



Kids/Teens Offerings

April 2018 *Drop Ins Welcome!*

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

Saturday: 8:40am Mini Monkey
Sunday: 8:40am Mini Monkey – 4/22 canceled

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)
3:20pm Parkour & Acrobatics
4:25pm Aerial & Acrobatics
Thursday: 3:40pm Parkour & Acrobatics
Friday: 4:40pm Parkour & Acrobatics
Saturday: 11am Parkour & Acrobatics (*Handstands)
3pm Parkour & Aerial
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)
Saturday: 12:10pm Parkour & Acrobatics
4:10pm Aerial (ages 9-17) (*Acrobatics)
Sunday: 3:15pm Parkour & Acrobatics (*Acrobatics L1/Physical Comedy)
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)
Saturday: 2:45pm Parkour & Acrobatics
4:10pm Aerial (ages 9-17) (*Acrobatics)
Sunday: 4:30pm Aerial (ages 9-17)



MONKEY NINJA SUMMER CAMPS

AGES 3-5:
JUN 4 - JUNE 15 9am-12pm

AGES 5-8:
JUN 4 - JUN 15 12:30-3:30pm
JUN 18 - JUL 13 9am-12pm or
12:30-3:30pm or 9am-3:30pm

AGES 7-12:
JUL 16 - AUG 10 9am-12pm or
12:30-3:30pm or 9am-3:30pm
AUG 13 - AUG 17 9am-12pm

CAMPS ARE MONDAY - FRIDAY ONLY
SINGLE DAY / HALF DAY DROP INS WELCOME
EARLY BIRD RATES AVAILABLE NOW!

TEEN INTENSIVES



AGES 13-19:
AERIAL AUG 13-17
PARKOUR AUG 13-17



Both programs: 12:30-3:30pm

SINGLE DAY DROP INS WELCOME
EARLY BIRD RATES AVAILABLE NOW!

Advanced Monkey University (Ages 9+)

Fall 2018

SEP 8 - DEC 15
Saturdays 3-6pm

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.

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 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.



Adults Offerings

Drop Ins Welcome!

April 2018

CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerial Conditioning 10:30am	Monkey Cond. 8:30am	Lyra 12:15pm	Monkey Conditioning 8:30am	Lyra 9:30am 4/20 canceled	Aerial Skills 8:45am	Parkour 10am
Flexibility 11:45am	Aerial L2* 9:40am	Aerial Skills L3* 1:25pm	Gentle Mobility 10:15am 4/19 & 4/26 canceled	Aerial Conditioning 10:45am	Movement Prep. 8:50am	Monkey Conditioning 10am
Handstands L1 5:45pm	Aerial Skills 10:45am	Handstands 4:45pm	Handstands 11:20am	Flexibility 12pm	Monkey Conditioning 9:50am	Aerial Conditioning 11:15am
Lyra 5:45pm	Flexibility 11:55am NEW Starting 4/10!	Movement Prep. 4:55pm	Lyra 12:15pm	Acrobatics 1:10pm	Aerial Conditioning 10am	Acrobatics L2* 11:15am
AcroYoga L1 5:50pm	Acrobatics 12pm	Aerial Conditioning 5:35pm	Flexibility 12:30pm	Standing Partner Acro 2:20pm	Handstands L2* 10am	Flexibility 12:30pm
AcroYoga L2* 6:55pm	Rope & Straps 1:05pm NEW Starting 4/10!	AcroYoga L1 6pm	Rope and Straps 1:20pm	Aerial Skills L3* 3:35pm	Handstands L1 11:15am	Aerial Skills L1 1:45pm
Acrobatics 7pm	Handstands 4:30pm	Acrobatics 6:05pm	Parkour 2:30pm	Aerial Skills L1 4:45pm	Trapeze* 1:40pm	Handstands 2pm
Flexibility 7:05pm	Handstands L2* 5:40pm	Aerial Skills L2* 6:45pm	Aerial Skills L1 2:30pm	Aerial Skills L2* 6pm	Movement Prep. 1:45pm NEW Starting 4/14!	Acrobatics L1 2:55pm
Thai Massage 8:10pm	Movement Games 5:45pm	Handstands 7:10pm	Monkey Cond. 6pm	Friday Night Acro 6pm	4/24 Open Play Instead	Physical Comedy 3:10pm 4/22 canceled
Iron Monkey 8:15pm	Monkey Cond. 6:45pm	AcroYoga 7:15pm	Dance Jam 6pm	Friday Night Acro & Thai Massage 7:10pm	Monkey Cond. 6:45pm	Movement Prep. 4-6pm
Aerial Conditioning 8:15pm 4/2 Open Play Instead	Tango Skills 6:50pm	Aerial Skills L1 7:55pm	Flexibility 7:05pm	Parkour L1 8:20pm	Tango Skills 5:35pm 4/14 canceled	
	Partner Acro 7pm	Parkour 8:30pm	AcroYoga L2* 7:05pm			
	Tango Practice 8pm		Air Ballet 7:05pm			
	Partner Acro L2* 8:05pm		Aerial Skills L1 8:10pm			
	Flexibility 8:05pm		AcroYoga L2* 8:10pm			
	Parkour L2* 9:15pm		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-3:30pm	9am-12pm	9am-3:20pm	9am-2:30pm	9am-4:40pm 4/6 only 9am-3:30pm	1:10-2:45pm	9am-10am
9:15-11pm 4/2 8-11pm	1-4:20pm					
	9:05-11pm 4/24 also 5:40-7pm	9-11pm	9:10-11pm	8:10-11pm 4/13 canceled	5-5:45pm 4/14 canceled	4-5:45pm 4/15 canceled

WORKSHOPS

Animal Instinct
w/ Matan Lekowich
Apr 7-8
Sat: 12:30-7:30pm
Sun: 10am-5pm

Body Knowledge: Hip, Knee & Ankle
w/ Jaimie Harrow
April 15
5-7pm

Press Handstands
w/ Leah Samelson
April 21-22
3-5pm

Body Knowledge: Spine
w/ Jaimie Harrow
May 6
5-7pm

RETREATS

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

Intro to Tricking
w/ Glenn Davy
May 26
5:15-7:15pm

Aerial Evaluation
w/ Glenn Davy
May 27
Level 1-2 4:15-6:15pm
Level 2-3 6:30-8:30pm

ACTION!
w/ Glenn Davy
May 28
11am-3pm

Moving & Connecting
w/ Shira Yaziv & Ohad Interator
May 31-June 2, 2018
(Israel)

EVENTS

APR 13 MICRO FUSION DANCING 8:30pm Class, 9:30pm-1am Open Dancing
APR 14 PLAYGROUND AFTER DARK 7:30pm Doors Open, 8pm Show, Open Play till 11pm
APR 20 TOE JAM Community Open Play 8:10-11pm
MAY 11 TOE JAM Community Open Play 8:10-11pm
MAY 12 MICRO FUSION DANCING 8:30pm Class, 9:30pm-1am Open Dancing
MAY 19 MOBILITY JAM W/ LIVE MUSIC 6:30pm Class, 7:30-10pm Open Dancing

4770 San Pablo Ave, Unit E, Emeryville, CA 94608

AthleticPlayground.com

(510) 355 - 1626