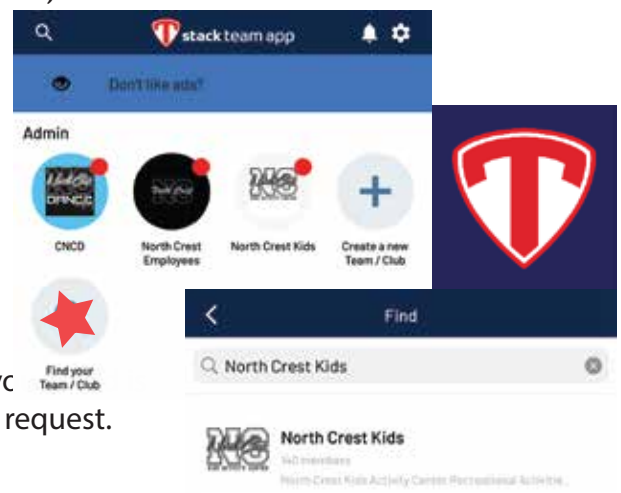
★ TeamApp for Recreational classes

We encourage everyone in a recreational class to sign up for our TeamApp for recreational classes. We will be using this for reminders of days off and special events as well as updates on weather alerts and handouts. It is highly encouraged to join and is all contained on one phone app.

Follow the directions below to join.

1. Download "Stack TeamApp" through your phone's app store.
2. Sign in or create an account.
3. Click "Find your team/club"
4. Search "North Crest Kids" and click on the search result.
5. Choose the proper access group and fill out the application to join the TeamApp based on your athlete's class(es).
6. Click "Submit"
7. Wait.

Once we receive your request to join TeamApp we will confirm that you are enrolled in the same class as you requested access to and accept the request.



Dance: Competitive Company



Pre-Company North Crest:

This is our preparation program that teaches the skills and techniques needed to be successful future Company dancers. These dancers are selected by our instructors through our spring session as they participate in recreational classes. Recommendations are made based on talent, dedication, listening skills and a love for the art of dance. They are asked to do a trial audition class in late May to ensure that they will be a good fit for the program. Dancers are evaluated on their skills, current technique level, listening skills and attitude. They are then placed in groups accordingly. Placements of dancers are dependent upon the ability, desire and age of the dancer. Pre- Company is made up of dancers age 5-8. Pre-Company participates in performances and practices similar to Company dancers, however Pre-Company does not attend competitions. Pre-Company groups are Broadway Babies, who practice once a week and Showstoppers, who practice twice a week. Pre-company dancers will have core class time weekly which consists of ballet, tap, lyrical, hip hop and flexibility.

Company North Crest:

Our version of a performance-based, competitive dance program. Company is comprised of dancers age 7-18. These dancers 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 as well as for incoming company prospects. These are held at the end of May. Dancers are evaluated on their skills, current technique level, listening skills and attitude. They are then placed in groups accordingly. Placements of dancer(s) are dependent upon the ability, desire and age of the dancer.

We base our dance training on Ballet. It is a requirement for all dancers. Pre-Pointe and Pointe are offered as an invite-only class. Company dancers have opportunities to train with us in a wide range of other styles including, but not limited to; Jazz, Lyrical, Contemporary, Tap, Hip Hop and Dancer Development Training. Ballet and Jazz classes are required at all levels and Tap is required through the intermediate level.

All Company dancers will participate in two group competitions. Competition routines are usually announced in the fall. Advanced and Superior groups will participate in an additional group regional competition through the season. Solos, duets and trios are available to Company dancers who have been with us for 2+ years. These dancers have the option to compete in three or four competitions dependent on placement level.

Dance: Girls and Boys

Please see website for current pricing and class times.

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 and included in your May tuition (costume payments will be billed with March Tuition). All dancers will participate in this event. Performances provide an important platform for dancers to display all they have learned throughout the year. Information specific to each performance will be provided as we get closer to each event. General information regarding each performance is included in the dancer specific welcome packet. 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.

