

# Byers Gymnastics Center Rocklin Class Schedule

Class Times/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:35AM	Parent Participation	Parent Participation ToT+			Parent Participation ToT+	Kindergym 1 Kindergym 2/3 Girls Basic 1
10:35AM	ToT+	Parent Participation ToT+		Parent Participation ToT+	TODDLER PLAY Join us for 1.5 hours of practice time for ages walking to 4	ToT+ Kindergym 1 Girls Basic 1
11:35AM				Parent Participation ToT+		ToT+ Kindergym 1 Girls Basic 1 Tumbling 1/2
12:35PM						Kindergym 1 Boys Basic 1 Girls Basic 1 Girls Basic 2
2:35PM	Kindergym 2/3 Girls Basic 1 Girls Basic 2					<p><b>BYERS ROCKLIN</b></p> <p>2319 Sunset Blvd Rocklin, CA, 95765</p> <p>916-250-4050</p> <p>info@byersrocklin.com</p> 
3:35PM	Kindergym 1 Girls Basic 4	Boys Basic 1/2 Girls Basic 2	Kindergym 2/3 Girls Basic 1	Kindergym 1 Girls Basic 1		
4:05PM			Kindergym 1		ToT+ Kindergym 1 Kindergym 2/3	
4:35PM	Girls Basic 1 Girls Basic 2	Kindergym 1 Girls Basic 1	Girls Basic 1 Girls Basic 2	Kindergym 1 Girls Basic 2		
5:05PM			Kindergym 1		Kindergym 2/3 Boys Basic1/2 Girls Basic 3	
5:35PM	Kindergym 1 Girls Basic 1 Girls Basic 3 (1.5 Hrs)	Girls Basic 1 Girls Basic 3	Kindergym 1 Girls Basic 4	Kindergym 1 Girls Basic 1		
6:05PM			Girls Basic 1		ToT+ Girls Basic 1	
6:35PM	Kindergym 2/3 Girls Basic 2	Boys Basic 1/2 Tumbling 1/2	Kindergym 2/3 Girls Basic 1	Girls Basic 1 Girls Basic 2		

3/1/2023

<b>Parent Participation</b>	Ages walking to age 3	This class is designed for toddlers not quite ready to be on their own in classes. The students will learn safety awareness, climbing, hanging, socialization and how to follow directions
<b>ToT+</b>	3 & 4-year-old combo class	The ToT classes introduce basic motor skills and sequencing. Students will work independently from their parents and will start to learn the fundamentals of gymnastics to prepare them for school.
<b>Kindergym</b>	Ages 4 to 6	Our Kindergym classes are for students in the kindergarten age. They will continue to learn body awareness, basic gymnastics and socialization. In this level we introduce the Olympic events.
<b>Girls Basics</b>	Age 6 (1 <sup>st</sup> grade) & up	Our Girls basic program teaches proper progressions through events to encourage flexibility and strength building to get the skills necessary to move up. Girls are trained on Vault, Uneven Bars, Beam, Floor and Tumble Track.
<b>Boys Basics</b>	Ages 6 (1 <sup>st</sup> grade) & up	Our Boys program teaches proper progressions through events to encourage flexibility, coordination and strength building that will benefit them in all sports. Boys are trained on Floor, Vault, Bars, and Tumble Trak.
<b>Tumbling</b>	Ages 6 & up	This class is perfect for Cheerleaders or those passionate about tumbling. It is a specialized class that focuses on floor and tumble track skills to help build strength and flexibility.

Class	Length	Price/Month	Annual Registration Fees	<b>Free Trial Class for all New Members!</b>
Parent Participation	45-50 Minutes	\$103.00	1 <sup>st</sup> Student \$50.00	
TOT	45-50 Minutes	\$103.00	2 <sup>nd</sup> Student \$20.00	
Kindergym, Girls & Boys Basics, Tumbling & Bars	55 Minutes	\$103.00	20% discount for any 2nd class added	

**Start here, go anywhere!**