

**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 FALL 2023

## August 28th - December 17th

- Priority Registration: August 7th @ 10 a.m.
- General Registration: August 14th @ 10 a.m.
- Youth Parkour Jam: August 19th
- AcroSports' Picnic in GGP: October 8th
- Halloween Haunt: October 29th
- Youth Arts Showcase: December 16th
- CLOSED: Nov 21st-26th

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

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



639 Frederick Street  
San Francisco CA 94117  
Tel: 415-665-2276, 415-665-(ACRO)  
Email: [info@acrosports.org](mailto:info@acrosports.org)

**15 Week Session**

# YOUTH PROGRAM

## AERIAL

This class will offer an introduction to mixed apparatus aerial, utilizing Silks, Hammock, Lyra, and Trapeze.

<u>Beginning Aerial</u>	<b>Ages 7+</b>	55 Mins
Tues	4:00 (7-10), 5:00 (10+)	
Thurs	4:30(7-10), 5:30 (10+)	

## 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	3:00, 4:30, 5:30	
Weds	4:30, 5:30	
Fri	5:30	
Sat	10:30	
Sun	10:00, 11:00	

Level 1 85 Mins

Evaluation required to participate in this level.

Mon	5:30
Tues	4:30
Weds	3:00
Fri	4:30
Sat	11:30

Level 2 115 Mins

Evaluation required to participate in this level.

Tues	5:00
Thurs	5:00

Level 3/4/5 250 Mins

Evaluation required to participate.

Mon/Weds	4:30
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## 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	
Weds	4:00	
Thurs	3:00	
Sun	10:00, 11:00	

Level 1 **Ages 6+** 55 Mins

Evaluation required to participate.

Weds	5:30
Thurs	4:00

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	3:00
Tues	4:30
Thurs	3:30
Fri	3:30

Int Trampoline **Ages 7+** 55 Mins

Mon	5:00
Fri	6:00

## CIRCUS ARTS

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

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

<u>Circus Arts II</u>	85 Mins	<b>Ages 8+</b>
Thurs	5:00	

## 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.

<u>CircusLab</u>	<b>Ages 8-18</b>	120 Mins
Tues	5:00	
Fri	5:00	

## DANCE

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

<u>Basic Dance Technique</u>	<b>Ages 10+</b>	85 Mins
Thurs	5:00	

<u>Acro Dance</u>	<b>Ages 6+</b>	85 Mins
Tues	5:00	

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

Intermediate/Advanced **Ages 6+** 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+)
Fri	4:00 (Ages 6-9)

## 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 7+</b>	55 Mins
Mon	3:00 (7-10),5:00 (10+)	

## 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, 11:00
Wed	10:00
Thur	9:00, 11:00
Fri	10:30
Sat	9:30, 11:30
Sun	10:00

## 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, 11:00
Tues	10:00
Wed	9:00, 11:00
Thur	10:00
Fri	9:30
Sat	10:30
Sun	9:00 & 11:00

## Age 3

Tootsie Rollers 50 Mins

Children build strength, coordination, flexibility, and balance as they make their way through our obstacle courses.

Mon	9:00 (Interest List*),10:00, 11:00 2:30
Tues	9:00, 4:00
Weds	9:00, 11:00, 3:30
Thur	9:00, 11:00, 3:00
Fri	10:30, 11:30, 3:30
Sat	9:30, 10:30 & 11:30(Interest Lists*)
Sun	09:00, 10:00

## 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	9:00, 10:00, 2:30, 3:30
Tues	11:00
Wed	9:00, 10:00, 3:30, 4:30
Thurs	9:00, 11:00, 3:00, 4:00
Fri	9:30, 11:30, 3:30, 4:30
Sat	9:30 & 10:30(Interest Lists*),11:30
Sun	10:00(Interest List*, 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. Acts will include clowning, object manipulation, and acrobatics. Will perform in our Dec. 2nd Gala & Dec. 16th Youth Arts Showcase.

Mon	11:00
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(Interest List*)
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.

Mon	3:30
Weds	4:30
Thurs	10:00, 3:00(Interest List*)
Fri	9:30, 10:30, 3:00

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