



NEWS

Looking ahead

6/29-7/10	No Recreational Summer Classes
7/1	-6 Year Dance Camp: Fancy Like Nancy 9:00am-12:00pm
7/1	6+ Year Gym Camp: Minions In Motion 12:30pm-3:30pm
7/3	No Open Gym: 4 th of July
7/10	No Open Gym: Competitive Gymnastics Training Camp
7/15	Payment due for August Recreational Classes
7/16	Company Grab, Gulp, Give Aluminum Can Fundraiser: 3-7pm @ North Crest
8/15	Payment due for September Recreational Classes (only if registered)
8/18-8/20	6+ Year Gym Camp: Minions In Motion 12:30pm-3:30pm
8/20	Company Grab, Gulp, Give Aluminum Can Fundraiser: 3-7pm @ North Crest
8/28	Last Day of Camp North Crest
8/28	Last Summer Open Gym; All Athletes Friday 10:00am-12:00pm

Class Make Ups

Let us know that your athlete will be gone for class and schedule a time to come and take another class!

Can't make it for another class time?

You can opt for an open gym coupon instead.

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

- ☐ Bring a labelled water bottle!
- ☐ Open gym is on Fridays: 10am-12pm
- ☐ Review gym and studio rules
- ☐ No Rec Classes from June 29th-July 9th.

School Year 26-27

Registration for school year 26-27 classes is OPEN NOW!

We want to thank you for spending this season with us and hope to see you in the future! We recommend registering for classes early to ensure the class that fits best with your busy schedule(s)!

Dance

Term of the Month

Ballet Positions

First, Second, Third, Fourth, and Fifth Positions: These are the names of the five basic positions of the feet in ballet. They are the foundation for all ballet movements.

GYMNASTICS

Thank you!

Thank you so much for a wonderful start to our summer program here at North Crest. We hope your athletes are having as much fun as we are! Looking forward to a wonderful rest of the Summer!

"Mom...I'm Bored!"

Are your kids bored and missing gymnastics?

During commercial breaks or downtime, try:

- Practicing left, right, and middle splits for the length of one commercial.
- Working on body shapes: tuck, pike, and straddle
- Holding a plank with a rounded "mad kitty" back (great for cast shape!)

Just a few minutes of practice each day can help maintain flexibility, strength, and body awareness between classes!

Skill of the Month Tuck Jump

Tuck: A position where the knees and hips are bent and drawn into the chest
Jump: Moving from both feet to both feet.

Gymnastics Day Camps!

Looking for one last summer adventure before school starts? Join us for one of our exciting August gymnastics camps!

August 25th: Defying Gravity Camp
(Ages 6+)

12:30–3:30 PM

Athletes will focus on developing their vault and balance beam skills through coach-led instruction, games, a themed craft, and plenty of fun with friends.

August 26th: Toodles' Tumbling Camp
(Ages 3–6)

12:30–3:30 PM

Young athletes will spend the afternoon building floor skills through engaging activities, games, a themed craft, and lots of movement-filled fun.

Register today:
northcrestkids.com/recreational-gymnastics

TEAM NC

Stay in touch



@teamnorthcrest



office@northcrestkids.com

Looking Ahead

We are still counting down the days until our annual Team Training Camp! Camp is always a favorite time of the summer, filled with team bonding, hard work, and lots of fun. We can't wait to make more memories together!

We are so excited to see what this summer has in store for Team North Crest and can't wait to continue watching our athletes grow both in and out of the gym.

Team Updates

Team North Crest has officially kicked off another fun summer of training! Our athletes have settled into their new summer schedules and training groups, and we are looking forward to an exciting season of growth and progress.

Our compulsory, bronze, and silver athletes have been working hard to learn their new routines and build a strong foundation for the upcoming competition season. It has been so much fun watching everyone embrace new skills, challenges, and goals!

We are also thrilled to share that our gym is getting all-new foam in our pits! We can't wait for our athletes to enjoy this exciting upgrade as they continue training in a safe and fun environment!



WILD CHEER

A new season is underway for North Crest Wild Cheer! We are excited to kick off our second competitive season and continue growing with the addition of our third competitive team. We now offer three age divisions for athletes of all skill levels:

🦦 Otters (10U)

🦅 Falcons (12U)

🦊 Coyotes (14U)

The season began with an action-packed Skills Camp, where athletes worked on stunting, dance, cheer technique, and team building while creating new friendships and preparing for a successful season.

