

AIR FORCE GYMNASTICS
 969 N Military Ave Green Bay, WI 54303
www.airforcegymnastics.com
 (920) 246 – 4038
 admin@airforcegymnastics.com
 Registration Opens Tuesday, July 18th 10 am

Schedule begins September 5th

Parent-Tot (P tot) - 18 months to 3 years
\$67 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
\$67 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, 5:00pm, 5:45pm, 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 4:30pm, 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	Level 3: Monday 5:15pm Tuesday 9:15am Wednesday 5:05pm, 6:10pm Thursday 4:45pm, 6:15pm	Advanced: Thursday 4:00pm <small>(invite only -1hour, \$80/mo.)</small>
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Kinder Gym (KG) - Ages 4-5 years
\$67 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 4:15, 5:30pm, 6:15pm Tuesday 10:00am 4:00pm, 4:45pm, 5:45pm, 6:15pm Wednesday 4:15pm, 5:20pm, 5:35pm, 6:40pm Thursday 4:20pm, 5:45pm, 6:00pm, 6:30pm	Level 2: Monday 4:30pm 5:45pm, 6:30pm Tuesday 9:15am, 4:15pm, 5:05pm, 5:20pm, 6:30 Wednesday 4:00pm, 4:30pm, 5:55pm, 6:25pm Thursday 5:00pm, 5:15pm, 5:30pm, 6:45pm	Level 3: Monday 5:15pm Tuesday 9:15am Wednesday 5:05pm, 6:10pm Thursday 4:45pm, 6:15pm	Advanced: Thursday 4:00pm <small>(invite only -1hour, \$80/mo.)</small>
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Flight School (FS) - Ages 6+
\$82 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, 6:50pm Tuesday 4:00pm, 5:30pm, 5:55pm, 6:30pm, 6:55pm Wednesday 4:20pm, 4:45pm, 6:10pm, 6:30pm Thursday 4:40pm, 5:05pm, 5:50pm, 6:10pm, 6:30pm	Level 2: Monday 4:25pm, 5:30pm, 6:30pm Tuesday 4:45pm, 5:05pm, 6:10pm Wednesday 4:00pm, 5:05pm, 7:15pm Thursday 4:20pm 5:30pm, 6:55pm	Level 3: Monday 6:00pm Tuesday 4:20pm Wednesday 5:25pm, 5:50pm Thursday 6:55pm
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Flight School Boys (BOYS) - Ages 6+
\$82 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+
\$82 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 Thursday 6:05 Tumbling 2 Wednesday 6:05 Thursday 3:45pm, 6:05

Rhythmic Gymnastics - Ages 6+
\$100 per month

If your child enjoys playing with a ball or dancing with a ribbon, they will love Rhythmic Gymnastics Rhythmic Gymnastics is a fusion of ballet, expressive movement, and gymnastics. In this 90 Minute class your child will learn how to work with a ribbon, ball, hoop, rope, and clubs. This unique program offers a fantastic opportunity to any child who loves dance and gymnastics.

Mondays 7:00 pm

2023-24	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00		9:15 PS1 Jenna 9:15 PS/KG2/3 Courtney			9:15 PS1 Jackie/Nikki	
10:00	Parent Tot Open Gym	10:00 P tot Jenna 10:00 KG1 Courtney		Parent Tot Open Gym	10:00 P tot Jackie/Nikki	Special events – See gym for more details!
11:00				11:15 Home School Class		
12:00						Parent tot and Team Open Gym
3:00			3:45 Tumbling1 Courtney S	3:45 Tumbling 2 Courtney		
4:00	4:00 PS1 Amanda P 4:00 FS JR BOYS Josef/Gus 4:15 KG1 Courtney F 4:25 FS2 Rachel S 4:30 PS/KG2 Libby 4:45 FS1 Amanda P	4:00 FS1 Abby 4:00 KG 1 Rachel B 4:15 PS/KG2 Zaida 4:20 FS3 Aubriel 4:45 KG1 Kaycee 4:45 FS2 Danika 4:45 PS1 Leigh	4:00 FS2 Danika 4:00 Ps/KG2 Amanda P 4:15 KG1 Rachel B 4:20 FS1 Libby 4:25 PS1 Kaycee 4:30 PS/KG2 Anna 4:45 FS1 Amanda P	4:00 SR BOYS Josef 4:00 PS/KG ADV Amanda P 4:00 PS1 Libby 4:20 FS2 Aubriel 4:20 KG1 Danika 4:40 FS1 Elaina 4:45 PS1 Leigh 4:45 PS/KG3 Libby		
5:00	5:00 PS1 Courtney F 5:05 FS1 Niki G 5:15 PS/KG3 Libby 5:30 KG1 Mackenzie 5:30 FS2 Rachel S 5:45 PS1 Kathy 5:45 PS/KG2 Amanda P 5:50 FS1 Courtney F	5:05 PS/KG2 Zaida 5:05 FS2 Abby 5:20 PS/KG2 Rachel B 5:30 FS1 Hailey 5:40 P tot Leigh 5:45 KG1 Kaycee 5:55 FS1 Danika	5:05 PS/KG3 Rachel B 5:05 FS2 Danika 5:10 PS1 Jess 5:20 KG1 Niki 5:25 FS3 Libby 5:35 KG1 Kaycee 5:55 PS/KG2 Rachel B 5:50 FS3 Amanda	5:00 PS/KG2 Jackie 5:05 FS1 Danika 5:15 PS/KG2 Amanda P 5:30 FS2 Hailey 5:30 PS1 Leigh 5:30 PS/KG2 Libby 5:45 KG1 Eliana 5:50 FS1 Aubriel		
6:00	6:00 FS3 Courtney S (back) 6:10 FS1 Amanda S 6:15 KG1 Niki G 6:30 PS/KG 2 Mackenzie 6:30 FS2 Libby 6:35 PS1 Amanda P 6:50 FS1 Rachel S	6:10 FS2 Abby 6:15 KG1 Rachel B 6:30 FS1 Zaida 6:30 KG2 Tara 6:30 PS1 Leigh 6:55 FS 1 Hailey	6:00 P tot Jess 6:05 Tumbling 1 Anna (back) 6:05 Tumbling 2 Courtney S (back) 6:10 PS/KG3 Amanda P 6:10 FS1 Sharon 6:25 PS/KG2 Libby 6:30 FS1 Niki G 6:40 KG1 Rachel B 6:45 PS1 Kaycee 6:50 FS JR/SR Boys Jackie	6:00 KG1 Tara 6:05 Tumbling ½ Sharon (back) 6:10 FS1 Danika 6:15 PS/KG3 Amanda P 6:20 P tot Leigh 6:30 KG1 Hailey 6:30 FS1 Libby 6:45 PS/KG2 Eliana 6:55 FS2/3 Aubriel		
7:00	7:00 Rhythmic Sharon		7:15 FS2 Sharon		Open Gym/ KNO	

Membership fee of \$40 is due at time of sign up, and annually in September thereafter. Late sign ups will have membership fee prorated on a quarterly basis.

Also offering:

Open Gym ages 6+

\$7 member/ \$10 non member
Friday 7- 8:30pm

Preschool Open Gym Ages 6 and under

\$3 member/ non member
Monday 10 - 11am
Thursday 10 - 11am
Saturday 12-1pm

KNO - Kid's Night Out

\$18 members/ \$20 non members
Select Fridays 7 - 11pm
Check website for dates
Family discount available

Play Groups by appointment

Birthday Parties Weekends by appointment