

# Circus Juventas

## Spring Session Guide 2020

A nonprofit, 501(c)3 performing arts circus school for youth dedicated to inspiring artistry and self-confidence through a multicultural circus arts experience



[www.circusjuventas.org](http://www.circusjuventas.org)

# Staff Changes at Circus Juventas!

## Veronica Painter - Artistic Department Production Associate



Veronica is joining the CJ team as our **new artistic department production associate!** Raised in the Chicagoland area, Veronica studied at Illinois State University where she completed her masters in Theater Studies.

Veronica has spent her professional career on the road performing and teaching equestrian stunt riding. She specializes in Cossack riding and has performed at various events such as Circus Flora, Circus Sarasota, and Silver Dollar City. Veronica recently finished up her tour as troupe leader of the all female Zingara Riders.

When Veronica is not trick riding, she enjoys participating in the chivalrous sport of jousting and training her mini mule, Professor Pickles. She is excited to call the Midwest her home once again and looks forward to her first season at CJ!

## Kate Sandvik - Dance Coach



Kate holds a Bachelor of Arts in Theatre Arts and a Dance Minor from Concordia University-St. Paul. Since graduating in 2017, she has continued to work in the Theatre and Dance Department at Concordia as their Production Coordinator. She has also directed and taught numerous theatre and dance classes for

students ages 3-14, with programs such as Mayer Arts, St. Paul Public Schools, and Our Lady of Peace Catholic School. In addition to teaching, Kate is a freelance theatre and dance artist, working at such theatres as the Guthrie Theater, Ordway Center, and History Theatre in Stage Management, Dramaturgy, and a variety of other roles in theatrical production. She is excited to be joining the CJ team as a dance coach this year!

## Farewell, Madie Ley!



We are saddened to announce that our front desk aficionado, Madie, has moved on from her role as Office Administrator at CJ. Starting in the new year, she joined the executive team at Textile Center MN as their Membership and Administrative Assistant – be sure to stop by and say hello to Madie during the World's Largest Textile

Garage Sale later this spring! The thing that Madie will miss the most about CJ is chatting with parents and students during evening classes. Fear not, we might see her face around the arena helping out during future performances. Best wishes to Madie at her new job, we miss her already!

# Spring Show Need-to-Know Information



- The spring show **parent meeting on February 22** will detail all you need to know about performing in spring shows!
- Wondering which show team your student will be on? Our administrative team will be working hard throughout winter session juggling students into their show teams. If your student is in multiple classes, they may be assigned to multiple show teams. **Show teams will be announced** at the spring show parent meeting on **February 22**.
- Throughout March and April in spring session, we hold **extra practices** for spring show performers. Extra practices typically take place on Saturday afternoons, and the schedule will be announced at the parent meeting on **February 22**.
- Spring show tickets go on sale **Monday, March 16!**



## Spring Show 2020 Theme:

### Circus Rewind!

Coming in 2020, Circus Juventas will be wrapping up our 25<sup>th</sup> anniversary year with a glorious celebration of...Circus Juventas! Join us for our Spring Celebration Performances as we walk, leap, flip, spin, and fly down memory lane to revisit our greatest hits, favorite music, most memorable moments, and magnificent milestones. This spring at CJ, it will be a high-flying history tour you'll never forget!



## Summer Show 2020 Theme

2050. On an alien planet at the edge of the known universe, a beacon blinks in glittering darkness. A crew of maverick space explorers spin out of Earth's orbit into the vast unknown on a rescue mission clouded in the mystery surrounding their leader—a controversial, brilliant entrepreneur with limitless resources and murky intentions. Alien conspiracy theories, adventure, and comedy abound in this high-flying, sci-fi fantasy spanning from Area 51 across the galaxy to a world of unimaginable beauty and ancient civilizations. Explore lush rainforests, fly with primordial beasts, and uncover the cataclysmic secret at the heart of a distant planet. Circus Juventas. August 2020. We are not alone.

# Upcoming Workshops!

## Wes Hatfield – February



While living in Germany, Wes got his start in gymnastics, and at the age of 10, he joined T&T (Trampoline and Tumbling) based out of Colorado. His resume includes several state and national championship titles in trampoline! At 19, he quit competing to travel the world as a professional circus performer — wowing audiences with his technical prowess on trampoline, Chinese poles, Cyr wheel, and acrobatics! Wes was hired by Cirque Mechanics out of Las Vegas and has been performing with them for 15 years. He has appeared in their productions of Birdhouse Factory, Boom Town, Pedal Punk, and their current show on tour, 42ft. Wes has been hired by various event planners and production companies across the nation, including Cirque du Soleil! Wes first came to CJ in 2008 for the summer production, Ravensmanor, and continued to be a guest artist for the following eight years. Wes is excited to return to CJ to work with the Wall Trampoline 1000 students for the 2020 summer production!

## Courtney Giannone and Sam Tribble – March

**Courtney Giannone** earned her BFA in dance from Fordham University and Alvin Ailey. She has worked professionally with Queen of the Night, Neil Patrick Harris, Company XIV, Quixotic Fusion, Diavolo, STREB, Buglisi Dance Theater, and Kazuko Hirabayashi Dance Theater. Courtney is a Cyr wheel performer and a world champion in wheel gymnastics for Team USA. She is a certified instructor of Cyr wheel, dance, the GYROTONIC EXPANSION SYSTEM and the Lester Horton technique. Courtney's choreographic and video productions have been internationally recognized by Jacobs Pillow, San Diego Circus Center, the Rolex Mentor Protege Arts Initiative, the STREB Emerging Artist Commission, BEAT Festival, Dance Magazine, Burgundy Dance Festival, Napoli Danza, Frameworks, Cornish College, Galapagos Art Space, Dixon Place, and the Bindlestiff Family Circus. Courtney will be coming to CJ in March to work with all levels of our Cyr Wheel students!



**Sam Tribble** is a former collegiate, all American gymnast. He has been inducted into Sacramento's Hall Of Fame for outstanding athletes. Sam currently trains Junior Olympic athletes and participates in the Professional Development Program for USA Gymnastics. Sam is the US Worlds team coach for the sport of Cyr wheel and has created the Progressive Axis Training (PAT)™ technique for teaching skill progression for the art of Roue Cyr. He is certified through the IRV as a technical judge and is on the board of USA Wheel Gymnastics as a technical advisor. Sam coaches athletes of all ages for bodyweight training, alternative fitness and several art forms. Athletes have come as far as Russia, Ireland, Malaysia, New Zealand, France, and all across the US to seek his hands on training and personal advice. Sam is a firm believer in Sports Mental Training and is a certified hypnotherapist. Sam continues to travel internationally to perform acro (adagio) and the art of Roue Cyr, in addition to hosting workshops and intensive around the country.

# Session by Session: Important Dates!

Print this for the fridge and be in the know all year long!

(Dates are subject to change: please pay attention to our weekly family emails for the most up-to-date information).

Fall 2019 (Sept 16-Nov 23)		Winter 2019-2020 (Dec 2-Feb 8)	
September 16 October 4	First day of fall session classes Second installment of payment plan DUE (Payment plan participants ONLY)	December 2 December 2-7	First day of winter session classes Costume measurements taken for spring show (done in class)
<b>October 28</b> Oct 28-Nov 2 November 2 November 4 November 14 November 23	<b>Summer show performer agreement DUE</b> NO CLASSES - fall break ANNUAL GALA Fall session classes resume Give to the Max Day (GiveMN.org) Last day of fall session classes	<b>December 20</b>    Dec 22-Jan 4 January 6 <b>February 1</b> February 8	<b>Last day to communicate Spring Show Performance conflicts</b> Second installment of payment plan DUE (Payment plan participants ONLY) NO CLASSES - winter break Winter session classes resume <b>Summer show parent meeting</b> Last day of winter session classes
Spring 2020 (Feb 17-April 18)		Summer 2020 (May 11-July 6)	
February 17 <b>February 22</b> March-April <b>March 6</b>  <b>March 16</b> March 30-April 4 April 6 April 18  April 18 <b>April 18</b>	First day of spring session classes <b>Spring show parent meeting</b> Saturday extra practices (select acts only) Second installment of payment plan DUE (Payment plan participants ONLY) <b>Spring show tickets on sale</b> NO CLASSES - spring break Spring session classes resume World Circus Day (Celebrated at CJ on May 9) Last day of spring session classes <b>Building transition day</b>	<b>May 9</b>  May 11 May 25 May 29  June 1-July 10 <b>June 22</b> June 29-July 4 July 6 July 6 July 7-10  <b>July 11</b>  July 13-17  July 20-22  July 23-August 9	<b>25th Anniversary Year Open House and World Circus Day Celebration</b> First day of summer session classes NO CLASSES (MON ONLY)- Memorial Day Second installment of payment plan DUE (Payment plan participants ONLY) Summer camps <b>Summer show tickets on sale</b> NO CLASSES - summer break Make-up day for Memorial Day classes Last day of summer session classes First-half/second-half rehearsals (summer show performers only!) <b>Building transition day</b> (summer show performers only!) First-half/second-half rehearsals (summer show performers only!) Tech/dress rehearsals (summer show performers only!) Summer show performances
<b>Spring Celebration Performances 2020</b>			
Show teams will be announced at the parent meeting Feb 22: please pencil ALL dates listed below into your family calendar.			
<b>Yellow Show</b> Tech/dress rehearsal Performances		Monday, April 20, 4:00 p.m. Wednesday, April 22, 7:00 p.m. Friday, April 24, 7:00 p.m. Saturday, April 25, 1:00 p.m.	
<b>Blue Show</b> Tech/dress rehearsal Performances		Tuesday, April 21, 4:00 p.m. Thursday, April 23, 7:00 p.m. Saturday, April 25, 7:00 p.m. Sunday, April 26, 1:00 p.m.	
<b>Purple Show</b> Tech/dress rehearsal Performances		Tuesday, April 28, 4:00 p.m. Thursday, April 30, 7:00 p.m. Friday, May 1, 7:00 p.m. Saturday, May 2, 1:00 p.m.	

Absences to report? Questions about tuition? Class concerns? Our team works diligently to address your information needs at the following e-mail addresses.

**Class Absences:**  
[absences@circusjuventas.org](mailto:absences@circusjuventas.org)

**Registration and General Info:**  
[adminstaff@circusjuventas.org](mailto:adminstaff@circusjuventas.org)

**Student Finances:**  
[ariel@circusjuventas.org](mailto:ariel@circusjuventas.org)

Viewing the Session Guide online?  
Click [here](#) to access the Family Handbook!

# How to Use Our Class Pages

There is an abundance of information in the following pages, and sometimes it can get overwhelming. Never fear, we are here to help! The information below highlights the important components and explains how to decipher the information quickly and accurately!

**ACT NAME AND DESCRIPTION** offers general information about the act but not details like levels and pre-requisites.

**PREREQUISITES** describes skills and requirements needed before entering an act AND LEVEL. Prerequisites also help explain level progressions within the act.

**PERFORMING STATUS** details which performances each level of each act are slotted for: non-performing, Spring show 2020, or Summer show 2020.

Class Information	Prerequisites	Performing Status
<b>MULTIPLE TRAPEZE (MT)</b> This act entails the use of one double-decker trapeze on which six students perform simultaneously. Students learn basic- to intermediate-level trapeze maneuvers while learning to work, often in synchronicity, with a team.		
MT 0100-01 Multiple Trapeze ages 9-15 (Wed 5:00 p.m.) MT 0100-02 Multiple Trapeze ages 9-15 (Wed 7:15 p.m.) MT 0100-03 Multiple Trapeze ages 9-15 (Thur 7:15 p.m.)	Meets minimum age by Sept 1, 2019 (age 8 ok if 2 years Side by Side or Star) and space availability	Spring show 2020
MT 0200-01 Multiple Trapeze ages 9-15 (Mon 7:15 p.m.) MT 0200-02 Multiple Trapeze ages 9-15 (Mon 8:15 p.m.)	Able to execute a high cradle, must have at least three consecutive sessions and have performed in Multiple Trap 0100, and space availability	Spring show 2020
<b>FLYING TRAPEZE (FT)</b> Revered as one of the most difficult circus arts, Flying Trapeze is reserved for students with a demonstrated passion for precise aerial work. Must be involved in at least 3 other intermediate-level classes.		
FT 0000-01 Flying Trapeze ages 12+ (Sat 3:15 p.m.) (FF)	By audition only. Auditions for the 19-20 year have already occurred. Height minimum 52" tall, taking at least 3 other intermediate-level 0200 or higher aerial or acrobatic classes at Circus Juventas.	Non-performing

**AGE RANGE:** Some classes denote a range, but others indicate only a minimum age

**CLASS DAY AND TIME:** Each class meets at its assigned day and time weekly. Most classes meet once a week for 55 minutes unless otherwise indicated.