Our teams also had the honor of representing North Crest alongside our dance and gymnastics programs during this year's local parades. Thank you to everyone who came out to support us! We are still accepting a limited number of athletes for the 2026-2027 season. To learn more, contact Coach Amber at cheer@northcrestkids.com. Enrollment closes July 15, so don't miss your chance to join the Wild Cheer family!



Stay in touch



@northcrestwildcheer



cheer@northcrestkids.com

DANCE

Benefits of Dance for Kids

Emotional and Social Health Benefits

- **Communication:** Dance provides an atmosphere to cultivate teamwork and the value of respectful interactions.
- **Creativity:** Dancing allows children to be expressive and to use their imagination through movement. The University of Melbourne found that kids involved in dance are 15% more likely to demonstrate creative thinking than those who are not involved.
- **Academic Improvement:** Dance enhances a child's ability to learn in school by improving critical thinking, stimulating creative thinking, improving memory retention, and enhancing communication skills.

Mental Health Benefits

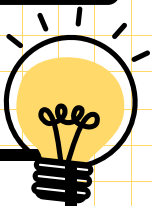
- **Self-Esteem:** Learning new dance skills and remembering routines nurtures confidence in children. Engaging in dance recitals, which requires great bravery and courage, further enhances their self-esteem and confidence.
- **Ease Depression and Anxiety:** Researchers have found that dancing reduces depression and anxiety more than other physical activity by releasing certain chemicals into the brain, such as dopamine.
- **Self-Discipline:** Dance classes provide kids with structure. They teach them how to show up for something weekly, rain or shine. Cultivating this attribute from a young age is invaluable, as it becomes a lifelong practice.

Physical Health Benefits

- **Cardiovascular Health:** Dance involves continuous movement, which improves heart and lung function.
- **Muscle Strength and Flexibility:** Dancing involves activating and strengthening diverse muscle groups. It also promotes flexibility with its wide range of motion and stretching, which is essential in preventing injury and improving spinal health.
- **Coordination and Balance:** Dancing requires synchronized movement of both the body and the brain, and continuous practice improves the sharpness of that coordination.

Don't Forget!

- Register now for School Year classes to ensure the best class times for your busy fall schedule!
- There will be a break from June 29th-July 10th. These dates are not accounted for in tuition so makeup dates are not available.



COMPANY NC



OUR COMPANY AND PRE-COMPANY DANCERS HAVE OFFICIALLY WRAPPED UP THEIR PARADE SEASON! IT HAS BEEN SO MUCH FUN TRAVELING THROUGHOUT OUR SURROUNDING COMMUNITIES, SHARING OUR LOVE OF DANCE AND PERFORMING OUR PARADE ROUTINES FOR EVERYONE ALONG THE WAY. 🎉

WHILE PARADE SEASON HAS COME TO AN END, OUR DANCERS HAVE CONTINUED WORKING HARD IN THE STUDIO, BUILDING THEIR TECHNIQUE, STRENGTH, AND CONFIDENCE AS THEY PREPARE FOR AN EXCITING NEW SEASON AHEAD. AS WE HEAD INTO THE SECOND HALF OF OUR SUMMER, WE CAN'T WAIT FOR ALL THAT'S TO COME. HERE'S TO ANOTHER SEASON OF GROWTH, HARD WORK, AND MAKING UNFORGETTABLE MEMORIES TOGETHER!



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!

July 1st

Rosalee E

July 2nd

MaKenzie H

Katelyn H

Levi V

July 3rd

Greyson W

July 4th

Constance H

Makenzie S

Vyolette S

July 6th

Quinn M

July 7th

Madison C

Allison K

Walter M

July 8th

Lilah P

Avery S

July 9th

Evelyn M

July 11th

Amanda D

Harlow S

July 12th

Violet C

Kylee M

Edward R

Kynlee S

July 13th

Marley E

July 15th

Lena E

Brooklyn H

River J

July 16th

Lydia B

Natalie B

Beckett G

Annabelle H

July 17th

Mandolin P

July 18th

Peyton L

Laila T

July 19th

Ava B

Eugene J

Leif O

Maheshwari S

July 20th

Oona L

Emma M

July 22nd

Aliza S

Parker T

July 23rd

Brelynn O

July 24th

Logan J

Audrianna K

Elise S

Trista S

July 25th

Willa L

July 26th

Ethan S

Hazel T

July 27th

McKenna K

Everest S

July 28th

Callum D

Wallace M

Myah T

July 29th

Clementine G

Peyton G

Kaia T

July 30th

Emberlynn W

July 31st

Emberlynn W

