

# *Air Force Gymnastics Academy*

## **TOP 10 REASONS TO TAKE SUMMER GYMNASTICS AT AIR FORCE:**

**10.** Each of our **10 awesome weeks** of summer classes has it's own **unique theme** to keep our lesson plans exciting and fun!

Week 1: AF Team Spirit Week-Sport your Blue, Orange and White!

Week 2: Red White and Blue Week- Honor America by sporting your Red, White and Blue!

Week 3: Super Skills Week- A week of focused drills to help us achieve some new skill goals!

Week 4: Bring a Friend Week- share everything you love about AF with one of your BFFs!

Week 5: Christmas in July- Winter themed lesson plans to learn some cool skills!

Week 6: The Pack is Back—The Pack kicks off preseason training—we hit the gym in green and gold!

Week 7: Super Skills Week Part 2- A week of focused drills to help us achieve some new skill goals!

Week 8: Air Force Olympics- Fun Olympic style games, challenges and awards!

Week 9: Zumba Madness Week part 1- Zumba style warm ups kick our classes off with a bang!

Week 10 : Zumba Madness Week part 2- Perfect your Zumba Style during week 2!

**9.** Expand your summer wardrobe- you get a **FREE** t-shirt just for joining Air Force!

**8.** Located in **Howard**, Air Force is just minutes from home--save the long road trips for family vacations!

**7.** Build strength and coordination for your **summer time sports**.

**6.** Amaze your friends and family with your incredible new skills and discover that everything looks better **upside down!**

**5.** Flexible schedules! Don't want to miss grilling out with Dad, or your soccer game? **Try morning classes!** Don't want to wake up at 9 am on your summer vacation or miss hanging out at the pool with your friends? **Try evening classes!**

**4. 8 or 10 week option:** Don't let summer camp adventures or that trip to Disney World stop you from participating! We'll make sure you get the most bang for your buck without missing other summer time fun .We give you the option to participate in either our full 10 week session or an 8 week session to include **any 8 weeks of your choice.**

**3. Small class sizes, our state of the art facility** and our **GREAT instructors** allow you to maximize your potential . . . return to school a lean mean flipping machine!

**2.** Gymnastics does not require any sun screen or bug spray!

**1.** GYMNASTICS AT AIR FORCE IS FUN ANY TIME OF YEAR!!!

**Even this flyer does gymnastics!! For more information- Just flip it!!!**

# Schedule Runs June 19<sup>th</sup> -August 24th

969 N. Military Ave

www.airforcegymnastics.com

PH: 920-246-4038/Email: admin@airforcegymnastics.com

Registration Begins Wednesday, March 15<sup>th</sup> at NOON

A non-refundable \$30 deposit is required to hold a spot in class.

The full balance of tuition is due the first week of the summer schedule or can be paid in 2 equal parts through auto pay.

## Parent Tot- Ages 18 months to 3 years

### 10 week session \$160/ 7 week session \$130

This class is designed as an introduction to gymnastics and is geared towards our youngest participants. With a parent or guardian by their side, these young athletes will begin to develop their basic motor abilities and social skills. Classes meet for 45 minutes each week.

Tuesday 6:20pm  
Wednesday 9:30am, 5:35pm  
Thursday 10:30am, 6:15pm

## Preschool- Ages 3-4 years and Kindergym-Ages 4-5

### 9 week session \$160/ 7 week session \$130

Our Preschool & Kindergym 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.

**PS 1** (Ages 3-4) Monday 9:30am, 11:30 am, 4:00pm, 4:55pm, 5:40pm 6:35pm  
Tuesday 9:30am, 4:00pm, 4:45pm  
Wednesday 10:30am, 11:30 am, 4:00pm, 4:50pm, 6:20pm  
Thursday 9:30am, 4:30pm, 5:25pm

**PS 2** Monday 10:30 am  
Tuesday 5:35 pm

**KG 1** (Ages 4-5) Monday 1:45pm, 2:45 pm, 5:00pm, 5:50pm  
Tuesday 9:30am, 5:05pm, 6:15pm  
Wednesday 10:30am, 5:00pm, 6:15pm, 6:35pm  
Thursday 4:30pm, 5:25pm

**PS/KG 2** Monday 4:40pm, 6:40pm  
Tuesday 10:30am, 4:15pm, 5:25pm, 6:35pm  
Wednesday 1:30 pm, 4:00pm, 5:55pm  
Thursday 5:15pm, 6:05pm

**PS/KG 3** Monday 5:35 pm  
Tuesday 1:30pm  
Thursday 10:45am, 4:15pm

**\*PS/KG Adv** Monday 4:00pm  
Thursday 6:20pm

\* (One hour/invite only)  
10 week session \$200  
8 week session \$160

## Flight School- Ages 6+

### 10 week session \$200/ 8 week session \$160

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 9:30am, 2:45pm, 4:30pm, 5:55pm, 6:35pm  
Tuesday, 5:05pm, 6:30pm  
Wednesday 9:30am, 1:30pm, 4:00pm, 5:05pm, 6:15pm  
Thursday 5:05pm, 6:15pm

