



Northern Lights Gymnastics Recreational Gymnastics Schedule



Session 1 - Sept-Oct (9/5/23 - 10/28/23) 8 weeks

No class Labor Day 9/4 & Columbus Day 10/9

REGISTRATION BEGINS AUGUST 14, 2023

Mondays NO CLASS 9/4 & 10/9	Girls	3:30-4:25 4:30-5:35 4:30-5:25	7+ Year Olds 5-6 Year Olds 7+ Year Olds
Tuesdays	Boys	3:30-4:25 4:30-5:25	5&6 Year Olds 7+ Year olds
	Girls	3:30-4:25 4:30-5:25	5-7 year olds 7+ year olds
Wednesday	Girls	2:30-3:25 3:30-4:25 3:30-4:25	ALL AGES 5+ 5-7 Year Olds 8+ (**Intermediate Class)
	Boys	3:30-4:25 4:30-5:25	7+ Year Olds 5&6 Year Olds
Thursday	Girls	3:30-4:25 3:30-4:25 4:30-5:25	5-7 Year Olds 7-8 (**intermediate Class) 8+ Year Olds
Friday	Girls	3:30-4:25 4:30-5:25	7+ Year Olds 6-7 (**Intermediate Class)
	Boys	3:30-4:25	5-8 Year Olds
	OPEN GYM	7:30-8:30	Ages 13+ (\$15 cash/check ONLY)
Saturday	Girls	10:00-10:55 11:00-11:55	ALL AGES 5+ ALL AGES 5+
	Tumbling&Trampoline Co-ed	10:00-10:55 11:00-11:55	5-6 Year Olds 7+ Year Olds

Class Price \$224/session (Tues-Sat) \$168/session (Mon)

Pre-determined make-up day is Saturday Oct 28th 2:30-3:25

Must pre-register on iclass portal

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

All classes are open to all ability levels unless otherwise stated as **intermediate. For classes with large age ranges, all enrollments will be compiled and students will be broken into equal sized groups based on age.

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

\$20 Registration Fee applied annually to all students. Payment is required in full upon the first class. Cash/check payments preferred, all credit card payments will incur \$10 fee. E-checking will not incur a fee.

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

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