OCTOBER NEWS

Looking ahead

10/10	Parents Night Out; 4:30-9:00pm -Visit our website for more details!
10/15	November class tuition due for recreational families
10/15-10/16	MEA; Classes will remain in session.
10/31	Halloween; No classes
11/1	Winter Dance Show tickets on Sale @ 10am paramountarts.org
11/6	Final day for dancers to turn in Winter Performance Package
11/14	Parents Night Out; 4:30-9:00pm -Visit our website for more details!
11/15	December class tuition due for recreational families
11/25-11/29	Thanksgiving Break: NC Closed No Classes
11/27	Shop 'Til You Drop A Specialty PNO; 10am-2pm Visit our website for details!
11/29	No Open Gym: Thanksgiving Break
12/12	Parents Night Out; 4:30-9:00pm -Visit our website for more details!
12/22-1/3	Winter Break: No Classes

Spirit of the North

October 3 & 4 @
SCSU Field House

- Sessions starting 10/3 at 2:30pm and 5:15pm
- Sessions starting 10/4 at 9:00am and 12:00pm
- Stop by our front desk for a free admission coupon for kids ages 5-18 with a paid adult.

Watch gymnasts from Minnesota compete at our North Crest hosted meet, Spirit of the North. This meet is used by our Competitive gymnasts as a fundraiser for their yearly costs. We encourage anyone with young gymnasts to come check it out and cheer loudly for all of the athletes showing off their hard work!

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

Body Tension

Means keeping your muscles tight & strong so you can do skills with control, power, & safety.

Reminders

- Label water bottles & shoes.
- Come in appropriate class wear.
- Stretch at home.
- Open Gym is on Sunday's!

Parents Night Out

Parents Night Out happens on the second Saturday of each month and is a great opportunity for kids to get tons of play time in the big gym and parents to get a chance to go on a date, get some silent shopping in or wrap Christmas presents!

Join us Oct. 10th from 4:30-9:00pm

Register today at www.northcrestkids.com

Dance Term of the Month

Releve

re·le·vé /ˌrelə'vā/

a movement in which the dancer rises on the tips of the toes.

GYMNASTICS

Big benefits for every gymnast!

Gymnastics helps build strength, balance, coordination & flexibility at all levels and ages.
It teaches body awareness & safe movement. Develops confidence, focus & resilience. Encourages listening, following directions & teamwork. And lays the foundation for lifelong fitness & joy in movement.

Skill of the Month

Rolls

Rolls help gymnasts learn how to tuck their head, control their body, and feel confident going upside down. They are the first step toward skills like cartwheels & flips.

Crawling to Walking

We would like to invite you and your youngest athletes to try our Crawling to Walking Gymnastics class during a **FREE TRIAL!**

Not crawling yet?? That's okay! If your infant can keep their head up and has good neck strength, they can take this class!

Halloween Fun!

During the week of 10/24-10/30, we encourage athletes to wear a costume element that is safe and appropriate for class.

Great options include: headbands, face paint, themed tops/leotards, or leggings. Skirts/baggy clothing are not allowed for safety reasons. Approval of costume items will be at the coach's discretion.

TEAM NC

Stay in touch

Team North Crest Gymnastics

@teamnorthcrest

Recent Highlights

Our Level 3, Level 4, and Xcel Silver teams placed at Judges Cup!

🏆 1st Place Event Finishes

- Eden A. (Level 4) — Beam
- Charlie K. (Level 4) — Bars
- Lacey N. (Level 3) — Beam
- Lainey M. (Level 3) — Vault
- Lily P. (Silver) — Floor
- Kendra K. (Silver) — Vault

Way to go, gymnasts! We are so proud of you! 💙

September Recap

We are getting back into full swing as the school year has begun! Our Girl's Level 3-6, as well as our Xcel Bronze and Silver athletes had their first travel competition of the season at North St. Paul High School. We are proud of their accomplishments and excited to get back to work as this is just the beginning! Looking forward, we are hosting our very own meet in St. Cloud, Spirit of The North. Our compulsories will compete at this meet, along with our Xcel Bronze and Silver.

WILD CHEER

Ready for Competition Season!

