

Byers Gymnastics Center Rocklin Class Schedule

Class Times/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:35am – 10:30am		Parent Participation ToT +				Kindergym 1 Girls Basic 1
10:35am – 11:30am		Parent Participation ToT +		Parent Participation ToT +		Kindergym 2/3 Girls Basic 2
11:35am – 12:30pm				Parent Participation ToT +		Tumbling 1 & 2 ToT +
12:35pm – 1:30pm						Kindergym 1 Boys Basic 1
3:35pm – 4:30pm	Kindergym 1 Girls Basic 3/4	Boys Basic 1/2 Girls Basic 2/3 DEVO	Girls Basic 1 Kindergym 2/3 Kindergym 1	Girls Basic 1 Kindergym 1 DEVO	Kindergym 1 Kindergym 2/3	<p style="color: red; font-weight: bold; margin: 0;"><u>Byers Rocklin</u></p> <p style="margin: 0;">2319 Sunset Blvd Rocklin, CA 95765</p> <p style="margin: 0;">916-250-4050</p> <p style="margin: 0;">info@byersrocklin.com</p>
4:35pm – 5:30pm	Girls Basic 1 Girls Basic 2	Girls Basic 1 Kindergym 1	Girls Basic 1 Girls Basic 2/3 Kindergym 1	Girls Basic 2 Kindergym 1	Boys Basic 1/2 Girls Basic 2/3	
5:35pm – 6:30pm	Girls Basic 1/2 Kindergym 1	Girls Basic 1 Girls Basic 2/3	Kindergym 1 Girls Basic 3/4 Girls Basic 1	Girls Basic 1 Kindergym 1	Tumbling 1/2	
6:35pm – 7:30pm	Girls Basic 2/3 Kindergym 1	Boys Basic 1/2 Tumbling 1/2	Girls Basic 1 Kindergym 2/3	Girls Basic 1 Girls Basic 1/2	Girls Basic 1	

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
7:35pm – 8:30pm	Tumbling 3/4	Teen Tumbling

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 (1st 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 (1st 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.
Tumbling	Ages 6 & 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 Registration Fees	Free Trial Class for all New Members!
Parent Participation	55 Minutes	\$93.00	1 st Student \$50.00	
TOT	55 Minutes	\$93.00	2 nd Student \$20.00	
Kindergym, Girls & Boys Basics, Tumbling	55 Minutes	\$93.00	20% discount for any 2nd class added	

Start here, go anywhere!