

TEEN & ADULT

AcroSports isn't just for kids! From tumbling and breakdancing, to aerial or parkour, our adult program offers something for everyone. Classes are designed to improve fitness and increase knowledge in a specific sport/art form. Classes are available by full session enrollment, or by drop-ins. See below for our NEW Drop-In Packages.

For further information regarding any of our Adult classes please contact the Adult Program Manager, Tonya White, at tonyaw@acrosports.org

CIRCUS ARTS

Contortion/Flexibility 1.5 hrs
This class is centered around flexibility and strength. Skills taught include handstands, flexibility, stretching techniques and contortion. You do not need to be a contortionist to attend.
Thur 7:00 pm

Intro to Aerial 1 hr
This class is the prerequisite for students to take Aerial Arts or those who just want to increase their endurance, strength, and flexibility. This class offers an innovative total body workout using aerial equipment including rope and trapeze.
Thur 6:00 pm

Aerial Arts 1.5 hrs
Using static trapeze, aerial rope and aerial tissue, students will focus on developing strength, control and awareness as well as flexibility, grace and a basic trick vocabulary. *The prerequisite: Aerial Conditioning or permission from the instructor.*

Beginning
Tue 7:30 pm
Thur 7:30 pm
Wed 12:00pm

Intermediate/Advanced
Thur 7:30 pm
Tue 7:30 pm

Aerial Act Creation 1.5 hrs
Students will learn the basic elements on rope and trapeze and then expand to other apparatuses. This class will focus on strength, flexibility, body awareness, and quality of movement in the air. Pre-approval is required.
Fri 7:00 pm

AcroLab Ages 10 + 2 hrs
AcroLab helps intermediate/advanced students learn and understand the underlying principles of acrobatic movements to reach their discipline-specific goals. This class is for those who wish to enhance their current skills with tumbling, tricking power moves, handstands and partner acrobatics.
Wed 7:00 pm

URBAN ARTS

Parkour 1.5 hr
Focuses on uninterrupted, efficient forward motion over, under, around and through obstacles in one's environment. The goal is to adapt one's movement to any given obstacle through proper landing, running, jumping, climbing on, over and around obstacles, as well as safe spotting and training.
Wed 7:00 pm
Thur 7:00 pm

Board Sports 2 hrs
Develops acrobatic strength, flexibility and skills necessary to do flips and grabs on skis and snow/wake boards. Includes work on FasTrak and trampoline with spotting belt
Wed 8:00 pm

Breakdancing 1.5 hrs
This class introduces the fundamentals of break dancing: freezes, and power moves.
Mon 6:00 pm

TUMBLING & TRAMPOLINE

Tumbling 2 hrs
Tumbling Students work on progressive tumbling skills, concentrating activities on the FasTrak, tumble-strip and main gym floor.
Beginning-Intermediate
**Noon classes are 1.5 hours.*
Thur 7:00 pm
Tue 12:00 pm*, 7:00 pm
Advanced
prerequisite: Able to do roundoff back-handspring
Mon 6:30 pm

STRENGTH & CONDITIONING

Conditioning
A strength and conditioning program that incorporates gymnastics and weightlifting movements. Suitable for all fitness levels. 1 hr
Mon 6:30 pm
Wed 10:30 am

Open Gym 2 hrs
Supervised open training workouts on the floor, tumblestrip, Tumbletrak, and trampoline. Must have basic tumbling knowledge with approval of onsite staff. Sorry, but we can NOT accommodate aerialists. \$15 Drop-In.
Wed 6:30 pm



A Non-Profit Center for GYMNASTICS, ACROBATICS, URBAN, CIRCUS ARTS
Voted Family Favorite "Best of the Best" Bay Area Parent Magazine readers!

AcroSports.org
639 Frederick Street
San Francisco CA 94117
phone: 415-665-2276
fax: 415-566-0102

WINTER 2012 CLASS SCHEDULE

January 2 - March 18

ALL CLASSES register on-line at acrosports.org

Class times and availability subject to change - please reference our online registration portal for the most current information.

