

# Aerials Fit 'n' Fun Gymnastics

First Time? Schedule your Personal

Instruction Preview (PIP) Call 610-983-9044 Today!



## Parent Participation Classes

**SuperParents 12 months - 3 years old, 45 minutes**

Mon 9:30	Wed 1:30	
Tue 10:30	Thur 9:30	Sat 9:00
Tue 6:00	Fri 9:30	

**Instructional Classes, School Age**  
Girls School Age, Beginner, 55 minutes

Mon 4:00	Tue 7:00	Thu 5:00
Mon 5:00	Wed 4:00	Thu 7:00
Mon 6:00	Wed 5:00	Fri 6:00 <b>DROP IN</b>
Tue 4:00	Wed 6:00	Fri 7:00 <b>DROP IN</b>
Tue 5:00	Thu 4:00	Sat 9:00

To better serve our young families, **ALL** Parent Participation classes have 2 options:

A: "Drop In" ANY DAY for SuperParents class.

B: "Unlimited Classes" Pay in full when you start: Come to any class, any time, as many times as you like!

All Session Long! **Unlimited Classes, No Worries, Just great fun!**

**Girls School Age Intermediate, 55 minutes, by evaluation**

Mon 4:00	Wed 5:00	Thur 7:00*
Mon 5:00	Wed 6:00	Fri 6:00 <b>DROP IN</b>
Tue 5:00	Wed 7:00	Fri 7:00 <b>DROP IN</b>
Wed 4:00	Thur 4:00	Sat 11:00

## Instructional Classes, Pre-School

**GymKids 3 years old, 45 minutes**

Mon 9:30	Tue 5:00	Thur 10:30
Mon 10:30	Tue 6:00	Thur 1:30
Mon 1:30	Wed 9:30	Thur 5:00
Mon 6:00	Wed 10:30	Thur 6:00
Tue 9:30	Wed 1:30	Fri 10:30 <b>DROP IN</b>
Tue 10:30	Wed 6:00	Sat 9:00
Tue 1:30	Wed 7:00	Sat 10:00

**GymKids 4 - 5 years old, girls & boys Beginner, 55 minutes**

Mon 9:30	Tue 4:00	Wed 7:00
Mon 10:30	Tue 5:00	Thur 9:30
Mon 1:30	Wed 9:30	Thur 4:00
Mon 4:00	Wed 10:30	Thur 6:00
Mon 5:00	Wed 1:30	Fri 10:30 <b>DROP IN</b>
Mon 6:00	Wed 4:00	Fri 1:30 <b>DROP IN</b>
Tue 10:30	Wed 5:00	Sat 9:00
Tue 1:30	Wed 6:00	Sat 10:00

**GymKids 4 - 6 years, Intermediate, 55 minutes, by evaluation**

Mon 1:30	Thu 10:30	Thu 5:00
Tue 9:30	Thu 1:30	

**SuperStars, ADVANCED, 4-6 years, 55 minutes, by evaluation**

Mon 5:00	Wed 1:30	Fri 9:30
Tue 1:30	Wed 7:00	Sat 11:00
Tue 6:00	Thu 6:00	



**Girls School Age, ADVANCED, 85 minutes, by evaluation**

Mon 4:00	Tue 7:00	Sat 10:00
Mon 7:00	Wed 4:00	

**BOYS 4-6, Beginner, 55 minutes**

Mon 11:30

**BOYS 5-6, Intermediate, 55 minutes, by evaluation**

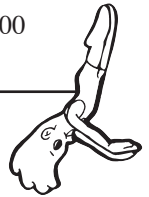
Tue 6:00 Fri 1:30 **DROP IN**

**BOYS School Age, Beginner & Intermediate, 55 minutes**

Mon 6:00 Thu 5:00  
Wed 7:00

**BOYS, ADVANCED, 85 minutes, by evaluation**

Tue 6:00 Thur 6:00



**Boys and Girls Tumbling & Trampoline**  
9 years old and up 55 or 85 minutes

Mon 7:00 **DROP IN** Thur 7:30 **DROP IN**

First Time? Schedule your Personal Instruction Preview (PIP)  
Call 610-983-9044 Today!

## **NEW** Circus SILKS

Athletes will learn about many skills including climb to the top invert, clean hip key, straddle climbs, dive (salto), star drop, side descent, hip key, footlock double crochet from the mat, 360 1/2 roll on both sides, cross back straddle and more.



Wed 8:00 **DROP IN** Fri 5:00 **DROP IN**



A program that is skill based, fast-paced and geared just for little boys (and girls) on energy overload! Our Ninja training program will combine military style obstacle courses to develop strength and speed, gymnastics tumbling, and 'ninja' style moves just like what you would see in a video game or in the movies! See Miss Rikki for days and times.

