



**CLASS SCHEDULE**

As Of: **September 2019**

Questions: [info@cycmail.org](mailto:info@cycmail.org)

\* Indicates an Upper Division Class and Requires Written Coach Approval to Register

Billing and Account Information    Membership & Registration Information

Indicates a Session Class

(925) 671-7070

PROGRAM/CLASS	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LOCATION	
<b>ACADEMIC EXCELLENCE</b>									
Tutoring and Studying	Grades: 1 - 6 (6 - 11 Years)	3:00 - 8:00 PM	3:00 - 8:00 PM	3:00 - 8:00 PM	3:00 - 8:00 PM	3:00 - 8:00 PM		AE Building 2	
	Grades: 7 - 12 (12 - 18 Years)	3:00 - 8:00 PM	3:00 - 8:00 PM	3:00 - 8:00 PM	3:00 - 8:00 PM	3:00 - 6:00 PM		AE Building 4	
<b>BOXING</b>									
All Levels	8 - 13 Years	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM		Boxing Gym	
	14-18 Years	6:30 - 8:30 PM	6:30 - 8:30 PM	6:30 - 8:30 PM	6:30 - 8:30 PM	6:30 - 8:30 PM		Boxing Gym	
	8-13 Years	<i>Must have one class during the week to attend Saturday class.</i>						10:00 - 12:00 PM	Boxing Gym
<b>CHEERLEADING</b>									
Beginning	3 - 5 Years			3:15 - 4:00 PM				Cheer Floor Bldg 1	
	4 - 5 Years	7:00 - 7:45 PM			6:30 - 7:15 PM			Cheer Floor Bldg 1	
	6 - 7 Years		5:15 - 6:00 PM	7:00 - 7:45 PM				Cheer Floor Bldg 1	
			6:00 - 6:45 PM					Cheer Floor Bldg 1	
	8 - 9 Years	5:15 - 6:00 PM	6:45 - 7:30 PM		7:15 - 8:00 PM			Cheer Floor Bldg 1	
	10 - 18 Years	7:45 - 8:30 PM		7:45 - 8:30 PM				Cheer Floor Bldg 1	
Advanced (all ages)	6 - 18 Years				8:00 - 8:45 PM			Cheer Floor Bldg 1	
<b>DANCE</b>									
Pre Ballet 1	3 - 4 Years						9:45 - 10:30 AM	Dance Studio	
Pre Ballet 2	5 - 6 Years						10:30 - 11:15 AM	Dance Studio	
Pre Ballet 3	6 - 7 Years					4:30 - 5:15 PM		Dance Studio	
Ballet Beginning 1*	7 - 9 Years				3:30 - 4:15 PM	5:15 - 6:00 PM		Dance Studio	
Ballet Beginning 2*	8+ Years					6:00 - 6:45 PM		Dance Studio	
Ballet Intermediate*	9+ Years					6:45 - 7:45 PM		Dance Studio	
Ballet 2*	8+ Years	5:30 - 6:30 PM						Dance Studio	
Ballet 3*	8+ Years		6:00 - 7:00 PM					Dance Studio	
Ballet 4/5*	10+ Years			4:00 - 5:30 PM				Dance Studio	
Ballet/Jazz Combo	7+ Years	3:15 - 4:00 PM						Dance Studio	
Ballet/Tap Combo	5 - 7 Years						11:15 AM - 12:00 PM	Dance Studio	
Creative Movement	5 - 7 Years					3:00 - 3:45 PM		Dance Studio	
