



Kids/Teens Offerings

December 2018 *Drop Ins Welcome!*

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

Saturday: 8:40am Mini Monkey – 12/22 & 12/29 canceled
 Sunday: 8:40am Mini Monkey – 12/23 & 12/30 canceled

Ages 5-8:

Monday: 3:30pm Parkour & Acrobatics – 12/24 & 12/31 canceled
 4:40pm Parkour & Acrobatics – 12/24 & 12/31 canceled
 Tuesday: 12pm Aerial (ages 4-9) (*Acrobatics) – 12/25 & 1/1 canceled
 3:30pm Parkour & Acrobatics – 12/18, 12/25 & 1/1 canceled
 Wednesday: 2:35pm Aerial (ages 7-12) – 12/26 canceled
 3:30pm Parkour & Acrobatics – 12/19 & 12/26 canceled
 4:35pm Aerial & Acrobatics
 Thursday: 3:40pm Parkour & Acrobatics – 12/27 canceled
 Friday: 4:40pm Martial Arts Play – 12/21 & 12/28 canceled
 Saturday: 11am Parkour & Acrobatics (*Handstands)
 1:50pm Martial Arts Play – 12/22 & 12/29 canceled
 3pm Aerial – 11/24 Canceled
 Sunday: 12:25pm Parkour & Acrobatics (*Flexibility) – 12/23 & 12/30 canceled
 2pm Parkour & Acrobatics (*Handstands)

Ages 9-12:

Monday: 3:30pm Parkour & Acrobatics – 12/24 & 12/31 canceled
 Tuesday: 4:20pm Aerial (*Handstands) – 12/18, 12/25 & 1/1 canceled
 4:40pm Parkour & Acrobatics (*Handstands) – 12/18, 12/25 & 1/1 canceled
 Wednesday 2:35pm Aerial (ages 7-12) – 12/26 canceled
 3:45pm Aerial (ages 9-17)
 Thursday: 3:45pm Parkour & Acrobatics
 4:45pm Parkour Level 2** – 12/27 canceled
 Friday: 5:50pm Parkour & Acrobatics (*Partner Acro) – 12/7 canceled
 Saturday: 12:10pm Parkour & Acrobatics
 4:10pm Aerial – 11/24 canceled
 Sunday: 3:15pm Parkour & Acrobatics
 4:30pm Aerial (ages 9-17) – 12/2 canceled

Ages 13-17:

Monday: 4:35pm Parkour & Acrobatics – 12/24 & 12/31 canceled
 Tuesday: 5:30pm Aerial – 12/25 & 1/1 canceled
 Wednesday: 3:45pm Aerial (ages 9-17)
 Thursday: 4:50pm Parkour & Acrobatics
 5:55pm Acrobatics (*Partner Acro / Dance Jam)
 Friday: 7:10pm Parkour & Acrobatics (*Acro) – 12/7 canceled
 Sunday: 4:30pm Aerial (ages 9-17) – 12/2 canceled

* 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.

Monkey Ninja Winter Camp

AGES 5-8:
December 26-28

AGES 7-12:
January 2-4



Single Day/Half Day
Drop-ins welcome!

