



Winter Physical Activity Schedule

Pre-season Strength & Conditioning

Mon/Wed/Fri, 4:15-5:45 pm

Lead by: Kimble Torres

Location: On campus

The class will be designed for student-athletes looking to prepare and condition for their upcoming spring sport. Depending on experience and skill level, students will work through a variety of conditioning exercises, weight training catering to their particular sport. Students will focus on improving general aerobic and anaerobic fitness in addition to learning advanced lifts for building strength. The training program will be rigorous, and students will work to develop a strength program that supports their desired

outcomes.

Strength & Conditioning

Mon/Wed/ Fri, 3-4:30 pm

Lead by: Kimble Torres

Location: On campus

The class will cater to the makeup of students who are signed up. Depending on experience and skill level, students will work through a variety of conditioning exercises, weight training and learn techniques for training, both mentally and physically. Students will focus on improving general aerobic and anaerobic fitness in addition to learning advanced lifts for building strength. The training program will be rigorous, and students will work to develop a strength program that supports their desired outcomes.

Yoga

Mon/Tues/Thurs, 3-4:30 pm

Lead by: Laxman Panthi (T/TH) Joan Cooper (M)

Location: On campus

In this class you will learn the foundation poses (asanas), breathing exercises (pranayama), focus/meditation techniques, and how to integrate awareness between mind, body and spirit.

Learn exercises that promote physical health and mental clarity, while increasing vital energy and self awareness. In this class you will receive individualized instruction and personalized care to accommodate for your specific needs, desires, and concerns.

*In order to receive credit, students need to attend 20 hours of class (averaging 2 classes/week; you may go on any or all days).

Fencing

Tues/Thurs 3-5:15 pm

Lead by: Kathy Krusen

Location: off-site at All-Saints Church, 1350 Waller St. (~5 min. walk from campus)

Taiko Drumming

Tues /Thurs, 3-4:30 pm

Lead by: Galen Rogers

Location: On campus

This class will introduce students to the art of Taiko drumming, an energetic and intense Japanese performing art that is both traditional and modern. In this class students will gain a sense of musicality, becoming comfortable with timing, listening and syncopation. We will learn to play pieces from the Taiko repertoire, compose original music, and practice improvisation. Through ensemble practice we will build our strength and stamina. We will also learn grace, coordination, and how to strike the drum ergonomically and powerfully. Taiko is fitness for musicians/ music for athletes/ good for everyone.

Hybrid Training

Mon/Wed. 3:45-5:15 pm

Lead by: Joseph Hunt

Location: Off campus, 350 Divisadero Street (~10 min. walk from campus)

Want to become a better athlete? Improve your reflexes? Get in great physical shape while having fun? The Hybrid Training Youth Boxing Program has been designed to help high schoolers excel both physically and mentally. Mental benefits of boxing can translate into better focus in the classroom. Our program teaches students to control anger and aggression, as well as, teaches them self-discipline and determination. It includes Boxing Skill Fundamentals such as, proper boxing stance, footwork and individual /combination punching. Students will develop defense skills, and learn blocks and slips. Workout using the heavy bag, target mitt work and situation sparring. As well it provides excellent conditioning - rope jumping, calisthenics, plyometric drills, and flat and hill runs.

Rock Climbing

Tues/Thurs 3-6 pm

Lead by: Jennifer Epstein

Location: Mission Cliffs

*Transportation is provided to and from

Due to the overwhelming popularity of this class, seniors who have already completed their 8 units, and freshman will not be admitted to the class. This is subject to change, if space permits.

Winter Conditioning w/Bill

Mon/ Tue/ Wed/ Fri 3:00-5:00

Lead by: Bill Cirocco

Where: meet in front of St. Agnes

This class will be lead by track and cross-country coach Bill Cirocco and will be held on Mondays, Tuesdays, Wednesdays and Friday. This winter conditioning for athletes class will focus on core development, conditioning, circuit training and technique. It will also include intensive hill running, running endurance conditioning and basic speed training.

Urban Sailing Team

The Urban Sailing Team practices out of the Francis Yacht Club on the San Francisco Bay. Using the clubs FJ dinghies (a 2-person sailboat) and practicing with many different schools in San Francisco including International, Lick Wilmerding, and SI, there is great opportunity to learn and grow as both crew and skipper as well as participate in regattas around the Bay Area and California. Practice is from 4-6:30 on Tuesdays and Thursdays. Any level of experience is welcome!

Signing up on the Survey Monkey does not automatically sign you up for Sailing. IF you are interested in participating in sailing, please contact Charlotte Worsley (cworsley@urbanschool.org) or Cayley Crist (ccrist@urbanschool.org).