



# Byers Gymnastics Center Roseville Class Schedule

Class Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:35 AM						Girls Basic 1/2	<b>2009 Opportunity</b> <b>Dr. Roseville, Ca</b> <b>95678</b> <b>916-781-2939</b> <a href="http://www.byersgym.com">www.byersgym.com</a>
9:00 AM	Kindergym 1/2			Kindergym 1/2 (1.5)	Homeschool (1.5)	TOT (30 min)	
9:35 AM		(9:30) TOT (9:30) Kindergym 1	(9:30) Parent Participation			Kindergym 1 Girls Basic 1/2	
10:00 AM	TOT						
10:35 AM		(10:30) Kindergym 1 (10:30) TOT	(10:30) Parent Participation	(10:30) Kindergym 1	(10:30) TOT	Boys Basic 1/2 Girls Basic 2/3 Kindergym 1	
11:35 AM						Girls Basic 1/2 Kindergym 1 Kindergym 2	
1:30 PM		Kindergym 1					
2:35 PM	Girls Basic 1/2		Homeschool Kindergym 1				
3:00 PM			TOT (30 min)				 <p style="text-align: center;"><b>Byers Gymnastics Center Roseville</b></p>
3:35 PM	Girls Basic 1 Girls Basic 3 Kindergym 1	Girls Basic 1 Girls Basic 2 Kindergym 1	Boys Basic 1 Girls Basic 1 Kindergym 2/3	Girls Basic 1 Girls Basic 2 Kindergym 1/2	Bars Girls Basic 1/2 Kindergym 2		
4:35 PM	Girls Basic 1 Girls Basic 2 Girls Basic 3 Kindergym 1 TOT	Girls Basic 1 Girls Basic 2/3 Kindergym 1	Girls Basic 1/2 Girls Basic 2 Kindergym 1	Boys Basic 1/2 Girls Basic 1 Kindergym 1 Kindergym 2	Girls Basic 1/2 TOT		
5:00 PM				TOT (30 min)			
5:35 PM	Girls Basic 1 Girls Basic 1/2 Girls Basic 2/3 Kindergym 1 Teenage Gym	Girls Basic 1 Girls Basic 2 Girls Basic 4 Kindergym 1	Boys Basic 1/2 Girls Basic 1 Girls Basic 2/3 Kindergym 1	Girls Basic 1 Girls Basic 1/2 Kindergym 1 Tumbling	Tumbling		
6:35 PM	Boys Basic 1/2 Girls Basic 1 Girls Basic 3/4 (1.5) Kindergym 1 TOT	Girls Basic 1 Girls Basic 2/3 Kindergym 1	Girls Basic 1 Girls Basic 2/3 Kindergym 1/2 TOT	Girls Basic 1 Girls Basic 2 Kindergym 1 Parent Participation			

Class Level	Ages	About the Class
Parent Participation	Ages walking to 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
TOT	Age 3	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.
Kindergym	Ages 4 - 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.
Girls Basics	Age 6 (1st grade) and 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.
Boys Basics	Age 6 (1st grade) and up	Our Boys program teaches proper progressions through events to encourage flexibility and strength building to get the skills necessary to move up. Boys are trained on Floor, Pommel Horse, Vault, Parallel Bars and High Bar.
Bars	Age 6 (1st grade) and up	This class is a Bars only class and perfect for those looking to get one or two skills to get to the next level or to get on team.
Tumbling	Age 6 (1st grade) and up	This class is perfect for Cheerleaders or for someone that only wants to learn 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 Membership/Insurance Fee
TOT (30 min)	\$52.50	1st Child \$50
Parent Participation/TOT (50 minutes)	\$105.00	Any Additional Child \$20 each
Kindergym, Girls Basics, Boys Basics, Bars, Tumbling (55 minutes)	\$105.00	<b><i>Free Trial Class for All New Members!</i></b>
Advanced Basics Class (1 1/2 hour)	\$135.00	

**20% Discount for any additional class added! (This includes a sibling)**

**Start here, go anywhere!**