

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
35 MIN	Bouncing Bunnies Boys and Girls Parent Participation Required Walking - 3 yrs		5:30	5:15	10:00		9:30 10:30
45 MINUTE CLASSES	Marching Monkeys Boys and Girls Beginner 3 yrs		1:00 4:30 6:10	5:30	10:00 5:30	5:45	11:10
	Galloping Gators Boys and Girls Beginner 4 yrs - 5 yrs	5:45	1:00 5:10 6:10	4:30	10:00 1:00 4:30 6:30	5:45	9:10 10:10
60 MIN	Hot Shots* Girls Advanced 3 yrs - 5 yrs		6:10	6:00	5:30		9:30

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

*Coach evaluation and approval required for advanced classes.



		Tumbling and Trampoline					
		MON	TUE	WED	THU	FRI	SAT
60 MINUTE CLASSES	T & T Beginner Boys and Girls Beginner 1st grade and up		4:30		5:30		11:45
	T & T Intermediate* Boys and Girls Intermediate 1st grade and up	6:30		6:00	6:30		
	MSHS Cheer Boys and Girls Beginner - Intermediate 5th grade and up	6:00		4:45			
	Dance Acro Boys and Girls Intermediate - Advanced 1st grade and up	7:30					
	Gymnastrix Boys and Girls Beginner - Intermediate 5th grade and up				6:15		
90 MIN	T & T Advanced* Boys and Girls Advanced 1st grade and up		7:00	7:00			

60 MINUTE CLASSES



		NINJA ZONE™					
		MON	TUE	WED	THU	FRI	SAT
35 MIN	Beginner-Intermediate	BABY NINJAS Boys and Girls Parent Participation Required Walking - 3 yrs		5:00			
45 MIN		Lil' NINJAS Boys Beginner 3 yrs - 5 yrs		5:00 6:00	1:00 5:30	6:00	9:15
60 MINUTE CLASSES	Beginner	LEVEL 1 - WHITE Boys Beginner 5 yrs - 7 yrs		6:00	6:45	4:45 7:15	5:45 11:45
		LEVEL 2 - WHITE Boys Beginner 8 yrs - 11 yrs		7:15		6:00	
	Intermediate-Advanced	YELLOW Boys Intermediate 5 yrs - 11 yrs		7:15		7:15	4:45 10:30
		GREEN/BLUE Boys Advanced 5 yrs - 11 yrs		7:15		7:30	
	GIRLS Beg - Int	GIRLS Girls 6 yrs - 11 yrs			6:45		

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	CLASS DURATION	AUTO-PAY TUITION	TUITION
MONTHLY TUITION	35 minutes	\$46.50	\$50.00
	45 minutes	\$62.50	\$67.20
	60 minutes	\$69.50	\$74.73
	90 minutes	\$89.50	\$96.24
\$38 Annual Family Registration Fee			

*Coach evaluation and approval required for advanced classes.