

11345 Folsom Blvd.
Rancho Cordova, 95742

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

TECHNIQUE

updated 9/21/2017

SCHEDULE OF CLASSES

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 5:00
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 5:30
Tue 9:30 am 4:00 5:30 6:30
Wed 10:30 am 11:30 6:30
Thu 11:30 am 3:30 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 3:30 (boys only)
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
Tue 11:30 am 3:30 4:00 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

Tue 4:30 pm
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 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 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 Elite (ADV) - Age 6+ \$89/mo
1 hour & 25 min classes

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 \$37/mo
25 minute classes

Mon 4:30 Lvl 2 (INT)
Mon 5:00 Lvl 1 (BEG)
Wed 5:30 Lvl 1 (BEG)
Wed 6:00 Lvl 2 (INT)

BOYS GYMN.

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

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

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 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 11:00

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
Tue 4:30

NINJA GYM

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

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

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

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

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

Mon 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.