



Kids/Teens Offerings

June 2018 *Drop Ins Welcome!*

Ages 2-4: (One adult per child required)

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

Ages 5-8:

Monday: 3:30pm Parkour & Acrobatics
 4:40pm Parkour & Acrobatics
 Tuesday: 12pm Aerial (ages 4-9) (*Acrobatics/Flexibility)
 3:30pm Parkour & Acrobatics
 Wednesday: 2:35pm Aerial (ages 7-12)
 3:30pm Parkour & Acrobatics
 4:35pm Aerial & Acrobatics
 Thursday: 3:40pm Parkour & Acrobatics
 Friday: 4:40pm Parkour & Acrobatics
 Saturday: 11am Parkour & Acrobatics (*Handstands)
 3pm Parkour & Aerial – 6/2, 6/16 & 6/23 canceled
 Sunday: 12:25pm Parkour & Acrobatics (*Flexibility)
 2pm Parkour & Acrobatics (*Handstands)

Ages 9-12:

Monday: 3:30pm 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 (*Friday Acro Night) – 6/1 & 6/22 canceled
 Saturday: 12:10pm Parkour & Acrobatics
 4:10pm Aerial (*Acrobatics)
 Sunday: 3:15pm Parkour & Acrobatics (*Acrobatics L1)
 4:30pm Aerial (ages 9-17)

Ages 13-17:

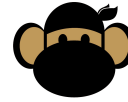
Monday: 4:35pm Parkour & Acrobatics
 Tuesday: 5:30pm Aerial
 Wednesday: 3:45pm Aerial (ages 9-17)
 Thursday: 4:50pm Parkour & Acrobatics
 5:55pm Acrobatics (*Monkey Cond. Or Dance Jam)
 Friday: 7:10pm Parkour & Acrobatics (*Friday Acro Night) – 6/1 & 6/22 canceled
 Saturday: 2:45pm Parkour & Acrobatics
 Sunday: 4:30pm Aerial (ages 9-17)

* Parents can attend this adult class at around 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.

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



MONKEY NINJA SUMMER CAMPS

AGES 3-5:

JUNE 4 - JUNE 15 Mornings only

AGES 5-8:

JUNE 4 - JUNE 15 Afternoons only
JUNE 18 - JULY 13 Mornings /
Afternoons / All Day

AGES 7-12:

JULY 16 - AUG 10 Mornings /
Afternoons / All Day
AUG 13 - AUG 17 Mornings only

Mornings: 9am-12pm
Afternoons: 12:30-3pm
All Day: 9am-3pm

CAMPS ARE MONDAY - FRIDAY ONLY
SINGLE DAY / HALF DAY DROP INS WELCOME



TEEN INTENSIVES

AGES 13-19:

AERIAL AUG 13-17
PARKOUR AUG 13-17



Both programs: 12:30-3:30pm

SINGLE DAY DROP INS WELCOME

Advanced Monkey University

(Ages 9+) Fall 2018

SEP 8 - DEC 15

Saturdays 3-6pm

New program for Athletic Playground's 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.

Limited Spots - Apply Now!

More info online under kids/teens workshops & camps



Interested in Birthday Parties?
frontdesk@tapgym.com



Adults Offerings

Drop Ins Welcome!

