

2019

Turner's Gymnastics, Inc.

Gymnastics

Competition
TEAM

Birthday Parties

Sleepovers

Private Lessons

Leotard Sales

Summer FULL DAY
Summer EVENING

Turner's Gymnastics has been offering instructional gymnastics classes for boys and girls of all ages since 1985 - over 30 years of safe and sensible fitness programs. Our students learn and they get ahead in the sport, but for us gymnastics is never considered more important than your child's health and happiness. Our students remain at the center of our attention all the time. Kids participating at ALL LEVELS are welcome... not just the hot shot "team" gymnasts, although we have a successful competitive program that has been featured on the local radio and TV. The goal is to offer EVERYONE an excellent learning experience.

NEW LOCATION The gym has **moved** one mile west on Germantown Pike to the Norriton Business Campus - still convenient from Audubon, Lafayette Hill, Collegeville, Norristown, Blue Bell and Lansdale. The new location features a spacious waiting area, reliable and clean gas heat in the winter and central air conditioning in the summer. All new paint, lighting, electric and wall to wall carpeting. And new apparatus and mats. Plan a visit to our all new gym or our "second location" in Oaks Pennsylvania - two locations to choose!

Listed here are the regular classes we offer week to week. I hope you can find a program that's just right for you. Please email the gym if you have any questions.

Brian Turner, gym owner

for more program
information send your email to
turnersgym@aol.com
or visit
www.turnersgymstars.com

Turner's Gymnastics, Inc. **
2800 Potshop Lane, Suite 104 **
East Norriton PA 19403 **
(610) 277-0182 **

Why Do Gymnastics? Gymnastics is unsurpassed in developing the minds and the muscles of our young people. It's been called the sport where all other sports begin. That's because it's a little of everything - different events focus on different kinds of fitness and the variety keeps everyone interested. To jump over the Vaulting Table you need power and courage; to stay on the Balance Beam the children learn control and concentration; on the Uneven Bars it's strength and determination; and on the Floor Exercise you get to tumble - over and over, upside down and all around. We offer TWO locations - East Norriton and Oaks - same great programs!

With our program there's never a dull moment!

Children love to move! Gymnastics gives them the tools they need to move better, faster and stronger. Life is a lot more exciting when you can see things from upside down. Helpful teachers make learning fun and soft mats make it safe to try something new.

At Turner's it's really FUN!

Our RECREATIONAL GYMNASTICS program is non-competitive. You don't have to make your opponent lose for you to win. You only have to worry about yourself and how much effort you're able to put into the sport. In gymnastics you face yourself every time you participate and that's what life is all about. At Turner's Gymnastics we offer progressive recreational activities that everyone can enjoy.

Turner's Gymnastics - everyone is a winner!

Preschool Gymnastics Classes

During the first few years of life children acquire physical and intellectual skills from the world around them. Early childhood experts support the idea that growth through development of physical skills is important enough NOT to be left to chance. Physical activity stimulates self-discovery and a child's early years are largely devoted to exploring and learning fundamental motor patterns and manipulative skills. Gymnastics provides for a lively and interesting setting full of fun and challenge. The equipment at OUR gym is set up for little people and the lessons take into account their size, age and experience. It's a great way to play and learn.

MOM and TODDLER Creative play time for parent and child. This class is the spark for independence and self-confidence. It's a scaled down version of the preschool program - great activity and lots of music. Parents, grandparents and even babysitters are present to help get a head start on LEARNING. You'll be there to direct your child's attention to day's activity and you'll meet other children ages 2 and 3 for quality time in a warm and pleasant atmosphere. Other children in your family can come and are welcome to sit and watch - *No Problem!*

Toddlers (ages 2 and 3) Friday 10:30 to 11:15 **on demand**
45 minute class

Preschool Gymnastics These are "no nonsense" gymnastics classes for boys and girls. Carefully planned lessons are combined with imaginative equipment for movement education and nonstop action. It's "child's play" AND fun to be learning. In small groups of 5 or 6 students the children develop living skills and learn to socialize. Parents are not present to assist; students must be about age 3 to enter class and be toilet trained - sorry no diapers. And most of the 5 year olds switch to a 60 minute instructional class at some point to be with older students.