**FIXED FEE DESIGNATION:** If a class is a Fixed Fee class, it will show (FF) after the class day and time. If a class is a General Fee class, there will be no designation after the day and time. For more information about fixed fee classes, see page 13.

<b>CLASS CODE:</b> This letter and number code is used for registration tracking.
<b>MORE ON CLASS CODES</b>
Codes have 3 parts: Act Code (letters), Level (4-digit number), Section (2 digits after hyphen)
Codes denote the level of the act and are listed in progression order (beginning to advanced).
Codes for non-performing classes = 0000, 0050
Codes for spring show classes = start with 0100 and progress through 0600
Codes for summer show = 1000
Codes for classes with multiple sections = sections are the numbers following the hyphen and are associated with a specific day and time. We have many popular beginner and intermediate classes with multiple sections within a week.

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**REGISTRATION TIP!**  
 • When registering for a class with multiple sections, use different sections as **alternate classes** as a way to indicate order of preference in the event your requested class is full.  
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## Finding the Right Class for You!

We have color-coded our class pages to make selection easier.

Each act is marked to denote the level of prerequisites needed for the FIRST level of that act. See below:

**GREEN** acts require no additional prerequisites other than the student meet the age requirement. New to our program? Start here! These are the classes everyone is eligible for—no prior experience necessary!

**YELLOW** acts require previous experience to BEGIN training in this act. Look carefully at the prerequisites listed to determine your eligibility. **Requesting classes you are not yet eligible for will only slow down the registration process.**

**PURPLE** acts require an ADVANCED level of training even for the lowest level. These classes are often marked as “invitation only.” If you are interested in any of these acts but have not received a recommendation from your coach, indicate your interest in the “notes” section of your online registration.

# Best Bets Cheat Sheet

While this session guide includes a comprehensive list of all class offerings, these “Best Bets” pages are a condensed list of classes that have the highest chance of accommodating more students. While all of our students have the option to request any class in the online system, we recommend taking a look at these narrowed-down options as a good starting point for those who have not yet been enrolled, or who are looking to add/change their current class roster. You can also look for the “Best Bets” flag in our online [Class Finder](#).

Class Information	Prerequisites	Performing Status
<b>Acro Tumble Track (ATT)</b> This class will combine floor acrobatic skills with tumble track/trampoline acrobatic skills.		
ATT 0000-01 Acro Tumble Track ages 7-12 (Mon 6:15 PM) ATT 0000-02 Acro Tumble Track ages 7-12 (Thur 6:15 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Adult Core Conditioning (ACOR)</b> This class combines core stability, strength, balance, and agility using the seven primal movements. This class is intended to help students prevent injury, improve posture, and increase integrated strength.		
ACOR 0000-01 Adult Core Conditioning ages 18+ (Mon 6:15 PM) (FF) ACOR 0000-02 Adult Core Conditioning ages 18+ (Wed 6:15 PM) (FF)	Age 18+ by Sept 1, 2019 and space availability	Non-Performing
<b>Aerial Conditioning (AEC)</b> This class is for aerial students looking to supplement their training, allowing students time and space each week to work exclusively on technique and strength, two key components of aerial training.		
AEC 0000-01 Aerial Conditioning ages 11+ (Tues 8:15 PM)	Must have at least one year of experience in an aerial class, meet minimum age requirement by Sept 1, 2019, and space availability	Non-Performing
AEC 0050-01 Aerial Conditioning ages 11+ (Thur 8:15 PM)	For aerial students in a performing level of Spanish Web, Hoops, Silks, Triple Trapeze, Bungee Trapeze, or any invitation-only aerial act.	Non-Performing
<b>Aerial Experience (AEEX)</b> A just-for-fun, non-performing class that lets students explore aerial acts in a Circus Experience-style format. Try your hands at multiple and triple trapezes, aerial hoops, mini hammocks, low casting, Spanish webs, and silks.		
AEEX 0005-01 Aerial Experience ages 10+ (Thur 7:15 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Circus Experience (CE)</b> A supportive environment fosters confidence allowing students to explore their capabilities in the circus arts, including the genres of acrobatics, juggling, aerial, theater/dance, and balance.		
CE 0000-01 Circus Experience ages 6-9 (Sat 12:15 PM) CE 0005-01 Circus Experience ages 10+ (Tues 7:15 PM) CE 0005-02 Circus Experience ages 10+ (Mon 4:00 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Core Conditioning (CORE)</b> This class combines core stability, strength, balance, and agility using the seven primal movements. This class is intended help students prevent injury, improve posture, and increase integrated strength.		
CORE 0000-01 Core Conditioning ages 13+ (Mon 5:00 PM) (FF) CORE 0000-02 Core Conditioning ages 13+ (Wed 5:00 PM) (FF)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Globes (GL)</b> Perch atop over-sized balls to develop balance and foot dexterity; add maneuvering and hula hoops in higher levels.		
GL 0000-01 Globes ages 6-12 (Sat 9:00 AM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Intro to Aerial (INAE)</b> This class is designed for new students interested in learning the basics of aerial technique and artistry. Learn the fundamentals of rope and trapeze work. First timers, this one's for you!		
INAE 0000-01 Intro to Aerial ages 11+ (Sat 12:15 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Intro to Solo Trapeze (INST)</b> For students with little or no aerial experience, this class teaches the basics of trapeze, a foundational act in the aerial arts.		
INST 0000-02 Intro to Solo Trapeze ages 11+ (Fri 7:15 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Low Casting Fun (LCF)</b> A just-for-fun mini-flying-trapeze class for timing, teamwork, and upper body strength.		
LCF 0000-04 Low Casting Fun ages 9-12 (Sat 9:00 AM) LCF 0000-05 Low Casting Fun ages 9-12 (Sat 11:00 AM)	Meets minimum age by Sept 1, 2019, at least 1 year of Acrobatics and/or coach approval, height max 5' 3" tall, weight max 125 pounds, and space availability. C] reserves the right to withdraw students if flier/catcher size/weight ratio is a concern.	Non-Performing

## Best Bets Cheat Sheet Continued...

Class Information	Prerequisites	Performing Status
<b>Mini Hammock (MNHM)</b> Aerial work on a stationary hammock made of looped silk.		
MNHM 0000-03 Mini Hammock ages 9+ (Sat 9:00 AM) MNHM 0000-04 Mini Hammock ages 9+ (Mon 4:00 PM)	Meets minimum age by Sept 1, 2019, has accomplished all skills in Multiple Trapeze 0100 or had 2 years of Side by Side and/or Star, coach recommendation, and space availability	Non-Performing
<b>Open Gym (OG)</b> Advanced students and alumni can drop in for self-directed, open gym training time. A coach will be available for assistance and oversight, but students are expected to train on their own without direct coaching support. Student must have performed in a 1000-level act within last 5 years in order to attend.		
OG 0000-01 Open Gym ages 18+ (Wed 2:30-4:00 PM)	By application only; meets age requirement by Sept 1, 2019 and a current student or recent graduate of the CJ youth program. Contact AdminStaff@CircusJuventas.org to request placement.	Non-Performing
<b>Out of the Chair (OOC)</b> Our wheelchair-accessible training program! Creates a learning experience in various genres of circus, from the air to equilibristic to manipulation.		
OOC 0000-01 Out of the Chair ages 10+ (Sat 2:15 PM) (FF)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Static Trapeze (STAT)</b> This is a solo, single-point trapeze where you incorporate static and dynamic moves in the ropes and on the bar.		
STAT 0000-01 Static Trapeze ages 13+ (Mon 7:15 PM) STAT 0000-02 Static Trapeze ages 13+ (Tues 8:15 PM)	Currently or has been enrolled in Triple Trapeze 0100 or higher, coach recommendation, and space availability	Non-Performing
<b>Stretching and Strengthening (STST)</b> Flexibility and strength are the base for every circus discipline. This class focuses on stretches for handstands and aerial work, as well as strengthening for aerial, acrobatic, and balance disciplines		
STST 0000-01 Stretching and Strengthening ages 10+ (Thur 4:00 PM) STST 0000-02 Stretching and Strengthening ages 10+ (Sat 1:15 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Team Aerial (TMAE)</b> Accelerated, demanding program for students who have proven aptitude and attitude for a big challenge. This class includes training on web, silks, hoops, straps, trapeze, Mexican cloud swing, triangle, and cube. A stepping stone to summer show aerial acts.		
TMAE 0000-01 Team Aerial ages 13+ (Fri 5:00 PM, Fri 6:15 PM) (FF)	By invitation only; must have fundamental training in several aerial acts (e.g. Spanish Web, Hoops, etc.) and have performed at an intermediate level in at least one of them, coach recommendation, and space availability	Non-Performing
<b>Theater (THA)</b> Explore the fundamentals of theater in a program designed specifically for circus performance.		
THA 0005-01 Theater ages 10-12 (Wed 7:15 PM) THA 0009-01 Theater ages 13+ (Wed 8:15 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Toddlers (TD)</b> A unique program exclusively for 2 to 5 year olds. Genres explored include balance, acrobatics, expression, juggling, and aerial.		
TD 0000-01 Toddlers ages 3-5 (Wed 10:00 AM) (FF)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Trampoline (TRP)</b> The emphasis in Trampoline is on safety, fitness, and fundamental skills. These classes offer the opportunity to learn or improve acrobatics skills.		
TRP 0000-01 Trampoline ages 6-9 (Mon 5:00 PM) TRP 0005-01 Trampoline ages 10+ (Mon 7:15 PM) TRP 0005-02 Trampoline ages 10+ (Wed 6:15 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Triple Trapeze (TT)</b> This static trapeze includes three traps on one bar. Students learn one of two positions—base or flier—so body types are taken into consideration when selecting teams/moving through levels.		
TT 0000-01 Triple Trapeze ages 10+ (Wed 5:00 PM) TT 0000-02 Triple Trapeze ages 10+ (Tues 4:00 PM)	Meets minimum age by Sept 1, 2019; has had at least three consecutive sessions of and performed in Multiple Trapeze 0200, coach recommendation, and space availability	Non-Performing
<b>Unicycle (UN)</b> Half the wheels, but twice the fun! Develop balance and enhance fitness.		
UN 0000-01 Unicycle ages 6+ (Mon 5:00 PM) UN 0000-03 Unicycle ages 6+ (Mon 4:00 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Wings (WNGS)</b> The WINGS Program is an extracurricular outreach program for students with developmental disabilities. Circus Juventas continues this very successful program where students participate in acrobatics, static trapeze, juggling, bungee trapeze, and low wire, along with strength and conditioning.		
WNGS 0000-01 Wings ages 10+ (Mon 2:30-3:45 PM)(FF)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing

# Index of Classes

Below you will find a comprehensive list of all classes offered at CJ! Use this chart as a quick reference when learning about and locating classes within the guide. Don't skip the next page (yes, there are that many).

