



Turner's Gymnastics, Inc. 2011 - 2012

Turner's Gymnastics has been offering instructional gymnastics classes for boys and girls of all ages since 1985 - 26 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 a 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 hot shot "team" gymnasts, although our competitive program has been featured on local radio and TV! The goal is to offer EVERYONE an excellent learning experience.

Gymnastics

Competition
Team

Birthday Parties

Sleepovers

Private Lessons

Rock Climbing

Leotard Sales

Summer Day
Summer Evening
Programs

My facility is located nearby in East Norriton. It's just a few minutes drive from Audubon, Lafayette Hill, Collegeville, Norristown and Blue Bell... a few minutes more from Lansdale, Schwenksville or Ambler. The 6,000 square foot gym is comfortable and clean - fully equipped with modern Olympic standard apparatus and mats. We have multiple sets of uneven bars and balance beams; lots of special preschool equipment.

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 call if you have any questions!

Brian Turner
Gym Owner

for more program
information send your email to
turnersgym@aol.com
or call the gym office
(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 Horse 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 Floor Exercise you get to tumble - over and over, upside down and all around.

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 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 acquiring fundamental motor patterns and manipulative skills. Gymnastics provides for a lively and interesting setting full of fun and challenge. The equipment is set up for little people and the lessons take into account their age and experience.

MOM & 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 activities and lots of music. Parents, grandparents and even baby sitters are present to help their children get a head start on LEARNING. You will be able to 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) Wednesday 10:30 - 11:15 or Thursday 9:30 - 10:15
45 minute class

Preschool Gymnastics These are "no-nonsense" gymnastics classes for girls and boys. 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 also work on living skills and socialization. Parents are not present to assist; students must be about 3 to enter class and be toilet trained - sorry no diapers.

Ages 3 and 4 45 minute class	Tuesday	9:30 - 11:30 EXTENDED STAY - call!
	Wednesday	9:30 - 10:15
	Thursday Evening	6:00 to 6:45 (<i>combined class - new time</i>)
	Friday	9:30 - 10:15
	Saturday	9:30 - 10:15 (<i>combined class</i>)

Ages 4 and 5 45 minute class	Tuesday	9:30 - 11:30 EXTENDED STAY - call!
	Wednesday	3:00 - 3:45
	Thursday	10:30 - 11:15
	Thursday Evening	6:00 - 6:45 (<i>combined class - new time</i>)
	Friday	10:30 - 11:15
	Saturday	9:30 - 10:15 (<i>combined class</i>)

Turner's Gymnastics is affiliated with USA Gymnastics, our national governing body. Girls 8 and older participate in the Junior Olympic Age Group Program with our "Competition Team".

The "Super Stars" are a pre-competitive team available for girls ages 5 - 6 - 7.

Girls Instructional Gymnastics Classes

60 Minute Classes The emphasis for this class is a foundation of basic gymnastics 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 minute. Add a second class for half price.

Girls ages 5 - 6 - 7	Monday	4:30 - 5:30
	Tuesday	4:30 - 5:30 or 6:00 - 7:00 (new time)
	Thursday	3:30 - 4:30 or 4:30 - 5:30
	Saturday	10:30 - 11:30

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 longer to provide the older girls with more equipment time which really makes a difference. Students are placed according to their age and ability - beginner through intermediate and the experienced athletes attend the advanced placement class. Lots of personal attention makes for lots of personal achievement all in a friendly noncompetitive atmosphere.

The Practice Team is both Tuesday and Thursday night 7:00 - 8:30 for those girls who want to train for the competition team - Call for more information.

Girls 7 and older	Tuesday	4:30 - 6:00 or 7:00 - 8:30
	Thursday	4:30 - 6:00 or 7:00 - 8:30

60 Minute Tumbling ONLY Class This is a special class for tumbling and trampoline instruction only. If your cheer athlete wants to get ahead this is the way to do it. The focus is only on tumbling skills - flexibility and strength training is included. It's the back handspring class!

Tuesday OR Thursday 7:00 - 8:00 "on demand" - individual or group lessons

Boys Instructional Gymnastics Classes

60 Minute Classes Let gymnastics build strong muscles and coordination during this rough and tough gym class just for boys. Swing and climb - run and jump. It's an irresistible challenge that's full of sensible and enjoyable activities. Instruction includes tumbling and the use of men's apparatus - ROCK CLIMBING too! Marine Corps boot camp for kids - it's fun!

Boys ages 5 - 6 - 7 - 8	Tuesday 3:30 - 4:30 or 6:00 - 7:00 (new times)
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Visit our web site at - turnersgymstars.com

Gymnastics Program Information

2011 - 2012 school year

2011 Seven Week Sessions September 6th to October 22nd

2011 Eight Week Sessions October 24th to December 24th

The gym will be closed from November 20th to November 26th for Thanksgiving.

2012 Eight Week Sessions January 2nd to February 25th
February 27th to April 28th

The gym will be closed from April 1st to April 8th for a "Spring Break".

April 30th to June 23rd

Class Fees - per SEVEN week sessions

45 minute classes	\$100.00
60 minute classes	\$125.00
90 minute classes	\$150.00

Class Fees - per EIGHT week sessions

45 minute classes	\$115.00
60 minute classes	\$145.00
90 minute classes	\$175.00

10% discount when you enroll your second child. Sorry, no double discounts.

50% discount when you enroll for a second class time each week.

Registration Fee A registration fee is paid once each year by each student to cover the high cost of liability insurance; a cost we have no control over. The fee paid once yearly is 25.00 and must be included with your class fee and a parents permission form. The registration fee is current through August of 2012. Discounts are not applied to registration fees.

How to register for class All of our classes are offered on a first come - first serve basis at the beginning of the season. You can register in person during regular office hours or by mail. All that is needed is a parents permission form, completed and signed and the proper payment for the registration fee and the class fee. Register early for your first choice!

Register early and avoid missing the class you wanted.

For more information - FAST, send Email to turnersgym@aol.com ... or visit the gym.

Turner's Gymnastics, Inc.
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East Norriton PA 19403

Office (610) 277-0182
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My Goal - A Mission Statement Your child is important - the most important thing in your life. More important than any gymnastics skill I could ever teach. My program is about children and helping them get started on a lifetime of learning and activity through sports. Gymnastics should be a gift to your child. I understand the hopes and dreams that every child has for their future and I'm dedicated to providing opportunities to develop strength, flexibility and coordination as well as self confidence, sportsmanship and a positive self image in a safe and sheltered learning environment.

I've spent years putting together a great blend of structure and discipline - fun and fitness. It's all the best that the sport has to offer. It's the "international sport of champions"!