



Aerials Fit 'n' Fun Gymnastics



In the Shoppes at Valley Forge next to STAPLES SUPERSTORE.

First Time? Schedule your Personal Instruction Preview (PIP)

Call 610-983-9044 Today!

Parent Participation Classes

Tots of Fun 16 months - 24 months, 45 minutes

125 Mon 10:30	127 Wed 7:00
126 Tue 9:30	128 Sat 10:00

SuperParents 22 months - 3 years old, 45 minutes

150 Mon 9:30	154 Wed 10:30
151 Mon 2:00	155 Thur 9:30
152 Tue 10:30	156 Sat 9:00
153 Tue 7:00	157 Sat 11:00

Recreation Classes

GymKids 3 years old, 45 minutes, (*selected class 55 minutes)

200 Mon 9:30	213 Wed 1:00
201 Mon 10:30	214 Wed 2:00
202 Mon 1:00	215 Wed 5:00
203 Mon 2:00	216 Wed 6:00
204 Tue 9:30	217 Wed 7:00*
205 Tue 10:30	218 Thur 9:30
206 Tue 1:00	219 Thur 10:30
207 Tue 2:00	220 Thur 1:00
208 Tue 4:00	221 Thur 2:00
209 Tue 6:00	222 Thur 4:00
210 Tue 7:00*	223 Thur 5:00
211 Wed 9:30	224 Thur 6:00
212 Wed 10:30	225 Sat 9:00
	226 Sat 10:00

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

231 Mon 9:30	245 Wed 10:30
232 Mon 10:30	246 Wed 1:00
233 Mon 1:00	247 Wed 2:00
234 Mon 2:00	248 Wed 4:00
235 Mon 5:00	249 Wed 5:00
236 Mon 6:00	250 Wed 6:00
238 Tue 10:30	251 Thur 9:30
239 Tue 1:00	252 Thur 10:30
240 Tue 2:00	253 Thur 1:00
241 Tue 4:00	254 Thur 2:00
242 Tue 5:00	255 Thur 4:00
243 Tue 6:00	256 Thur 6:00
244 Wed 9:30	257 Sat 10:00
	258 Sat 11:00

GymKids 5-6 years old, LEVEL 2, 55 minutes, by evaluation,

261 Wed 1:00	262 Thu 5:00
264 Tue 9:30	263 Sat 9:00

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

800 Tue 10:30	803 Wed 2:00
801 Tue 6:00	804 Thu 6:00
802 Wed 9:30	805 Sat 10:00

Girls School Age, LEVEL 1, 55 minutes,

300 Mon 4:00	304 Thu 5:00
301 Mon 6:00	305 Thu 7:00
302 Tue 7:00	306 Sat 10:00
303 Wed 6:00	

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

326 Mon 5:00	330 Wed 6:00
327 Tue 5:00	331 Thur 7:00*
328 Tue 7:00*	332 Sat 11:00
329 Wed 5:00	*55 or 85 minutes

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

725 Mon 4:00	727 Wed 4:00
726 Mon 7:00	728 Sat 11:00

Boys 4-6, LEVEL 1, 55 minutes,

400 Mon 1:00	402 Thu 10:30
401 Mon 4:00	

Boys 4-6, LEVEL 2, 55 minutes, by evaluation

416 Tue 10:30	418 Tue 6:00
417 Tue 1:00	

Boys 4-6, LEVEL 3, SuperSports, 55 minutes, by evaluation

431 Tue 9:30	433 Wed 5:30
432 Tue 2:00	

Boys School Age, LEVEL 1, 55 minutes,

446 Mon 5:30	447 Mon 6:30
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Boys School Age, LEVEL 2, 55 minutes, By Evaluation

461 Wed 6:30

Boys School Age ADV LEVEL 3, 85 minutes, By Evaluation

476 Mon 4:00	477 Wed 4:00
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Tumbling & Trampoline 9 years old and up 85 minutes

500 Mon 7:30	501 Thu 7:00
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I Just Wanna Flip!: Let us teach your child the proper way to do a back and front somersault on the trampoline. 30 minute personal instruction available for school age boys and girls.

This is Cool!



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



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



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

email us at info@aerialsgymnastics.com



Aerials Kick 'n' Fun Soccer

Soccer for Kids

Kick'n'Fun is more than just a great soccer program for kids. The solid teaching principals and techniques we have used to instruct 1000's of children we now bring to this outstanding sport. As always, our creative approach to teaching will have a positive impact on your child that goes far beyond a ball field. Our carefully designed, proven curriculum, and innovative teaching methods will enhance your child's overall growth and well-being. We help kids develop physical skills while providing a sense of achievement through the mastery of new skills. We have open enrollment so you can sign up your children anytime.

CALL 610.983.9044 TODAY to schedule a Personal Instruction Preview (PIP)

Kick'n'Fun Class Programs

Kick'n'Tots for 20 months -3 years, Parent Participation

Our Instructor directed program is for parents / guardians and their kids to play organized games together to develop listening skills, balance, ball skills, hand-eye and foot-eye coordination. Kick'n'Tots is a perfect introduction to the Kick'n'Kids class.

