



Kids/Teens Offerings

August 2017 *Drop Ins Welcome!*

Ages 18 mo. - 4 yrs: (One adult per child required)

Saturday: 8:40am Mini Monkey
Sunday: 8:40am Mini Monkey

Ages 5-8:

Monday: 3:30pm Parkour & Acrobatics
Tuesday: 12pm Aerial (ages 4-9)
3:30pm Parkour & Acrobatics
Wednesday: 2:35pm Aerial (ages 7-12)
3:20pm Aerial & Acrobatics **NEW!**
4:25pm Aerial & Acrobatics
Thursday: 3:40pm Parkour & Acrobatics
Friday: 4:40pm Parkour & Acrobatics
Saturday: 11am Parkour & Acrobatics (*Handstands)
Sunday: 2pm Parkour & Acrobatics (*Handstands)

Ages 9-12:

Monday: 3:30pm Parkour & Acrobatics
4:40pm Parkour & Acrobatics
Tuesday: 4:20pm Aerial (*Handstands)
4:40pm Parkour & Acrobatics (*Handstands)
Wednesday: 2:35pm Aerial (ages 7-12)
3:45pm Aerial (ages 9-17)
Thursday: 3:45pm Parkour & Acrobatics
4:45pm Parkour Level 2**
Friday: 5:50pm Parkour & Acrobatics (*AcroYoga L1)
Saturday: 12:10pm Parkour & Acrobatics (*Flexibility)
Sunday: 3:15pm Parkour & Acrobatics (*Acrobatics L1)
4:30pm Aerial (ages 9-17)

Ages 13-17:

Monday: 4:35pm Parkour & Acrobatics
Tuesday: 5:30pm Aerial
Wednesday: 3:45pm Aerial (ages 9-17)
Thursday: 4:50pm Parkour & Acrobatics
5:55pm Acrobatics (*Air Ballet)
Friday: 7:10pm Parkour & Acrobatics (*AcroYoga) ← 8/18 canceled
Saturday: 2:45pm Parkour & Acrobatics
Sunday: 4:30pm Aerial (ages 9-17)

Summer Camps



Single Day Drop-Ins Welcome

AGES 3-6: Mini Monkey Ninja
July 31-Aug 4, 9am-12pm
Aug 14-18, 9am-12pm

AGES 7-12: Monkey Ninja
Aug 7-11, 9am-12pm & 12:30-3:30pm
Aug 28-Sept 1, 9am-12pm

AGES 13-19: Parkour & Acrobatics
July 31-Aug 4, 12:30-3:30pm

ADULTS: Monkey Ninja
Aug 7-11, 12:30-3:30pm

Check our website for more details, monthly schedule changes and daily updates!

Advanced Monkey University



Sept 9 - Dec 16
Saturdays 3-6pm



Some kids just cannot be stopped, so Athletic Playground is starting a new program for its most committed youth students in order to give them the practice and training they need to be versatile, strong, and coordinated movers throughout their lives.

Ages 9+
Limited Spots - Apply Now!
More info online under kids/teens workshops & camps



Interested in Birthday Parties?
frontdesk@tapgym.com

* Parents can attend this adult class at the same time! (See adults schedule for details)

** Prerequisites: Familiarity with basic vaults and rolls

All classes are 1 hour. No students admitted to class more than 10 minutes late. Please come early to sign in!
Reserved spaces may be given away to the waitlist if unclaimed by 5 minutes before the start time of class.



