RECREATIONAL GYMNASTICS HANDBOOK SCHOOL YEAR 2026-2027

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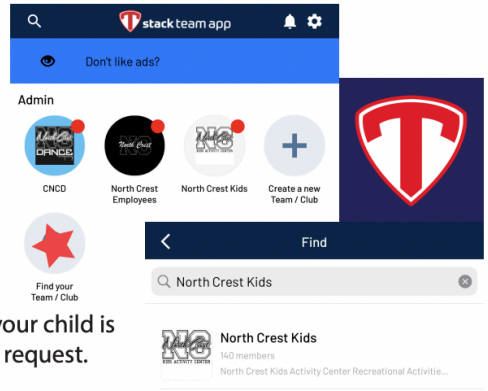
1/ Introduction

It's our privilege to welcome you into our family at North Crest Kids Activity Center. Our team is thrilled to see so many familiar faces return to the building and new faces joining our community. This one-stop handbook will shed light on how things will run throughout the year and answer many questions you may have. While we ask that you take the time to read this information carefully now, remember you can always find our handbook on our website at www.northcrestkids.com and don't forget that our friendly office staff are always here to help and we are only an email away to answer any questions you may have.

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. Fill out the application to join the TeamApp.
Remember to choose the proper access group to join based on your athlete's class(es).
6. Click "Submit"
7. Wait.



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

QUICK REFERENCE INFORMATION

Address: 1009 Industrial Drive S, Sauk Rapids, MN 56379
Phone Number: (320) 251-3416
Email: office@northcrestkids.com

Website: www.northcrestkids.com
Recreational Gymnastics Director: Coach Delaney
Email: gymnastics@northcrestkids.com

2 / What do we stand for?

To start us off, it's important to us at North Crest Kids Activity Center that all members of our team share our vision, our purpose and the philosophy that encompasses everything we do both in and outside of our classes. This is a vision that is shared and demonstrated by the directors, coaches, teachers and all staff members at our facility and it is the driving force behind every interaction with our students and their families.

North Crest is a place where creativity and individuality is encouraged and has a community of teachers, students and families. We are passionate about giving our youth community an experience they will treasure, look back on with joy and remember lessons that they learned such as perseverance, time management, and mental strength that will support them well into adulthood. We strive to nurture and develop talent by providing quality programming and celebrating the achievements of all students. We prioritize the development of physical, emotional, and social skills that support the discovery of one's personal excellence. We focus on providing a safe and positive environment in which all students can feel empowered, comfortable and free to express themselves. We wish to protect our youth and what that stands for. We value integrity, professionalism and family. We listen to our customers and welcome your feedback. We recognize that it is how we grow.
North Crest Kids Activity Center exists to inspire kids to achieve their full potential in the disciplines of dance, gymnastics and cheer by providing quality programming because we believe that all kids can do amazing things when they have someone who believes in them unconditionally!

3/ Registration

Our annual registration fee is $36 per family and will be prorated according to the first month you attend by $3.00 per month. Ex. Oct. $33, Nov. $30, Dec. $27. Summer registration fees will be $12 for new families. This must be paid in full prior to the commencement of classes. Make sure your payment runs in your Jackrabbit Parent Portal. Failure to pay your registration fee on time may result in losing your place in the class.

Registration fees allow for participation in North Crest classes and events for the entire family from September through August. This fee covers administrative and insurance costs incurred for your classes, and also, as members your family will receive discounts on many of North Crest's programs including Birthday Parties, Open Gyms, and Parent's Night Out.

We encourage all of our students and families to try a variety of classes and we are more than happy to accommodate trial classes as available for new and existing students who are wanting to try something a bit different. Please contact our office if you would like to try a new class and we will happily schedule you for a trial (provided the class has not reached capacity).

If you find that your child is in a class that doesn't complement their needs, is too easy or too hard, please let us know at our front desk or via email, office@northcrestkids.com. We have several options and want to see your athlete(s) placed in the correct class(es)!

4/ Communication

By now you have probably noticed that we are BIG on communication here at North Crest Kids Activity Center. It is our goal to respond to all enquiries within 24 business hours. Our friendly office staff can be contacted at (320) 251-3416 between 3:30 and 7:30 M-Th or by email at office@northcrestkids.com. Email is the fastest way to contact us in terms of communication.

