

**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/Strap 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

# PRE-K & YOUTH Class Schedule FALL 2022

August 29th - December 18th

- Priority Registration: August 8th @ 10 a.m.
- Sibling Registration: August 12th @ 10 a.m.
- Summer Camper Registration: August 13th @ 10 a.m.
- Open Registration: August 15th @ 10 a.m.
- No Classes Monday 9/5/22, 11/22-11/27

-Tuition Assistance Information available online at [www.acrosports.org/classes/tuition-assistance](http://www.acrosports.org/classes/tuition-assistance)

-All tuition is prorated once the session has begun.

-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.

**Register online: [AcroSports.org](http://AcroSports.org)**

\* Class times and availability subject to change - visit [acrosports.org](http://acrosports.org) for current information.



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**15-Week Session**

# YOUTH PROGRAM

# PRE-K PROGRAM

## GYMNASTICS

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

<u>Beginning</u>	<b>Ages 6+</b>	55 Mins
Mon	3:30, 4:00, 5:30	
Weds	3:30	
Sat	10:30	
Sun	10:00, 11:00	

<u>Level 1</u>	85 Mins
Evaluation required to participate in this level.	

Tues	4:30
Weds	3:00
Sat	11:30

<u>Level 2</u>	115 Mins
Evaluation required to participate in this level.	

Tues	5:30 (Interest List)
Thurs	5:00
Fri	4:30 (Interest List)

<u>Level 3/4/5</u>	Evaluation required to participate.
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Mon/Weds	4:30
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<u>Teen Gymnastics</u>	<b>Ages 12+</b>	55 Mins
Mon	6:00	

## TUMBLING

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

<u>Beginning</u>	<b>Ages 6+</b>	55 Mins
Mon	4:00	
Tues	4:00	
Sat	9:30, 10:30	
Sun	9:00, 10:00	

<u>Level 1/2</u>	<b>Ages 6+</b>	85 Mins
Evaluation required to participate.		

Thurs	4:30 (Level 2/3)
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<u>Teen Tumbling</u>	<b>Ages 12+</b>	55/85 Mins
Tues	5:00 Level 1/2 (85 Mins)	
Fri	5:00 Beginning (55 Mins)	

## TRAMPOLINE

<u>Beg Trampoline</u>	<b>Ages 7+</b>	55 Mins
Mon	4:30	
Tues	4:30 (Age 10+)	
Weds	3:30	
Thurs	3:30	
Fri	4:00	

<u>Beg/Int Trampoline</u>	<b>Ages 7+</b>	55 Mins
Fri	6:00	

## CIRCUS ARTS

Our unique class combining ground acrobatics, Parkour, Trampoline, and object manipulation.

<u>Circus Arts</u>	<b>Ages 6+</b>	55 Mins
Mon	3:30	
Tues	3:30	
Wed	4:30	
Sun	11:00	

## 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.

<u>Tricking</u>	<b>Ages 10+</b>	55 Mins
Weds	5:00 (10+)	

## ACROBATICS

Our unique class combining ground acrobatics, contemporary dance, tricking, and flexibility.

<u>Acrobatics Beg</u>	<b>Ages 7+</b>	55 Mins
Mon	5:00 (Ages 10+)	
Weds	3:00 (Ages 7+)	
Fri	4:30 (Ages 7+)	

<u>Partner Acrobatics</u>	<b>Ages 10+</b>	55 Mins
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Weds	5:30
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## HULA HOOP

In this all-level hula hoop class, students will learn both on-body and off-body hula hoop skills and develop hoop sequences. Students will also build their flexibility and handbalancing.

<u>Hula Hoop</u>	<b>Ages 8+</b>	55 Mins
Thurs	4:00	

## PARKOUR

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

<u>Beginning</u>	<b>Ages 6 - 9</b>	55 Mins
Mon	4:30(6-9), 5:30(10+)	
Tues	3:30(6-9), 4:00(6-9), 4:30(10+)	
Weds	4:00(10+), 4:30(10+)	
Thurs	4:00(6-9), 4:30(10+)	
Fri	4:30(6-9), 5:30(10+)	
Sat	11:00(6-9), 12:00(10+)	
Sun	11:00(6-9), 12:00(10+)	

<u>Teen Parkour</u>	<b>Ages 12+</b>	55 Mins
Mon	6:00	
Thursday	5:30	

<u>Intermediate/Advanced</u>	<b>Ages 10+</b>	85 mins
Evaluation required to participate.		
Tues	5:00	
Thurs	5:00	

## 10 - 17 Months

<u>Toddler Playgroup (\$15 Drop In)</u>	60 mins
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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

<u>Tiny Tots I</u>	50 Mins
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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	9:30, 11:30 (Interest List*)
Sun	11:00 (Interest List*)

## Ages 2 - 3

<u>Tiny Tots II</u>	50 Mins
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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	11:00
Tues	10:00
Wed	9:00, 11:00
Thur	10:00
Fri	9:30
Sat	10:30 (Interest List*)
Sun	9:00, 11:00 (Interest List*)

## Age 3

<u>Tootsie Rollers</u>	50 Mins
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Children build strength, coordination, flexibility, and balance as they make their way through our obstacle courses.

Mon	2:30
Tues	11:00
Thur	9:00, 10:00, 11:00, 3:00
Fri	11:30, 3:30
Sun	09:00

## Ages 4 - 6

<u>Family AcroYoga</u>	55 Mins
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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, 11:00 (Ages 4-6)
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## Ages 4 - 5

<u>Tumblers</u>	55 Mins
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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, 3:30
Tues	3:00
Wed	11:00, 2:30 (*Interest List)
Thurs	9:00, 10:00, 11:00, 4:00
Fri	11:30
Sat	11:30
Sun	10:00, 11:00

## Age 5

<u>Acro Fitness</u>	55 Mins
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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	4:30
Wed	4:30
Sat	9:30
Sun	9:00

## Ages 4.5 - 6

<u>Junior Parkour</u>	55 Mins
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Focuses on interaction with obstacles, using vaults, jumps, and rolls. Learn proper landing, running, jumping, climbing as well as falling safely.

Mon	10:00, 4:30
Thurs	3:00, 5:00
Fri	10:30, 3:30

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