

11345 Folsom Blvd.  
Rancho Cordova, CA  
95742

(916) 635-7900 gym  
(916) 635-4940 fax

# TECHNIQUE GYMNASTICS SCHEDULE OF CLASSES

updated 3/2/2011

www.techniquegym.com

Fri 7:00-9:00pm ages 13-22 only

## KINDER

**TODDLER - (Parent Participation)**  
15 months to 3 years \$25/mo  
40 minute exploration classes  
Mon 10:30 am  
Fri 10:30 am

**TODDLER - (Parent Participation)**  
18 months to 3 years \$50/mo  
45 minute structured classes  
Mon 6:30 pm  
Tue 11:30 am  
Sat 9:00 am

**MINI - 3 year olds \$50/mo**  
45 minute classes  
Mon 11:30 am 4:30 5:30  
Tue 9:30 am 10:30 3:30  
4:30 pm 5:30 6:30  
Wed 9:30 am 10:30 4:30  
5:30 pm  
Thu 11:30 am 3:30 6:00  
Fri 3:30 pm  
Sat 9:30 am 11:00

**KINDER I - (Beginner)**  
4 & 5 years old \$50/mo  
50 minute classes  
Mon 3:30 pm 3:30-boys 5:00 5:30  
4:30 pm 5:00 5:30  
Tue 9:30 am 10:30 3:30  
4:30 pm 5:30 6:30  
Wed 3:30-boys 3:30 4:00-boys  
4:30 pm 5:30 6:30  
Thu 10:30 am 3:30-boys  
4:00 pm 5:00 6:30  
Fri 9:30 am 11:30 3:30  
4:30 pm 5:30  
Sat 9:30 am 10:00 10:30  
11:30 am

**KINDER II - (Intermediate)**  
4 & 5 years old \$50/mo  
50 minute classes  
Mon 6:00 pm  
Tue 3:30 pm 4:30 6:30  
Wed 3:30 pm 6:30  
Thu 4:30 pm 5:30  
Fri 4:30 pm  
Sat 12:30 pm

**KINDER III - (Advanced)**  
4 & 5 years old \$70/mo  
1 hour & 25 min classes  
Wed girls 5:00 pm  
Thu girls 5:00 pm

## GIRLS GYMN.

**Level 1 (BEG) - Age 6+ \$70/mo**  
1 hour & 25 min classes  
Mon 3:30 pm 5:00  
Tue 3:30 pm 5:00 6:30  
Wed 3:30 pm 5:00 6:30  
Thu 3:30 pm 5:00 6:30  
Fri 3:30 pm 5:00  
Sat 9:00 am 10:30 12:00

**Level 2 (INT) - Age 6+ \$70/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 6:30  
Thu 3:30 pm 5:00 6:30  
Fri 3:30 pm 5:00  
Sat 9:00 am

**Level 3 (ADV) - Age 6+ \$70/mo**  
1 hour & 25 min classes  
Mon 3:30 pm 6:30  
Tue 3:30 pm 5:00 6:30  
Wed 3:30 pm 5:00 6:30  
Thu 3:30 pm 6:30  
Fri 3:30 pm 5:00  
Sat 10:30 am

**Level 4 (ADV) - Age 6+ \$70/mo**  
(this class DOES NOT compete)  
1 hour & 25 min classes  
Mon 5:00 pm  
Tue 5:00 pm  
Wed 5:00 pm  
Thu 5:00 pm  
Fri 3:30 pm

**Level 5-7 (ADV) - Age 6+ \$70/mo**  
(this class DOES NOT compete)  
1 hour & 25 min class  
Mon or Tue 6:30 pm  
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## BOYS GYMN.

**Level 1 (BEG) and Level 2 (INT)**  
Age 6+ \$70/mo  
1 hour & 25 min classes  
Mon 3:30 pm 5:00  
Tue 3:30 pm 5:00 6:30  
Wed 3:30 pm 5:00  
Thu 3:30 pm  
Fri 4:00 pm  
Sat 9:00 am 10:30

**Level 3 (ADV) - Age 6+ \$85/mo**  
1 hour & 55 min classes  
Mon 5:00 pm  
Tue 3:30 pm  
Thu 5:00 pm

**Level 4-7 (ADV) - Age 6+ \$85/mo**  
(this class DOES NOT compete)  
1 hour & 55 min class  
Thu 5:00 pm  
Fri 5:30 pm

## TUMBLING

**TUMBLING & TRAMPOLINE - Age 6+**  
**NOVICE TUMBLING \$60/mo**  
55 minute classes  
(No tumbling experience required.  
No roundoff, cartwheel, handstand)  
Mon 4:30  
Tue 5:00 6:00  
Wed 4:00  
Thu 3:30  
Fri 5:30  
Sat 9:30 am

**BEGINNING TUMBLING \$60/mo**  
55 minute classes  
(Passed all novice skills but  
no back handspring yet)  
Mon 4:30 6:30  
Tue 3:30 5:30 6:30  
Wed 4:00 5:00  
Fri 6:30  
Sat 10:30 am

**INTERMEDIATE TUMBLING \$60/mo**  
55 minute classes  
(Has back handspring with no spot)  
Mon 7:30  
Tue 4:30  
Wed 6:00  
Fri 4:30

**ADVANCED TUMBLING \$65/mo**  
1 hour & 10 min classes  
(Has standing tuck & RO FF tuck)  
Tue or Wed 7:15

**TRAMPOLINE \$50/mo**  
45 minute classes  
(No experience required)  
Tue 4:30  
Thu 4:00  
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## CHEER

(No experience required)  
Tue 5:30 12-18 yrs 55 min \$60/mo  
Thu 5:30 6-11 yrs 55 min \$60/mo  
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## PARKOUR

(Urban style gymnastics, no exp required)  
\$30/mo *drop-in not allowed*  
Mon 6:30-7:25pm beg ages 6-12 only  
Wed 6:00-6:55pm beg ages 6-12 only  
Fri 4:30-5:25pm beg ages 6-12 only  
Fri 6:00-6:55pm beg ages 6-12 only  
\$40/mo *drop-in not allowed*  
Fri 5:30-6:55pm adv ages 6-12 only  
\$30/mo *or \$10/drop-in*  
Wed 7:00-9:00pm ages 13-22 only

## TUITION

- ➔ First class is always FREE
- ➔ 20% Family & Multi Class Discount!  
ONLY the first most expensive 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%.
- ➔ Prices listed next to each class
- ➔ \$30 annual membership/ins. fee
- ➔ Tuition is due by the 1<sup>st</sup> of each month. There is a \$10 late fee per child after the 7<sup>th</sup>
- ➔ Tuition based on calendar month
- ➔ Must be enrolled to do make-ups
- ➔ \$25 referral credit when a friend signs up

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## 100% Tuition- Back Guarantee

*For families new to Technique.*  
If you are not entirely happy after your family's *first* month, Technique Gymnastics will gladly refund 100% of your tuition for that month.

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## OPEN PRACTICE

no membership or experience required  
**Most SATURDAYS**  
Jan 8, 22, 29 Feb 5, 12, 19, 26  
Must have signed waiver on file  
Ages 6 to 18 1:00 - 3:00 pm  
\$7<sup>00</sup>/members \$10<sup>00</sup>/non-members

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## NEW!!

## Motion Evolution

(Exercise, nutrition & play through movement)  
Ages 6 to 12 \$30/mo  
Tues or Thu 3:30 - 4:10  
Ages 13 to 99 \$30/mo  
Tues or Thu 4:15 - 4:55