

Our 11,000 sq. ft state-of-the-art facility includes:

All Olympic men's and women's gymnastics equipment

Tumble Track	LED Tunnel	Zipline
Spotting Lines	Trampoline Wall	Rock Wall
Aerial Rigging	In-Ground Super Tramp	Climbing Bar
Bungee	Olympic-Size Spring Floor	Rope Swing
Dance Floor	Rod Floor	Foam Pits
High Bar	Uneven Bars	Parallel Bars
Juggling Objects	Hard/soft Parkour specific equipment	Sky Net

-Tuition Assistance Information available online at
www.acrosports.org/classes/tuition-assistance

-Please note after 4 PM, PreK classes will be held in our downstairs facility. This is to accommodate our Youth program.

-Interest Lists are not active classes. They are classes that will potentially open during the course of the session. If the class is opened we will notify each person on the interest list via phone and email.

-All tuition is prorated once the session has begun.



A NON-PROFIT CENTER FOR ACROBATICS
 GYMNASTICS, CIRCUS AND URBAN ARTS

Youth/PRE-K Class Schedule FALL 2021

September 7th - December 19th

-Priority Registration: August 16th @ 10 a.m.

-Open Registration: August 23rd @ 10 a.m.

- NO CLASSES - Nov 23rd-28th

Register online: AcroSports.org

**Class times and availability subject to change - visit acroports.org for current information.*



639 Frederick Street
 San Francisco CA 94117
 Tel: 415-665-2276, 415-665-(ACRO)
 Email: info@acroports.org

14 Week Session

YOUTH PROGRAM

GYMNASTICS

Students receive progressive training on the traditional Artistic Gymnastics events (Women's Events: Vault, Bars, Beam, Floor).

Beginning **Ages 6+** 55 Mins

Mon 4:30
Tues 4:00
Thurs 3:00
Fri 3:00, 4:00

Level 1 85 Mins

Evaluation required to participate in this level.

Tues 3:30
Wed 2:30
Thurs 4:00

Level 2 115 Mins

Evaluation required to participate in this level.

Tues 5:00

Level 3/4 150 Mins

Evaluation required to participate.

Mon 4:30
Wed 4:30

Teen Gymnastics **Ages 12+** 55 Mins

Fri 5:00

CIRCUS ARTS

Our unique class combining gymnastics, tumbling, parkour, clowning, and circus.

Ages 6+

Circus Arts 55 Mins

Mon 3:00
Tues 3:00
Wed 4:00

TRAMPOLINE

Beg Trampoline **Ages 7+**

Mon 4:00
Wed 2:30
Thurs 3:00
Fri 3:00

Beg/Int Trampoline **Ages 7+**

Fri 5:00 55 Mins

BREAKDANCING

Teen Breakdancing **Ages 12+** 55 Mins

Fri 6:00

TUMBLING & TRAMPOLINE

TUMBLING

Students work on progressive tumbling skills, concentrating activities on the Tumble Track and Rod Floor.

Beginning **Ages 6+** 55 Mins

Mon 3:30, 5:00
Tues 3:00
Fri 4:00
Sat 10:00, 11:00

Level 1/2 **Ages 6+** 85 Mins

Evaluation required to participate.

Thurs 4:00

Teen Tumbling **Ages 12+** 85 Mins

Tues 4:00

AERIAL

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

Beginning **Ages 7+** 55 Mins

Weds 5:00

Tier 1/2 **Ages 7+** 55 Mins

Weds 6:00

PARKOUR

Focuses on interaction with obstacles, using vaults, jumps, and rolls. Learn proper landing, running, jumping, climbing as well as falling safely.

Beginning **Ages 6 - 9** 55 Mins

Mon 3:00, 4:00
Tues 3:30
Wed 3:00
Thurs 3:30
Sun 10:00, 11:00

Beginning **Ages 10+** 55 Mins

Mon 5:00
Wed 3:30
Sun 12:00

Intermediate **Ages 9+** 85 Mins

Evaluation required to participate.

Tues 4:30
Thurs 4:30

Teen Parkour **Ages 12+** 55 Mins

Wed 3:30 (Ages 12+)

10 - 17 Months

Toddler Playgroup

1 hr

Toddlers Playgroup is where young children can crawl, climb, creep, scoot, swing and slide on our big mats and tunnels. Our Playgroups are a parent-participation class that facilitates unstructured playtime. Drop-in to the class of your choice, registration is not required.

Tues 12:00
Thurs 12:00

18 - 36 Months

Tiny Tots I

50 Mins

An introductory class for parent and child to bond through a movement based curriculum that focuses on spatial, directional and body awareness on rings, swings, trampoline, trapeze, ladders, tunnels, minibars and vaulting blocks. PLEASE NOTE: one adult per child required.

Mon 10:00
Tues 9:00, 11:00
Wed 10:00
Thur 9:00, 11:00
Fri 10:30
Sat 9:00,
Sat 9:30 (Interest List*)

Ages 2 - 3

Tiny Tots II

50 Mins

Prepares students for Tootsie Rollers, with parents helping hand they'll find more class structure than TT I, while still focusing on exploration, circle time, and gross motor skill development. PLEASE NOTE: one adult per child required.

Mon 9:00 (Interest List*)
Tues 10:00
Wed 9:00, 11:00
Thur 10:00
Fri 9:30
Sat 10:30 (Interest List*)
Sun 10:00 (Interest List*)

Age 3

Tootsie Rollers

50 Mins

Children build strength, coordination, flexibility, and balance as they make their way through our obstacle courses.

Mon 10:00, 2:30
Tues 10:00, 2:00, 3:00
Wed 9:00, 3:30
Thur 9:00
Fri 10:30
Sat 11:30 (Interest List*)
Sun 10:00, 11:00 (Interest List*)

PRE-K PROGRAM

Ages 3.5 - 5

Tumble Dance

50 Mins

Explore rhythm, body expression and imaginative movement along with gross motor skill development in this exciting introductory dance class.

Thur 11:00
Sat 10:30 (Interest List*)
Sun 9:00am (Interest List*)

Ages 4 - 5

Tumblers

55 Mins

Students explore new physical challenges and increase their confidence through fundamental gymnastics curriculum and obstacle courses. Focuses on spatial, directional and body awareness on rings, swings, trampoline, trapeze, ladders, tunnels, minibars and vaulting blocks.

Mon 11:00, 4:30
Tues 9:00, 3:00, 4:00
Wed 9:00, 11:00
Fri 11:30
Sun 11:00 (Interest List*)

Age 5

Acro Fitness

55 Mins

Floor tumbling, strength conditioning games and an introduction to full size gymnastics apparatus. A new challenge for returning 5 yr olds who are ready for more than the preschool obstacle courses.

Mon 3:30
Tues 4:00
Wed 4:30
Thur 3:00

Ages 4.5 - 6

Junior Parkour

55 Mins

Focuses on interaction with obstacles, using vaults, jumps, and rolls. Learn proper landing, running, jumping, climbing as well as falling safely.

Thur 4:00

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