Dance Movement 1; Co-Ed

3-4 year olds • 30 minutes

Dancers will learn the basics of dance through Jazz and Tap. The music for this class is fun and familiar to them. We do some warming up, stretching, progressions across the room (including skips, kicks and jumps), super fun basic skills, and counting. They will learn steps including toe-heel, heel-toe, stamps, and shuffles as well as making as much noise as they can in our fun, safe and educational environment.

Shoes your dancer needs: Black Jazz Shoes & Black Tap Shoes

Ballet and Tap; Co-Ed

Ballet/Tap 2:

5-6 Year olds
40 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

Register at
northcrestkids.com

Jazz and Hip Hop; Co-Ed

Jazz/Hip Hop 2:

5-6 Year olds
40 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: Black Jazz Shoes & Mostly Black Sneakers with non-marking soles

Boy's Dance

Boy's Tap/Hip Hop: 6-10 year olds • 40 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.

Shoes your dancer needs: Black Tap Shoes & Mostly Black Sneakers with non-marking soles

Ballet, Jazz & Hip Hop

Ballet/Jazz/Hip Hop 4: 10+ years old • 1 Hour & 30 minutes

This class is ideal for dancers looking to gain skills for school dance team or continuing recreational dance. Students will focus on ballet, jazz and hip hop skills as these are fundamentals for continuing dance and will allow them to grow into a multitude of other styles including kick, pom and lyrical. They will learn steps such as pirouettes, split leaps, and hip hop floor work.

Shoes your dancer needs: **Girls:** Pink Ballet Shoes, Black Jazz Shoes & Mostly Black Sneakers with non-marking soles

Boys: Black Ballet Shoes, Black Jazz Shoes & Mostly Black Sneakers with non-marking soles

[More options on the back!](#) ➔

Gymnastics: Competitive Team



North Crest Wolfpack is USA gymnastics affiliated. Our gymnasts represent North Crest at seasonal gymnastics meets at the local, state, regional and national level. 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. Team tryouts are held in May each year.

Pre-Competitive Programs:

Here at North Crest we have 3 different pre competitive programs. First, we have our Boys Pre-Team. This program is designed to prepare boys ages 4-7 for our Men's competitive program. Boys may be asked to come 1 or 2 days a week for up to 4 hours. Likewise our Girls Pre-Team program is designed to prepare girls ages 5-8 to prepare for our Women's competitive program. These girls practice for 1-2 hrs at a time and 1 or 2 days per week. Our 3rd pre competitive option is our Training XCEL program. This program is designed for girls ages 8+ to prepare them for our women's competitive program. These athletes practice once a week for 3 hours.

USAG Competitive Women's Developmental Program: Levels 3-10

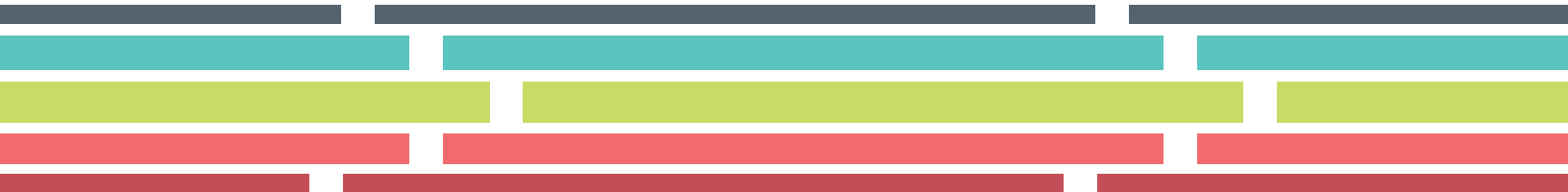
Levels 3-5 are compulsory in nature, this means that all athletes compete the same routines and skills. They must meet a minimum skill requirement and earn a qualifying score at a sanctioned gymnastics meet to compete at the state level and to move up to the next level. These girls practice up to 10.5 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 skill and 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.