Creative Movement	4 - 6 Years	2:30 - 3:15 PM					9:00 - 9:45 AM	Dance Studio	
Boys Beg Hip Hop	6+ Years		3:00 - 3:45 PM					Dance Studio	
Boys Int Hip Hop*	8+ Years		3:45 - 4:30 PM					Dance Studio	
Hip Hop Beginning	5+ Years					3:45 - 4:30 PM		Dance Studio	
Hip Hop Intermediate*	8+ Years	4:00 - 4:45 PM						Dance Studio	
Hip Hop Advanced*	12+ Years				6:30 - 7:15 PM			Dance Studio	
Jazz 1	6 - 9 Years	4:45 - 5:30 PM						Dance Studio	
Jazz 2	10 - 18 Years				7:15 - 8:15 PM			Dance Studio	
Jazz 3*	10+ Years	6:30 - 7:30 PM						Dance Studio	
Jazz 4*	10+ Years			5:30 - 6:30 PM				Dance Studio	
Tahitian 1	6+ Years				4:15 - 5:00 PM			Dance Studio	
Tahitian 2	10+ Years				5:00 - 5:45 PM			Dance Studio	
Tap 1	6+ Years		4:30 - 5:15 PM					Dance Studio	
Tap 2*	8+ Years		5:15 - 6:00 PM					Dance Studio	
Tap 3*	10+ Years				5:45 - 6:30 PM			Dance Studio	
Urban	7+ Years		7:00 - 7:45 PM	6:30 - 7:30 PM				Dance Studio	
<b>GYMNASICS</b>									
Dyno Level	3 - 5 Years	11:15 - 11:45 AM 12:00 - 12:30 PM 12:45 - 1:15 PM 1:30 - 2:00 PM 3:30 - 4:15 PM	11:15 - 11:45 AM 12:00 - 12:30 PM 12:45 - 1:15 PM 1:30 - 2:00 PM 3:30 - 4:15 PM	11:15 - 11:45 AM 12:00 - 12:30 PM 12:45 - 1:15 PM 1:30 - 2:00 PM 4:30 - 5:15 PM	11:15 - 11:45 AM 12:00 - 12:30 PM 12:45 - 1:15 PM 1:30 - 2:00 PM	11:15 - 11:45 AM 12:00 - 12:30 PM 12:45 - 1:15 PM 1:30 - 2:00 PM	11:15 - 11:45 AM 12:00 - 12:30 PM 12:45 - 1:15 PM 1:30 - 2:00 PM 5:30 - 6:15 PM	9:00 - 9:45 AM 10:00 - 10:45 AM	Gymnastics Area
Skill Level	6 and up	2:15 - 3:00 PM 3:30 - 4:15 PM 4:30 - 5:15 PM 5:30 - 6:15 PM 6:30 - 7:15 PM	2:15 - 3:00 PM 3:30 - 4:15 PM 4:30 - 5:15 PM 5:30 - 6:15 PM 6:30 - 7:15 PM	2:15 - 3:00 PM 3:30 - 4:15 PM 4:30 - 5:15 PM 5:30 - 6:15 PM 6:30 - 7:15 PM	3:30 - 4:15 PM 4:30 - 5:15 PM 5:30 - 6:15 PM 6:30 - 7:15 PM	3:30 - 4:15 PM 4:30 - 5:15 PM 5:30 - 6:15 PM 6:30 - 7:15 PM	3:30 - 4:15 PM 4:30 - 5:15 PM 5:30 - 6:15 PM 6:30 - 7:15 PM	11:00 - 11:45 AM 12:00 - 12:45 PM	Gymnastics Area
<b>JUDO</b>									
Pre-Judo	4 - 5 Years	4:00 - 4:45 PM		4:00 - 4:45 PM		4:00 - 4:45 PM		Marital Arts Center	
Beginning	6 - 11 Years		7:00 - 8:00 PM		7:00 - 8:00 PM	6:30 - 8:30 PM		Marital Arts Center	
Intermediate	11 and Up		8:00 - 9:00 PM		8:00 - 9:00 PM			Marital Arts Center	



