



8TA Movement Parkour & Freerunning Class Schedule

Please select the appropriate age group and level to find the best class for you. *For Level breakdowns please see "Class & Level Descriptions".*

All waivers and sign-ups take place through our Parent Portal at: www.ocalstars.com.

Click "Enroll Now" and select our Foothill Ranch location to start or log-in to your account.

8TA KIDS - Ages 4-12 Years, Levels 1-3

<u>Day</u>	<u>Time</u>	<u>Level</u>	<u>Instructor</u>	<u>Day</u>	<u>Time</u>	<u>Level</u>	<u>Instructor</u>
Monday	4:00pm	Level 1	Devon	Wednesday	4:00pm	Preschool Parkour	Sean
		Level 2	Noah			Level 2	Noah
	5:00pm	Preschool Parkour	Devon		5:00pm	Strength & Stretch	Sean
	6:00pm	Level 2	Devon		6:00pm	Level 1	Noah
Tuesday	4:00pm	Level 1	Kyla	Thursday	4:00pm	Level 1	Sean
		Preschool Parkour	Kyla			Level 2/3	Micah
	5:00pm	Level 1	Sean		5:00pm	Preschool Parkour	Noah
	6:00pm	Strength & Stretch	Kyla		6:00pm	Level 1	Noah
						Preschool Parkour	Sean

8TA TEEN - Ages 13-17 Years, Levels 1-3

<u>Day</u>	<u>Time</u>	<u>Level</u>	<u>Instructor</u>	<u>Day</u>	<u>Time</u>	<u>Level</u>	<u>Instructor</u>	
Monday	5:00pm	Level 1	Noah	Wednesday	5:00pm	Level 1	Noah	
		Level 3	Staff			Level 2	Sean	
	6:00pm	Strength & Stretch	Noah		6:00pm	Level 2	Sean	
						Level 3	Ashar	
						7:00pm	Strength & Stretch	Ashar
Tuesday	4:00pm	Level 3	Sean	Thursday	5:00pm	Level 3	Sean & Micah	
	6:00pm	Level 1	Sean		6:00pm	Level 2/3	Noah	

8TA ADULT - Ages 18+

<u>Day</u>	<u>Time</u>	<u>Level</u>	<u>Instructor</u>	<u>Day</u>	<u>Time</u>	<u>Level</u>	<u>Instructor</u>
Monday	6:00pm	Level 2/3	Staff	Wednesday	5:00pm	Level 1	Ashar

Open Gyms: Every Friday 6pm-10pm and Saturday 7pm-11pm. \$10 for the first hour, \$5 for every additional hour.

8TA MOVEMENT @ OC All-Stars - 19531 Pauling, Suite 200, Foothill Ranch, CA, 92610 - (949) 766-8326 - www.ocalstars.com/8ta

Program Descriptions & Pricing

... Engage Your Mind ... Challenge Your Body ... Free Your Soul ...

8TA: (eigh-ta): definition: as a name it speaks to the practicality and determination to make a success of anything you undertake; possessing the ability to grasp the concept of a goal and to complete it with an understanding of the steps to be taken.

MOVEMENT: (moovmənt): definition: an act of changing physical location or position or of having this changed.

General 8TA Class Description:

In each 8TA MOVEMENT Class you will be following the 8TA Principles: “Engage Your Mind”, “Challenge Your Body” and “Free Your Soul”. Parkour and Ninja Warrior skills as well as physical conditioning and flexibility are meshed together into cohesive and exciting curriculum that will push the boundaries. You will: “Engage Your Mind” by learning and perfecting skills that require precision and focus. You will: “Challenge Your Body” by conditioning your body to get stronger and more flexible. You will: “Free Your Soul” by being given the opportunity to take your learned skills and physical advancement and adapt them to an ever changing environment thus giving every athlete a chance for exploring their own creativity..

Levels: *IMPORTANT: All students need to start in a beginning class in order to progress in level.*

Preschool Parkour: For our littlest Parkour athletes. This curriculum is especially designed for ages 4-6 years old. It will help gain the coordination and foundational skills needed to progress into an 8TA KIDS Level 1 once they are old enough.

Level 1: Is our introduction to Parkour and Ninja Warrior and a suitable starting point for all first-time or beginning Parkour athletes. In order to advance from Level 1 you must be able to correctly complete all of the following skills: Kong Vault over all-sized vaulting boxes, 1 minute plank hold and 10 proper push-ups, demonstrate basic tumbling/trampoline skills and lastly traverse our Parkour Pyramid in 3 different ways utilizing different parkour skills with proper technique in each run.

Level 2: Is our intermediate level and has a wide scope of Parkour and Ninja Warrior skills. In order to be placed in Level 2 you must of an 8TA Instructors approval from Level 1. In order to advance from Level 2 you must be able to correctly complete all of the following skills: precision jumps from high vantage points while maintaining flow, climb the Chinese Pole 2x in a row with proper form, create a trampwall and/or Parkour solo utilizing 5 different skills learned in Level 2.

Level 3: Is our highest recreational level and will require the athlete to have completed the previous two 8TA Levels. In this level the athlete will continue to grow his craft while being aided by instructors to continue the 8TA Principles of “Engage Your Mind”, “Challenge Your Body”, and “Free Your Soul”.

Strength & Stretch Classes: These classes are designed not only to better and grow our Parkour athletes but they are excellent tools that can help improve athletes from any and all other sports.

Pricing:

Membership Fee: \$40 per year/per student

8TA KIDS, 8TA TEEN Class Pricing (monthly billing cycles)*:

1st Class/Child = \$100

2nd Class/Child (Preschool Pricing 1st Class/Child) = \$60

3rd Class/Child (Preschool Pricing 2nd Class/Child) = \$50

4th Class/Child (Preschool Pricing 3rd Class/Child) = \$40

UNLIMITED = \$250**

***Once you reach 4+ 8TA Movement classes (per child or per immediate family) you are automatically enrolled in UNLIMITED class pricing! This means you may sign-up for however many 8TA Movement Classes you want!*

***Unlimited Pricing Policy: In order to be in the \$250 UNLIMITED 8TA Movement pricing your student(s) must be current active members and be enrolled in 4+ classes at their appropriate age and level. There are no make-up lessons for UNLIMITED 8TA Movement Families. If you miss a class you may receive Open Gym Passes for any classes missed.*

Open Gym Pricing:

\$10 for the 1st hour, \$5 for every additional hour

(Open Gyms take place every Friday 6-10pm and Saturday 7-11pm.

Members & Non-Members welcome. Ages 6+.)

Policies:

-All Class and Open Gym sign-ups take place online through our online Parent Portal. Go to www.ocalstars.com and click “Enroll Now”, select your location (8TA is only currently available at our Foothill Ranch location).

-All tuition is due on the 1st of the month. Payments may be made online or in person.

-A class must have at least 3 students to begin or continue.

-All classes will carry an 8:1 student:staff ratio.

- Make-up Policy:

- Your account must be up to date to schedule a make-up lesson.

- You may schedule 1 make-up per month, per class.

- All make-up lessons must be schedule after you have missed the class; please contact the Front Desk to schedule.