Northern Lights Gymnastics
Preschool Gymnastics Schedule
Session 3 - Mon Jan 5, 2026 - Sat Feb 21, 2026
REGISTRATION OPENS Dec 15th, 2025 @ 12:01am

Monday	Tuesday		Wednesday	
No programs on Monday Mornings	9:15-10:00	Shadow		
	9:15-10:00	HardCore PK! *w/ Coach John*	9:15-10:00	Shadow
			9:15-10:00	3,4,5 years
	10:15-11:00	3,4,5 years	10:15-11:00	Shadow
	11:15-12:00	3,4,5 years	11:15-12:00	3,4,5 Years
	12:00-1:00	**OPEN GYM** *all ages!*	12:15-1:00	3,4,5 years
	1:15-2:00	3,4,5 years	1:15-2:00	3,4,5 Years
	2:15-3:00	3,4,5 years	2:00-3:00	**OPEN GYM** *All ages!*
	2:15-3:00	Homeschool 6-10		

Thursday		Friday		Saturday	
9:15-10:00	Shadow	9:15-10:00	Shadow		
9:15-10:00	3,4,5 Years	9:15-10:00	3,4,5 years	8:45-9:45	**Open Gym** *Ages 5 & Under*
10:15-11:00	3,4,5 Years	10:15-11:00	Shadow		
		10:15-11:00	3,4,5 Years		
11:15-12:00	3,4,5 Years	11:15-12:00	3,4,5 Years		
11:15-12:00	Shadow				
12:00-1:00	**OPEN GYM** *all ages!*	12:15-1:00	Shadow		
		12:15-1:00	3,4,5 years		
1:15-2:00	3,4,5 years	1:15-2:00	3,4,5 years		
1:15-2:00	Shadow	1:15-2:00	Homeschool 6-10		
2:15-3:00	3,4,5 Years	2:00-3:00	**Open Gym** *All ages!*		

Class Costs; 7 week session $175 (Me & My Shadow $154)

Must be age eligible on the first day of session to enroll. Classes may be canceled due to insufficient sign ups.

Me & My Shadow - 18m - 3 years. Caregiver accompanied class.

3,4,5 Classes- Independent from parent. (Large classes may be split into 2 groups groups based on age/ability level)

**NEW - HardCore PK w/ Coach John - 3-5 Year Olds - recommended for students who have previously enrolled in an NLG gymnastics class. Students will work on additional strength and skills!

Open Gyms Drop in! $15 Cash/Check. No pre-registration required. Caregiver must accompany student during open gyms. **Tues/Wed/Thurs -** All ages concurrently! **Fri/Sat;** Ages 5 & Under

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. $20 Registration Fee applied annually to all students. Payment is required in full upon the first class.

To Register for classes visit https://app.iclasspro.com/portal/northernlights
94 Olcott Dr. WRJ, VT│802-295-2070│northernlightsgymnasticsvt@gmail.com