Adults Offerings *Drop Ins Welcome!*

August 2017

CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerial Skills L2* 9:20am	Monkey Conditioning 8:30am	Lyra 12:15pm	Monkey Cond. 8:30am	Lyra 9:30am	Aerial Skills 8:45am	Parkour 10:00am
Aerial Conditioning 10:30am	Aerial L2* 9:40am	Handstands 4:40pm	Handstands 11:20am	Iron Monkey 9:35am	Monkey Conditioning 9:50am	Monkey Conditioning 10:00am
Flexibility 11:45am	Aerial Skills 10:45am	Movement Games 4:55pm	Flexibility 12:30pm	Movement Prep. 10:45am	Aerial Conditioning 10:00am	Aerial Conditioning 11:15am
Handstands 2:20pm	Handstands 4:30pm	Aerial Conditioning 5:35pm	Parkour 1:40pm	Aerial Conditioning 10:45am	Handstands L2* 10:00am	Acrobatics L2* 11:15am
Handstands L1 5:45pm	Handstands L2* 5:40pm	AcroYoga L1 6:00pm	Aerial Skills L1 2:30pm	Flexibility 12:00pm	Handstands L1 11:15am	Bellydance 11:15am
Lyra 5:45pm	Movement Games 5:45pm	Acrobatics 6:05pm	Old School Hiphop 6:00pm NEW!	Partner Acro 1:10pm	Flexibility 12:30pm	Partner Acro L1 12:30pm
AcroYoga L1 5:50pm	Monkey Conditioning 6:45pm	Aerial Skills L2* 6:45pm	Air Ballet 6:00pm	Aerial Skills L3* 3:35pm	Trapeze* 1:40pm	Flexibility 12:30pm
AcroYoga 6:55pm	Tango Skills 6:50pm	AcroYoga 7:15pm	Flexibility 7:05pm	Aerial Skills L1 4:45pm	Acrobatics 3:55pm	Aerial Skills L1 1:45pm
Acrobatics 7:00pm	Partner Acro L2* 7:00pm	Aerial Skills L1 7:55pm	AcroYoga L1 7:05pm NEW!	Aerial Skills L2* 6:00pm		Handstands 2:00pm
Flexibility 7:05pm	Tango Practice 8:00pm	Handstands 8:20pm	Monkey Cond. 7:05pm	AcroYoga L1 6:00pm		Acrobatics L1 2:55pm
Thai Massage 8:10pm	Partner Acro L3* 8:05pm	Parkour 8:30pm	Aerial Skills L1 8:10pm	AcroYoga 7:10pm 8/18 canceled		Push Hands Skills 4:00pm
Iron Monkey 8:15pm	Flexibility 8:05pm	Aerial Skills L3* 9:00pm	Handstands L1 8:10pm	Parkour L1 8:20pm 8/18 canceled		Push Hands Practice 5:00pm
Aerial Conditioning 8:15pm	Parkour L2* 9:15pm		AcroYoga L2 8:10pm NEW TIME!			
			Parkour 9:15pm			
			Hand to Hand* 9:15pm NEW!			

All Classes are 1 hour. Level 1 is the most beginner level. If there is no level assigned, the class is open to all levels. Please come early to sign in before class! No students admitted to class more than 10 minutes late. Reserved spaces may be given away to the waitlist if unclaimed by 5 minutes before the start time of class.

*Before attending class, please check prerequisites online or at the front desk, and check with the teacher about your skill level.

OPEN PLAY
SUMMER SCHEDULE

12pm-3:30pm 8/7 canceled	9am-4:20pm 8/1 only 1:10-4:20pm 8/8 canceled 8/15 only 12-4:20pm 8/29 only 12-4:20pm	9am-3:20pm 8/2 only 9am-12pm & 1:15-2:30pm 8/9 only 9am-12pm	9:40am-2:30pm 8/3 No 12:30-2:30pm 8/10 No 12:30-2:30pm	12-4:40pm 8/4 only 2:10-3:35pm 8/11 No Open Play 8/25 10:30am-4:40pm	11:15am-12:15pm <i>ASL Jam only</i>	9am-10am
9:15-11pm	9:05-11pm	9-11pm	2:40-3:45pm 8/10 canceled	8:10-11pm 8/11 TOE JAM 8:10pm to midnight 8/18 canceled	12:15-5:45pm 8/19 12:15-2:45pm	4-6pm 8/20 canceled
			10:15-11pm			

WORKSHOPS

Adult Monkey Ninja Summer Camp
w/ Marria Grace
Aug 7-11, 12:30-3:30pm

Zero to Flying
w/ Scott Wells
Aug 19-20
11am-1:30pm (Berkeley)
3-6pm (at AP)

Primal Play
w/ Aaron Cantor
Oct 7-8, 5-8pm
Oct 9, 12-3pm

Air Ballet Repertory
w/ Kate Hutchinson
Oct 9-13
8:30-11:30am

Evolve Move Play
w/ Rafe Kelley
Nov 4-5 (in SF)
9am-5am

Splits & Bridge
w/ Rob Pretorius
Dec 16-17
4-8pm

Aerial Choreography
w/ Kate Hutchinson
Jan 6,13,20,27, 2018
5-8pm

Animal Instinct
w/ Matan Lekowich
Apr 7-8, 2018

RETREAT

Movement Exploration Retreat
w/ Shira Yaziv
Apr 21-28, 2018
(Costa Rica)

EVENTS

- Aug 9 & 23 MEDITATION FOR EVERYONE** Free event 7:05-7:50pm
- Aug 11 TOE JAM** Community Open Play 8:10pm-midnight
- Sept 24 Mullets & Mohawks: A Karaoke Night** Karaoke Night of Power Ballads & Big Hair 8-11:30pm
- Nov 11 Athletic Playground Celebrating 9 years shows** 4:30pm & 8:30pm (doors open 30 min before)

Check our website for more details, monthly schedule changes and daily updates!