

# New At Aerials For Summer Gymnastics!



Over the last 14 years, we have learned a few things about what to offer for summer gymnastics. One important point we have learned ... parents and kids want gymnastics in the summer. After all, we have all this free time. NO SCHOOL. However, every parent has the same obstacle - - **COMMITMENT!**

**Fear of missing classes is the number one reason that parents do not "Commit" to getting their kids to gymnastics**

**class in the summer.**

## The Solution

Last summer we held a school age Summer Supervised Training, a "drop in" class, offered the same time every week. Needless to say, it was a rousing success. Why not offer "drop in" classes to all of our students, all summer long, for every recreation program we offer. Parents we spoke to agreed and had the same response. Perfect!

let's DROP IN  
Aerials tonight!



That's what we thought! So starting June 16th, all of our summer recreation classes will be offered as a "Drop in" class.



- ✓ No weekly commitment.
- ✓ Bring friends.
- ✓ Come for only one class this summer.
- ✓ Come for every class this summer.
- ✓ Come 2X each week if you like.
- ✓ Build skills and have a great summer.

**So Relax . . .**

**no commitment,  
no missed class.**

**Just really fun gymnastic classes the Aerials way!**

**I like this idea!**

**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.**



# Classes offered beginning June 16th



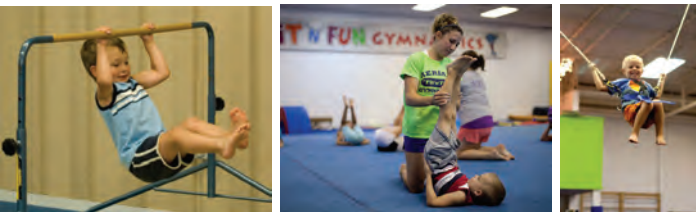
At Aerials, we believe that children learn best in a welcoming atmosphere, filled with positive reinforcement and happy people. Our preschool program is designed to use gymnastics and fundamental body movements as a platform to build and strengthen ones' confidence, positive self-image and problem solving skills in a supportive environment. With weekly gymnastic lessons promoting a confident "I can do that" attitude children develop skills that lay the foundation for success throughout all aspects of their lives.

## SuperParents (18 to 36 months)



This 45 minute "SuperParent" child & parent class introduces 18 - 36 month-olds to the Aerials environment. Children use mats, balls, parachutes, trampolines and more to discover the world around them, developing fundamental movement and problem solving skills along the way.

## GymKids (pre school 3 - 5 years old)



Aerials 3 - 5 year-old program is a 45 minute class for boys and girls. We combine fundamental gymnastics skills and FUN to enable students to develop confidence and self-esteem. The GymKids program provides a balanced lesson plan of gross motor skills, fitness, coordination, flexibility, strength and muscle development while learning the foundations of multiple sports at a young age.

## School Age 1 (6 + years old)

Class begins with a vigorous warm up and stretch time. Every class includes forward and backward rolls, basic jumps and locomotor skills for tumbling. On trampoline, correct bouncing and stopping, seat drops, front drops, back drops, jumps in different positions, half and full turns are taught. On apparatus, students will learn beginning support and suspension positions, the different hand grips that are used, and some beginning mounts and dismounts as well as correct landing technique.

## School Age 2 (8 years old and up)



Older children at Aerials work on all Olympic events and trampoline for a well-rounded gymnastics experience. Skills include beginning swing movements, casts and glides, development of control and strength in the handstand position, power and technique in the cartwheel, dive rolls, development of flexibility needed for tumbling, and introduction of front and back handsprings are emphasized.

*\*School age classes are divided by age, experience and/or skill each after the warm up and stretch period.*

# "Drop In" Class ? LOOK HERE

## Monday "DROP IN"

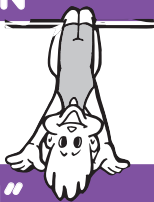
10:30	<b>SuperParents</b> 45 minutes	<b>3 - 5 years</b> 45 minutes
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## Tuesday "DROP IN"

10:30	<b>SuperParents</b> 45 minutes	<b>3 - 5 years</b> 45 minutes	
6:00	<b>SuperParents</b> 45 minutes	<b>3 - 5 years</b> 45 minutes	<b>All School Age 1 &amp; 2</b> 120 minutes
7:00	<b>Tumbling &amp; Trampoline</b> 85 minutes	<b>3 - 5 years</b> 45 minutes	

