

Pre School

Children must be within the age group required for each particular class by **March 31, 2009**. Sorry, no exceptions.

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

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| Mon | 9:30, 10:30, 11:30 |
| Tue | 9:00, 10:00, 11:00 |
| Wed | 9:30, 10:30, 11:30 |
| Thu | 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.

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| Mon | 9:30, 10:30, 11:30, 1:00, 3:30 |
| Tue | 9:00, 10:00, 11:00, 3:00 |
| Wed | 9:30, 10:30, 12:30, 3:30 |
| Thu | 9:00, 10:00, 11:00, 3:00 |
| Fri | 9:30, 10:30, 11:30, 3:30, 4:30 |
| 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.

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|-----|--------------------------------|
| Mon | 9:30, 10:30, 1:00, 3:30, 4:30 |
| Tue | 9:00, 11:00, 3:00, 4:00 |
| Wed | 9:30, 10:30, 12:30, 2:30, 3:30 |
| Thu | 10:00, 2:00, 3:00, 4:00 |
| Fri | 9:30, 10:30, 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.

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| Mon | 4:30 |
| Tue | 11:00, 4:30 |
| Wed | 4:30 |
| Thu | 11:00 |
| Sat | 9:30, 10:30 |

TumbleStar Age 5 - 6 **1.5 hrs**
An introduction to artistic gymnastics apparatus, including floor, bars, and vault; for focused 5-year-olds students who have excelled in AcroFitness classes and are recommended by their coach. This class teaches skills in the Blue (Level 1a) routines.

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| Thu | 4:00 |
| Sat | 11:30 |

TumbleDance Ages 3.5 - 5 **55 min**
Explore rhythm, imaginative movement and beginning gymnastic skills in this exciting dance class.

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| Tue | 10:00 |
| Wed | 11:30 |

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

| | |
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| Mon | 3:30 |
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School Age

Gymnastics

Students receive progressive training on the traditional gymnastic events (Boys: floor exercise, pommel horse, still rings, vault, parallel bars. Girls: floor exercise, beam, uneven bars, and vault). Students enrolled in Green level and up are strongly encouraged to attend 2 or more classes per week to ensure steady progress.

Intro Gymnastics (boys & girls) Ages 6 - 7 **1 hr**
For students new to gymnastics or continuing from past Intro Gymnastics class. Focus is on basic tumbling with an intro to gymnastics apparatus.

| | |
|-----|------------|
| Mon | 4:30-6:00* |
| Tue | 3:30 |
| Wed | 4:00 |
| Thu | 4:00 |
| Fri | 3:30 |
| Sat | 12:30 |

* This 1.5 hour section of Intro Gymnastics is for returning Intro Gymnastics students and students moving into the schoolage program from AcroFitness

Intro Power Tumbling Ages 6 - 7 **1 hr**
Similar to Intro Gymnastics, but with a focus on tumbling and trampoline.

| | |
|-----|------|
| Mon | 3:30 |
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Girls

Blue (Level 1a) Ages 8 and up **1.5 hrs**

| | |
|-----|---------------|
| Mon | 4:30 (CO-ED) |
| Tue | 4:00 |
| Wed | 4:00 |
| Sat | 11:00 (CO-ED) |

Blue/Green (Level 1a/1b) **1.5 hrs**

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|-----|---|
| Thu | 4:00* <small>Previous TumbleStar Students or by coach recommendation only</small> |
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Preteen/Teen Blue/Green (Level 1a/1b) Ages 9 & up **1.5 hrs**

| | |
|-----|------|
| Mon | 6:00 |
| Thu | 5:30 |

Green (Level 1b) Ages 6 and up **1.5 hrs**

| | |
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| Tue | 4:30 |
| Fri | 4:30 (Green/Red (Level 1b/2)) |
| Sat | 10:30 (Green/Red (Level 1b/2)) |

Red (Level 2) Ages 6 and up **1.5 hrs**

| | |
|-----|--------------------------------|
| Tue | 4:00 |
| Thu | 5:00 |
| Fri | 4:30 (Green/Red (Level 1b/2)) |
| Sat | 10:30 (Green/Red (Level 1b/2)) |

Orange - Black (Level 3 - 5) **2 hrs**

It is strongly encouraged that these students enroll in at least two sections per week. By recommendation only.

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|-----|-------|
| Tue | 5:30 |
| Thu | 5:30 |
| Sat | 12:00 |

Boys

Blue (Level 1a) **1.5 hrs**

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|-----|---------------|
| Mon | 4:30 (CO-ED) |
| Wed | 5:00 |
| Sat | 11:00 (CO-ED) |

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 contact the Off-site - Outreach Manager, Bobby Vicario (415) 518-1036.

School Age

Tumbling & Trampoline

Tumbling 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. Please note: All 6 and 7-yr-old students who are new to gymnastics need to take Intro Gymnastics or Intro Tumbling before taking Blue Power Tumbling.

Blue Power Tumbling (Level 1) **1.5 hrs**

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|-----|--|
| Tue | 3:30 |
| Sat | 12:00 |
| Thu | 4:00* (Blue/Green mix level) * Previous TumbleStar Students or by coach recommendation only |

Green Power Tumbling (Level 2) **1.5 hrs**

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| Tue | 5:00 |
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Red + Power Tumbling (Level 3 -4) **2 hrs**

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| Thu | 5:30 |
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Trampoline Ages 8 and up **1.5 hrs**

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| Tue | 5:00 |
| Wed | 6:00 |
| Fri | 4:30 |

Parkour* Ages 8 and up **1 hr**

Parkour is a physical discipline inspired by human movement. It focuses on uninterrupted, efficient forward motion over, under, around and through obstacles in one's environment. The goal of parkour is to adapt one's movement to any given obstacle in one's path. Learn the basics of proper landing, running, jumping, climbing on, over and around obstacles, and safe spotting and training techniques.

