



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

Adult Classes – May 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monkey Conditioning 6:00-7:00am	Monkey Conditioning 8:30-9:30am	Monkey Conditioning 6:00-7:00am	Monkey Conditioning 8:30-9:30am	Monkey Conditioning 6:00-7:00am	Monkey Conditioning 8:30-9:30am	Monkey Conditioning 10:00-11:00am
Open Play (members only) 6:00-9:30am	Open Play (members only) 8:30-9:30am	Open Play (members only) 6:00-9:30am	Open Play (members only) 8:30-9:30am	Open Play (members only) 6:00-9:30am	Open Play 8:30-10:00am	Intro to Parkour 10:15-11:15am
Monkey Conditioning 7:15-8:15am	Open Play 9:30am-1:00pm	Monkey Conditioning 7:15-8:15am	Open Play 9:30am-12:00pm	Monkey Conditioning 7:15-8:15am	Monkey Conditioning 9:45-10:45am	Acrobatics 11:15am-12:15pm
Monkey Conditioning 8:30-9:30am	Aerial Conditioning 12:00-1:00pm	Monkey Conditioning 8:30-9:30am	Intro to Aerial 5:30-6:30pm	Monkey Conditioning 8:30-9:30am	Aerial Conditioning 10:00-11:00am	Flexibility 11:30am-12:30pm
Open Play 9:30am-12:00pm	Handstand 5:30-6:30pm	Open Play 9:30am-12:00pm	AcroYoga L2 5:45-6:45pm	Open Play 9:30am-12:00pm	Handstand 11:00am-12:00pm	Handstand 12:30-1:30pm
Monkey Conditioning 5:45-6:45pm	AcroBalance 5:30-6:30pm	Acrobatics 4:15-5:15pm	Monkey Conditioning 6:45-7:45pm	Aerial Conditioning 10:45-11:45am	Hooping 11:15am-12:15pm	Aerial Fabric L1 12:45-1:45pm
Breakdance 6:00-7:00pm	Monkey Conditioning 6:45-7:45pm	Open Play 4:15-5:45pm	AcroYoga L2 7:00-8:00pm	Monkey Conditioning 5:45-6:45pm	AcroBalance 12:15-1:15pm	Open Play 1:45-6:45pm
Intro to Aerial 6:45-7:45pm	AcroYoga L2 7:00-8:00pm	Aerial Conditioning 5:30-6:30pm	Flexibility 8:00-9:00pm	Aerial Skills L1 6:00-7:00pm	Parkour L2 12:30-1:30pm	Intro to Aerial 1:45-2:45pm
Acrobatics 7:00-8:00pm (new!)	Flexibility 8:00-9:00pm	Intro to Partner Acrobatics 5:30-6:30pm	Aerial Skills L2 8:15-9:15pm	Open Play 6:45-8:00pm (canceled 5/4!)	Parkour L1 1:45-2:45pm	Parkour L1 4:30-5:30pm
Aerial Conditioning 8:00-9:00pm	AcroYoga Therapeutic 8:15-9:15pm	Monkey Conditioning 5:45-6:45pm	AcroYoga Therapeutic 8:15-9:15pm		AcroBalance L2 1:30-2:30pm	
Parkour L1 8:15-9:15pm	Parkour L1 9:15-10:15pm	Aerial Skills L1 6:45-7:45pm	Parkour L1 9:15-10:15pm		Parkour L1 1:45-2:45pm	
Intro to Partner Acrobatics 8:30-9:30pm	Partner Flips 9:30-10:30pm	Flexibility 7:00-8:00pm	Open Play 9:15-11:00pm		Open Play 2:30-4:00pm	
Aerial Fabric L2 9:15-10:15pm	Open Play 10:15-11:00pm	Parkour L1 8:00-9:00pm				
Parkour L2 9:30-10:30pm		Handstand 8:15-9:15pm				
Open Play 10:15-11:00pm		Open Play 9:00-11:00pm				

Prices:

Auto Pay Monthly Unlimited Membership \$125
 1 Month Unlimited Membership \$155
 12 Drop-In (Good for 3 months) \$199
 Class Drop-In \$20
 Open Play Drop-In \$5

Also Available: Personal Training, Private Group Classes, and Events.

Workshops/Events:

5/4 (Fri) *PlayGround PARTY!* 8:00pm-12:00am, \$10-\$40
 5/5 (Sat) *All Level Ninja Hoops Workshop*, 4:30-6:30pm, \$40
 5/7 (Mon) *Advanced Aerial Fabric Vocabulary Workshop* 12-3pm, \$60-\$80
 5/9 (Wed) *Act Development Workshop* 12-3pm, \$60-\$80
 5/1-5/22 (Tue) *Aerial Rope Workshops* 10:00-11:30am, \$45 Drop-In
 5/28 (Mon) *Park Day (Potluck and Play)*, Willard Park, 1:00-4:00pm
 6/1 (Fri) *PlayGround PARTY!* 8:00pm-12:00am, \$12-\$20

Check our website for more details and schedule changes! 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. Please come early to sign in before class!



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Kids/Teens Classes – May 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parkour Ages 6-12 4:15-5:15pm	Acrobatics Ages 13-17 4:15-5:15pm <i>(New!)</i>		Parkour Ages 8-13 4:30-5:30pm		Parkour Ages 13-17 3:00-4:00pm	Parkour Ages 9-12 3:15-4:15pm
Parkour Ages 13-17 5:30-6:30pm						Parkour Ages 5-8 5:45-6:45pm

Prices:

1 Class/Week Membership \$90/Month
 2 Classes/Week Membership \$160/Month
 12 Drop-In (Good for 4 months) \$299
 6 Drop-In (Good for 2 months) \$169
 Class Drop-In \$30

Check our website for more details and schedule changes! 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. Please come early to sign in before class!

Also Available: Personal Training, Private Group Classes, and Events.

Summer Programs for Kids/Teens

Get a new perspective, flip your world upside down!

Children at Athletic PlayGround will experience a fun, supportive, noncompetitive, yet super motivating physical atmosphere!

Each week-long program will cover the following:

Parkour
 Aerial Skills
 Acrobatics
 Partner Balancing
 Hooping
 Capoeira
 Handstands
 Human Pyramids
 Obstacle Courses
 Slack-lining

...Games and other FUN stuff!

Morning Program 9am-12pm:
 Parkour, Acrobatics & Monkey Conditioning

Afternoon Program 1pm-4pm:
 Aerials, Hooping & AcroBalance

Week 1: June 25 - June 29
 Week 2: July 2 - July 6 (No July 4)
 Week 3: July 9 - July 13
 Week 4: July 16 - July 20
 Week 5: July 23 - July 27
 Week 6: July 30 - August 3
 Week 7: August 6 - August 10
 Week 9: August 13 - August 17

Weekly Programs (Monday-Friday)
 Ages 5-7, 8-12, 13-17

\$249/Weekly Program (Morning or Afternoon)

OR

Interested in a Full Day Camp?

We partnered up with the City of Emeryville! They will walk the participants to Athletic PlayGround!

Basic Day 9am-3pm - \$379 (\$346 for residents)/Weekly Program

Full Day 7:30am-6pm - \$395 (\$363 for residents)/Weekly Program

To Register contact the City of Emeryville directly!

