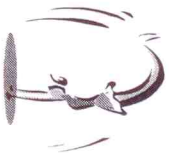


NORTHERN LIGHTS FACILITY OFFERS STATE OF THE ART EQUIPMENT, ENABLING STUDENTS TO EXCEL IN AN ENVIRONMENT WHERE SAFETY IS OUR #1 PRIORITY!



- *45 X 45 FT. SPRING TUMBLING FLOOR
- *8 X 45 FT. ROD FLOOR
- *3 BALANCE BEAMS + 4 SOFT FOAM FLOOR BEAMS
- *3 BAR STATIONS
- *2 VAULTING TABLES
- *LOTS OF AGE APPROPRIATE MATS, SHAPES, CLIMBERS AND BOUNCERS FOR FUN FILLED CLASSES
- *3 HUGE PIT MATS, CREATING MANY USES FOR ALL CLASS LEVELS
- * COMING SOON - 30 FT TUMBLE TRAK!
- *48 FT CLIMBING ROPE

BIRTHDAY PARTIES AT NORTHERN LIGHTS
 1ST 45 MINUTES IS AN OPEN GYM WITH STAFF MEMBERS PRESENT TO FACILITATE WITH SAFETY.

GYM IS SET UP WITH AGE APPROPRIATE STATIONS.



THE 2ND 45 MIN. IS FOR FOOD, CAKE AND GIFTS ETC..
 YOU SUPPLY YOUR OWN FOOD & DECORATIONS.

\$85/HRST 10 CHILDREN - \$7/EACH ADDITIONAL CHILD

PARTIES AVAILABLE SAT/SUN AFTERNOONS

CALL EARLY TO RESERVE YOUR DESIRED DATE.

DEPOSIT AND WAIVERS REQUIRED

STAFF

PEGGY HILL HAS BEEN INVOLVED IN FITNESS HER WHOLE LIFE. SHE GRADUATED WITH A DEGREE FROM MSU IN 1978 WITH A MAJOR IN PHYSICAL EDUCATION AND A HEALTH MINOR. WHILE AT MSU SHE RAN ON THE TRACK TEAM. AFTER GRADUATION SHE TAUGHT GYMNASTICS AT INDIAN RIVER COMM. ED. AND LITTLE TRAVERSE RACQUET CLUB AND AEROBICS FOR VITAL OPTIONS INC. RETURNING TO MSU, PEGGY RECEIVED AN M.A. IN EXERCISE PHYSIOLOGY IN 1989. WHILE AT SCHOOL SHE WORKED AT HEALTHCOR FITNESS CENTER AND WAS A GRADUATE ASSISTANT TEACHING AEROBICS AND GYMNASTICS FOR MSU. SHE STARTED FITNESS PLUS & NORTHERN LIGHTS GYMNASTICS IN 1990. PROMOTING A HEALTHY LIFESTYLE FOR HER GYMNASTICS AND AEROBICS STUDENTS IS HER PRIMARY GOAL.



AUDREY MARINA HAS BEEN A GYMNASTICS INSTRUCTOR FOR 20 YEARS. SHE BEGAN AT NORTHERN LIGHTS AND CONTINUED WHILE ATTENDING MSU, COACHING FOR SPARTAN YOUTH GYMNASTICS. SHE HAS BEEN A COACH AT THE MSU GYMNASTICS SPORT SCHOOL FOR 6 YEARS. SHE RECEIVED A DEGREE IN EARLY CHILDHOOD DEVELOPMENT AND IS THE DIRECTOR OF STEPPING STONES CHILD DEVELOPMENT CENTER AND TEACHES OUR PRE-SCHOOL CLASS. AUDREY LOVES DANCING AND HAS TAKEN DANCE CLASSES IN BALLET, JAZZ, HIP HOP AND LYRICAL.

