



Northern Lights Gymnastics

PRETEAM WEEKLY PRACTICES



June-Aug (6/17/24 - 8/24/24) 9 weeks
Closed JULY 1-6

MONDAY 5:00-6:30 & THURSDAY 4:00-5:30

AGES 5-10

- For gymnasts interested in our Pre-Team Program in the Fall, and current preteam members
- Twice weekly practices; Monday 5:00-6:30 & Thursday 4:00-5:30 (enrollment is for both days - can not split up)
- Required skills; **bridge kickover and pullover on bars independently**
- This program will have a focus on strength, flexibility and artistry
- Fall Pre-Team will be selected at the end of the summer (limited spots available)
- If you questions about this program being appropriate for your child please email northernlightsgymnasticsvt@gmail.com

How to register?

- Visit our iclass portal to register
- <https://app.iclasspro.com/portal/northernlights>
- Registration opens June 1st
- Students enroll by the week - \$65/week

Coming to summer camp?

- Summer camp ends at 4:00pm; if your child will be attending summer camp AND pre-team practices, they are welcome to wait in the balcony on Mondays for their pre-team practice to begin. (Thursdays they will go straight to pre-team practice)

Tuition balances are due on the first day of the camp enrollment week; cash/check preferred. If paying by credit card a \$10 fee will be added to each week of enrollment. Pay with cash or check/e-check for no fee.

Cancellation Policy; Cancel within 1 week of your scheduled practices and the charge will be removed from your account / a refund will be given