



August

NEWS

Looking ahead

8/15	Payment due for September Recreational Classes (only if registered)
8/18-8/20	Last week of recreational summer classes
8/20	Company Grab, Gulp, Give Aluminum Can Fundraiser: 3-7pm @ North Crest
8/21	Last Day of Camp North Crest
8/25	3-6 Year Dance Camp: Tails & Twirls 9:00am-12:00pm
8/25	6+ Year Gym Camp: Gravity Defiers 12:30pm-3:30pm
8/26	6+ Year Dance Camp: Pajamas & Pirouettes 9:00am-12:00pm
8/26	3-6 Year Gym Camp: Toodles' Tumbling 12:30pm-3:30pm
8/28	Last Summer Open Gym; All Athletes Friday 10:00am-12:00pm
9/8	Last Summer Open Gym; All Athletes Friday 10:00am-12:00pm
9/13	First School Open Gym; Please see website for details
9/15	Payment due for October Recreational Classes (if registered)

School Year Classes

School year classes are available for registration on our website or through your Jackrabbit parent portal!

Make sure to register quickly to get into the classes that best fit into your schedule.

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

Element

A skill or dance movement that has been assigned a degree of difficulty in a gymnastics routine.

Reminders



Bring a labelled water bottle!



Register for School Year classes!



Review gym and studio rules



Gym and dance Day Camps: August 25th and 26th.

Class Information

School year calendars, welcome packet and recreational handbooks for the school year will be available soon.

When it is finalized, an email will be sent and TeamApp will be updated for those registered for school session classes.

Dance

Term of the Month

Passe'

A fundamental dance movement where one straight leg supports the body while the other leg bends so the pointed foot connects near the knee. The term means "passed" in French because the working foot passes along or by the standing leg.

GYMNASTICS



Thank you!

We wanted to say thank you for a wonderful summer session! We are so proud of all of the hard work and dedication.

Important Dates

Last week of Summer classes: August 17th-August 21st

No Recreational Classes August 24th- September 4th.

School year Classes begin September 8th.

Skill of the Month Salute (TA-DA)



a traditional gesture where gymnasts raise one (men) or both (women) arms above their head, with hands either flat or in a fist, to acknowledge the judges and audience.

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

Looking ahead, we are excited for our upcoming team trip to Valleyfair before we officially kick off another competition season.

We can't wait to see what the rest of the summer has in store for Team North Crest

Meet Our Seniors!



Esme'



Caleb

Team Updates

Team North Crest had another exciting month filled with hard work, team bonding, and plenty of fun!

Our compulsory athletes are officially in pre-season mode as they continue preparing for the upcoming competition season. They have been working hard on learning meet warm-ups, performing routines, and building confidence as they get ready for our in-house meet in August. We are so proud of the progress they have already made! Our new foam pits are officially installed and have been an exciting addition to the gym! Our athletes are enjoying working new skills and continue to build confidence with the added safety. One of the biggest highlights of the month was our annual Team Training Camp! We welcomed six coaches and a dance instructor from around the state, along with athletes from multiple gyms, for an unforgettable few days of learning, hard work, and fun. It was incredible to watch our athletes learn so many new skills and grow both individually and as a team. We also had the opportunity to celebrate the sport we love at the Minnesota Twins Gymnastics Day! It was a great day of team bonding and making memories outside of the gym.

WILD CHEER



Cheer us on!

Keep an eye on this box in upcoming newsletters
to see where you can watch our competitions &
performances this coming season!

First Showcase:

October 10th
Park Center

First Competition:

November 21st
Farmington



Stay in touch

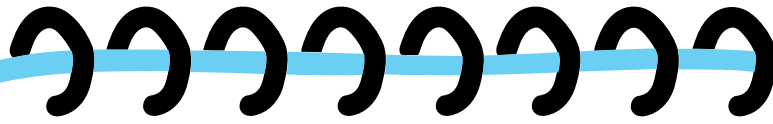


@northcrestwildcheer



cheer@northcrestkids.com

DANCE



Summer Dance Camps

Ages 3-6 years \$40

Tails & Twirls: 8/25/26 9:00am-12:00pm

*Inspired by Paw Patrol.

Dance, play, and save the day with your favorite pup pals in this high-energy adventure! Join us for a magical morning of movement, creativity, and fun.

Ages 6+ years \$40

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

*sleepover inspired.

Cozy vibes meet creative movement in this fun-filled dance camp—yes, pajamas welcome! Get ready for a morning packed with movement, creativity, and fun.

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

Thank you!

**Thank you for
sharing your athlete
and time with us!**

We are so proud of all of our athletes that participated in summer classes!

Each summer we are reminded of the dedication and heart that these young dancers have for the sport!

Don't Forget!

-COMBO Dance & Gym Classes are back (you get the same amount of time in classes as doing them separate but at a 25% discount! Be sure to register if you haven't already.

Can't find a combo class that works for you? Create your own combo!

Register the same athlete for a dance and gymnastics class to receive 15% off both classes!



COMPANY NC

After working all summer learning new skills and perfecting our technique, August brings the time to start learning our dances for the upcoming winter show and competition season!

This week our dancers will kick off the month with our annual dance camp. This is always a fun and light hearted way for our dancers to end their summer classes and try new styles of dance and learn from new coaches. We encourage them to try everything, but remind them that perfection isn't expected during this time.

Over the next 3 weeks the Company and Pre-Company dancers will have their "Intensives" which includes learning our 30 minute winter ballet with Miss Ana and our full company Jazz production both with exciting themes the kids can't wait to find out.



First Performance

September 26th

Sauk Rapids-Rice Dance Show
11:00am at SR-R High School

Meet our Seniors!

Alivia



Kenley

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!

August 1st

Rylee R

August 2nd

Lucy A

August 3rd

Lacey A

Sierra B

Sylvia B

August 4th

Alivia B

Emma B

August 5th

Paula S

August 6th

Quinn G

Eve M

Harlie S

Gianna S

Nevaeh S

August 7th

Nancy A

Claire M

August 8th

Halen H

August 9th

Mya B

Lydia D

Isabella L

August 10th

Sage G

Huxley J

Rose Z

August 11th

Norah S

August 12th

Cameilia A

August 13th

Addison H

Elizabeth M

August 14th

Eleanor E

Santino L

Windsor M

August 15th

Charlie B

Colette O

Oliver R

August 16th

Abby G

Nikko K

Sofia M-F

August 17th

Paige Z

August 18th

Dawson B

Juliana E

Malachi L

Bryson L

Ellie R

August 19th

Brenna A

Gretchen C

Louis M-K

August 20th

Shay F

Ellen J

August 21st

Alayla S

August 22nd

Harvey G

August 23rd

Louris B

August 24th

Everly T

August 26th

Reagan C

Elaina M

Caylin Z

August 27th

Lainey M

August 28th

Esme' G

Riley H

August 29th

Mia K

August 30th

Lacey N

August 30th

Peyton S

Ella S

Eeden T

