



PHYSICAL, PERFORMANCE AND CIRCUS ARTS

639 Frederick Street, San Francisco, CA 94117
Phone: 415-665-2276
Fax: 415-566-0102
www.acrosports.org
info@acrosports.org

SUMMER 2009
CLASS SCHEDULE

Ten week session: Monday June 15 - Sunday August 23
No classes on Independence day, Saturday July 4

Pre School

Pre School classes register at www.acrosports.org

Children must be within the age group required for each particular class by June 29, 2008. Sorry, no exceptions.

Tiny Tots Ages 18 - 36 mo 50 min
Parent participation class. Includes structured play, gross motor and social skills, circle time, and games.

Table with 2 columns: Day, Time. Rows: Mon 9:30, 11:30; Tue 9:30, 11:30; Wed 9:30, 11:30; Thu 9:30, 11:30, 3:00, 5:00; Fri 9:30, 11:30; Sat 9:30, 10:30, 11:30; Sun 9:00, 10:00

Tootsie Roller Age 3 50 min
Introduces tumbling with a focus on coordination, flexibility and balance. Parents observe class from waiting areas.

Table with 2 columns: Day, Time. Rows: Mon 10:30, 11:30, 3:30, 4:30; Tue 10:30, 3:30, 4:30; Wed 10:30, 3:30; Thu 10:30, 11:30, 3:00, 4:00; Fri 10:30, 11:30; Sat 9:30, 10:30, 11:30; Sun 9:00

Tumbler Ages 4 - 5 55 min
Focus on conditioning, strength and flexibility as students are introduced to basic gymnastics skills.

Table with 2 columns: Day, Time. Rows: Mon 10:30, 11:30, 3:30; Tue 10:30, 11:30, 3:30, 4:30; Wed 10:30, 11:30, 3:30; Thu 11:30, 3:00, 4:00, 5:00; Fri 10:30; Sat 9:30, 10:30, 11:30; Sun 9:00, 10:00

AcroFitness Age 5 1 hr
Floor tumbling, strength conditioning games and an introduction to full size gymnastics apparatus. Prerequisite: At least ONE session of Tumblers.

Table with 2 columns: Day, Time. Rows: Tue 3:30; Wed 4:30; Thu 4:00; Sat 9:30

TumbleStar Ages 5 - 6 1.5 hrs
An introduction to artistic gymnastics apparatus, including floor, bars, and vault. Prerequisite: AcroFitness and coach recommendation.

Table with 2 columns: Day, Time. Row: Sat 10:30

TumbleDance Ages 3.5 - 5 55 min
Explore rhythm, body expression and imaginative movement along with beginning gymnastic skills in this exciting introductory dance class.

Table with 2 columns: Day, Time. Row: Thu 10:30

JrRhythmic Ages 4 - 5 55 min
Introductory rhythmic gymnastics combining dance and tumbling with balls, ribbons, ropes and hoops.

Table with 2 columns: Day, Time. Row: Mon 4:30

School Age

Gymnastics

Students receive training on floor exercise, pommel horse, still rings, vault, parallel bars, horizontal bar, beam, uneven bars, and vault.

Green level and up are strongly encouraged to attend 2 or more classes per week.

Intro to Gymnastics Ages 6 - 8 1 hr
For students who are new to gymnastics. Focus is on basic tumbling with an intro to gymnastics apparatus.

Table with 2 columns: Day, Time. Rows: Wed 3:30 - 4:30; Thu 3:30 - 4:30; Sat 12:00 - 1:00

Blue Beginner Co-ed ages 8 and up 1.5 hrs

Table with 2 columns: Day, Time. Rows: Mon 4:00 - 5:30; Wed 4:30 - 6:00; Sat 10:30 - 12:00

Girls Green - Red Intermediate 1.5 hrs

Table with 2 columns: Day, Time. Rows: Tue 4:30 - 6:00; Sat 10:30 - 12:00

Orange - Black Advanced & X-Teams 2 hrs

Table with 2 columns: Day, Time. Rows: Thu 4:30 - 6:30; Sat 12:00 - 2:00

Dance and Movement

Youth Capoeira Ages 8 and up
Brazilian martial art combining acrobatics, music and dance.