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PROGRAM/CLASS	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LOCATION
<b>SOCCER</b>								
U4 (Mon/Wed/Fri)	Birth Year: 2015-2016 <i>*2015 birth year players must be at least 3yo when registering.</i>	12:00-12:25 PM 12:30-12:55 PM		12:00-12:25 PM 12:30-12:55 PM		11:00 - 11:25 AM		Soccer Field Soccer Field Soccer Field Soccer Field Soccer Field
U6 (Mon/Tues/Wed/Thurs/Fri)	Birth Year: 2013-2014	3:30 - 4:10 PM	3:30 - 4:10 PM	3:30 - 4:10 PM	3:30 - 4:10 PM	3:30 - 4:10 PM		Soccer Field
U8: Mon/Wed	Birth Year: 2012	4:15 - 5:10 PM		4:15 - 5:10 PM				Soccer Field
U8: Tue/Thur	Birth Year: 2011		4:15 - 5:10 PM		4:15 - 5:10 PM			Soccer Field
U8: Fri	Birth Year: 2011-2012					4:15 - 5:10 PM		Soccer Field
U10: Mon/Wed	Birth Year: 2010	5:15 - 6:25 PM		5:15 - 6:25 PM				Soccer Field
U10: Tue/Thur	Birth Year: 2009		5:15 - 6:25 PM		5:15 - 6:25 PM			Soccer Field
U12: Tue/Thur/Fri	Birth Year: 2007-2008		6:30 - 7:55 PM		6:30 - 7:55 PM			Soccer Field
13+: Mon/Wed	Birth Year: 2001-2006	6:30 - 7:55 PM		6:30 - 7:55 PM				Soccer Field
Open Scrimmage	Birth Year: 2001-2009					5:15-6:25 PM		Soccer Field
<b>SPORT SPECIFIC CONDITIONING</b>								
Activity Hour	6 - 14 Years	3:15 - 4:00 PM	3:15 - 4:00 PM	3:15 - 4:00 PM	3:15 - 4:00 PM	3:15 - 4:00 PM		Building 1 Spring Floor
Cardio Circuit	8 - 12 Years	4:30 - 5:20 PM		4:30 - 5:20 PM		4:30 - 5:20 PM		Lifting Area
Sports Conditioning	8 - 12 Years		4:30 - 5:15 PM		4:30 - 5:15 PM			Lifting Area
Advanced Sports Conditioning	13 - 18 Years	5:15 - 6:30 PM		5:15 - 6:30 PM		5:15 - 6:30 PM		Lifting Area
Beginning Strength Training	10 - 14 Years	7:00 - 8:00 PM		7:00 - 8:00 PM		7:00 - 8:00 PM		Lifting Area
Advanced Strength Training*	12 - 18 Years		6:00 - 8:00 PM		6:00 - 8:00 PM			Lifting Area
<b>TAEKWONDO</b>								
Junior Ninja Turtles	4 - 5 Years	3:30 - 4:00 PM	3:30 - 4:00 PM	3:30 - 4:00 PM	3:30 - 4:00 PM	3:30 - 4:00 PM		Martial Arts Center
White Belt	6 and Up	4:00 - 4:50 PM		4:00 - 4:50 PM	4:00-4:50 PM	4:00 - 4:50 PM		Martial Arts Center
			5:00 - 5:50 PM					
			7:00-7:50 PM	7:00 - 7:50 PM	7:00-7:50 PM	7:00-7:50 PM		Martial Arts Center
		8:00-8:50 PM		8:00-8:50 PM				Martial Arts Center
Color Belt	6-9 Years		4:00 - 4:50 PM		4:00 - 4:50 PM			Martial Arts Center
			5:00 - 5:50 PM		5:00 - 5:50 PM			Martial Arts Center
		6:00 - 6:50 PM		6:00 - 6:50 PM		6:00 - 6:50 PM		Martial Arts Center
				7:00 - 7:50 PM				Martial Arts Center
	10 & up	5:00 - 5:50 PM		5:00 - 5:50 PM		5:00 - 5:50 PM		Martial Arts Center
			6:00 - 6:50 PM		6:00 - 6:50 PM			Martial Arts Center
		7:00 - 7:50 PM						Martial Arts Center
	All Ages (6 - 18 Years)		8:00 - 8:50 PM		8:00 - 8:50 PM	8:00 - 8:50 PM		Martial Arts Center
<b>WRESTLING</b>								
K-5 Beginning	White Shirt (Beginners) (5-10)	3:30 - 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM	3:30 - 4:15 PM		Wrestling Area Building 2
	White Shirt (Beginners) (5-10)	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM		
	White Shirt (Beginners) (5-10)	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM		
	Yellow Shirt (Advanced) (5-10)	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM	4:30 - 5:15 PM		Wrestling Area Building 2
	Yellow Shirt (Advanced) (5-10)	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM		
							9:15 - 10:00 AM (White/ Yellow)	
K-5 Intermediate *	See Instructor -Lt Blue		5:30 - 7:00 PM		5:30 - 7:00 PM			Wrestling Area Building 2
Royal Blue *	See Instructor -Royal Blue	6:00 - 7:30 PM		6:00 - 7:30 PM				Wrestling Area Building 2
K-5 Advanced *	See Instructor-Red	6:00 - 8:00 PM		6:00 - 8:00 PM				Wrestling Area Building 2
K-5 Advanced *	See Instructor-Red					5:00 - 7:00 PM		Wrestling Area Building 2
Middle School Level 1	Grades 6-8-White Shirt		4:00 - 5:30 PM		4:00 - 5:30 PM			Wrestling Area Building 2
Middle School Level 2	Grades 6-8-Navy Shirt	4:30 - 6:30 PM		4:30 - 6:30 PM		4:00 - 6:00 PM		Wrestling Area Building 2
High School Level 1	Grades 9-12-Black	4:30 - 6:00 PM		4:30 - 6:00 PM		4:00 - 6:00 PM		Wrestling Area Building 2
High School Level 2		4:30 - 6:00 PM		4:30 - 6:00 PM		4:00 - 6:00 PM		
High School Elite	See Instructor-Black	4:30 - 6:30 PM		4:30 - 6:30 PM	4:30 - 6:30 PM			Building 4 Wrestling Mats