

Air Force Gymnastics Academy

TOP 10 REASONS TO TAKE SUMMER GYMNASTICS AT AIR FORCE:

10. FOR THE FIRST TIME EVER, every family that is enrolled for the summer session will get PRIORITY enrollment for fall gymnastics!!! We all know that class enrollment at AF can be fast and furious with some classes filling in just minutes- so as a benefit to those who join us this summer we will be offering **PRIORITY registration for our fall enrollment.** THAT'S RIGHT- our summer participants will get first dibs at enrollment for our fall classes. With the Olympic buzz this summer we anticipate this fall will be one of the busiest yet—so getting the opportunity to enroll early is a HUGE advantage.

9. We have several **unique themes throughout the summer** to keep our lesson plans exciting and fun! Our 2 personal favorites are (mark your calendars):

Week 4 (Week of July 8th) : Bring a Friend Week- Share everything you love about AF with one of your BFFs!

Week 8 (Week of August 5th): Air Force Olympics- Fun Olympic style games, challenges & awards -envision podium pics & gold medals!

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

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 sunscreen or bug spray! And we have great AC!

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 17th -August 23rd

969 N. Military Ave

www.airforcegymnastics.com

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

Registration Begins Wednesday, March 13th at 10am

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 \$165/ 8 week session \$135

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

10 week session \$165/ 8 week session \$135

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, 11:30am, 4:55pm, 5:40pm 6:35pm
Tuesday 9:30am, 4:00pm, 4:45pm
Wednesday 10:30am, 11:30am, 4:00pm, 4:50pm, 6:35pm
Thursday 9:30am, 4:30pm, 5:25pm

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

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, 5:45pm, 6:35pm

PS/KG 2 Monday 4:40pm, 6:40pm
Tuesday 10:30am, 4:15pm, 5:25pm, 6:35pm
Wednesday 1:30pm, 4:00pm, 5:35pm
Thursday 5:20pm, 6:05pm

PS/KG 3 Monday 5:35pm
Tuesday 1:30pm
Thursday 11:20am, 4:15pm

***PS/KG Adv** Monday 4:00pm
Thursday 6:05pm

* (One hour/invite only)
10 week session \$205
8 week session \$165

Flight School- Ages 6+

10 week session \$205/ 8 week session \$165

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, 6:00pm, 6:45pm
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, 5:30pm, 6:20pm
Tuesday 5:25pm, 6:10pm
Wednesday 4:30pm, 5:35pm, 6:40pm
Thursday 5:25pm

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

Level 4 Monday 5:55pm

JR boys (ages 6-8) Tuesday 2:30pm
Wednesday 5:55pm
Thursday 10:00am, 5:45pm

SR boys (ages 8+) Wednesday 5:55pm
Thursday 10:00am, 5:45pm

Tumbling Class- Ages 6+

10 week session \$205/ 8 week session \$165

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 aeriels, 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 5:30pm

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 6:05pm

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

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