

# Technique Class & Event Schedule

## Fall 2023-Spring 2024

### Tumbling

#### Tumble Tots

3-5 yrs

Monday 4:20-5:00  
Friday 5:40-6:20

#### Tumble 1 & 2

5-7 yrs

Monday 3:30-4:30  
Tuesday 3:30-4:30  
Tuesday 4:40-5:40  
Thursday 4:40-5:40

#### 7 yrs & up

Friday 5:30-6:30

#### Boys- 7 yrs & up

Wednesday 5:00-6:00  
Thursday 3:30-4:30

#### Tumble 2 & 3

7 yrs & up

Monday 4:40-5:40  
Tuesday 3:30-4:30  
Tuesday 5:50-6:50  
Thursday 3:30-4:30  
Thursday 4:40-5:40  
Friday 5:30-6:30  
Saturday 9:00-10:00

#### Jr. Advanced - 7-11 yrs

Monday 3:30-4:30  
Monday 5:50-6:50  
Thursday 3:30-4:30  
Thursday 5:50-6:50  
Saturday 9:40-10:40

#### Jr. Advanced 2 - 7-11 yrs

Tuesday 5:50-6:50  
Wednesday 6:00-7:00  
Friday 4:30-5:30

#### Cheer Tumble - 10 yrs & up

Monday 5:50-6:50  
Tuesday 4:40-5:40  
Thursday 5:50-6:50  
Saturday 9:40-10:40

#### Advanced Tumble

Monday 7:00-8:00  
Tuesday 7:00-8:00  
Wednesday 4:00-5:00  
Thursday 7:00-8:00  
Saturday 10:50-11:50

#### Tumbling for Dance

Intermediate / Advanced

Monday 4:40-5:40

### Cheerleading

#### Mighty Mites

5-8 yrs (cheer/tumble combo)

Friday 4:15-5:30  
Saturday 10:50-12:05

#### Cheer Prep

8 yrs & up

Monday 3:30-4:30

#### Cheer Tech (Stunt/Jump Technique)

8 yrs & up with Director Approval

Wednesday 5:00-6:00

#### Co-ed Stunting

8th - 12th grade or Director Approval

Tuesday 4:30-5:30  
Thursday 4:30-5:30

\*Co-ed Stunting not eligible for multiple class or sibling discounts due to student:teacher ratio required.

#### ANNUAL REGISTRATION FEE:

\$50.00 one child or \$75.00 per family

40 MIN CLASS: \$65.00 / month

1 HOUR CLASS: \$84.00 / month

#### TECHNIQUE PACKAGE

(TWO 1 HR CLASSES, SAME CHILD): \$148.00 / 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 - \$20.00

Saturday 12:00-1:00

#### Tumbling for Dance Clinic: 6-18 yrs - \$20.00

Saturday 12:00-1:00

#### Limbering & Walkover Clinic: 6-18 yrs - \$20.00

Saturday 12:00-1:00

### Open Gyms

#### 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

# SATURDAYS *at Technique*

*Space is limited for weekly clinics - call, email, facebook message, or stop by the desk to save your spot each week! No need to pre-register for open gyms.*

Search Technique  
Tumbling & Cheer Prep



## Weekly Clinics

**Saturdays 12:00 p.m. - 1:00 p.m.**  
**\$20 per child / Ages 6 yrs - 18 yrs**

### 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.

### TUMBLING

*for Dance clinic*

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

*& Walkover clinic*

Technique it 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!

## Open Gym

**Saturdays 1:15 p.m. - 2:45 p.m.**  
**School-Aged: 6 yrs - 18 yrs**  
**\$5.00 members / \$10.00 non-members**

*Saturdays are the perfect opportunity for some extra practice! Plenty of staff is available each weekend to help you reach your goals!*

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