

ALL AMERICAN FLAMES GYMNASTIX, LLC – CLASS DESCRIPTIONS/\$ PRICE \$

2915 Lapeer Rd. Port Huron, MI 48060 810-985-FLIP www.FlamesGym.com

<h2 style="margin: 0;">THE BASIX GYMNASTIQUE</h2> <p style="margin: 0; font-size: small;">RECREATIONAL GYMNASTICS PROGRAM</p>		
FLICKER'S FRIENDS <small>PRE-SCHOOL PROGRAM</small>	PRICE	CLASS DESCRIPTIONS
Flicker's Playground	\$5/child	<i>Flicker</i> opens his playground for all his little friends to come and play. A great opportunity for you to spend quality time interacting with your little one(s) at our gymnastics facility. Our scheduled Flames Instructor oversees your playtime activities, ready to lend a hand or to help extinguish your questions. You are responsible for your child.
Flicker's Friends Big-N-Little	\$70	<i>Flicker</i> invites you and your little one to participate in 40 fun-filled minutes of structured adventure. Your Flames Instructor will help you and your toddler navigate your way through our fiery-fun gymnastic mazes and imaginative circuits. Allowing for gross motor skill and listening skill development. One adult per child.
Flicker's Friends Half-Pints	\$70	Half-Pints is designed for <i>Flicker's Friends</i> who are ready to play without their parents. The focus is on gross & fine motor skills, utilizing basic gymnastic movements and apparatus to prepare little ones for our developmental gymnastics program. Your child will build self-confidence as they learn to roll, climb, swing and balance, with their friends, under the careful training of their Flames Instructor.
LEVELS 1-3 <small>GIRLS RECREATIONAL PROGRAM</small>	PRICE	CLASS DESCRIPTIONS
Level 1	\$85	All American Flames Gymnastix - Developmental Program (Levels 1-3) introduces our students to the wonderfully challenging world of gymnastics. Developing strength, flexibility, coordination and self-esteem becomes paramount as students are tested, then grouped according to age and ability. Each student strives to accomplish skills inspired by USA Gymnastics (Levels 1-4). We have organized these skills onto colorful posters, which each developmental student receives upon enrollment. As the challenges begin, they are expected to progress at their own pace. All students are continuously evaluated throughout each session, and are rewarded for successful accomplishments along the way. We celebrate Level Completion with an official awards ceremony, where the presentation of a medal and certificate accompanies a photo-op with their coach and Flames' friendly mascot, Flicker.
Level 2	\$110	
Level 3 (ages 5-6)	\$119	
Level 3 (ages 7+)	\$148	
BOYS <small>RECREATIONAL PROGRAM</small>	PRICE	CLASS DESCRIPTIONS
Beginning 5+ YRS	\$85	AAFG's developmental recreational program for boys, focusing on strength, flexibility, and coordination. Students will develop gymnastic skills on each of the 6 boy's gymnastic apparatus.
Advanced 5+ YRS	\$110	

<h2 style="margin: 0;">TEAM GYMNASTIX</h2> <p style="margin: 0; font-size: small;">COMPETITIVE / NON-COMPETITIVE</p>		
TEAM FLAMES		
Flames Home Team ALL AGES USAG LEVELS 4-10	CALL FOR PRICES	The <i>Flames Home Team</i> is designed for boys & girls who are prepared for advanced gymnastic skills, but who may not be ready for the <i>Travel Team</i> commitment. Emphasis is placed on teamwork, responsibility and self-confidence, while developing further as a gymnast. Training consists of USAG skills (levels 4-10) under the guidance of AAFG's experienced Junior Olympic <i>Travel Team</i> coaches. <i>Home Team</i> gymnasts transferring to the <i>Travel Team</i> must
Flames Travel Team ALL AGES USAG LEVELS 4-10	CALL FOR PRICES	AAFG's <i>Travel Teams</i> (Levels 4-10) are governed by the USA Gymnastics Jr. Olympic Training Program. Our <i>Travel Teams</i> compete throughout our state & region against this country's finest athletes. Emphasis is placed on accomplishing individual goals on the way to team success, through determination and perseverance.

<h2 style="margin: 0;">CROSS TRAINING</h2> <p style="margin: 0; font-size: small;">CLASSES / CLINICS</p>						
CLASSES/CLINICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Flames Firepower Class <small>STRENGTH & CONDITIONING ALL AGES</small>	\$70	<i>Flames Firepower</i> Classes are designed to aid your child in improving his/her overall athleticism. Each class targets specific physical needs common to most athletic activities by utilizing gymnastic movements & apparatus. Students will spend time stretching (static & dynamic), aerobic work (cardio), and strength building.				
All American Tumbling Class <small>BEG / ADV AGES 7+</small>	\$70	The <i>All American Tumbling</i> class is designed for those with a dedicated interest in gymnastic tumbling skills. These low-ratio classes are focused on taking each student's current tumbling abilities and correctly improving them through weekly workouts with a dedicated Flames Instructor. Geared for both boys and girls, this class would benefit cheerleaders, dancers, divers, martial artists, or anyone interested in gymnastics tumbling. Beginning students develop round-offs, unassisted back-handsprings, and walkovers. Advanced students develop tucks, pikes, layouts & twisting.				
All American Tumbling Clinic <small>OPEN -WORKOUT AGES 7+</small>	\$5/child	The <i>All American Tumbling</i> clinic is designed for those students looking for the best place to work on their tumbling skills. This Open-Workout format allows individuals to drop-in and workout at their own pace under the supervision of a Flames Instructor. Tumbling is the focus and the Flames Instructor is there to offer advice.				
Flicker's Playnastix <small>OPEN GYM ALL STUDENTS WELCOME 5+YRS</small>	\$5/child	<i>Flicker</i> opens his playground for all his older friends to come and play. A great opportunity for current and former students to workout, or play at our gymnastics facility. Our scheduled Flames Instructor oversees the Playnastix activities, ready to lend a hand or to help extinguish questions. We welcome current/former AAFG students, and those from other gyms.				
Private Lessons <small>ALL AGES</small>	CALL	<i>Private Lessons</i> are designed for individual instruction targeting specific gymnastic skills which the student needs extra attention developing. They may be scheduled with any available instructor. Please call for Instructor Availability and Price.				