

AIR FORCE GYMNASTICS
 969 N Military Ave Green Bay, WI 54303
www.airforcegymnastics.com
 (920) 246 – 4038
admin@airforcegymnastics.com
 Registration Opens Wednesday July 17th
 Priority Registration 9 am--Open to Public 12pm



Schedule begins September 3rd

Parent-Tot (P tot) - 18 months to 3 years

\$69 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

\$69 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:	Level 2:	Level 3:	Advanced:
Monday 4:00pm, 5:00pm, 5:50pm, 6:35pm	Monday 4:00pm, 4:30pm, 5:45pm, 6:30pm	Monday 5:15pm	Thursday 4:00pm
Tuesday 9:15am, 4:00pm, 4:45pm, 6:30pm	Tuesday 9:15am, 4:15pm, 5:05pm, 6:00pm, 6:30pm	Tuesday 9:15am	(Invite only -1hour, \$85/mo.)
Wednesday 4:25pm, 5:10pm 6:45pm	Wednesday 4:00pm, 4:30pm, 6:25pm	Wednesday 5:05pm, 6:10pm	
Thursday 4:00pm, 4:45pm, 5:30pm	Thursday 5:15pm, 5:30pm, 6:35pm	Thursday 4:45pm, 6:20pm	
Friday 9:15am			

Kinder Gym (KG) - Ages 4-5 years

\$69 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:	Level 2:	Level 3:	Advanced:
Monday 4:15pm, 4:45pm, 5:30pm, 6:15pm	Monday 4:00pm, 4:30pm, 5:45pm, 6:30pm	Monday 5:15pm	Thursday 4:00pm
Tuesday 10:00am 4:00pm, 4:45pm, 5:45pm, 6:15pm	Tuesday 9:15am, 4:15pm, 5:05pm, 6:00pm, 6:30pm	Tuesday 9:15am	(Invite only -1hour, \$85/mo.)
Wednesday 4:15pm, 5:20pm, 5:35pm, 6:45pm	Wednesday 4:00pm, 4:30pm, 6:25pm	Wednesday 5:05pm, 6:10pm	
Thursday 5:50pm, 6:05pm	Thursday 5:15pm, 5:30pm, 6:35pm	Thursday 4:45pm, 6:20pm	

Super 6 (S6) – Age 6

\$69 per month

Super 6's is a co-ed transitional class designed just for 6-year-olds. In this class we will utilize the perfect lesson plans, equipment and skills to help our Super 6-year-olds bridge from Kinder gym to Flight School. 6-year-olds are BIGGER and BRAVER-so we will meet them with more challenging skills and activities. We will combine these new challenges with a "just right" class size for lots of hands on attention! To top it all off this class will use a combination of full-sized equipment and specially sized items to maximize success, boost confidence and speed up learning. It's the perfect fit for a gymnast who is 6! This class meets for 45 minutes each week

Monday: 5:00 pm, 6:00pm, 6:45pm
Tuesday: 4:30 pm, 5:20pm, 6:45pm
Wednesday: 4:45pm, 5:55pm
Thursdays: 4:30pm, 5:00pm, 6:50pm

Flight School (FS) - Ages 7+

\$85 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 will work on all 4 women's events and meet for 1 hour each week.

Level 1:	Level 2:	Level 3:
Monday 4:45pm, 5:05pm, 5:50pm, 6:10pm, 6:50pm	Monday 4:25pm, 5:30pm, 6:30pm	Monday 6:00pm
Tuesday 4:00pm, 5:30pm, 5:55pm, 6:35pm, 6:55pm	Tuesday 4:45pm, 5:05pm, 6:15pm	Tuesday 4:20pm
Wednesday 4:20pm, 4:45pm, 6:10pm, 6:30pm	Wednesday 4:00pm, 5:05pm, 7:15pm	Wednesday 5:25pm, 5:50pm
Thursday 4:40pm, 5:05pm, 5:50pm, 6:10pm, 6:30pm	Thursday 4:20pm 5:30pm, 6:55pm	Thursday 6:55pm

