



# Northern Lights Gymnastics

## Recreational Gymnastics Schedule

Session 1 - Mon Aug 31, 2026 - Sat Oct 24, 2025- 8 weeks



REGISTRATION OPENS AUGUST 19, 2026 @ 12:01am

|                                                                       |                 |                                    |                                                                                           |
|-----------------------------------------------------------------------|-----------------|------------------------------------|-------------------------------------------------------------------------------------------|
| <b>Mondays</b><br><b>No Class Labor Day Sept 7</b><br>\$210/session   | Girls           | 3:30-4:25                          | All Level 7-9 Year Olds                                                                   |
|                                                                       | Boys            | 4:30-5:25                          | All Level 8+ Year olds                                                                    |
| <b>Tuesdays</b><br>\$240/session                                      | Girls           | 3:30-4:25<br>4:30-6:00             | All Level 7&8 Year Olds<br>All Level 9+ Year Olds **90 Min                                |
| <b>Wednesday</b><br>\$240/session<br><br>90min class<br>\$320/session | Girls           | 3:00-3:55<br><br>3:00-4:25         | All Level - ALL AGES 5+<br>(split by age/ability)<br>Intermediate Class (90 min) Ages 7-9 |
|                                                                       | Boys            | 3:00-3:55                          | All Level 5-7 Year Olds                                                                   |
| <b>Thursday</b><br>\$240/session<br><br>90min class<br>\$320/session  | Girls           | 3:30-4:25<br><br>4:30-6:00         | *Beginner 5-7 Year Olds<br><br>Intermediate Level (90 min)                                |
|                                                                       | Girls           | 3:30 - 4:25<br>4:30 - 5:30         | All Level 6&7 Year Olds<br>All Level 8+ Year Olds                                         |
| <b>Friday</b><br>\$240/session<br><br>90min class<br>\$320/session    | Girls           | 3:30 - 4:25<br>4:30 - 5:30         | All Level 6&7 Year Olds<br>All Level 8+ Year Olds                                         |
|                                                                       | <b>OPEN GYM</b> | 7:30-8:30pm                        | Ages 13+ (\$15 cash/check ONLY)                                                           |
| <b>Saturday</b><br>\$210/session<br><br>90min class<br>\$280/session  | Girls           | 10:00-10:55am<br><br>10:00-11:30am | All Level 5&6 Year Olds<br><br>*Intermediate Level - All ages 6+                          |

**OPEN GYM** - Ages 13+, no preregistration required, all participants must create an iclass account. Payment \$15 cash or check ONLY

**All Level Classes** - for any ability level, coaches will work to individually challenge each gymnast based on their skill level.

**\*\*beginner classes** - first time recreational gymnasts & those working on mastering rolls and handstands, and getting comfortable with the highbeams.

**\*\*intermediate classes** - students should have an understanding of basic gymnastics skills; cartwheel, bridge-kickover, pullover on bars and be comfortable on the high beams.

**\*\*advanced classes** - invitation ONLY, for gymnasts working towards our preteam programs. If interested, email the office!

\$20 Registration Fee applied annually to all students. Tuition is paid by the session and is required in full upon the first class.

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.

To Register for classes visit <https://app.iclasspro.com/portal/northernlights>

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