USAG Competitive Women's XCEL Program: Bronze, Silver, Gold, Platinum & Diamond

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 5 to 11 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.

USAG Competitive Men's Developmental Program: Levels 4-10

Our Men's Team ranges in age from 6 to 18 years old. Levels 3-6 are compulsory in nature, this means that all athletes compete the same routines and skills. Levels 7-10 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.



Gymnastics: Girls and Boys

Please see website for current pricing and class times.

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!

Main Gym: Girls Classes

At North Crest, our recreational gymnastics program is progressive in nature. Although we provide some beginning age recommendations, class level is based on mastery of a specific skill set. Students will learn fundamental skills on traditional girls' apparatus including floor, beam, bars, vault, and trampoline, along with building greater overall strength and confidence for continued skill development. They will work on strength and shaping as well as skills including cartwheels, handstand variations, pullovers, backward and forward rolls, trampoline drops, safety falls, and more! Gymnasts generally remain in each level for up to one year or more before acquiring all of the skills necessary to advance. Students will be consistently evaluated by their instructor for safety, strength, and skill readiness for the next level!

Our progressive girls program follows this structure:

Girl's Beginner: 6-8 yrs • 1 hour

Girl's Mature Beginner: 9+ yrs • 1 hour

Girl's Advanced Beginner: Completed Girl's Beginner or Girl's Mature Beginner • 1 hour

Girl's Intermediate: Completed Girl's Advanced Beginner • 2 hours

Girl's Advanced Intermediate: Completed Girl's Intermediate • 2 hours

Girl's Advanced: Completed Girl's Advanced Intermediate • 2 hours

**Register for Classes at Our Website:
northcrestkids.com**

Main Gym: Boys Classes

Similar to our girls program, our boys recreational gymnastics program is progressive in nature. Although we provide some beginning age recommendations, class level is based on mastery of a specific skill set. Students learn basic beginning level skills on traditional boy's apparatus. Boys will work on basic skills for floor, pommel horse, rings, vault, trampoline, parallel bars, and high bar, then moving into building greater confidence for skill development including but not limited to: pullovers, straight arm rolls, handstand and cartwheel variations, position swings on parallel bars, still rings, and high bar. Gymnasts generally remain in each level for up to one year or more before acquiring all of the skills necessary to advance. Students will be consistently evaluated by their instructor for safety, strength, and skill readiness for the next level!

Our progressive boys program follows this structure:

Mini Muscles: 5yrs-6yrs old • 40 minutes

Muscle Men 1: 6yrs-8yrs • 1 hour

Muscle Men 2: 8yrs or older • 1 hour

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

[More options on the back!](#) ➔

Sweet Peas is an educational gymnastics program designed to promote physical, social, and cognitive development in children 6 mo. to 6 yrs.

This program focuses on age appropriate gymnastics activities that foster coordination, balance, core strength, bilateral awareness, and flexibility. Taught in a social, collaborative environment, Sweet Peas provides important life lessons in self-awareness, courage, success, and friendship. The curriculum is centered around excellent progressive gymnastics training which incorporates color recognition, language development, spatial relations, music awareness, measurements, and counting skills. The Sweet Peas program engages children through expertly designed lesson plans that provide structure and productivity in the gymnastics classroom while at the same time allowing flexibility and pacing for each unique child. Developed by early childhood experts with experience and training in gymnastics and active learning, Sweet Peas classes expertly blend brain development objectives with joyful and energetic gymnastics based active learning.

