

Your First Visit to Aerials?



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

Parents, This I know. Gymnastics based exercise is fantastic for children. The programs at Aerials provide a foundation of fitness and body awareness unmatched by any other physical activity. Some children tend to find the couch and TV more appealing than physical education. Wise parents, as well as the Mayo Clinic, the American Heart Association and the National Institute of Diabetes and Digestive and Kidney Diseases all agree; kids need exercise. Most children need at least an hour of physical activity every day.

Of course you know that regular exercise helps children:

- * Feel less stressed
- * Feel better about themselves
- * Feel more ready to learn in school
- * Keep a healthy weight
- * Build healthy bones, muscles & joints
- * Sleep better at night

A few children may complain because they have to do physical activity and so some would not, on their own, want to participate at all. **It's too hard Mommy!**

Enter Aerials Fit'n' Fun Gymnastics Center where the most important ingredient in our program is in our name: FUN.

Kids will gladly join an activity that

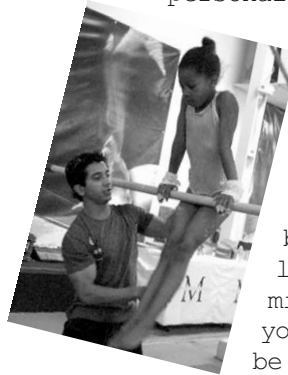


is really fun. At Aerials we "disguise" physical fitness exercises with fun activities and challenges. So the sore muscles after practicing a plank shape (push ups) or the uneasy feeling they would normally get while trying to balance on a beam (whoooo!) is not an issue. It's FUN!

Children hesitate joining programs because they are uncomfortable with the surroundings, they don't know other children or have not met the teachers, This is why we offer a Personal Instruction Preview (PIP).

Q: What is a Personal Instruction Preview (PIP)?

If you are NEW to Aerials, you can simply register and begin your lessons right away or you can set up a Personal Instruction Preview (PIP) lesson. The child, with their parent, is given personal instruction, based on our lesson plan that week, and a tour of the facility. This will give you an opportunity to see our gym and make sure your child is comfortable before their first group lesson. It takes about 20 minutes and will help your child's first class be a success!



Our sessions, your commitment, is 9 weeks but our programs go year round. Physical Education should not take a holiday.

So what should you expect?

The real value in our programs can only be measured over the long run. So give your child a chance. It takes a little while for those muscles to respond but it's worth the wait. An added benefit for the child going into team sports is an early knowledge and use of gymnastics. The skills learned at Aerials will greatly enhance the young athlete's ability to contribute while playing any sport. Simply put, the programs at Aerials build strong, flexible bodies and alert minds.

It's Fun to be Fit!

What do we do next?

1) Schedule your PIP appointment with the front desk, by calling 610.983.9044 or email at info@aerialsgymnastics.com.

2) Complete a registration form which you bring in with you BEFORE your lesson. Available on line or at the front desk.

3) Arrive at least 5 minutes prior to your appointment to properly prepare; change clothes, grab a drink, go to the bathroom, etc...

4) At the conclusion of your PIP you can go to the front desk, select the class of your choice, and make any necessary payments.

5) Easy breezy lemon squeezy!



"We are completely impressed with the staff and programs at Aerials. The PIP lesson really help our shy boy's transition to a full class."