



Northern Lights Gymnastics

PRETEAM & IN-HOUSE

SUMMER PRACTICES/TRYOUTS

June 15 -Aug 21
Closed July 6-10

PRETEAM Ages 5-9 / INHOUSE Ages 10+

- For gymnasts interested in our Pre-Team Programs (In-house or preteam) in the Fall, and current preteam/in-house members
- Required PRETEAM and INHOUSE skills; **bridge kickover and pullover on bars independently**
- Twice weekly practices;
 - **PRETEAM** (ages 5-9) TUESDAYS & THURSDAYS 4:00-5:30
 - **INHOUSE** (ages 10+) MONDAYS 5:30-7:00 & THURSDAYS 4:00-5:30

**days can not be split up, must enroll in 2x a week \$75/week
Register just for the weeks you would like to attend!
- This program will have a focus on strength, flexibility and artistry
- Fall In-House/Pre-Team will be selected at the end of the summer (limited spots available) To be considered for our fall preteam/inhouse We recommend attending a minimum of 3 weeks over the summer.
- 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 May 1st
- \$75/week

Tuition balances are due upon registration of this program. If you wish to pay via cash/check please reach out to the office via email for registration.

Cancellation Policy; Cancel 1 week prior to your scheduled practices and a refund in the form of account credit will be given