

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

-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.



A NON-PROFIT CENTER FOR ACROBATICS,
GYMNASTICS, CIRCUS AND URBAN ARTS

Pre-K/YOUTH Class Schedule SUMMER 2024

June 10th - August 25th

-General Registration: May 20th @ 10 a.m.

-Closed: July 4th

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

AERIAL

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

<u>Beginning Aerial</u>	Ages 4+	55 Mins
Tues	4:00 (7-10), 5:00 (Tier 2 10+)	
Thurs	4:30(7-10), 5:30 (10+)	

GYMNASTICS

<u>Beginning</u>	Ages 6+	55 Mins
Tues	3:00	
Weds	4:30, 5:30	
Thurs	4:00, 5:00	
Fri	4:00, 5:30	
Sat	10:30	

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

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

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

Mon	5:00
Tues	4:30
Thurs	5:00

<u>Level 3/4/5</u>	250 Mins
Evaluation required to participate.	

Mon/Weds	4:30
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TUMBLING

<u>Beginning</u>	Ages 6+	55 Mins
Tues	4:00	
Thurs	3:00, 3:30	
Fri	3:30	
Sun	10:00, 11:00 (Interest Lists*)	

<u>Level 1</u>	Ages 6+	55 Mins
Evaluation required to participate.		

Weds	5:30
Thurs	4:30

<u>Level 2</u>	85 Mins
Evaluation required to participate.	

Thurs	4:30
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<u>Teen Tumbling</u>	Ages 12+	85 Mins
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Tues	5:00
Fri	4:30

TRAMPOLINE

<u>Beg Trampoline</u>	Ages 7+	55 Mins
Tues	4:30 (10+)	
Weds	4:00 (Interest List*)	
Thurs	3:30	
Fri	3:30	

<u>Int Trampoline</u>	Ages 7+	55 Mins
Mon	5:00 (Interest List*)	
Fri	6:00	

CIRCUS ARTS

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

<u>Circus Arts</u>	55 Mins	Ages 7+
Mon	3:30	
Tues	3:30	
Weds	3:00	
Fri	4:00	
<u>Circus Arts II</u>	85 Mins	Ages 8+
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>	Ages 8-18	120 Mins
Tues	5:00	
Fri	5:00	

DANCE

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

<u>Acro Dance</u>	Ages 6+	85 Mins
Postpined for the Summer		

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>	Ages 6+	55 Mins
Mon	4:00(6-9)	
Tues	3:00 (6-9)	
Weds	3:30(6-9), 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+)	

<u>Intermediate/Advanced</u>	Ages 6+	85 mins
Evaluation required to participate.		

Tues	4:00 (Ages 7+) (55 mins)
Tues	5:00 (Ages 10+)
Weds	5:30 (Ages 10+) (Interest List*)
Thurs	5:30 (Ages 10+)
Fri	4:00 (Ages 7+) (55 mins)

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>	Ages 7+	55 Mins
Mon	3:00 (7-10), 5:00 (10+)	

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
Sun	10:00

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	9:00(Interest List*), 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

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

Ages 3.5 - 5

<u>Tumble Dance</u>	55 Mins
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This class goes over the basic fundamentals of ballet and contemporary dance while exploring our world through movement and storytelling.

Postponed for the Summer

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

<u>Tumble Circus</u>	50 Mins
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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.

Tues	3:00
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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
Tues	4:00
Wed	4:30
Fri	4:30
Sat	10:30

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	11:00
Tues	10:00
Weds	3:30
Thurs	3:00
Sat	10:00
Sun	10:00

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