

11345 Folsom Blvd.
Rancho Cordova, 95742

(916) 635-7900 gym
(916) 543-1700 fax

TECHNIQUE SCHEDULE OF CLASSES

updated 3/5/2018

www.TechniqueGym.com

KINDER

TODDLER - (Parent Participation)
Crawling to 2 years \$8/drop-in
Punch card \$45 for 6 classes (\$7.50 ea)
40 minute exploration classes

Mon 10:30 am
Wed 9:30 am
Thu 9:30 am
Fri 9:30 am

TODDLER - (Parent Participation)
Walking to 3 years \$70/mo
45 minute structured classes

Mon 6:30 pm
Tue 10:30 am
Wed 10:30 am 11:30
Thu 10:30 am 4:30
Fri 10:30 am
Sat 9:00 am

THRILLING 3's - (3 yrs) \$70/mo
45 minute classes

Mon 3:30 pm 4:30
Tue 9:30 am 4:00 5:30 6:30
Wed 10:30 am 3:30 6:30
Thu 11:30 am 3:30 4:30 6:30
Fri 11:30 am 4:30 5:30
Sat 10:00 am 11:00

KINDER I - (Beginner)

4 & 5 years old \$70/mo
50 minute classes

Mon 11:30 am 3:30 4:30 5:30
6:30 pm
Tue 9:30 am 10:30 3:00 3:30
4:30 pm 5:00 5:30 6:00
6:30 pm
Wed 11:30 am 3:30 4:30 5:30
6:30 pm
Thu 10:30 am 2:30 3:30 4:00
4:30 pm 5:00 5:30 6:30
Fri 10:30 am 3:30 4:30 5:30
Sat 9:00 am 10:00 11:00 12:00

KINDER II - (Intermediate)

4 & 5 years old \$70/mo
50 minute classes

Mon 3:30 pm 5:30
Tue 11:30 am 4:30 6:00
Wed 3:30 pm 5:30
Thu 11:30 am 3:30 6:00
Fri 3:30 pm
Sat 12:00 pm

KINDER III - (Advanced)

4 & 5 years old \$78/mo
55 minute classes

Wed 4:30 pm
Thu 5:30 pm

KINDER TRAMPOLINE & NINJA
(see trampoline & ninja)-->

GIRLS GYMN.

Level 1 (BEG) - Age 6+ \$78/mo
55 minute classes

Mon 3:30 pm 4:30 5:30 6:30
Tue 3:30 pm 4:30 5:30 6:30
Wed 3:30 pm 4:30 5:30 6:30
Thu 2:30 pm 3:30 4:30 5:30
6:30 pm
Fri 3:30 pm 4:30 5:30
Sat 9:00 am 10:00 11:00 12:00

Level 2 (INT) - Age 6+ \$78/mo
55 minute classes

Mon 3:30 pm 4:30 5:30 6:30
Tue 3:30 pm 4:30 5:30 6:30
Wed 3:30 pm 4:30 5:30 6:30
Thu 2:30 pm 3:30 4:30 5:30
6:30 pm
Fri 3:30 pm 4:30 5:30
Sat 9:00 am 10:00 11:00 12:00p

Level 3 (ADV) - Age 6+ \$89/mo
1 hour & 25 min classes

Mon 3:30 pm 5:00 6:30
Tue 3:30 pm 5:00 6:30
Wed 3:30 pm 5:00 6:30
Thu 3:30 pm 5:00
Fri 3:30 pm 5:00
Sat 10:00 am 11:30

Rec Lvl 4+ (ADV) - Age 6+ \$89/mo
1 hour & 25 min classes

Mon 5:00 pm
Thu 6:30 pm

TRAMPOLINE

55 minute classes
(Power Tumbling & Trampoline)
TRAMPOLINE Lvl 1 (BEG) Age 6+ \$78/mo

Mon 3:30
Wed 3:30 5:30
Thu 4:30 5:30
Fri 3:30
Sat 11:00

TRAMPOLINE Lvl 2 (INT) Age 6+ \$78/mo

Wed 4:30 pm
Thu 3:30 pm
Sat 9:00 am

TRAMPOLINE Lvl 3 (ADV) Age 6+ \$78/mo

Mon 4:30

KINDER TRAMPOLINE Age 3-5 \$70/mo
45 minute classes

Mon 4:30 Lvl 2 (INT)
Tue 3:30 Lvl 1 (BEG)
Wed 5:30 Lvl 1 (BEG)

BOYS GYMN.

