

KINDER GYM

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

Wed 9:30 am

Toddler Structured - Parent Assisted
45 min, 1x week **Walking thru 3 yrs**
\$107/mo

Mon 5:30 pm
 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 6:30
 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
 Sat 11:30 am

Kinder Ninja **4-5 yrs old**
55 minute, 1x week **\$107/mo**

Mon 3:30 pm
 Wed 3:30 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

TEENS

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

Tue 6:40 pm

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
 Fri 6:40 pm

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](https://www.techniquegym.com)

[www.TechniqueGym.com](https://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

- Coming soon...
- There will be no refunds/credits for missed attendance or mid-month un-enrollments.

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 are not 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.