

## Recreational Class Schedule 2019

PROGRAMS	MON	TUE	WED	THU	FRI	SAT
OPEN GYM		9:00-11:30	9:00-11:30	9:00-11:30		
LAF						9:00-9:30
TST	4:00-4:45 4:50-5:35 5:45-6:30	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	4:50-5:35	4:45-5:30 5:00-5:45	5:00-5:45 5:45-6:30	5:00-5:45	10:30-11:15
TUMBLE 1				5:00-6:00		
TUMBLE 2				5:00-6:00		
TUMBLE 3			6:30-7:30			
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 6:30-7:30	9:30-10:30 10:30-11:30
LEVEL B	5:00-6:00 6:30-7:30	4:00-5:00 6:00-7:00	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	9:30-10:30 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	4:00-5:30 6:00-7:30	
MINI MARLINS		5:00-6:00		5:00-6:00	5:30-6:30	
NinjaZone 5-7yr		4:30-5:30	4:00-5:00	4:30-5:30	4:00-5:00 5:00-6:00	
NinjaZone 8-10yr		4:00-5:00 5:30-6:30	5:00-6:00	5:30-6:30	6:00-7:00	
NinjaZone 11-13yr		6:30-7:30	6:00-7:00	6:30-7:30		

### 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  
Prepaid 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  
Sibling or 2<sup>nd</sup> class - 10% tuition discount*



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Port City Gymnastics  
6724 Amsterdam Way  
Wilmington, NC 28405  
[www.portcitygymnastics.net](http://www.portcitygymnastics.net)

Call Today!  
**910-793-1921**

### Little Angel Fish Walking - 2yrs

**\$55.00/month**

30 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

**\$85.00/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

**\$85.00/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)*

**\$85.00/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)*

**\$95.00/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\*



### NinjaZone

3-4yrs; 5-7yrs; 8-10yrs; 11-13yrs

**\$85.00/month**

Ninja Zone is a 60 min popular, high energy sport! The Ninja Zone curriculum is inspired by gymnastics, martial arts, & obstacle course **training**. Ninja Zone embodies discipline, focused energy, and skill. It is challenging, fun and achievement rich.

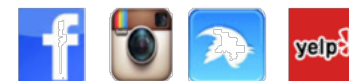
*\*NinjaZone is an age-based class that coaches teach to each individual student's skill level\**

### Mini Marlins

*(invitation only)*

**\$87.00/month**

This 60 min class is by invitation only and is for our advanced preschool children. This class is designed to help children develop an understanding of form and technique at an early age to prepare them for advancing to pre-team and competitions.



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