

# Byers Gymnastics of Citrus Heights Class Schedule

Schedule is subject to change.

Class Times/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am	Parent Participation	TOT Plus	Parent Participation	TOT	TOT Plus 10 am	Girls Basic 1/2 Kindergym 1
10:35 am	Kindergym 1	Kindergym 1	TOT	Kindergym 1	Kindergym 1 11am	Kindergym 1 Girls Basic 1
11:35 am						Boys Basic 1/2 Girls Basic 1/2
12:35 pm						Kinder Makeup Class (Every 2nd Sat) Basic Makeup
3:35 pm	Girls Basic 1 Kindergym 1 Girls Basic 1/2	Boys Basic 2/3 Kindergym 2/3 Girls Basic 2/3	Kindergym 1 Kindergym 2/3 Kinder Makeup Class (Every 2nd Wednesday)	Boys Basic 1 Girls Basic 1	Girls Basic 1 Kindergym 1	
4:35 pm	Girls Basic 1 Girls Basic 2 Girls Basic 4	Kindergym 1 Girls Basic 1 Kindergym 1 TOT	Girls Basic 1 Girls Basic 2/3 Basic Makeup Class (Every 2nd Wednesday)	Girls Basic 1 Girls Basic 2/3	Girls Basic 2 Girls Basic 1	
5:35 pm	Boys Basic 1 Girls Basic 1 Kindergym 1	Girls Basic 2 Boys Basic 1/2 Kindergym 1 Parent Participation	Kindergym 1 Girls Basic 1 Girls Basic 2	Kindergym 1 Girls Basic 2/3	Special Needs Private Class	
6:35 pm	Girls Basic 1/2 Girls Basic 3 Kindergym 2/3	Kindergym 1 Girls Basic 1 Girls Basic 2/3	Boys Basic 2 Girls Basic 1 Girl Basic 2	Kindergym 1 Girls Basic 1	Bars Class Tumbling Class	
7:35 pm						

[www.byerscitrusheights.com](http://www.byerscitrusheights.com)



Please Call The  
Gym for  
Availability  
Of Class Space:  
(916) 723-7700

[info@byerscitrusheights.com](mailto:info@byerscitrusheights.com)



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

Name of Class	Age	Description
Parent Participation	Ages walking up to age under 3	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, 5, and 6 (in kindergarten)	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, Pommel Horse, Vault, Rings, Parallel Bars, and High Bar.
Bars Class	Open	Open to anyone who needs extra work on their bars skills such as: pullovers, back hip circle, mill circle, etc.
*Special Needs	Open	Please call the office for more information. *Form needed prior to first class*
Tumbling Class	Open	Open to anyone who needs extra work on their tumbling skills such as: back handsprings, round offs, back walkover, back tucks, etc.
XCEL Team	Girls ages 5 and over	Competitive season in Winter/Spring. Open to Girls Basic levels 2 and higher. (Must receive invitation for tryout)



BYERS  
GYMNASTICS  
CENTER

Pricing	Time	1x week Monthly fees
Parent Participation/ Tot	45-50 minutes	\$103.00/month
Kinder, Basic, Specialty classes	55 minutes	\$103.00/month

**\$50 Annual Registration/ Insurance**  
(for first student, \$20 for each additional sibling)

20% Discount on a second class (does not apply to pre-team or team)