



## NORTHERN LIGHTS GYMNASTICS 2011 SUMMER CLASS INFORMATION & REGISTRATION

All classes run from June 27 through August 12, 2011  
Note that there are no classes on Monday, July 4 or Tuesday, July 5

### PRESCHOOL CLASSES

Note that NLG reserves the right to cancel any class in the case of insufficient enrollment. There must be at least three children enrolled to run a class. There are no make-up classes available during the summer session.

**Baby Bears.** For boys and girls aged 16 months through 2 years with an accompanying adult. Tuesdays or Thursdays 9:00-9:30 am. Cost: \$50 for Tuesdays (6 weeks) or \$55 for Thursdays (7 weeks).

**Me and My Shadow.** For boys and girls aged 2 through 3½ years with an accompanying adult. Tuesdays 9:45 - 10:30 am. Cost: \$75 (6 weeks).

**3 Year Old Class.** For boys and girls aged 3. Tuesdays 10:45 - 11:30 am or Thursdays 12:00-12:45 pm. Cost: \$75 for Tuesdays (6 weeks) or \$85 for Thursdays (8 weeks).

**3 ½ and 4 Year Old Class.** For boys and girls aged 3 ½ through 4 years. Tuesdays 11:45 am -12:30 pm. Cost: \$75 for Tuesdays (6 weeks).

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### GIRLS GYMNASTICS

These classes are a continuation of our regular class program in which the children receive instruction on vault, bars, beam, floor and trampoline. Note that NLG reserves the right to cancel any class in the case of insufficient enrollment. There must be at least three children enrolled to run a class. There are no make-up classes available during the summer session.

**Entering 4<sup>th</sup> grade and up:** Wednesdays 1:00-2:00 pm. Cost: \$110.

**Entering Kindergarten:** Mondays 4:00-5:00 pm. Cost: \$100.

**Entering 1<sup>st</sup> through 3<sup>rd</sup> grade:** Mondays 5:00-6:00 pm. Cost \$100.

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### BOYS GYMNASTICS

Experience some of the boys' events, like rings, high bar and parallel bars while increasing your strength and flexibility. Note that NLG reserves the right to cancel any class in the case of

insufficient enrollment. There must be at least three children enrolled to run a class. There are no make-up classes available during the summer session.

**Entering 1<sup>st</sup> grade and up:** Wednesdays 5:00-6:00 pm. Cost: \$110.

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### **TRAMPOLINE/TUMBLING CLASS**

Instruction on our trampolines AND development of tumbling skills to use in sports year-round.

**Entering Kindergarten and 1<sup>st</sup> grade:** Wednesdays 5:00 pm-6:00 pm. Cost \$110.

**Entering 2<sup>nd</sup> grade and up:** Mondays 4:00-5:00 pm. Cost \$100.

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### **ADULT GYMNASTICS**

Receive gymnastics instruction and build your strength, balance and flexibility.

**Mondays 5:00-6:00 pm.** Cost: \$70. Walk in rate: \$13 per class.

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#### **THE FINE PRINT:**

1. Note that NLG reserves the right to cancel any class in the case of insufficient enrollment.
2. There must be at least three children enrolled to run a class.
3. There are no make-up classes available during the summer session.
4. All children who participate in programs at NLG must pay an annual registration fee of \$20.
5. Payment must accompany registration.
6. There are no refunds after June 1<sup>st</sup>.
7. The NLG gym is closed for all programs on Monday July 4<sup>th</sup> and Tuesday July 5<sup>th</sup>.



## NORTHERN LIGHTS GYMNASTICS

94 Olcott Drive • White River Junction, VT 05001  
(802) 295-2070 • www.northernlightsgymnastics.com

### SUMMER CLASS REGISTRATION

Student's Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Daytime #: \_\_\_\_\_ Cell #: \_\_\_\_\_

Mother's Home Phone: \_\_\_\_\_ Mother's E-Mail: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Daytime #: \_\_\_\_\_ Cell #: \_\_\_\_\_

Father's Home Phone: \_\_\_\_\_ Father's E-Mail: \_\_\_\_\_

Class Desired (specify days and times) \_\_\_\_\_

Class cost \$ \_\_\_\_\_ + Annual Registration Fee \$20 = Total Payment \$ \_\_\_\_\_

### MEDICAL INFORMATION

Please tell us of any medical condition that we need to be aware of (including allergies):

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### PARENT/GUARDIAN WAIVER AND RELEASE FORM

You agree that your child named above will be engaging in physical exercise involving gymnastics, a coordination event, and fitness training, which could cause injury to them. You agree that your child is voluntarily participating in these activities and is assuming all risks of injury that might result. You hereby agree to waive any claims or rights that you might otherwise have to sue us, Northern Lights Gymnastics, Inc., our employees, owners, officers, or agents for injuries that might occur as a result of these activities. We will make no evaluation or recommendation whether your child is physically fit for any exercise activity. If your child has any physical condition that may impair the ability to engage in these activities, it is your responsibility to obtain a physician's statement describing any limitation to participate in this program. It is always advisable to consult your physician prior to undertaking any physical exercise program.

Parent/Guardian Name (please print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### PAYMENT INFORMATION

Payment must accompany registration form. Checks should be made out to Northern Lights Gymnastics. Visa and MasterCard are accepted. NLG staff will contact you ONLY if there is a problem with your registration. There is an annual registration fee of \$20 per child (maximum of 2 registration fees per family).

If paying by credit card, Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ 3-digit code: \_\_\_\_\_ Authorized Dollar Amount: \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_