Class Name	Age	Circus Genre	Training Level	Performing Status	Special Notes	Page
4-Girl Spinning Cube	13+	Aerial	Intermediate/Advanced	Performing		20
Acro Tumble Track	7-12	Acrobatics	Beginning	Non-performing		17
Acrobatic Jump Rope	13+	Acrobatics	Advanced	Performing	Fixed Fee	17
Acrobatics	6+	Acrobatics	Beginning/Intermediate/Advanced	Performing	Fixed Fee (1000 level)	17
Acrobatics Foundations	6+	Acrobatics	Beginning	Non-performing		17
Adult Circus Arts	18+	Adult	Beginning	Non-performing		15
Adult Core Conditioning	18+	Adult	Beginning	Non-performing	Fixed Fee	15
Aerial Conditioning	11+	Cross Training	Intermediate	Non-performing		31
Aerial Experience	10+	Experience	Beginning	Non-performing		14
Audition Preparation for Professional Circus Schools	15+	Professional	Advanced	Non-performing	NEW!	15
Banquine	13+	Acrobatics	Intermediate/Advanced	Performing	Fixed Fee (1000 level)	18
Bicycle	10+	Balance	Beginning	Performing		27
Bite Balance	10+	Balance	Advanced	Performing		27
Bungee Trapeze	12+	Aerial	Intermediate/Advanced	Depends on Level	Fixed Fee	20
Chair Stacking	13+	Balance	Advanced	Performing		27
Chinese Poles	13+	Acrobatics	Advanced	Non-performing		18
Circus Experience	6+	Experience	Beginning	Non-performing		14
Circus Experience for Parks and Rec	12-18	Experience	Beginning	Non-performing		14
Circus Kinders	5-6	Toddler/Kindergarten	Beginning	Performing		13
Cloud Swing	13+	Aerial	Intermediate	Depends on Level		20
Clowning	10+	Theater/Dance	Beginning/Advanced	Performing	Audition Required (1000 level)	30
Contortion	6+	Balance	Beginning/Intermediate/Advanced	Performing		27
Core Conditioning	13+	Cross Training	Beginning	Non-performing	Fixed Fee	31
Cyr Wheel	13+	Balance	Advanced	Non-performing	Fixed Fee (1000 level)	27
Dance	7+	Theater/Dance	Beginning/Intermediate/Advanced	Performing	Fixed Fee (1000 level)	30
Dance Ballet	13+	Theater/Dance	Advanced	Non-performing		30
Double Cloud Swing	13+	Aerial	Advanced	Performing		20
Double Trapeze	11+	Aerial	Intermediate	Depends on Level		21
Duo Cyr Wheel	13+	Balance	Advanced	Performing	Fixed Fee	27
Duo Straps	13+	Aerial	Intermediate	Performing		21
Duo Trapeze	13+	Aerial	Intermediate/Advanced	Performing		21
Duo Unicycle	7+	Balance	Advanced	Performing		27
Flying Trapeze	12+	Aerial	Intermediate	Depends on Level	Fixed Fee / Audition Required	21
Flying Trapeze Recreational	12+	Aerial	Intermediate	Non-performing	Fixed Fee	21
German Wheel	8+	Balance	Beginning/Intermediate	Depends on Level		27
Globes	6-12	Balance	Beginning	Depends on Level		28
Hammock	13+	Aerial	Intermediate/Advanced	Performing		21
Hand Balance	8+	Balance	Intermediate	Performing		28
Hand to Hand	11+	Balance	Intermediate	Performing		28
Handstands	10+	Balance	Intermediate/Advanced	Depends on Level	Fixed Fee (1000 level)	28
Hanging Perch	10+	Aerial	Intermediate	Performing		21

## Index of Classes continued...

Class Name	Age	Circus Genre	Training Level	Performing Status	Special Notes	Page
High Bar	13+	Aerial	Advanced	Performing		22
High Wire	13+	Balance	Intermediate	Performing		28
Hoops	12+	Aerial	Intermediate/Advanced	Depends on Level		22
Hula Hoop	7-12	Balance	Beginning	Performing		28
Intro to Aerial	11+	Aerial	Beginning	Non-performing		22
Intro to Solo Trapeze	11+	Aerial	Beginning	Non-performing		22
Juggling	7+	Juggling	Beginning/Advanced	Performing		16
Ladder Trapeze	11+	Aerial	Intermediate/Advanced	Performing		22
Low Casting	9-12	Aerial	Intermediate	Depends on Level		22
Low Casting Fun	9-12	Aerial	Intermediate	Non-performing		22
Low Wire	10+	Balance	Beginning/Intermediate	Performing		28
Mexican Cloud Swing	13+	Aerial	Intermediate/Advanced	Performing		23
Mid Wire	13+	Balance	Advanced	Performing	Fixed Fee	29
Mime	10+	Theater/Dance	Beginning	Performing		30
Mini Hammock	9+	Aerial	Intermediate	Depends on Level		23
Moroccan Pyramids	8+	Acrobatics	Beginning/Intermediate	Performing		18
Multiple Trapeze	9+	Aerial	Beginning/Intermediate	Performing		23
Open Gym	18+	Professional	Advanced	Non-performing	NEW! / Drop-In Class	15
Out of the Chair	10+	Specialty	Beginning	Non-performing	Fixed Fee	15
Pas de Deux	13+	Aerial	Advanced	Performing		24
Preparatory Team	9-12	Cross Training	Intermediate	Non-performing	Fixed Fee	31
Pre-Professional Program	18+	Professional	Beginning	Non-performing	NEW! / Fixed Fee	15
Revolving Chinese Poles	13+	Acrobatics	Advanced	Performing		18
Ringmaster	12+	Theater/Dance	Advanced	Performing	NEW! Audition Required	30
Rola Bola	12+	Balance	Intermediate	Performing		29
Russian Bar	13+	Acrobatics	Advanced	Performing	Fixed Fee (1000 level)	18
Russian Cradle	13+	Aerial	Advanced	Performing	Fixed Fee	24
Russian Swing	13+	Acrobatics	Advanced	Performing		18
Shoot-Thru Ladder	11+	Aerial	Intermediate	Performing		24
Side by Side	6-9	Aerial	Beginning	Performing		24
Silks	12+	Aerial	Intermediate/Advanced	Depends on Level		24
Sling	12+	Aerial	Intermediate	Performing		24
Spanish Web	12+	Aerial	Beginning/Intermediate/Advanced	Depends on Level		25
Star	7-9	Aerial	Beginning	Performing		25
Static Trapeze	13+	Aerial	Intermediate/Advanced	Depends on Level		25
Stilt Walking	13+	Balance	Beginning/Intermediate	Performing		29
Straps	12+	Aerial	Intermediate/Advanced	Depends on Level		25
Stretching and Strengthening	10+	Cross Training	Beginning	Non-performing		31
Swinging Trapeze	13+	Aerial	Intermediate/Advanced	Depends on Level		26
Team Acrobatics	13+	Cross Training	Advanced	Non-performing	Fixed Fee	31
Team Aerial	13+	Cross Training	Intermediate	Non-performing	Fixed Fee	31
Teeterboard	12+	Acrobatics	Intermediate/Advanced	Performing	Fixed Fee (1000 level)	18
Theater	10+	Theater/Dance	Beginning/Intermediate/Advanced	Depends on Level	Audition Required (500 + 1000 levels)	30
Toddlers	2-5	Toddler/Kinder	Beginning	Depends on Level		13
Trampoline	6+	Acrobatics	Beginning/Intermediate	Non-performing		18
Triangle Trapeze	13+	Aerial	Intermediate/Advanced	Performing		26

## Checklist Chart of Classes continued...

Class Name	Age	Circus Genre	Training Level	Performing Status	Special Notes	Page
Triple Trapeze	10+	Aerial	Intermediate/Advanced	Depends on Level		26
Unicycle	6+	Balance	Beginning/Intermediate	Depends on Level		29
Vault Mini	8+	Acrobatics	Beginning/Intermediate	Performing		19
Wall Trampoline	13+	Acrobatics	Advanced	Performing	Fixed Fee (1000 level)	19
Wheel of Steel	13+	Acrobatics	Advanced	Performing	Fixed Fee	19
Wings	10+	Specialty	Beginning	Non-performing	Fixed Fee	15



## How do I figure out how much classes cost?

Pricing depends on the type of class. There are two categories, **GENERAL** and **FIXED**. Review the information below to figure out just what that means and how it applies to you.

General Classes		Fixed Fee Classes		Fixed Fee Classes	
1 class	\$215	Acrobatic Jump Rope	\$325	Handstands 1000	\$325
2 classes	\$405	Acrobatics 1000	\$325	Mid Wire 1000	\$325
3 classes	\$590	Adult Core Conditioning	\$255	Open Gym (Drop-In)	\$10/class
4 classes	\$770	Banquine 1000	\$375	Out of the Chair	\$385
5 classes	\$945	Bungee Trapeze	\$330	Preparatory Team	\$325
6 classes	\$1,115	Core Conditioning	\$255	Pre-Professional Program	\$375
7 classes	\$1,280	Cyr Wheel 1000	\$315	Russian Bar 1000	\$325
8 classes	\$1,440	Dance 1000	1-2 classes are \$215; 3-4 classes are \$260	Russian Cradle	\$325
9 classes	\$1,595			Team Acrobatics	\$465
10 classes	\$1,745	Duo Cyr Wheel	\$325	Team Aerial	\$325
11 classes	\$1,890	Flying Trapeze Recreational	\$280	Teeterboard 1000	\$325
12 classes	\$2,030	Flying Trapeze 0100	\$375	Wall Trampoline 1000	\$325
13 classes	\$2,165	Flying Trapeze 0500	\$420	Wheel of Steel	\$325
14 classes	\$2,295			Wings	\$275
15 classes	\$2,420				
16 classes	\$2,540				
17 classes	\$2,655				
18 classes	\$2,765				
19 classes	\$2,870				
20 classes	\$2,970				
21 classes	\$3,065				

Understanding how each class is categorized is important when it comes to using the online registration system. Please contact us with questions before logging in: 651-699-8229.

### GENERAL CLASSES

- Meet once a week for 55 minutes
- Eligible for the multi-class discount
- Classes are calculated *per student* not per family

### OTHER FEES

- A non-refundable \$45 annual registration fee is due once per academic year per student in the first session of enrollment.
- A \$25 late fee is applied to returning student registrations submitted after the online registration deadline.

### FIXED FEE (FF) CLASSES

- Meet more than once week
- Require special equipment and/or more specific coaching needs
- NOT eligible for the multi-class discount
- Indicated by (FF) throughout the guide

### Payment Plan Need to Know Info

Circus Juventas offers a payment plan option to those families in need of a flexible payment option. Please see below for details and contact Ariel with questions: [ariel@circusjuventas.org](mailto:ariel@circusjuventas.org).

- Must provide a credit card to keep on file OR post-dated check
- 50% of the total tuition will be charged at the time of confirmation. The remaining 50% will be charged at the end of the third week of session.
- To utilize our payment plan option select "Bill me later" prior to online registration check-out, then follow the on-screen prompts
- Registration is only considered complete after CJ has received payment arrangements

### Performing Status Classes

Circus Juventas offers performing and non-performing classes. Each class is assigned a show color (yellow, blue, or purple). If your student is in a performing level class, their show color will be announced at the spring show parent meeting. See below for details regarding our spring show performing classes.

- The spring show parent meeting is being held on **February 22, 2020**.
- Each spring-performing-level class will have a \$95 costume fee. This was charged to your winter invoice.
- Some acts require specific shoes for training or for the spring show performances. A full list of required shoes for the show will be released in spring session.
- Performing status is noted with each class

Found what you're looking for? Ready to register? Click [here](#) to access the online registration system.

# Toddlers and Kinders

Circus Juventas offers an incredibly unique athletic program for students ages 2-5. Designed to offer children the opportunity to try their hands in all things circus, our Toddler and Kinders jump and leap, turn and soar, style and smile, all within the safety of our arena and with our first-class instructors! Take a look at the many day/class time offerings, as well as general questions answered below!



Class Information	Prerequisites	Performing Status
<b>Circus Kinders (CK)</b> Designed for kindergartners, this performing class is a bridge between the traditional Toddler class and the youth program where students will specialize in an act.		
CK 0100-01 Circus Kinders ages 5-6 (Wed 4:00 PM) (FF) CK 0100-02 Circus Kinders ages 5-6 (Tues 5:00 PM) (FF) CK 0100-03 Circus Kinders ages 5-6 (Thur 5:00 PM) (FF) CK 0100-04 Circus Kinders ages 5-6 (Sat 12:15 PM) (FF) CK 0100-05 Circus Kinders ages 5-6 (Sat 1:15 PM) (FF)	Meets minimum age by Sept 1, 2019 and space availability	Spring Show 2020
<b>Toddlers (TD)</b> A unique program exclusively for 2 to 5 year olds. Genres explored include balance, acrobatics, expression, juggling, and		
TD 0000-01 Toddlers ages 3-5 (Wed 10:00 AM) (FF)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
TD 0100-01 Toddlers ages 2-3 (Fri 10:00 AM) (FF)	Meets minimum age by Sept 1, 2019 and space availability	Spring Show 2020
TD 0200-01 Toddlers ages 3-4 (Fri 11:00 AM) (FF) TD 0200-02 Toddlers ages 3-4 (Sat 11:00 AM) (FF)	Meets minimum age by Sept 1, 2019 and space availability	Spring Show 2020
TD 0300-01 Toddlers ages 4-5 (Sat 9:00 AM) (FF) TD 0300-02 Toddlers ages 4-5 (Sat 10:00 AM) (FF)	Meets minimum age by Sept 1, 2019 and space availability	Spring Show 2020

## I'm Interested! FAQs about Toddlers and Kinders Programs:

### What equipment do they use?

All kinds, including hoops, trampolines, juggling equipment, trapezes, mini hammocks, and low wires! The skills they learn coincide with their development, so Kinders get to do a bit more than the Toddlers do.

### Am I allowed to be in class with my child?

Sometimes the first week can be tough for our youngest students. During this transition, parents are permitted to work with their child on the floor. Once they get in the groove, parents are encouraged to participate less (applies only to Toddlers/Kinders).

### How do I know if my child is ready for this program?

We really leave it up to our parents to use their best judgment; after all, you know your child best. Please note: our general policy is not to offer class refunds, but you can come check out our facilities before committing to a class.