**Level 2** Monday 10:30am, 1:45pm, 5:30 pm, 6:15pm  
Tuesday 5:25pm, 6:10pm  
Wednesday 4:30pm, 5:35pm, 6:40pm  
Thursday 5:25pm, 6:50pm

**Level 3** Monday 1:45 pm, 5:55pm  
Tuesday 10:30am, 4:10pm

**Level 4** Monday 5:55

**JR boys (ages 6-8)** Tuesday 2:30pm  
Wednesday 5:55pm  
Thursday 11:00am, 5:45 pm

**SR boys (ages 8+)** Wednesday 2:30pm, 5:55pm  
Thursday 11:00am, 5:45pm

## Tumbling Class- Ages 6+

### 10 week session \$200/ 8 week session \$160

Our all tumbling classes allows 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** Tuesday 2:30pm  
Wednesday 2:30pm  
Thursday 4:15pm

**Tumbling 1&2** Tuesday 4:30pm  
Wednesday 6:00pm  
Thursday 6:30pm

**Tumbling 2** Tuesday 5:45pm

## Rhythmic Class- Ages 6+

### 10 week session \$250/8 Week Session \$200

Learn all the basics of Rhythmic Gymnastics in this 85 minute long class. Balls, hoops, ribbons, clubs, dance basics, strength and flexibility will all combine for this unique and FUN branch of gymnastics.

Tuesday 5:30 pm

	Monday	Tuesday	Wednesday	Thursday
9:00	9:30 PS1-Courtney 9:30 FS1-Anna	9:30 KG1-Rachel S 9:30 PS1- Courtney	9:30 FS1- Kaycee 9:30 Parent tot Leigh	9:30 PS1- Amanda P
10:00	10:30 PS2-Courtney 10:30 FS2- Anna	10:30 PS/KG2- Rachel S 10:30 FS3-Courtney	10:30 KG1-Kaycee 10:30 PS1-Leigh	10:30 Parent tot Amanda P 10:45 PS/KG3- Anna
11:00	11:30 PS1-Courtney		11:30 PS1-Leigh	11:00 Josef/Jackie FS JR/SR boys
1:00 pm	1:45 FS2-Libby 1:45 FS3-Amanda P 1:45 KG1- Ava T	1:30 KG3- Anna	1:30 PS/KG 2- Tilly 1:30 FS1-Libby	
2:00 pm	2:45 FS1-Libby/Ava T 2:45 KG1-Amanda P/Allie Jo	2:30 Tumbling 1 Courtney/Amanda 2:30 FS JR Boys- Jackie/Anna	2:30 FS SR boys -Jackie/Tilly 2:30 Tumbling 1-Libby/Amanda P	
4:00 pm	4:00 PS/KG Adv- Amanda/Court 4:00 PS1-Anna 4:30-FS1-Libby 4:40 PS/KG2 -Rachel S 4:55 PS1-Anna	4:00 PS1-Jess 4:10 FS3- Anna 4:15 PS/KG2-Jill 4:30 Tumbling 1/2- Courtney/Amanda P 4:45 PS1- Jess/Sharon	4:00 PS1- Jess 4:00 FS1- Libby 4:00 PS/KG2- Rachel B 4:30 FS2- Anna 4:50 PS1-Jess	4:15 PS/KG3- Amanda P 4:15 Tumbling1- Aubriel/Tilly 4:30 PS1- Leigh 4:30 KG1-Anna
5:00 pm	5:00 KG1-Rachel B 5:30 FS2-Rachel S 5:35 PS/KG3-Kathy 5:40 PS1-Libby 5:50 KG1-Rachel B 5:55 FS1 Allie Jo 5:55 FS3/4-Anna (Back)	5:05 FS1-Jill 5:05 KG1-Aubriel 5:25 PS/KG2-Anna 5:25 FS2-Libby 5:30 Rhythmic- Sharon 5:35 PS2-Jess/Leigh 5:45 Tumbling 2- Amanda P	5:00 KG1-Rachel B 5:05 FS1-Elizabeth 5:35 FS2-Allie Jo 5:35 Parent tot-Jess 5:55 PS/KG2-Rachel B 5:55 FS JR/SR Boys-Jackie/Colter 6:00 Tumbling1/2-Anna/Amanda S (Back)	5:05 FS1-Amanda P 5:15 PS/KG2- Libby 5:25 PS1-Leigh 5:25 FS2-Aubriel 5:25 KG1-Anna 5:45 FS JR/SR boys-Jackie/Colter/Tilly
6:00 pm	6:15 FS2- Amanda S 6:35 PS1-Libby 6:35 FS1-Rachel S 6:40 PS/KG 2-Rachel B	6:10 FS2-Jill 6:15 KG1- Aubriel 6:20 Parent tot- Leigh 6:30 FS1-Libby 6:35 PS/KG2- Jess	6:15 KG1-Sharon 6:15 FS1-Elizabeth 6:20 PS1- Jess 6:35 KG1- Tilly 6:40 FS2- Allie Jo	6:05 PS/KG 2- Tara 6:15 FS1-Anna 6:15 Parent tot- Leigh 6:20 PS/KG Adv- Amanda P 6:30 Tumbling 1/2- Aubriel/Colter 6:50 FS2 Tilly

For new members a membership fee of \$10.00 is due at time of sign up and annually in September (\$40.00) thereafter