

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

All Olympic men's and women's gymnastics equipment

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|------------------|--------------------------------------|---------------|
| 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 Summer 2022

June 13th - August 21st

- General Registration: May 23rd @ 10 a.m.
- No Classes Monday 7/4/22

- 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

10-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 4:00
 Tues 4:00
 Weds 4:00

Level 1 85 Mins
 Evaluation required to participate in this level.
 Tues 4:00
 Thurs 3:00

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/Weds 4:30

Teen Gymnastics **Ages 12+** 55 Mins
 Weds 5:00
 Thurs 4:00

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

Tricking

Tricking is a Martial Arts approach to Acrobatics, with a focus on kicks, flips, and twists. Tricking takes influence from Capoeira, Breakdancing, and Tumbling. This class will introduce fundamental skills such as jumps, kicks, rolls, and cartwheels.

Tricking **Ages 10+** 55 Mins
 Mon 4:30 (Teens/12+)
 Weds 5:00 (10+)

AERIAL

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

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
 Weds 4:00

Level 1/2 **Ages 6+** 85 Mins
 Evaluation required to participate.
 Thurs 4:00 (Level 1/2)

Teen Tumbling **Ages 12+** 55 Mins
 Tues 4:30
 Fri 4:30

TRAMPOLINE

Beg Trampoline **Ages 7+** 55 Mins
 Mon 4:00
 Tues 4:00
 Weds 3:00
 Thurs 3:00
 Fri 3:30

Beg/Int Trampoline **Ages 7+** 55 Mins
 Fri 5:30

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 3:30
 Thurs 3:00, 3:30

Beginning **Ages 10+** 55 Mins
 Mon 5:00
 Wed 3:30, 4:00
 Thurs 4:00

Teen Parkour **Ages 12+** 55 Mins
 Weds 4:30
 Thursdays 5:00

Intermediate/Advanced **Ages 10+** 85 mins
 Evaluation required to participate.
 Tues 4:30
 Thurs 4:30

PRE-K PROGRAM

10 - 17 Months

Toddler Playgroup (\$15 Drop In) 50 mins
 Toddler 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
 Wed 10:00
 Thur 9:00
 Fri 10:00
 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.
 Tues 10:00
 Wed 9:00
 Thur 10:00
 Fri 9:00
 Sun 9:00 (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 3:00
 Tues 3:00
 Wed 3:00
 Thur 3:00
 Sat 10:30 (Interest List*)
 Sun 10:00 (Interest List*)

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.
 On hold for the Summer

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 3:00, 4:00
 Tues 3:00, 4:00
 Wed 3:00, 4:00
 Thurs 4:00
 Sat 11:30 (Interest List*)
 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 5:00
 Tues 5:00
 Wed 5:00
 Thur 5:00

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.
 On hold for the Summer

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