

**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 WINTER 2025

## January 6th - March 30th

- Priority Registration: December 9th @ 10 a.m.
- General Registration: December 16th @ 10 a.m.

### Important Dates:

- Winter Camp: 12/23-12/27 (Closed 12/25 & 1/1)
- Winter Age Cut-Off: Jan 27th

-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)

## 12 Week Session

# YOUTH PROGRAM

\*This schedule is subject to change\*

# PRE-K PROGRAM

## GYMNASTICS

<u>Beginning</u>	<b>Ages 6+</b>	55 Mins
Mon	4:00	
Tues	3:30	
Weds	4:30, 5:30	
Thurs	3:30, 4:00, 5:00	
Fri	3:30, 5:00	
Sat	10:30	
<u>Level 1</u>		85 Mins
Sun	10:00	
Evaluation required to participate in this level.		
Tues	4:30	
Weds	3:00	
Thurs	4:30	
Fri	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>	<b>Ages 6+</b>	55 Mins
Tues	4:00	
Weds	3:00	
Thurs	3:00, 4:00	
Sat	9:30	
Sun	11:00	
<u>Level 1</u>	<b>Ages 6+</b>	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.		
Mon	5:30	
Thurs	4:30	
<u>Teen Tumbling</u>	<b>Ages 12+</b>	85 Mins
Tues	5:00	
Fri	4:30	

## TRAMPOLINE

<u>Beg Trampoline</u>	<b>Ages 7+</b>	55 Mins
Mon	3:00	
Tues	3:30	
Weds	4:00	
Thurs	3:30	
Fri	3:30	
Sat	10:30	
<u>Int Trampoline</u>	<b>Ages 7+</b>	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>	<b>Ages +7</b>	55 Mins
Tues	4:00 (7-10)	
Weds	5:00 (10+)	
Thurs	4:30(7-10), 5:30 (10+)	
Fri	4:00(7-10), 5:00 (10+)	
<u>Aerial Tier 2</u>	<b>Ages 10+</b>	85 Mins
Fri	5:00	

## CIRCUS ARTS

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

<u>Circus Arts</u>	55 Mins	<b>Ages 7+</b>
Mon	3:30	
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>Acro Dance</u>	<b>Ages 6+</b>	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>	<b>Ages 8+</b>	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>	<b>Ages 6+</b>	55 Mins
Mon	4:30 (6-9), 5:30 (10+)	
Weds	3:30(6-9), 4:30 (6-9), 5:00&5:30 (10+),6:00 (12+)	
Thurs	3:30(6-9), 4:30(10+)	
Fri	3:30(6-9), 4:30 (10+), 5:30 (12+)	
Sat	9:30 (6-9), 11:00(6-9), 12:00(10+)	
Sun	9:00(6-9)11:00(6-9), 12:00(10+)	

<u>Intermediate/Advanced</u>	<b>Ages 7+</b>	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

<u>Toddler Playgroup (\$15 Drop In)</u>	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

<u>Tiny Tots I</u>	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

<u>Tiny Tots II</u>	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, 11:00

## Age 3

<u>Tootsie Rollers</u>	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, 10:00, 3:00
Weds	9:00, 10:00, 11:00, 3:30
Thur	9:00, 10:00, 11:00, 3:00
Fri	10:30, 11:30
Sat	9:30, 10:30
Sun	10:00 (Interest List*), 11:00

## Ages 3.5 - 5

<u>Tumble Dance</u>	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

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

<u>Tumble Circus</u>	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
------	------

## Age 5

<u>Acro Fitness</u>	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
Sun	9:00, 11:00

## Ages 4.5 - 6

<u>Junior Parkour</u>	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