

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



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

Youth/PRE-K Class Schedule WINTER 2022

January 3rd - March 27th

- Priority Registration: December 13th @ 10 a.m.
- General Registration: December 20th @ 10 a.m.

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

-Please note from 4 PM on, 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.

Register online: AcroSports.org

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



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

12 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
Sat 11:30

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 3/4 250 Mins

Evaluation required to participate.

Mon 4:30
Wed 4:30

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

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

Level 1/2 Ages 6+ 85 Mins

Evaluation required to participate.

Thurs 4:00

Teen Tumbling Ages 12+ 55 Mins

Tues 4:30

AERIAL

THERE WILL BE NO AERIAL CLASSES FOR THE WINTER 2022 SESSION.

See our website for more info.

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
Fri 4:00
Sun 10:00, 11:00

Beginning Ages 10+ 55 Mins

Mon 5:00
Wed 3:30, (4:30 Ages 12+)
Fri 5:00
Sun 12:00

Intermediate/Advanced Ages 9+ 85 mins

Evaluation required to participate.

Tues 4:30
Thurs 4:30

PRE-K PROGRAM

Please Note for all parent participation classes, proof of covid vaccination is required

Ages 3.5 - 5

Toddler Playgroup (\$15 Drop In)

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

Tumble Dance

50 Mins

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

Thur 10:30
Sat 11:30
Sun 9:00am

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 (Interest List*)
Tues 9:00, 4:00
Wed 9:00 (Interest List*), 11:00
Thurs 10:00, 4:00
Fri 9:30, 11:30
Sat 9:30
Sun 11:00

Tumble Circus

50 Mins

A performance focused class for 4-6 year olds where students will work together to learn the basics of act creation. Acts will include clowning, object manipulation, and acrobatics. Will perform in our May 20th Youth Arts Showcase.

Tues 3:00

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*), 11:00
Tues 10:00
Wed 9:00, 11:00
Thur 10:00
Fri 9:30, 11:30
Sat 10:30
Sun 10:00

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 (Interest List*)
Tues 4:00
Wed 4:30 (Interest List*)
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 3:30
Fri 3:00

Family AcroYoga

55 Mins

Join your child in this playful partner acro movement class where you become the jungle gym! You and your child will build strength, body awareness and coordination together as you explore body shapes, balance, and trust. (Adult participation required)

Sun 10:00 (Ages 4-6)
Sun 11:00 (Ages 6-9)

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 classes are prorated

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