

Pre School

Children must be within the age group required for each particular class by **April 5, 2010**. Sorry, no exceptions.

Toddler Drop-in Playtime

Children 10-17 months can crawl, climb, creep, scoot, swing and slide on our big mats and in our tunnels. 1-2pm on Thursdays, \$5

Tiny Tots

Ages 18 - 36 months **50 min**
Parent participation class. Includes structured play, gross motor and social skills, circle time, and games. **PLEASE NOTE: one parent per child required.**

Mon	9:30, 10:30, 11:30
Tue	9:00, 10:00, 11:00
Wed	9:30, 10:30, 11:30
Thu	9:00, 10:00, 11:00, 3:00
Fri	9:30, 10:30, 11:30
Sat	8:30, 9:30, 10:30, 11:30
Sun	9:00, 10:00

Tootsie Roller

Age 3 **50 min**
Introduces tumbling with a focus on coordination, flexibility and balance. Parents observe class from waiting areas.

Mon	9:30, 10:30, 1:00, 3:30
Tue	9:00, 10:00, 11:00, 3:00
Wed	9:30, 10:30, 12:30, 3:30, 4:30
Thu	9:00, 10:00, 11:00, 3:00
Fri	9:30, 10:30, 3:30, 4:30
Sat	9:30, 10:30, 11:30
Sun	9:00, 10:00

Tumbler

Ages 4 - 5 **55 min**
Focus on conditioning, strength and flexibility as students are introduced to basic gymnastics skills.

Mon	9:30, 10:30, 1:00, 3:30, 4:30
Tue	9:00, 11:00, 3:00, 4:00
Wed	9:30, 10:30, 12:30, 3:30
Thu	9:00, 11:00, 3:00, 4:00
Fri	9:30, 10:30, 3:30, 4:30
Sat	9:30, 10:30, 11:30, 1:00
Sun	9:00, 10:00

AcroFitness

Age 5 **1 hr**
Floor tumbling, strength conditioning games and an introduction to full size gymnastics apparatus. A new challenge for returning 5 year olds who are ready for more than the preschool obstacle courses. No evaluation is necessary.

Mon	4:30
Tue	3:30, 4:30
Wed	4:30
Thu	11:00
Sat	9:30, 10:30

TumbleStar

Age 5 - 6 **1.5 hrs**
An introduction to artistic gymnastics apparatus, including floor, bars, and vault; for focused 5-year-olds students who have excelled in AcroFitness classes and are recommended by their coach. This class teaches skills in the Blue (Level 1a) routines.

Thu	4:00
Sat	11:30

TumbleDance

Ages 3.5 - 5 **55 min**
Explore rhythm, imaginative movement and beginning gymnastic skills in this exciting dance class.

Tue	10:00
Thur	10:00

JrRhythmic

Ages 4 - 5 **55 min**
Introductory rhythmic gymnastics combining dance and tumbling with balls, ribbons, ropes and hoops.

Mon	3:30
-----	------

School Age

Gymnastics

Students receive progressive training on the traditional gymnastic events (Boys: floor exercise, pommel horse, still rings, vault, parallel bars. Girls: floor exercise, beam, uneven bars, and vault). Students enrolled in Green level and up are strongly encouraged to attend 2 or more classes per week to ensure steady progress.

Intro Gymnastics

(boys & girls) Ages 6 - 7 **1 hr**
For students new to gymnastics or continuing from past Intro Gymnastics class. Focus is on basic tumbling with an intro to gymnastics apparatus.

Tue	3:30
Wed	4:00
Thu	4:00
Fri	3:30
Sat	10:00

Intro Power Tumbling

Ages 6 - 7 **1 hr**
Similar to Intro Gymnastics, but with a focus on tumbling and trampoline.

Mon	3:30
-----	------

Girls

Blue (Level 1) Ages 8+ (6-7 w/prior exp.) **1.5 hrs**

Mon	4:30
Tue	4:00
Wed	4:30
Sat	11:00 (CO-ED)

Blue/Green (Level 1 & 2)

Thu	4:00* Previous TumbleStar Students or by coach recommendation only
-----	--

Preteen/Teen Blue/Green (Level 1 & 2)

Ages 9 & up 1.5 hrs	
Mon	6:00

Green (Level 2) Ages 6 and up **1.5 hrs**

Tue	4:30
Fri	4:30 (Green/Red (Level 2 & 3))
Sat	10:30 (Green/Red (Level 2 & 3))

Red (Level 3) Ages 6 and up **1.5 hrs**

Tue	4:00
Thu	5:00
Fri	4:30 (Green/Red (Level 2 & 3))
Sat	10:30 (Green/Red (Level 2 & 3))

Orange - Black (Level 3 - 5) **2 hrs**

It is strongly encouraged that these students enroll in at least two sections per week. By recommendation only.