Office Hours:
Mon, Fri, Sun: 9:00am - 7:00pm
Tue, Thur, Sat: 8:30am - 8:00pm
Wed: 9:00am - 8:00pm

NEW! **ADULT DROP-IN PACKAGES**
**Packages expire at the end of the session. Hours can be used for varying classes.*

Adult Program (except Aerial)
6 Hours = \$117
12 Hours = \$231
18 Hours = \$342

Adult Aerial Program
6 Hours = \$151.50
12 Hours = \$300
18 Hours = \$445.50

TUITION & FEES FOR 11 WEEKS

PRE SCHOOL		YOUTH CLASSES		ADULT CLASSES		AERIAL ARTS
	Drop-Ins		Drop-Ins		Drop-Ins	
1 hr \$176		1 hr \$187		1 hr \$203.50		<i>Aerial Conditioning is priced at regular Adult Class rate.</i>
2 hrs \$330	1 hr \$17	1.5 hrs \$269.50	1 hr \$18	1.5 hrs \$297	1 hr \$20	Youth Beginners \$352
3 hrs \$434.50		2 hrs \$352	1.5 hrs \$25	2 hrs \$385	1.5 hrs \$30	Youth Intermediate \$462
		2.5 hrs \$407	2 hrs \$35	2.5 hrs \$462	2 hrs \$38	Adult Aerial \$396
		3 hrs \$473		3 hrs \$511.50		• Registration & insurance included in price of session
		3.5 hrs \$550		3.5 hrs \$594	Aerial (1hr): \$27	• Tuition Assistance available
		4 hrs \$599.50		4 hrs \$660	Aerial (1.5hr): \$38	
					Open Gym: \$15	

PRE SCHOOL

Our Pre-K program has been voted "Best of the Best" by Bay Area Parent three years in a row, and provides a fun, safe, environment for active kids!

Energetic, veteran coaches give each child individual attention and a safe play area as students learn to tumble and navigate apparatus. The age cut-off date for the Winter Session falls on Jan. 23, 2012. For more information, contact Program Manager, Dharam Khalsa, at dharam@acrosports.org

Toddler Playgroup	Ages 10-17 months	1 hr
Thur	1:00pm (\$5 drop-in)	
Tue	1:00pm (\$5 drop-in)	
Tiny Tots	Ages 18 - 36 months	50 min
Parent participation class. Includes structured play, gross motor and social skills, circle time, and games. PLEASE NOTE: one parent per child required.		
Mon	9:30, 10:30, 11:30	
Tue	9:00, 10:00	
Wed	9:30, 10:30	
Thur	9:00, 10:00, 11:00, 3:00	
Fri	9:30, 10:30, 11:30	
Sat	8:30, 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.		
Mon	9:30, 10:30, 1:00, 3:30, 4:30	
Tue	9:00, 10:00, 11:00, 3:00	
Wed	9:30, 10:30, 12:30, 3:30	
Thur	9:00, 10:00, 11:00, 3:00, 4:00	
Fri	9:30, 10:30, 11:30, 3:30, 4:30	
Sat	9:30, 10:30, 11:30	
Sun	9:00, 10:00	
TumbleDance	Ages 3.5 - 5	50 min
Explore rhythm, body expression and imaginative movement along with beginning gymnastic skills in this exciting introductory dance class..		
Thur	10:00 am	
Tumbler	Ages 4 - 5	55 min
Focus on conditioning, strength and flexibility as students are introduced to basic gymnastics skills.		
Mon	9:30, 10:30, 1:00, 3:30, 4:30	
Tue	9:00, 11:00, 3:00, 4:00	
Wed	10:30, 3:30	
Thur	9:00, 11:00, 3:00, 4:00	
Fri	9:30, 3:30, 4:30	
Sat	9:30, 10:30, 11:30, 1:00	
Sun	9:00, 10:00	
AcroFitness	Age 5	1 hr
Floor tumbling, strength conditioning games and an introduction to full size gymnastics apparatus. A new challenge for returning 5 year olds who are ready for more than the preschool obstacle courses. No evaluation is necessary.		
Mon	3:30 pm	
Tue	3:30 pm	
Wed	9:30 am, 4:30 pm	
Fri	4:30 pm	
Sat	9:30 am, 10:30 am	
Jr Capoeira 1	Ages 4 - 5	55 min
This class teaches Brazilian martial arts movements which combine acrobatics with music and dance. Students build strength and coordination on gymnastics obstacle courses.		
Fri	10:30 am, 3:30 pm	
Sat	11:30 am	
Jr Capoeira 2	Age 5	55 min
Prerequisite: two sessions Jr. Capoeira 1 or coach recommendation.		
Thur	4:00 pm	
Sat	12:30 pm	