You will receive regular newsletters and important information via email so please be sure you have provided our facility with an up-to-date email address that is regularly checked. We are of course happy to include multiple email addresses per family if you would like your correspondence sent to numerous recipients. Don't forget to add our email addresses to your contacts so we don't end up in the dreaded Spam folder!
office@northcrestkids.com dance@northcrestkids.com gymnastics@northcrestkids.com

We are also proud to provide you information round-the-clock via our very own North Crest app. You can download Stack TeamApp on any mobile device, tablet and use it on any computer. Just follow the instructions below to get up to date information!

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.

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6. Click "Submit"
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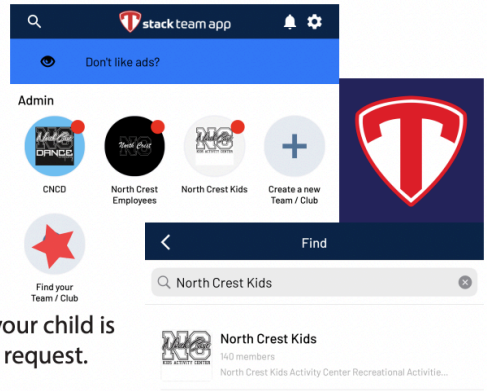
Once we recieve your request to join TeamApp we will confirm that your child is enrolled in the same class as you requested access to and accept the request.



Facebook is a great way for us to keep in touch with a large number of people at once, so we encourage all families to like and follow our Facebook page 'North Crest Kids Activity Center'.

You can also follow us on Instagram at:
@north_crest_kids @companynorthcrestdance @teamnorthcrest

We are always happy to chat in more detail about communications you may receive from the studio. If you need any clarification please don't hesitate to email us at office@northcrestkids.com to chat with one of our team members.

5/ Important Dates 2026-2027

We understand wholeheartedly how busy the lives and schedules of our families can get as the year rolls on, so we have tried to get all of our important dates organized and ready for you so you can plan other commitments. Below we have listed some of our most important "Save the Dates" with more information (including times, costumes, requirements, etc.) to be communicated via email, handout and app as we get closer to the events. If you know ahead of time that your family will be unable to attend these events due to planned holidays or existing commitments, please let us know via email at your earliest convenience. It is important to note that these dates can sometimes change due to unforeseen circumstances, so please watch for emails and handouts throughout the year.

September 8th; 1st day of school session recreational classes
October 10th: 1st PNO; see northcrestkids.com for full schedule and details
October 14th-16th: MEA; classes will remain in session
October 24th: North Crest Trunk-or-Treat and Open Gym, 1:00-3:00pm (Tentative)

October 31st: Halloween; No Classes

November 25th-29th: Thanksgiving; North Crest Closed, No Classes

November 27th; Shop Til You Drop

December 22nd-January 3rd: Winter Holiday Break; North Crest Closed, No Classes

January 4th: Classes Resume

March 1st-6th: Summer 2027 Recommendations handed out

March 12th: Summer 2027 Registration Opens

March 16th-20th: Recreational Gym Picture Week; at regularly scheduled class times

-No Regularly Scheduled Classes

April 3rd-5th: Easter; North Crest Closed

April 26th-April 30th: School Year 2027-2028 recommendation forms handed out

May Date TBA: Showtime Showdown

May 7th: School Year 2027-2028 registration opens

May 17th-22nd: Last week of Recreational Gymnastics classes

*Be sure to look at TeamApp for inclement weather closings, updates to the above important dates as well as when our special events such as Parent's Night Out and Open Gyms are happening.

6/ Code of Conduct

To ensure the smooth, safe running of North Crest Kids Activity Center and provide an enjoyable experience for all, below you will find our code of conduct. As always we are open to feedback, so if any of the requirements outlined below are unclear or concerning, please send us an email to discuss further. Following a formal meeting, we do reserve the right to dismiss or take disciplinary action on any students or parents who breach our facility's code of conduct.

No classes (including private lessons) or teachers are to be disturbed unless it is an emergency. Parents are not to approach teachers or students during class and if messages or food/drink/medication need to be passed on to a student, it must be done through a North Crest Kids Activity Center staff member. All parents (with the exception of parent/tot classes) must wait in the lobby, outside of the studios and gyms until classes have been dismissed.

