


Byers Gymnastics Center Roseville Class Schedule

Class Times/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am 9:00am 9:30am	9:00 Kindergym1	Kindergym 1		Kindergym 1	Homeschool	8:30 Girls Basic 1/2 Kindergym 1 Girls Basic 1	9:30-10:30 Monthly Parent Participation/TOT Class 3 rd Sun of the month
10:05am 10:35am	10:05 Kindergym 1		10:00 Parent Participation/TOT	Kindergym 1	Kindergym 1	Kindergym 1 Girls Basic 1, 2/3 Boys Basic 1/2	
11:40am 12:30 pm 1:30 pm		12:30 Kinder 1/2 1:30 Kindergym 1			11:50 AM Virtual Gymnastics/Fitness	Kindergym 1, 2 Girls Basic 1, 2	Private Class Private Class 12:45-1:40 Kinder make-up
2:30pm	Girls Basic 1/2		Homeschool Kindergym 1		Private Class		3:00 pm Bars
3:30pm	Kindergym 1 Girls Basic 1, 2,3	Girls Basic 1, 2	Kindergym 2/3 Girls Basic 1, 2/3 Boys Basic 1	Kindergym 1 Girls Basic 1	Kindergym 1 Girls Basic 1/2 Bars Class		
4:35pm	Kindergym 1 Girls Basic 1, 2, 3	Kindergym 1 Girls Basic 1, 2/3	Kindergym 1 Girls Basic 1/ 2	Girls Basic 1, 2 Boys Basic 1/2	Girls Basic 1/2		
5:40pm	Kindergym 1 Girls Basic 1, 2 Teenage Gym	Girls Basic 1, 2, 4 Kindergym 1	Kindergym 1 Girls Basic 1, 2/3 Boys Basic 1/2	Kindergym 1 Girls Basic 1, 2/3 Tumbling	Tumbling	<p>Byers Gymnastics Center Roseville</p> <p style="color: red;">2009 Opportunity Dr. Roseville, Ca 95678 916-781-2939 www.byersgym.com</p>	
6:45pm	Kindergym 1 Girls Basic 1, 3* Boys Basic 1/2	Kindergym 1 Girls Basic 1, 2/3	Kindergym 1 Girls Basic 1,2,2/3,	Kindergym 1 Girls Basic 1, 2	Make-up class 6+		
7:50pm		Advanced Tumbling	Girls Basic 4 Make-up class 6+	Tumbling Make-up class 6+			



Parent Participation	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
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 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.
Girls Basics	Age 6 (1 st 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.
Boys Basics	Ages 6 (1 st grade) & 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 Class	Ages 6 (1 st grade) & 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	Ages 6 (1 st grade) & 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.
Virtual Gymnastics/Fitness Class	Ages 5 & up	This class is a fun live online 30 min class for those that prefer. This class can also be used as a PE time for distance learning.

Class	Length	Price/Month	Annual Membership Fees
virtual class	30 Minutes	\$55.00	1 st Student \$50.00
Parent Participation/TOT	50 Minutes	\$93.00	2 nd Student \$20.00
Kindergym, Girls & Boys Basics, Tumbling & Bars	55 Minutes	\$93.00	Free Trial Class for all New Members!
Basics	1.25 Hours	\$119.00	
Private Class/Simi Private/Family Private	55 Minutes	\$175/\$220/250	

20% Discount for any 2nd class added!

Start here, go anywhere!