Table with 2 columns: Day, Time. Row: Wed 3:00 - 4:30 1.5 hrs

Youth Breakdancing Ages 8 and up 1 hr
This class introduces the fundamentals of break dancing: popping and locking, freezes, and power moves.

Table with 2 columns: Day, Time. Row: Mon 6:00

Power Tumbling / Trampoline

Students work on progressive tumbling skills, concentrating activities on the FasTrak, tumble-strip and main gym floor. Trampoline students learn basic jumps, drops and saltos.

Intro to Power Tumbling Ages 6 - 8 1 hr

Table with 2 columns: Day, Time. Row: Mon 3:00 - 4:00

Mixed Level Power Tumbling 1.5 hrs

Note: Students must have tumbling experience; students new to tumbling should enroll in Intro to Power Tumbling.

Table with 2 columns: Day, Time. Row: Tue 4:30 - 6:00

Red Power Tumbling 2 hrs

Table with 2 columns: Day, Time. Row: Thu 4:00 - 6:00

Trampoline Ages 8 and up 1.5 hrs

Table with 2 columns: Day, Time. Row: Wed 5:00 - 6:30

Youth Parkour Ages 8 - 15 1 hr

Parkour focuses on uninterrupted, efficient movement over, under, around and through obstacles. Learn the basics of proper landing, running, jumping, climbing on, over and around obstacles, and safe spotting and training techniques.

Table with 2 columns: Day, Time. Row: Wed 6:00 pm

Special Needs Gymnastics & Body Awareness

The Special Needs Program is designed to address the needs of children with the following:

- * Autistic Spectrum Disorders
* Sensory Integration Dysfunction
* Coordination Difficulties
* ADHD/ADD

One-on-one and group lessons are also available.

AcroSummer Afternoons Ages 6 - 12 2.5 hrs

Four days of class (Mon-Thu) for a summer circus extravaganza, including a variety of disciplines: tumbling, trampolines, circus arts, partner acrobatics, and more! Students will participate in group games/warmup activities with camp aftercare from 3-3:30, followed by class from 3:30-5, and rejoin aftercare from 5-5:30. \$70/week.

Monday-Thursday 3:00-5:30 PM
Offered the following weeks:

Table with 3 columns: Week 1, Week 2, Week 3. Rows: June 15-18, July 13-16, August 3-6; June 22-25, July 20-23, August 10-13; July 6-9, July 27-30, August 17-20

Performance

Urban Circus Arts

These classes focus on developing the physical skills, strength, and flexibility as well as the creative expression needed to excel as circus performers.

Circus Arts - Beginning Ages 6 and up 1 hr

This class offers students training in a broad range of circus skills including: tumbling and acrobatics, hand balancing, partner acrobatics, clowning, juggling and object manipulation.

Table with 2 columns: Day, Time. Row: Mon 4:00

Aerial Arts (mixed level) Ages 8 and up 1.5 hrs

Students use an aerial fabric, static trapeze and aerial rope to develop strength, control and awareness as well as flexibility, grace and fluidity in the air.

Table with 2 columns: Day, Time. Rows: Tue 4:30 - 6:00; Thu 4:30 - 6:00

Contortion Ages 8 and up 1.5 hrs

The art of acrobatic contortion combines the use of flexibility, muscle control and fluid movement to create acrobatic maneuvers and balances. Beginners focus on stretching and breathing techniques, conditioning exercises and basic tricks.

Table with 2 columns: Day, Time. Row: Wed 4:30 - 6 PM

Recital (Intermed. Circus) Ages 8 + 2 hrs

The core training class for all recital students, it is designed to improve flexibility, strength and acrobatic skills; provide a basic foundation in stage basics, terminology, improvisation, character development and choreography. It also serves as rehearsal for the recital.

Table with 2 columns: Day, Time. Row: Fri 4:00

Aerial Arts Ages 8 and up 2 hrs

This class offers students of rope, trapeze, hoop, tissue or other aerial apparatus an opportunity to expand their skills and performance technique through developing choreography and performing in front of an audience. More difficult wraps and falls are introduced. Students continue their physical conditioning to maintain extended "air time," as well as work toward finessing their physical form.

Table with 2 columns: Day, Time. Row: Thu 6:00 - 8:00