

2016 Fall Class Schedule

Virginia Techniques Training Center

Our mission at VA Techniques is for students to reach their full potential safely, happily, and successfully. Our programs help develop self-esteem, confidence, coordination, flexibility, and strength while having fun!

Preschool						
	MON	TUE	WED	THU	FRI	SAT
Bouncing Bunnies Boys and Girls Parent Participation Required Walking - 3 yrs	5:30-6:20	5:30-6:30		10:00-10:50 4:30-5:20		9:00-9:50 10:00-10:50
Marching Monkeys Boys and Girls Beginner 3 yrs	4:30-5:20	1:00-1:50 4:30-5:20	5:30-6:20	10:00-10:50 1:00-1:50 5:30-6:20 6:30-7:20	5:30-6:20	9:00-9:50 11:00-11:50
Galloping Gators Boys and Girls Beginner 4 yrs - 5 yrs	4:30-5:20 5:30-6:20 6:30-7:20	1:00-1:50 5:30-6:20 6:30-7:20	4:30-5:20	10:00-10:50 1:00-1:50 4:30-5:20 6:30-7:20	4:30-5:20 5:30-6:20	9:00-9:50 10:00-10:50 11:00-11:50
Hot Shots* Girls Advanced 3 yrs - 5 yrs		4:45-5:45 6:00-7:00	6:30-7:30	5:30-6:30		9:00-10:00

*All intermediate and advanced classes require a coach recommendation to join!

Instructional						
	MON	TUE	WED	THU	FRI	SAT
Leaping Lizards 1 Boys and Girls Beginner Kindergarten - 2nd grade	4:45-5:45	5:30-6:30 6:45-7:45	4:15-5:15 5:30-6:30	4:15-5:15 5:30-6:30 6:45-7:45	4:15-5:15 5:30-6:30	9:30-10:30 10:45-11:45 Noon-1:00
Leaping Lizards 2* Boys and Girls Intermediate Kindergarten - 2nd grade	6:00-7:00	4:45-5:45	6:45-7:45	4:15-5:15	4:45-5:45 6:00-7:00	11:00-Noon
Kartwheeling Koalas Girls Beginner to Intermediate 3rd grade - 5th grade	4:15-5:15 7:15-8:15	6:45-7:45	6:45-7:45			9:45-10:45
Springing Squirrels* Girls Advanced 1st grade and up	4:30-6:00	6:30-8:00	4:30-6:00	6:30-8:00	5:30-7:00	9:30-11:00
Tumbling Tigers Boys Beginner to Intermediate 1st grade - 5th grade		6:00-7:00		6:15-7:15		
Middle School/High School Girls Beginner to Advanced 6th grade and up	6:15-7:45					

*Coach evaluation and approval required for advanced classes.

Tumbling and Trampoline						
	MON	TUE	WED	THU	FRI	SAT
T & T Beginner Boys and Girls Beginner 1st grade and up	6:45-7:45	4:15-5:15		5:00-6:00	4:15-5:15	11:15-12:15
T & T Intermediate* Boys and Girls Intermediate 1st grade and up	5:30-6:30		5:30-6:30	6:45-7:45		
T & T Advanced* Boys and Girls Advanced 1st grade and up	6:45-8:15		6:45-8:15			

*Coach evaluation and approval required for advanced classes.



NINJA ZONE™

	MON	TUE	WED	THU	FRI	SAT
Li'l Ninjas Boys Beginner 3 yrs - 5 yrs	5:15-6:05	1:00-2:00 5:15-6:05	5:45-6:35 6:15-7:05	1:00-2:00 5:15-6:05		9:00-10:00
LEVEL 1 - WHITE Boys Beginner 5 yrs - 7 yrs	6:15-7:15	6:15-7:15	5:00-6:00 6:45-7:45	7:30-8:30	4:30-5:30	11:15-12:15
LEVEL 2 - WHITE Boys Beginner 8 yrs - 11 yrs	7:30-8:30					10:00-11:00
LEVEL 1 - YELLOW Boys Intermediate 5 yrs - 7 yrs			4:30-5:30	6:15-7:15	4:30-5:30	
LEVEL 2 - YELLOW Boys Intermediate 8 yrs - 11 yrs	7:30-8:30			7:30-8:30		
NINJA GIRLS L1 Girls Beginner 5 yrs - 7 yrs		5:00-6:00				
NINJA GIRLS L2 Girls Beginner 8 yrs - 11 yrs		6:15-7:15	7:15-8:15			

*Coach evaluation and approval required for advanced classes.

Use
Autopay
and
SAVE!!

20%
sibling &
2nd class
discount!

Monthly
Tuition

Class Duration	Auto-Pay Tuition	Tuition
50 min	\$61.00	\$64.21
60 min	\$65.50	\$68.95
90 min	\$85.50	\$90.00

Family Membership: \$38 Annually

Updates
posted
online!

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