

Class & Event Schedule

Beginning January 25

Mackinaw
Location

Tumbling

Tiny Tumblers

3-5 yrs

Tuesday 6:00-7:00
Wednesday 10:00-11:00
Thursday 6:30-7:30

Tumble 1 & 2

5-7 yrs

Monday 4:30-5:30
Thursday 4:30-5:30
Saturday 10:00-11:00

Tumble 1 & 2

7 yrs & up

Monday 5:30-6:30
Thursday 5:30-6:30

Tumble 2 & 3

7 & up

Monday 6:30-7:30
Tuesday 5:00-6:00
Thursday 6:30-7:30

Jr. Advanced

7-11 yrs

Thursday 6:30-7:30

Cheer Tumble

10 yrs & up

Tuesday 5:00-6:00
Thursday 5:30-6:30

Advanced Tumble

Tuesday 7:00-8:00
Thursday 7:30-8:30

Boys Tumbling

5-8 yrs

Thursday 4:30-5:30

Extreme Kids

5-7 yrs

Tuesday 5:00-6:00

6 yrs & up

Tuesday 6:00-7:00
Thursday 6:30-7:30

ANNUAL REGISTRATION FEE:

\$50.00 one child or \$75.00 per family

1 HOUR CLASS: \$65.00 / month

TECHNIQUE PACKAGE

(2 CLASSES, SAME CHILD): \$114.00 / month

Monthly session fees are based off of an average of 4 weeks / month. The price will remain the same regardless the number of classes in a particular month (average of 4 - some months will be 3 and some will be 5).

10% off 2nd child

20% off any additional children

30% off 3rd class - same child

Working Open Gym

Tuesdays 8:00-9:30

Ages 10 yrs - 18 yrs

(Jr. High & High School)

\$5.00 members

\$10.00 non-members

"Working" open gyms are for athletes wanting to practice their tumbling, cheerleading, and stunting skills. Participants come to work on skills they are trying to improve or master. Horseplay is not allowed at Technique open gyms! This open gym is supervised, and spotting is available but not an instructional time as a class would be. All participants must have a current registration form signed by a parent or legal guardian on file.

Weekly Clinics

Call, email, or facebook message to enroll.

Limbering & Walkover Clinic

6-18 yrs - \$15.00

Saturday 9:00-10:00

Flip-Flop-Shop

6-18 yrs - \$15.00

Saturday 11:00-12:00

TECHNIQUE
TUMBLING & CHEER PREP

401 LEOPOLD STREET • MACKINAW • 309-354-1028

TECHNIQUETUMBLEANDCHEER@GMAIL.COM • WWW.TECHNIQUETUMBLEANDCHEER.COM

TECHNIQUE Clinics

Call, email, facebook message, or stop by the front desk to enroll as there is limited space each week!

Search Technique
Tumbling & Cheer Prep



LIMBERING & Walkover clinic

Technique is now offering a weekly clinic for those tumblers wanting extra work on their back bend kickovers, back walkovers, front limbers and front walkovers. These skills are the last major foundational skills to master prior to moving into our Junior Advanced Tumbling Classes. During the hour, our staff will break down these skills into fun and progressive drills and stations designed to increase your child's understanding and ability in both front and back limbering skills. Don't miss this weekly opportunity to break down all of the limbering and walkover skills and supplement their weekly class work!

FLIP-FLOP Shop

This weekly clinic is perfect for athletes of any skill level who wish to achieve a flip-flop (back-handspring) or simply want to perfect a recently learned flip-flop. Learning the correct technique is critical, as the back-handspring is one of the foundational skills in becoming an advanced tumbler and cheerleader. Many cheer programs also require a flip-flop to make the squad. During the hour, our staff will break down the skill into basic parts and movements involved in the back-handspring through the use of drills and stations.



You do not need to be a member of Technique to participate! All participants must have a current registration form signed by a parent or legal guardian on file. Space is limited, so be sure to sign up early! *Call, email, or stop by the front desk to enroll.*

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