Level 1 (BEG) - Age 6+ \$89/mo
1 hour & 25 min classes

Mon 3:30 pm 6:30p
Tue 3:30 pm
Wed 5:00 pm
Thu 3:30 pm 5:00 6:30
Fri 3:30 pm
Sat 9:00 am

Level 2 (INT) - Age 6+ \$89/mo
1 hour & 25 min classes

Mon 5:00 pm
Tue 5:00 pm
Wed 3:30 pm
Thu 5:00 pm
Sat 10:30 am

Level 3 (ADV) - Age 6+ \$89/mo
1 hour & 25 min classes

Tue 6:30 pm
Thu 3:30 pm
Fri 5:00 pm

Level 4-7 (ADV) - Age 6+ \$103/mo
(this class DOES NOT compete)

1 hour & 55 min class
Thu 6:00 pm

TUMBLING

55 minute classes
TUMBLE Level 1 (BEG) Age 6+ \$78/mo
(No tumbling experience required)

Mon 3:30 4:30
Tue 3:30
Wed 4:30 5:30
Thu 3:30 4:30 6:30
Fri 3:30 4:30
Sat 10:00

TUMBLE Level 2 (INT) Age 6+ \$78/mo
(Passed all beginning skills but no back handspring yet)

Mon 5:30 6:30
Tue 4:30 6:30
Wed 3:30 6:30
Thu 5:30
Fri 5:30
Sat 9:00

TUMBLE Level 3 (ADV) Age 6+ \$78/mo
(Has multiple back handsprings)

Tue 5:30
Wed 4:30

SPORTS ACRO

Level 1-2 Age 6+ 55 min \$78/mo
(No acro experience required)

Mon 4:30

NINJA GYM

(Obstacle course style, no exp required)
BEGINNING - Age 6-11 \$78/mo

55 min classes
Mon 3:30 4:30 5:30
Tue 3:30 4:30 6:30
Wed 3:30 4:30 6:30
Thu 2:30 3:30 6:30
Fri 3:30 4:30 6:30
Sat 10:00 12:00

INTERMEDIATE - Age 6-11 \$78/mo
55 min classes

Mon 3:30 4:30 5:30 6:30
Tue 5:30
Wed 5:30
Thu 4:30 5:30
Fri 5:30 6:30

ADVANCED - Age 6-11 \$89/mo
1 hour & 25 min classes

Mon 6:30
Wed 6:30

KINDER NINJA Age 4-5 \$70/mo
50 minute classes

Wed 4:30 6:30
Sat 9:00

TUITION & MAKE-UPS

- ➔ RISK FREE first class!
- ➔ Prices listed next to each class are for 1 time per week
- ➔ \$30 annual membership fee per child
- ➔ 20% Family & Multi Class Discount!
ONLY the first most costly tuition pays full price. When more than one *immediate* family member is enrolled at the same time, ALL lesser tuitions (even multiple classes) are discounted 20%.
- ➔ Tuition is due by the 1st of each month. \$10 late fee per child after the 7th
- ➔ Tuition is based on calendar month with 48 classes per year
- ➔ \$25 referral credit when a friend joins
- ➔ 1st month 100% tuition-back guarantee
- ➔ To be eligible for a make-up all absences must be called in at least 6 hours in advance. Once booked, make-ups may not be rescheduled. Students must be enrolled to do make-ups. All make-ups are forfeited if you drop the program. Make-ups (when scheduling permits) are done in an open class and specific days and times are not guaranteed. Missed classes may not be pro rated. Make-ups must be completed within 30 days of missed class. Drop-ins are not allowed.