

Aerials Fit 'n' Fun Gymnastics

In the Shoppes at Valley Forge between Payless Shoes and Tuesday Mornings.

Is this your First Time at Aerials?

Schedule your Personal Instruction Preview (PIP)

Call 610-983-9044 Today!



Parent Participation Classes

Tots of Fun 16 months - 24 months, 45 minutes

Mon 10:30 Wed 7:00

SuperParents 22 months - 3 years old, 45 minutes

Mon 9:30 Tue 7:00 Fri 9:30
 Mon 1:30 Wed 10:30 Sat 9:00
 Tue 9:30 Thur 9:30 Sat 11:00



Recreation Classes, Pre-School

GymKids 3 years old, 45 minutes

Mon 9:30 Tue 7:00* Thur 1:30
 Mon 10:30 Wed 9:30 Thur 5:00
 Mon 12:30 Wed 10:30 Thur 6:00
 Mon 1:30 Wed 12:30 Fri 9:30 **NEW**
 Tue 9:30 Wed 1:30 Fri 10:30 **NEW**
 Tue 10:30 Wed 5:00 Fri 12:30 **NEW**
 Tue 12:30 Wed 6:00 Sat 9:00
 Tue 1:30 Wed 7:00* Sat 10:00
 Tue 5:00 Thur 10:30
 Tue 6:00 Thur 12:30

**class 55 minutes*

GymKids 4 - 6 years old, girls & boys Level 1, 55 minutes

Mon 9:30 Tue 5:00 Wed 7:00*
 Mon 10:30 Tue 6:00 Thur 9:30
 Mon 12:30 Tue 7:00* Thur 12:30
 Mon 5:00 Wed 9:30 Thur 4:00
 Mon 6:00 Wed 10:30 Thur 6:00
 Tue 10:30 Wed 1:30 Fri 10:30 **NEW**
 Tue 12:30 Wed 4:00 Fri 1:30 **NEW**
 Tue 1:30 Wed 5:00 Sat 10:00
 Tue 4:00 Wed 6:00 Sat 11:00

GymKids 5-6 years, Level 2, 55 minutes, by evaluation

Mon 1:30 Thu 10:30
 Tue 9:30 Thu 1:30
 Wed 12:30 Thu 5:00

SuperStars, Level 3, 4-6 years, 55 minutes, by evaluation

Tue 6:00 Wed 1:30 Sat 9:00
 Wed 9:30 Thu 6:00

Recreation Classes, School Age

Girls School Age, Level 1, 55 minutes

Mon 4:00 Wed 4:00 Thu 7:00*
 Mon 6:00 Wed 6:00 Sat 9:00
 Tue 4:00 Thu 4:00 Sat 10:00
 Tue 7:00* Thu 5:00 *55 or 85 minutes

Girls School Age, Level 2, 55 minutes, by evaluation

Mon 4:00 Wed 4:00 Thur 7:00*
 Mon 5:00 Wed 5:00 Sat 11:00
 Tue 5:00 Wed 6:00
 Tue 7:00* Thur 4:00 *55 or 85 minutes

Girls School Age, Level 3, 85 minutes, by evaluation

Mon 4:00 Wed 4:00
 Mon 7:00 Sat 11:00

BOYS 4-6, Level 1, 55 minutes

Mon 12:30 Fri 12:30 **NEW**

BOYS 4-6, Level 2, 55 minutes, by evaluation

Tue 12:30 Tue 6:00 Fri 1:30 **NEW**

BOYS 4-6, Level 3, SuperSports, by evaluation

Tue 1:30 Thu 5:30

BOYS School Age, Level 1, 55 minutes

Mon 6:00

BOYS School Age, Level 2, 55 minutes

Thu 6:30

BOYS ADVANCED, Level 3, 85 minutes, by evaluation

Tue 4:00 Thur 4:00

Tumbling & Trampoline 9 years old and up 85 minutes

Mon 7:00 Thur 7:30



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

I Wanna Flip!



Every kids wants to flip, adults too! Let us teach you the proper way to do a back or front somersault on the trampoline (in a spotting harness if necessary). Thirty minute personal instruction available for school age boys and girls and all adults. Schedule with Mr. Tim.



Pick an appropriate age and class time that suits your schedule.



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



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

Session Dates and Fees

You can start anytime during a Session
... we will prorate your fee.

Session 3: January 16 - March 17

Session 4: March 19 - May 21

No Classes: 4/8 & 4/9

Tuition for Fit'n'Fun and Kick'n'Fun:

1X per week, 45 minutes, \$166

1X per week, 55 minutes, \$177

1X per week, 85 minutes, \$245

Yearly family registration \$40

Enrollment Specials

- ✓ Same child, second class, Pay 1/2 price.
- ✓ Family discounts for multiple children.

Additional Aerials Programs

Aerials *after* School

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 who's 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 simply pick up their children after class.

No TV, No Video Games, No Couch Potatoes!

Mondays: East Pikeland

Tuesdays: Renaissance Academy

Wednesdays and Thursdays: Schuylkill

**EXCELL 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.

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.

