

11345 Folsom Blvd.  
Rancho Cordova, 95742

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

# TECHNIQUE SCHEDULE OF CLASSES

updated 1/9/2019

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  
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  
Wed 3:30 pm 6:30  
Thu 11:30 am 3:30 4:30 6:30  
Fri 11:30 am 4:30  
Sat 11:00 am

KINDER I - (Beginner)

4 & 5 years old \$70/mo

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

Level 3 (ADV) - Age 6+ \$78/mo

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

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## TRAMPOLINE

55 minute classes  
(Power Tumbling & Trampoline)  
TRAMPOLINE Lv1 1 (BEG) Age 6+ \$78/mo

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

TRAMPOLINE Lv1 2 (INT) Age 6+ \$78/mo

Thu 3:30 pm  
Sat 9:00 am

TRAMPOLINE Lv1 3 (ADV) Age 6+ \$78/mo

Mon 3:30 pm

KINDER TRAMPOLINE Age 3-5 \$70/mo

45 minute classes  
Mon 4:30 pm Lv1 2 (INT)  
Tue 3:30 pm Lv1 1 (BEG)  
Wed 5:30 pm Lv1 1 (BEG)

## BOYS GYMN.

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

Mon 3:30 pm 6:30  
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 6:30 pm

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## TUMBLING

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

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

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

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

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

Tue 5:30 pm  
Wed 4:30 pm  
Thu 4:30 pm

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## SPORTS ACRO

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

Mon 4:30 pm  
Wed 4:30 pm

## NINJA GYM

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

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

INTERMEDIATE - Age 6-11 \$78/mo

55 min classes  
Mon 3:30 pm 4:30 5:30 6:30  
Tue 4:30 pm 5:30  
Wed 3:30 pm 5:30  
Thu 4:30 pm  
Fri 5:30 pm 6:30

ADVANCED - Age 6-11 \$89/mo

1 hour & 25 min classes  
Mon 6:30 pm  
Wed 6:30 pm

KINDER NINJA Age 4-5 \$70/mo

50 minute classes  
Wed 4:30 pm 6:30

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## 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 1<sup>st</sup> of each month. \$10 late fee per child after the 7<sup>th</sup>
- ➔ Tuition is based on calendar month with 48 classes per year
- ➔ \$25 referral credit when a friend joins
- ➔ 1<sup>st</sup> 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.