

Byers Gymnastics

INSTRUCTOR: Byers Staff

LOCATION: Byers Gymnastic Center – 7700 Sunrise Blvd. Suite 2200, Citrus Hts.

FEE: 4 week program / \$49 (\$52 NR)

5 week program / \$59 (\$62 NR)

6 week program / \$69 (\$72 NR)

PARENT PARTICIPATION GYMNASTICS

This parent participation class is a class designed for children from the time they begin walking till they turn 3. The class focuses on Gross Motor Skills such as climbing, rolling, and jumping on our Tumble Track, low balance beams, incline mats, small bars and more. Parents help children through circuits and establishing sequencing patterns. This is a fun learning class for both parent and child. Join us as we roll, bounce, climb, swing and have a great time learning gymnastics!

AGE: Walking to 3

DAY/TIME: Thursdays, 9:30-10:15am

Session 1 June 3-24 / 4 weeks

Session 2 July 1-29 / 5 weeks

Session 3 August 5-26 / 4 weeks

TOT GYMNASTICS

In this first class away from mom and dad, children learn how to listen to a teacher as they work on jumping, practice rolls, walking on the low balance beam and stepping over objects. Small bars are used to teach the 3-year olds hanging skills, as well as kick-overs, and straddle up. The tot classes also work with rhythms, pinwheels, donkey kicks, gymnastics tables, and crab walks. A fun way to start learning real gymnastics!

AGE: 3 years

DAY/TIME: Thursdays, 10:15-11:00am

Session 1 June 3-24 / 4 weeks

Session 2 July 1-29 / 5 weeks

Session 3 August 5-26 / 4 weeks

KINDERGYM GYMNASTICS

Four to five year olds will learn basic gymnastics skills including proper stretching and conditioning. This class continues to develop body and awareness, basic gymnastic skills and introduces Olympic events.

AGE: 4-5 years

DAY/TIME: Thursday, 11-11:45am

Session 1 June 3-24 / 4 weeks

Session 2 July 1-29 / 5 weeks

Session 3 August 5-26 / 4 weeks

BASIC DEVELOPMENTAL GYMNASTICS

This program teaches the proper progressions to encourage flexibility and strength in basic skills necessary for the gymnasts. Girls are trained in floor exercise and on the vault, uneven bars, balance beam and trampoline. Boys are trained in floor exercise, on the pommel horse, vault rings, parallel bars and high bar.

AGE: 6-10 years

DAY/TIME: Monday, 3:45-4:30pm

Session 1 June 21-July 26 / 6 weeks

MOMMY & ME

LITTLE HANDS POTTERY

Have some creative fun and create a memory to treasure. Decorate a plate with your little one's handprint and a personalized design. Then your artwork will be clear coated and kiln fired to be picked up at a pre-arranged date. *Please bring a \$10 materials fee payable to instructor on first day of class.*

AGE: 3-6 w/parent

INSTRUCTOR: Michelle Lueth

LOCATION: Arts & Crafts Bldg.,

7997 California Ave. Fair Oaks

FEE: \$26 (\$29 NR)

Session 1 F June 4 10:30-11:15am

Session 2 F July 30 10:30-11:15am

MOMMY & ME

ART DISCOVERIES

Have some creative fun with your little artist in this class with small hands in mind! New & imaginative art projects will be discovered each week. Come dressed for mess & ready to have fun. *Please bring a \$10 materials fee payable to instructor on first day of class.*

AGE: 3-6 w/parent

INSTRUCTOR: Michelle Lueth

LOCATION: Arts & Crafts Bldg.,

7997 California Ave. Fair Oaks

FEE: \$38 (\$41 NR)

Session 1 F May 7-21 10:30-11:30am

Session 2 F July 9-23 10:30-11:30am

PRESCHOOL KARATE

This SA Shotokan Karate Academy class allows young students to gain ability in karate. Class teaches how to listen, follow instructions and focus. Children will develop their motor skills and learn fundamental karate movements in a fun, yet disciplined way. Each new student is supplied a Gi to wear in class. AAU sanctioned.

www.saskausa.com

AGE: 4-6 years

INSTRUCTOR: Sensei Adriaan Van Vuuren

DAY/TIME: Tue/Thu, 4:30-5pm

LOCATION: Youth Center

FEE: \$40/month (\$43 NR) / New students

\$60 (\$63 NR) for the first three months

Session 1 May 4-27

Session 2 June 1-29

Session 3 July 1-29

Session 4 August 3-31

New! CHEERLEADING FUNDAMENTALS

Like to dance, tumble, meet new friends, and have FUN? This is the class for you! A five week, non-competitive cheerleading class. You will learn the basic cheer motions, a fun get-up and go routine, and on the last day of class perform for your friends and family!