Ages 3 / 4 / 5	Tuesday	9:30 to 10:15	
45 minute class	Tuesday	10:30 to 11:15	
	Wednesday	9:30 to 10:15	
	Wednesday	10:30 to 11:15	
	Thursday	6:00 to 6:45	
	Friday	9:30 to 10:15	<i>*on demand*</i>
	Saturday	9:30 to 10:15	

Play Group? - Call for your FREE 45 minute visit to the gym during the day!

Turner's Gymnastics is affiliated with our national association
USA GYMNASTICS.

Girls 8 and older participate in the Junior Olympic Age Group Program
with our "Competition TEAM".

"Super Stars" - our pre-competitive team is for girls ages 5 - 6 - 7 - 8.

Girls Instructional Gymnastics Classes

60 Minute Classes The emphasis for this class is to build a foundation of basic skills and fundamental elements on Vaulting, Balance Beam, Uneven Bars and Floor Exercise. Creative teaching is used to keep the activity level high with plenty of equipment time. Dance and trampoline instruction is included. Each student is placed into a group according to their age and ability - this class is suitable for beginners. The goal is a positive recreational experience for everyone. Class is held once a week for 60 minutes.

Girls Ages 5 - 6 - 7 Monday 4:30 to 5:30 -OR- Wednesday 4:30 to 5:30
Tuesday 6:00 to 7:00
Saturday 10:30 to 11:30 -OR- 11:30 to 12:30

90 Minute Classes This class includes basic skills along with physical conditioning and gradually introduces new and more progressive activities whenever possible. The length of this class is long to provide more equipment time which really makes the difference. Students are placed according to their age and ability - beginner through intermediate and the experienced athletes attend the advanced placement class of tryout for the team. Lots of personal attention makes for lots of personal achievement all in a friendly non-competitive atmosphere.

Girls Ages 7 and older Tuesday 4:30 to 6:00 -OR- 7:00 to 8:30
Thursday 4:30 to 6:00 -OR- 7:00 to 8:30

90 Minute T N T Tumbling and Trampoline Class This is a special class for Tumbling and Trampoline instruction ONLY. It's the back handspring class with the focus on tumbling skills with plenty of strength training and flexibility. If your cheer athlete want to get ahead - this is a great way to do it.

Ages 8 and older "ON DEMAND"

Visit our web site at - www.turnersgymstars.com

**The FASTEST way to contact the gym for program
information
is to send an - EMAIL - to turnersgym@aol.com**

Our "second" location - The Oaks Gymnastics Academy

Gymnastics Program Dates 2019

January 7 to March 2	eight (8) week session
March 4 to April 27	seven (7) week session
April 29 to June 15	seven (7) week session
July 8 to August 24	seven (7) week session

Class Fees - per seven (7) week session		Class Fees - per eight (8) week session	
45 minute classes	\$144	45 minute classes	\$164
60 minute classes	\$175	60 minute classes	\$199
90 minute classes	\$211	90 minute classes	\$240

\$15 off for a second child enrolled - contact the gym for your discount BEFORE you register!
The second child discount cannot be combined with another discount - contact the gym!

Registration Fee A registration fee is paid once each season in September by every student to cover the high cost of liability insurance - a cost we have no control over. The fee is \$35 and must be included with your class fee and a parents permission form. The current registration fee is current through August of 2019. Register in September 2019 and your fees are good through August 2020.

September through December \$40 full price

January through April \$30 pro rated

May through August \$20 pro rated

How to register for class Register IN PERSON during our regular gym hours to guarantee your space in the class you want. A parents permission form AND your payment is required at the time you register for a class. Most of our classes fill up early and every class will have a waiting list. All of our current students will be offered the chance to continue with the next session BEFORE any new students are added to the program.

Class size is strictly limited.

Register Early and get the class you want BEFORE it fills up.

OPEN ENROLLMENT IS FIRST COME / FIRST SERVE.

Turner's Gymnastics, Inc.
2800 Potshop Lane, Suite 104
East Norriton Pennsylvania 19403

(610) 277-0182 OFFICE
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The Oaks Gymnastics Academy and Turner's Gymnastics, Inc
are owned and operated by Brian Turner.