Tue	5:30
Thu	5:30
Sat	12:00

Boys

Blue (Level 1a)

Wed	5:00
Sat	11:00 (CO-ED)

School Age

Tumbling & Trampoline

Tumbling Students work on progressive tumbling skills, concentrating activities on the FasTrak, tumble-strip and main gym floor. Trampoline students learn basic jumps, drops and saltos. Please note: All 6 and 7-yr-old students who are new to gymnastics need to take Intro Gymnastics or Intro Tumbling before taking Blue Power Tumbling.

Blue Power Tumbling (Level 1) **1.5 hrs**

Tue	3:30
Sat	12:30
Wed	4:00
Thu	4:00* (Blue/Green mix level) Previous TumbleStar Students or by coach recommendation only

Green/Red Power Tumbling (Level 2) **1.5 hrs**

Tue	5:00
-----	------

Red + Power Tumbling (Level 3 -4) **2 hrs**

Thu	5:30
-----	------

Trampoline Ages 8 and up **1.5 hrs**

Tue	5:30
Wed	5:30 New time
Fri	4:30

Board Sports **1.5 hrs**

Develops acrobatic strength, flexibility and skills necessary to do flips and grabs on skis and snow/wake boards. Includes work on FasTrak and trampoline with spotting belt.

Wed	6:30 PM
-----	---------

X Teams

Girls & Boys Gymnastics & Tumbling and Trampoline X-Teams 2.5 hrs x 2-3 days

High potential students are given the opportunity to train and show routines throughout the year. X Team and Pre X Team are by invitation only. For more information please contact Carl Paoli or Tonya White.

Boys and Girls:	Mon, Wed, Fri 4:00
T and T:	TBA

All City Team

The All City Team is a combination of high school tumbling and breakdance performers. Tumbling and any form of dance experience is highly recommended. For information contact the Off-site - Outreach Manager, Ed Johnson (415) 518-1036.

Special Needs

Special Needs Gymnastics & Body Awareness

The Special Needs Program is designed to address the needs of children with the following:

- + Autistic Spectrum Disorders
- + Sensory Integration Dysfunction
- + Coordination Difficulties
- + ADHD/ADD

One-on-one and group lessons are also available. Please contact Colleen at colleen@acrosports.org for more information.

Special Needs Intro Gymnastics (ages 8-12) 1 hr

Must have already attended an evaluation within the Special Needs program or schedule a 1/2 hour evaluation w/ a special needs coach to register.

Sun	12:00
-----	-------

Performance / Urban Circus Arts

Circus Arts

Circus arts incorporate the many performing art forms used in circus. These classes focus on developing the physical skills, strength, and flexibility as well as the creative expression needed to excel as circus performers.

Beginning

Intro to Circus Arts (Juggling & Clowning 101) Ages 6 and up **1 hr**

This class offers students training in a broad range of circus skills including: tumbling and acrobatics, hand balancing, partner acrobatics, clowning, juggling and object manipulation. Classes offered for beginning and intermediate students.

Mon	4:00
-----	------

Beginning Aerial Arts Ages 8 and up **1.5 hrs**

Students use an aerial fabric, static trapeze and aerial rope to develop strength, control and awareness as well as flexibility, grace and fluidity in the air.

Tue	4:30 - 6:00
Thu	4:30 - 6:00

Contortion Ages 8 and up **1.5 hrs**

The art of acrobatic contortion combines the use of flexibility, muscle control and fluid movement to create acrobatic maneuvers and balances. Beginners focus on stretching and breathing techniques, conditioning exercises and basic tricks.

Wed	4:30 - 6 PM
-----	-------------

Intermediate

Intermediate students follow a progressive curriculum that combines specialty training, theatre, and acrobatics to help them prepare for performing or entrance into the City Circus Troupe. All intermediate students are encouraged to take 4 hours of classes per week: 2 hours of Recital Class, and 2 hours of specialized advanced training in a chosen discipline. Each session culminates in a public recital performance.

Recital Ages 8 + **2 hrs**

Designed to improve flexibility, strength and acrobatic skills; provide a basic foundation in stage basics, terminology, improvisation, character development and choreography. It also serves as pre-req for City Circus.

Fri	4:00
-----	------

Aerial Arts Ages 8 and up **2 hrs**

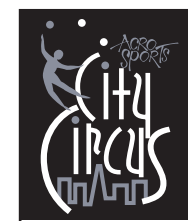
This class offers students of rope, trapeze, hoop, tissue or other aerial apparatus an opportunity to expand their skills and performance technique through developing choreography and performing in front of an audience. More difficult wraps and falls are introduced. Students continue their physical conditioning to maintain extended "air time," as well as work toward finessing their physical form.

Tue	6:00 - 8:00
-----	-------------

Contortion Ages 8 and up **2 hrs**

Students continue their conditioning and skill training while learning to develop choreography and use their art to create innovative performances. Emphasis is placed on expanding students' strength, flexibility, and repertoire of upper-level tricks.