## **I Wanna Flip!**

Let us teach your child the proper way to do a back and front flip on the trampoline. 30 minute personal instruction available for school age boys and girls and all adults. Schedule with Mr. Ryan.



1

Pick an appropriate age and class time that suits your schedule, then register online or . . .

2

Visit or call Aerials to check for class availability and for current family registrations.

3

Payment by Check, Cash or CREDIT CARD reserves your class. This is the only way to hold your class.

**You can ENROLL ON LINE! visit [aerialsgymnastics.com](http://aerialsgymnastics.com)**

# Winter Spring 2016 Session Dates and Fees

**January 4 - June 11**

*No Classes: 5/30*

**Day Camps**

Jan 18 / Feb 11, 12, 15

March 23, 24, 25, 28, 29, 30, 31 / April 1, 26 / May 27

## Session Enrollment Specials

- ✓ Same child, second class, **Pay 1/2 price.**
- ✓ Family discounts for multiple children. **4th child FREE**
- ✓ **UNLIMITED SuperParents Class**
- ✓ **Great \$\$ savings and a special gift, a complimentary Date Nite, valued at \$30, when you pay in full before the session begins.**

**You can start anytime during a Session**  
starting after January 10... we will prorate your fee.

## Tuition for Fit'n'Fun 23 weeks

1X week, 45 min, 3 easy payments\* of \$163 or pay in full \$476

1X week, 55 min, 3 easy payments\* of \$173 or pay in full \$505

1X week, 85 min, 3 easy payments\* of \$253 or pay in full \$736

1st payment due 12/14-20, 2nd due 2/15-20, 3rd 4/18-23

Yearly family registration \$50

\*The balance for the Session is pro rated thereafter. Customers must have Credit Card on file for electronic payments\* *The balance for the Session is pro rated thereafter, Customers must have Credit Card on file for electronic payments.*

## Additional Aerials Programs

### Aerials *after* School

*After School Pick Up Service*

A fantastic and convenient program where we pick up children at their elementary school and shuttle them to Aerials for Fit'n'Fun activities.

Aerials combines our unique gymnastics based programming and fitness training for children whose parents can't bring them in the evenings due to time constraints. Parents know the difference our classes make for children preparing to participate in other sports and don't want to miss out. Parents can pick up their children after class at 5:30. Simply add \$85 to the session fee.



**No TV, No Video Games, No Couch Potatoes!**  
**We're all FUN FLIPS AND FRIENDS!**

Mondays: East Pikeland Elementary

Tuesdays: Renaissance Academy / Valley Forge Montessori School

Wednesday: Schuylkill Elementary

Thursday: Vincent Elementary

**EXCEL AT ANY SPORT  
THE AERIALS FITNESS WAY!**



### Home School



The Aerials HomeSchool program provides a well rounded fitness experience. Focus of this class is on basic gymnastics skills plus fitness such as jump rope, running, sit-ups, pushups, and other conditioning. Specifically designed for boys and girls that are home-schooled and carefully constructed to address each child's needs and skill level in an environment that promotes physical fitness, self-discipline and self-confidence. We can create a class for any age or group of children that will satisfy your PE requirements. Great for Cyber School students.

### Birthday Parties

A great surprise for any child is a birthday party at Aerials. Your young guests will love the thrills of personal gymnastics instruction and the unique equipment that's only available at Aerials.



**NEW: Ask for the Ninja Zone Party, ages 6+**

Awesome for them. A piece of cake for you. Just bring along the birthday child, their friends, and a cake, and we'll take care of the rest ... including the mess. Great for Field Trips, Sports Teams & Scout Troops! Available Saturdays and Sundays.

**Call to schedule your party now!**



## Parents Date Nite

Mark your calendars EVERY Saturday! Take advantage of this opportunity to go out and enjoy YOURSELF. Drop off your POTTY TRAINED children ages 3 & up, from 6 PM - 10 PM. Members: only \$25 for the first child; \$15 for each sibling. Non Members: \$30 each / \$20 for siblings.



Includes pizza, inflatables and FUN. Offered

Saturdays during the school year, excluding holidays. Plan now and bring your friends. Limited enrollment, call today to reserve your spot.



**Dads, Surprise the Little Misses with a romantic dinner, MAKE THE CALL! It's easy!**

## Private Lessons



The staff at Aerials have both the knowledge and experience to offer a wide variety of instruction that are of benefit to athletes and coaches. We are fully prepared to customize each

session to meet the specific needs of each athlete. The Aerials Gymnastics Center is an ideal environment for enhancing physical coordination, agility, endurance, strength, balance and motor skills.



