

KINDER GYM

Toddler Exploration - Parent Assisted
40 min, 1x week **Crawling to 2 yrs**
Wed 9:30 am **\$86/mo**

Toddler Structured - Parent Assisted
45 min, 1x week **Walking thru 3 yrs**
Mon 5:30 pm **\$107/mo**
Tue 9:30 am 4:30
Thu 9:30 am 4:30
Fri 4:30 pm
Sat 9:30 am 10:00 10:30

Thrilling 3's **when grad Tots**
45 minute, 1x week **\$107/mo**
Mon 5:30 pm
Tue 10:30 am 6:30
Wed 10:30 am 4:30 5:30
Thu 10:30 am 4:30
Sat 9:30 am 10:30 11:30

Kinder 1 **4-5 yrs old**
55 minute, 1x week **\$107/mo**
Mon 3:30 pm 4:30 5:30 6:30
Tue 3:30 pm 4:30 5:30 6:30
Wed 11:30 am 3:30 4:30 5:30
6:30
Thu 11:30 am 2:30 3:30 4:30
5:30 6:30
Fri 4:30 pm 5:30 6:30
Sat 9:00 am 9:30 10:30 11:30

Kinder 2 (grad of K1) **4-5 yrs old**
55 minute, 1x week **\$107/mo**
Mon 4:30 pm 6:30
Tue 4:30 pm 6:30
Wed 6:30 pm
Thu 5:30 pm

Kinder Ninja **4-5 yrs old**
55 minute, 1x week **\$107/mo**
Mon 3:30 pm
Wed 3:30 pm

PRE-TEEN & TEENS

PRETEEN GIRLS GYM **11-13 yrs old**
Level 1, 55 minute, 1x week **\$114/mo**
Tue 4:30 pm

TEEN GIRLS GYM **13+ yrs old**
Level 3, 55 minute, 1x week **\$114/mo**
Mon 6:40 pm

TEEN TUMBLING--(all levels) **13+ yrs old**
55 minute, 1x week **\$114/mo**
Tue 6:40 pm

ADAPTIVE CLASS

Inquire for scheduling **Private coach**
55 minute, 1x week **\$242/mo**
30 minute, 1x week **\$132/mo**

Dress Code

1) Wear leotards or exercise pants/shorts (no buttons or zippers) and a form-fitting shirt. Hair pulled out of the face. Please bring a non-breakable water bottle.

2) **NO** bare midriffs, jewelry (except stud earrings), belts/strings, hoodies, tights, tutus, or loose clothing.

GIRLS GYMNASTICS

Level 1 **6+ yrs old**
55 minute, 1x week **\$114/mo**
Mon 3:30 pm 4:30 5:40 6:40
Tue 3:30 pm 4:30 5:40 6:40
Wed 2:30 pm 3:30 4:30 5:40
6:40*
Thu 3:30 pm 4:30 5:40 6:40
Fri 3:30 pm 4:30 5:40 6:40
Sat 9:30 am 10:30 11:30

Level 2 **6+ yrs old**
55 minute, 1x week **\$114/mo**
Mon 4:30 pm 5:40 6:40
Tue 3:30 pm 4:30 5:40 6:40
Wed 2:30 pm 4:30 5:40
Thu 2:30 pm 3:30 4:30 5:40
6:40*
Fri 3:30 pm 6:40
Sat 10:30 am

Level 3 **6+ yrs old**
55 minute, 1x week **\$114/mo**
Mon 3:30 pm 4:30 5:40 6:40
Tue 6:40*pm
Wed 3:30 pm 4:30 5:40 6:40
Thu 4:30 pm 5:40
Fri 5:10 pm

***INTENSIVE class also offered.**
90 minute, 1x week \$155/mo

COOL CATS COMBO

55 minute, 1x week **6+ yrs old**
\$114/mo
Tue 5:40 pm
Fri 4:30 pm

TUMBLING

Level 1 **6+ yrs old**
55 minute, 1x week **\$114/mo**
(No tumbling experience needed)
Mon 6:40 pm
Tue 5:40 pm
Wed 5:40 pm
Thu 3:30 pm 6:40
Fri 4:30 pm
Sat 10:30 am 11:30

Level 2 **6+ yrs old**
55 minute, 1x week **\$114/mo**
(Grad level 1 but no back handspring)