We are unable to take responsibility for our students before or after their scheduled classes and it is the responsibility of the parent to ensure their child is picked up and dropped off on time. In the case of an emergency or unavoidable delay, please contact the office immediately to inform us of the situation so we can keep your child calm and safe until they can be collected.

Any questions or complaints must go through our front desk or directors – parents and students are not permitted to contact North Crest teachers via phone, or personal email / social networking with questions or concerns. Personal meetings with directors or the studio owner can happily be arranged via the front desk or by emailing a request.

In the rare case of a parent or student showing disrespect or defamation to any parent, staff member or student, a meeting will be called immediately and dismissal may be considered at the discretion of the director. Physical, mental, emotional or cyber bullying by parents, staff or students will not be tolerated and may result in dismissal from the program.

North Crest Kids Activity Center takes no responsibility for any stolen or misplaced property on the premises and we encourage our families to avoid bringing valuable items into the building when possible.

North Crest management reserves the right to change teachers or timetabling when necessary at any time throughout the year.

Curriculum, routines and facility policies remain the intellectual property of North Crest Kids Activity Center and may not be reproduced or sold by any students, parents or staff without permission of the directors.

Please read the gym rules below to your child prior to your first day of classes.

North Crest Sweet Pea Gym Rules

1. Gymnasts need to wear tight fitting apparel with no uncovered midriffs. No jewelry, skirts or flowy materials are allowed, and hair should be pulled back and secured.
2. Gymnasts need to stay with their instructors during class and are not allowed to leave the gym without instructor permission.
3. If a gymnast's ride is not here when class is over, they should find their instructor to call their ride or to wait with until their ride arrives.
4. Be sure to use the restroom before class starts. If you do have to use the restroom, let your instructor know.
5. Only one gymnast can leave the gym at a time, except in case of emergencies.
6. Please keep your hands to yourself.
7. No disrespectful or hurtful words are allowed.
8. We recommend bringing a labeled water bottle to class.
9. Only water is allowed in the gym. Food and other beverages need to stay in the hall.
10. Parents are not allowed in the mini gym without prior permission from the teacher or during parent tot classes

Discipline Policy

1st Warning- Verbal reminder will be given to the gymnast.
2nd Warning- Gymnast will be asked to sit out for 3 minutes, instructor will communicate with a parent/guardian after class.
3rd Warning*- Gymnast will be asked to take a break outside of the studio and will be welcomed back after they are able to reset their behavior. They may be asked to sit behind our front desk if the parent/guardian is not in the lobby.

***** Recurring issues will result in an email communication with a request for a parent/guardian to remain in the building for the next 30 days during classes.

North Crest Big Gym Rules

1. Gymnasts need to wear tight fitting apparel with covered midriffs. Jewelry, tights, skirts and flowy material are not allowed, and hair should be pulled back and secured.
2. Gymnasts need to stay with their instructors during class.
3. If a gymnast's ride is not here when class is over, they should find their instructor to call their ride or to wait with until their ride arrives.
4. Be sure to use the restroom before class starts. If you do have to use the restroom, let your instructor know.
5. Only one gymnast can leave the class at a time, except in case of emergencies.
6. Please keep your hands to yourself and be respectful of others' personal space.
7. No disrespectful or hurtful words are allowed in the gym.
8. Parents are not allowed inside the gym.
9. We recommend bringing a labeled water bottle to class.
10. Only water is allowed in the gym. Food and other beverages need to stay in the hall. No gum is allowed in the gym.

Discipline Policy

1st Warning- Verbal reminder will be given to the gymnast.
2nd Warning- Gymnast will be asked to sit out for 3 minutes, instructor will communicate with a parent/guardian after class.
3rd Warning*- Gymnast will be asked to take a break outside of the studio and will be welcomed back after they are able to reset their behavior. They may be asked to sit behind our front desk if the parent/guardian is not in the lobby.

***** Recurring issues will result in an email communication with a request for a parent/guardian to remain in the building for the next 30 days during classes.

In the case of violent behavior or inappropriate touching, we will adjust this policy accordingly.

7/ Available Classes

Crawling to Walking Our Crawling to Walking classes are structured around an appropriate curriculum for infants who are crawling or just starting toddle. Our coaches will lead the class, while parents help the child with activities designed to support whole body development through active learning. Infants will build core strength, visual tracking, coordination and social skills, in a safe, supportive, baby-friendly environment.