BIRTHDAY PARTIES at AcroSports!

Bring the joy of AcroSports to your child's special day! Your kids will run, jump, swing, bounce, zoom, and fly! Choose from three parties including **Bungee Bounce**, **Zip-a-dee Duo**, and **Mega Zipline**! Parties begin with fun on the gym floor, followed by a celebration in the Sun Room.

For more information about Birthday Parties, or to book one today, please see our website at acrosports.org/bdays.asp

YOUTH

From traditional gymnastics to tumbling and trampoline, AcroSports offers fun and progressive classes for active students in kindergarten and up. Our classes develop a positive relationship with physical activity through personal accomplishment and cooperative group activity. Students new to AcroSports must enroll in a Level 1 or beginning class, or schedule a skill assessment with the Program Manager, Tonya White. Evaluations are done at the end of every session to ensure proper class placement.

The coaches at AcroSports, all of whom were former athletes themselves, tailor their classes to best meet the needs of every individual student. Their ability to implement sound curriculum while always incorporating safety allows us to send students home with heightened self-esteem and achievement of their goals. For more information, contact Program Manager, Tonya White, at tonyaw@acrosports.org

GYMNASTICS

Students receive progressive training on the traditional Artistic Gymnastics events (Women's Events: Vault, Bars, Beam, Floor. Men's Events: Floor, Pommel Horse, Rings, Vault, Parallel Bars).

GIRLS

Level 1 Ages 5 + 1.5 hrs

Mon	4:00 pm	
Tue	3:30 pm	
Wed	4:00 pm	
Thu	3:30 pm	
Fri	5:00 pm	
Sat	11:00 am, 12:00pm	
Sun	9:00 am	

Level 2 Ages 5 + 1.5 hrs

Mon	3:30 pm	
Tue	4:00 pm	
Wed	3:30 pm	
Thur	4:00 pm	
Fri	3:30 pm	
Sat	9:00 am	
Sun	10:30 am	

Level 3 Ages 5 + 1.5 hrs

Gymnasts are strongly encouraged to attend 2 classes per week

Thur	5:00 pm	
Tue	5:00 pm	

Level 4 Ages 5 + 2 hrs

Gymnasts must attend 2 classes per week

Mon & Wed	4:00 pm	
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Level 5-7 Ages 5 + 2.5 hrs

Gymnasts must attend 2 classes per week

Mon & Wed	4:00 pm	
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TEEN

Level 1-3 Ages 10 + 1.5 hrs

Mon	5:30 pm	
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BOYS

Beginning Ages 5+ 1.5 hrs

Wed	5:00 pm	
Fri	4:00 pm	
Sat	9:30 am	10:30 am

Intermediate 2 hrs

Mon	5:00pm	
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Advanced 2 hrs

Gymnasts must attend 2 classes per week

Mon & Wed	4:00 pm	
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TUMBLING & TRAMPOLINE

Tumbling

Tumbling Students work on progressive tumbling skills, concentrating activities on the FasTrak, and tumble-strip.