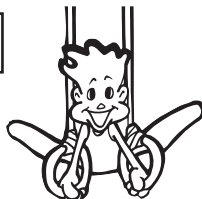
## Wednesday "DROP IN"

5:00	<b>GymKids</b> 3 - 4 years, 45 minutes	
6:00	<b>All School Age 1 &amp; 2</b> 120 minutes	



## Thursday "DROP IN"

9:30	<b>SuperParents</b> 45 minutes	<b>3 - 5 years</b> 45 minutes	
5:00	<b>Tumbling &amp; Trampoline</b> 85 minutes		
6:00	<b>3 - 5 years</b> 45 minutes		
7:00	<b>SuperParents</b> 45 minutes	<b>All School Age 1 &amp; 2</b> 120 minutes	



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.

### All students through School age Boys and Girls

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.

### SPECIAL Summer Pricing

**SuperParents** 45 minutes: \$15 per class members & guests  
**Pre School** 45 minutes: \$15 per class members\*/\$18 per class non-members  
**Tumbling** 85 minutes: \$18 per class members\*/\$21 per class non-members  
**School Age** 120 minutes: \$20 per class members\*/\$25 per class non-members

### Special Summer-Time Age Groupings

18 - 36 months ..... With Parent (SuperParents)  
 3+ to PreSchool-K's ..... Fall '14 Kindergarten  
 School Age ..... Fall '14 1st graders and up

Visiting children (not current members) must have a registration form completed before they can participate.

**"We are only in town half the summer and would miss too many days. "Drop In" classes are perfect for our kids"**

*Your kids love gymnastics and they need to do practice regularly to improve but summer can put a damper on that. Not anymore.*

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

*When your in town join us, and when traveling, tell us where your going and can suggested which gymnastics club to visit.*

**"Families visiting from Iowa and we can bring'em to the gym. Perfect!"**

*Family and friends are welcome to join in to "Drop In" class. Pack them in the van and come on over. The children are divided by age and ability. Visitors guardians need to complete a simple registration form.*



# Summer Advanced\* Level Class Programs

**10 weeks, June 16 – August 22**

No Rec Class 7/4

## **10 WEEKS OF GYMNASTICS FOR THE PRICE OF 8!**

Pay in full by May 30 for big savings.

1x per week: 55 minutes \$177,

1x per week: 85 minutes \$256

Yearly Family Registration Fee \$45

\* Advanced classes are available by  
evaluation and invitation only.

Class times, size and days are subject to change.

### **SuperStars**

Level 3, 4-6 years, 55 minutes

Tue 6:00    Wed 10:30    Thu 6:00

### **Boys Advanced**

Level 3, 85 minutes

Mon 5:30

### **Boys & Girls Advanced Pre-School,**

Level 2, 55 minutes

Mon 5:00    Fri 1:30

### **Girls Advanced School Age**

Level 3, 85 minutes

Mon 7:00    Wed 4:00

**“I am really impressed at the  
progress my child is making  
here at Aerials !”**

*Progress is fairly easy to accomplish when you  
combine a few things, namely, dedication,  
dedication, and dedication. Your child's steady  
enrollment at Aerials ensures progress. You'll  
find yourself saying things like  
“WOW, look at the things that kid can do!”*



## Private Lessons

Personal instruction is instrumental in developing skills and confidence. Aerials is an ideal environment for enhancing physical coordination, agility, endurance, strength, balance and motor skills.



Lessons can be 30 or 60 minutes, private or semi private. Great for Cheerleaders, Martial artists, Parkour, Fitness competitors, and competitive team level athletes. Offered for all ages.



**Parents** Mark your calendars for Saturdays! Offered 2x per month. 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. Only \$25 for the first child; \$15 for each sibling. Includes pizza, inflatables and FUN. Limited enrollment, call today to reserve your spot.



## Parties



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 everyday in June, and 2 Saturdays per month in July and August and every weekday.



## Summer Camp

*Aerials Camps are an outstanding value!*

## Half or Full Day

*morning or afternoon*

**#1 June 2 - 6**

**#2 June 9 - 13**

**#3 June 16 - 20**

**#4 June 23 - 27**

**#5 June 30 July 3 . . (4 days, pro-rated fee)**

**#6 July 7 - 11**

**#7 July 14 - 18**

**#8 July 21 - 25**

**#9 July 28 - August 1**

**#10 August 4 - 8**

**#11 August 11 - 15**

**#12 August 18 - 22**



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

**Before and after care available.**



**Email today to [info@aerialsgymnastics.com](mailto:info@aerialsgymnastics.com)**