

Port City Gymnastics

Class Schedule 2010-2011

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 a huge working gym, with tons of cool stuff to do - rings to swing from, foam pits to jump into, balance bars 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. Monday thru Friday 9am - 11am.

| Description | Days | Class Length | Times | Gender | Ages | Ratio | Class Starts | Class Ends | Tuition |
|-------------|---------|--------------|----------------|--------|-----------|-------|--------------|------------|------------|
| Open Gym | Mon-Fri | 120 min | 9:00AM-11:00AM | Both | Walking-5 | N/A | 9/1/2010 | 5/31/2011 | \$5.00/day |

Prepaid Cards Available: 5 visits for \$20; 10 visits for \$40; Unlimited visits for \$75/month

Little Angelfish (Walking-3 Years)

This 35 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 |
|------------------|-----------|--------------|-----------------|--------|-----------|-------|--------------|------------|---------|
| Little Angelfish | Wednesday | 35 min | 11:15am-11:50am | Both | Walking-3 | 8-1 | 9/1/2010 | 5/31/2011 | \$55.00 |
| Little Angelfish | Saturday | 35 min | 9:00am-9:35am | Both | Walking-3 | 8-1 | 9/1/2010 | 5/31/2011 | \$55.00 |

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 |
|----------------------|----------|--------------|-----------------|--------|------|-------|--------------|------------|---------|
| Tumbling Sea Turtles | Tuesday | 45 min | 11:15am-12:00pm | Both | 3-4 | 6-1 | 9/1/2010 | 5/31/2011 | \$65.00 |
| Tumbling Sea Turtles | Tuesday | 45 min | 4:00pm-4:45pm | Both | 3-4 | 6-1 | 9/1/2010 | 5/31/2011 | \$65.00 |
| Tumbling Sea Turtles | Thursday | 45 min | 5:00pm-5:45pm | Both | 3-4 | 6-1 | 9/1/2010 | 5/31/2011 | \$65.00 |
| Tumbling Sea Turtles | Saturday | 45 min | 9:40am-10:25am | Both | 3-4 | 6-1 | 9/1/2010 | 5/31/2011 | \$65.00 |

Boys Mini Mania (3 Years-4 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 |
|-----------------|-----------|--------------|-----------------|--------|------|-------|--------------|------------|---------|
| Boys Mini Mania | Wednesday | 45 min | 4:00PM-4:45PM | Boys | 3-5 | 6-1 | 9/1/2010 | 5/31/2011 | \$65.00 |
| Boys Mini Mania | Saturday | 45 min | 10:30AM-11:15AM | Boys | 3-5 | 6-1 | 9/1/2010 | 5/31/2011 | \$65.00 |

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 |
|------------------|----------|--------------|-----------------|--------|-------|-------|--------------|------------|---------|
| Sailing Sailfish | Tuesday | 45 min | 6:00PM-6:45PM | Both | 5-Kin | 8-1 | 9/1/2010 | 5/31/2011 | \$65.00 |
| Sailing Sailfish | Thursday | 45 min | 4:00PM-4:45PM | Both | 5-Kin | 8-1 | 9/1/2010 | 5/31/2011 | \$65.00 |
| Sailing Sailfish | Saturday | 45 min | 11:20AM-12:05AM | Both | 5-Kin | 8-1 | 9/1/2010 | 5/31/2011 | \$65.00 |

Tumbling Class (5 Years-14 Years)

This 1 hour 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 | Skill Level | Ratio | Class Starts | Class Ends | Tuition |
|-------------|-----------|--------------|---------------|--------|-------------|-------|--------------|------------|---------|
| Tumbling 1 | Wednesday | 60 min | 6:00PM-7:00PM | Both | Beginner | 8-1 | 9/1/2010 | 5/31/2011 | \$65.00 |
| Tumbling 2 | Wednesday | 60 min | 7:00PM-8:00PM | Both | Advanced | 8-1 | 9/1/2010 | 5/31/2011 | \$65.00 |

Boys Stunt Mania (5 Years-12 Years)

This 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 | Skill Level | Ratio | Class Starts | Class Ends | Tuition |
|------------------|-----------|--------------|---------------|--------|-------------|-------|--------------|------------|---------|
| Boys Stunt Mania | Wednesday | 45 min | 6:00PM-6:45PM | Boys | Beginner | 8-1 | 9/1/2010 | 5/31/2011 | \$65.00 |
| Advanced BSM | Thursday | 60 min | 6:00PM-7:00PM | Boys | Advanced | 8-1 | 9/1/2010 | 5/31/2011 | \$70.00 |

Mini Marlins

In this 75 minute class, preschool age children learn more advanced skills on each of the four Olympic events: vault, bars, beam and floor. This is a recreational class that helps girls achieve their goals in mastering basic techniques and increasing their fitness level. This class is offered by invitation only. If your child is interested in being evaluated for this advanced class, please contact the front desk.