Morning: 9am-12pm
Afternoon: 12:30-3:30pm
Full Day: 9am-3:30pm

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



Interested in Birthday Parties?
frontdesk@tapgym.com



**ATHLETIC
PLAYGROUND**

Adults Offerings *Drop Ins Welcome!*

December 2018

CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerial Skills L1 9:20am	Monkey Cond. 8:30am <i>12/11 & 12/18 Canceled</i>	Contact Improvisation 9:30am	Handstands 11:20am	Aerial Conditioning 10:45am	Aerial Skills 8:45am	Monkey Conditioning 10am <i>12/23 Open Play Instead</i>
Aerial Conditioning 10:30am	Aerial L2* 9:40am	Aerial Skills 12:15pm	Active Flexibility 12:20pm NEW starting 12/13	Flexibility 12pm	Monkey Conditioning 9:50am	Parkour 10am
Flexibility 11:45am	Aerial Skills 10:45am	Aerial Skills L3* 1:25pm	Rope and Straps 1:20pm	Lyra L2 12pm <i>12/21 & 12/28 Open Play Instead</i>	Aerial Conditioning 10am	Aerial Conditioning 11:15am
Handstands L1 5:45pm	Acrobatics 12pm	Handstands 4:45pm	Acrobatics 2:30pm	Handstands 1:10pm <i>12/28 Open Play Instead</i>	Handstands L1 11:15am	Acrobatics L2* 11:15am
Lyra 5:45pm	Rope & Straps 1:15pm	Aerial Conditioning 5:45pm	Aerial Skills L1 2:30pm <i>12/27 Open Play Instead</i>	Standing Partner Acro 2:20pm <i>12/28 Open Play Instead</i>	Handstands 2:30pm	Flexibility 12:30pm
AcroYoga L1 5:45pm	Handstands 4:30pm	AcroYoga L1 6pm <i>12/26 Canceled</i>	Flexibility 3:45pm	Aerial Skills L3* 3:35pm	Tango Skills 5:35pm	Aerial Skills L1 1:45pm
AcroYoga 7pm	Handstands L2* 5:40pm	Acrobatics 6:05pm	Handstands 4:50pm	Aerial Skills L1 4:45pm		Handstands 2pm
Acrobatics 7pm	Contact Improv. 5:45pm	Aerial Skills L2* 6:55pm	Partner Acro L1 6pm	Air Ballet 6pm	Friday Night Acro 6pm <i>12/28 Open Play Instead</i>	Acrobatics L1 2:55pm
Flexibility 7:05pm <i>12/3 canceled</i>	Monkey Cond. 6:45pm	Handstands 7:10pm	Dance Jam 6pm	Friday Night Acro & Thai Massage 7:10pm <i>12/28 Open Play Instead</i>		
Thai Massage 8:15pm	Tango Skills 6:50pm	AcroYoga 7:15pm	Flexibility 7:05pm	Parkour L1 8:20pm <i>12/7 Open Play Instead</i>		
Aerial Conditioning 8:15pm	Partner Acro 7pm	Aerial Skills L1 8:05pm	AcroYoga L2* 7:05pm			
	Tango Practice 8pm	Parkour 8:30pm	Air Ballet 7:05pm			
	Partner Acro L2* 8:05pm		Aerial Skills L1 8:10pm			
	Parkour L2* 9:15pm		AcroYoga L2* 8:10pm			
			Lyra L1 9:15pm			
12/24, 12/25, 12/31 & 1/1 WE ARE CLOSED!						

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 12/24 & 12/31 canceled	9am-12pm 12/25 & 1/1 canceled	9am-3:30pm 10:30-12pm Also Contact Improvisation Jam 12/19 9am-4:30pm 12/26 9am-12pm & 2:30-4:35pm	9am-2:30pm 12/27 9-11:20am & 3:30-6pm	9am-12pm 12/21 9am-5:45pm 12/28 9-10:45am	12:20-3pm 12/8 12:20-2pm 12/22 & 12/29 9-9:50am & 12:20-3pm	9-10am
	1-4:20pm 12/25 & 1/1 canceled	4:45-6:05pm		1-4:40pm 12/21 9-5:45pm 12/28 1-5:50pm & 6:50-8:20pm	5:10-5:45pm	1:25-2pm 12/23 12:20-2pm
8-10:30pm 12/24 & 12/31 canceled	8-10:30pm 12/25 & 1/1 canceled	9:05-10:30pm	9:10-10:30pm	8:10-10:30pm 12/7 7-10:30pm 12/28 canceled		4-5:45pm 12/16 canceled

WORKSHOPS

Maintain Mobility
w/ Dr. Jaimie Harrow
Dec 2 & Jan 6
4:30-6:30pm

Acrogasm: Foreplay!
w/ Lara & Jaimie Harrow
Dec 16
4-7:30pm

Insolite Movement
w/ Manon Siv
Jan 12-13
12-3pm
Finnish Hall, Berkeley

Intro to Handstands
w/ Shira Yaziv
Jan 12-13
4-5:30pm

Shared Levitation
w/ Marion & Alan
Jan 26-27
9-11am & 12-6pm
Flowspace, Emeryville

Rigging
w/ Brett Copes
Jan 26-27
Rigging 101: Sat 1-7pm
Rigging 102: Sun 4-10pm

Dynamic Partnering
w/ Megan Lowe & Shira Yaziv
Feb 2-3
10am-2pm
Finnish Hall (Berkeley)

Zero to Flying
w/ Scott Wells
Feb 23-24
11am-1:30pm Finnish Hall
3-6pm Athletic Playground

Weightlessness
w/ Almog Loven
March 29-31
Fri 6-10pm
Sat-Sun 10am-6pm
Finnish Hall, Berkeley

Fighting Monkey
w/ Jozef Frulec
April 20-21
Sat: 1-7pm, Sun 10-5pm
Flowspace, Emeryville

EVENTS

DEC 8 & JAN 12 MICRO FUSION DANCING

8:30pm Class, 9:30pm-1am Open Dancing

DEC 28 ALTERNATIVE TANGO

8:30pm Class, 9:30pm-12:30am Open Dancing

JAN 26 PLAYGROUND AFTER DARK

7-10pm, Performances, Classes, Open Play and More

RETREAT

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

4770 San Pablo Ave, Unit E,
Emeryville, CA 94608
AthleticPlayground.com
(510) 355 - 1626

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