

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 STRICTLY LIMITED TO 13 children. The program is designed to encourage and advance children ages 6 to 10 with instruction in gymnastics. 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

SCHEDULE



and Movement. Children are picked up at their school and transported to our facility in the Shoppes at Valley Forge. Children change, have a 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

- Mondays- East Pikeland Elementary
- Tuesdays: Renaissance Academy
- Wednesday: Schuylkill Elementary
- Thursday: Schuylkill Elementary

Pick up at Aerials: for all students, 5:00pm

FEES

9 week Session \$172
YOU CAN START ANYTIME!
 Fee is pro-rated when joining after the session begins.
 Annual Family Registration Fee:
 Aerials Members No Charge
 Non-Members \$40

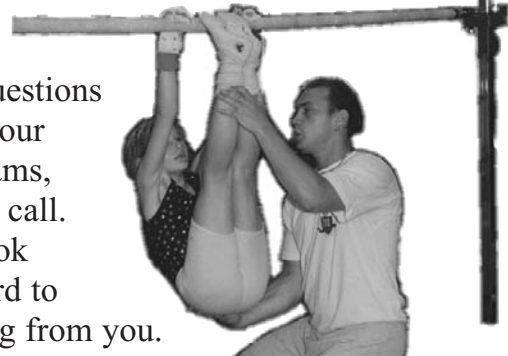
SIGN ME UP!



Simply drop by the Aerials Fit'n'Fun Center and register your child. If stopping by is inconvenient, then call us at 610-983-9044 and we'll complete

your registration and credit card payment information over the phone. And remember, with only 13 athletes each day, things tend to book up quickly. Should you

have any questions about our programs, please call. We look forward to hearing from you.



FEATURES

- ♦ Air Conditioning for COOL FUN!
- ♦ Limited to 13 children each day.
- ♦ Professional, adult staff.
- ♦ 8/1 student, adult teacher, ratio.
- ♦ 15,000 feet of fantastic gymnastics 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 the United States Gymnastics Federation.
- ♦ Aerials is a Member Club of the United States Gymnastics Federation.
- ♦ Aerials is a Junior Olympic Training Center.



Aerials Fit'n'Fun Gymnastics Center
238 Schuylkill Road
The Shoppes at Valley Forge
Phoenixville, PA 19460

Aerials*after***school**



Aerials *after* School



A unique, high quality, After School program for Elementary School students at Aerials Fit'n'Fun Gymnastics Center

For boys and girls enrolled in K-5 at East Pikeland Schuylkill and Renaissance Academy



AERIALS
FIT'N'FUN
GYMNASTICS