

## 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  
 Thu 11:30 am 2:30 3:30 4:30  
 Fri 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 GYMN**      **11-13 yrs old**  
**Level 1, 55 minute, 1x week**      **\$114/mo**  
 Tue 4:30 pm

**TEEN GIRLS GYMN**      **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  
 Thu 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  
 Fri 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



916-635-7900 [11345 Folsom Blvd. Rancho Cordova, CA 95742](https://www.TechniqueGym.com)  
[www.TechniqueGym.com](https://www.TechniqueGym.com) [info@TechniqueGym.com](mailto: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 1<sup>st</sup> of every month**
- Autopay is required, which runs on the 1<sup>st</sup> 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](mailto: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 7<sup>th</sup> 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.