

Recreational Class Schedule 2018

| PROGRAMS | MON | TUE | WED | THU | FRI | SAT |
|--------------|-------------------------------------|------------------------|--|------------------------|-------------------------------------|---------------------------|
| OPEN GYM | | 9:00-11:30 | 9:00-11:30 | 9:00-11:30 | | |
| LAF | | | | | | 9:00-9:35 |
| TST | 4:00-4:45 4:50-5:35 | 4:00-4:45 5:45-6:30 | 4:00-4:45 | 4:00-4:45 5:00-5:45 | 4:00-4:45 | 9:40-10:25 |
| SSF | 4:00-4:45 5:15-6:00 5:45-6:30 | 4:50-5:35 | 5:00-5:45 | 5:00-5:45 5:45-6:30 | 5:00-5:45 | 10:30-11:15 |
| BMM | | 4:00-4:45 | | 4:00-4:45 | | |
| BSM | | 4:50-5:35 | 4:45-5:30 | 4:50-5:35 | | |
| LEVEL A | 4:00-5:00 5:00-6:00 6:00-7:00 | 4:00-5:00 5:00-6:00 | 4:00-5:00 5:00-6:00 5:30-6:30 5:45-6:45 | 4:00-5:00 6:00-7:00 | 4:00-5:00 5:00-6:00 | 9:30-10:30 10:30-11:30 |
| LEVEL B | 5:00-6:00 6:30-7:30 | 4:00-5:00 | 4:00-5:00 6:00-7:00 6:30-7:30 | 4:00-5:00 | 4:00-5:00 5:00-6:00 6:00-7:00 | 10:30-11:30 |
| LEVEL C | 6:00-7:30 | 6:00-7:30 | 4:00-5:30 5:00-6:30 | 6:00-7:30 | 6:00-7:30 | |
| MINI MARLINS | | 5:00-6:00 | | 5:00-6:00 | | |
| TUMBLE 1 | 6:00-7:00 | | | 5:00-6:00 | | |
| TUMBLE 2 | | 6:30-7:30 | | 6:00-7:00 | | |
| TUMBLE 3 | | | 6:30-7:30 | | | |
| ADV STUNT | | 6:00-7:00 | 5:30-6:30 | 6:00-7:00 | | |

Open Gym

Kids get to roam around with tons of cool stuff to do & kiddie tunes to dance to. Great for mom's play-date too! \$5 per child/per visit
 Prenaid cards: 5 visits \$20.00 10 visits \$40.00

Recreational Registration Fees

Registration is good for one year from date paid
 Family registration \$50.00
 Siblina or 2nd class - 10% tuition discount

As of 1/10/18



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Port City Gymnastics
 6724 Amsterdam Way
 Wilmington, NC 28405
www.portcitygymnastics.net

Call Today!
910-793-1921

Little Angel Fish Walking - 2yrs

\$55.00/month

35 min class WITH MOM OR DAD focuses on gross motor skills (jumping/hopping), and beginner gymnastics skills. Teaches movement concepts (over/under, apart/together).

Tumbling Sea Turtles 3-4YRS

& Sailing Sail Fish 5 YRS OLD

\$75.00/month

45 min class - perfect first group experience without Mom or Dad. Multitude of activities and challenging themes, listening and learning become FUN! Work on all 4 Olympic Events to develop age specific motor skills and a basic understanding of beginning gymnastics.

Tumbling 1, 2 & 3

\$80.00/month

60 min progressive tumbling classes for ages 6 & up. Entry level 1 teaches tumbling basics; level 2 builds upon those basics; and level 3 learns more advanced skills.

Level A-Beginner

\$80.00/month

60 min class for beginning level gymnastics skills on all 4 events, establishes knowledge and increases fitness level.

Level B-Intermediate

(previous level A and/or evaluated)

\$80.00/month

60 min class builds on beginning skills learned in level A and trains for more difficult skills. Focus on conditioning, flexibility and learning new skills through progressions.

Level C-Advanced

(previous level B and/or evaluated)

\$90.00/month

90 min class continues to build on skills learned in levels A & B and trains advanced skills taught in a progressive manner to maximize each child's ability.

Private Personal Training Available



Boys Mini Mania 3-5YRS

\$70.00/month

45 min high-energy, action packed class - perfect for preschoolers! Boys learn gymnastics skills and strength conditioning which helps prepare for all sports!

Boys Stunt Mania 6YRS-12YRS

\$70.00/month

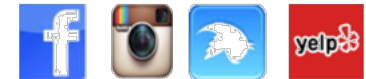
45 min high-energy, action packed class is perfect for older boys! Teaches gymnastics skills and strength conditioning which prepares him for all sports!

Advanced Stunt Mania

Boys & Girls: 7yrs-8th grade

\$70.00/month

60 min class which focuses on strength, flexibility, and overall agility. Perfect for children wanting to have fun and improve overall coordination & fitness to prepare for other sports.



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