



Northern Lights Gymnastics Recreational Gymnastics Schedule

Session 5 - April-June (4/17/23 - 6/17/23) 9 weeks



SIGN UP BEGINS MARCH 27, 2023

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|--|--------------------------------|--|---|
| Mondays NO CLASS 5/29 | Girls | 3:30-4:25 | All Ages 5+ |
| Tuesdays | Girls | 3:30-4:25 4:30-5:25 | 5-7 years 8+ year olds (*intermediate class) |
| Wednesday | Girls | 2:30-3:25 3:30-4:25 4:30-5:25 5:30-6:25 | 7+ year olds 5-8 year olds All Ages 5 + 7+ year olds (*intermediate class) |
| | Tumbling/Trampoline (Co-Ed) | 2:30-3:25 3:30-4:25 4:30-5:25 5:30-6:25 | 7+ years 5-6 year olds 7-8 year olds 8+ year olds (*advanced class) |
| | Boys | 3:30-4:25 4:30-5:25 | 5-7 year olds 8+ years |
| | Adult Rec | 8:30-9:30 | 18+ year olds (\$20 cash/check) |
| Thursday | Girls | 3:30-4:25 4:30-5:25 | 5-7 year olds 8+ year olds |
| Friday | Boys | 3:30-4:25 | 5+ years |
| | Girls | 3:30-4:25 4:30-5:25 | All Ages 5+ 7+ years (*intermediate class) |
| Saturday | Girls | 10:00-10:55 | All Ages 5+ |
| | | 11:00-11:55 | All Ages 5+ |

Class Price \$252/session (Tues-Sat) \$224/session (Mon)

Pre-determined make-up day is June 10th 2:00-2:55

Must pre-register on iclass portal

*intermediate classes- students should have an understanding of basic gymnastics skills; handstand, cartwheel, pullover on bars

*advanced class- students will be working on back-handsprings, front tucks and back tucks in an open work out format. MUST have an understanding of basic skills

**For classes with large age ranges, all enrollments will be compiled and students will be broken into equal sized groups based on age.

Payments; cash or check preferred. Payment due on the first day of class. The online registration portal will require billing info. Billing info will be charged if payment is not received at the first class of the session. All credit card charges will incur a \$10 fee per session.

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

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