AGES: 4 to 14

INSTRUCTOR: Michelle Chadbourne

LOCATION: OCC Meeting Room

FEE: \$50 (\$53 NR)

DAY: Tuesdays

TIME: Ages 4-7, 4-5pm (Dragonflies)

TIME: Ages 8-14, 5-6pm (Butterflies)

Session 1: June 1-29

Session 2: July 1-Aug 3

Session 3: Aug 10-Sept 7

FAMILY ART NIGHT

Come have some family fun being creative! Each session will be a new & exciting project designed to bring out your inner artist. Smiles & lasting memories guaranteed. Class fee includes parent & child. *Please bring a \$5 materials fee per person payable to instructor on day of class.*

AGE: 5-17 with parent

INSTRUCTOR: Michelle Lueth

LOCATION: Arts & Crafts Bldg.

7997 California Ave. Fair Oaks

FEE: \$26 parent & child, (\$29NR) \$10 each additional family member

Session 1 Tue June 29 6:30-7:30pm

Session 2 Tue July 27 4:30-5:30pm



FAMILY POTTERY

Create your own masterpieces in a relaxing and encouraging environment. Learn the three different methods of hand building and have a chance to try the potter's wheel. Bring your imagination – emphasis is on fun! Class fee includes parent & child. *Please bring a \$12 materials fee per person payable to instructor at first class.*

AGE: 5-17 years with parent

INSTRUCTOR: Michelle Lueth

LOCATION: Arts & Crafts Bldg.

7997 California Ave. Fair Oaks

FEE: \$71 (\$74 NR) {parent & child, \$24 each additional family member}

Session 1 W May 5-June 2 6:15-7:30pm

Session 2 Tu June 15-July 13 4:15-5:30pm

Session 3 W June 16-July 14 6:15-7:30pm

Session 4 Th July 8-Aug 5 4:30-5:45pm

Session 5 Tu Aug 31-Sept 28 4:15-5:30pm

New! OREOS, BERRIES & PRETZELS . . . OH MY!

Even if you have no experience playing with chocolate, this class is for you. We will have a blast dipping strawberries, as well as using molds to create chocolate Oreos and pretzels. Students will make and take a dozen berries, four Oreos and four pretzels, all in their own packaging, in case you want to share your goods. You will also leave class with your molds and additional supplies will be available for purchase after class.

AGE: 12+

INSTRUCTOR: Karen Moore

LOCATION: Orangevale Community Ctr.

FEE: \$30 (\$33NR) plus a \$12 supply fee paid to the instructor

Session 1 Tue June 29 7-9pm

PAINT-YOUR-OWN POTTERY

Come have some fun creating your own "artware". You will paint your bowl, mug or plate with your own personalized designs. Plenty of ideas & decorating tools will be available. Then each piece will be clear coated & kiln fired to be picked up at a pre-arranged date. These pieces make great gifts. *Please bring a \$10 materials fee per person payable to instructor.*

AGE: 5-17 with parent / 18+

INSTRUCTOR: Michelle Lueth

LOCATION: Arts & Crafts Bldg.

7997 California Ave. Fair Oaks

FEE: \$20 (\$23 NR), add a family member for \$15

Session 1 M May 3 6:30-7:45pm

Session 2 Sa June 5 10:30-11:45am

New!

CREATIVE CARTOONING

Young artists will learn how to create cartoons the "old fashioned" hands-on way using cell vinals, just like Chuck Jones and Disney Artists did. We will also explore cartooning art history.

AGE: 7-9

INSTRUCTOR: Dana Childs

LOCATION: OCC Classroom

FEE: \$48 (\$51NR) plus a \$5 supply fee made to the instructor the first day of class

Session 1 Tu-Th June 15-17 5:30-6:30pm

New!

BYERS GYMNASTICS MINI FUN CAMP

A fun camp experience which includes gymnastics, crafts, games and tons of fun! Campers should bring a sack lunch.

AGE: 6-12

INSTRUCTOR: Byers Staff

LOCATION: 7700 Sunrise Blvd.,

Suite 2200, Citrus Heights

FEE: \$120 (\$123 NR)

DAY/TIME: Mon-Thu, 9am-12pm

SESSION DATE: July 19-22

New!

BYERS GYMNASTICS KINDER CAMP

Campers enjoy three hours in the gym with gymnastics, crafts and story time. Snack is provided.

AGE: 4-6

INSTRUCTOR: Byers Staff

LOCATION: 7700 Sunrise Blvd.,

Suite 2200, Citrus Heights

FEE: \$120 (\$123 NR)

DAY/TIME: Mon-Thu, 9am-12pm

SESSION 1: June 21-24

SESSION 2: July 19-22

SESSION 3: Aug 2-5