

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!



'17-'18 Class Schedule

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

*Coach evaluation and approval required for advanced classes.

		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	4:30 5:45	9:15 10:30
	Leaping Lizards 2* Boys and Girls Intermediate Kindergarten - 2nd grade	6:00	5:30	7:15	4:15	4:30 5:45	10:30
	Kartwheeling Koalas Girls Beginner to Intermediate 3rd grade - 5th grade	4:45 7:15	6:45	7:15			9:15
	Tumbling Tigers Boys Beginner to Intermediate 1st grade - 5th grade		5:30		6:45		
90 MINUTE CLASSES	Springing Squirrels* Girls Advanced 1st grade and up	5:00	6:45	5:00	6:45	5:00	10:30
	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		4:15	4:15	5:30		11:45
	T & T Intermediate* Boys and Girls Intermediate 1st grade and up	6:00		5:30	4:15 6:45		
	T & T Advanced* Boys and Girls Advanced 1st grade and up	6:45		6:45			

*Coach evaluation and approval required for advanced classes.



NINJA ZONE™

		MON	TUE	WED	THU	FRI	SAT	
45 MIN	LI'L NINJAS Boys (Co-Ed) Beginner 3 yrs - 5 yrs	6:00	1:00 4:15 5:30	10:00 6:00	1:00 4:15 6:45	4:30	9:15	
60 MINUTE CLASSES	WHITE Beginner	LEVEL 1 Boys 5 yrs - 7 yrs	6:00	6:45	4:45 7:15	5:45	11:45	
		LEVEL 2 Boys 8 yrs - 11 yrs	7:15		6:00		10:30	
	YELLOW Intermediate	LEVEL 1 Boys 5 yrs - 7 yrs			4:45	5:30	4:30	11:45
		LEVEL 2 Boys 8 yrs - 11 yrs	7:15			7:30	5:45	10:30
	GREEN BLUE Advanced	GREEN Boys 5 yrs - 11 yrs	7:15			7:30		
		BLUE Boys 5 yrs - 11 yrs			7:15			
GIRLS Beginner	GIRLS Girls 6 yrs - 11 yrs		6:45					

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	CLASS DURATION	AUTO-PAY TUITION	TUITION
MONTHLY TUITION	35 minutes	\$45.00	\$48.39
	45 minutes	\$61.00	\$65.59
	60 minutes	\$67.50	\$72.58
	90 minutes	\$87.50	\$94.08

\$38 Annual Family Registration Fee