

# January

*Jump into January  
with NFGC!*



## Recreation Station!

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*Are you doing your  
gymnastics FUN-  
work?*

Each gymnast is given a gymnastics assignment to complete at home each week. These assignments are designed to keep kids ACTIVE at home and develop

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Happy Birthday!

Elizabeth M., Morgan M., Christina B., Rylee H.,  
Abigail Y., Madison Y., Kera G., Anabelle Z., Patrick  
P., Natalie B., Rebecca F., Olivia B., Cooper G.,  
Audrey P., Alaina W., Ella B., Miley M., Chloe C.,  
Rylee L.,  
Renee B-D., Kearston N., Isabel C., Roshyn K.,  
Alana G., Briseis C., Sraah G., Laina G., Brooklyn S.,  
Ava D., Alexandra M., Jacob S., Caitlin C., Katelyn  
W., Carson L., Nora S., and Johanna S.!

strength, flexibility and coordination that will help them in the gym!

Don't forget to complete your FUN-work, have Mom or Dad sign it, and turn it in to the front desk each week for your chance to win a monthly prize!

Make your FUN-work even more FUN by getting your Mom and Dad involved! Share pictures and videos with us on Facebook at [North Florida Gymnastics and Cheerleading](#), and on Instagram at [NFGymnasticsJAX!](#)

## Tiny Tots!

Our January Theme is:  
"1,2,3... I can do it!"



January's  
Skill of Focus!  
Lunge

We hope you each have  
a *FLIPTASTIC* day!



## Schools Out Camp!

*When schools are closed, NFGC is open!*

Monday, January 18th  
and

Friday, January 22nd

Half day - 8am-1pm - \$35

or Full day - 8am-6pm - \$45

\*\$5 off full day rate for siblings\*



Camp includes: gymnastics, tumbling, foam pits, obstacle courses, trampolines, games, arts & crafts and our AWESOME inflatable obstacle course!

\*\* With early drop off and late pick up, our Schools Out Camps are *GREAT* for working parents! \*\*

Call today to reserve your spot!

(904) 221-5544



**FUN activity of  
the Month!  
Parachute**



**Developmental Skill  
of Focus!  
Bravery**

## Tiny Tot Open Play!

Enjoy a **FUN** morning out with your little one(s). Bring a few mommy friends and make it a play date!

**When:** Wednesday, January 13th  
&

Wednesday, January 27th

**Time:** 10:30am-11:30am

**Ages:** 18 months - 5 years old

**Cost:** \$6/members,  
\$8/non-members

Looking for After School Care?  
Check out our  
**After School Program!**



**Kindergarten - 5th  
Grade  
Monday - Friday**

**3:30pm - 6:30pm  
\$75.00/week**

### CURRENTLY PICKING UP FROM:

Alimacani Elementary  
Sabal Palm Elementary  
Chets Creek Elementary  
Abess Park Elementary  
Kernan Trail Elementary  
AND Waterleaf Elementary!

### PROGRAM INCLUDES:

Transportation (from schools listed above), snack & drink, quiet homework time, top-notch supervision, a one hour gymnastics class Monday-Thursday, games, arts & crafts, Open Gym on Friday, and more!



**We provide a FUN, ACTIVE  
and UNIQUE afterschool  
experience for your child!**

\*A "parent" is required on the floor with each child.\*

**Bring an unopened package of socks and receive \$3 dollars off your open gym admission!**

All socks will be donated to the Women's Center of Jacksonville.

## Skill of the Month!

### Mushroom Circle



The gymnast begins standing with their feet together and their opposite hand on the mushroom. The gymnast then steps slightly back and to the side with their opposite leg.

The gymnast lifts their bad foot off the ground and pushes off of their good foot as they place their good hand on the mushroom. The momentum of the push allows the hips to begin circling around the mushroom.

As the gymnast's hips move closer to their good hand, the gymnast quickly lifts their good hand off the mushroom to allow their hips to circle underneath their body. They must simultaneously push down into the mushroom with their opposite shoulder and hand.

Call **TODAY** and ask about a **FREE** trial week!

**(904) 221-5544**

## Adult Gymnastics!



### Open Gym

Every Monday

8pm-9pm

\$15/members

\$20/non-members

### Adult Classes

Every Thursday

8pm-9pm

\$95/month (4 classes)

Adult Gymnastics is a GREAT all over body **WORKOUT**. Gymnastics incorporates strength, flexibility, balance, and mobility to work the entire body. Gymnastics is a great companion to Yoga or Crossfit but stands great on it's own.

**All levels and abilities are welcome!**

Call today to ask about your **FREE** trial class!

**(904) 221-5544**

# Jumpin' Open Gym!

As the hips lift in front of their body the gymnast lifts their opposite hand off the mushroom and pushes down with their good shoulder and hand to allow their hips to once again circle underneath their body.

The gymnast will start with one circle at a time and as they build strength and endurance will start adding circles. Once a circle is perfected on the mushroom, it can be performed on the Pommel Horse.



**Friday, January 8th**

**7pm-9pm**

**Saturday, January 16th**

**5:30-7:30pm**

**Friday, January 22nd**

**7pm-9pm**

**\$15/members, \$20/non-members**

**Ages 5 - 17 years old**

Open gym is a **FANTASTIC** time for your athlete to get some extra **PRACTICE** and **HAVE A BLAST** in their favorite gym!

**Help us give back to our community!**

Bring an unopened package of socks and receive \$3 off your

**open gym admission!**

All socks will be donated to the Women's Center of Jacksonville.