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! Parties available Saturday and Sunday.

Call to schedule your party now!



Kick'n'Fun Soccer

Soccer for Kids



Kick'n'Fun Class Programs

An introduction to soccer movement and skills for boys and girls ages 20 months to 5 years old. A great way to prepare children for the real field action. We work together to develop listening skills, balance, ball skills, hand-eye and foot-eye coordination.

Kick'n'Fun Class Days & Times

Parent Participation Classes

Kick'n'Tots 20 months - 3 years 45 minutes

Sat 10:00

Recreation Classes

Kick'n'Kids 3 - 4 years old 45 minutes

Mon 6:00 Sat 9:00

Kickers 4 - 5 years old 55 minutes

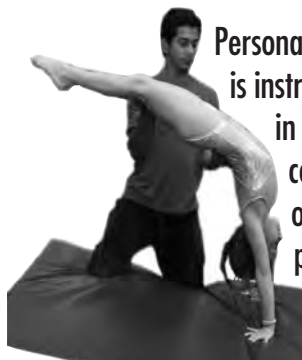
Monday 7:00 Wed 6:00 Sat 11:00

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 Starz

All Star Cheer

Aerials is now offering Cheerleading classes!! Classes are available for girls in grades K-8th.

From aspiring to experienced cheerleaders, this program is a great way to help children grow in athleticism and shine with confidence. No experience is necessary!



Schedule

K - 2nd grade: Thur 6:00 - 6:55

3rd - 5th grade: Tues 6:00 - 6:55

Thur 7:00 - 7:55

6th - 8th grade: Tues 7:00 - 7:55

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; \$12 for each sibling. Non Members: \$30 each / \$15 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.



Dad's Surprise the Mrs with a romantic dinner, make the call!

TIME TO THINK SUMMER CAMP!

Gymnastics & Sports Camp

All Age Sessions ages 3 and up for boys and girls

- | | | |
|----------------------|-------------------------|-----------------------------|
| #1) May 29 - June 1* | #6) July 2 - 3, 5 - 6** | #11) August 6 - 10 |
| #2) June 4 - 8 | #7) July 9 - 13 | #12) August 13 - 17 |
| #3) June 11 - 15 | #8) July 16 - 20 | #13) August 20 - 24 |
| #4) June 18 - 22 | #9) July 23 - 27 | * 4 days |
| #5) June 25 - 29 | #10) July 30 - August 3 | **split week, closed July 4 |

Camp's a great way to build good fitness habits that will last a lifetime. Aerials Camps are half day 9:00 am to 12:00 pm, or 9:00 am to 1:00 pm, 3 or 5 days, and full day 9:00 am to 4:00 pm daily. Before and after care available.

You can ENROLL ON LINE! visit aerialsgymnastics.com

HIP HOP DANCE

FOR BOYS & GIRLS / 5 - 18

Join Miss Lyndi for "Hip Hop"



Tuesday and Wednesday

6:00-6:55 Boys & Girls 5 - 8 years **TUE**
7:00-7:55 Boys & Girls 8 -13 years **TUE**
7:00-7:55 Boys & Girls 14 -18 years **WED**

Members Rates: \$10/class (buy as many classes as you want)

Non Members: \$12/class

**You can come every week or
you can drop in, just call
or e-mail ahead, space
is limited. Hope to see
you soon!**



Call us at 610-983-9044 or email to
info@aerialsgymnastics.com
to reserve a spot.

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 you lost all the time you had to work. 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 Aerials team.

**Former
athletes
teachers
gymnasts
dancers
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 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 today. 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

Gymnastics, Cheer & Dance

*) New students can begin at any time during the Session. Remaining classes will be pro-rated.

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

*) A gymnastics leotard is the preferred attire for girls, shorts and a T-Shirt for boys. These items can be purchased 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. Shorts with a tee is suitable for cheer, and a leo for dance.

*) Billing reminders and the due date will be posted & E-mailed in the gym prior to the next Session.

*) For parents who want to reserve their child's spot, full payment is required at registration.

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

*) Payment is required before the Session begins.

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

*) 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 \$40 annual family membership fee is due upon enrollment. 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.

Soccer

Soccer students For safety & sanitation all participants enrolled in Kick'n'Fun are required to abide by the following guidelines:

FOOTWEAR

*) Children are to bring clean, dry sneakers (no cleats) & socks to change into once they arrive at the gym. Do not wear their STREET SHOES into the gym.

*) It is recommended that children wear sneakers that velcro/tie, as opposed to slip-on styles which may fly off during a kick.

*) Adult participants: no shoes, only socks or bare feet in the gym, .

*) There are bins where you can leave clothing and footwear worn to the gym.

APPAREL

*) We provide a complementary Kick'n'Fun tee-shirt that children are expected to wear to each class.

*) Your little kickers should wear athletic shorts or pants, no jeans/khakis please.

ALSO

*) We have a refrigerated water fountain, drink up!

*) If you have any questions or concerns about the information listed, please see Miss Kim or Miss Julie.