### Does my child have to perform?

Not necessarily, but by **winter session** most of the class time is committed to working on the show routine, so your student will have to take that session off or switch to the non-performing class.

### How much does it cost?

Toddlers and Kinders classes are \$215 per session. Additional costs are associated with performing: costume fees are a fixed rate of \$95, not including the price of shoes. Refer to the previous page for more information on costume billing.

### How do I get signed up?

If you're brand new to Circus Juventas, you need to fill out the pre-registration form [online](#). This is how we collect information on your student (as well as get you onto our mailing list). Once registration opens up, log into the system and get signed up: it's that simple!

### What can I do to make sure my child gets placed into class?

Two things: first, get your registration in sooner rather than later. Second, list as many class day/time options that can fit into your schedule (first, second, third choice options). If we can't get you into your first choice, we will work extra hard to put you into your second or third!

# Experience Classes

Promotes confidence, whimsy, and courage  
to conquer new experiences

Not sure yet which act you want to specialize in? Want to try it all? Our experience classes offer beginning students the opportunity to try several acts offered at Circus Juventas. In addition to introducing students to beginning-level classes, these experience classes also

Class Information	Prerequisites	Performing Status
<b>Aerial Experience (AEEX)</b> A just-for-fun, non-performing class that lets students explore aerial acts in a Circus Experience-style format. Try your hands at multiple and triple trapezes, aerial hoops, mini hammocks, low casting, Spanish webs, and silks.		
AEEX 0005-01 Aerial Experience ages 10+ (Thur 7:15 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Circus Experience (CE)</b> A supportive environment fosters confidence allowing students to explore their capabilities in the circus arts, including the genres of acrobatics, juggling, aerial, theater/dance, and balance.		
CE 0000-01 Circus Experience ages 6-9 (Sat 12:15 PM) CE 0005-01 Circus Experience ages 10+ (Tues 7:15 PM) CE 0005-02 Circus Experience ages 10+ (Mon 4:00 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Circus Experience for Parks and Rec (CEPR)</b> A supportive environment fosters confidence allowing students to explore their capabilities in the circus arts including the genres of acrobatics, juggling, aerial, theater/dance, and balance.		
CEPR 0000-01 Circus Experience for Parks and Rec ages 12-18 (Mon 4:30-5:30 PM)	Currently registered for after school programming through St. Paul Parks and Rec and meets minimum age by Sept 1, 2019	Non-Performing



## I've Taken an Experience Class: What Comes Next?

Our staff often gets asked this question. The answer is in three parts: see below!

**Talk to your coach!** Sometimes students and parents like to have specific guidance. Talk to any one of your coaches about what they might recommend for you.

**Talk to the admin staff!** Our administrative staff is always here to help (and are often times more accessible than our coaches). Need help remembering what that circular, aerial contraption was called? We can help you figure it out in addition to answering any number of questions you may have about the program.

**Answer your own question!** Once you get a taste for what we do here, you can decide where you want to go next! After a session (or full year) of an experience class, you are able to choose your own course. Find any of the beginning level classes (highlighted in GREEN) throughout the guide: so long as you meet the age prerequisite, you're eligible!

# Adult Program

The classes listed below include **information specific to our adult students, age 18 and older.**

Class Information	Prerequisites	Performing Status
<b>Adult Circus Arts (ACA)</b> Try your hand (or foot!) on the Spanish web, triple trapeze, or aerial hoop, plus juggling, unicycle, and more. Great exercise and fun in a safe environment!		
ACA 0000-01 Adult Circus Arts ages 18+ (Fri 6:15 PM) (FF)	Age 18+ by Sept 1, 2019 and space availability	Non-Performing
<b>Adult Core Conditioning (ACOR)</b> This class combines core stability, strength, balance, and agility using the seven primal movements. This class is intended to help students prevent injury, improve posture, and increase integrated strength.		
ACOR 0000-01 Adult Core Conditioning ages 18+ (Mon 6:15 PM) (FF) ACOR 0000-02 Adult Core Conditioning ages 18+ (Wed 6:15 PM) (FF)	Age 18+ by Sept 1, 2019 and space availability	Non-Performing

**\*\* New \*\***

## Pre-Professional Program

**\*\* New \*\***

The classes listed below include **information specific to our Pre-Professional Program.**

Class Information	Prerequisites	Performing Status
<b>Audition Preparation for Professional Circus Schools (APPC)</b> Get a leg up on the competition as you prepare for professional circus auditions. This course includes physical conditioning, audition performance prep, and pro tips for entering the business of circus.		
APPC 0000-01 Audition Preparation for Professional Circus Schools ages 15+ (Mon 3:30-5:00 PM) (FF)	Must have a strong desire to perform professionally. Meets minimum age by Sept 1, 2019, coach recommendation, and space availability.	Non-Performing
<b>Open Gym (OG)</b> Advanced students and alumni can drop in for self-directed, open gym training time. A coach will be available for assistance and oversight, but students are expected to train on their own without direct coaching support. Student must have performed in a 1000-level act within last 5 years in order to attend.		
OG 0000-01 Open Gym ages 18+ (Wed 2:30-4:00 PM) (FF)	By application only; meets age requirement by Sept 1, 2019 and a current student or recent graduate of the CJ youth program. Contact AdminStaff@CircusJuventas.org to request placement.	Non-Performing
<b>Pre-Professional Program (PPP)</b> This is a beta-test for our upcoming professional program. Graduates of the CJ program, pre-professionals, and current professionals can continue circus training as they prepare for a professional career or enhance their current professional skills. This program is coach-directed and rotates through a variety of disciplines.		
PPP 0000-01 Pre-Professional Program ages 18+ (Tues 2:00-3:30 PM, Thur 2:00-3:30 PM)	By application only; meets age requirement by Sept 1, 2019 and a current student or recent graduate of the CJ youth program. Contact AdminStaff@CircusJuventas.org to request placement.	Non-Performing

## Specialty Programs

The classes listed below include **information specific to our Out of the Chair and WINGS program.**  
We are proud to offer these specialty programs as part of our curriculum!

Class Information	Prerequisites	Performing Status
<b>Out of the Chair (OOC)</b> Our wheelchair-accessible training program! Creates a learning experience in various genres of circus, from the air to equilibristic to manipulation.		
OOC 0000-01 Out of the Chair ages 10+ (Sat 2:15 PM) (FF)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Wings (WNGS)</b> The WINGS Program is an extracurricular outreach program for students with developmental disabilities. Circus Juventas continues this very successful program where students participate in acrobatics, static trapeze, juggling, bungee trapeze, and low wire, along with strength and conditioning.		
WNGS 0000-01 Wings ages 10+ (Mon 2:30-3:45 PM) (FF)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing

# Juggling

Promotes hand-eye coordination  
and showmanship

One ball, two balls, three balls, four! Now try clubs, now rings, and more! Juggling is a great way to practice hand-eye coordination... and impress your friends at parties. Learn the basics, then move into more challenging tricks and equipment - dare we say, torches, anyone?



Class Information	Prerequisites	Performing Status
<b>Juggling (JU)</b> Keep your eye on the balls...and the rings, clubs, torches, and knives!		
JU 0100-01 Juggling ages 7+ (Mon 8:15 PM)	Meets minimum age by Sept 1, 2019 and space availability	Spring Show 2020
JU 1000-01 Juggling ages 12+ (Mon 6:15 PM, Fri 5:00 PM)	By invitation only; must be able to juggle five objects, execute tricks from 0300 level as well as basic passing, coach recommendation, and space availability	Summer Show 2020



# Acrobatics

Promotes athletic prowess, agility, and timing

Acrobatic training promotes athletic prowess, agility, and timing. What distinguishes our acrobatic acts is involving the maneuvering of one's body in the air without the use of props. The way you launch yourself into the air varies based on the act you are training – from trampolines to floor tumbling to teeterboard, we've got it all!

Class Information	Prerequisites	Performing Status
<b>Acro Tumble Track (ATT)</b> This class will combine floor acrobatic skills with tumble track/trampoline acrobatic skills.		
ATT 0000-01 Acro Tumble Track ages 7-12 (Mon 6:15 PM) ATT 0000-02 Acro Tumble Track ages 7-12 (Thur 6:15 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Acrobatic Jump Rope (JR)</b> Bring your acrobatic skills to a new level with this everyday prop transformed into a fast-paced tumbling act.		
JR 1000-01 Acrobatic Jump Rope ages 13+ (Tues 8:10-9:00 PM, Wed 4:00 PM) (FF)	By invitation only; must be an advanced-level acrobat.	Summer Show 2020
<b>Acrobatics (AC)</b> Students create pyramids and learn circus and gymnastic tumbling.		
AC 0100-01 Acrobatics ages 6-9 (Mon 5:00 PM) AC 0100-02 Acrobatics ages 6-9 (Wed 5:00 PM) AC 0100-03 Acrobatics ages 6-9 (Tues 5:00 PM) AC 0100-04 Acrobatics ages 6-9 (Fri 5:00 PM) AC 0105-01 Acrobatics ages 10+ (Tues 4:00 PM) AC 0105-02 Acrobatics ages 10+ (Sat 9:00 AM)	Meets minimum age by Sept 1, 2019 and space availability	Spring Show 2020
AC 0200-01 Acrobatics ages 6-9 (Sat 1:15 PM) AC 0200-02 Acrobatics ages 6-9 (Tues 6:15 PM)	Successful execution of skills from previous level, ability to execute front-to-back cartwheel, backward roll to pushup position on wedge, kick to handstand, coach recommendation, and space availability	Spring Show 2020
AC 0205-01 Acrobatics ages 10+ (Thur 6:15 PM)	Successful execution of skills from previous level, must be able to do a front handspring and a round-off back handspring on the floor unassisted, coach recommendation, and space availability	Spring Show 2020
AC 0225-01 Acrobatics ages 10+ (Fri 8:15 PM) AC 0225-02 Acrobatics ages 10+ (Fri 4:00 PM)	Successful execution of skills from previous level, ability to execute front-to-back cartwheel, backward roll to pushup position on wedge, kick to handstand, coach recommendation, and space availability	Spring Show 2020
AC 0250-01 Acrobatics ages 10+ (Thur 4:00 PM)	Successful execution of skills from previous level, must be able to do a front handspring and a round-off back handspring on the floor unassisted, coach recommendation, and space availability	Spring Show 2020
AC 0300-01 Acrobatics ages 10+ (Mon 8:15 PM)	Successful execution of skills from previous level, ability to execute a front handspring and round-off two back handsprings on the floor with proper technique, coach recommendation, and space availability	Spring Show 2020
AC 0500-01 Acrobatics ages 10+ (Thur 8:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2020
AC 1000-01 Acrobatics ages 13+ (Tues 8:15 PM, Thur 8:15 PM) (FF)	By invitation only (equates to USAG 7 or higher); successful execution of skills from previous level and space availability	Summer Show 2020
<b>Acrobatics Foundations (ACF)</b> Improve your acrobatics skills by working on form, shapes, and technique. This is a great supplemental class for the acrobat that wants to improve faster or the advanced acrobat that wants to supersede their current level.		
ACF 0050-01 Acrobatics Foundations ages 6+ (Wed 6:15 PM)	Currently enrolled in Acrobatics 0250, 0300, 0500, or 1000; Vault Mini Tramp 0400; Trampoline 0500 or 1000; or Team Acrobatics	Non-Performing

