

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!

2019 Class Schedule

		Preschool					
		MON	TUE	WED	THU	FRI	SAT
35 MIN	Bouncing Bunnies Boys and Girls <i>Parent Participation Required</i> Walking - 3 yrs		5:30		10:00 4:30		9:30 10:30
	Marching Monkeys Boys and Girls <i>Beginner</i> 3 yrs	4:45	1:00 4:30 6:10	5:30	10:00 5:30	5:45	11:10
45 MINUTE CLASSES	Galloping Gators Boys and Girls <i>Beginner</i> 4 yrs - 5 yrs	5:45	1:00 5:15 6:00	4:30	10:00 4:30 6:30	5:45	9:10 10:10
	Galloping Gators 2* Boys and Girls <i>Intermediate</i> 3 yrs - 5 yrs	6:00	4:30		6:30		

*Coach evaluation and approval required for intermediate and advanced classes.

		School Age					
		MON	TUE	WED	THU	FRI	SAT
60 MINUTE CLASSES	Kinder Kangaroos Boys and Girls <i>Beginner</i> Kindergarten	4:45	6:30	4:45 5:45	5:15		11:10
	Leaping Lizards 1 Boys and Girls <i>Beginner</i> 1st-3rd grade	4:45	5:30 6:45	4:45 6:00	4:15 5:30	4:45	9:15
	Leaping Lizards 2* Boys and Girls <i>Intermediate</i> 1st-3rd grade	6:00	5:30	6:00	4:15	4:45 5:45	10:30
	Kartwheeling Koalas Girls <i>Beginner to Intermediate</i> 4th - 5th grade	4:45 6:00 7:15	6:45	7:15			9:15 10:30
	Middle School/High School Girls <i>Beginner to Advanced</i> 6th grade and up	7:00	4:30	7:00			
90 MIN	Springing Squirrels* Girls <i>Advanced</i> 1st grade and up	5:30	6:45	5:30	6:45	5:00	

*Coach evaluation and approval required for intermediate advanced classes.

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

*Coach evaluation and approval required for intermediate and advanced classes.

		NINJA ZONE						
		MON	TUE	WED	THU	FRI	SAT	
Beginner	35 MIN	BABY NINJAS Boys and Girls <i>Parent Participation Required</i> Walking - 3 yrs	5:15				4:45	
	45 MIN	Li'L NINJAS Boys and Girls <i>Beginner</i> 3 yrs - 5 yrs	5:00 6:00	1:00 5:30	6:00		9:15	
	60 MINUTE CLASSES	WHITE - LEVEL 1 Boys <i>Beginner</i> 5 yrs - 7 yrs	5:00 6:00	4:30 6:45	4:45 7:15	6:15	5:45	11:15
		WHITE - LEVEL 2 Boys <i>Beginner</i> 8 yrs - 11 yrs	7:15		6:00			10:00
		WHITE Girls <i>Beginner</i> 5 yrs - 11 yrs		6:45	4:45			
	Intermediate	60 MINUTE CLASSES	YELLOW* Boys and Girls <i>Intermediate</i> 5 yrs - 11 yrs	6:00		7:15	5:00 4:45	10:00
		GREEN* Boys and Girls <i>Advanced</i> 5 yrs - 11 yrs			6:00	5:00 7:30		
	Advanced	60 MINUTE CLASSES	GREEN/BLUE* Boys and Girls <i>Advanced</i> 5 yrs - 11 yrs	7:15				
		90 MIN	BLUE/PURPLE* Boys and Girls <i>Advanced</i> 5 yrs - 11 yrs				7:00	

*Successful completion of a Ninja Mission is required for intermediate and advanced classes.



Use **AUTOPAY** and **SAVE!!**

MONTHLY TUITION	CLASS DURATION	AUTO-PAY TUITION	TUITION
	35 minutes	\$48.00	\$51.61
45 minutes	\$64.50	\$69.35	
60 minutes	\$71.50	\$76.88	
90 minutes	\$92.00	\$98.92	

\$38 Annual Family Registration Fee

20% sibling & 2nd class discount!