

## Gymnastics *with Byers*

Children will love learning in positive, safe and fun-filled classes. Classes focus on gross motor development, basic gymnastics skills and the feeling of “I can do it”.

**Location:** Byers Gymnastics, 7700 Sunrise Blvd, Suite 2200 *See page 31 for location directions.*

### Parent Participation Gymnastics

#### Walking - 3 years

Parents have fun with your child as you safely work on motor skills, rolling, jumping, climbing, rhythms and basic gymnastics activities. A great start for your toddler.

Tue	9:30 - 10:15am		
2201.200	4/6 - 5/11	6 weeks	\$67
2201.201	6/1 - 6/29	5 weeks	\$57
2201.202	7/6 - 7/27	4 weeks	\$47
2201.203	8/3 - 8/31	5 weeks	\$57
Wed	9:30 - 10:15am		
2206.200	4/7 - 5/12	6 weeks	\$67
2206.201	6/2 - 6/30	5 weeks	\$57
2206.202	7/7 - 7/28	4 weeks	\$47
2206.203	8/4 - 8/25	4 weeks	\$47

### Tot Gymnastics 3 years

A great class for 3 year olds to develop skill in all gymnastics events...vault, bars, beam and tumbling. Musical and rhythmic activity is also included.

Tue	10:15 - 11:00am		
2220.200	4/6 - 5/11	6 weeks	\$67
2220.201	6/1 - 6/29	5 weeks	\$56
2220.202	7/6 - 7/27	4 weeks	\$33
2220.203	8/3 - 8/31	5 weeks	\$67
Wed	10:15 - 11:00am		
2219.200	4/7 - 5/12	6 weeks	\$67
2219.201	6/2 - 6/30	5 weeks	\$57
2219.202	7/7 - 7/28	4 weeks	\$47
2219.203	8/4 - 8/25	4 weeks	\$47

### Kindergymnastics 4 - 5 years

A focus on basic gymnastics skills...rolls, handstands, cartwheels, working on low beam and bars. Children will begin to develop flexibility and strength as well.

Tue	11:00 - 11:45am		
2256.200	4/6 - 5/11	6 weeks	\$67
2256.201	6/1 - 6/29	5 weeks	\$57
2256.202	7/6 - 7/27	4 weeks	\$47
2256.203	8/3 - 8/31	5 weeks	\$57



## Gymnastics Evening Program

**Location:** Foothill Community Center - all sessions  
**Instructor:** Kevin Duffy

### Mommy & Me Walking - 3 years

Fundamental movements.

Mon	6:00 - 6:45pm		
2232.202	3/29 - 4/26	5 weeks	\$60
2232.203	5/3 - 5/24	4 weeks	\$48
2232.204	6/7 - 6/28	4 weeks	\$48
2232.205	7/5 - 7/26	4 weeks	\$48
2232.206	8/2 - 8/30	5 weeks	\$60

### Kinder Gym 4 - 5 years

Beginner gym and tumblers.

Mon	4:00 - 4:45pm		
2260.202	3/29 - 4/26	5 weeks	\$60
2260.203	5/3 - 5/24	4 weeks	\$48
2260.204	6/7 - 6/28	4 weeks	\$48
2260.205	7/5 - 7/26	4 weeks	\$48
2260.206	8/2 - 8/30	5 weeks	\$60

### Mommy & Me Walking - 3 years

Fundamental movements.

Wed	6:00 - 6:45pm		
2231.202	3/31 - 4/28	5 weeks	\$60
2231.203	5/5 - 5/26	4 weeks	\$48
2231.204	6/2 - 6/30	5 weeks	\$60
2231.205	7/7 - 7/28	4 weeks	\$48
2231.206	8/4 - 8/25	4 weeks	\$48

### Level 1 Gym 6 - 12 years

Mon	5:00 - 5:45pm		
2246.202	3/29 - 4/26	5 weeks	\$60
2246.203	5/3 - 5/24	4 weeks	\$48
2246.204	6/7 - 6/28	4 weeks	\$48
2246.205	7/5 - 7/26	4 weeks	\$48
2246.206	8/2 - 8/30	3 weeks	\$60

Wed	5:00 - 5:45pm		
2661.200	3/31 - 4/28	5 weeks	\$60
2661.201	5/5 - 5/26	4 weeks	\$48
2661.202	6/2 - 6/30	5 weeks	\$60
2661.203	7/7 - 7/28	4 weeks	\$48
2661.204	8/4 - 8/25	4 weeks	\$48

## Youth Baton Twirling 5 - 12 years

If your kids love to perform, want to try something new, or just love to have fun, this is the class for them. This program will teach new baton skills, body work and routines. Twirlers will have opportunities throughout the year to participate in parades and events accompanied by the Citrus Heights Community Marching Band! **Batons will be available to order on first day of class.**

**Location:** Crosswoods Community Center  
**Fee:** \$48, 8 weeks

#### Beginning Baton

**Tue 6:00 - 6:45pm**

2400.101 3/2 - 4/20

#### Intermediate Baton

(Instructor approval needed)

**Tue 6:00 - 6:45pm**

2401.102 3/2 - 4/20

[www.SunriseParks.com](http://www.SunriseParks.com)

Visit for updates about programs and special events.

