

Normal Class & Event Schedule

**New Weekday Morning Options Begin June 1st!*

Summer Edition!

Tumbling

Tumble 1 & 2

5-7 yrs

Monday 3:30-4:30

***Tuesday 9:00-10:00**

Tuesday 4:40-5:40

Thursday 4:40-5:40

7 & up

Tuesday 3:30-4:30

Tumble 2 & 3

7 & up

Monday 4:40-5:40

***Tuesday 10:10-11:10**

Tuesday 5:50-6:50

Thursday 4:40-5:40

Saturday 8:30-9:30

Boys- 7 & up

Thursday 3:30-4:30

Jr. Advanced - 7-11 yrs

Monday 3:30-4:30

Monday 5:50-6:50

***Tuesday 11:20-12:20**

Thursday 5:50-6:50

Saturday 9:40-10:40

Jr. Advanced 2 - 7-11 yrs

***Monday 9:00-10:00**

Tuesday 5:50-6:50

Friday 4:30-5:30

Extreme Boys - 7 & up

w/ Director Approval

Wednesday 5:00-6:00

Cheer Tumble

Beginner - 10 & up

Thursday 3:30-4:30

Cheer Tumble - 10 & up

***Monday 10:10-11:10**

Monday 5:50-6:50

Tuesday 4:40-5:40

Thursday 5:50-6:50

Saturday 9:40-10:40

Advanced Tumble

***Monday 11:20-12:20**

Monday 7:00-8:00

Tuesday 7:00-8:00

Wednesday 4:00-5:00

Wednesday 8:30-9:30

***Thursday 11:20-12:20**

Thursday 7:00-8:00

Saturday 10:50-11:50

Tumbling for Dance

Intermediate / Advanced

Wednesdays 3:00-4:00

Thursday 4:40-5:40

Cheerleading

Mighty Mites

5-8 yrs

Saturday 10:50-12:05

Cheer Prep

8 & up

Monday 3:30-4:30

Cheer Tech (Stunt/Jump Technique)

8 & up with Director Approval

Wednesday 5:00-6:00

ANNUAL REGISTRATION FEE:

\$50.00 one child or \$75.00 per family

1 HOUR CLASS: \$74.00 / month

TECHNIQUE PACKAGE

(2 CLASSES, SAME CHILD): \$130.00 / 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

Weekly Clinics

Call, email, or facebook message to enroll.

Flip-Flop-Shop: 6-18 yrs - \$15.00

Saturday 12:00-1:00

Tumbling for Dance Clinic: 6-18 yrs - \$15.00

Saturday 2:45-3:45

Limbering & Walkover Clinic: 6-18 yrs - \$15.00

Saturday 2:45-3:45

***BACK TUCK CLINIC IS BACK**

STARTING JUNE 1ST: 9-18 yrs - \$15.00

Thursday 10:10-11:10

**6-8 yr olds with staff approval*

Open Gyms

***Open Gyms have a 25 athlete maximum (first come, first served). NO UNPAID CALLS AHEAD PLEASE.**

Working Open Gym

10-18 yrs (Jr. High & High School only)

\$5.00 member

\$10.00 non-members

Monday 8:00-9:30

Tuesday 8:00-9:30

Thursday 8:00-9:30

School Aged Open Gym

6-18 yrs

\$5.00 members

\$10.00 non-members

Saturday 1:15-2:45

Clinic Descriptions on reverse side >>>

TECHNIQUE

TUMBLING & CHEER PREP

1720 BRADFORD LANE UNIT 104 • NORMAL IL • 309-808-2581
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



FLIP-FLOP



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.

TUMBLING



Attention Dancers! Technique is now offering a weekly headspring, floor kip, and aerial cartwheel clinic. These core tumbling for dance skills will be broken down into basic parts and movements during the hour through the use of drills and stations. **Additional skills can be worked on as well based on participant requests.**

LIMBERING



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!

BACK TUCK

Now for both
standing & running
tumbling back tucks!



The staff at Technique is excited to offer a special weekly clinic designed to help athletes master both the standing back tuck and round-off or round-off-back handspring-back tuck. The back tuck is an advanced level skill that is very valuable and sought after in junior high and high school cheer as well as in the upper levels of All-Star cheer. Our staff will break the skill down into understandable, achievable stations and drills, as well as spend time developing leg strength and explosive jumping and rebounding techniques. Don't miss this weekly extra opportunity to super-charge your back tuck! **Requirement: Participants must have round-off back handspring to enroll.**



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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