

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

Pre-K/Youth Class Schedule WINTER 2023

January 3rd - March 26th

- Priority Registration: December 5th @ 10 a.m.
- General Registration: December 12th @ 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

14-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).

Beginning Ages 6+ 55 Mins

Mon	3:30, 5:00 (Interest List*), 5:30
Weds	3:30, 3:30 (Interest List*)
Fri	4:30 (Interest List*)
Sat	10:30
Sun	10:00, 11:00

Level 1 85 Mins

Evaluation required to participate in this level.

Mon	4:30
Tues	4:30
Weds	3:00
Fri	5:30 (Interest List*)
Sat	11:30

Level 2 115 Mins

Evaluation required to participate in this level.

Tues	5:00
Thurs	5:00
Fri	4:30

Level 3/4/5

Evaluation required to participate.

Mon/Weds	4:30
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Teen Gymnastics Ages 12+ 85 Mins

Mon	6:00
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TUMBLING

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

Beginning Ages 6+ 55 Mins

Mon	4:00 (Interest List*)
Tues	4:00
Sat	9:30, 10:30

Level 1 Ages 6+ 55 Mins

Evaluation required to participate.

Weds	4:30 (Interest List*)
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Level 2 85 Mins

Evaluation required to participate.

Thurs	4:30
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Teen Tumbling Ages 12+ 85 Mins

Tues	5:00
Fri	4:30

TRAMPOLINE

Beg Trampoline Ages 7+ 55 Mins

Mon	4:30 (Interest List*)
Tues	4:30
Weds	3:30 (Interest List*)
Thurs	3:30
Fri	3:30

Int Trampoline Ages 7+ 55 Mins

Mon	5:30 (Interest List*)
Fri	6:00

CIRCUS ARTS

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

Circus Arts 55 Mins Ages 6+

Mon	3:00
Tues	3:30
Fri	3:30
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.

Tricking Ages 10+ 55 Mins

Weds	5:00 (10+)
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ACROBATICS & DANCE

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

Acrobatics Beg Ages +7 55 Mins

Mon	5:00 (Ages 10+)
Weds	3:00 (Ages 7+)

Acro Dance Ages +6 85 Mins

Tues	5:00
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Breakdancing Ages +7 55 Mins

Fri	5:00
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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.

Ages 8+ 55 Mins

Thurs	4:00
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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	4:00(6-9)
Tues	4:00(6-9)
Weds	4:00(10+)
Thurs	3:30(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+)

Teen Parkour Ages 12+ 55 Mins

Weds	5:00
Thurs	5:30

Intermediate/Advanced Ages 10+ 85 mins

Evaluation required to participate.

Tues	5:00
Thurs	5:30

10 - 17 Months

Toddler Playgroup (\$15 Drop In) 60 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, 11:00
Fri	10:30
Sat	9:30, 11:30
Sun	10:00 (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	11:00
Tues	10:00, 11:00
Wed	9:00, 11:00
Thur	10:00
Fri	9:30
Sat	10:30
Sun	9:00 & 11:00 (Interest Lists*)

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	11:00
Weds	9:00, 11:00
Thur	9:00, 10:00, 11:00, 3:00
Fri	11:30, 3:30
Sat	10:30, 11:30
Sun	09:00

Ages 3.5 - 5

Tumble Dance 55 Mins

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

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

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.

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

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