Personal instruction is instrumental in developing skill levels and confidence. Lessons can be 30 or 60 minutes, private or semi private. Offered for all ages and skill levels from beginner to Elite athletes.



## AERIALS DAY CAMPS

Jan 18 Feb 11, 12, 15  
March 23, 24, 25, 28, 29, 30, 31  
April 1, 26 May 27

In service days and holidays for PASD, SFSD and OJRSJ are coming and with so many days off from school, what's a kid to do? We've got just the thing, Aerials Day Camps!

Aerials Camps are for all boys and girls from K - 7th grade and features - Gymnastics on all Olympic events, trampoline, tumbling, sports skills, **NEW American Warrior Training, Ninja Zone**, FUN inflatables and games, and arts & crafts. Before and after care for working parents.

**Time:** 9:00 am - 1:00 pm OR  
9:00 am - 4:00 pm  
**Ages:** K 3\* - 7th grade. (\*potty trained)

**Lunches:** Because each child has unique dietary requirements, we ask that parents send along a sack lunch with your child.

**Snacks:** A mid-afternoon snack is also provided. (Children with severe [life threatening] food allergies are required to bring their own snacks.)

**Tuition:** Members: **Full day** \$50, \$45 siblings  
**Half day** \$30, \$25 siblings  
Guests: **Full day** \$55, \$50 siblings  
**Half day** \$35, \$30 siblings

AM care: 8:00 - 9:00 am PM care: 4:00 - 5:00 pm \$10

Aerials family discount always applies for all immediate family members attending camp on the same days and your 4<sup>th</sup> child is ALWAYS FREE.

Register Online at [www.Aerialsgymnastics.com](http://www.Aerialsgymnastics.com)  
Questions? Call 610-983-9044 or  
email: [Julie@aerialsgymnastics.com](mailto:Julie@aerialsgymnastics.com)  
or [Rikki@aerialsgymnastics.com](mailto:Rikki@aerialsgymnastics.com)

**You can ENROLL ON LINE! visit [aerialsgymnastics.com](http://aerialsgymnastics.com)**

# "Drop-In" Class Only at AERIALS

To better serve our young families,  
**ALL** Parent Participation classes have 3 options:  
A: **FREE** for all Gymfants and Tots of Fun!  
B: "Drop In" ANY DAY for SuperParents class.  
C: Pay in full when you start: **Come to any class or time, as often as you like!** All Session Long! **Unlimited Classes, No Worries, Just great fun!**



The "Drop In" Class is the perfect solution for the busy family that has a lot of irons in the fire. Work and family commitments may prevent a child's participation at Aerials because they would miss so many classes. Not anymore.

At Aerials we offer "Drop In" classes for every class on Fridays. "Drop In" classes are not "Make Up" classes.



Parents agree, this is a great way to enjoy gymnastics with no pressure. Perfect! **All of our FRIDAY Instructional classes will be offered as a "Drop in" class.**

✓ No weekly commitment.

- ✓ Bring friends and family.
- ✓ Come 2X on Friday if you like.
- ✓ Build skills every week

So Relax . . . **no commitment, no missed class.**  
Just really fun gymnastic classes the Aerials way!

Simply call or email the week of class (or before) and sign up. Class fills up quickly, so plan ahead. Bring your friends. Payment reserves your spot.

## "Drop In" Students

For all Parent Participation and Friday Classes

Simply call or email the week of class and sign up. Class fills up quickly so plan ahead. Bring your friends. Payment reserves your spot.

If your children want to improve their skills but cannot come every week, then this is the perfect class for them. A great way for your children to learn skills, keep active and stay fit. Class size is limited.

45 or 55 minutes: \$22 per class members\* / \$25 per class non-members

85 minutes: \$32 per class members\* / \$36 per class non-members

**NEW** Is this your second class of the week? pay only \$10

Family and friends (visiting children who are not current members) are welcome to join in to "Drop In" class.

Pack them in the minivan and come on over.

The children are divided by age and ability.

Visitors and guardians need to complete a simple registration form before they can participate.



**"My new baby is so unpredictable so planing anything for 3 or 4 weeks in a row is an impossibility. "Drop In" Class is perfect."**

*"Soccer, tee ball, swimming, . . . can't fit it all in. But my kids LOVE Aerials. So now we "Drop in" a couple times a month, and we are set!"*

**"We like to travel often in the summer but don't like to miss gymnastics. Thanks for the "Drop in".**

*"Every Friday is my kids play group, and when it's my turn to lead, we head to Aerials "Drop In". I'm the hero!"*

call 610.983.9044  
email: [info@aerialsgymnastics.com](mailto:info@aerialsgymnastics.com)

**I  
WANT  
YOU!**

Sure it's been a few years and a bunch of kids later, but you still have it.

