

AIR FORCE GYMNASTICS
 969 N Military Ave Green Bay, WI 54303
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 Registration Opens Wednesday July 16th
 Priority Registration 9 am--Open to Public 12pm



Schedule begins September 2nd

Parent-Tot (P tot) - 18 months to 3 years
\$71 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
\$71 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.

Monday 4:00pm, 5:00pm, 5:50pm, 6:35pm

Tuesday 9:15am, 4:00pm, 4:45pm, 6:30pm

Wednesday 4:25pm, 5:10pm, 6:45pm

Thursday 4:00pm, 4:45pm, 5:30pm

Friday 9:15am

Kinder Gym (KG) - Ages 4-5 years
\$71 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 4:15pm, 4:45pm, 5:30pm, 6:15pm

Tuesday 10:00am, 4:00pm, 4:45pm, 5:45pm, 6:15pm

Wednesday 4:15pm, 5:20pm, 5:35pm, 6:45pm

Thursday 5:50pm, 6:05pm

Level 2:

Monday 4:00pm, 4:30pm, 5:45pm, 6:30pm

Tuesday 9:15am, 4:15pm, 5:05pm, 6:00pm, 6:30pm

Wednesday 4:00pm, 4:30pm, 6:25pm

Thursday 5:15pm, 5:30pm, 6:35pm

Level 3:

Monday 5:15pm

Tuesday 9:15am

Wednesday 5:05pm, 6:10pm

Thursday 4:45pm, 6:20pm

Super 6 (S6) – Age 6
\$71 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

Thursday: 4:20pm, 5:00pm, 6:50pm

Flight School (FS) - Ages 7+
\$87 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:

Monday 4:25pm, 5:05pm, 5:50pm, 6:10pm, 7:00pm

Tuesday 4:00pm, 5:30pm, 5:55pm, 6:35pm, 6:55pm

Wednesday 4:20pm, 4:45pm, 6:10pm, 6:30pm

Thursday 4:40pm, 5:05pm, 5:50pm, 6:10pm, 6:35pm

Level 2:

Monday 4:45pm, 5:30pm, 6:35 pm

Tuesday 4:45pm, 5:05pm, 6:15pm

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

Flight School Boys (BOYS) - Ages 6+
\$87 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+
\$87 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 3:45 pm, 6:05pm Tumbling 2 Wednesday 6:05 Thursday 3:45pm, 6:05 pm

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**

25-26	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00		9:15 PS Jasmine 9:15 KG2/3 Courtney			9:15 PS Courtney	
10:00	Parent Tot Open Gym	10:00 P tot Jasmine 10:00 KG1 Courtney		Parent Tot Open Gym	10:00 P tot Courtney	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 Kelsey	3:45 Tumbling 1/2 Courtney		
4:00	4:00 PS Amanda P 4:00 KG2 Emma 4:00 FS JR BOYS Meg/Trent 4:15 KG1 Courtney F 4:25 FS1 Hazel 4:30 KG2 Alexa 4:45 KG1 Kelsey 4:45 FS2 Amanda P	4:00 FS1 Ev 4:00 PS Callie 4:00 KG1 Maggie 4:15 KG2 Alexis 4:20 FS3 Niki G 4:30 Super 6 Alayna 4:45 KG1 Callie 4:45 FS2 Mia D 4:45 PS Kaycee	4:00 FS2 Sydney 4:00 KG2 Meg 4:15 KG1 Kaycee 4:20 FS1 Summer 4:25 PS Alyssa Z 4:30 KG2 Anna 4:45 FS1 Meg 4:45 Super 6 Callie	4:00 SR BOYS Meg/Trent 4:00 PS Callie 4:20 FS2 Rachel B 4:20 Super 6 Alexa 4:40 FS1 Alayna 4:45 PS Kelsey 4:45 KG3 Courtney S		
5:00	5:00 PS Courtney F 5:00 Super 6 Meg 5:05 FS1 Emma 5:15 KG3 Alexa 5:30 KG1 Hazel 5:30 FS2 Callie 5:45 KG2 Rachel B 5:50 PS Courtney F 5:50 FS1 Meg	5:05 KG2 Alexis 5:05 FS2 Ev 5:20 Super 6 Maggie 5:30 FS1 Alanya 5:40 P tot Kaycee 5:45 KG1 Callie 5:55 FS1 Alexis	5:05 KG3 Kelsey 5:05 FS2 Sydney 5:10 PS Kaycee 5:20 KG1 Alyssa Z 5:25 FS3 Summer/Kelsey 5:35 KG1 Callie 5:50 FS3 Mike 5:55 Super 6 Rachel B	5:00 Super 6 Meg 5:05 FS1 Callie 5:15 KG2 Alexa 5:30 FS2 Rachel B 5:30 PS Leigh 5:30 KG2 Amanda P 5:50 KG1 Meg 5:50 FS1 Alayna		
6:00	6:00 Super 6 Amanda P 6:00 FS3 Courtney S (back) 6:10 FS1 Emma 6:15 KG1 Hazel 6:30 KG2 Alexa 6:35 FS2 Rachel B 6:35 PS Callie 6:45 Super 6 Amanda P 7:00 FS1 Mike	6:00 KG2 Aubriel 6:15 FS2 Ev 6:15 KG1 Maggie 6:30 KG2 Kaycee 6:30 PS Jess 6:35 FS1 Alayna 6:45 Super 6 Mia D 6:55 FS1 Aubriel	6:00 P tot Kaycee 6:05 Tumbling 1 Anna (back) 6:05 Tumbling 2 Sydney (back) 6:10 KG3 Meg 6:10 FS1 Sharon 6:25 KG2 Summer 6:30 FS1 Callie 6:45 KG1 Rachel B 6:45 PS Kaycee 6:50 FS JR/SR Boys Ozzye/Meg	6:05 KG1 Alexa 6:05 Tumbling ½ Sharon (back) 6:10 FS1 Aubriel 6:20 KG3 Amanda P 6:20 P tot Leigh 6:35 FS1 Rachel B 6:35 KG2 Meg 6:50 Super 6 Alexa 6:55 FS2/3 Aubriel/Ozzye		
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 – Ages 6+

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

Play Groups by appointment
Birthday Parties Weekends by appointment