



# Northern Lights Gymnastics Recreational Gymnastics Schedule Session 5



Mon April 28th, 2025 - Sat June 14th, 2025- 7 weeks

REGISTRATION OPENS APRIL 14th (12:01am)

|  |          |  |  |
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| <b>Mondays<br/>(No class May 26th)</b> | Girls    | 3:00-3:55<br>4:00-4:55                           | 5-8 Year Olds<br>6-8 Year Olds   |
|  | OPEN GYM | 2:00-3:00  | All Ages!  |
| <b>Tuesdays</b>                        | Boys     | 3:30-4:25<br>4:30-5:25                           | 5-7 Year Olds<br>8+ Year olds  |
|  | Girls    | 3:30-4:25<br>4:30-5:25                           | 5-7 Year Olds<br>7-8 Year Olds   |
|  | OPEN GYM | 11:00-12:00                                      | All Ages!  |
| <b>Wednesday</b>                       | Girls    | 2:30-3:25<br>3:30-4:25<br>3:30-4:25<br>4:30-5:25 | All Ages 5+<br>5-8 Year Olds<br>6-7 Year Old (**Intermediate Class)<br>5-6 Year Olds |
|  | Boys     | 2:30-3:25<br>3:30-4:25                           | 5-7 Year Olds<br>7+ Year Olds  |
| <b>Thursday</b>                        | Girls    | 3:30-4:25<br>4:30-5:25<br>5:30-6:25              | 5-7 Year Olds<br>7-8 Year Olds<br>8+ Year olds                                       |
|  | OPEN GYM | 11:00-12:00                                      | All Ages!  |
| <b>Friday</b>                          | Girls    | 3:30-4:25<br>4:30-5:25                           | 5-7 Year Olds<br>8+ Year Olds  |
|  | Boys     | 3:30-4:25  | 5-8 Year Olds  |
|  | OPEN GYM | 7:00-8:00pm                                      | Ages 13+ (\$15 cash/check ONLY)  |
| <b>Saturday</b>                        | Girls    | 10:00-10:55am<br>10:00-10:55am                   | 8-12 Year Olds **Intermediate Class<br>6-7 Year Olds                                 |

**Class Price \$210/session  
(Monday Classes \$180/session)**

**\*\*NEW** - Cash/check payments preferred - Get a \$10 discount when paying full tuition via cash/check! Please mail in or drop off cash/check payments to the office.

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

**\*\*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.

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

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

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