Mon 3:30 pm 5:40
Tue 6:40 pm
Wed 4:30 pm
Thu 4:30 pm 6:40
Fri 6:40 pm

Level 3 **6+ yrs old**
55 minute, 1x week **\$114/mo**
(Has multiple back handsprings)
Mon 4:30 pm
Thu 4:30 pm
Fri 5:40 pm

SKILL BUILDER CLINICS

Girls Gymn skills clinics **6+ yrs old**
55 minute, 1x week **\$30/ea**
Sat 10:30 am (level 1)
Sat 11:30 am (level 2 & 3)

NINJA GYM

Level 1 **6-11 yrs old**
55 minute, 1x week **\$114/mo**
Mon 4:30 pm 5:40 6:40
Tue 3:30 pm 5:40 6:40
Wed 4:30 pm 5:40
Thu 3:30 pm 5:40
Fri 5:40 pm
Sat 9:30 am

Level 2 / 3 **6-11 yrs old**
55 minute, 1x week **\$114/mo**
Mon 4:30 pm 6:40
Tue 4:30 pm
Wed 4:30 pm
Thu 4:30 pm 6:40

BOYS GYMNASTICS

Level 1 **6+ yrs old**
55 minute, 1x week **\$114/mo**
Wed 3:30 pm
Thu 3:30 pm 5:40
Sat 10:30 am

Level 2 **6+ yrs old**
55 minute, 1x week **\$114/mo**
Tue 3:30 pm
Wed 5:40 pm
Thu 4:30 pm

Level 3 **6+ yrs old**
55 minute, 1x week **\$114/mo**
Wed 6:40 pm

TRAMPOLINE

Level 1 **6+ yrs old**
55 minute, 1x week **\$114/mo**
Mon 4:30 pm
Wed 3:30 pm 5:40
Thu 5:40 pm
Sat 10:30 am

Level 2 **6+ yrs old**
55 minute, 1x week **\$114/mo**
Wed 6:40 pm

Level 3 **6+ yrs old**
55 minute, 1x week **\$114/mo**
Mon 5:40 pm

ACRO REC

Level 1 **6+ yrs old**
55 minute, 1x week **\$114/mo**
Thu 4:30 pm
Sat 10:30 am

Level 2 **6+ yrs old**
55 minute, 1x week **\$114/mo**
Tue 4:30 pm

HOMESCHOOL GYM

Exceeds CA PE requirements **Grades 1-6**
85 minute, 1x week **\$114/mo**
Tue 1:30 pm
Thu 2:00 pm
Fri 3:00 pm



QR code for enrollments / customer portal



Policies

916-635-7900

[11345 Folsom Blvd. Rancho Cordova, CA 95742](#)

www.TechniqueGym.com

info@TechniqueGym.com

Enrollment

- On going, you may enroll any time. Your first month is pro-rated based on your start date.
- You may make changes to the day/time/program anytime.
- You are **financially responsible until you formally un-enroll** regardless of attendance (see un-enrollment below).
- Risk-Free First Attendance – we will refund you if you feel the program is not a good fit.
- **20% Sibling & Multi-discount:** when more than one immediate family member is enrolled or a child enrolls in multiple classes
- **Annual membership is \$45 per student**

Make-Ups

- **Report absences at least 24 hrs in advance** to earn 1 makeup token per month, per class. (Recreational and Kinder programs only).
- Make-ups are not guaranteed and depend on availability. (You take the spot of another student who is absent.)
- Makeup tokens expire after 30 days and are forfeited upon dis-enrollment.
- **Refunds AREN'T available for missed classes**, even if make-up options don't work for you.

Tuition

- **Tuition is due on the 1st of every month**
- Autopay is required, which runs on the 1st of every month
- **\$20 late fee per student** is charged after the 3rd of the month
- Tuition is due regardless of attendance until you formally un-enroll
- Tuition is budgeted on 4 weeks per month. Some months you will have 5 weeks. The 5th one compensates for short months due to instructional breaks and Holidays.

Un-Enrollment

- Must be submitted by email to info@TechniqueGym.com with your name, child's name, program enrolled in & desired last attendance date OR scheduled through your parent portal.
- **Submit your un-enrollment at least 7 days before the end of the month for it to be effective the following month.**
- No refunds or credits for past missed attendance or mid-month un-enrollments.
- **If payments aren't up-to-date by the 7th of each month, children will be automatically disenrolled.**

Referrals

- **Receive a \$25 credit on your account each time you refer a friend** to Technique and they register/pay! Make sure your friend lets us know who referred them.