

Port City Gymnastics

Class Schedule 2011-2012

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.

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition
Open Gym	Mon-Thurs	150 min	9:00AM-11:30AM	Both	Walking-5	N/A	9/1/2011	5/31/2012	\$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	Friday	35 min	9:00am-9:35am	Both	Walking-3	8-1	9/1/2011	5/31/2012	\$55.00
Little Angelfish	Saturday	35 min	9:00am-9:35am	Both	Walking-3	8-1	9/1/2011	5/31/2012	\$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	Wednesday	45 min	5:00pm-5:45pm	Both	3-4	6-1	9/1/2011	5/31/2012	\$65.00
Tumbling Sea Turtles	Thursday	45 min	4:00pm-4:45pm	Both	3-4	6-1	9/1/2011	5/31/2012	\$65.00
Tumbling Sea Turtles	Friday	45 min	9:45am-10:30am	Both	3-4	6-1	9/1/2011	5/31/2012	\$65.00
Tumbling Sea Turtles	Saturday	45 min	9:40am-10:25am	Both	3-4	6-1	9/1/2011	5/31/2012	\$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	Tuesday	45 min	4:00PM-4:45PM	Boys	3-5	6-1	9/1/2011	5/31/2012	\$65.00
Boys Mini Mania	Saturday	45 min	10:30AM-11:15AM	Boys	3-5	6-1	9/1/2011	5/31/2012	\$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	Wednesday	45 min	4:15PM-5:00PM	Both	5-Kin	8-1	9/1/2011	5/31/2012	\$65.00
Sailing Sailfish	Thursday	45 min	4:45PM-5:30PM	Both	5-Kin	8-1	9/1/2011	5/31/2012	\$65.00
Sailing Sailfish	Saturday	45 min	11:20AM-12:05PM	Both	5-Kin	8-1	9/1/2011	5/31/2012	\$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	9/1/2011	5/31/2012	\$65.00
Tumbling 2	Wednesday	60 min	7:00PM-8:00PM	Both	Advanced	8-1	9/1/2011	5/31/2012	\$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	Tuesday	45 min	4:45PM-5:30PM	Boys	Beginner	8-1	9/1/2011	5/31/2012	\$65.00
Advanced BSM	Tuesday	60 min	5:30PM-6:30PM	Boys	Advanced	8-1	9/1/2011	5/31/2012	\$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	4:00PM-5:15PM	Girls	Advanced	8-1	9/1/2011	5/31/2012	\$85.00

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	9/1/2011	5/31/2012	\$65.00
Level A Gymnastics	Friday	45 min	5:00PM-5:45PM	Girls	Beginner	8-1	9/1/2011	5/31/2012	\$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	60 min	4:45PM-5:45pm	Girls	Intermediate	8-1	9/1/2011	5/31/2012	\$70.00
Level B Gymnastics	Friday	60 min	4:00PM-5:00pm	Girls	Intermediate	8-1	9/1/2011	5/31/2012	\$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	5:30PM-7:00PM	Girls	Advanced	8-1	9/1/2011	5/31/2012	\$80.00

Cheerleading - Boys and Girls (4 Years - 5th 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	Thursday	60 min	5:30PM-6:30PM	Both	4yrs-5th Grade	8-1	9/1/2011	5/31/2012	\$70.00

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	5:15PM-6:30PM	Girls	4yrs-12yrs	8-1	Year-Round		\$109.00
Pre-Team Level 2	Mon & Wed	120 min	5:00PM-7:00PM	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
PREP TEAM	Various		9-12 hrs/wk	Girls	Bronze-Platinum	8-1	Year-Round		Based on Hours
Optional TEAM	Various		14.5-16.5 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	6:00PM-8:00PM	Girls	5-10	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	9/1/2011	5/31/2012	\$45/mo

Dynamic Dolphins (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
Dynamic Dolphins	Friday	45	6:00PM-6:45PM	Both	Kin-5th Grade	5-1	9/1/2011	5/31/2012	\$55.00

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

Afterschool

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**. Activities include: 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. **Pick-up by 6:00 PM. LATE FEES APPLY.**

Description	Days	Class Length	Times	Gender	Ages	Ratio	Class Starts	Class Ends	Tuition
Afterschool Club 2-Day **Minimum**	Monday-Friday	2 days	2:00PM-6:00PM	Both	Kin-5th	10-1	7/21/2011	6/14/2012	\$30/wk
Afterschool Club 3-Days	Monday-Friday	3 days	2:00PM-6:00PM	Both	Kin-5th	10-1	7/21/2011	6/14/2012	\$45/wk
Afterschool Club 4-Days	Monday-Friday	4 days	2:00PM-6:00PM	Both	Kin-5th	10-1	7/21/2011	6/14/2012	\$60/wk
Afterschool Club 5-Days *Best Rate*	Monday-Friday	5 days	2:00PM-6:00PM	Both	Kin-5th	10-1	7/21/2011	6/14/2012	\$65/wk

Afterschool Club Half-Day	Early Release		11:00AM-6:00PM	Both	Kin-5th	10-1	7/21/2011	6/14/2012	\$5 extra
Afterschool Club Full-Day	Holiday		7:00AM-6:00PM	Both	Kin-5th	10-1	7/21/2011	6/14/2012	\$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		7:00AM-6:00PM	Both	Kin-5th	10-1	7/21/2011	6/14/2012	\$120/wk