| Description | Days | Class Length | Times | Gender | Skill Level | Ratio | Class Starts | Class Ends | Tuition |
|--------------|--------|--------------|---------------|--------|-------------|-------|--------------|------------|---------|
| Mini Marlins | Monday | 75 min | 4:45PM-6:00PM | Girls | Advanced | 8-1 | 9/1/2010 | 5/31/2011 | \$65.00 |

LEVEL A - Beginner Gymnastics

In this 45 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 and increasing their fitness level.

| Description | Days | Class Length | Times | Gender | Skill Level | Ratio | Class Starts | Class Ends | Tuition |
|--------------------|--------|--------------|---------------|--------|-------------|-------|--------------|------------|---------|
| Level A Gymnastics | Monday | 45 min | 4:00PM-4:45PM | Girls | Beginner | 8-1 | 9/1/2010 | 5/31/2011 | \$65.00 |
| Level A Gymnastics | Friday | 45 min | 5:00PM-5:45PM | Girls | Beginner | 8-1 | 9/1/2010 | 5/31/2011 | \$65.00 |

LEVEL B - Intermediate Gymnastics

This 1 hour class builds upon the beginning basic skills achieved in LEVEL A. They will be training more difficult skills on all events. The focus is on strength training, flexibility and learning new skills through progressions. (Must have been previously enrolled in Level A and/or evaluated before enrollment in this class.)

| Description | Days | Class Length | Times | Gender | Skill Level | Ratio | Class Starts | Class Ends | Tuition |
|--------------------|--------|--------------|---------------|--------|--------------|-------|--------------|------------|---------|
| Level B Gymnastics | Monday | 45 min | 5:00PM-6:00pm | Girls | Intermediate | 8-1 | 9/1/2010 | 5/31/2011 | \$70.00 |
| Level B Gymnastics | Friday | 45 min | 4:00PM-5:00pm | Girls | Intermediate | 8-1 | 9/1/2010 | 5/31/2011 | \$70.00 |

LEVEL C - Advanced Gymnastics

This 90 minute class builds upon the skills achieved in LEVELS A & B, as well as training more advanced skills on all 4 Olympic events. Skills are taught in a progressive manner to maximize each child's ability and make the learning process enjoyable. (Must have been previously enrolled in Level B and/or evaluated before enrollment in this class.)

| Description | Days | Class Length | Times | Gender | Skill Level | Ratio | Class Starts | Class Ends | Tuition |
|--------------------|----------|--------------|---------------|--------|-------------|-------|--------------|------------|---------|
| Level C Gymnastics | Thursday | 90 min | 6:00PM-7:30PM | Girls | Advanced | 8-1 | 9/1/2010 | 5/31/2011 | \$80.00 |

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 |
|----------------|---------|--------------|---------------|--------|----------------|-------|--------------|------------|---------|
| Cheerleading I | Tuesday | 60 min | 5:00PM-6:00PM | Both | 4yrs-2nd Grade | 8-1 | 9/1/2010 | 5/31/2011 | \$70.00 |

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 |
|-----------------|--------|--------------|---------------|--------|---------------|-------|--------------|------------|---------|
| Cheerleading II | Monday | 90 min | 6:00PM-7:30PM | Both | 3rd-8th Grade | 8-1 | 9/1/2010 | 5/31/2011 | \$80.00 |

Cheer TEAM - Boys and Girls (3rd-8th Grade)

This is a competitive Cheer Team that competes 2-3 times per year with limited travel schedule. Limited spots available. Uniform and competitions are additional charge.

| Description | Days | Class Length | Times | Gender | Ages | Ratio | Class Starts | Class Ends | Tuition |
|-------------|---------|--------------|---------------|--------|---------------|-------|--------------|------------|---------|
| Cheer TEAM | Monday | 90 min | 6:00PM-7:30PM | Both | 3rd-8th Grade | 8-1 | 9/1/2010 | 5/31/2011 | \$90.00 |
| Cheer TEAM | Tuesday | 90 min | 6:00PM-7:30PM | Both | 3rd-8th Grade | 8-1 | 9/1/2010 | 5/31/2011 | \$90.00 |

Gymnastics Pre-TEAM - Girls (4 years - 12 years)

This is a non-competitive preparatory class for girls seeking a spot on the Gymnastics Team. Practice concentrates on gymnastics basics, strength & conditioning. This is a structured class to introduce the importance of listening to coaches, applying corrections and committing to team values and requirements. All Pre-Team slots are offered by invitation only. If your child is interested in being evaluated for Pre-Team, please contact the front desk.

| Description | Days | Class Length | Times | Gender | Ages | Ratio | Class Starts | Class Ends | Tuition |
|------------------|-------------|--------------|---------------|--------|------------|-------|--------------|------------|----------|
| Pre-Team Level 1 | Tue & Thurs | 75 min | 5:00PM-6:15PM | Girls | 4yrs-12yrs | 8-1 | Year-Round | | \$109.00 |
| Pre-Team Level 2 | Mon & Wed | 120 min | 4:00PM-6:00PM | Both | 4yrs-12yrs | 8-1 | Year-Round | | \$163.00 |