Learn more by visiting <https://sweetpeas.com/about/>

Class

Ages

Class Length

1 Pea

Educational Gymnastics w/ adult participation

1-2 Years

30 Minutes

The active learning goals of 1 Peas promote neural development in the amazing one-year old brain. The 1 Pea curriculum is designed to provide enriching activities in a safe and fun environment. 1 Peas will learn self-awareness and physical adaptation through developmentally appropriate gymnastics activities such as stepping, rolling, balancing, sliding and swinging. The 1 Pea curriculum is designed to enhance the direct connection between active movement and brain processing. Gymnastics provides opportunities to balance, hold, reach, grip and bounce. 1 Peas are learning and growing at an amazing pace as they transition from babyhood to toddler-hood.

2 Pea

Educational Gymnastics w/ adult participation

2-3 Years

30 Minutes

The 2 Peas program is designed to capitalize on the rapidly improving physical, cognitive and language development of two-year olds. The 2 Pea curriculum offers opportunities for gross motor skill development with whole body activities in developmentally appropriate circuits. 2 Peas learn to run with developing synchronization; step, hold and balance on alternate feet; roll forward, sideways and backwards on a wedge with a spot; and transfer weight from feet to hands and back. They are introduced to concepts of recognition, compare and contrast, and distinction through use of basic shapes in equipment and learning resources used in class. 2 Peas begin to recognize colors through materials and activities in class; begin to recite numbers through counting or listening while performing physical motions; and increase language development through physical activities promoting word association. The 2 Pea program is designed to provide a multi-sensory educational gymnastics experience that prepares the 2 Pea to engage his or her occipital lobes through experience with shape patterns and colors. Our 2 Pea goal is to provide fun, quality gymnastics activities that foster the important neural development of our amazing two-year olds.



Sweet Pea Squad

3-5 Years

60 Minutes

The Sweet Pea Squad is an advanced preschool gymnastics class that will focus on all the developmental aspects in the Sweet Pea program but will place additional focus on shaping and technique for students displaying strength, flexibility and listening skills above their peers.

Register at northerestkids.com

More options on the back!



Sweet Peas

Educational Gymnastics



Please see website for current pricing and class times.

Class

Ages

Class Length

3 Pea

3-4 years

40 Minutes

Educational Gymnastics w/ adult participation

The 3 Pea curriculum is designed to provide skill development on floor, beam, bars, and vault. Three Peas work on forward rolls, straddle rolls and cartwheels. They increase their balance with beam work that includes alternating forward kicks, squat holds, relevé walks and bear crawls. 3 Peas develop core strength by learning to draw to a tuck from a straight hang on the bars and execute forward rolls over the bar. Their vault skills include punching the board with both feet, a squat on to a block, and donkey kicks. 3 Peas are introduced to instructions that incorporate spatial, sequential and directional cues.

They are continuing to develop an understanding of differences in color, shape, size and color. 3 Peas is designed to provide a multi-sensory, educational gymnastics experience that provides an active learning platform that will promote brain development, social development, and overall well-being. The Sweet Pea curriculum provides early opportunities for three-year olds to learn language skills, differentiation skills, sequencing, color, and shape recognition while actively engaged in physical movement. 3 Peas is an amazing program that will provide your child with unparalleled physical, social and developmental

4 Pea

4-5 years

40 Minutes

Educational Gymnastics w/ adult participation

The 4 Pea curriculum embraces the 4-year old's readiness for learning and provides a dynamic educational gymnastics environment. 4 Peas work on forward rolls, straddle rolls, and backward rolls on both a wedge and on the floor. They are practicing straighter legs and longer holds in the execution of their skills. 4 Peas are working on their balance with skills on beam such as straight jumps, alternating kick posse sequences and 4 Pea arabesques. 4 Peas are gaining speed and accuracy on the vault. They are mastering their squats, donkey kicks with horizontal hips, and jumping on and off a block.

The educational gymnastics focus for 4 Peas continues with number and letter recognition, group counting, group singing, increased differentiation of left and right, positive peer interactions, and increased independence in following instructions and participating in structured station-based activities. The 4 Peas program provides an educational environment where children can experience active learning, predictable structure, positive peer associations, successful independence from parents and balanced learning.

