

Port City Gymnastics

School-Year Program Schedule 2009/2010

Recreational Classes - Description & Info

Open Gym (Walking-5 Years)

Please come join us at Port City Gymnastics for open play time, from 9:00am to 11:00am. The kids get to roam around our huge recreational gym floor, with tons of cool stuff to do - rings to swing from, foam pits to jump into, balance beams to walk on, trampolines to jump on, rings, jump ropes, bean bags to play with, kiddie tunes to dance to and un-even surfaces to teach balance. The kids LOVE playing here, and it's nice that they're all contained in one big room, with so much to do. This is perfect for all ages (up to 5 years old), and allows moms to mingle a bit too! The cost is \$5 per child, free for adults. Free coffee too!

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Open Gym	Monday	120 min	9:00AM-11:00AM	Both	Walking-5	N/A	8/24/2009	6/11/2010		\$5/day
Open Gym	Thursday	120 min	9:00AM-11:00AM	Both	Walking-5	N/A	8/24/2009	6/11/2010		\$5/day
Open Gym	Friday	120 min	9:00AM-11:00AM	Both	Walking-5	N/A	8/24/2009	6/11/2010		\$5/day

Little Angelfish (Walking-2 Years)

This 45 minute class WITH MOM OR DAD focuses on gross motor skills like jumping and hopping, as well as beginning gymnastics skills. Your child will learn movement concepts like over and under, apart and together, etc. At this special age, it's an experience that you both will treasure for a lifetime.

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Little Angelfish	Tuesday	45 min	9:00AM-9:45AM	Both	Walking-2	8-1	8/24/2009	6/11/2010	\$55/mo	\$55/mo
Little Angelfish	Saturday	45 min	9:00AM-9:45AM	Both	Walking-2	8-1	8/24/2009	6/11/2010	\$55/mo	\$55/mo

Tumbling Sea Turtles (3 Years-4 Years)

This 45 minute class is perfect as your child's first group experience without Mom or Dad. With a multitude of activities and challenging themes, listening and learning become FUN! These children work on all Olympic Events to develop age specific motor skills as well as a basic understanding of beginning gymnastics.

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Tumbling Sea Turtles	Tuesday	45 min	10:00AM-10:45AM	Both	3-4	6-1	8/24/2009	6/11/2010	\$65/mo	\$65/mo
Tumbling Sea Turtles	Tuesday	45 min	4:00PM-4:45PM	Both	3-4	6-1	8/24/2009	6/11/2010	\$65/mo	\$65/mo
Tumbling Sea Turtles	Wednesday	45 min	6:00PM-6:45PM	Both	3-4	6-1	8/24/2009	6/11/2010	\$65/mo	\$65/mo
Tumbling Sea Turtles	Saturday	45 min	10:00AM-10:45AM	Both	3-4	6-1	8/24/2009	6/11/2010	\$65/mo	\$65/mo

Boys Mini Mania (3 Years-5 years)

This 45 minute high-energy, action packed class is perfect for your preschool son! Boys will learn gymnastics skills on all events. They will learn to stretch and do strength conditioning which will prepare them for the sports of their choice!

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Boys Mini Mania	Tuesday	55 min	6:00PM-6:55PM	Boys	3-5	6-1	8/24/2009	6/11/2010	\$65/mo	\$65/mo
Boys Mini Mania	Wednesday	55 min	5:00PM-5:55PM	Boys	3-5	6-1	8/24/2009	6/11/2010	\$65/mo	\$65/mo

Sailing Sailfish (5 Years-Kindergarten)

This 45 minute class is another perfect opportunity for your child to experience a multitude of activities and challenging themes. Let us help your kindergartener (*and almost kindergartener*) gain the confidence of being in a group and challenging themselves physically and mentally. Listening and learning can be FUN! These children work on age-specific motor skills as well as a basic gymnastics.

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Sailing Sailfish	Wednesday	45 min	4:00PM-4:45PM	Both	5-Kin	8-1	8/24/2009	6/11/2010	\$65/mo	\$65/mo
Sailing Sailfish	Saturday	45 min	11:00AM-11:45AM	Both	5-Kin	8-1	8/24/2009	6/11/2010	\$65/mo	\$65/mo

Tumbling Class (5 Years-14 Years)

This 55 minute class teaches basic tumbling skills such as cartwheels, handstand forward rolls, round-offs, back handsprings. For the more advanced, we will train standing back tucks, fulls, doubles, and combination passes.