## Acrobatics Acts, continued...

Class Information	Pre-requisites	Performing Status
<b>Banquine (BANQ)</b> Showcasing the amazing agility of the human body, students perform spectacular sequences of acrobatics and human pyramids, astounding audiences with their perfectly synchronized movements.		
BANQ 0100-01 Banquine ages 13+ (Mon 4:00 PM)	By invitation only; coach recommendation and space availability	Spring Show 2020
BANQ 1000-01 Banquine ages 13+ (Wed 8:15 PM, Fri 7:15 PM) (FF)	By invitation only; coach recommendation and space availability	Summer Show 2020
<b>Chinese Poles (CP)</b> Acrobatic movements consisting of jumping from one pole to the other, swift descent, and strength poses bring the art of pole climbing to a new high level.		
CP 0050-01 Chinese Poles ages 13+ (Tues 7:15 PM)	By invitation only; must be an advanced-level acrobat	Non-Performing
<b>Moroccan Pyramids (MPYR)</b> Beginning-level acrobatics focused on the creation of pyramids and balance.		
MPYR 0100-01 Moroccan Pyramids ages 8+ (Fri 4:00 PM)	Meets minimum age by Sept 1, 2019 and space availability	Spring Show 2020
MPYR 0200-01 Moroccan Pyramids ages 8+ (Mon 5:00 PM)	Coach recommendation, successful execution of skills from previous level, and space availability	Spring Show 2020
<b>Revolving Chinese Poles (CPR)</b> Combining elements of traditional Chinese Poles with aerial maneuvers, this class is for advanced students and will be performing in the summer 2020 show.		
CPR 1000-01 Revolving Chinese Poles ages 13+ (Wed 5:45-7:15 PM)	Must have previous experience in Chinese Poles OR currently enrolled in a 1000-level acrobatic class	Summer Show 2020
<b>Russian Bar (RB)</b> Two porters, one flier, and one bar creating acrobatic tricks that defy gravity.		
RB 1000-01 Russian Bar ages 13+ (Tues 5:00 PM, Thur 7:15 PM) (FF)	By invitation only; previous acrobatic experience such as Acrobatics 1000, Team Acro, Teeterboard, or Trampoline 0500/1000 preferred, and space availability	Summer Show 2020
<b>Russian Swing (RS)</b> Acrobats are pressed off one side of a platform-like swing and are catapulted into the air!		
RS 1000-01 Russian Swing ages 13+ (Mon 6:00-7:15 PM)	By invitation only; previous acrobatic experience such as Acrobatics 1000, Team Acro, Teeterboard, or Trampoline 0500/1000 preferred, and space availability	Summer Show 2020
<b>Teeterboard (TB)</b> Playground equipment for acrobats! Students execute flips onto pyramids and high chairs.		
TB 0200-01 Teeterboard ages 12+ (Tues 4:00 PM)	By invitation only; has accomplished all skills in Acrobatics 0300, Vault Mini 0200, Team Acro or USAG 5 and space availability	Spring Show 2020
TB 1000-01 Teeterboard ages 13+ (Tues 5:00 PM, Thur 6:15 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2020
<b>Trampoline (TRP)</b> The emphasis in Trampoline is on safety, fitness, and fundamental skills. These classes offer the opportunity to learn or improve acrobatics skills.		
TRP 0000-01 Trampoline ages 6-9 (Mon 5:00 PM) TRP 0000-03 Trampoline ages 6-9 (Thur 4:00 PM) TRP 0000-04 Trampoline ages 6-9 (Fri 7:15 PM) TRP 0000-05 Trampoline ages 6-9 (Mon 6:15 PM) TRP 0000-06 Trampoline ages 6-9 (Sat 10:00 AM) TRP 0000-07 Trampoline ages 6-9 (Sat 9:00 AM) TRP 0005-01 Trampoline ages 10+ (Mon 7:15 PM) TRP 0005-02 Trampoline ages 10+ (Wed 6:15 PM) TRP 0005-03 Trampoline ages 10+ (Sat 11:00 AM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
TRP 0050-01 Trampoline ages 8+ (Mon 8:15 PM) TRP 0050-02 Trampoline ages 8+ (Fri 5:00 PM) TRP 0050-03 Trampoline ages 8+ (Fri 4:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
TRP 0100-01 Trampoline ages 11+ (Thur 7:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
TRP 0500-01 Trampoline ages 11+ (Thur 5:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing

## Acrobatics Acts, continued...

Class Information	Prerequisites	Performing Status
<b>Vault Mini (VM)</b> This small trampoline leads to big heights! Students learn how to hit the trampoline and jump into acrobatic tricks.		
VM 0100-01 Vault Mini ages 8+ (Wed 6:15 PM) VM 0100-02 Vault Mini ages 8+ (Tues 5:00 PM) VM 0100-03 Vault Mini ages 8+ (Sat 11:00 AM)	Meets minimum age by Sept 1, 2019 and space availability	Spring Show 2020
VM 0200-01 Vault Mini ages 8+ (Mon 6:15 PM) VM 0200-02 Vault Mini ages 8+ (Sat 12:15 PM)	Needs to be able to do a front tuck and a front handspring over the vault with good form in addition to skills taught in previous levels. Coach recommendation and space availability	Spring Show 2020
VM 0300-01 Vault Mini ages 10+ (Wed 8:15 PM) VM 0300-02 Vault Mini ages 10+ (Mon 7:15 PM)	Must be able to execute a front tuck and front handspring over vault in addition to skills taught in previous levels, coach recommendation, and space availability	Spring Show 2020
VM 0400-01 Vault Mini ages 10+ (Thur 8:15 PM) VM 0400-02 Vault Mini ages 10+ (Mon 8:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2020
<b>Wall Trampoline (WT)</b> Trampoline taken to new directions - against a wall!		
WT 1000-01 Wall Trampoline ages 13+ (Tues 6:15 PM, Wed 5:00 PM) (FF) WT 1000-02 Wall Trampoline ages 13+ (Tues 7:15 PM, Wed 5:00 PM) (FF)	By invitation only; previous training in Trampoline, Vault Mini Tramp, Acrobatics, and/or Team Acro, and space availability	Summer Show 2020
<b>Wheel of Steel (WOS)</b> Wheel of Steel rotates at heart-stopping speeds, powered only by the two artists who leap and counter-rotate in a fearless display of acrobatics and astonishing teamwork.		
WOS 1000-01 Wheel of Steel ages 13+ (Mon 4:00 PM, Thur 5:00 PM) (FF)	By invitation only	Summer Show 2020



# Aerial

Promotes muscular development, agility, and discipline

Aerial performance promotes agility, discipline, and grace. What distinguishes our aerial acts is the use of hanging equipment or aerial apparatuses on which students learn to maneuver both vertically and horizontally. When people think of aerial circus, they often think of trapeze, but our repertoire goes beyond that to include, ropes, fabric, bungees, and other creative apparatuses!

Class Information	Prerequisites	Performing Status
<b>4-Girl Spinning Cube (CUBE)</b> A large, hollow, and side-less three-dimensional aerial cube upon and through which performers exhibit various holds and poses. This act can be described as contortion in the air!		
CUBE 0100-01 4-Girl Spinning Cube ages 13+ (Mon 3:45-4:15 PM)	All splits, high level of flexibility, 3 consecutive pull ups, coach recommendation, and space availability	Spring Show 2020
CUBE 0200-01 4-Girl Spinning Cube ages 13+ (Tues 7:00-7:45 PM)	All skills from previous level, coach recommendation, and space availability	Spring Show 2020
CUBE 1000-01 4-Girl Spinning Cube ages 13+ (Tues 7:45-8:30 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2020
<b>Bungee Trapeze (BT)</b> Trapeze work and bungee maneuvers create a thrilling spectacle from the heights of the big top. Must be taking at least three other aerial or acrobatic classes.		
BT 0000-01 Bungee Trapeze ages 12+ (Wed 6:15 PM) (FF) BT 0000-02 Bungee Trapeze ages 12+ (Mon 7:15 PM) (FF)	At least 90 pounds in weight (max weight 155). Can execute 3 consecutive pull ups; has performed in Spanish Web, Triple Trapeze, Hoops, or Silks within the last two years; coach recommendation; and space availability	Non-Performing
BT 0100-01 Bungee Trapeze ages 13+ (Mon 6:15 PM) (FF) BT 0100-02 Bungee Trapeze ages 13+ (Thur 6:15 PM) (FF)	Successful execution of skills from previous level, 5 consecutive hanging pike leg lifts to the bar with legs straight and together, coach recommendation, and space availability	Spring Show 2020
BT 0200-01 Bungee Trapeze ages 13+ (Fri 4:00 PM) (FF)	Successful execution of skills from previous level, 3 consecutive pull-overs with legs together, coach recommendation, and space availability	Spring Show 2020
BT 0300-01 Bungee Trapeze ages 13+ (Fri 5:00 PM) (FF)	Successful execution of skills from previous level, 5 consecutive pull-overs with legs together, coach recommendation, and space availability	Spring Show 2020
BT 0400-01 Bungee Trapeze ages 13+ (Thur 8:15 PM) (FF)	Successful execution of skills from previous level, 5 consecutive pull-overs with legs together, coach recommendation, and space availability	Spring Show 2020
BT 1000-01 Bungee Trapeze ages 13+ (Mon 4:00 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2020
<b>Cloud Swing (CS)</b> Breathtaking aerial work on a rope-like swing which has loops to secure hand and foot dives. This act combines both static and swinging trapeze skills and employs loops and keepers (much like on a Spanish web) to execute tricks.		
CS 0000-01 Cloud Swing ages 13+ (Thur 5:30-6:00 PM) CS 0000-02 Cloud Swing ages 13+ (Thur 5:00-5:30 PM) CS 0000-03 Cloud Swing ages 13+ (Fri 2:45-3:15 PM) CS 0000-04 Cloud Swing ages 13+ (Tues 8:30-9:00 PM)	Three pull-ups, good shoulder flexibility, at least one side split; has performed in Spanish Web, Triple Trapeze, Hoops, or Silks within the last year; coach recommendation and space availability	Non-Performing
CS 0100-01 Cloud Swing ages 13+ (Mon 5:00-5:30 PM) CS 0100-02 Cloud Swing ages 13+ (Thur 5:00-5:30 PM)	Participation in Cloud Swing 0000, good dislocate and inlocate, coach recommendation, and space availability	Spring Show 2020
CS 0200-01 Cloud Swing ages 13+ (Mon 5:30-6:00 PM)	Has performed in Cloud Swing 100, coach recommendation; and space availability	Spring Show 2020
<b>Double Cloud Swing (DCS)</b> Twice the fun of Cloud Swing! This act is two cloud swings rigged one above the other and includes partner work		
DCS 1000-01 Double Cloud Swing ages 13+ (Tues 5:00-5:45 PM) DCS 1000-02 Double Cloud Swing ages 13+ (Tues 6:15-7:00 PM)	By invitation only; successful execution of skills from previous level, 5 consecutive pull ups, 5 consecutive pull overs, 5 consecutive pike leg lifts, splits on both legs, coach recommendation, and space availability	Summer Show 2020

## Aerial Acts, continued...

Class Information	Prerequisites	Performing Status
<b>Double Trapeze (DT)</b> Two people work together on this trapeze, and the results are stunning. Trust your partner and master daring transfers between two trapezes.		
DT 0000-01 Double Trapeze ages 11+ (Thur 4:15-5:00 PM) DT 0000-02 Double Trapeze ages 11+ (Tues 6:45-7:15 PM)	Has accomplished all skills in Triple Trapeze 0300 (for fliers), 5 pull ups, coach recommendation, and space availability	Non-Performing
DT 0100-01 Double Trapeze ages 11+ (Tues 5:00-5:45 PM)	Has accomplished all skills in Triple Trapeze 0300 (for fliers), 5 pull ups, coach recommendation, and space availability	Spring Show 2020
DT 0200-01 Double Trapeze ages 11+ (Wed 6:15-7:00 PM) DT 0200-02 Double Trapeze ages 11+ (Tues 6:00-6:45 PM) DT 0200-03 Double Trapeze ages 11+ (Thur 6:30-7:15 PM)	Has accomplished all skills in Double Trapeze 0100, coach recommendation, and space availability	Spring Show 2020
<b>Duo Straps (SPDU)</b> This advanced class focuses on individual and partner work on the straps.		
SPDU 0100-01 Duo Straps ages 13+ (Thur 3:00-3:30 PM) (FF)	By invitation only; must have previous experience in straps	Spring Show 2020
<b>Duo Trapeze (DUTP)</b> Advanced partner work performed in a single trapeze high above the arena.		
DUTP 0200-01 Duo Trapeze ages 13+ (Thur 5:00 PM) DUTP 0200-02 Duo Trapeze ages 13+ (Tues 8:15 PM)	By invitation only, experience in Double and/or Duo Trapeze and space availability	Spring Show 2020
DUTP 1000-01 Duo Trapeze ages 13+ (Wed 4:15-5:00 PM) DUTP 1000-02 Duo Trapeze ages 13+ (Fri 6:15 PM) DUTP 1000-03 Duo Trapeze ages 13+ (Wed 3:30-4:15 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2020
<b>Flying Trapeze (FT)</b> Revered as one of the most difficult circus arts, Flying Trapeze is reserved for students with a demonstrated passion for precise aerial work. Must be involved in at least 3 other intermediate-level classes.		
FT 0100-01 Flying Trapeze ages 12+ (Wed 8:15 PM, Fri 7:15 PM) (FF) FT 0100-02 Flying Trapeze ages 12+ (Fri 8:15 PM, Sat 10:00 AM) (FF)	By coach recommendation only. Height minimum 52" tall, taking at least 3 other intermediate-level 0200 or higher aerial or acrobatic classes at Circus Juventas.	Non-Performing
FT 0500-01 Flying Trapeze ages 12+ (Wed 7:15 PM, Thur 4:00 PM, Fri 6:15 PM) (FF)	By coach recommendation only. Height minimum 52" tall, taking at least 3 other intermediate-level 0200 or higher aerial or acrobatic classes at Circus Juventas.	Spring Show 2020 and TBD Summer Show 2020
<b>Flying Trapeze Recreational (FTRE)</b> Revered as one of the most difficult circus arts, Flying Trapeze is reserved for students with a demonstrated passion for precise aerial work. Must be involved in at least 3 other intermediate-level classes.		
FTRE 0000-01 Flying Trapeze Recreational ages 12+ (Sat 9:00 AM) (FF)	By coach recommendation only. Height minimum 52" tall, taking at least 3 other intermediate-level 0200 or higher aerial or acrobatic classes at Circus Juventas.	Non-Performing
<b>Hammock (HM)</b> This silk-like fabric draped from its ends creates a loop in which students wrap themselves and create graceful displays of aerial artistry. This partner act requires a great deal of flexibility and previous dance training.		
HM 0100-01 Hammock ages 13+ (Wed 4:00-4:45 PM)	Has performed in Spanish Web, Triple Trapeze, Hoops, or Silks, 3 consecutive pull ups; all splits; back bend; dance experience; coach recommendation; and space availability	Spring Show 2020
HM 0300-01 Hammock ages 13+ (Fri 3:15-4:00 PM)	Previously performed in Hammock 0200 and coach recommendation	Spring Show 2020
HM 1000-01 Hammock ages 13+ (Tues 9:00-9:30 PM) HM 1000-02 Hammock ages 13+ (Thur 7:15 PM)	By invitation only; successful execution of skill from previous level and space availability	Summer Show 2020
<b>Hanging Perch (HNGP)</b> The hanging perch is a variation on the perch where the pole is hung from an aerial mount point, and a pair of fliers performs tricks and stunts from the pole.		
HNGP 0200-01 Hanging Perch ages 10+ (Fri 7:15-7:45 PM) HNGP 0200-02 Hanging Perch ages 10+ (Fri 7:45-8:15 PM) HNGP 0200-03 Hanging Perch ages 10+ (Fri 8:15-8:45 PM)	Previously performed in Hanging Perch 0100 and coach recommendation	Spring Show 2020
HNGP 0300-01 Hanging Perch ages 10+ (Fri 8:45-9:15 PM)	Previously performed in Hanging Perch 0200 and coach recommendation	Spring Show 2020

