

YOUTH PROGRAM

This schedule is subject to change

PRE-K PROGRAM

GYMNASICS

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

TUMBLING

<u>Beginning</u>	Ages 6+	55 Mins
Tues	4:00	
Weds	3:00	
Thurs	3:00, 4:00	
Sat	9:30	
Sun	11:00	

<u>Level 1</u>	Ages 6+	55 Mins
Evaluation required to participate.		
Mon	4:00	
Weds	5:30	
Thurs	5:30	

<u>Level 2</u>		85 Mins
Evaluation required to participate.		
Thurs	4:30	

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

TRAMPOLINE

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

<u>Int Trampoline</u>	Ages 7+	55 Mins
Mon	5:00	
Tues	4:30	
Fri	6:00	

AERIAL

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

<u>Aerial Tier 1</u>	Ages +7	55 Mins
Tues	4:00 (7-10), 5:00 (Tier 2 10+)	
Thurs	4:30(7-10), 5:30 (10+)	

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	
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
Tues	5:00	

Break dancing is largely improvisational, made up of variations of "standard" moves or steps, including freezes, powermoves, downrock, and toprock. The emphasis is on energy, movement, and creativity.

<u>Break Dancing</u>	Ages 8+	55 Mins
Mon	5:30	
Weds	5:30	

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	4:30 (6-9), 5:30 (10+)	
Weds	3:30(6-9), 4:30 (6-9), 5:30 (10+)	
Thurs	3:30(6-9), 4:30(10+)	
Fri	3:30(6-9), 4:30 (10+), 5:30 (12+)	
Sat	11:00(6-9), 12:00(10+)	
Sun	11:00(6-9) ^{Interest List*} , 12:00(10+)	

<u>Intermediate/Advanced</u>	Ages 7+	55/85 mins
Evaluation required to participate.		

Tues	4:00 (Ages 7+) (55 mins)
Tues	5:00 (Ages 10+) (85 mins)
Thurs	5:30 (Ages 10+) (85 mins)
Fri	4:00 (Ages 7+) (55 mins)

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

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, 11:00, 3:30
Tues	9:00, 3:00
Weds	9:00, 10:00, 11:00, 3:30
Thur	9:00, 11:00, 3:00
Fri	10:30, 11:30
Sat	9:30 ^{Interest List*} , 10:30
Sun	10:00 ^{Interest List*} , 11:00

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, 3:30 & 4:30(Interest Lists*)
Tues	11:00
Wed	9:00, 10:00, 11:00, 3:00, 4:30
Thurs	9:00, 10:00, 3:00, 4:00
Fri	9:30, 11:30, 3:30, 4:30
Sat	10:30, 11:30
Sun	9:00(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 Dec. 2nd Gala & Dec. 16th Youth Arts Showcase.

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

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

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 classes are prorated