

# Virginia Techniques Training Center

# 2014 - 2015 Class Schedule

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 to 3 yrs	5:30-6:20	5:30-6:20		10:00-10:50 4:30-5:20		9:00-9:50
Galloping Gators 1 Boys and Girls Beginner 3 yrs - 5 yrs	4:30-5:20 6:30-7:20	1:00-1:50 5:30-6:20	4:30-5:20	10:00-10:50 4:30-5:20 5:30-6:20 6:30-7:20	5:30-6:20	9:00-9:50 11:00-11:50
Galloping Gators 2* Boys and Girls Intermediate 3 yrs - 5 yrs	5:30-6:30	1:00-2:00 4:30-5:30	5:30-6:30	6:30-7:30	4:30-5:30	10:00-11:00
FAST Boys Beginner 4 yrs - 6 yrs			5:30-6:30			10:00-11:00
Hot Shots* Girls Intermediate 3 yrs - 5 yrs		5:30-6:30		9:00-10:00 5:30-6:30		9:00-10:00

## Instructional

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

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

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## Tumbling and Trampoline

	MON	TUE	WED	THU	FRI	SAT
T & T Junior Boys and Girls Beginner 1st grade - 5th grade	6:30-7:30	4:15-5:15		5:30-6:30		11:00-Noon
T & T Senior Boys and Girls Beginner 6th grade and up	6:30-7:30			5:30-6:30		
T & T Intermediate* Boys and Girls Intermediate 1st grade and up			5:30-6:30	6:45-7:45		
T & T Advanced* Boys and Girls Advanced 1st grade and up			6:45-8:15			
Cheerastics Boys and Girls Beginner 1st grade - 5th grade	5:30-6:30					
Gymnastrix Boys and Girls Beginner to Advanced 1st grade and up	6:45-7:45		6:45-7:45			
Tack on Tumbling					6:30-7:00	

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**20% sibling discount!**

**Monthly Tuition**

Class Duration	Monthly Tuition
50 min	\$57
60 min	\$62
90 min	\$79
Tack On	\$10

Family Membership \$38 Annually

**50% discount for 2nd class!**

**DAYTIME class DISCOUNTS!**

**Use Autopay and SAVE!!**

**Updates posted online!**



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**(540) 381-5151** • [www.vatechniques.com](http://www.vatechniques.com)

# Additional Programs

## Open Gym

### Playzone

Walking - 10 years

Tuesdays & Thursdays  
11:00am - Noon

Fridays  
3:00pm - 4:00pm

### Friday Nite

### HYPE

3 years - 22 years

Fridays  
7:00pm - 9:00pm

### LATE NITE

16 years - 22 years

Tuesdays  
8:00pm - 9:30pm

### HALF DAYZ HYPE

Kindergarten - 12th grade

Most MCPS early releases  
1:30pm - 3:30pm

Visit website for complete schedule.

## COMPETITIVE GYMNASTICS

Our award-winning competitive teams compete in USA Gymnastics' levels 3-10 and Xcel programs, producing numerous state and regional champions each season! Grouped by age and level, our teams ensure each gymnast has a place where she can be challenged while happily and safely reaching her potential. Our pre-team program prepares young gymnasts for the competitive track by working proper form and techniques from USAG's level 1 and 2 curriculums. All of these gymnasts perform in various exhibitions in the community.

## CLINICS

Skill-specific clinics are great for anyone trying to develop basic to advanced gymnastics skills. Offered throughout the year, clinics might focus on preschool skills, cartwheels, back handsprings, and more! Expect one to two hours of drills and repetitions to accelerate the learning time of the advertised skill.

## PRIVATE LESSONS

Private lesson offer a great opportunity for athletes that want individualized instruction in gymnastics, cheerleading, dance, martial arts, or strength and conditioning.

These lessons can be scheduled with the coach of your choice, at a time that works best for you, and to perfect that specific skill or routine.

## TUMBLING GROUPS

Tumbling for groups provides a great opportunity for your cheer squad, dance troupe, diving team, or other group to improve your skills in our outstanding facility.

Work on tumbling skills from cartwheels and back handsprings to back tucks and twisting. Our coaches are certified in spotting and techniques to ensure productive and safe progressions toward any athletic goals.

## Healthy Homeschoolers

Our twelve week program is a hit with area home schoolers! This class develops all components of physical fitness and cardiovascular endurance. Participants learn the fundamentals of gymnastics and exercise through games and basic gymnastics instruction.

## BIRTHDAY PARTIES

Our coaches and party hosts specialize in fun! Party-goers flip over our exciting parties: tumbling through obstacle course, balancing on beam, bouncing on tumble-trak, sliding down the giant inflatable slide, or frolicking with Queen Elsa, Princess Belle, or Captain Doodlebottom!

Parents flip over our parties too: our gold, silver and bronze packages meet the needs of every child and every budget!

## FIELD TRIPS

With a blend of fitness, flips, and fun, our field trips are a great option for your school, daycare, scout troop, moms' group, or any organization! Field trips can be customized to meet your specific needs allowing kids to appreciate fitness and gain confidence, while experiencing the world of gymnastics!

## Camps

We offer the best themed summer camps in the NRV! Our camps include hours of gymnastics, themed games, fun crafts, and visits from special guests. Each camper will take away a re-energized imagination, exciting memories, and a sense of pride after performing for family and friends!

(540) 381-5151

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