FAQs ANSWERED

- Kids classes are separated into two groups: ages 5-7, and ages 8-12
- All youth classes are mixed levels
- New students can start at any time during a session
- Children's classes are divided into yearly sessions: school-year fall, school-year spring, and summer camp
- Enrollment requires the completion of a Registration/Release form at the beginning of every school year
- Please make sure you have filled out and returned ALL information on your registration form, including medical contact information and parent emergency contact information. (It is critical that we have current contact information, including cell phone & email)
- We recommend meals of vegetables, fruits, and quality protein sources to keep them going for the active class. We strongly recommend that your child have a light snack prior to class and brings a water bottle. Capoeira is a full-body workout that involves acrobatics, jumping, and locomotion movements.
- Youth ages 13 to 19 are welcome to join for free our Teen and Adult classes. Please fill out a RAY Form prior to joining classes.
- Private Classes are available. Please call our office to inquire.

RULES/EXPECTATIONS: We need your cooperation...

- Please sign in and pay before entering the studio area.
- Unsupervised children are not allowed in the building outside of class hours.
- Children should be dropped off and picked up no more than 10 minutes before or after their class. It is critical for the safety of our students that parents drop off and pick up their children at the appropriate times.
- Parents and siblings may sit and observe class quietly in the studio reception area. In an effort to provide the best quality class for all children, noise and distractions must be kept to a minimum.
- Please have an adult accompany your child to their first class, if under 12 years. If capoeira is a new experience to your child, it may be overwhelming the first time, so we suggest that a parent/guardian stay for the first class.
- In an effort to promote the importance of healthy eating, we only allow healthy snacks in the building. (No sodas, candy, power drinks, fast food, etc.)
- No bad language permitted in the studio.
- Please register on time for batizado graduation ceremony, summer camp, and other events when required. Stay updated through our e-mail blast announcements, Facebook and website.

Questions? Please contact: ACSF 3221 22nd Street, San Francisco, CA 94110
Phone: (415) 206.0650/ E-mail: info@abada.org / www.abada.org

YOUTH PROGRAMS

Class and event information for the on-site school-year program.

CAPOEIRA — MUSIC — MACULELÊ— PERFORMANCE

INSTRUCTORS
Teen/Adult Capoeira:
Márícia Treidler – Mestra Cigarrá

Youth Capoeira
Antonio Contreras – Instrutor Corrente

Teen/Adult Community Capoeira: Sunday class Rotation
Antonio Contreras – Corrente
Rhodora Derpo – Sucuri
Elias Quiñonez – Papagaio
Gabriel Sinche – Tupinamba
Kelly Gleason – Serpente

ACSF programs offer a unique, multi-faceted learning experience. Youth are exposed to culture and tradition, musical instruments and songs in Portuguese, acrobatic and dynamic movement techniques, self-defense and strategy development concepts, as well as tangible examples illustrating the importance of community.

In this Pamphlet:
Session Dates; Class Schedule; Important Dates to Remember; Rates;
RAY Project Scholarship Program; Program Rules & Expectations
**CLASS SCHEDULE & TIMES:**

**CHILDREN’S SCHEDULE –**

<table>
<thead>
<tr>
<th>Capoeira Classes (Ages 5-7 years)</th>
<th>Capoeira Classes (Ages 8-12 years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays: 4:00 – 5:00pm</td>
<td>Mondays: 5:00 – 6:00pm</td>
</tr>
<tr>
<td>Thursdays: 5:00 – 6:00pm</td>
<td>Tuesdays: 4:00 – 5:00pm</td>
</tr>
<tr>
<td>Saturdays: 1:10 – 2:00pm</td>
<td>Saturdays: 2:00 – 3:00pm</td>
</tr>
</tbody>
</table>

*Children may be dropped off 10 minutes prior, and are to be picked up no later than 10 minutes after class.

**RATES**

**YOUTH RATES (Ages 5-12)**

- Drop-In Class: $14 4-Classes: $48 10-Classes: $100
- *Reduced Price classes may be available through the RAY Project.
- *Pick up form at the front desk or online: www.abada.org

**TEENS SCHEDULE (Ages 13-19 years):**

**Teens train for free every day, Monday - Sunday**

- Teen/Adults Capoeira Classes
  - Mondays: 6:15 – 7:45pm
  - Tuesday & Thursdays: 6:00 – 7:30pm
  - Wednesdays (Capoeira Fundamentals): 6:00 – 7:00pm
  - Wednesdays (Special Training): 7:00 – 8:00pm (Yellow cords and up)
  - Saturdays: 11:30am – 1:00pm
  - Sunday (Community Class): 11:30am– 1:00pm *Proceeds from this class support the Teen Funds to send teen students to Brazil for the Brazil Study Trip in 2019

