

IMPORTANT DATES TO REMEMBER:

ON-SITE YOUTH CLASSES RESUME:

Monday Youth capoeira – January 4th
Tuesday Youth capoeira – January 5th
Thursday Youth capoeira – January 7th
Friday Teens' capoeira – January 8th
Saturday Youth capoeira – January 9th
Saturday Youth capoeira music class – January 9th
Sunday Adults & Teens Capoeira – January 10th

There will be no class on the following days:

- Monday, January 18th – Martin Luther King Day
- Monday, February 8th – Lunar New Year Observance
- Monday, February 15th – President's Day
- Monday – Sunday, March 28th – April 3rd – Spring Brake



For questions and further information please contact

ACSF Operations Manager, Bella Saucha

Phone: (415) 206.0650

E-mail: info@abada.org

YOUTH CAPOEIRA

Onsite Class Information January/June 2016



ABADÁ CAPOEIRA SAN FRANCISCO

3221 22nd Street

San Francisco, CA, 94110

415.206.0650 / info@abada.org

Artistic Director:

Márcia Treidler – Mestra Cigarra

Instructors:

- Antonio Contreras – Instrutor Corrente
- Sara Breselor – Instrutora Estrela Vesper
- Aimée Fribourg – Instrutora Tulipa
- Rhodora Derpo – Instrutora Sucuri
- Zak Douglas – Graduado Panda
- Elias Quiñonez – Graduado Papagaio
- Kelly Gleason – Graduado Serpente
- Alazan Flores – Graduado Polvo

Assistant:

Nicolas Dolce – Quati

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- Program Schedule
- RAY Project Scholarship Program
- Rules/Expectations

PROGRAM SCHEDULE:

- **SPRING SESSION DATES: January 4 – May 28, 2016**
- **ACSF FOLLOWS THE SFUSD CALENDAR: No School, no ACSF class.**

EVENTS:

- **YOUTH GINCANA** – Fundraiser event for the Youth Batizado Graduation Performance Ceremony – March 19th, 2016, 1:00 – 3:00 PM – More info TBA
- **TEENS & ADULTS GINCANA** – An enjoyable fundraising event to support ACSF's Youth Programs – March 20th, 2016, 1:00 – 2:30 PM – More info TBA
- **YOUTH BATIZADO Rehearsal, May 14th, 2016, 1:10 – 2:00 PM (ages 5-7) & 2:00 – 3:00 PM (ages 8-12)**
- **SPECIAL YOUTH WORKSHOP – May 21st, 2016, 1:10 – 2:00 PM (ages 5-7) & 2:00 – 3:00 PM (ages 8-12)**
These workshops are extremely important for the students' growth and exposure to another high-level technique teacher from Brazil. This is a special opportunity for ACSF's youth student!
For more information, please visit us at www.abada.org
- **YOUTH BATIZADO Graduation Performance Ceremony, May 22nd, 2016, 1:00 – 3:00 PM**
Held at ACSF Arts Center (3221 22nd St, SF @ Mission St)
The Batizado is an annual traditional graduation ceremony in which new students are initiated into the world of capoeira, receive a nickname and play with a Master or Teacher, symbolically welcoming them into the capoeira community. For continuing students, the Batizado is a time of celebration and recognition in their growth in this traditionally Brazilian art form. Special guest teacher and youth performances will also be taking place.

CLASS TIMES:

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

Monday Capoeira: Ages 5 - 7 – 4 PM – 5 PM / Ages 8 - 12 – 5 PM – 6 PM
Tuesday Capoeira: Ages 8 - 12 – 4 PM – 5 PM
Thursday Capoeira: Ages 5 - 7 – 5 PM – 6 PM
Saturday Capoeira: Ages 5 - 7 – 1:10 PM – 2 PM / Ages 8 - 12 – 2 PM – 3 PM
Saturday Capoeira Music Class: Ages 6 - 19 – 3:00 PM – 3:45 PM *ALL YOUTH*

TEENS: (13-19) Teens train for free every day, from Monday - Sunday.

Monday Capoeira: 6:15 PM – 7:45 PM
Tuesday & Thursday Capoeira: 6:00 – 7:30 PM
Wednesday Special Training: 6:15 PM – 7:45 PM
Friday Teens' Capoeira: 4:30 PM – 6 PM (teens only)
Saturday Capoeira: 11:30 AM – 1:00 PM
Saturday Youth Capoeira Music Class: Ages 6 - 19 – 3:00 PM – 3:45 PM
Sunday Community Capoeira: 11:30 AM – 1:00 PM (Fundraises for teens' Study Trip to Brazil in 2017)

ON-SITE CLASS INFO

- Kid's 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.
- Kids' classes are divided into yearly sessions: fall, spring, and summer camp.
- Private Classes are available. Please call our office between 10 AM and 4 PM to inquire.
- Please make sure you have dully 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 contact if you have it.)
- We recommend meals of protein, fruit and vegetables to keep them going for the active class. We strongly recommend that your child have a light snack prior to class. Capoeira is a full-body workout that involves acrobatic movements and jumps.
- 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.

RULES/ EXPECTATIONS: We need your cooperation....

1. Please sign in and pay **before entering** the studio area.
2. **Unsupervised children are not allowed in the building outside of class hours.**
3. 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 kids that parents drop off and pick up their children at the appropriate times.
4. **Please arrive on time.** Repetitive late arrival to class may result in your child not being able to participate in that class.
5. 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.
6. 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.
7. 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.)
8. No bad language permitted in the studio.
9. 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.

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. New session: August 2015 – June 2016.

TEENS R.A.Y. FREE:

Under the R.A.Y. Project, all teens (ages 13-19) train for free in all adult capoeira classes year-round. In exchange for this privilege, teens are expected to remain active participants in the ACSF community by training regularly and participating in events and performances. Teens will collect points, which will give them the opportunity to travel to Brazil with ACSF's Study Trip in 2017.

Please see our additional "Teens Capoeira Information" for more details.