

# *Air Force Gymnastics Academy Summer Classes*

Schedule Runs June 16<sup>th</sup> -August 22nd

969 N. Military Ave

[www.airforcegymnastics.com](http://www.airforcegymnastics.com)

PH: 920-246-4038/Email: [admin@airforcegymnastics.com](mailto:admin@airforcegymnastics.com)

Priority Registration Begins Wednesday, March 19<sup>th</sup> at 10am. Open Enrollment begins at 1 pm.

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.

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

**10.** 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 joined us this school year, we will also be offering **PRIORITY registration for our summer enrollment.** If you are currently enrolled, summer registration opens at 10am. Open Enrollment will be at 1pm. **Once again this year, every family that is enrolled for the summer session will also get PRIORITY enrollment for Fall gymnastics!!!**

**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 7<sup>th</sup>): Bring a Friend Week- Share everything you love about AF with one of your BFFs!

Week 8 (Week of August 4<sup>th</sup>): 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 summertime 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!!!**

## Parent Tot- Ages 18 months to 3 years

### 10 week session \$170/ 8 week session \$140

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.

Monday 5:40  
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 \$170/ 8 week session \$140

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

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

**KG 2** (Ages 4-5) 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

**KG 3** (Ages 4-5) Monday 5:35pm  
Thursday 11:20am, 4:15pm

## Super 6 – Age 6

### 10 week session \$170/ 8 week session \$140

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. It's the perfect fit for a gymnast who is 6! This class meets for 45 minutes each week

**Super 6** Monday 2:45pm, 4:15 pm, 5:15 pm, 6:15 pm  
Tuesday 4:00 pm  
Thursday 4:00 pm, 5:45 PM, 6:20 pm

## Flight School- Ages 6+

### 10 week session \$210/ 8 week session \$170

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 1:20 pm, 5:55pm  
Tuesday 10:30am

**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 \$210/ 8 week session \$170

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** Monday 4:15  
Tuesday 2:30pm  
Wednesday 2:30pm

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

**Tumbling 2** Tuesday 5:30pm

## Rhythmic Class- Ages 6+

### 10 week session \$255/8 Week Session \$205

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 PS-Courtney 9:30 FS1-Anna	9:30 KG1-Jen 9:30 PS1- Courtney	9:30 FS1- Anna 9:30 Parent tot - Kaycee	9:30 PS- Anna
10:00	10:30 PS-Courtney 10:30 FS2- Anna	10:30 KG2- Jenna 10:30 FS3-Courtney	10:30 KG1-Anna 10:30 PS-Kaycee	10:00 FS JR/SR Boys – Jay 10:30 Parent tot-Anna
11:00	11:30 PS1-Courtney			11:20 KG3- Anna
1:00 pm	1:20 FS3-Amanda P 1:45 FS2-Anna 1:45 KG1- Tilly		1:30 KG 2- Anna 1:30 FS1-Ava K	
2:00 pm	2:45 FS1-Tilly 2:45 Super 6 Amanda P	2:30 Tumbling 1-Anna and Alyssa Z 2:30 FS JR Boys Aubriel and Ozzy	2:30 Tumbling 1-Anna/Ava K	
4:00 pm	4:00 PS-Leigh 4:15 Super 6-Callie 4:15 Tumbling 1 Amanda P/Tilly 4:30-FS1-Ava K 4:40 PS/KG2 –Alexis 4:50 PS-Leigh	4:00 PS-Tilly 4:00 Super 6- Alexis 4:15 KG2-Rachel B 4:30 Tumbling 1/2- Anna/Maggie 4:45 PS-Tilly	4:00 PS- Callie 4:00 FS1-Ava K 4:00 KG2- Alyssa Z 4:30 FS2- Sydney 4:50 PS-Callie	4:00 Super 6- Alyssa 4:15 KG3- Tilly 4:30 PS-Callie/Ava K 4:30 KG1-Alexis
5:00 pm	5:00 KG1-Callie 5:15 Super 6- Tilly 5:30 FS2-Sydney 5:35 KG3-Alexis 5:40 P tot -Leigh 5:50 KG1-Rachel B 5:55 FS3-Ava K (Back)	5:05 FS1- Evelyn 5:05 KG1-Ava K 5:25 KG2-Rachel B 5:25 FS2- Alexis 5:30 Tumbling 2- Anna/Maggie 5:35 PS-Tilly	5:05 FS1-Ava K 5:35 FS2-Sydney 5:35 Parent tot-Jenna/Callie 5:35 KG2-Rachel B 5:55 FS JR/SR Boys-Joey/ Ozzy 6:00 Tumbling1/2- /Sharon/Ava k (Back)	5:05 FS1-Tilly 5:20 KG2- Ava K 5:25 PS- Callie 5:25 FS2- Alexis 5:45 Super 6 -Evelyn 5:45 FS JR/SR boys-Jay
6:00 pm	6:00 FS1-Callie 6:15 Super 6-Tilly 6:20 FS2- Alexis 6:35 PS- Leigh 6:40 KG 2-Rachel B 6:45 FS1-Sydney	6:05 Rhythmic- Sharon 6:10 FS2- Evelyn 6:15 KG1- Ava K 6:20 Parent tot- Tilly/Rachel B 6:30 FS1-Alexis 6:35 KG2- Aubriel	6:15 FS1-Callie 6:15 FS2- Jenna 6:35 KG1- Rachel B 6:40 FS2-Sydney	6:05 KG2- Ava K 6:15 FS1-Sharon 6:20 Super 6 – Tilly 6:15 Parent tot- Callie/Leigh 6:30 Tumbling 1/2- Aubriel /Alexis 6:35 KG1-Evelyn

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