

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 Spring 2022

April 4th - June 5th

- Priority Registration: March 14th @ 10 a.m.
- General Registration: March 21th @ 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

9 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
Fri 4:00
Sat 10:00

Level 1 85 Mins

Evaluation required to participate in this level.

Tues 3:30
Wed 2:30
Thurs 3:00
Sat 11:00

Level 2 115 Mins

Evaluation required to participate in this level.

Tues 5:00
Thurs 4:30

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.

Circus-Arts **Ages 6+** 55 Mins

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

TRAMPOLINE

Beg Trampoline **Ages 7+** 55 Mins

Mon 4:00
Thurs 3:00
Fri 3:00

Beg/Int Trampoline **Ages 7+** 55 Mins

Fri 5:00

DANCE

This class focuses on the fundamentals of contemporary dance technique, choreography, improvisation, partnering, the utilization of the space around us, as dance can happen everywhere.

Beg Contemporary **Ages 6+** 55 Mins

Thurs 4:00
Sat 11:30

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, 4:00
Fri 3:00, 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
Fri 5:00pm

AERIAL

THERE WILL BE NO AERIAL CLASSES FOR THE SPRING 2022 SESSION. See our website for more info.

DANCE

Beg Contemporary **Ages 6+** 55 Mins

Thurs 4:00
Sat 11:30

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 2:30
Thurs 3:30
Fri 4:00
Sun 10:00, 11:00

Beginning **Ages 10+** 55 Mins

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

Teen Parkour **Ages 12+** 55 Mins

Weds 3:30
Thursday 5:00

Intermediate/Advanced **Ages 9+** 85 mins

Evaluation required to participate.

Tues 4:30
Weds 4:30
Thurs 4:30

10 - 17 Months

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

Toddler Playgroup (\$5 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

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
Thurs 9:00, 11:00
Fri 10:30
Sat 9:30
Sun 9:00

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
Thurs 10:00
Fri 9:30, 11:30
Sat 10:30
Sun 10:00

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, 3:30
Tues 10:00, 2:00(Interest List*), 3:00
Wed 9:00, 11:00, 3:30, 4:30
Thurs 9:00, 10:00, 11:00, 3:00
Fri 9:30, 10:30, 3:30
Sat 11:30
Sun 10:00, 11:00

PRE-K PROGRAM

Ages 3.5 - 5

Creative Dance 55 Mins

This class goes over the basic fundamentals of ballet and contemporary dance while exploring our world through movement and storytelling.

Thurs 11:00
Sat 11:30
Sun 9:00

Capoeira 55 Mins

Mon 11:00
Fri 11:00

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 9:00(Interest List*), 11:00, 4:30
Tues 9:00, 11:00, 4:00
Wed 9:00, 10:00 (Interest List*), 11:00, 2:30, 3:30
Thurs 9:00, 10:00, 4:00
Fri 9:30, 10:30, 11:30, 4:30
Sat 9:30, 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, including clowning, object manipulation, and acrobatics.

Tues 3:00

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*)
Thurs 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.

Mon 10:00
Thurs 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, 12:00 (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