## Aerial Acts, continued...

Class Information	Prerequisites	Performing Status
<b>High Bar (HBAR)</b> Taking a cue from the world of gymnastics, this advanced class combines traditional high bar skills with aerial and acrobatic techniques to create an integrated act for the summer 2020 production.		
HBAR 1000-01 High Bar ages 13+ (Mon 8:15 PM, Thur 6:15 PM)	By audition only. Auditions for the 19-20 year have already occurred. Auditions for 20-21 will be announced at a later date.	Summer Show 2020
<b>Hoops (HP)</b> Spin, twist, swing, and maneuver up, around, and through a 3-foot wide suspended metal hoop. Flexibility and dance training greatly increase success in this act! Hoops is also referred to as "lyra."		
HP 0000-01 Hoops ages 12+ (Mon 8:15 PM) HP 0000-02 Hoops ages 12+ (Thur 6:15 PM) HP 0000-03 Hoops ages 12+ (Thur 8:15 PM) HP 0000-04 Hoops ages 12+ (Sat 1:15 PM)	Previously performed in Multiple Trapeze0200, the ability to execute a split on one leg, coach recommendation and space availability	Non-Performing
HP 0100-01 Hoops ages 12+ (Mon 4:00 PM)	Successful execution of skills from previous level, 3 consecutive pull overs and 4 consecutive leg switches, coach recommendation, and space availability	Spring Show 2020
HP 0200-01 Hoops ages 12+ (Wed 6:15 PM)	Successful execution of skills from previous level, 5 consecutive pull overs and 3 consecutive pull ups, coach recommendation, and space availability	Spring Show 2020
HP 0300-01 Hoops ages 12+ (Mon 6:15 PM)	Successful execution of skills from previous level, 5 consecutive pull ups, 5 consecutive pull overs with legs together, splits on both sides, dance training strongly recommended, coach recommendation, and space availability	Spring Show 2020
HP 1000-01 Hoops ages 13+ (Wed 4:00 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2020
<b>Intro to Aerial (INAE)</b> This class is designed for new students interested in learning the basics of aerial technique and artistry. Learn the fundamentals of rope and trapeze work. First timers, this one's for you!		
INAE 0000-01 Intro to Aerial ages 11+ (Sat 12:15 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Intro to Solo Trapeze (INST)</b> For students with little or no aerial experience, this class teaches the basics of trapeze, a foundational act in the aerial arts.		
INST 0000-02 Intro to Solo Trapeze ages 11+ (Fri 7:15 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Ladder Trapeze (LT)</b> This solo trapeze act involves work on a revolving trapeze bar and rope ladder.		
LT 0100-01 Ladder Trapeze ages 11+ (Mon 5:00 PM)	Successful execution of skills from previous level and coach recommendation	Spring Show 2020
LT 0200-01 Ladder Trapeze ages 11+ (Wed 5:00 PM)	Successful execution of skills from previous level, ten consecutive jet rolls, coach recommendation, and space availability	Spring Show 2020
LT 0300-01 Ladder Trapeze ages 11+ (Mon 6:15 PM)	Successful execution of skills from previous level, one front hip circle, jet rolls with straight legs, coach recommendation, and space availability	Spring Show 2020
LT 1000-01 Ladder Trapeze ages 11+ (Wed 6:15 PM)	By invitation only; coach recommendation and space availability	Summer Show 2020
<b>Low Casting (LC)</b> A mini flying trapeze for timing, teamwork, and upper body strength.		
LC 0000-01 Low Casting ages 9-12 (Mon 5:00 PM)	Coach recommendation and space availability	Non-Performing
LC 0100-01 Low Casting ages 9-12 (Mon 7:15 PM) LC 0100-02 Low Casting ages 9-12 (Sat 10:00 AM)	By invitation only; selected from Low Casting 0000 training (Low Casting Fun is not part of the performing Low Casting track.)	Spring Show 2020
<b>Low Casting Fun (LCF)</b> A just-for-fun mini-flying-trapeze class for timing, teamwork, and upper body strength.		
LCF 0000-01 Low Casting Fun ages 9-12 (Mon 4:00 PM) LCF 0000-03 Low Casting Fun ages 9-12 (Wed 6:15 PM) LCF 0000-04 Low Casting Fun ages 9-12 (Sat 9:00 AM) LCF 0000-05 Low Casting Fun ages 9-12 (Sat 11:00 AM) LCF 0000-06 Low Casting Fun ages 9-12 (Wed 7:15 PM)	Meets minimum age by Sept 1, 2019, at least 1 year of Acrobatics and/or coach approval, height max 5' 3" tall, weight max 125 pounds, and space availability. CJ reserves the right to withdraw students if flier/catcher size/weight ratio is a concern.	Non-Performing

## Aerial Acts, continued...

Class Information	Prerequisites	Performing Status
<b>Mexican Cloud Swing (MS)</b> This act is much like Cloud Swing, but does not include hand and foot loops. Instead, the student uses his or her own body to tie knots in the swing.		
MS 0100-01 Mexican Cloud Swing ages 13+ (Wed 5:00-5:45 PM) MS 0100-02 Mexican Cloud Swing ages 13+ (Sat 2:15-3:00 PM) MS 0100-03 Mexican Cloud Swing ages 13+ (Wed 5:45-6:30 PM) MS 0100-04 Mexican Cloud Swing ages 13+ (Mon 3:00-3:45 PM)	Has a minimum of two years performing in an aerial act, 5 consecutive pull-ups, 5 straight leg lifts, coach recommendation, and space availability.	Spring Show 2020
MS 0200-01 Mexican Cloud Swing ages 13+ (Fri 3:15-4:00 PM)	Previously performed in Mexican Cloud Swing 0100 and coach recommendation	Spring Show 2020
MS 1000-01 Mexican Cloud Swing ages 13+ (Tues 8:15-9:00 PM) MS 1000-03 Mexican Cloud Swing ages 13+ (Wed 6:30-7:15 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2020
<b>Mini Hammock (MNHM)</b> Aerial work on a stationary hammock made of looped silk.		
MNHM 0000-01 Mini Hammock ages 9+ (Wed 7:15 PM) MNHM 0000-02 Mini Hammock ages 9+ (Fri 4:00 PM) MNHM 0000-03 Mini Hammock ages 9+ (Sat 9:00 AM) MNHM 0000-04 Mini Hammock ages 9+ (Mon 4:00 PM)	Meets minimum age by Sept 1, 2019, has accomplished all skills in Multiple Trapeze 0100 or had 2 years of Side by Side and/or Star, coach recommendation, and space availability	Non-Performing
MNHM 0100-01 Mini Hammock ages 10+ (Fri 5:00 PM) MNHM 0100-02 Mini Hammock ages 10+ (Fri 6:15 PM) MNHM 0100-03 Mini Hammock ages 10+ (Sat 1:15 PM)	Meets minimum age by Sept 1, 2019, successful execution of skills from previous level, can execute a pull over on the hammock, coach recommendation, and space availability	Spring Show 2020
MNHM 0200-01 Mini Hammock ages 10+ (Wed 8:15 PM)	Meets minimum age by Sept 1, 2019, successful execution of skills from previous level; must be able to execute 5 pull ups, at least one good split on one side, bridge with straight arms, 3 straddle backs from standing on hammock, coach recommendation, and space availability	Spring Show 2020
MNHM 0300-01 Mini Hammock ages 10+ (Tues 4:00 PM)	Meets minimum age by Sept 1, 2019, successful execution of skills from previous level; must be able to execute one over split, short bridge with straight arms, 5 straddle backs from standing on hammock, 5 pull overs, coach recommendation, and space availability	Spring Show 2020
MNHM 0400-01 Mini Hammock ages 10+ (Mon 5:00 PM)	Meets minimum age by Sept 1, 2019, successful execution of skills from previous level; must be able to execute one over split, short bridge with straight arms, 5 straddle backs from standing on hammock, 5 pull overs, coach recommendation, and space availability	Spring Show 2020
<b>Multiple Trapeze (MT)</b> This act entails the use of one double-decker trapeze on which six people perform simultaneously. Students learn basic-to intermediate-level trapeze maneuvers while learning to work, often in synchronicity, with a team.		
MT 0100-01 Multiple Trapeze ages 9+ (Mon 5:00 PM) MT 0100-02 Multiple Trapeze ages 9+ (Tues 4:00 PM) MT 0100-03 Multiple Trapeze ages 9+ (Mon 6:15 PM) MT 0100-04 Multiple Trapeze ages 9+ (Thur 7:15 PM) MT 0100-05 Multiple Trapeze ages 9+ (Fri 5:00 PM) MT 0100-06 Multiple Trapeze ages 9+ (Sat 12:15 PM) MT 0100-07 Multiple Trapeze ages 9+ (Sat 11:00 AM)	Meets minimum age by Sept 1, 2019 (age 8 ok if two years Side by Side or Star) and space availability	Spring Show 2020
MT 0200-01 Multiple Trapeze ages 9+ (Mon 7:15 PM) MT 0200-02 Multiple Trapeze ages 9+ (Fri 7:15 PM) MT 0200-03 Multiple Trapeze ages 9+ (Wed 6:15 PM) MT 0200-04 Multiple Trapeze ages 9+ (Fri 6:15 PM) MT 0200-05 Multiple Trapeze ages 9+ (Thur 4:00 PM)	Has taken 3 consecutive sessions of and performed in Multiple 0100 OR has taken Intro to Aerial and has received a coach recommendation to join this level. Students should be able to do a roll-up, high cradle, and straddle back balance with adequate form. Dependent on space availability.	Spring Show 2020

