

April

NEWS

Looking ahead

4/3-4/5	Easter: North Crest Closed
4/5	No Open Gym
4/11	Last Parents Night Out; 4:30-9:00pm -Visit our website for more details!
4/20-4/25	School Year 26-27 Recommendations handed out in recreational classes
4/20-4/25	Staff Appreciation Week
5/1	School Year 25-26 Registration Opens at 10:00am
5/1	Recreational Dance rehearsal at St Bens for participating dancers
5/2	Spring Dance Show at St Bens Gorecki Family Theatre 1:00pm and 5:00 pm shows
5/11	No Open Gym: Mother's Day
5/11-5/15	Last Week of Recreational Dance & Recreational Dance Awards Week
5/16	Showtime Showdown
5/18-5/22	Last Week of Recreational Gymnastics

Camp North Crest

Camp North Crest is perfect for families looking for a fun, flexible, and affordable summer option. Designed for school-aged kids, camp runs from 7:00am-5:30pm. Each day is packed with arts & crafts, indoor & outdoor play, reading time, obstacle courses and team-building games. Fridays feature extra time in the Big Gym, and Thursdays often include special field trips. Plus, every Wednesday campers head to the Becker Community Pool for swimming fun!

For more information or to register visit northcrestkids.com/summer-camp-2/

Stay in touch

Please allow 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

Balance

A stationary position where the body does not move, such as a Scale or a Handstand.

Reminders

- School Year registration opens May 1st!
- Spring Recital May 2nd
- Showtime May 16th
- Check the lost & found!

School Year 26-27 Registration

Registration for school year 26-27 classes opens on May 1st.

School class recommendations are being handed out the week of April 20th-25th.

If you have any questions about these recommendations please reach out to office@northcrestkids.com.

Staff Appreciation Week

We are excited to celebrate our amazing coaches during **Staff Appreciation Week, April 20th-25th!**

Our instructors bring energy, passion, and dedication to our athletes. Whether they're helping perfect a routine, build strength and flexibility, or encourage confidence and teamwork, their impact reaches far beyond the floor and mat. Not only teaching skills, but also inspiring resilience, discipline and self expression in our athletes. We are so fortunate to have such a committed team of instructors supporting our program.

Their hard work and positive influence helps create an environment where athletes can grow, succeed, and enjoy their experience. Please join us **April 20th-April 25th** in thanking them for all they do. We encourage all athletes to write a card, draw a picture, or color something special for their coach(es). These small gestures truly mean a lot and will help make the week extra special.

GYMNASTICS

Upcoming!

Last day to opt out of Showtime Showdown is May 1st.

Please e-mail the office at office@northcrestkids.com to opt out.

NEW SUMMER CLASS!

We are so excited to introduce a brand NEW summer class for your littlest athletes! Join us for our Crawling to Walking Class, designed to support whole-body development through active learning. We'll build core strength, visual tracking, coordination, and social skills—all in a safe, supportive, baby-friendly environment. Spots will fill fast—come grow with us this summer!

Skill of the Month

Pike Sit

A position (or pose) where the hips are bent at a 90 degree angle with the legs straight.

Summer Gym Camps

Ages 3-6 years: \$40 each

Barnyard Bounce:

*Farm inspired

6/30/26 12:30-3:30pm

Toodles' Tumbling:

*Mickey Mouse Clubhouse inspired

8/26/26 12:30-3:30pm

Ages 6+ years: \$40 each

Minions In Motion:

*Despicable Me/Minions inspired,

bars & floor focused

7/1/26 12:30-3:30pm

Gravity Defiers:

*Wicked inspired, Vault & Beam focus

8/25/26 12:30-3:30pm

Registration available at
www.northcrestkids.com/recreational-gymnastics/

TEAM NC

Stay in touch



@teamnorthcrest



office@northcrestkids.com

Tryouts

6 Years and under

April 25th 12:30-1:45pm at North Crest.

7 Years and older

April 25th 2:00-4:00pm at North Crest.

For more information about tryouts or to let us know that you're planning to come email us at office@northcrestkids.com

Men's Update

Our boys finished up regular season at State this month where we advanced 5 athletes to regionals in Portland, Oregon!

The qualifying competitors were:

Isaak H- Level 5
Sammy P- Level 5
Michael B- Level 7
Cole Q- Level 7
Caleb S- Level 10

Our level 7 athletes, Michael B. and Cole Q., earned a place at Western Nationals in Galveston, TX at the end of April. We can't wait to continue cheering you guys on!

Women's Update

Team North Crest had an exciting and memorable month as we wrapped up our season with Northern Lights and State!

Northern Lights gave our upper level athletes an opportunity to push for Event Finals and build confidence heading into the final meet of the season. It was so fun to see them rise to the challenge and compete with focus and determination.

We had 4 athletes qualify and compete in Event Finals:

- Lacy Posterick (Level 9 Vault)
- Kynlee Schmidgall (Level 9 Bars)
- Jamie Fredrick (Xcel Sapphire Bars)
- Brooke Marketon (Xcel Diamond Floor)

We are especially excited to celebrate two record-breaking performances — Kynlee Schmidgall set a new Level 9 Bars record with a 9.3, and Lacy Posterick set a new Level 9 Vault record with a 9.5. Such an incredible accomplishment!

State was an amazing way to close out the season. As a team, we had 39 top 5 finishes — a true reflection of the hard work, dedication, and consistency our athletes have shown this year.