SHERRIE GLEZMAN STARTED TEACHING GYMNASTICS IN 1991 FOR NORTHERN LIGHTS GYMNASTICS. SHE HAS ALSO TAUGHT FOR SOUTHWEST GYMNASTICS IN ARIZONA AND SPARTAN YOUTH AT MSU. SHE IS AN INTEGRAL PART OF OUR PROGRAM TEACHING PRESCHOOLERS TO OUR COMPETITIVE TEAMS. HER FAVORITE TEACHING AREAS ARE FLOOR EXERCISE, TUMBLING AND DANCE CHOREOGRAPHY. SHE HAS AN ASSOCIATES DEGREE IN EARLY CHILDHOOD DEVELOPMENT AT NCMC AND IS STEPPING STONES' PRE- KINDERGARTEN TEACHER.



PEGGY, AUDREY AND SHERRIE ARE CPR AND FIRST AID CERTIFIED, USA GYMNASTICS PROFESSIONAL MEMBERS, USA GYMNASTICS SAFETY CERTIFIED, BACKGROUND CHECKS, AND ATTEND COACHING AND JUDGING CLINICS THROUGHOUT THE YEAR.

NORTHERN LIGHTS



GYMNASTICS

&

Fitness Plus

Aerobics



Classes held at our

New Facility

Located at 8746 Moeller Dr.

Little Traverse Industrial Park

Harbor Springs, MI.

231-348-5681

northernlights@triton.net

www.steppingstonesandnorthernlights.com

NORTHERN LIGHTS GYMNASTICS

2011-2012 SCHEDULE

SESSION I: 9/12 - 11/5 (NO CLASS 10/31)

MON - 7 WKS. TUES - SAT CLASSES - 8 WKS.

SESSION II: 11/7 - 11/23

MON - WEDS CLASSES - 3 WKS. THURS - SAT CLASSES - 2 WKS.

SESSION III: 12/12 - 2/11 (NO CLASSES 12/24 - 1/2)

MON & SAT CLASSES - 7 WKS. TUES - THURS CLASSES - 8 WKS

SESSION IV: 2/13 - 4/14 (NO CLASSES 3/30 - 4/9)

MON, FRI, SAT CLASSES - 7 WKS. TUES - THURS CLASSES - 8 WKS.

SESSION V: 4/16 - 6/9 (NO CLASSES 5/26 - 28)

MON & SAT CLASSES - 7 WKS. TUES - FRI CLASSES - 8 WKS.

LITTLE DIPPERS: 12 MONTHS - 3 YRS. (OPEN GYM)

MON. 10:00 - 10:45 AM

THURS. 10:00 - 10:45 AM

\$5.00/CLASS

(PAY PER TIME - NO ADMINISTRATION FEE)

BIG DIPPERS I: 3 - 4 YRS. OLD

TUES. 10:00 - 10:45 AM

WED. 10:00 - 10:45 AM

SAT. 9:00 - 9:45 AM

\$8.50/CLASS X WEEKS IN SESSION

BIG DIPPERS II: 5 - 6 YRS. OLD

MON. 3:45 - 5:00 PM

WED. 3:45 - 5:00 PM

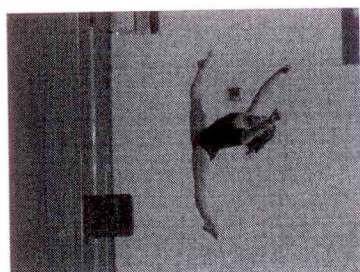
SAT. 9:00 - 10:15 AM

\$10.00/CLASS X WEEKS IN SESSION

SARAH ISMOND

USA GYMNASTICS LEVEL 8

2011 REGIONAL BEAM CHAMPION



TUMBLING: MIDDLE AND HIGH SCHOOL (BEGINNERS THRU ADVANCED)

BOYS AND GIRLS

TUES. 5:15 - 6:15 PM

\$8.50/CLASS X WEEKS IN SESSION

SHOOTING STARS: 7 YRS. OLD & UP (BEGINNERS)

