

KINDER GYM

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

Toddler Structured - Parent Assisted
45 min, 1x week **Walking thru 2 yrs**
 Mon 10:30 am 5:30
 Tue 9:30 am 4:30
 Wed 9:30 am
 Thu 9:30 am 4:30
 Sat 9:30 am 10:00
\$107/mo

Thrilling 3's **3yrs**
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
 Fri 4:30 pm
 Sat 9:30 am 10:30 11:30

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

Kinder BOYS **4-5 yrs old**
55 minute, 1x week **\$107/mo**
 Mon 6:30 pm Level 1
 Fri 5:30 pm Level 1
 Fri 6:30 pm Level 2

Kinder Ninja **4-5 yrs old**
55 minute, 1x week **\$107/mo**
 Mon 3:30 pm
 Wed 3:30 pm
 Fri 11:15 am 5:30

Kinder Kardio **4-5 yrs old**
55 minute, 1x week **\$107/mo**
 Mon 11:30 am
 Wed 11:30 am 3:30

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

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 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 11:30 am

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 5:40 6:40
 Fri 6:40 pm

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

NINJA GYM

Level 1 **6-11 yrs old**
55 minute, 1x week **\$114/mo**
 Mon 4:30 pm 5:40
 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 6:40
 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

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

ACRO REC

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

ADAPTIVE CLASS

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



QR code for enrollments / customer portal



916-635-7900 [11345 Folsom Blvd. Rancho Cordova, CA 95742](http://11345.Folsom.Bldv.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**

Dress Code

- Wear leotards or exercise pants/shorts (no buttons or zippers) and a form-fitting shirt. Hair pulled out of the face. Bring a non-breakable water bottle. Socks are required for Trampoline.
- **NO** bare midriffs, jewelry (except stud earrings), hoodies, tights, tutus, or loose clothing.

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.
- **Payments not up-to-date by the 7th of each month result in automatic disenrollment.**

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.