

## Recreational Class Schedule 2023

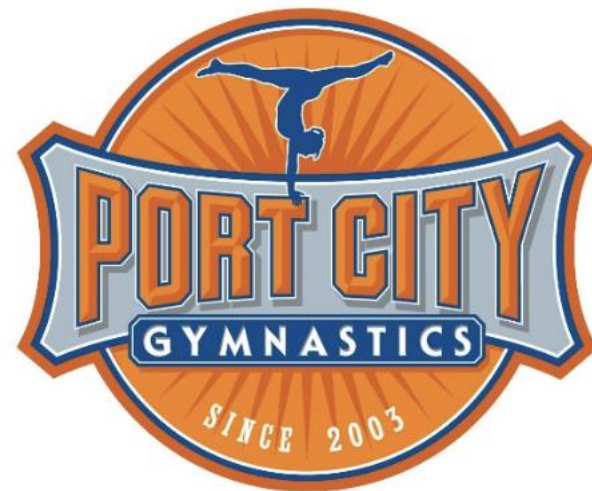
PROGRAMS	MON	TUE	WED	THU	FRI	SAT (AM)
TST	4:30-5:15 5:05-5:50 5:15-6:00	4:00-4:45 4:30-5:15	4:00-4:45 4:30-5:15	4:00-4:45 5:05-5:50	4:00-4:45	9:15-10:00 10:05-10:50
SSF	4:00-4:45	4:00-4:45 4:30-5:15 5:15-6:00	5:15-6:00	5:05-5:50	5:05-5:50	9:15-10:00 10:55-11:40
TUMBLING 1			6:10-7:10			
TUMBLING 2				5:05-6:05		
TUMBLING 3		5:00-6:00				
LEVEL A	4:00-5:00 5:05-6:05 6:10-7:10	4:00-5:00 5:05-6:05 6:10-7:10	4:00-5:00 5:05-6:05 6:10-7:10	4:00-5:00 6:10-7:10	4:00-5:00 5:05-6:05	10:05-11:05 11:05-12:05
LEVEL B	6:10-7:10	4:00-5:00 6:10-7:10	4:00-5:00 5:05-6:05	4:00-5:00 6:10-7:10		
LEVEL C	5:00-6:30	6:00-7:30	5:00-6:30			
Mini Marlins		5:15-6:15		5:15-6:15		
Mighty Marlins	5:00-6:30		5:00-6:30			
NinjaZone 3-4yr	4:00-4:45		3:15-4:00 4:00-4:45 5:05-5:50	3:15-4:00 4:00-4:45	4:00-4:45	9:15-10:00 11:05-11:50
NinjaZone 5-6yr			4:00-5:00	4:00-5:00		
NinjaZone A	5:05-6:05 6:10-7:10	4:00-5:00 5:05-6:05 6:10-7:10	5:05-6:05 6:10-7:10	4:00-5:00 5:05-6:05 6:10-7:10	4:00-5:00 5:05-6:05	10:05-11:05
NinjaZone B	6:10-7:10	5:05-6:05	4:00-5:00	5:05-6:05		
NinjaZone C	4:00-5:00				5:05-6:05	
Baby NinjaZone						8:45-9:15

Registration Fees

Registration is good for one year from date paid.  
Family registration \$50.00

Sibling or 2<sup>n</sup> class - 10% tuition discount

Updated: 03/28/23



## Recreational Class Schedule 2023

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

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

Tumbling Sea Turtles 3-4YRS  
& Sailing Sail Fish 5 YRS OLD

\$80.00/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

\$90.00/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.



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Level A-Beginner

\$90.00/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)

\$90.00/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)

\$100.00/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.

Baby NinjaZone

\$70.00/month

30 min class specifically designed for our youngest ninjas. In this class, with mom/dad alongside, they will work on coordination, balance, and overall agility while being physically challenged through fun and exciting training activities.

NinjaZone

3-4yrs old

\$80.00/month

Our Little Ninjas enjoy 45 min of high energy gymnastics, martial arts & obstacle course training.

NinjaZone

5-6yrs old;

Level A-Beginner; Level B-Intermediate;

Level C-Advanced

\$90.00/month

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

Mini Marlins (invitation only)

\$92.00/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.

Mighty Marlins (invitation only)

\$100.00/month

This 90 min class is by invitation only and is for our advanced preschool-age children. This class trains advanced skills and helps develop strength, flexibility and form.