June 2018

CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerial Conditioning 10:30am	Monkey Conditioning 8:30am	Lyra 12:15pm	Monkey Conditioning 8:30am	Lyra 9:30am	Aerial Skills 8:45am	Parkour 10am 6/3 Open Play Instead
Flexibility 11:45am	Aerial L2* 9:40am	Aerial Skills L3* 1:25pm	Handstands 11:20am	Aerial Conditioning 10:45am	Monkey Conditioning 9:50am	Monkey Conditioning 10am 6/24 Open Play Instead
Handstands L1 5:45pm	Aerial Skills 10:45am	Handstands 4:45pm	Lyra 12:15pm	Flexibility 12pm	Aerial Conditioning 10am	Aerial Conditioning 11:15am 6/3 Open Play Instead
Lyra 5:45pm	Flexibility 11:55am	Aerial Conditioning 5:45pm	Rope and Straps 1:20pm	Acrobatics 1:10pm	Handstands L2* 10am	Aerial Conditioning 11:15am 6/3 Open Play Instead
AcroYoga L1 5:50pm	Rope & Straps 1:05pm	AcroYoga L1 6pm	Aerial Skills L1 2:30pm	Standing Partner Acro 2:20pm	Handstands L1 11:15am	Acrobatics L2* 11:15am
Acrobatics 7pm	Handstands 4:30pm	Acrobatics 6:05pm	Flexibility 3:45pm NEW!	Aerial Skills L3* 3:35pm	Trapeze* 1:40pm	Flexibility 12:30pm
Flexibility 7:05pm	Handstands L2* 5:40pm	Aerial Skills L2* 6:55pm	Handstands 4:50pm NEW!	Aerial Skills L1 4:45pm	Acrobatics 3:55pm NEW!	Aerial Skills L1 1:45pm
Thai Massage 8:10pm	Monkey Conditioning 6:45pm	Handstands 7:10pm	Monkey Conditioning 6pm	Aerial Skills L2* 6pm	Tango Skills 5:35pm	Handstands 2pm
Iron Monkey 8:15pm	Tango Skills 6:50pm	AcroYoga 7:15pm	Dance Jam 6pm	Friday Night Acro 6pm		Acrobatics L1 2:55pm
Aerial Conditioning 8:15pm	Partner Acro 7pm	Aerial Skills L1 8:05pm	Flexibility 7:05pm	Friday Night Acro & Thai Massage 7:10pm		
	Tango Practice 8pm	Parkour 8:30pm	AcroYoga L2* 7:05pm	Parkour L1 8:20pm 6/22 Open Play Instead		
	Partner Acro L2* 8:05pm		Air Ballet 7:05pm 6/28 Aerial Skills Instead			
	Flexibility 8:05pm		Aerial Skills L1 8:10pm			
	Parkour L2* 9:15pm		AcroYoga L2* 8:10pm			
			Lyra L1 9:15pm			

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

All Classes are 1 hour unless noted otherwise. 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

Ages 18+ only

9am-10:30am	2:05-4:20pm 6/5 10:45-12:25pm & 2:05-3:30pm 6/12 11:45-12:25pm & 2:05-4:40pm	9am-12:30pm 6/20 & 6/27 9am-12:15pm	9am-12:15pm	11:45am-12:30pm 6/1 9am-11pm!! 6/22 & 6/29 canceled	12:20-4:10pm 6/9 1:10-2:45pm 6/30 12:20-2:45pm	9am-10am 6/3 9am-12:20pm 6/24 9-11am
11:30am-3:30pm	5:40-7pm	4:45-6:05pm		3:20-4:40pm 6/8 canceled	5pm-5:45pm	4-5:45pm
9:15-11pm	9:05-11pm	9:05-11pm	9:10-11pm	8:10-11pm 6/1 9am-11pm!! 6/22 5:45-11pm		

WORKSHOPS

Aerial Silks: Belay for Days
w/ Paper Doll Militia
June 9
11:30am-1:30pm

Aerial Straps: Arm Rollups
w/ Kelton Retherford
July 8
5:45-7:15pm

Lyra: Spiny Spins
w/ Martha Fehrman
Aug 11-12
5-6:30pm

Zero to Flying
w/ Scott Wells
Aug 18-19
11:30am-1pm Finnish Hall
3-6pm Athletic Playground

Decoding Motion
w/ Iftach Vardi
Sept 8-9
10am-4pm
at Finnish Hall, Berkeley

Co-ed Pelvis Party
w/ Marlo Fiske
Nov 3-4
7-10pm

EVENTS

JUNE 8 TOE JAM Community Open Play 8:10-11pm
JUNE 9 MICRO FUSION DANCING 8:30pm Class, 9:30pm-1am Open Dancing
JUNE 16,17,23,24 THE SECRETS OF THE TREES 8pm shows by AP artist in residency
SEPT 1 MOBILITY JAM 6:30pm Class 7-10pm Dance/Move/Practice with Live Music
SEPT 15 TANGO EVENT 5:35pm Class 6:35-8:30pm Social Dancing with Live Music
OCT 20 ATHLETIC PLAYGROUND 10 YEAR ANNIVERSARY - Save the date!

RETREATS

Handstands & Acrobatics
w/ Shira Yaziv
Feb 16-23, 2019
(Mexico)

Movement Exploration
w/ Shira Yaziv, Andrey Pfening,
Rachel Baker & Sebastian Grubb
May 11-18, 2019
(Costa Rica)