





Byers Gymnastics of Citrus Heights Class Schedule

Class Times/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:30 am		SUNRISE P&R Parent Part.	SUNRISE P&R Parent Part.	ORANGEVALE P&R Parent Part.	Kindergym 1	Girls Basic 1 Boys Basic 1	
10:30 am		SUNRISE P&R Tot	SUNRISE P&R Tot	ORANGEVALE P&R Tot		Kindergym 1 Girls Basic 1	
11:30 am		SUNRISE P&R Kindergym		ORANGEVALE P&R Kindergym		Kindergym 2 Girls Basic 2	
12:30 pm						Autism	
1:30 pm	www.byerscitrusheights.com						
3:30 pm	Girls Basic 1 Girls Basic 2	Girls Basic 2/3 Kindergym 2/3		Girls Basic 1/2 Boys Basic 2	Girls Basic 2/3		
4:30 pm	HIT Boys Basic 2 Kindergym 2 Tot	Boys Basic 1 Girls Basic 1 Boys Basic 3 Tot	HIT	Girls Basic 1 Girls Basic 3 Boys Basic 1/2	Kindergym 2/3	 Please Call The Gym for Availability Of Class Space: (916) 723-7700	
5:30 pm	HIT Kindergym 2/3 Girls Basic 1 Kindergym 1	Girls Basic 2 Kindergym 2 Boys Basic 1/2 Kindergym 1	HIT Girls Basic 1 Girls Basic 2	Kindergym 2 Cheer Parent Participation	Special Needs		
6:30 pm	Cheer Girls Basic 2	Girls Basic 1 Kindergym 1	Tot Boys Basic 1	Tot Girls Basic 1 Girls Basic 2 Kindergym 1			
7:30 pm		Girls Basic 3		Teen			

Schedule is subject to change.

Byers Gymnastics Center...Making a difference in the lives of children.

Name of Class	Age	Description
Parent Participation	Ages walking up to age 2.9	This program is designed for parents and toddlers, aged twelve months to three years. It introduces "safety awareness", through climbing, hanging, jumping, rolling, and bouncing. Children also learn how to follow directions and socialize with others.
Tot	Ages 3	This program introduces basic motor skills, hand and eye coordination and large motor control. Children begin to work independently from their parents and learn the fundamentals of gymnastics in a fun and safe environment.
Kindergym	Ages 4 and 5	This class continues to develop body awareness, basic gymnastic skills and introduces Olympic events.
Girls Basic	Girls ages 6 and over	This program teaches the proper progressions to encourage flexibility and strength in basic skills necessary for the gymnasts. Girls are trained on the Vault, Uneven Bars, Balance Beam, Floor Exercise, and Trampoline
Boys Basic	Boys ages 6 and over	This program teaches the proper progressions to encourage flexibility and strength in basic skills necessary for the gymnasts. Boys are trained on Floor Exercise, Pom-mel Horse, Vault, Rings, Parallel Bars, and High Bar.
Teen	Girls ages 12 and over	This program teaches the proper progressions to encourage flexibility and strength in basic skills necessary for the gymnasts. Girls are trained on the Vault, Uneven Bars, Balance Beam, Floor Exercise, and Trampoline
Cheer	Girls and Boys 6 and over.	This program teaches the proper progressions for tumbling skills used in cheerleading and tumbling. Participants are trained with their individual skill levels and goals in mind.
Autistic	Open	Please call the office for more information.

Pricing	Time	1x week Monthly fees	2x week Monthly fees	Annual Insurance/Registration Fee
Parent Participation;	50 minutes	\$60.00/month	\$108.00	\$50/year (FREE registration for siblings)
Tot	50 minutes	\$62.00/month	\$111.60	\$50/year (Free registration for siblings)
Other	1 hour	\$64.00/month	\$115.20	\$50/year (FREE registration for siblings)

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