* **This class will NOT be held outdoors.**

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| Wed | 6:00 pm |
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X Teams

Girls & Boys Gymnastics X-Teams **2 hrs x 2-3 days**

High potential students are given the opportunity to train and show routines throughout the year. X Team and Pre X Team are by invitation only. For more information please contact Andre Yee at AcroSports.

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| Mon, Wed, Fri | 4:00 |
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Pre X Team **2 hrs**

| | |
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| Mon | 4:00 * |
| * Required to take one additional class. | |

Dance and Movement

Youth Breakdancing Ages 8 and up **1 hr**

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

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| Fri | 5:00 |
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Youth Capoeira Ages 8 and up **1.5 hrs**

Brazilian martial art combining acrobatics, music and dance.

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| Wed | 4:30 - 6:00 |
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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. Please contact Colleen at colleen@acrosports.org for more information.

Performance / Urban Circus Arts

Beginning Training

Circus arts incorporate the many performing art forms used in circus. These classes focus on developing the physical skills, strength, and flexibility as well as the creative expression needed to excel as circus performers.

Intro to Circus Arts (Juggling & Clowning 101) 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. Classes offered for beginning and intermediate students.

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| Mon | 4:00 |
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Aerial Arts 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. Both classes are mixed level: Beginning/Intermediate.

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| 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.

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| Wed | 4:30 - 6 PM |
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Intermediate Training

Intermediate students follow a progressive curriculum that combines specialty training, theatre, and acrobatics to help them prepare for performing or entrance into the City Circus Troupe. All intermediate students are required to take 4 hours of classes per week: 2 hours of Recital Class, and 2 hours of specialized int./adv. training in a chosen focus discipline. Each session culminates in a public recital performance.

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.

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| Fri | 4:00 |
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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.

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| Thu | 6:00 - 8:00 |
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Contortion Ages 8 and up **2 hrs**

Students continue their conditioning and skill training while learning to develop choreography and use their art to create innovative performances. Emphasis is placed on expanding students' strength, flexibility, and repertoire of upper-level tricks.

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| Mon | 6:00 - 8:00 PM |
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Advanced Training



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.

The training program focuses on three core areas:

- Acrobatics - tumbling and partner/ensemble acrobatics, flexibility, strength and conditioning;
- Specialty skills - aerial arts, contortion, hand balancing, object manipulation or other specialized circus disciplines;
- Theatrical and creative performance - improvisation, dance and movement, character development and choreography

Audition required for City Circus. Please contact City Circus Artistic Director, Tim Barsky at 415-665-2276.

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| Mon, Wed, and Fri | 6:00 - 9:00 PM |
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Adult / Child Class! (mixed ages)

Beatboxing & Hip-Hop Theatre **1.5 hrs**

This class explores the techniques and themes of hip-hop theatre through the discipline of beatboxing. Beatboxing, or vocal percussion, is the art of imitating drums, synthesizers and turntables through the use of the human voice. This class will teach the fundamentals of beatboxing, and explore its uses within modern theatrical and circus performance. **Open to ages 8 and up.**

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| Mon | 5:00 PM |
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Adult

Parkour **1.5 hrs**

See description under SchoolAge.

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| Wed | 7:00 PM |
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Stretching **1.5 hrs**

This class helps adult students improve flexibility, range of motion, body alignment and control.

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| Tue | 6:00 PM |
| Thu | 6:00 PM |

Capoeira **1.5 hrs**

Brazilian martial art combining acrobatics, music and dance. To attend this class you must purchase a Capoeira Card. See the Fee Schedule section for more details.

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| Tue | 7:30 PM |
| Thu | 7:30 PM |

AcroSports also offers
Adult Private Lessons
& Customized
Personal Training program
Get a fitness evaluation and one-on-one training
in tumbling, gymnastics, circus arts and more!

Adult

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.**

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| Tue | 1:00 PM |
| Tue | 7:30 PM |
| Thu | 7:30 PM |

Aerial Conditioning **1.5 hrs**

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

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| Tue | 6:00 PM |
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AcroFitness **1 hr**

Get fit in a short but intense conditioning and stretching workout focusing on balance, strength and coordination. AcroFitness can greatly improve your success in other gymnastics classes.

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| Mon | 6:00 PM |
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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.

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| Mon | 8:00 PM |
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Breakdancing **1.5 hrs**

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

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|-----|---------|
| Mon | 7:00 PM |
|-----|---------|

Floor Workout **2 hrs**

Only open to currently enrolled students. Sorry, but we can NOT accommodate aerialists. This two hour supervised workout starts with a led warmup and stretch followed by open training on the floor, tumblestrip, Tumbletrak, and trampoline. Work out at your own pace on drills and skills learned in class. \$15 drop in fee for two hours or enroll for the cost of 1 additional hour!

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| Sun | 6:30 PM |
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Tumbling **2 hrs**

See description under SchoolAge.

Beginning - Intermediate

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| Tue | 7:00 PM |
| Thu | 7:00 PM |

Intermediate - Advanced

prerequisite: Able to do roundoff back-handspring

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| Mon | 6:30 PM |
| Wed | 6:30 PM |

Trampoline **1.5 hrs**

Practice your tumbling skills, improve body awareness and control, or just have fun on this exhilarating apparatus.

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| Tue | 6:30 PM |
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