Walking to 2P Our Walking to 2 Pea classes are structured around an appropriate curriculum for boys and girls who are walking to 3 years old. Our preschool coaches will lead the class, while the parent helps the child with stretching positions, basic skills, and following directions. The gymnasts will be working their large motor skills by hanging on the bar, jumping on the trampoline, balancing on the beam, log-rolling on the floor, and more. This class is a great way to spend time being active with your child and watching them get stronger. Skills learned will prepare your child to move up and into the big gym!

3 Pea, 4 Pea and 5/6 Pea: Our Sweet Peas 3, 4 & 5/6 classes are structured around an appropriate curriculum for boys and girls 3 to 6 years old. Our preschool coaches will lead the class in warm-up/stretch and lead the class around our many circuits. The circuits cover vault, bars, beam, and floor, plus tramp. The gymnasts will work on large motor skills, body awareness and basic gymnastics skills. Skills learned will prepare your child to move up into the next level, and eventually the big gym!

Mini Muscle: Mini Muscles is designed to introduce boys age 5-7 to the big gym and prepare them for an hour long class. Our coaches will lead the class in warm-up/stretch and will proceed to that day's assigned events. The class will prepare gymnasts for the 6 male Olympic events: floor, pommel horse, still rings, vault, high bar, and parallel bars (plus tramp).

Muscle Men 1: Muscle Men 1 is structured around an appropriate curriculum for boys 7 years and older, or who have advanced through Mini Muscles. This class is an introduction to men's gymnastics. Our 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 (plus tramp).

Muscle Men 2: Muscle Men 2 is structured around an appropriate curriculum for male gymnasts who have completed Muscle Men 1. This class is an intermediate level gymnastics class for boys. Our 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 (plus tramp). It will also incorporate more strength and flexibility training, and put a higher focus on form and muscle control.

Muscle Men 3: Muscle Men 3 is our recreational advanced class for male gymnasts. This class is designed to refine the gymnast's skills and is recommended for gymnasts who have completed Muscle Men 2 skills and do not yet want to move into a competitive program. Athletes in this class are expected to have a desire to learn higher level gymnastics and be ready to work hard and be self-motivated.

Girl's Beginner: Designed for gymnasts ages 6-8 with a focus on foundational gymnastics. Areas of focus include: gym and apparatus safety (including safe stretching, landing and falling techniques), learning gymnastics terminology, shapes and concepts, and body awareness. Mastery of this level will rely on completion of Beginner level skills along with class performance and attitude, listening skills, and understanding of basic concepts of the sport.

Girl's Mature Beginner: Designed for the older beginning gymnast, this class is for girls ages 9-14 who are new to the sport. Areas of focus are the same as the Girl's Beginners class, but it allows older gymnasts to master skills at a different pace than their younger counterparts, along with giving them a class with other kids their age, where they are more comfortable and confident. Mastery of this level is the same as the Beginners class.

Girl's Advanced Beginner: Designed for gymnasts ages 6-14 who have completed either Beginners or Mature Beginners, this class builds off of what gymnasts have learned up to this point. Areas of focus include: how to gain more strength and flexibility, precision in shape and form, gaining confidence in learning new and more difficult skills, and learning how to engage the correct muscles for greater effectiveness in their skills. Mastery of this level will rely on completion of Advanced Beginner level skills along with confidence, motivation, and endurance.

Girl's Intermediate: Designed for gymnasts ages 7-14 who have completed the Advanced Beginners curriculum. The 2 hour time frame allows gymnasts at this level to spend more time on conditioning for strength, and stretching for greater flexibility that is required for the higher level skills to come. Areas of focus include: beginning to use a more advanced level of equipment, gaining a full understanding of how to incorporate the shapes they have learned into the new skills being introduced, and learning how to connect skills in order to put combinations together for more difficult skills and, eventually, full routines. There will also be more of a focus on the dance skills they will use in their gymnastics in the future. Mastery of this level will rely on completion of Intermediate level skills along with precision of technique, knowing how to take and make the corrections given by coaches, resilience and perseverance, and work ethic.

