

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

Pre-K/YOUTH Class Schedule SPRING 2023

-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.

April 3rd - June 4th

- Priority Registration: March 13th @ 10 a.m.
- Sibling Registration: March 15th @10a.m.
- Waitlist Registration: March 16th @10a.m.
- General Registration: March 20th @ 10 a.m.
- Specialty Camp Registration 3/22 @ 10a.m.
- 30th Anniversary Block Party 4/16/23
- CLOSED: March May 29th
- Youth Arts Showcase June 3rd

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

PRE-K PROGRAM

GYMNASICS

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

Beginning **Ages 6+** 55 Mins

Mon 3:00, 3:30, 5:00, 5:30
Weds 3:30, 4:30
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, 5:30
Weds 3:00
Thurs 5:30
Fri 5:30
Sat 11:30

Level 2 115 Mins

Evaluation required to participate in this level.

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

Level 3/4/5 250 Mins

Evaluation required to participate.

Mon/Weds 4:30

Teen Gymnastics **Ages 12+** 85 Mins

Mon 6:00

TUMBLING

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

Beginning **Ages 6+** 55 Mins

Mon 4:00
Tues 4:00

Level 1 **Ages 6+** 55 Mins

Evaluation required to participate.

Weds 5:30

Level 2 85 Mins

Evaluation required to participate.

Thurs 4:30

Teen Tumbling **Ages 12+** 85 Mins

Tues 5:00
Fri 4:30

TRAMPOLINE

Beg Trampoline **Ages 7+** 55 Mins

Tues 4:30
Thurs 3:30
Fri 3:30

Int Trampoline **Ages 7+** 55 Mins

Mon 5:30
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 4:00

ACROBATICS & DANCE

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

Acrobatics Beg **Ages +7** 55 Mins

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

Acrobatics Int **Ages +10** 55 Mins

Mon 5:00

Acro Dance **Ages +6** 85 Mins

Tues 5:00

Breakdancing **Ages +7** 55 Mins

Fri 5:00

Hula Hoop **Ages +8** 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.

Beginning **Ages 6 - 9** 55 Mins

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

Teen Parkour **Ages 12+** 55 Mins

Thurs 5:00

Intermediate/Advanced **Ages 10+** 85 mins

Evaluation required to participate.

Tues 4:00 (Ages 6-9) (55 mins)
Tues 5:00 (Ages 10+)
Weds 5:30 (Ages 10+)
Thurs 5:30 (Ages 10+)

CIRCUSLAB

Invitation Only

CircusLab is an opportunity for AcroSports students to bring real-life performance experience to their circus practice. Members of CircusLab will develop a wide range of circus skills including acrobatics, hand balancing, partner acrobatics, aerial, trampoline, and parkour.

CircusLab **Ages 8+** 120 Mins

Fri 5:00

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(Interest List*), 10:00, 11:00, 3:00
Fri 11:30, 3:30
Sat 10:30, 11:30(Interest List*)
Sun 09:00(Interest List*)

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

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

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

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

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