Flight School Boys (BOYS) - Ages 6+

\$85 per month

Our Flight School program allows school age boys to build a solid foundation of gymnastics skills on all 6 men's events. 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+

\$85 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**

24-25	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 PS/KG2 Kaycee 4:00 FS JR BOYS Libby/Trent 4:15 KG1 Courtney F 4:25 FS2 Hazel 4:30 PS/KG2 Courtney S 4:45 KG1 Kaycee 4:45 FS1 Amanda P/Joyce	4:00 FS1 Ava 4:00 PS1 Alyssa Z 4:00 KG 1 Rachel B 4:15 PS/KG2 Callie 4:20 FS3 Libby 4:30 Super 6 Alayna 4:45 KG1 Alyssa Z 4:45 FS2 Niki G 4:45 PS1 Kaycee	4:00 FS2 Sydney 4:00 PS/KG2 Amanda P 4:15 KG1 Kaycee 4:20 FS1 Libby 4:25 PS1 Jess 4:30 PS/KG2 Anna 4:45 FS1 Amanda P 4:45 Super 6 Alexis	4:00 SR BOYS Libby/ Trent 4:00 PS/KG ADV Amanda P 4:00 PS1 Callie 4:20 FS2 Amanda I 4:30 Super 6 Joyce 4:40 FS1 Alayna 4:45 PS1 Leigh 4:45 PS/KG3 Courtney S		
5:00	5:00 PS1 Courtney F 5:00 Super 6 Libby 5:05 FS1 Niki G 5:15 PS/KG3 Courtney S 5:30 KG1 Hazel 5:30 FS2 Callie/ Joyce 5:45 PS/KG2 Kaycee 5:50 PS1 Courtney F 5:50 FS1 Libby	5:05 PS/KG2 Callie 5:05 FS2 Ava 5:20 Super 6 Rachel B 5:30 FS1 Alanya 5:40 P tot Kaycee 5:45 KG1 Libby 5:55 FS1 Callie	5:05 PS/KG3 Courtney S 5:05 FS2 Sydney 5:10 PS1 Kaycee 5:20 KG1 Niki 5:25 FS3 Libby 5:35 KG1 Alexis/Meg 5:50 FS3 Amanda S 5:55 Super 6 Rachel B	5:00 Super 6 Libby 5:05 FS1 Callie 5:15 PS/KG2 Rachel S 5:30 FS2 Amanda I 5:30 PS1 Leigh 5:30 PS/KG2 Amanda P 5:50 KG1 Libby 5:50 FS1 Aubriel		
6:00	6:00 Super 6 Amanda P 6:00 FS3 Courtney S (back) 6:10 FS1 Amanda S 6:15 KG1 Hazel 6:30 PS/KG2 Joyce 6:30 FS2 Meg K 6:35 PS1 Callie 6:45 Super 6 Amanda P 6:50 FS1 Kaycee	6:00 PS/KG2 Aubriel 6:15 FS2 Ava 6:15 KG1 Rachel B 6:30 PS/KG2 Kaycee 6:30 PS1 Jess 6:35 FS1 Alayna 6:45 Super 6 Libby 6:55 FS 1 Aubriel	6:00 P tot Kaycee 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 Alexis 6:45 KG1 Rachel B 6:45 PS1 Kaycee 6:50 FS JR/SR Boys Jackie/Meg	6:05 KG1 Rachel S 6:05 Tumbling ½ Sharon (back) 6:10 FS1 Alayna 6:20 PS/KG3 Amanda P 6:20 P tot Leigh 6:30 FS1 Amanda I 6:35 PS/KG2 Libby 6:50 Super 6 Rachel S 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

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

Play Groups by appointment

Birthday Parties Weekends by appointment