Gymnastics TEAM - Girls (5 years - 18 years)

This is a competitive USAG Junior Olympic Gymnastics Team that competes numerous times each year, traveling within and outside of North Carolina. All Team slots are offered by invitation only. If your child is interested in becoming part of our PCG Team, please contact the front desk.

| Description | Days | | Training Hours | Gender | Levels | Ratio | Class Starts | Class Ends | Tuition |
|-----------------|---------|--|----------------|--------|--------|-------|--------------|------------|----------------|
| Compulsory TEAM | Various | | 12-13.5 hrs/wk | Girls | 3-6 | 8-1 | Year-Round | | Based on Hours |
| Optional TEAM | Various | | 14.5-18 hrs/wk | Girls | 7-10 | 8-1 | Year-Round | | Based on Hours |

Alumni Gymnastics Class - Girls (10 years - 18 years)

This is a 2 hr class for former gymnasts seeking to recover or maintain their skills, flexibility and strength. This class is limited to gymnasts that have previously competed Level 5 or above and wish to reach their goals through conditioning and drills. This non-competitive program is offered by invitation only. If your child is interested in being part of this special class, please contact the front desk.

| Description | Days | Class Length | Times | Gender | Levels | Ratio | Class Starts | Class Ends | Tuition |
|-------------|------|--------------|---------------|--------|--------|-------|--------------|------------|----------|
| Alumni | Wed | 120 min | 5:00PM-7:00PM | Girls | 10-May | 8-1 | Year-Round | | \$106.00 |

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 |
|--------------------|--------|--------------|---------------|--------|------|-------|--------------|------------|---------|
| Special Needs (SO) | Monday | 60min | 6:00PM-7:00PM | Girls | 8+ | 5-1 | 8/24/2009 | 5/31/2010 | \$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

| Description | Days | Class Length | Times | Gender | Ages | Ratio | Class Starts | Class Ends | Tuition |
|-------------|--------|--------------|---------------|--------|---------------|-------|--------------|------------|---------|
| Autism | Friday | 45 | 5:45PM-6:30PM | Both | Kin-5th Grade | 5-1 | 9/1/2010 | 5/31/2011 | \$50.00 |

Karate

Shoshin Ryu Martial Arts

Shoshin Ryu is the unencumbered study of martial arts. We are a classical system placing 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 |
|-----------------------------------|--------------------|--------------|---------------|--------|-----------|-------|--------------|------------|---------|
| Shoshin Ryu - Bushido Kids | Monday & Wednesday | 60 min | 6:00PM-7:00PM | Both | 6-13 | 8-1 | Year-Round | | \$75.00 |
| Shoshin Ryu - Martial Arts Adults | Monday & Wednesday | 120 min | 7:00PM-9:00PM | Both | 13-Adults | 12-1 | Year-Round | | \$75.00 |

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 |
|-------------|-------------------|--------------|---------------|--------|-----------|-------|--------------|------------|---------|
| Capoeira | Monday & Thursday | 120min | 7:00PM-9:00PM | Both | 13-Adults | 12-1 | Year-Round | | \$80.00 |

Homeschool & Afterschool

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 |
|-------------|---------|--------------|-----------------|--------|---------|-------|--------------|------------|---------|
| Homeschool | Tuesday | 45 min | 12:00AM-12:45AM | Both | Kin-8th | 8-1 | 9/1/2010 | 5/31/2011 | \$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 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 |
|------------------------------------------|------------------|--------------|----------------|--------|---------|-------|--------------|------------|------------|
| Afterschool Club Day **Minimum** | 2- Monday-Friday | 2 days | 2:00PM-6:00PM | Both | Kin-5th | 10-1 | 7/21/2010 | 6/15/2011 | \$30/wk |
| Afterschool Club Days | 3- Monday-Friday | 3 days | 2:00PM-6:00PM | Both | Kin-5th | 10-1 | 7/21/2010 | 6/15/2011 | \$45/wk |
| Afterschool Club Days | 4- Monday-Friday | 4 days | 2:00PM-6:00PM | Both | Kin-5th | 10-1 | 7/21/2010 | 6/15/2011 | \$60/wk |
| Afterschool Club Days *Best Rate* | 5- Monday-Friday | 5 days | 2:00PM-6:00PM | Both | Kin-5th | 10-1 | 7/21/2010 | 6/15/2011 | \$65/wk |
| Afterschool Club Half-Day | Early Release | | 11:00AM-6:00PM | Both | Kin-5th | 10-1 | 7/21/2010 | 6/15/2011 | \$5 extra |
| Afterschool Club Full-Day | Holiday | | 8:00AM-6:00PM | Both | Kin-5th | 10-1 | 7/21/2010 | 6/15/2011 | \$10 extra |

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 |
|--------------------|---------------|--------------|---------------|--------|---------|-------|--------------|------------|----------------|
| Intersession Camps | Monday-Friday | | 8:00AM-6:00PM | Both | Kin-5th | 10-1 | 7/21/2010 | 6/15/2011 | \$120/wk |