



Northern Lights Gymnastics

Recreational Gymnastics Schedule

Session 3 - Mon Jan 5 2026 - Sat Feb 21, 2026



REGISTRATION OPENS Dec 15th, 2025 @ 12:01am

| | | | |
|------------------|-----------------|-------------------------------------|--|
| Mondays | Girls | 3:30-4:25 4:30-5:25 5:30-6:25 | 7-9 Year Olds 6&7 Year Olds 5&6 Year Olds **BEGINNER |
| | Boys | 3:30-4:25 4:30-5:25 | 8-12 Year Olds 5-7 Year Olds |
| Tuesdays | Girls | 3:30-4:25 4:30-5:25 | 5-7 Year Olds 6-8 Year Olds **INTERMEDIATE |
| | Boys | 3:30-4:25 | 5-7 Year Olds |
| Wednesday | Girls | 3:00-3:55 4:00-4:55 5:00-5:55 | ALL AGES 5-11 (split by age/ability) 5&6 Year Olds 7&8 Year Olds **BEGINNER |
| | | | |
| Thursday | Girls | 3:30-4:25 4:30-5:25 5:30-6:25 | 7&8 Year Olds 5&6 Year Olds 8-12 Year Olds |
| Friday | Girls | 3:30 - 4:25 4:30 - 5:25 | 5&6 Year Olds 7&8 Year Olds |
| | OPEN GYM | 7:30-8:30pm | Ages 13+ (\$15 cash/check ONLY) |
| Saturday | Girls | 10:00-10:55am 10:00-10:55am | 5&6 Year Olds - **BEGINNER 7-12 Year Olds **INTERMEDIATE |

Class Prices; \$120/7 week session

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 BEGINNER or INTERMEDIATE

****beginner classes** - first time recreational gymnasts & those working on mastering handstands & cartwheels, 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.

—\$20 Registration Fee applied annually to all students. Payment 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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