Mon	6:00 - 8:00 PM
-----	----------------



Advanced

City Circus is a high-level circus training and performance program for ages 10-24 which is designed to enrich the lives of the performers involved as well as prepare them for professional performance careers. City Circus meets for 9 hours per week, and culminates in an annual show.

The training program focuses on three core areas:

- Acrobatics - tumbling and partner/ensemble acrobatics, flexibility, strength and conditioning;
 - Specialty skills - aerial arts, contortion, hand balancing, object manipulation or other specialized circus disciplines;
 - Theatrical and creative performance - improvisation, dance and movement, character development and choreography
- Pre-req: Recital class, other advanced training, or permission from the Artistic Director. Audition required. Please contact City Circus Artistic Director, Tim Barsky at 415-665-2276.

Mon, Wed, and Fri	6:00 - 9:00 PM
-------------------	----------------

Urban Arts

Youth Breakdancing Ages 8 and up **1 hr**

This class introduces the fundamentals of break dancing: freezes, and power moves.

Fri	5:30
-----	------

Parkour* Ages 8 and up **1 hr**

Focuses on uninterrupted, efficient forward motion over, under, around and through obstacles in one's environment. The goal is to adapt one's movement to any given obstacle through proper landing, running, jumping, climbing on, over and around obstacles, as well as safe spotting and training.

* This class will NOT be held outdoors.

Wed	6:00 pm
-----	---------

Adult

Parkour **1.5 hrs**

See description above.

Wed	7:00 PM
-----	---------

Stretching **1.5 hrs**

This class helps adult students improve flexibility, range of motion, body alignment and control.

Tue	6:00 PM
-----	---------

BootCamp **1 hr**

An outdoor/indoor class incorporates strength training and fun cardio.

Mon	8:00 AM
-----	---------

Capoeira **1.5 hrs**

Brazilian martial art combining acrobatics, music and dance. To attend this class you must purchase a Capoeira Card. See the Fee Schedule section for more details.

Tue	7:30 PM
Thu	7:30 PM

Shintaido (Staff) **1 hr**

A martial arts class using the forms of Shintaido staff and sword movements to help reduce stress and get ready for the day. No experience is needed, but please call in advance so we can have equipment available.

Tue	7:00 AM
Fri	7:00 AM

Aerial Arts **1.5 hrs**

Using static trapeze, aerial rope and aerial tissue, students will focus on developing strength, control and awareness as well as flexibility, grace and a basic trick vocabulary. **The prerequisite: Aerial Conditioning or permission from the instructor.**

Tue	7:30 PM
Thu	6:00 PM
Thu	7:30 PM

Aerial Conditioning **1.5 hrs**

This class is the prerequisite for students to take Aerial Arts or those who just want to increase their endurance, strength, and flexibility. This class offers an innovative total body workout using aerial equipment including rope and trapeze

Tue	6:00 PM
-----	---------

AcroFitness **1 hr**

Get fit in a short but intense conditioning and stretching workout focusing on balance, strength and coordination. AcroFitness can greatly improve your success in other gymnastics classes.

Mon	6:30 PM
Tue	10:00 AM

Board Sports **2 hrs**

Develops acrobatic strength, flexibility and skills necessary to do flips and grabs on skis and snow/wake boards. Includes work on FasTrak and trampoline with spotting belt.

Wed	8:00 PM
Thu	7:30 PM

Breakdancing **1/1.5 hrs**

This class introduces the fundamentals of break dancing: freezes, and power moves.

Mon	6 - 7 PM Beginning
Mon	7 - 8:30 PM Intermediate

Tumbling **2 hrs**

Tumbling Students work on progressive tumbling skills, concentrating activities on the FasTrak, tumble-strip and main gym floor. Trampoline students learn basic jumps, drops and saltos.

Beginning - Intermediate	
Tue	7:00 PM
Thu	7:00 PM

Intermediate - Advanced **prerequisite: Able to do roundoff back-handspring**

Mon	6:30 PM
-----	---------

Trampoline **1.5 hrs**

Practice your tumbling skills, improve body awareness and control, or just have fun on this exhilarating apparatus.

Tue	7:00 PM
Thu	11:00 AM

Tumbling Workout **2 hrs**

Only open to currently enrolled students. Sorry, but we can NOT accommodate aerialists. Supervised workouts of open training on the floor, tumblestrip, Tumbletrak, and trampoline. Work out at your own pace on drills and skills learned in class. Enroll in this two-hour class for the price of one! Drop-in: \$20.

Wed	7:00 PM
-----	---------

AcroSports Spring & Summer Camp
Registration begins February 15
Spring Break Camp: Mar 29th - Apr 2nd
SchoolAge Circus Camp (6 -12 yrs)
\$250/week or
or KinderCamp (4 - 5 yrs) is \$235