## Aerial Acts, continued...

Class Information	Prerequisites	Performing Status
<b>Pas de Deux (PDD)</b> This flying silks-like act is designed for two and can be described as a lyrical dance in the air. Most often a male/female partnership, students support one another in various positions circling high above the arena.		
PDD 0100-01 Pas de Deux ages 13+ (Tues 6:00-6:55 PM) PDD 0100-02 Pas de Deux ages 13+ (Fri 5:00-5:45 PM)	By invitation only; experience in Spanish Web or Silks, performance history in an advanced-level aerial act, and space availability	Spring Show 2020
PDD 1000-01 Pas de Deux ages 13+ (Fri 4:00 PM)	By invitation only; experience in Spanish Web or Silks, performance history in an advanced-level aerial act, and space availability	Summer Show 2020
<b>Russian Cradle (CRDL)</b> Specialized aerial act that combines two different styles of catching with flying and high-bar skills.		
CRDL 0100-01 Russian Cradle ages 13+ (Fri 4:00 PM, Fri 5:00 PM) (FF)	By invitation only and space availability; high level of circus acrobatics or gymnastics preferred	Spring Show 2020
CRDL 1000-01 Russian Cradle ages 13+ (Mon 8:15 PM, Tues 4:00 PM) (FF)	By invitation only and space availability; high level of circus acrobatics or gymnastics preferred	Summer Show 2020
<b>Shoot-Thru Ladder (SL)</b> Balance on a revolving metal ladder pivoting on an axle with a partner who performs on a trapeze.		
SL 0200-01 Shoot-Thru Ladder ages 11+ (Thur 3:30-5:00 PM) SL 0200-02 Shoot-Thru Ladder ages 11+ (Thur 3:30-5:00 PM)	By invitation only; fliers need to have already performed in/be enrolled in Triple Trapeze 0400, coach recommendation, and space availability	Spring Show 2020
<b>Side by Side (SS)</b> This act is perfect for our youngest performers! Pairs of students learn the fundamentals of trapeze work side by side on the trapeze and in a nurturing environment.		
SS 0100-01 Side by Side ages 6-9 (Wed 4:00 PM) SS 0100-02 Side by Side ages 6-9 (Fri 4:00 PM) SS 0100-03 Side by Side ages 6-9 (Tues 5:00 PM) SS 0100-04 Side by Side ages 6-9 (Thur 5:00 PM) SS 0100-05 Side by Side ages 6-9 (Thur 6:15 PM) SS 0100-06 Side by Side ages 6-9 (Fri 5:00 PM) SS 0100-07 Side by Side ages 6-9 (Sat 10:00 AM)	Meets minimum age by Sept 1, 2019 and space availability	Spring Show 2020
SS 0200-01 Side by Side ages 7-9 (Wed 5:00 PM)	Must have at least three consecutive sessions of and have performed in Side by Side 0100 and space availability	Spring Show 2020
<b>Silks (SKS)</b> Aerialists use a long piece of fabric to wrap, suspend, fall, swing, and spiral their bodies into and out of various poses and tricks. Silks is a highly demanding act that requires years of training (and a courageous spirit).		
SKS 0000-01 Silks ages 12+ (Wed 7:15 PM) SKS 0000-02 Silks ages 12+ (Fri 7:15 PM)	Has taken one year Spanish Web or Team Aerial and ability to execute a straddle back in the air. Movement up through levels is congruent with coach recommendation and space availability.	Non-Performing
SKS 0050-01 Silks ages 12+ (Wed 4:00 PM)	Successful execution of skills from previous level, 3 consecutive straddle backs off the ground, coach recommendation, and space availability	Non-Performing
SKS 0100-01 Silks ages 12+ (Tues 5:00 PM)	Successful execution of skills from previous level, 3 consecutive straddle backs off the ground, coach recommendation, and space availability	Spring Show 2020
SKS 0200-01 Silks ages 12+ (Tues 8:15 PM)	Successful execution of skills from previous level, 5 consecutive straddle backs off the ground with straight legs, coach recommendation, and space availability	Spring Show 2020
SKS 0300-01 Silks ages 12+ (Fri 4:00 PM)	Successful execution of skills from previous level, 3 consecutive straight leg straddle climbs with good form, coach recommendation, and space availability	Spring Show 2020
SKS 1000-01 Silks ages 13+ (Thur 7:15 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2020
<b>Sling (SLNG)</b> This intermediate-level aerial act combines the grace and beauty of hammock with the strength and power of silks.		
SLNG 0100-01 Sling ages 12+ (Tues 7:15 PM)	Experience in Mini-Hammock, Silks, and/or coach recommendation; splits, back bend, and 5 pull-ups	Spring Show 2020
SLNG 0200-01 Sling ages 12+ (Mon 7:15 PM)	Experience in Sling 0100 and coach recommendation; splits, back bend, and 5 pull-ups	Spring Show 2020

## Aerial Acts, continued...

Class Information	Prerequisites	Performing Status
<b>Spanish Web (SW)</b> A long, cloth-covered rope where tricks are defined by beauty. Learn spinning, hand and ankle loop work, loop-less maneuvers, and develop strength, agility, and grace.		
SW 0000-01 Spanish Web ages 12+ (Thur 4:00 PM) SW 0000-02 Spanish Web ages 12+ (Fri 7:15 PM) SW 0000-03 Spanish Web ages 12+ (Thur 8:15 PM) SW 0000-04 Spanish Web ages 12+ (Sat 11:00 AM)	Meets minimum age by Sept 1, 2019 (age 11 ok if has performed last two years in an aerial act); previous aerial training is recommended but not required, space availability	Non-Performing
SW 0050-01 Spanish Web ages 12+ (Wed 7:15 PM) SW 0050-02 Spanish Web ages 12+ (Wed 8:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
SW 0100-01 Spanish Web ages 12+ (Thur 5:00 PM)	Successful execution of skills from previous level, 3 consecutive straddle backs in the air, coach recommendation, and space availability	Spring Show 2020
SW 0150-01 Spanish Web ages 12+ (Thur 7:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2020
SW 0200-01 Spanish Web ages 12+ (Mon 8:15 PM)	Successful execution of skills from previous level, 5 consecutive straddle backs in the air with straight legs, coach recommendation, and space availability	Spring Show 2020
SW 0300-01 Spanish Web ages 13+ (Thur 6:15 PM)	Successful execution of skills from previous level, 3 consecutive straight leg straddle climbs with good form, coach recommendation, and space availability	Spring Show 2020
SW 1000-01 Spanish Web ages 13+ (Tues 6:15 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2020
<b>Star (SR)</b> Continue learning basic trapeze skills introduced in Side by Side while working higher up in the air on the Star apparatus.		
SR 0100-01 Star ages 7-9 (Sat 9:00 AM) SR 0100-02 Star ages 7-9 (Sat 10:00 AM) SR 0100-03 Star ages 7-9 (Sat 11:00 AM)	Meets minimum age by Sept 1, 2019, and 1 year Side by Side and space availability	Spring Show 2020
<b>Static Trapeze (STAT)</b> This is a solo, single-point trapeze where you incorporate static and dynamic moves in the ropes and on the bar.		
STAT 0000-01 Static Trapeze ages 13+ (Mon 7:15 PM) STAT 0000-02 Static Trapeze ages 13+ (Tues 8:15 PM)	Currently or has been enrolled in Triple Trapeze 0100 or higher, coach recommendation, and space availability	Non-Performing
STAT 0100-01 Static Trapeze ages 13+ (Thur 4:00 PM)	Has been enrolled in Static 0000, 3 continuous pull overs and 2 leg switches on each side, coach recommendation, and space availability	Spring Show 2020
STAT 0200-01 Static Trapeze ages 13+ (Tues 4:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2020
STAT 0300-01 Static Trapeze ages 13+ (Tues 7:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2020
STAT 1000-01 Static Trapeze ages 13+ (Tues 5:00 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2020
<b>Straps (SP)</b> This act combines a great amount of physical strength and aerial artistry. Graceful movements are executed on canvas-like straps, which hang side by side.		
SP 0000-01 Straps ages 12+ (Sat 11:00 AM) SP 0000-02 Straps ages 12+ (Tues 6:15 PM)	Has performed in an aerial act, 3-5 pull ups, 5 suspended pike ups with straight arms, coach recommendation, and space availability	Non-Performing
SP 0050-01 Straps ages 12+ (Sat 12:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
SP 0100-01 Straps ages 12+ (Wed 5:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2020
SP 1000-01 Straps ages 13+ (Thur 5:00 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2020



## Aerial Acts, continued...

Class Information	Prerequisites	Performing Status
<b>Swinging Trapeze (ST)</b> Daring release maneuvers on the swinging trapeze.		
ST 0000-01 Swinging Trapeze ages 13+ (Mon 6:45-7:15 PM) ST 0000-02 Swinging Trapeze ages 13+ (Mon 5:30-6:00 PM)	By invitation only; advanced-level acrobatics and/or aerial skills and space availability	Non-Performing
ST 0100-01 Swinging Trapeze ages 13+ (Thur 8:15-8:45 PM) ST 0100-02 Swinging Trapeze ages 13+ (Mon 5:00-5:30 PM) ST 0100-03 Swinging Trapeze ages 13+ (Fri 3:30-4:00 PM)	By invitation only; advanced-level acrobatics and/or aerial skills and space availability	Spring Show 2020
ST 1000-01 Swinging Trapeze ages 13+ (Mon 3:00-3:30 PM, Fri 2:45-3:15 PM) ST 1000-02 Swinging Trapeze ages 13+ (Mon 6:15-6:45 PM, Fri 5:10-5:40 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2020
<b>Triangle Trapeze (TRI)</b> This unique, triangle-shaped trapeze soars around the arena and incorporates a base, a middle, and a flier. Specific body types are required when forming triangle teams. Dance training is highly recommended.		
TRI 0100-01 Triangle Trapeze ages 13+ (Fri 5:45-6:15 PM) TRI 0100-02 Triangle Trapeze ages 13+ (Thur 9:00-9:30 PM) TRI 0100-03 Triangle Trapeze ages 13+ (Mon 4:15-5:00 PM)	By invitation only and space availability; two or more years performing in 0200 or higher Triple Trap, Spanish Web, Hoops, or Silks, dance experience preferred, must be able to do 8 pull-ups, coach recommendation, and space availability	Spring Show 2020
TRI 1000-01 Triangle Trapeze ages 13+ (Thur 8:15-9:00 PM) TRI 1000-02 Triangle Trapeze ages 13+ (Wed 5:00-5:45 PM)	By invitation only; successful execution of skills from previous level, coach recommendation, and space availability	Summer Show 2020
<b>Triple Trapeze (TT)</b> This static trapeze includes three traps on one bar. Students learn one of two positions—base or flier—so body types are taken into consideration when selecting teams/moving through levels.		
TT 0000-01 Triple Trapeze ages 10+ (Wed 5:00 PM) TT 0000-02 Triple Trapeze ages 10+ (Tues 4:00 PM) TT 0000-03 Triple Trapeze ages 10+ (Mon 8:15 PM)	Meets minimum age by Sept 1, 2019; has had at least three consecutive sessions of and performed in Multiple Trapeze 0200, coach recommendation, and space availability	Non-Performing
TT 0100-01 Triple Trapeze ages 11+ (Mon 5:00 PM) TT 0100-02 Triple Trapeze ages 11+ (Fri 6:15 PM)	At least 3 consecutive sessions of and successful execution of skills from the 0000 level and coach recommendation when appropriate spot is available	Spring Show 2020
TT 0200-01 Triple Trapeze ages 11+ (Mon 7:15 PM) TT 0200-02 Triple Trapeze ages 11+ (Thur 7:15 PM)	Successful execution of skills from the 0100 level and coach recommendation when appropriate spot is available	Spring Show 2020
TT 0300-01 Triple Trapeze ages 11+ (Tues 7:15 PM)	Successful execution of skills from the 0200 level, can execute a cradle from sitting, full split on at least one leg, and coach recommendation when appropriate spot is available	Spring Show 2020
TT 0400-01 Triple Trapeze ages 11+ (Wed 7:15 PM)	Successful execution of skills from the 0300 level, can execute at least one pull up starting from a straight hang, and coach recommendation when appropriate spot is available	Spring Show 2020
TT 0500-01 Triple Trapeze ages 12+ (Tues 5:00-6:10 PM)	Successful execution of skills from the 0400 level, can execute a double-knee monkey roll on low bar, and coach recommendation when appropriate spot is available	Spring Show 2020
TT 0600-01 Triple Trapeze ages 12+ (Thur 6:15 PM)	Successful execution of skills from the 0500 level, can execute two pull ups from straight hang, and coach recommendation when appropriate spot is available	Spring Show 2020
TT 1000-01 Triple Trapeze ages 13+ (Wed 8:15 PM)	By invitation only when appropriate spot is available; successful execution of skills from previous level	Summer Show 2020

# Balance

Promotes equilibrium, focus  
and fearlessness

Our balance classes promote equilibrium, focus, and control. These classes involve learning to balance steadily in unique environments and on unstable surfaces, such as a thin cable, a moving bike, a rolling globe, or even on another person! This genre also includes contortion, the fascinating art of bending and