🐾 WILD CHEER UPDATE 📣

The Wild Cheer teams have been working hard on the mat, finalizing and cleaning up their routines as they prepare for their first competition next month! Beyond the mat, our athletes have been busy with fundraisers and building connections throughout the community. We're especially excited to continue creating bonds with our sister cheer programs across the state, including a joint practice coming up early this month! Stay tuned for more updates from the Wild! 💚🐾

Cheer us on!

Farmington High
November 21st Times TBA

Maple Lake
December 13th Times TBA

STMA High
December 19th Times TBA

**Competition times and venues will be shared as available.*

Your paragraph text

Stay in touch

North Crest WILD Cheer
@northcrestwildcheer
cheer@northcrestkids.com

DANCE

This month in class...

Your dancer(s) will begin to learn short dance combinations that will be put into their winter and spring show dances.

These combinations will feature movements that your dancer has or will continue to work on in class so that they are confident in their abilities when Winter and Spring shows come around!

Winter Show

January 9th, 2027 4:00pm
Paramount Theatre

The Winter show is a stage performance available to all Dance Movement, Ballet/Tap and Jazz/Hip Hop classes including combo classes!

This opportunity is not required but is highly recommended, as performance is a large part of dance education.

Please keep an eye on emails, handouts and newsletters for further information regarding performance packages, rehearsal dates and ticket sales!

Don't Forget!

-Winter Show Packages are due November 6th, 2026.
-Spectator tickets go on sale November 1st at www.paramountarts.org
-Dancers should have black jazz or ballet shoes and Black tap shoes for Dance Movement 1 classes and performances.
-Dancers should have pink(girls) or black(boys) ballet shoes and Black tap shoes for Ballet/Tap classes and performances.
-Dancers should have black jazz shoes and neutral (& clean) tennis shoes for Jazz/Hip Hop classes and performances.

COMPANY NC

Sauk Rapids Dance Show Recap

This past weekend, our Company and Pre-Company dancers officially opened the School Show season with strong performances at the Sauk Rapids-Rice Dance Show. Our dancers have dedicated countless hours to refining their routines, and their hard work truly showed on stage. We were proud to debut our Pre-Company Jazz routines, Advanced/Superior Hip-Hop and our Company Jazz Production, Monsters Inc. Each performance highlighted the talent, commitment, and energy of our dancers. We are incredibly proud of their accomplishments so far this season and are excited to continue preparing for our next performance on November 14th at Apolo High School.

Watch Us Dance!

St Cloud CRUSH Dance Show
@ Apolo High School Gymnasium
November 14th time TBA

Sartell Dance Show
@ Sartell High School Gymnasium
November 21st time TBA

St. Ben's Dance Show
December 4th Time TBA

SCSU Dance Team Show
@ Halenbeck Hall
December 18th Time TBA

Winter Dance Show
@ Paramount Theater
January 9th at 4:00pm

*Public spectators are welcome and encouraged at all of these shows. Entrance fees vary.

Stay in touch

Company NC
@companynorthcrestdance

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!

October 1st
- Margot A
- Elsa S

October 2nd
- Gabriella K
- Nora L
- Raven L K
- Samantha S

October 3rd
- Harmony H

October 4th
- Jade S

October 5th
- Zoe A
- Tessa D
- Eli S

October 7th
- Austyn K
- Zoey K

October 8th
- Teagan D
- Audreyana H
- Addison S

October 9th
- Vaeda S

October 10th
- Noa R

October 10th
- Jerianne H
- Rayah S

October 12th
- Breckette L
- Aniylah R
- Kinsley W

October 13th
- Brenna B
- Hugh C
- Delilah H
- Avery M
- Adelaide R
- Coach Kat

October 14th
- Lucille H
- Zoe R

October 15th
- Avner R

October 16th
- Elliana C

October 18th
- Deserae P
- Aamiyah R

October 19th
- BJ J

October 20th
- Zayden H
- Marvin M
- Everleigh N
- Annie R
- Cooper S

October 22nd
- Ellie B
- Landis B
- Gianna C
- Amina S

October 24th
- Cassian S

October 25th
- Kaylee M
- Sullivan T

October 26th
- Aubrey K
- Alex S

October 27th
- Senah G

October 28th
- Savanna M

October 29th
- Ayla E
- Coach Cody

October 31st
- Coach Bentley