- Adults Drop-in $10
- Unlimited Passes Accepted

- Adult/Teen Capoeira Music Class:
  - 1st Saturday Of The Month: 10:15 – 11:15am

- Adult/Teen Maculelê Class:
  - 2nd Saturday Of The Month: 10:15 – 11:15am

**REDUCED COST PROGRAMS**

**TEENS TRAIN FREE:**

Under the RAY Project, all teens (ages 13-19) train for free in all adult classes year-round. In exchange for this privilege, teens are expected to remain active participants by training regularly and participating in events and performances. Additionally, their participation earned them “points”, which accumulate and make them eligible to gain sponsorship to travel to Brazil with ACSF’s Study Trip. This is an amazing opportunity for teenage youth of our community!

**THE R.A.Y. PROJECT:**

The Reaching All Youth (or RAY) Project is an on-going program that offers full and partial scholarships to qualifying families in order to make regular capoeira training possible. RAY Scholarships are given out at the beginning of each session (Winter/Spring, Fall). All families interested in applying for the RAY Program must apply at the beginning of each session, even if they qualified in the previous session.

**IMPORTANT DATES TO REMEMBER:**

- **2018/2019 Spring - Summer Session:** January 2019 – August 2019
- ACSF FOLLOWS THE SFUSD CALENDAR: No School, no ACSF class

There will be no children’s classes on the following days:

- January 21st – Martin Luther King Jr. Day (no programming)
- February 5th – Lunar New Year (no kids) **teen/adult normal schedule**
- February 18th – President’s Day (no kids) **teen/adult normal schedule**
- **Spring break March 25th – March 30th, 2019 (no kids) **teen/adult normal schedule**
- May 27th – Memorial Day (no programming)
- May 27th – August (TBD) Summer Break (no kid’s capoeira, see summer camp dates)

**EVENTS + RELATED ACTIVITIES**

- March 9th – Youth Gincanca (Capoeirathon, during regular class time)
  - 1:10p – 2:00p (ages 5-7) and 2:00p – 3:00p (ages 8-12)
- April 20th – Batizado Rehearsal – 1:10p–2:00p (age 5-7) and 2:00p–3:00p (age 8-12)
- April 25th – Youth Workshop both groups with Guest Artist – 5:00p – 6:00p (age 5-12)
- April 25th – Adult/Teen Workshop with Mestrando Mobilia – 6:00p – 7:30p
- April 26th – Adult/Teen Workshop with Mestrando Mobilia – 6:00p – 7:30p
- April 27th – Adult/Teen Workshop with Mestrando Mobilia – 11:30a – 1:00p
- April 27th – Youth Workshop both groups with Guest Artist – 1:30p – 2:30p (age 5-12)
- April 27th – Adult/Teen Workshop with Mestrando Mobilia – 3:00p – 5:00p
- April 28th, Kids, Teens & Adults Batizado Graduation 2019 @ ACSF - 2:00p – 4:00p, followed by a reception from 4:00p – 6:00p
- May 19th – Last Sunday Community Class
- May 25th – Festa Infantil – 1:00p – 3:00p – Youth Party, Last class before summer
- May 26th – Carnival Stage Performance – @ TBD
- May 31st & June 2nd – Spirit of Brazil – SF International Arts Festival @ Ft. Mason
- June 7th – Party With A Purpose 5:30p – 8:30p
- August 19th – 25th – Jogos Mundiais – Rio de Janeiro (Group study trip to Brazil)

**SUMMER CAMP – JUNE – AUGUST 2019 9am – 4pm**

- **JUNE 10 – 14**
  - Session I (Early Bird April 26th)
- **JUNE 17 – 21**
  - Session II (Early Bird April 26th) -> FULL
- **JULY 8 – 12**
  - Session III (Early Bird May 20th)
- **JULY 22 – 26**
  - Session IV (Early Bird May 20th)
- **JULY 29 – Aug 2**
  - Session V (Early Bird May 20th)

One Week Session: $270 per child
Early Bird: $250 (Please see deadline dates above)
Multiple Sessions: $230 per session
Sibling Discount: $230 per child (Must register and pay in person)

**Before and after care can be available. Please contact our office in advance to confirm rates, dates and times.**

**Spirit of Brazil**

ABADÁ’s performance at the SF International Arts Festival
Friday May 31st, 2019 @ 7PM – 8PM
Sunday June 2nd, 2019 @ 2PM – 3PM

For Tickets and Information: https://www.sfiaf.org
Early Bird Tickets available March 1st