5/6 Pea

5-7 years

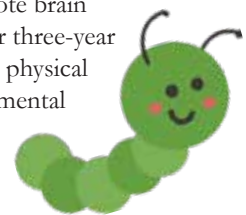
50 Minutes

Educational Gymnastics w/ adult participation

Five/Six Peas are refining their technique with focus on form and lines. The Five/Six Pea curriculum includes bridges, handstands, cartwheels, straight-legged tables and stronger executions of rolls – all with increasing form and technique. Five/Six Peas can hold their relevés and arabesques on a beam and are developing the core strength needed to hold tucks, straddles, and pikes on the bars. Five/Six Peas are mastering the vault runway with sequenced runs and advancing floor sequences that combine rolls, jumps, lunges, turns and finishes. They are punching the board with two feet and their vaults now include stretch jumps, squats onto the block, and forward rolls. The Five/Six Pea curriculum also includes the added learning challenge of properly counting and executing skills to music beats and claps.

The Five/Six Pea curriculum capitalizes on the amazing, compounding cognitive and social development of the Five/Six Pea. Our educational gymnastics curriculum incorporates gymnastics terms, independent counting, group presentation and recognition of the alphabet, interpretation of music, recognition of timing and counts in music, and increased awareness of spatial relationships.

Our program objectives for Five/Six Peas include developing the ability to form meaningful friendships and feeling joy and confidence in learning. The early years are incredibly important to a child's life-long ability and desire to learn. The Sweet Peas educational gymnastics program provides an amazing foundation for children and prepares them for physical, academic and social success in the years to come.



Register at northcrestkids.com

Combos: Dance & Gymnastics

Please see website for current pricing and class times.

At North Crest, we do combination classes better than the rest! We take a gymnastics class and a dance class and place them at convenient times so that you get the benefits of both programs and then we discount the combination by 25% to make it affordable for you. Information and registration links below!

Class

Ages

Class Length

It Takes 2 Pea

Dance & 2 Pea Gymnastics
w/ adult participation

18 Months - 3 Years

20 Minutes Dance
20 Minutes Gym

It Takes 2 Pea is a great class for our 1.5-3 yr olds. This introduction to ballet and jazz uses creative, imaginative role-playing and fun dance basics. This class may involve pretending to be animals, playing instruments to learn rhythm, learning balancing, skipping and running. Following the Sweet Pea 2 Pea's gymnastics curriculum. 2 Peas learn to run with developing synchronization; step, hold and balance on alternate feet; roll forward, sideways and backwards on a wedge with a spot; and transfer weight from feet to hands and back. This class is suitable for both boys and girls who are having so much fun that they won't even realize that they are learning the fundamentals of ballet technique along the way. The goal of this class is to provide fun, quality dance and gymnastics activities that foster the important neural development of our amazing young athletes!

DM1-3P

Dance Movement 1 & 3 Pea Gymnastics

3 Years

30 Minutes Dance
5 Minutes Transition
30 Minutes Gymnastics

Dancers will learn the basics of dance through Jazz and Tap. The music for this class is fun and familiar to them. We do some warming up, stretching, progressions across the room (including skips, kicks and jumps), super fun basic skills, and counting. They will learn steps including toe-heel, heel-toe, stamps, and shuffles as well as making as much noise as they can in our fun, safe and educational environment.

The 3 Pea curriculum is designed to provide skill development on floor, beam, bars, and vault. Three Peas work on forward rolls, straddle rolls and cartwheels. They increase their balance with beam work that includes alternating forward kicks, squat holds, relevé walks and bear crawls. 3 Peas develop core strength by learning to draw to a tuck from a straight hang on the bars and execute forward rolls over the bar. Their vault skills include punching the board with both feet, a squat on to a block, and donkey kicks. 3 Peas are introduced to instructions that incorporate spatial, sequential and directional cues.