Level 1 Ages 5+ 1.5 hrs

Tue	4:00pm	
Thur	2:30pm	

Level 2-3 Ages 5+ 1.5 hrs

Thur	4:00pm	
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Level 4-5 Ages 5+ 2 hrs

Thu	5:30 pm	
Sat	12:30 pm	

Beginning Trampoline Ages 7+ 1.5 hrs

Trampoline students learn basic jumps, drops and saltos.

Wed	5:30 pm	
Fri	5:30 pm	

Intermediate Trampoline Ages 7+ 1.5 hrs

Tue	5:30 pm	
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Board Sports Ages 7 + 1.5 hrs

Develops acrobatic strength, flexibility and skills necessary to do flips and grabs on skis and snow/wake boards. Includes work on FasTrak and trampoline with spotting belt.

Wed	6:00 pm	
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CIRCUS ARTS

Beginning Aerial Ages 7+ 1.5 hrs

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

Tue	4:30 pm	
Thur	4:30 pm	

Intermediate Aerial Ages 7+ 2 hrs

Students focus on stretching and breathing techniques, conditioning exercises and basic tricks. Coach evaluation required.

Tues	6:00 pm	
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URBAN ARTS

Wushu Ages 7+ 1.5 hrs

Wushu is the sport form of the martial arts (kung fu) in China. Students will learn basic foundational exercises consisting of: stances, kicks, punches, jumps, balances, sweeps, and throws as well as many acrobatic and tumbling techniques.

Tue	4:30 pm	
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Capoeira Ages 5+ 1.5 hr

Students build strength and coordination through Brazilian martial arts movements which combine acrobatics with music and dance.

Thur	5:00 pm	
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Youth Breakdancing Ages 6+

This beginning class introduces the fundamentals of break dancing: freezes, and power moves.

Beginning	1 hr	
Fri	5:00 pm	

Intermediate 1.5 hrs

Mon	4:30 pm	
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Parkour* Ages 7+ 1.5 hr

Focuses on uninterrupted, efficient forward motion over, under, around and through obstacles in one's environment. The goal is to adapt one's movement to any given obstacle through proper landing, running, jumping, climbing on, over and around obstacles, as well as safe spotting and training.

** This class will NOT be held outdoors.*

Beginning		
Wed	5:00 pm	
Thur	4:00 pm	

Intermediate		
Thur	5:30 pm	

Urban Circus Performance Ages 8+ 2 hrs

Designed to improve flexibility, strength, and acrobatic skills; provide a basic foundation in stage terminology, improvisation, character development, and choreography. Serves as a pre-requisite to City Circus.

Fri	4:00 pm	
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SPECIAL NEEDS

Intro to Acro Ages 5-14 1 hr

This class introduces students to basic gymnastics and tumbling skills and focuses on strength, flexibility, coordination, and class preparedness.

Sun	11:00 am (Ages 5-9)	
Sun	12:00 pm (Ages 10-14)	

PRIVATE LESSONS

Private Lessons are a great way to supplement classes at AcroSports or can serve as an individual's primary training. From children with special needs, to adults looking to learn, we match people with the perfect coach based on their individual needs.

For more information, please contact the private lesson coordinator, Tonya White, at tonyaw@acrosports.org or see our website at acrosports.org



CITY CIRCUS

City Circus is a high-level circus training and performance program for ages 10-24 which is designed to enrich the lives of the performers involved as well as prepare them for professional performance careers.

City Circus meets for 9 hours per week, and culminates in an annual show. For more information, please see: CityCircus.org



ALL CITY TEAM

The All City Team is a combination of high school tumbling and breakdance performers. Tumbling and any form of dance experience is highly recommended.

For information, please contact the Off-site Outreach Manager, Ed Johnson at edj@acrosports.org.