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Tumbling Class	Monday	55 min	5:00PM-5:55PM	Both	5-14	8-1	8/24/2009	6/11/2010	\$65/mo	\$65/mo
Tumbling Class	Thursday	55 min	6:00PM-6:55PM	Both	5-14	8-1	8/24/2009	6/11/2010	\$65/mo	\$65/mo

Boys Stunt Mania (6 Years-12 Years)

This 55 minute high-energy, action packed class is perfect for your school-age son! Boys will have fun learning gymnastics skills, jumping on the tumble trak, into the pit and climbing the cargo net. They will also learn proper stretching and strength conditioning drills which will prepare them for any sport they choose to participate in.

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Boys Stunt Mania	Thursday	55 min	5:00PM-5:55PM	Boys	6-12	8-1	8/24/2009	6/11/2010	\$65/mo	\$65/mo

Super Starfish (1st-3rd Grades)

In this 55 minute class, children learn skills on each of the four Olympic events: vault, bars, beam and floor. Skills are taught progressively with a goal of mastering basic techniques. The setting for this class is non-competitive and children will advance at their own pace through ten levels. This class is suitable for beginners through advanced.

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Super Starfish	Thursday	55 min	4:00 PM-4:55PM	Both	1st-3rd Grade	8-1	8/24/2009	6/11/2010	\$65/mo	\$65/mo
Super Starfish	Thursday	55 min	5:00 PM-5:55PM	Both	1st-3rd Grade	8-1	8/24/2009	6/11/2010	\$65/mo	\$65/mo
Super Starfish	Saturday	55 min	12:00PM-12:55PM	Both	1st-3rd Grade	8-1	8/24/2009	6/11/2010	\$65/mo	\$65/mo

Advanced Girls (8 Years-12 Years)

This 90 minute class teaches all of the women's Olympic events: vault, bars, beam and floor; and focuses on mastering skills and technique. This class is suitable for advanced levels.

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Advanced Girls	Friday	90 min	4:30PM-6:00PM	Girls	8-12	8-1	8/24/2009	6/11/2010	\$95/mo	\$95/mo

Conditioning (5 Years-14 Years)

In this 55 minute class your child will be working on general physical fitness. Strength conditioning, stretching and various exercises will help build your child's all-around mental and physical health!

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Conditioning		55 min		Both	5-14	10-1				

Cheerleading I - Boys and Girls (4 Years-2nd Grade)

This 60 minute class is where the excitement of cheerleading begins! It's unbelievable what these children can learn: tumbling, stunting, cheers, and more!

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Cheerleading I	Tuesday	60 min	5:00PM-6:00PM	Both	4yrs-2nd Grade	8-1	8/24/2009	6/11/2010	\$60/mo	\$60/mo

Cheerleading II - Boys and Girls (3rd-8th Grade)

This 90 minute class is a great opportunity for your cheerleader to gain confidence, strength and their true cheer spirit! While this group focuses on tumbling, stunting and cheers, they also learn the important values of leadership and team spirit.

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Cheerleading II	Monday	90 min	6:00PM-7:30PM	Both	3rd-8th Grade	8-1	8/24/2009	6/11/2010	\$80/mo	\$80/mo

Special Classes

Special Needs

Port City Gymnastics along with the City of Wilmington Recreation Department and Special Olympics work together to provide a modified Women's Artistic Gymnastics program for all athletes with a disability. The program offers year-round sports training and athletic competition to children and adults with intellectual and physical disabilities. Participation is open to anyone ages 8 and older, and programs are designed to serve all ability levels. The recreational program is designed to apply gross and fine motor skills as well as developing strength, coordination and body awareness through the use of equipment in a fun, structured and safe environment. The competitive program provides all of the above, plus the introduction of routines that are learned, memorized and competed at Special Olympic competitions throughout the state. This program allows athletes to build self esteem, confidence and independence along with the physical attributes a gymnastics program offers. **MUST HAVE APPROVAL FROM CITY OF WILMINGTON RECREATION DEPARTMENT.**

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Special Needs (SO)	Monday	60min	6:00PM-7:00PM	Girls	8+	5-1	8/24/2009	6/11/2010	\$45/mo	\$45/mo

Autism

This program is designed for elementary school-aged children with a diagnosis of High Functioning Autism, PDD-NOS or Aspergers. Each child will take part in warm-up activities, a gymnastics skills circuit, practice on various pieces of equipment and finish with an opportunity on the trampoline.

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Autism	Friday	50min	6:30PM-7:15PM	Both	Kin-5th Grade	5-1	8/24/2009	6/11/2010	\$55/mo	\$55/mo

Karate

Shoshin Ryu Martial Arts

Shoshin Ryu is the unencumbered study of martial arts. This classical system places emphasis on developing powerful self defense skills through NAGE (throwing), ATEMI (striking) and JUJUTSU (locking and grappling). Classes held twice weekly are led by Sensei Aaron Lawrence.

