

Our 19th year
serving PASD

A unique, active, high quality, after-school program
for boys and girls enrolled at
The Phoenixville Area Early Learning Center.

Aerials *after* school

PHILOSOPHY



At Aerials, we provide children with an ideal environment for having fun while enhancing physical coordination, agility, endurance, strength, balance and motor skills. We have been serving the local school districts for 19 years. Many of our first students are now adults taking their children to Aerials.

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 experienced staff at Aerials have designed a specific program to serve the children at PAELC. The Aerials After School program is designed to encourage and advance boys and girls with instruction in gymnastics and total fitness activities. The children participate in a high energy warm-up designed to get the blood moving followed by 3 to 5 rotations of progressive gymnastics instruction on all Olympic events and trampoline. Additional skill training includes

flexibility, strength training and gross and fine motor skill movement.

DATES & TIMES



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

Classes are offered **MONDAY** for the PAELC students. You can pick your child up at Aerials after their class at 6:00pm. The school year session runs October 15th, 2018 - May 20th, 2019.



ENROLLMENT

You can enroll

ONLINE or simply drop by Aerials Fit'n'Fun and register your child. If stopping by is inconvenient, then call us at **610-983-9044** and we'll complete your registration and payment info over the phone. And keep in mind, things tend to book up quickly. Should you have any

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

FEATURES

- ▶ 8/1 child teacher ratio
- ▶ Professional, adult staff.
- ▶ A 30' long tumbling trampoline.
- ▶ Group Challenge activities.
- ▶ Air Conditioning for COOL FUN!
- ▶ Cooperative problem solving training.
- ▶ 15,000 feet of fantastic gymnastics and sports equipment.
- ▶ Two in ground trampolines, the safest way available.
- ▶ 3 in-ground landing areas filled with 12,000 foam cubes.
- ▶ Instruction for boys and girls on all Olympic Events!
- ▶ Our staff is Safety Certified by USA Gymnastics.
- ▶ Aerials is a Member Club of the USA Gymnastics.
- ▶ Aerials is a Junior Olympic Training Center.



238 Schuylkill Road, Phoenixville, PA 19460

between Payless Shoes and Tuesday Mornings in the Shoppes at Valley Forge
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WWW.AERIALSGYMNASTICS.COM