

AIR FORCE GYMNASTICS
969 N Military Ave Green Bay, WI 54303
www.airforcegymnastics.com
(920) 246 – 4038
admin@airforcegymnastics.com

Schedule begins September 6th

Registration Opens Wednesday July 20th at 10 am

Parent-Tot (P tot) - 18 months to 3 years
\$65 per month

Parents bring a water bottle and lots of energy because we are going to teach you and your little one basic gymnastics skills. This class will give parents the opportunity to get into the action. You will participate alongside your child in exciting games, songs and activities. Your little star will beam when they see how proud you are as they accomplish new skills and make new friends. You will love learning together! Classes meet for 45 minutes each week.

Tuesday 10:00 am, 5:40pm Wednesday 6:00pm Thursday 6:20pm Friday 10:00am

Pre-School (PS) - Ages 3-4 years
\$65 per month

Our pre-school classes are structured to help your young child to develop independence and a sense of accomplishment while fine tuning their gross motor skills and building strength and flexibility. Each week your child will engage in a variety of activities including stretching, songs, games, and, of course, gymnastics events. Your child will learn a host of developmentally appropriate gymnastics skills quickly and safely as they work with our caring professional staff. Classes meet for 45 minutes each week.

Level 1:

Monday 4:00pm, 4:50pm, 5:40pm, 6:35pm
Tuesday 9:15am, 4:45pm, 6:30pm
Wednesday 4:25pm, 5:10pm 6:45pm
Thursday 4:00pm, 4:45pm, 5:30pm
Friday 9:15am

Level 2:

Monday 4:00pm, 4:30pm, 5:45pm, 6:30pm
Tuesday 9:15am, 4:15pm, 5:05pm, 5:20pm
Wednesday 4:00pm, 4:30pm, 5:55pm, 6:25pm
Thursday 5:00pm, 5:15pm, 5:30pm, 6:45pm
Friday 9:15am

Level 3:

Monday 5:15pm
Tuesday 10:00am,
Wednesday 5:05pm, 6:10pm
Thursday 4:45pm, 6:15pm

Advanced:

Thursday 4:00pm
(invite only -1hour, \$80/mo.)

Kinder Gym (KG) - Ages 4-5 years
\$65 per month

Kinder gym allows your school age child to further advance their athletic abilities. With structured lesson plans your child will accomplish gymnastics goals each week and will continue to develop their sports readiness and social skills while having fun in the gym. They will feel like a part of the Air Force Team as they reach their goals and soar to new heights. Classes meet for 45 minutes each week.

Level 1:

Monday 4:15pm, 5:30pm, 6:15pm
Tuesday 4:00pm, 4:45pm, 5:45pm, 6:15pm
Wednesday 4:15pm, 4:45 pm, 5:30pm, 6:40pm
Thursday 4:20pm, 5:45pm, 6:00pm, 6:30pm
Friday 10:00am

Level 2:

Monday 4:00pm, 4:30pm 5:45pm, 6:30pm
Tuesday 9:15am, 4:15pm, 5:05pm, 5:20pm
Wednesday 4:00pm, 4:30pm, 5:55pm, 6:25pm
Thursday 5:00pm, 5:15pm, 5:30pm, 6:45pm
Friday 9:15am

Level 3:

Monday 5:15pm
Tuesday 10:00am
Wednesday 5:05pm, 6:10pm
Thursday 4:45pm, 6:15pm

Advanced:

Thursday 4:00pm
(invite only -1hour, \$80/mo.)

Flight School (FS) - Ages 6+
\$80 per month

Our Flight School program allows school age athletes to build a solid foundation of gymnastics skills from the ground up. Starting with the basics your child will learn the skills necessary to succeed in gymnastics while building the strength, flexibility, and determination necessary for all sports. Classes meet for 1 hour each week.

Level 1:

Monday 4:45pm, 5:05pm, 5:50pm, 6:10pm, 7:05pm
Tuesday 4:00pm, 5:30pm, 5:55pm, 6:30pm, 6:55pm
Wednesday 4:20pm, 4:45pm, 5:50pm, 6:30pm
Thursday 4:40pm, 5:05pm, 5:45pm, 6:10pm, 6:30pm

Level 2:

Monday 4:25pm, 5:30pm, 6:30pm
Tuesday 4:45pm, 5:05pm, 6:10pm
Wednesday 4:00pm, 4:20pm, 5:05pm, 7:10pm
Thursday 4:20pm 5:25pm, 6:50pm

Level 3:

Monday 6:00pm
Tuesday 4:20pm
Wednesday 5:25pm, 6:10pm
Thursday 7:10pm

Flight School Boys (BOYS) - Ages 6+
\$80 per month

Our Flight School program allows school age boys to build a solid foundation of gymnastics skills on all 6 men's event. Starting with the basics your child will learn the skills necessary to succeed in gymnastics while building the strength, flexibility, and determination necessary for all sports. Classes meet for 1 hour each week.

Jr BOYS (ages 6-8) Monday 4:00pm Wednesday 6:50pm

Sr Boys (ages 8+) Wednesday 6:50pm

Thursday 4:00pm

Tumbling Class - Ages 6+
\$80 per month

Our all tumbling classes allow cheerleaders and dancers to perfect the skills they need to succeed. Tumbling 1 is an introduction to tumbling including cartwheels, round offs, back walkovers, front walkovers and standing back handsprings. Tumbling 2 is for advanced tumblers who are progressing to aerials, round off back handsprings and standing back tucks. Both levels of class will also include a solid foundation of strength, flexibility, and gymnastics basics as part of the curriculum. Tumbling classes meet for 1 hour per week.

Tumbling 1 Wednesday 3:45pm, 6:05pm Tumbling 2 Wednesday 6:05 Thursday 3:45pm