## Team Corner!



Our USAG Level 3s competed against all of the Level 3s in the state of Florida at the Level 3 State Championships on Dec. 11th-13th.

**Kaitlyn C:**

2nd place on Vault - 9.600

**Rylee H:**

1st place on Bars - 9.400

**Maliyah O:**

1st place on Vault - 9.575

2nd place on Floor - 9.450

**Mattie W:**

2nd place on Bars - 9.225

3rd place on Balance Beam - 9.225

3rd place on Floor - 9.375

2nd place All-Around - 37.225

Our USAG Level 4s competed against all of the Level 4s in the state of Florida at the Level 4

**We have *ROCKIN'* Birthday Parties!**

*Give your child a birthday party they won't forget!*

State Championships on Dec.  
5th-7th.

**Journey J-B:**

3rd place on Vault - 9.400

**A'nyla R:**

3rd place on Vault - 9.250

Our AAU girls have been busy  
at competitions too! They rocked  
at the AAU 2nd Qualifier in Land  
O Lakes on Oct. 17th-18th.

**Level 2**

**Tiani C:**

3rd place on Vault - 9.600

**Level 3**

**Amber A:**

1st place on Bars - 7.550

3rd place on Floor - 8.150

3rd place All-Around - 32.650

**Liana H:**

1st place on Vault - 9.250

They also competed at the  
AAU 3rd Qualifier in New Port  
Richey on Nov. 21st-22nd.

**Level 3**

**Amber A:**

2nd place on Balance Beam - 8.575

**Great job ladies!**  
**You make us proud!**

Our USAG Men's Competitive Team  
rocked it at their first competition of  
the season in St. Petersburg, FL  
at The Judges Cup on  
Dec. 12th - Dec. 13th!

**Level 4**

**Dylan M:**

**Party includes:** 1 hour in our  
state of the art facility with  
obstacle courses, FOAM PITS,  
TRAMPOLINES, an inflatable  
obstacle course, ROPE SWING  
& more, 1/2 an hour in our  
SPACIOUS party room, AND a  
balloon and goody bag for each child!



**Sit back and relax while we  
take care of giving your birthday child  
and their friends a BLASTING good time!**



**Call TODAY to  
schedule your party!**  
(904) 221-5544

**Do you want to stay up to  
date**

**with NFGC happenings?**

**Check us out on our Social Media  
platforms!**

Click the links below to like/follow/share us!

**[Like us on Facebook!](#)**

**[Follow us on Twitter!](#)**

**[Follow us on Instagram!](#)**

**[Like our Team Facebook Page!](#)**



1st place on Floor - 10.700  
1st place on Pommel Horse - 10.650  
1st place on Rings - 11.050  
1st place on Vault - 9.850  
1st place on High Bar - 10.700  
1st place All-Around - 62.950

**Martin W:**

2nd place on Floor - 9.500  
2nd place on Pommel Horse -  
10.300  
1st place on Rings - 10.300  
1st place on Parallel Bars - 10.150  
3rd place on High Bar - 10.200  
2nd place All-Around - 59.700

**Patrick P:**

2nd place on Floor - 9.100  
2nd place on Pommel Horse -  
10.600  
3rd place on Rings - 10.150  
2nd place on Vault - 9.800  
2nd place on Parallel Bars - 10.050  
1st place on High Bar - 10.400  
1st place All-Around - 60.100

**Myles A:**

1st place on Floor - 10.700  
2nd place on Pommel Horse -  
10.650  
3rd place on Vault - 9.600  
1st place on Parallel Bars - 10.800  
3rd place on High Bar - 10.500  
2nd place All-Around - 62.200

**Level 5**

**Owen S:**

2nd place on Floor - 9.300  
2nd place on Pommel Horse - 9.700  
1st place on Vault - 9.900  
2nd place on High Bar - 9.300  
2nd place All-Around - 56.600

**Level 6**

**Cooper G:**

3rd place on Floor - 10.650  
2nd place on Pommel Horse -

## What's new?

We're always looking for ways to improve  
our facility to offer your child(ren)  
the best possible experience.

**Check out our most  
recent and exciting updates!**



We recently bought  
three BRAND NEW  
mushrooms for our  
Boys Program! The  
mushroom is a

GREAT accessory to Pommel Horse training!

To go with our new  
mushrooms we also  
bought a NEW  
Pommel Horse! We  
now have FOUR  
Pommel Horses.



We are excited to  
see our Recreational

and Competitive Team Boys benefit from this  
new equipment!

## Refer a Friend!

**Bring a friend to Gymnastics!**

Allow your child to build  
friendships while having FUN!

10.000

3rd place on Parallel Bars - 9.400

3rd place on High Bar - 9.500

3rd place All-Around - 57.400

**Level 10**

**GC L:**

2nd place on Floor - 13.050

3rd place on Vault - 12.600

**Great job boys! Keep it up!**



**When the friend signs up for classes and mentions your name, YOU get \$25 off next months tuition!**

Please call ahead of time to make sure there is **room in the class** before **bringing your friend!**

**Call TODAY to schedule a FREE TRIAL!**

**(904) 221-5544**



What makes you a fan of what we do? We'd love to hear from you!

North Florida Gymnastics & Cheerleading | (904) 221-5544 | [www.nfgymcheer.com](http://www.nfgymcheer.com)  
[info@nfgymcheer.com](mailto:info@nfgymcheer.com) | [Check us out on FaceBook!](#)

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