Girl's Advanced Intermediate: Designed for gymnasts ages 8-16 who have completed the Intermediate curriculum and are working towards fulfilling personal goals in the sport. Areas of focus include: a greater knowledge of how to incorporate tumbling and dance combinations into their gymnastics, using the strength and flexibility training to the best of their ability to achieve success in the sport, and figuring out what they want from the sport and how to work towards their own personal goals. Most gymnasts at this level will begin to have strong preferences and different levels of ability across the different events they train in. Because of this, we begin to individualize curriculum more at this level, so it is expected that these athletes work hard and have more commitment to their training, in and out of their regular class time. Mastery of this level will rely on completion of Advanced Intermediate skills, along with a high level of strength and flexibility, precision in form, determination, and a deep understanding of how the body moves to safely execute the next path in gymnastics they choose to embark on.

Girl's Advanced: Designed for gymnasts aged 8-16 who have completed the Advanced Intermediate curriculum but do not yet want to compete. Gymnasts at this level will continue to advance their skills at a pace that is right for them. Coaches and athletes work together at this level to make sure gymnasts are getting the most out of their training while moving towards meeting their own personal goals. This level requires a very strong work ethic, and the ability to self-motivate. This is the highest level of our recreational program and as such, there is no

mastery of this level. It is an open-ended level that continues to teach more difficult skills as the athlete progresses, until they either move to a competitive program, or make the decision to take another path.

8/ Safety

With the safety of our families a number one priority, North Crest Kids Activity Center is very serious about upholding Child Protection laws and policies within the facility as well as at public showcases and in the online arena (website and social media).

As part of your registration, you will have read and signed a media waiver allowing us to proudly use images and video footage of your student for advertising and promotional purposes. Should you have any concerns whatsoever with signing this declaration, please email our reception staff who will happily assist you.

We have a number of viewing windows through which parents and family members can view their athletes from the comfort of our lobby.

You will find within our enrollment paperwork that you signed a public liability / insurance statement. Please read this document carefully so we ensure that you fully understand the rights and responsibilities of your family and our facility.

9/ Privacy

When you work with North Crest Kids Activity Center, the information we may collect from you includes your name, address, telephone number(s), email address(es), medical information and perhaps credit card or bank details. It may also include details of the products and services we provide to you as well as the status of your enrollment. We only collect information directly from our students or their parents/guardians primarily for the purpose of providing services and products to you and to administer and manage invoicing and debt collection.

We may occasionally use your information to promote information to you which we consider may be of interest to you unless you contact us and tell us not to do so.

We will never sell or pass on any of your information to third parties unless required by government authorities or in the event of debt recovery. Any information passed on will be done so with appropriate privacy and confidentiality protection.

Information is stored securely in paper or electronic form and is accessible only by authorized personnel.

If you would like to know what information we hold about you or wish to update the information, or if you wish to be removed from all further direct marketing communications, please contact our office via email at office@northcrestkids.com.

10/ Social Media

North Crest Kids Activity Center's Social Media Policy refers to all social networking sites, video/photo sharing sites, blogs, micro-blogs, wikis, podcasts, forums, instant messaging and geo-spatial tagging (for example, Facebook check-ins). Please see below for our regulations regarding Social Media and feel free to contact our office staff if you have any questions.

- Please remember that your anonymity on Social Media is never guaranteed and to exercise particular caution when posts, images or videos identify children in your care.

- Remain mindful that your behaviour on Social Media remains in keeping with North Crest Kids Activity Center's code of conduct as outlined in chapter 6 of this handbook.

- Any comments or posts perceived to be obscene, defamatory, threatening, harassing, discriminatory or hateful towards North Crest Kids Activity Center's staff, students or families may subject the owner to disciplinary or legal action.

- Should you wish to engage on Social Media while identifying as a North Crest participant or employee, you may only do so with integrity, respect, and adhere to privacy and confidentiality policy.

- Any content revealing or referring to sensitive information regarding North Crest is not allowed to be shared online.

- While affiliated with North Crest, (for example, images of your child in North Crest apparel) we will not tolerate any posts that are racially, sexually, physically or religiously offensive.

- All matters pertaining directly to North Crest - whether it be fees, scheduling, placements or showcase opportunities - may not be communicated via Social Media. We have an open door policy and encourage all communication, complaints and feedback to be communicated to the program director or owner directly.

- We discourage parents / students and teachers from becoming 'friends' or 'followers' on Social Media, unless there is an existing relationship. We consider all North Crest members to be family and as such feel the obligation to respect and monitor personal boundaries.

- You may not post photographs / videos that feature North Crest athletes other than your own online without the proven consent of their parent/guardian.

- Identifying information of any featured minors - including names, ages or location - must be removed when posting on Social Media.