Can't find what you are looking for?

Call our District Office @ 725-1585.



## Tap and Ballet

**Location:** Rusch Park  
Community Center  
**Instructor:** Jeanne Croyle  
**Fee:** \$48, 6 weeks  
\$40, 5 weeks

Note: Classes on 5/8, 6/26 & 9/18  
will be held at Crosswoods Center  
for parent viewing.

### Kids Tap & Ballet I

3 1/2+ years

Designed to teach beginning Tap and Ballet technique. Students will concentrate on rhythm, posture, coordination, balance and flexibility skills. Information available on purchasing shoes at the first class. **Tap and Ballet shoes are not required.**

**Sat 9:00 - 9:55am**

2102.201 4/3 - 5/8  
2102.202 5/15 - 6/26\*  
2102.203 8/7 - 9/18\*

**Sat 12:00 - 12:55pm**

2103.201 4/3 - 5/8  
2103.202 5/15 - 6/26\*  
2103.203 8/7 - 9/18\*

### Kids Tap & Ballet II

4+ years

A continuation of Tap and Ballet I with the introduction of tap step combinations and ballet terminology and technique. (Approval of instructor is required).

**Sat 10:00 - 10:55am**

2115.201 4/3 - 5/8  
2115.202 5/15 - 6/26\*  
2115.203 8/7 - 9/18\*

### Kids Tap & Ballet III

4+ years

Approval of instructor is required before enrolling in this class.

**Sat 11:00 - 11:55am**

2118.201 4/3 - 5/8  
2118.202 5/15 - 6/26\*  
2118.203 8/7 - 9/18\*

\*No class 5/29, 6/19, 9/4

## Come Dance With Me with Paula Duffy

Children will explore multiple dance techniques in a fun and learning environment.

**Location:** Rusch Park  
Community Center  
**Fee:** \$48, 4 weeks  
\$60, 5 weeks

**Location:** Foothill  
Community Center  
**Fee:** \$48, 4 weeks  
\$36, 3 weeks

### Pre-Ballet 3 - 5 years

**Tue 4:30 - 5:15pm**

2235.201 3/30 - 4/27  
2235.202 5/4 - 5/25  
2235.203 6/1 - 6/29  
2235.204 7/6 - 7/27  
2235.205 8/3 - 8/24

### Ballet 6 - 10 years

**Tue 5:15 - 6:00pm**

2236.201 3/30 - 4/27  
2236.202 5/4 - 5/25  
2236.203 6/1 - 6/29  
2236.204 7/6 - 7/27  
2236.205 8/3 - 8/24

### Hip Hop & Jazz 6 - 10 years

**Tue 6:00 - 6:45pm**

2233.201 3/30 - 4/27  
2233.202 5/4 - 5/25  
2233.203 6/1 - 6/29  
2233.204 7/6 - 7/27  
2233.205 8/3 - 8/24

### Pre-Ballet 3 - 5 years

**Mon 4:30 - 5:15pm**

2239.201 3/29 - 4/26  
2239.202 5/3 - 5/24  
2239.203 6/7 - 6/28  
2239.204 7/5 - 7/26  
2239.205 8/2 - 8/23

### Hip Hop & Jazz 6 - 8 years

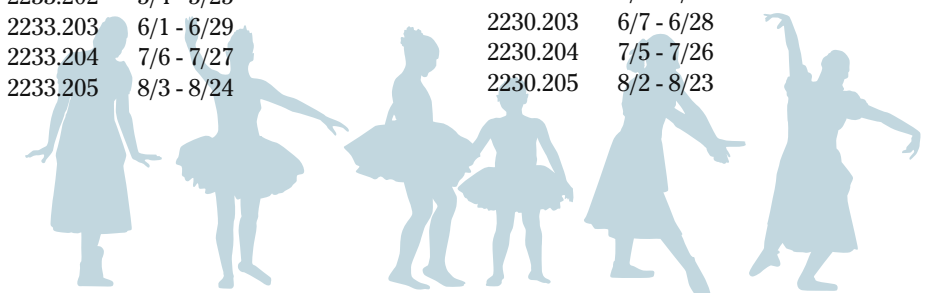
**Mon 5:15 - 6:00pm**

2282.201 3/29 - 4/26  
2282.202 5/3 - 5/24  
2282.203 6/7 - 6/28  
2282.204 7/5 - 7/26  
2282.205 8/2 - 8/23