Maybe you played sports as a kid. Maybe you were a teacher before the kids came along and had to stop working full time.

Maybe you remember the teacher that said just the right thing, just the right way, and it clicked for you. Maybe you're the one who needs to join the Aerial's team.

**Former  
athletes  
teachers  
gymnasts  
dancers  
acrobats  
sports fans  
& parents.**

Take it from a guy who was as low on the athletic ability pole as you could be. But I loved to teach kids and watch the excitement in their faces when they learned something new. You know, when they say, *"I DID IT!"*

Sports changed my life. It gave me opportunities I would never have had otherwise. World travel, Olympic competition, meeting and sharing with every strata of life, waking up every day loving what I do and being able to change young lives for the better

along the way. Being a *"Difference Maker."* That's you. Somewhere inside you think, *"I can make a difference?"*

I am looking for "Difference Makers." One day each week, a few hours each time. Learn what we do and how we do it.

*"But I don't know anything about this stuff"* you're thinking. Welcome, you're in good company. A young teacher in a foreign country who was too big to do gymnastics became a history teacher instead. A co-worker encouraged him to get involved at the local gymnastics club. "You're a great teacher," the friend said. You know him as Mr. Olympics himself, Bela Karolyi. I could go on, but you get the idea.

Think about it. Get involved.

Email us today.

Be a *"Difference Maker."* We look forward to hearing from you.

Rick Palumbo,  
Aerials Fit'n'Fun Gymnastics  
info@aerialsgymnastics.com

## Parents Please Read . . . .

\*) **Your child can begin the Aerials program at anytime** during the session, depending entirely on space availability, which is at a premium between September and May. **Your tuition would be prorated.**

\*) A 8 - 12 minute warm up begins each class. It helps the students to develop flexibility and strength while preparing for skill building. **Please be on time.**

\*) A gymnastics leotard is the preferred attire for girls, shorts and a T-Shirt for boys. These items are available at the "Tumblewear" clothing shop. For safety, leotards with attached skirts are not permitted. Children should remove all jewelry and tie shoulder length hair back.

\*) Billing reminders, for the EASY Payment program, and the due date will be posted in the gym & E-mailed prior to the next Session.

\*) Snow days & pre-scheduled holidays will be made up on Fridays unless otherwise posted. We are unable to replace the class on another day or time.

\*) **There are no make up classes**, we will assist in an emergency as space allows and during their current Session. No carry over to future Sessions.

\*) A non-refundable \$50 annual family membership fee is due upon enrollment. The membership fee provides a discount for other services available i.e., Date Night, Parties and private lessons. This fee is not included in the class fee.

\*) Fees may be paid by MASTERCARD, VISA, DISCOVER, check or cash. Make check payable to Aerials and write the name of the person attending class, day, time and phone number on each check.

\*) For parents who want to reserve their child's spot, full payment is required at registration or valid Credit Card data to participate in the EASY Payment program where your fee is divided into two equal payments.

\*) **Credit cannot be given for vacations, sporting events, missed class, etc.**

\*) Payment is required before the Session begins and can be made as follows:

45 min, 1X weekly, **3 easy payments of \$163**  
or \$476 in Full (save \$14) and a **FREE** Date nite if enrolled before 1/4/2016

55 min, 1X weekly, **3 easy payments of \$173**  
or \$505 in Full (save \$15) and a **FREE** Date nite if enrolled before 1/4/2016

85 min, 1X weekly, **3 easy payments of \$253**  
or \$736 in Full (save \$22) and a **FREE** Date nite if enrolled before 1/4/2016

**\*The balance for the Session is pro rated thereafter,  
Customers must have Credit Card on file for electronic payments**

\*) The EASY Payment program is automatic and will be made by our office using your Credit Card on our secure on-line system.

1st payment due 12/14 - 20, 2nd due 2/15 - 20, 3rd 4/18 - 23.

\*) **ALL PAYMENTS ARE NON-REFUNDABLE**

\*) **To withdraw:** Parents must complete a withdraw slip, at least 3 weeks prior to the requested withdraw date, and present it to the office for processing.

\*) Parents are not allowed in the gym unless accompanied by a staff member. NO STREET SHOES are permitted in the gym. They carry dirt and possibly small pieces of rock or glass and can leave residue that can be harmful to the children.

\*) Parents who wait with children in the lobby must maintain control and supervision of their child. No running, ball playing, climbing, etc. . . is to be permitted. Good books and homework works well.

\*) No soccer cleats or shoes with wheels are permitted in the lobby, hallway or gym. Please leave them in the car.

