

GYM-JESTER GYMNASTICS CENTER

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TOP TEN REASONS

FOR PLANNING YOUR GYM-JESTER FIELD TRIPS NOW!!!!

- 10. KIDS LOVE THE GYM...IT IS GREAT FUN! GYMNASTICS IS FITNESS!
- 9. BASIC MOTOR SKILLS DEVELOP FROM BIRTH THROUGH APPROXIMATELY AGE 4.5.
- 8. LANGUAGE AND MOTOR SKILLS DEVELOP SIMULTANEOUSLY.
- 7. MOTOR SKILLS DEVELOP SELF-CONFIDENCE AND SELF-ESTEEM.
- 6. GYM-JESTERS , FOUNDED IN 1963 BY HELEN J. FRY (MSU ALUM, BS IN PHYSICAL EDUCATION), IS COMMITTED TO SAGINAW AREA FAMILIES. WE ARE AN IMPORTANT PART OF "THE VILLAGE" HELPING OUR YOUNG PEOPLE BECOME CONFIDENT AND SUCESSFUL CITIZENS.
- 5. FOLLOWING LOVE, BONDING, AND TRUST...MOTOR SKILL DEVELOPMENT CAN GIVE EVERY CHILD A STRONG SENSE OF SELF-ESTEEM. CHILDREN MANAGE THEMSELVES WITH MORE CONFIDENCE. SELF-CONFIDENCE PUTS ALL CHILDREN ON THE PATH TO BECOMING UNLIMITED ADULTS. "I'M NOT AFRAID TO TRY!"
- 4. HUMANS ARE BORN WITH THOUSANDS MORE NERVE ENDINGS THAN NEEDED. ANY UNUSED NERVE ENDINGS DIE AFTER APPROXIMATELY AGE 5 OR 6. THE MORE CONNECTED ENDINGS WE HAVE, THE MORE WE CAN DO!
- 3. GROSS (LARGE) AND SMALL MOTOR DEVELOPEMENT ENHANCES READING READINESS. SEQUENTIAL MOTOR SKILLS BUILD PATTERN RECOGNITION. THE USE OF BOTH SIDES OF OUR BODY ENCOURAGES RIGHT AND LEFT BRAIN COMMUNICATION.
- 2. OUR PLANNED PROGRAM OF PLAY TO MUSIC, ON MATS, IN THE AIR, IN THE FOAM PIT, ON THE RINGS, BEAMS, BARS, CLIMBING WALL, THE MOUNTAIN,THE TRAMPS, THE CLIMBING TOWERS, AND THE TROLLEY RIDE ARE NOT FOUND IN ANY OTHER FACILITY IN OUR AREA. GYM-JESTERS HAS BEEN THE LEADER FOR YOUNG CHILDREN AND OLDER YOUTH FOR YEARS! WE ARE EXPERIENCED, NEW AND EXCITING IN EVERY FACET OF OUR PROGRAM.
- 1. THOUSANDS OF CHILDREN HAVE BENEFITTED FROM GYM-JESTER ACTIVITIES AND PROGRAMS. BRING YOUR CHILDREN MORE THAN ONCE DURING THE YEAR.

WE ARE YOUR PHYSICAL EDUCATION PROGRAM!

KIDS LOVE THE GYM BECAUSE.....IT IS WHERE "COOL KIDS" GROW.

CALL HELEN FRY TODAY! MAKING RESERVATIONS IS EASY!

- A. Review our packet: info letter and our calendar of F.T. days.
- B. Plan your field trip days, come more than once. The cost is \$6.00 per child. Field trips are 90 minutes of "cool" fun.
- C. Call Gym-Jesters at 989-754-7401. Ask for Mary Westervelt or Helen Fry. You can leave a message, we'll call you back ASAP. Book early, our Fridays fill up quickly. Other days may be available!
- D. We will mail (or e-mail) your packet of F.T. flyers to send home with students.
- E. Collect money in advance of your event. Pay by check, cash or credit card the day you come. School checks are preferred.
- F. When you call us, please provide an e-mail address if you have one!
- G. Gym Jester official office hours are 4:00 - 8:00 pm Monday - Friday and 9:00 - 1:00 pm Saturdays.