



NORTH SHORE

GYMNASTICS ASSOCIATION

Team & Pre-Team
Summer Schedule
June. 9, 2026 – Aug. 28, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Hours per week
Girl's Level Optionals	8:30-12:30	8:30-12:30	8:30-12:30	8:30-12:30	8:30-12:30	20
Girls Level 5	1:00-5:00	1:00-5:00	1:00-5:00	1:00-5:00		16
Girl's Level 4	9:00-12:00	1:00-5:00	9:00-12:00	1:00-5:00		14
Girl's Level 3	1:00-4:30	9:00-11:30	1:00-4:30	9:00-11:30		12
Girl's Training Team		12:30-3:30		12:30-3:30	9:00-12:00	9
Girl's Hot Shots			2:00-4:30		9:00-11:30	5
Super Stars	12:30-2:00		12:30-2:00			3
Xcel Platinum – Sapphire Group A	8:30-12:30	1:00-5:00	8:30-12:30	1:00-5:00		16
Xcel Platinum – Sapphire Group B	1:00-5:00	8:30-12:30	1:00-5:00	8:30-12:30		16
Xcel Gold		9:00-12:00	1:00-5:00		9:00-12:00	10
Xcel Silver	5:30-8:00		5:30-8:00	5:30-8:00		7.5
Boys 6E-10	8:30-12:30	9:30-1:30	8:30-12:30	9:30-1:30	8:30-12:30	20
Boys 4-5	9:30-12:30	8:30-12:30	9:30-12:30	8:30-12:30		14
Boys 3	2:00-4:30	2:00-4:30	2:00-4:30	2:00-4:30		10
Boys 2	3:00-5:00		3:00-5:00	3:00-5:00		6
Boys Training Team	1:00-3:00	1:00-3:00	1:00-3:00			6