MON. 3:45 - 5:15 PM

WED. 3:45 - 5:15 PM

SAT. 9:00 - 10:30 AM

\$11.00/CLASS X WEEKS IN SESSION

COMETS: 7 YRS. OLD & UP (INTERMEDIATE)

TUES. 3:45 - 5:15 PM

THURS. 3:45 - 5:15 PM

SAT. 9:45 - 11:15 AM

\$11.00/CLASS X WEEKS IN SESSION

ADVANCED & COMPETITIVE TEAM: 7 YRS OLD & UP

MON. 5:00 - 8:00 PM

WED. 5:00 - 8:00 PM

THURS. 5:00 - 8:00 PM

SAT. 9:45 - 12:45 PM

\$13.00/CLASS X WEEKS IN SESSION OR \$152.00/MONTH

PAYMENT POLICIES

*AN ADMINISTRATION FEE OF \$25.00 FOR ONE STUDENT OR \$40.00 FOR A FAMILY

MEMBERSHIP IS DUE AT THE FIRST CLASS. THE FEES RUN SEPT - AUG. IF YOU BEGIN IN

JUNE - AUG. YOU WILL PAY YOUR FIRST FEE IN SEPT.

*ALL PARENTS MUST SIGN A WAIVER FORM BEFORE YOUR CHILD MAY BEGIN CLASSES.

*CLASS PAYMENTS ARE DUE ON YOUR CHILD'S 1ST CLASS OF EACH SESSION.

A \$5.00 LATE PAYMENT FEE IS APPLIED TO ACCOUNTS OVER DUE

*MAKE-UP CLASSES ARE AVAILABLE AND CAN BE MADE UP AT ANY TIME DURING THE

SESSION. THERE WILL NOT BE A CARRY OVER FOR MISSED CLASSES FROM SESSION TO

SESSION.

*FAMILIES WITH 2 OR MORE CHILDREN MAY PAY 50% OF AMOUNT ON 1ST CLASS AND

BALANCE DUE AT MID-POINT OF THE SESSION.

*IF YOU HAVE PAYMENT CONCERNS PLEASE LET US KNOW IN ADVANCE.

*STUDENTS MAY JOIN AT ANYTIME. THE SESSION WILL BE PROGRADED.

*DRESS CODE: GIRLS: LEOTARDS (NO SKIRTS OR TIGHTS WITH FEED), SHORTS/SWEAT PANTS, T-

SHIRTS (NO CROPPED SHIRTS OR MID DIRTYS SHOWING), HAIR PULLED BACK IN HAIR THE NO

JEWELRY (STUDS ONLY). ONLY SPORT BRAS MAY BE VISIBLE. BOYS: SHORTS/SWEAT PANTS,

T-SHIRT. NO BELL LOOPS OR ZIPPERS.

*OUR ANNUAL SPRING EXHIBITION WILL BE ON MAY 19TH. OUR BIG DIPPERS I & II AND

SHOOTING STARS WILL PERFORM AT 2:00PM - 3:00PM AND THE COMETS AND ADVANCED

CLASSES WILL BEGIN AT 4:30PM - 6:00PM. ALL THE CLASSES WILL SHOW OFF WHAT THEY

HAVE LEARNED THROUGHOUT THE YEAR WITH SPECIAL DANCES AND PERFORMANCES.

EACH STUDENT WILL RECEIVE A CERTIFICATE AND A PRIZE.

Fitness Plus Aerobic/Exercise Schedule

MON. - WED. - FRI. 8:30 - 9:30AM

\$40.00 UNLIMITED MONTHLY, \$50.00/12 CLASSES

WALK-INS WELCOME - \$6.00/CLASS

CLASS CONSISTS OF WARM-UP, CARDIO, TONING AND

COOL DOWN. BRING INDOOR SHOES ONLY, MAT & WATER

BEGINNERS TO EXPERIENCED WELCOME

THE TIME IS NOW TO COMMIT TO A HEALTHIER LIFESTYLE!