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.

YOUTH PROGRAMS

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

CAPOEIRA — MUSIC — MACULELÉ— PERFORMANCE INSTRUCTORS

Teen/Adult Capoeira:
Márcia Treidler – Mestra Cigarra

Youth Capoeira
Antonio Contreras – Instrutor Corrente
Elias Gonzales - Instrutor Papagaio
Miguel Hernandez -Instructor Soldadinho

Sunday Community Capoeira: Instructors Rotation
Sara Breselor - Estrela Vesper
Antonio Contreras – Corrente
Aimée Fribourg - Tulipa
Rhodora Derpo – Sucuri
Elias Gonzales – 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

Questions? Please contact: ACSF 3221 22nd Street, San Francisco, CA 94110
Phone: (415) 206.0650/ E-mail: info@abada.org / www.abada.org
**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 min prior, and are to be picked up no later than 10 min 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

**Capoeira Workshop for Age 4**

**4 SATURDAYS IN SEPTEMBER**

- Time: 3:30-3:30pm
- $56.00, Drop-in $14
- Minimum of 5 students

Register by Sep 1, 2019

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

**Teen/Adults Capoeira Classes**

- Mondays: 6:15 – 7:45pm
- Tuesdays & 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 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:**

**2019 Fall Sessions: August 19th – December 20th**

**ACSF FOLLOWS THE SFUSD CALENDAR:** No School, no Youth Capoeira class/Youth Capoeira Break, No kids programing December 20th 2019 to January 5th 2020

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

- September 2nd - Labor Day (No youth or adult classes)
- October 14th - Indigenous People (No youth or adult classes)
- November 11th - Veterans Day (No Youth classes)
- November 25th - 30th - Thanksgiving week (No Youth classes)
- November 28th - Thanksgiving day (No Teen/Adult classes)
- December Schedule - Teen/Adult Reduce Capoeira classes from December 21st to January 5th

**EVENTS + RELATED ACTIVITIES**

- August 19th – 25th – Jogos Mundiais – Rio de Janeiro (Group study trip to Brazil)
- September 7th – 28th – 4 years old workshop with parents Saturdays in September for 4 weeks course
- Teen/Adult Capoeira Classes on a reduce schedule - ACSF will have regular classes on December 23rd; 26th; 28th; 30th
- Special workout classes over the Holliday week on Friday December 27th 2019 and January 3rd, 2020 6-7pm, drop-in base
- Friends Family Day Celebration Saturday December 14th 1:30 to 2:30pm
- Teen Adult Full Capoeira classes back - Saturday January 4th 2020
- Children Full Capoeira classes back - Monday January 6th.
- Sunday Community Capoeira – Back on January 12th

**Family and Friends’ Day Class**

**Saturday, December 14th - 1:30 - 2:30 p.m.**

The Family & Friends Day marks the end of the fall semester for ACSF youth capoeira classes. The class will be for all age groups (5-12) together & along with families and friends. You are highly encouraged to participate with your child in this class.