### Hip Hop II 9 - 13 years

**Mon 6:00 - 6:45pm**

2230.201 3/29 - 4/26  
2230.202 5/3 - 5/24  
2230.203 6/7 - 6/28  
2230.204 7/5 - 7/26  
2230.205 8/2 - 8/23



## Bowling Lessons

Grades 2 - 12

The class includes warm-up and practice time, group lessons with individualized instructions, bowling ball and shoes. **This program offers the opportunity for progressive instruction.**

**Location:** Fireside Lanes  
**Instructor:** Fireside Lanes Staff

**Fee:** \$31, 5 weeks  
**Mon 4:00 - 5:00pm**

2380.201 3/1 - 3/29  
2380.202 4/5 - 5/3  
2380.203 6/21 - 7/19

## Bumper Bowling

5 - 6 years

This is an introduction to the sport of bowling for children 5-6 years. Children will develop eye/motor coordination and positive motivation through knocking down the pins. Fee includes instructions, shoes, ball and lane use.

**Location:** Fireside Lanes  
**Instructor:** Fireside Lanes Staff

**Fee:** \$26, 5 weeks  
**Mon 4:00 - 4:45pm**

2355.201 3/1 - 3/29  
2355.202 4/5 - 5/3  
2355.203 6/21 - 7/19

# Youth Fencing For Beginners

7+ years

Fencing, the art of swordsmanship, has been practiced for centuries. The sport develops your flexibility, strength and speed. Fencing is great for all ages and levels of athletic ability. You will learn good sportsmanship and self discipline. Fencing equipment will be provided by The Club. Please wear comfortable clothes and tennis shoes.

<b>Location:</b>	<b>Hristov-Csikany Fencers</b>	<b>Wed</b>	<b>4:00 - 5:00pm</b>
	<b>6028 San Juan Ave</b>	8780.201	4/7 - 4/28
	<b>Citrus Heights</b>	8780.202	5/5 - 5/26
<b>Fee:</b>	<b>\$65</b>	8780.203	6/2 - 6/23
		8780.204	7/7 - 7/28

(See location directions on pg. 31)



# Monthly Karate

7+ years

A year-round program for beginning and advanced karate students.

**Pre-requisite: Intro to Karate**

**Location:** Foothill Community Center

**Fee:** \$45

**BEGINNING**

**Tue & Thur 5:00 - 5:45pm**

2725.200	3/2 - 3/30
2725.201	4/1 - 4/29
2725.202	5/4 - 5/27
2725.203	6/3 - 6/29
2725.204	7/1 - 7/29
2725.205	8/3 - 8/31

**Tue & Thur 6:15 - 7:00pm**

2726.200	3/2 - 3/30
2726.201	4/1 - 4/29
2726.202	5/4 - 5/27
2726.203	6/3 - 6/29
2726.204	7/1 - 7/29
2726.205	8/3 - 8/31

**INTERMEDIATE/ADVANCED**

**Tue & Thur 7:00 - 7:45pm**

2727.200	3/2 - 3/30
2727.201	4/1 - 4/29
2727.202	5/4 - 5/27
2727.203	6/3 - 6/29
2727.204	7/1 - 7/29
2727.205	8/3 - 8/31

# Kinder Karate

4 - 6 years

Introduce your child to the beginning skill elements of martial arts: basic kicks, punches and blocks along with lessons intended to improve discipline and increase attention span. *(Testing fee not included in registration fee.)*

**Location:** Foothill Community Center

**Fee:** \$40, 7 weeks

**Tue & Thur 4:30 - 5:00pm**

2721.200	3/9 - 4/29
2721.201	5/11 - 6/29
2721.202	7/13 - 8/31

# Introduction To Karate

7 - 14 years

This course is designed to introduce the art of self-defense through karate. Students will gain proficiency through mental competence, self-respect, discipline and attitude toward self and others. *(Testing fee not included in registration fee.)*

**Location:** Foothill Community Center

**Fee:** \$36, 7 weeks

**Tue & Thur 5:45 - 6:15pm**

2723.200	3/9 - 4/29
2723.201	5/11 - 6/29
2723.202	7/13 - 8/31



**Soccer**  
for ages 4 - 18

**Registrations  
Begin in March**

**Visit Our Website for Complete Details!**

**SUNRISESOCCEC.ORG**