11/ Costs

It is required that you supply a credit or debit card when registering for classes (bank accounts are unable to be run by our system). 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 monthly installment. Bank accounts are unable to be charged at this time and card information is required.

Payment for classes is due the 15th of the month prior to the month of service (Homeschool families, Team 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 prorated first monthly installment and your second monthly installment, as it would be due at that time. You may pay installments 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).

Coupons or gift certificates must also be presented to the front desk prior to the 15th of the month. NOTE: We can only accept one tuition coupon per month. If your payment has not been received, your card on file will be charged for any remaining balance on the 15th or the closest business day (1st for competitive gymnasts and dancers). If your current card expires prior to the month of June, we recommend putting a reminder on your phone to update the card in the system prior to its expiration.

If your card has expired or 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. We encourage you to check your jackrabbit parent portal monthly to ensure your payment's are going through. We do our best to catch these, however sometimes these are missed.

Installments for classes are billed monthly.

(Aug. 15th, Sept. 15th, Oct. 15th, Nov. 15th, Dec. 15th, Jan. 15th, Feb. 15th, Mar. 15th, Apr. 15th, May 15th, Jun. 15th & Jul. 15th)

12/ Attendance

Your child's attendance in class is very important to their peers and our coaching staff. As a member of the team, it is a commitment for you to ensure your child attends their classes on time each week and attends all lessons planned for them. Not only do absences impact the environment we create, it also impacts the social and confidence-building principals we work hard to foster in each age group.

If you know ahead of time that your child will be absent due to holidays/vacations, commitments or school trips, please let us know ahead of time so the class impact is minimal. If your child is too unwell to attend class, we ask that you inform our team as soon as you can so they can let the teachers know and preparations can be made to catch up on any missed work.

Unfortunately, we are unable to accommodate make-up sessions for students who miss classes, however we do offer open gym coupons as long as we are notified about the absence prior to the missed class. Open gym coupons are good for 3 months from the date of the missed class.

Inclement weather statement: Because we have students from many areas and several school districts, we do not follow any one school's decision to close due to inclement weather. Please consult our important dates calendar, watch your email, TeamApp, social media 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 circumstances such as power outages, however open gym coupons will be distributed to make up for the missed class(es).

13/ Discontinuation policy

Please understand that the program you are registering for is a year long program that is broken into monthly installments for payment. The school year schedule is billed monthly beginning on August 15th for classes running September through May. The summer schedule of June, July and August requires re-enrollment and is billed May 15th, June 15th and 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 your tuition responsibility.**

Tuition will not be adjusted for discontinuing classes mid-month. Team gymnasts and Company dancers are required to give one month's notice prior to their last billing cycle.

14/ What to Wear

At North Crest Kids Activity Center, we believe that when you dress the part you feel the part. With that being said we ask that all gymnasts follow our apparel guidelines to ensure a safe and educational environment.

Tighter fitting athletic apparel that stretches with your gymnast is always best for all athletes. This allows the instructor to see an athlete's form and body position so that proper corrections can be made, and so that spotting can be performed safely and correctly. We ask that midriffs or tummies are always covered for safety purposes, as skin can be pinched and scraped on the bars. They should have bare feet and have hair pulled back securely away from the face with no jewelry.

The following are all appropriate class-wear options: Leotard, compression/tight fitting t-shirt, tight-fitting tank top, shorts, leggings.

An annually themed class apparel order will be available for a limited time at the beginning of our school season with limited supply, so be sure to watch for communication as this is often a highlight for our students.

Our pro-shop sells a variety of apparel items that will meet all of your class needs. This includes leotards, shorts, compression shirts and athletic shorts. If you do not find what you need in our proshop, many apparel options are available for order at very reasonable prices. Please inquire at our front desk for more information.

15/ What to Bring

Your athlete will need a labeled plastic or metal water bottle (no glass please). When water bottles are labeled we can easily return them to athletes if left behind. We have a drinking fountain the kids can use, however this does take away from class time and is not recommended.

16/ What to Expect

Please bring your child to class in the proper attire, with a positive attitude, and a pre-practice bathroom break. Please explain to your child that they can ask if they need to go to the bathroom, but it is best if they can go before or after their class, so they don't miss out on the fun or the instruction time!