A big shoutout to our 2026 North Crest State Champions:

- Lacy P (Level 9 – Vault & Floor)
- Lily E (Xcel Gold – Vault & Floor)
- Hadley A (Level 6 – Beam)
- Esme G (Level 8 – Floor)

PLUS, all of our Platinum, Diamond, Sapphire, and Optional athletes earned qualifying scores to advance to Regionals. This is a huge achievement and we are excited to see those continuing their season compete at the next level!

As we start to wrap up this season, we are grateful for our seniors and everything they poured into this program through the years. We look forward to celebrating them more in the coming weeks!

We are so proud of this team and all they accomplish.



WILD CHEER

We're excited to share that this month our team is focusing on choreography as we welcome our new off-season members! Everyone is working hard to prepare for an upcoming performance at the spring recital.

Tryout information and material will be posted online soon—stay tuned for updates!

Interested in joining cheer or have questions?

We'd love to hear from you. Reach out anytime at Cheer@northcrestkids.com



Upcoming Events

May 2nd

Spring Dance Recital 1:00pm @
College of St Benedicts
Gorecki Family Theatre

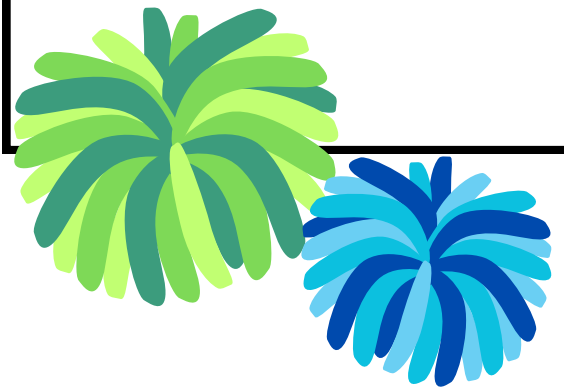
May 16th

Showtime Showdown

May 17th

26-27 Season Tryouts

-Email cheer@northcrestkids.com for information!



Stay in touch



@northcrestwildcheer



cheer@northcrestkids.com

DANCE



Upcoming!

This month in class your dancer(s) will learn their two dances for the spring dance show.

Please watch for an email containing the music for dancers that would like to practice at home.

Remember: if you are participating in the spring recital there is a rehearsal on May 1st at St Bens Gorecki Family Theatre.

Summer Dance Camps

Ages 3-6 years

\$40 each

Fancy Like Nancy:
*Fancy Nancy inspired
7/1/26 9:00am-12:00pm

Tails & Twirls:
*Paw Patrol inspired
8/25/26 9:00am-12:00pm

Ages 6+ years

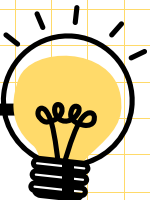
\$40 each

Round Up Rhythm:
*Toy Story inspired
6/30/26 9:00am-12:00pm

Pajamas & Pirouettes:
*Sleepover inspired
8/26/26 9:00am-12:00pm

Registration available at
www.northcrestkids.com/recreational-dance/

Don't Forget!



- Dancers should have pink(girls) or black(boys) ballet shoes and Black tap shoes for Ballet/Tap classes, pictures and performances.
- Dancers should have black jazz shoes and neutral(& clean) tennis shoes for Jazz/Hip Hop classes, pictures and performances.
- Please make sure that your dancer uses the bathroom prior to class and send a labeled water bottle.

COMPANY NC

Our Company dancers wrapped up their competition season this past weekend at Groove! It was an incredibly successful weekend filled with fun, lasting memories, outstanding performances, and plenty of hardware to bring home. We are beyond proud of our Company dancers, who were also honored with the "Inspired by Passion Studio Award," recognizing the dedication, heart, and love they bring to dance both on and off the stage.

Our Pre-Company and Company dancers have also been hard at work preparing for our Spring Show at the beginning of May, featuring all new routines.

As the season quickly comes to a close, we are especially excited to celebrate our three seniors as they take the stage for their final Spring Show on May 2nd. We can't wait to watch our dancers shine!



Final Performance

May 2nd

Spring Dance Recital 1:00 & 5:00pm @
College of St Benedicts
Gorecki Family Theatre

Want to Join?!

Company and Pre Company auditions are coming up!

Pre-Company Auditions

will be held on May 18th from
5:45-7:15 PM in Studio A at North Crest.

Company Auditions

will take place May 19th and 21st,
also in Studio A at North Crest.

For more information about auditions,
please contact Miss Michaela at
company@northcrestkids.com

Stay in touch



@companynorthcrestdance



company@northcrestkids.com

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!

April 1st

Brighton B

April 2nd

Isaak H

Emmalyn L

Elise N

April 3rd

Holden J

Oliver K

April 4th

Delia K

Vivian Q

April 6th

Chloe C

Grace H

Ainsley S

April 7th

Emma D

Catherine S

Sophie T

April 8th

Beau A

Brooklynn A

Claire Q

April 10th

Charlotte B

Thea D

Haven H

Ariah P

April 12th

Novella F

Kaius F

Hadley P

Lucia S

April 13th

McKenna S

Isla S

April 15th

Ammar A

Quinn M

April 16th

Scarlett H

Nayelie K

April 17th

Anaviah R

April 19th

Layah B

Annalea L

April 20th

Haylee O

Madelyn S

April 21st

Roark M

Avery W

April 22nd

Hazley C

Juliette J

Vivianna J

Ava P

April 25th

Natalie Zabela C

Grace H

Willow P

April 26th

Coraline S

April 27th

Madalee P

April 29th

Rowan H

Kynsli M

Lillian V

Grace W

