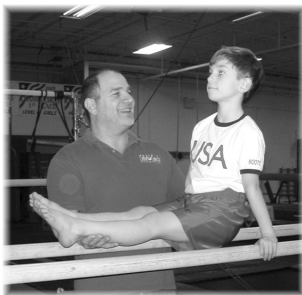


Aerials *after* School

A unique, active, high quality, After School program for boys and girls enrolled at East Pikeland Elementary, Schuylkill Elementary or Renaissance Academy.

PHILOSOPHY



At Aerials, we provide children with an ideal environment for having fun while enhancing physical coordination, agility, endurance, strength, balance and motor skills. The Aerials Fit'n'Fun program builds confidence through success.

We believe that small successes build confidence. That new-found confidence leads to bigger successes and an even higher level of confidence. Through this progressive "success-confidence-success" method we help athletes understand how to set realistic goals and then achieve them.

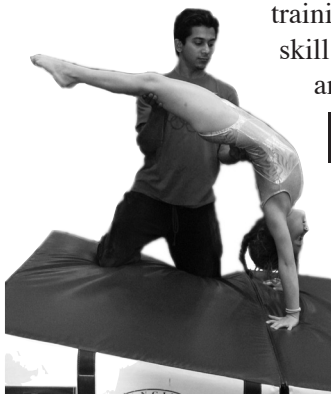
PROGRAM

The Aerials After School program is designed to encourage and advance boys and girls ages 6 to 10 with instruction in gymnastics and total fitness activities. The children participate in 3 to 5 rotations of progressive gymnastics instruction on all Olympic events and trampoline. Additional Skill training includes Flexibility, Strength Training and Movement.



SCHEDULE

Children are picked up at their school and transported to our facility in the Shoppes at Valley Forge. Children change, have a parent provided snack and begin the instructional portion of our program combining a good dose of flexibility, a heaping helping of conditioning and strength training, and of course, gymnastics skill training on all Olympic events and trampoline.



DATES / TIMES

YOU CAN START ANYTIME!

Classes offered every Monday. Your child is available for pick up at 5:00 pm

FEES



Fee is pro-rated when joining after a session begins.

9 Week Session:	\$177
Annual Family Registration:	
Current Members	No Charge
Non-Members	\$40

SIGN ME UP!



You can enroll **ONLINE** or simply drop by the Aerials Fit'n'Fun and register your child. If stopping by is inconvenient, then call us at **610-983-9044** and we'll complete your registration and payment info over the phone. And keep in mind, things tend to book up quickly. Should you have any questions about our programs, please call. We look forward to hearing from you.

FEATURES

- Conditioning for COOL FUN!
- Professional, adult staff.
- 8/1 student, adult teacher, ratio.
- 15,000 feet of fantastic gymnastics and sports equipment.
- Two in ground trampolines, the safest way available.
- A 30' long tumbling trampoline.
- 3 in-ground landing areas filled with 12,000 foam cubes.
- Instruction for girls on all Olympic Events!
- Group Challenge activities.
- Cooperative problem solving training.
- Our staff is Safety Certified by U.S.A Gymnastics.
- Aerials is a Member Club of the U.S.A Gymnastics.
- Aerials is a Junior Olympic Training Center.



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WWW.AERIALSGYMNASTICS.COM