Kick'n'Kids for 3 and 4 years old.

Kick'n'Kids classes are designed to be fun and fast paced. Classes focus on building balance, coordination and fundamental soccer skills through creative play and also help develop listening skills, cooperation and teamwork. Kick'n'Kids classes are the first class where children participate without their parents.

Kickers for 4 and 5 years old.

The progression class for Kick'n'Kids II. More advanced skill development games are played. Emphasis is on teamwork.

Kick'n'Fun Class Days & Times

Parent Participation Classes

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

910 Mon 9:30	913 Fri 10:30
911 Wed 7:00	914 Sat 10:00
912 Thu 6:00	

Recreation Classes

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

950 Mon 10:30*	954 Thu 5:00
951 Tue 5:00	955 Fri 9:30*
952 Tue 7:00	956 Sat 9:00
953 Wed 6:00	* (3-5 year old class)



Kickers, 4 - 5 years old, 55 minutes

980 Tue 6:00	982 Thu 7:00
981 Wed 5:00	983 Sat 11:00

*Monday 10:30 & Friday 9:30 are 55 minute classes and available for children up to 5 years old.

PARENTS PLEASE: 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.
- ✓ Adult participants: no shoes, only socks or bare feet in the gym, .
- ✓ There are bins where you can leave footwear worn to the gym, as well as other clothing.

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) to each class.
- 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 Kristen.

SESSION DATES AND FEES

You can **START** anytime during a session!

Session 3: January 12 - March 15

Session 4: March 16 - May 24

No class: March 29 - April 3

Open for **SPRING BREAK CAMP!**

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

1X per week, 45 minutes, \$154

1X per week, 55 minutes, \$162

1X per week, 85 minutes, \$222

AERIALS SPECIALS
SAME CHILD, 2ND CLASS, 1/2 PRICE
2nd Child Enrolled 10% off
4th Child in same program FREE

Annual Registration Fee: \$40 per family.

Prices & classes are subject to change.

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 then pick up their children on the way home from work.

No TV, No Video Games, No Couch Potatoes!

Mondays: East Pikeland Elementary

Tuesdays: Renaissance Academy

Wednesdays & Thursdays: Schuylkill Elementary

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

Home  School

The Aerials HomeSchool program provides a well rounded fitness experience.

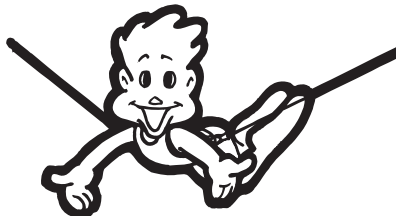
Focus of this class is on

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.

Party Time!

It's Time to plan your **Child's party** at Aerials
Saturdays and Sundays available NOW!

Plan ahead 4-6 weeks for the time you want.



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 are available every Saturday and Sunday. Call to schedule your party now!



EVERY SATURDAY!

Parents, take advantage of this opportunity to go out and enjoy yourself. Drop off your children ages 3 & up, from 6 PM - 10 PM.

Member rate \$25 first child, \$12 siblings. Non member rate is \$30 for the first child; \$15 for each sibling. Includes pizza, snack, and FUN. Enrollment will be limited, please reserve your space with the office.
CHILDREN MUST BE AT LEAST THREE YEARS OLD AND POTTY TRAINED.

call us at 610-983-9044

Parent Information

Parents Please Read

▼ New students can begin at any time during the Session. Remaining classes will be prorated.

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

▼ A leotard is the preferred attire for girls, shorts and a Aerials Tee 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.

▼ Billing reminders and the due date will be posted in the gym prior to the next Session.

▼ For parents who want to reserve their child's spot, full payment is due two weeks prior to the Session.

▼ **Credit cannot be applied for vacations, other sporting events, missed classes, etc.**

▼ Payment is required before the Session begins.

▼ **ALL PAYMENTS ARE NON-REFUNDABLE**

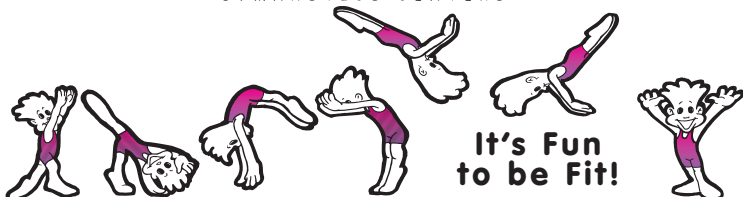
▼ Snow days & pre-scheduled holidays will be made up on Fridays unless otherwise posted. We are unable to replace the class on another day or time.

▼ **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, AMEX, 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.

AERIALS
FIT 'N' FUN
GYMNASSTICS CENTERS



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 Karoyli. 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

Mission Statement:

**"Our business is children.
Everything we do is dedicated to
building happy, healthy, confident
children."**

We do this by carefully designing our proven curriculum and innovative teaching methods around these underlying principles ...

- * To develop happy, healthy, responsible children;
- * To help children remain safe from harm;
- * To help children love to learn and accept challenges;
- * To help children understand, care about, and help others; learning to consider the preciousness of others .. all as you are providing a sense of achievement through the mastery of new skills.