



Northern Lights Gymnastics

Preschool Gymnastics Schedule



Session 1 - Monday Aug 31 - Sat Oct 24, 2026 - 8 weeks

REGISTRATION OPENS August 19, 2026 @ 12:01am

Monday <i>No programs on Monday Mornings</i>	Tuesday 9:15-10:00 Shadow 9:15-10:00 3,4,5 years 10:15-11:00 Shadow 10:15-12:00 3,4,5 years 11:15-12:00 3,4,5 years 12:00-1:00 OPEN GYM <i>all ages!</i> 1:15-2:00 3,4,5 years 2:15-3:00 3,4,5 years 2:15-3:00 Homeschool 6-10	Wednesday 9:15-10:00 Shadow 9:15-10:00 3,4,5 years 10:15-11:00 Shadow 10:15-11:00 3,4,5 years 11:15-12:00 3,4,5 Years 12:15-1:00 3,4,5 years 1:15-2:00 3,4,5 Years 1:15-2:00 Homeschool 6-10 2:00-3:00 OPEN GYM <i>All ages!</i>
Thursday 9:15-10:00 Shadow 9:15-10:00 3,4,5 Years 10:15-11:00 Shadow 10:15-11:00 Hard Core Pre-K w/ Coach John 11:15-12:00 Shadow 12:00-1:00 OPEN GYM <i>all ages!</i> 1:15-2:00 3,4,5 years 2:15-3:00 3,4,5 Years	Friday 9:15-10:00 Shadow 9:15-10:00 3,4,5 years 10:15-11:00 Shadow 10:15-11:00 3,4,5 Years 11:15-12:00 3,4,5 Years 12:15-1:00 3,4,5 years 1:15-2:00 3,4,5 years 1:15-2:00 Shadow 2:00-3:00 Open Gym <i>All ages!</i>	Saturday 8:45-9:45 Open Gym <i>Ages 5 & Under</i>

Class Costs; 8 week session \$200 (Me & My Shadow \$176)

Must be age eligible on the first day of session to enroll. Classes may be canceled due to insufficient sign ups.

Me & My Shadow - 18m - 3 years. Caregiver accompanied class.

3,4,5 Classes- Independent from parent. (Large classes may be split into 2 groups based on age/ability level)

****NEW - HardCore PK w/ Coach John** - 3-5 Year Olds - recommended for students who have previously enrolled in an NLG gymnastics class. Students will work on additional strength and skills!

Cash/check payments preferred - Get a \$10 discount when paying via cash/check! Please mail in or drop off cash/check payments to the office. \$20 Registration Fee applied annually to all students. Payment is required in full upon the first class.