

**Oaks Gymnastics Academy**  
**1228 Egypt Road**  
**Oaks PA 19456**

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Oaks Gymnastics is owned and operated by  
Brian Turner - Turner's Gymnastics, Inc.

Turner's Gymnastics has been offering instructional gymnastics classes for boys and girls of all ages in East Norriton, Pennsylvania since 1985 - 30 years of safe and sensible fitness programs for kids. Our NEW gym in Oaks opened for business and on January 6th, 2014. And it's ALL NEW - The 4000 square foot facility has been completely renovated from top to bottom - new flooring, new paint and new electrical fittings and lights. New gymnastics mats and olympic standard apparatus, too - multiple sets of uneven bars and balance beams with lots of special preschool equipment. It's a beautiful place to play and learn.

Our students get ahead in the sport, but for us gymnastics is never considered more important than a child's health and happiness - mind, body and spirit. They 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!

Listed here are the regular classes we offer week to week. During the first six months in business the enrollment doubled and then doubled again. New classes are being added all the time and the number of classes to choose from is growing, but the class size will always be strictly limited - six students to each adult instructor - a great value! The class times shown as "on demand" will soon become part of our regular schedule! I hope you can find a class that's just right.

Brian Turner

**Step One.** Select a class day and time from the schedule. If you're not sure what to expect you can schedule a visit to the gym for a tour - a member of the staff will be available to show you around and answer all your questions. Or you can observe the class you'd like to join - no problem.

**Step Two.** You MUST register in person. All the forms are posted online for your review along with all of our rules and policies, but you have to register in person. A parents permission is required for every student. You can use a check, cash or credit card to pay for your program fees.

### **Our GOALS :**

**To have FUN, to become physically fit, to succeed,  
to improve old skills and LEARN new skills, to feel the thrill of movement,  
to be with friends and make new friends.**

### **Why Do Gymnastics?**

**To build a strong body - strength and flexibility.  
To develop self confidence and a positive self image.  
To learn cooperation and sportsmanship.  
To understand yourself better through the challenge of the sport.**

## Oaks Gymnastics Academy Classes We Offer 2016

### 45 Minute 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 an interesting setting full of fun and challenge. Our equipment is set up for little people, taking into account their size, age and experience.

This lively 45 minute class is held once a week for boys and girls ages 3, 4 and 5. With a "no-nonsense" approach we'll encourage our students to explore movement through gymnastics and creative play - and kids LOVE to move. All the things you'd never want your child to try at home or on the playground are possible with soft mats and friendly adult instructors. In small groups of 5 or 6 students the children get a chance to develop living skills through socialization.

Carefully planned lessons are combined with imaginative equipment for creative movement education - nonstop action. It's child's play AND fun to be learning. This class builds independence and self-confidence. It's a scaled down version of the instructional program we offer to the older children with great activities and lots of music. Parents are not present to assist, students must be about 3 to enter class and be toilet trained - sorry no diapers. Students age 5 eventually make the switch to a 60 minute class.

<b>Ages 3 - 4</b>	Tuesday 9:30 to 10:15 "on demand"	Wednesday 9:30 to 10:15 "on demand"
	<b>Tuesday 10:30 to 11:15</b>	<b>Wednesday 10:30 - 11:15</b>
	Wednesday 6:00 - 6:45 "on demand"	
	<b>Thursday 6:00 - 6:45</b>	
	<b>Saturday 9:30 to 10:15</b>	

### 60 Minute Instructional Gymnastics Classes

This is a one hour class for girls (and boys) ages 5 - 6 - 7. Basic gymnastics skills and "the fundamentals" provide a broad foundation for the Olympic events - Vaulting, Balance Beam, Uneven Bars and Floor Exercise - along with TRAMPOLINE instruction - physical conditioning and flexibility. Dance skills are included for the girls on Balance Beam and Floor Exercise.

Creative teaching and a high level of activity means plenty of time on the equipment. Small groups of 6 students with each instructor allows for lots of personal attention AND for lots of personal achievement - all in a friendly noncompetitive atmosphere. It's not about winning - it's about learning. New and more progressive activities are added with every lesson and every student will be offered a positive recreational experience. Our students never get "lost in the crowd" - there is NO crowd!

<b>Girls Ages 5 - 6 - 7</b>	<b>Monday 4:30 - 5:30</b>	
	<b>Monday 5:30 - 6:30</b>	
	Wednesday 4:00 - 5:00 5:00 - 6:00 "on demand"	
	<b>Tuesday 6:00 - 7:00</b>	
	<b>Saturday 10:30 - 11:30</b> 11:30 to 12:30 "on demand"	

## Oaks Gymnastics Academy Classes We Offer 2016

### 90 Minute Girls Instructional Gymnastics Classes

This class is 90 minutes long. Girls age 7 and older can enjoy the faster progress that comes with more equipment time. We build on basic skills done right along with physical conditioning and gradual introduction of newer and more interesting activities whenever possible. The length of this class is longer to provide the girls with more time on the apparatus which really makes a difference. Every lesson takes into consideration the age and experience of the students - beginner through intermediate. All in a friendly and noncompetitive atmosphere - of course.

**Ages 7 and older**  
**Monday 6:30 - 8:00 - advanced class / invitation only**  
**Tuesday 4:30 to 6:00**  
**Tuesday 7:00 to 8:30**  
Wednesday 7:00 to 8:30 *"on demand"*  
**Thursday 4:30 to 6:00**  
**Thursday 6:45 - 8:15 - Combined Instructional AND Advanced Class**

### Program Class Fees - SEVEN (7) Week Sessions

45 Minute Preschool Gymnastics	\$142
60 Minute Instructional Gymnastics	\$178
90 Minute Instructional Gymnastics	\$205

### Registration Fees - Once Per Season

Once each season there is a \$35 registration fee current from September of the school year through August of the following year. This fee is paid for every new student when they enroll in a class or are added to a waiting list. This fee covers the cost of liability and excess medical insurance. Registration fees are good through August 2016 and then August 2017.

September through December	\$35 full price
January through April	\$25 pro rated
May through August	\$15 pro rated

### Program Dates

<b>March 7, 2016 to April 30, 2016</b>	<b>Session FOUR - seven weeks</b>
<b>May 2, 2016 to June 18, 2016</b>	<b>Session FIVE - seven weeks</b>

*The Gym will be closed from June 19 to July 4*

<b>July 5 to July 18</b>	<b>summer evening - seven week session</b>
<b>July 18 to August 5</b>	<b>summer FULL DAY - week to week enrollment</b>
<b>Open House - Open Enrollment August 22 - August 27</b>	
<b>September 6 to October 29</b>	<b>Session ONE - eight weeks</b>
<b>October 31 to January 7</b>	<b>Session TWO - eight weeks</b>