DM1-4P

Educational Gymnastics w/ adult participation

4 Years

30 Minutes Dance
5 Minute Transition
40 Minutes Gymnastics

Dancers will learn the basics of dance through Jazz and Tap. The music for this class is fun and familiar to them. We do some warming up, stretching, progressions across the room (including skips, kicks and jumps), super fun basic skills, and counting. They will learn steps including toe-heel, heel-toe, stamps, and shuffles as well as making as much noise as they can in our fun, safe and educational environment.

The 4 Pea curriculum embraces the 4-year old's readiness for learning and provides a dynamic educational gymnastics environment. 4 Peas work on forward rolls, straddle rolls, and backward rolls on both a wedge and on the floor. They are practicing straighter legs and longer holds in the execution of their skills. 4 Peas are working on their balance with skills on beam such as straight jumps, alternating kick passé sequences and 4 Pea arabesques. 4 Peas are gaining speed and accuracy on the vault. They are mastering their squats, donkey kicks with horizontal hips, and jumping on and off a block.

Register at northcrestkids.com

More options on the back! →

Combos: Dance & Gymnastics

Class

Ages

Class Length

BT2-5/6P

Ballet/Tap 2 & 5/6 Pea Gymnastics

5-6 years

40 Minutes Dance

5 Minutes Transition

50 Minutes Gymnastics

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. opportunities.

Five/Six Peas are refining their technique with focus on form and lines. The Five/Six Pea curriculum includes bridges, handstands, cartwheels, straight-legged tables and stronger executions of rolls – all with increasing form and technique. Five/Six Peas can hold their relevés and arabesques on a beam and are developing the core strength needed to hold tucks, straddles, and pikes on the bars. Five/Six Peas are mastering the vault runway with sequenced runs and advancing floor sequences that combine rolls, jumps, lunges, turns and finishes. They are punching the board with two feet and their vaults now include stretch jumps, squats onto the block, and forward rolls. The Five/Six Pea curriculum also includes the added learning challenge of properly counting and executing skills to music beats and claps.

JH2-5/6P

Jazz/Hip Hop 2 & 5/6 Pea Gymnastics

5-6 years

40 Minutes Dance

5 Minutes Transition

50 Minutes Gymnastics

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.

Five/Six Peas are refining their technique with focus on form and lines. The Five/Six Pea curriculum includes bridges, handstands, cartwheels, straight-legged tables and stronger executions of rolls – all with increasing form and technique. Five/Six Peas can hold their relevés and arabesques on a beam and are developing the core strength needed to hold tucks, straddles, and pikes on the bars. Five/Six Peas are mastering the vault runway with sequenced runs and advancing floor sequences that combine rolls, jumps, lunges, turns and finishes. They are punching the board with two feet and their vaults now include stretch jumps, squats onto the block, and forward rolls. The Five/Six Pea curriculum also includes the added learning challenge of properly counting and executing skills to music beats and claps.

BT2-GB

Ballet/tap 2 & Gir's Beginner Gymnastics

6-7 years

40 Minutes Dance

5 Minutes Transitions

60 Minutes Gymnastics

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. opportunities.

Students learn fundamental skills on traditional girls' apparatus including floor, beam, bars, vault, and trampoline, along with building greater overall strength and confidence for continued skill development. They will work on strength and shaping as well as skills including cartwheels, handstand variations, pullovers, backward and forward rolls, trampoline drops, safety falls, and more!

BT2-GB

Ballet/tap 2 & Gir's Beginner Gymnastics

6-7 years

40 Minutes Dance

5 Minutes Transitions

60 Minutes Gymnastics

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.

Students will learn fundamental skills on traditional girls' apparatus including floor, beam, bars, vault, and trampoline, along with building greater overall strength and confidence for continued skill development. They will work on strength and shaping as well as skills including cartwheels, handstand variations, pullovers, backward and forward rolls, trampoline drops, safety falls, and more!