Shoes and socks are not allowed in the gym for the safety of the gymnasts and to protect the condition of our equipment. Please make sure your belongings are together and with a parent or in the cubbies by the bathrooms. Please do not leave belongings in the main lobby or by the door.

All of our instructors follow a monthly lesson plan that includes a warm-up, stretching, technique, conditioning, skills and/or routines. Instructors will engage with all students in a positive and affirmative manner while giving them quality instruction. The class will always begin with attendance, so please be on time.

If you have a young gymnast and they are nervous for you to leave during class, don't worry. We handle this often. Do not be embarrassed; many children go through anxiety of some sort in a new environment. Let us help you! If you need to come inside the mini gym during the first or second week of class, please know you are welcome to sit by the back door and allow your child to sit near you or on your lap. We will include them gently until they are ready to fully participate. Don't feel you are wasting your time, our time or your child's time, we know that children still learn a great deal through observation. If you take the time to help ease your child into class, the benefits will be well worth it and your child will feel great about their accomplishment! If after a couple of weeks your child is still not ready to be in class without a parent present, we may recommend you try a parent/tot option as your child's comfort in the gym can greatly affect their future progress. Please note; we do ask that you remove street shoes prior to entering the gym.

If you have a child in the big gym who is nervous or having problems going into the gym, while we cannot allow parents into our big gym, we will be happy to work with you to figure out what the problem is and help find a way to move forward. Each child is different and we have many options and solutions to try and help our athletes feel comfortable.

As a parent or guardian your role is to be your gymnast's cheerleader! Encourage and support them through the process of learning. Watch their "routines" when they are eager to perform what they have learned in classes. Remember to join us on TeamApp, check with your child for important handouts each week and keep an eye on your email for important announcements frequently; these are our primary sources of communication with parents and families.

17/ Showtime Showdown

Showtime Showdown is an annual NC event and functions like a mock meet. It will be held in our big gym. All recreational gymnasts (3 Pea and up) learn 'routines' during class leading up to Showtime. The gymnasts will go through rotations on each event just like a real meet would run. Showtime Showdown is an element of our gymnastics program and considered to be an important part of the curriculum. The gymnast and spectator fees are necessary to cover expenses for this event. There will be emails, handouts and flyers given in the months leading up to Showtime, with the session times for different levels and classes.

*Crawling to Walking, Walking to 2P and It Takes 2 Pea athletes will not participate in Showtime Showdown. Instead we will have a week where we encourage adults to take photos/videos in class to share their athlete's progress with their family & friends.

18/ Picture Week

Recreational gymnastics pictures for the 2026-2027 season are February 8th-13th, 2027. Gymnasts will be taking class pictures as well as individual photos in their favorite gymnastics outfit. Our pictures are done in house during your regular class, day and time. You will receive more information as the date gets closer. Please plan on arriving with your gymnast dressed and ready to go at the beginning of your scheduled class time with hair and makeup as you feel appropriate. There will be no gymnastics classes this week.

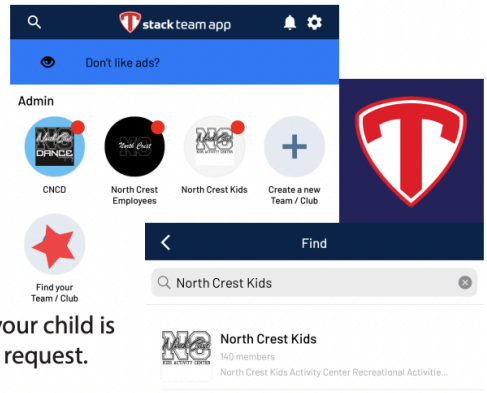
21/ Outroduction

Thank you again for choosing our family at North Crest Kids Activity Center. Our team can't wait to begin making many memories together. Remember you can always find our handbook on our website at www.northcrestkids.com and don't forget that our friendly office staff are always here to help and we are only an email away to answer any questions you may have.

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. Fill out the application to join the TeamApp.
Remember to choose the proper access group to join based on your athlete's class(es).
6. Click "Submit"
7. Wait.



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

<u>QUICK REFERENCE STUDIO INFORMATION</u>

Address: 1009 Industrial Drive S, Sauk Rapids, MN 56379
Phone Number: (320) 251-3416
Email: office@northcrestkids.com

Website: www.northcrestkids.com
Recreational Gymnastics Director: Coach Delaney
Email: gymnastics@northcrestkids.com