

# "Back to Circus" Workshops: Sept 7-14, 2016



For the first time Circus Juventas is holding a "Back to Circus" Workshop series, offering multiple sessions in a variety of genres. These workshops are aimed at returning students to get their circus muscles moving again! Listed below are the workshop offerings and pre-requisites. Final deadline to register is **Wednesday, August 31st** but spots are limited and will be filled on a first-come, first-serve basis, so we recommend submitting your registration sooner rather than later. Students should commit to the full session of days they register for (Unicycle Riding is an exception to this where students can sign up per day.) *\*Note: Ability to attend these workshops will have NO effect on placements in fall classes.*

**SESSION ONE: Wednesday, September 7th; Thursday, September 8th ; Friday, September 9th—MEETS 1 HOUR/DAY**

**SESSION TWO: Monday, September 12th; Wednesday, September 14th—MEETS 1.5 HOURS/DAY**

<b>Acrobatic Drills and Conditioning</b>		<b>\$75/session</b>
Workshop will focus on drills and conditioning to get students ready to jump back into acrobatics classes in the fall.	Must have been enrolled in Acrobatics 200 or higher, Team Acro or Prep Team during Spring and/or Summer 2016 sessions	<b>Sign me up!</b> <b>SESSION ONE: 4:30-5:30</b> <input type="checkbox"/> <b>SESSION TWO: 4:15-5:45</b> <input type="checkbox"/>
<b>Back to Basics Aerial Intensive</b>		<b>\$75/session</b>
Workshop will focus on drills for improving strength, technique, and form, and to get students ready for fall aerial classes.	Must have been enrolled in any level Triple Trapeze, Hoops, Static Trapeze, Spanish Web or Silks during Spring and/or Summer 2016 sessions	<b>Sign me up!</b> <b>SESSION ONE: 4:30-5:30</b> <input type="checkbox"/> <b>SESSION TWO: 4:30-6:00</b> <input type="checkbox"/>
<b>Back to Circus Boot Camp</b>		<b>\$75/session</b>
Workshop will focus on conditioning, endurance and strength training.	Ages 10+; must have been enrolled in any class at CJ during Spring and/or Summer 2016 sessions	<b>Sign me up!</b> <b>SESSION ONE: 6:30-7:30</b> <input type="checkbox"/> <b>SESSION TWO: 4:30-6:00</b> <input type="checkbox"/>
<b>Dance for Aerialists</b>		<b>\$75/session</b>
Workshop will focus on form, turn outs, points, lines, and posture to aid in aerial training and performance.	Ages 10+; must have been enrolled in any aerial class at CJ during Spring and/or Summer 2016 sessions	<b>Sign me up!</b> <b>SESSION ONE: 7:30-8:30</b> <input type="checkbox"/>
<b>Handstand Drills and Conditioning</b>		<b>\$75/session</b>
Workshop will focus on drills and conditioning to get students ready to jump back into handstands classes in fall.	Must have been enrolled in any Handstands class during Spring and/or Summer 2016 sessions	<b>Sign me up!</b> <b>SESSION TWO: 6:30-8:00</b> <input type="checkbox"/>
<b>Unicycle Riding (*sign up for one day or both!)</b>		<b>\$60 for both or \$35 for one</b>
Students will have the opportunity to get back on the unicycle and ride with others and around/on obstacles to tune up skills for fall session.	Must be able to ride on your own; must have been enrolled in any Unicycle class at CJ during Spring and/or Summer 2016 sessions	<b>Sign me up!*</b> <b>MON, SEPT 12: 6:30-8:00</b> <input type="checkbox"/> <b>WED, SEPT 14: 6:30-8:00</b> <input type="checkbox"/>
<b>Questions? Email <a href="mailto:Marissa@circusjuventas.org">Marissa@circusjuventas.org</a></b>		<b>TOTAL DUE: \$ _____</b>

## Registration Information

Student Name: \_\_\_\_\_ Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

## Payment Information

Credit Card #: \_\_\_\_\_ Exp date: \_\_\_\_\_ CV code: \_\_\_\_\_ **OR** Check # \_\_\_\_\_

Submit this form (fax, email or in person), along with payment, to Circus Juventas

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*Circus Juventas is a 501(c)3, non-profit performing arts circus school dedicated to inspiring artistry and self confidence through a multi-cultural circus arts experience*