Register at northeastkids.com

Specialty; Birthdays, Open Gym & Parents Night Out

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 your guests with games, obstacle courses, and some basic gymnastics skills in the gym, all while you watch and take pictures. Following gym time, we will continue the celebration with cake and ice cream served to your guests. Time will be given for opening gifts, and our staff will even help you by taking note of gifts recieved. Your party time concludes with some additional play time in the big gym and smiles on all of your guests faces!

Your Birthday Package Includes:

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

Pricing:





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

Reminder: tips for your birthday staff are not included in pricing.

Open Gym

Experienced Tumblers Open Gym

- Sunday's from 12:00pm-2:00pm
- Pre registration requested online at www.northcrestkids.com/open-gym/
- \$10 for members walking+ with pre registration, \$15 for non-members walking+ with pre registration
- \$15 for all at the door
- Recommended ages 10+ with tumbling experience.

 North Crest Kids Activity Center
 @north_crest_kids
 @teamnorthcrest
 @companynorthcrestdance

A fantastic way to socialize and expend energy on a weekend! Come and explore all the equipment in the main gym! Bring a friend or meet them here! **Open gym is not for practicing new gymnastics skills but perfecting already learned skills in a supervised, but unstructured, environment.** Experienced Tumblers Open Gym is not for young or inexperienced athletes as we don't want them to collide with experienced athlete tumbling passes, stunts or tricks.

Family & Sweet Pea Open Gym

- Sunday's from 2:10pm-4:10pm
- Pre registration requested online at www.northcrestkids.com/open-gym/
- \$10 for members walking+ with pre registration, \$15 for non-members walking+ with pre registration
- \$15 for all at the door
- For the whole family! *Ages 21+ are not allowed to play on equipment due to insurance guidelines

A great way for the whole family to get out, expend energy and be together. Come and watch your kids explore and interact with all the equipment in the big gym. Children are not to be left unattended during Family Open Gym. **Open gym is not for practicing new gymnastics skills but perfecting already learned skills in a supervised, but unstructured, environment and having fun with the family.** Family Open Gym is not for experienced athletes as we don't want them to collide with young children during tumbling passes, stunts or tricks.

Open Studio

- Third Sunday of each month from 2:00pm-4:00pm
- Pre registration requested online at www.northcrestkids.com/open-gym/
- \$5 for members with pre registration, \$8 for non-members with pre registration
- \$10 for all at the door
- Recommended for the dancer that needs space to practice skills or dances that they are learning in class.

Open Studio will consist of use of our two studios spaces. Studio A will be used to practice skills or dances on a shared floor with headphones. Music will be played from the stereo, however this music will be chosen by staff. Studio B will be solely for practicing dances. There will be a sign up sheet to get "in line" and when it is your turn staff will call your name in studio A. You are in charge of playing your own music through the Aux cord or phone dongle.

More options on the back!

Specialty: Yoga, Summer Day Camp & Field Trips

Yoga

This 45 minute class via Zoom 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: (Online ONLY)

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
- Water Wednesdays at Becker Community Center
- Arts & Crafts, Dance, Gymnastics, and much more!
- Character Focus
- Reading, Science & History activities
- Frequent Library Visits
- Outdoor and Indoor Play Areas

Pricing:

- \$45 per day (**field trips are included!**)
- Choose 1 day, 1 week, or all summer!
- Additional children within the immediate family receive a 5% discount.
- Prices include tax.

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. Group discounts may be available.

Pricing:

\$7.50 per child/ per hour

Minimum of \$30 per party.

Days and Times:

Please email office@northcrestkids.com for available days and times.

Parents' Night Out

Automatic Babysitter!! If your children are 3 and up (and potty-trained), you may drop them off between 4:30pm and 9pm and enjoy a Parent's Night Out! During PNO kids make crafts, watch movies (child appropriate), play games and enjoy 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:

Second Saturday of every month; October-May from 4:30pm - 9:00pm.

Be sure to check website for important closings.

Pre-Register to Save Your Spot Soon On Our Website:

northcrestkids.com