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Shoshin Ryu Bushido Kids	Monday & Wednesday	60 min	6:00PM-7:00PM	Both	6-13	8-1	Year-Round			\$75/mo
Shoshin Ryu Martial Arts	Monday & Wednesday	120 min	7:00PM-9:00PM	Both	13-Adults	12-1	Year-Round			\$75/mo

Capoeira Class for Adults

Capoeira is an Afro-Brazilian art that combines martial arts with acrobatic and dance-like elements that create power, flexibility, endurance and alertness. Cape Fear Capoeira practices twice weekly and is led by Graduado Colirio (Terry Hall).

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Capoeira	Wednesday & Thursday	120min	7:00PM-9:00PM	Both	13-Adults	12-1	Year-Round			\$80/mo

Preschool, Homeschool & Afterschool

Preschool Program

We understand the level of trust you place in us when you enroll your child in Port City Gymnastics and we are dedicated to providing the very best experience for both you & your child. Our highly successful programs are the result of education & experience and a true love of what we do. Each program reflects our commitment to providing secure care, quality education, and to meeting the needs of both the child & their family. **"Children Learn Through Play"** Every day we learn more ways to teach all kinds of children. Based on the theory that children learn through play, our classroom routines encourage active involvement, meaningful experimentation and reinforcement through repetition. Schedules are designed to balance structure and free choice, as well as active and quiet times. Recognizing that children grow in unpredictable stages, we treat each child as a unique individual, working from the level each child has attained and moving forward a step at a time. We teach a love of learning by allowing children to experience their own stage of development and helping them to feel success without pressure.

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Preschool - 5 Days	Monday-Friday		9:00AM-1:00pm	Both	3-5	6-1	8/24/2009	6/11/2010	\$225/mo	\$225/mo
Preschool - 3 Days	Monday, Wednesday & Friday		9:00AM-1:00pm	Both	3-5	6-1	8/24/2009	6/11/2010	\$190/mo	\$190/mo

Homeschool Program

Schedule a great weekly indoor activity for your homeschool child or group. We offer a variety of sports activities with a focus on gymnastics along with team building and games. Our group athletic program is well-rounded and suitable for both boys and girls. This is a great chance for your homeschool child to get together with friends in a structured fun-filled environment.

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Homeschool	Tuesday	45 min	11:00AM-11:45PM	Both	Kin-8th	8-1	8/24/2009	6/11/2010	\$40/mo	\$40/mo

Afterschool Club

Port City Gymnastics provides transportation to the “**After School Club at Port City Gymnastics**”. Our program is offered to children at the following elementary schools: **Murrayville, Eaton, Ogden, Blair, Wrightsville Beach, College Park, and all 3 Topsail schools**. Activities include: two 1-hour gymnastics classes per week, free play in the gym, board games and crafts, as well as homework and snack time. We do not provide lunches. If your child is here for early release or other non-school days, you must pack a lunch. We help develop happy, healthy children. Homework and games are essential to our program. Your child will get gymnastics instruction and lots of physical exercise. They will practice discipline, manners and respect for teachers, parents and other students, as well as themselves. They will gain self-esteem and confidence through our program. Your child’s positive attitude will be encouraged and will carry over into school work and all other activities. Tutoring programs are also available at the front desk. **Pick-up by 6:00 PM, LATE FEES APPLY.**

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Afterschool Club - Weekly	Monday-Friday		2:00PM-6:00PM	Both	Kin-5th	10-1	7/21/2009	6/15/2010	\$80/wk	\$80/wk
Afterschool Club - Daily	Monday-Friday		2:00PM-6:00PM	Both	Kin-5th	10-1	7/21/2009	6/15/2010	\$16/day	\$16/day
Afterschool Club - Half-Day	Early Release		11:00AM-6:00PM	Both	Kin-5th	10-1	7/21/2009	6/15/2010	\$22/day	\$22/day
Afterschool Club - Full-Day	Holiday		8:00AM-6:00PM	Both	Kin-5th	10-1	7/21/2009	6/15/2010	\$28/day	\$28/day

Year-Round School Intersession Camps

Is your child in year-round school? Do you want him/her to have a safe, fun and active week during their mid-session break? If so, they will enjoy the PCG Intersession camps! We stress fair play, fun, self-confidence, socialization, and self-awareness exercises- all of which are valuable skills for life. In this camp, the motto is "Play hard, play fair, and everyone is a winner!" Enroll your child in the best intersession camps in Wilmington, “where the fun never ends!”

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition Plan A	Tuition Plan B
Intersession Camps	Monday-Friday		8:00AM-6:00PM	Both	Kin-5th	10-1	7/21/2009	6/11/2010	\$140/wk	\$140/wk