Class Information	Prerequisites	Performing Status
<b>Bicycle (BY)</b> How many can you get on a bike? Four, five, six...ten! Talk about teamwork!		
BY 0100-01 Bicycle ages 10+ (Sat 12:15 PM)	Meets minimum age by Sept 1, 2019 and space availability	Spring Show 2020
<b>Bite Balance (BITE)</b> Performers will build their endurance until they can hold their body weight aloft using only the strength of their own bite.		
BITE 1000-01 Bite Balance ages 10+ (Tues 3:15-4:00 PM)	By invitation only; coach recommendation and space availability	Summer Show 2020
<b>Chair Stacking (CHST)</b> For those who can hold a handstand. More advanced techniques such as balancing on blocks and one- and two-hand tricks will also be taught.		
CHST 0100-01 Chair Stacking ages 13+ (Thur 3:15-4:00 PM) CHST 0100-02 Chair Stacking ages 13+ (Fri 6:15 PM)	By invitation only; coach recommendation and space availability	Spring Show 2020
<b>Contortion (CO)</b> The art of contortion demonstrates flexibility, style, and balance.		
CO 0100-01 Contortion ages 6-9 (Tues 7:15 PM) CO 0105-01 Contortion ages 10+ (Mon 7:15 PM) CO 0105-02 Contortion ages 10+ (Wed 5:00 PM)	Splits on one side and bridge with straight arms; meets minimum age by Sept 1, 2019, and space availability	Spring Show 2020
CO 0200-01 Contortion ages 10+ (Wed 7:15 PM)	Both side splits (left and right), good Y-scale, all skills from contortion 0100 with good form, coach recommendation, and space availability	Spring Show 2020
CO 0300-01 Contortion ages 10+ (Mon 8:15 PM)	Good scorpion, box, and middle splits, all skills from contortion 0200 with good form, coach recommendation, and space availability	Spring Show 2020
CO 0400-01 Contortion ages 10+ (Fri 7:15 PM)	All splits, at least one leg over-split, box with arms around feet, good bow and arrow, walking elbow stand, all skills from contortion 0300 with good form, coach recommendation, and space availability	Spring Show 2020
CO 1000-01 Contortion ages 13+ (Thur 4:00 PM)	By invitation only; all three over splits, box with high chest, box with straight legs, contortion handstand, all skills from contortion 0400 with good form, coach recommendation and space availability	Summer Show 2020
<b>Cyr Wheel (CYR)</b> A large ring that spins gyroscopically while acrobatic maneuvers are performed in and around it.		
CYR 0000-01 Cyr Wheel ages 13+ (Wed 6:15 PM) CYR 0000-02 Cyr Wheel ages 13+ (Wed 7:15 PM) CYR 0000-03 Cyr Wheel ages 13+ (Mon 8:15 PM)	Between 5'1" and 6' tall, must have attended past Cyr Wheel workshops, meets minimum age by Sept 1, 2019, and space availability	Non-Performing
<b>Duo Cyr Wheel (DCYR)</b> Everything you love about Cyr Wheel but with a friend! This advanced class takes the basics of Cyr Wheel to a new level with the addition of partner work.		
DCYR 1000-01 Duo Cyr Wheel ages 13+ (Tues 8:15 PM, Fri 5:00 PM) (FF)	By invitation only; must have previous experience in cyr wheel	Summer Show 2020
<b>Duo Unicycle (UNDU)</b> Taking unicycle riding to (literally) new heights, this act places two performers on one apparatus-requiring superb balance, strength, and flexibility from both.		
UNDU 1000-01 Duo Unicycle ages 7+ (Fri 4:00 PM) UNDU 1000-02 Duo Unicycle ages 7+ (Fri 7:15 PM)	By invitation only	Summer Show 2020
<b>German Wheel (GW)</b> A rolling 8-foot steel apparatus with hand and foot settings that encourages balance and agility.		
GW 0000-01 German Wheel ages 8-11 (Sat 11:00 AM) GW 0000-02 German Wheel ages 8-11 (Sat 2:15 PM) GW 0005-01 German Wheel ages 10+ (Sat 1:15 PM)	At least 4' 2" tall, able to execute a cartwheel on the floor and touch toes in pike, meets minimum age by Sept 1, 2019, and space availability	Non-Performing
GW 0100-01 German Wheel ages 10+ (Mon 7:15 PM)	Able to execute a half-tuck roll, cartwheel, and carousel; coach recommendation and space availability	Spring Show 2020
GW 0200-01 German Wheel ages 10+ (Mon 6:15 PM)	Able to execute the following tricks: kick over, kick back, and back hip circles in addition to tricks from previous levels; coach recommendation and space availability	Spring Show 2020
GW 0300-01 German Wheel ages 10+ (Fri 6:15 PM)	Able to execute skills from previous levels; coach recommendation, and space availability	Spring Show 2020

## Balance Acts, continued...

Class Information	Prerequisites	Performing Status
<b>Globes (GL)</b> Perch atop over-sized balls to develop balance and foot dexterity; add maneuvering and hula hoops in higher levels.		
GL 0000-01 Globes ages 6-12 (Sat 9:00 AM) GL 0000-02 Globes ages 6-12 (Tues 4:00 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
GL 0100-01 Globes ages 6-12 (Sat 10:00 AM)	Must be able to execute the following tricks: need to be able to get on and off globe by themselves, can walk on the globe, and spin rings; coach recommendation and space availability	Spring Show 2020
GL 0200-01 Globes ages 6-12 (Thur 6:15 PM)	Must be able to walk forwards, backwards, and sideways; walk up and down the wedge forwards; two person on one globe on the soft mat; coach recommendation and space availability	Spring Show 2020
GL 0300-01 Globes ages 6-12 (Wed 5:00 PM)	All skills from 0200 consistently and with good form; coach recommendation and space availability	Spring Show 2020
<b>Hand Balance (HB)</b> A fusion of contortion and advanced hand balancing techniques.		
HB 0100-01 Hand Balance ages 8+ (Sat 10:00 AM)	By invitation only; has trained in Handstands and/or has experience basing or flying in another act and space availability	Spring Show 2020
<b>Hand to Hand (HTH)</b> A fusion of acrobatics and advanced hand balancing technique.		
HTH 0100-01 Hand to Hand ages 11+ (Tues 6:15 PM) HTH 0100-02 Hand to Hand ages 11+ (Sat 11:00 AM)	By invitation only; has trained in Handstands and/or has experience basing or flying in another act and space availability	Spring Show 2020
HTH 0200-01 Hand to Hand ages 11+ (Sat 2:15 PM)	By invitation only; has trained in Hand to Hand 100 and space availability	Spring Show 2020
<b>Handstands (HS)</b> Learn the fine art of hand balancing technique and develop handstands skills, strength, and flexibility.		
HS 0000-01 Handstands ages 10-12 (Fri 6:15 PM) HS 0005-01 Handstands ages 12+ (Tues 4:00 PM) HS 0005-02 Handstands ages 12+ (Wed 6:15 PM) HS 0005-03 Handstands ages 12+ (Wed 5:00 PM)	Currently taking intermediate-level courses, previous acrobatic training is recommended but not required, ability to kick up to a wall handstand independently and hold for 20 seconds, touch toes in sitting straddle and pike positions, and space availability	Non-Performing
HS 0100-01 Handstands ages 13+ (Wed 8:15 PM) HS 0100-02 Handstands ages 13+ (Wed 4:00 PM)	Hollow body hold on floor for 1 min, 1 min handstand against the wall, 10 sec handstand without walking hands (any body shape), coach recommendation, and space availability	Spring Show 2020
HS 1000-01 Handstands ages 13+ (Mon 7:15 PM, Tues 3:00 PM) (FF) HS 1000-02 Handstands ages 13+ (Mon 7:15 PM, Tues 8:00-9:00 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2020
<b>High Wire (WH)</b> High altitude fearlessness on a 5/8-inch-thick cable.		
WH 0100-01 High Wire ages 13+ (Mon 5:00 PM)	Must have mastered at least two of the following tricks: split, headstand, chair, bike, free hand and/or lay down; coach recommendation and space availability	Spring Show 2020
<b>Hula Hoop (HUHP)</b> Get your hips moving in this class designed to take a playground staple to new heights. This class teaches hula hoop basics technique and expands into multiple hoops and a variety of tricks.		
HUHP 0100-01 Hula Hoop ages 7-12 (Tues 6:15 PM)	Meets minimum age by Sept 1, 2019 and space availability.	Spring Show 2020
<b>Low Wire (WL)</b> A slender strand of steel, a few feet off the ground. A great introduction to wire—the delight without the height!		
WL 0100-01 Low Wire ages 10+ (Thur 5:00 PM)	Meets minimum age by Sept 1, 2019 and space availability	Spring Show 2020
WL 0200-01 Low Wire ages 10+ (Thur 6:15 PM)	Able to execute the following tricks: basic walk and kneel down with fan or pole, foot to knee without fan or pole; coach recommendation and space availability	Spring Show 2020

## Balance Acts, continued...

Class Information	Prerequisites	Performing Status
<b>Mid Wire (WM)</b> This advanced class brings wire walking down to earth by integrating high-level wire tricks and technique with theater and dance.		
WM 1000-01 Mid Wire ages 13+ (Mon 7:15 PM, Fri 6:15 PM) (FF)	By invitation only; must be currently enrolled in High Wire 1000	Summer Show 2020
<b>Rola Bola (ROLA)</b> Balance atop a rolling cylinder while performing partner or solo tricks.		
ROLA 0500-01 Rola Bola ages 12+ (Mon 8:15 PM)	By invitation only; experience with balance acts strongly suggested and space availability	Spring Show 2020
ROLA 1000-01 Rola Bola ages 12+ (Thur 7:15 PM)	By invitation only; experience with balance acts strongly suggested and space availability	Summer Show 2020
<b>Stilt Walking (STWK)</b> Students will learn to walk on stilts (poles on which platforms are secured then strapped to the feet/legs to add height), but dancing and jump roping are not out of the question.		
STWK 0100-01 Stilt Walking ages 13+ (Tues 5:00 PM)	Meets minimum age by Sept 1, 2019; one year of a balance-genre class or Balance Experience and space availability. To fit equipment, student's floor-to-knee measurement must exceed 16". Student are required to bring and wear their own knee pads.	Spring Show 2020
STWK 0500-01 Stilt Walking ages 13+ (Wed 4:00 PM)	Meets minimum age by Sept 1, 2019; Successful execution of skills from previous level and space availability. To fit equipment, student's floor-to-knee measurement must exceed 16". Student must bring their own knee pads for this class.	Spring Show 2020
<b>Unicycle (UN)</b> Half the wheels, but twice the fun! Develop balance and enhance fitness.		
UN 0000-01 Unicycle ages 6+ (Mon 5:00 PM) UN 0000-02 Unicycle ages 6+ (Tues 7:15 PM) UN 0000-03 Unicycle ages 6+ (Mon 4:00 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
UN 0100-01 Unicycle ages 7+ (Thur 8:15 PM) UN 0100-02 Unicycle ages 7+ (Sat 2:15 PM)	Must be able to mount and ride for 5 minutes continuously; coach recommendation and space availability	Spring Show 2020
UN 0200-01 Unicycle ages 7+ (Wed 6:15 PM) UN 0200-02 Unicycle ages 7+ (Fri 8:15 PM)	Must be able to execute the following tricks: two different styles of mounting, riding in a figure 8 with diameters less than 3 meters, and 15 cm vertical drop in addition to skills taught at previous level; coach recommendation and space availability	Spring Show 2020
UN 0300-01 Unicycle ages 7+ (Wed 5:00 PM)	Must be able to execute the following tricks: three different styles of mounting, five hops, and tight turns less than 1 meter in addition to tricks taught in previous levels; coach recommendation and space availability	Spring Show 2020
UN 0400-01 Unicycle ages 7+ (Thur 7:15 PM)	Must be able to execute the following tricks: four different styles of mounting, riding backwards, riding one-footed, and standing idle in addition to skills taught at previous level; coach recommendation and space availability	Spring Show 2020



# Circus Theater/Dance

Promotes confidence, comedy  
and kookiness

As a performing arts school, we not only teach students the technical skills they need for performance, but also how to put on a great show! Our circus theater and dance classes teach body awareness, character work, stage presence, and confidence.



Class Information	Prerequisites	Performing Status
<b>Clowning (CL)</b> Turn the foundations of physical theater, improvisation, comedy, stage combat, and clowning into performance.		
CL 0100-01 Clowning ages 10-12 (Tues 6:15 PM)	Meets minimum age by Sept 1, 2019 and space availability	Spring Show 2020
CL 0200-01 Clowning ages 13+ (Mon 8:15 PM)	Accomplishment of skills in previous level, meets minimum age by Sept 1, 2019, and space availability	Spring Show 2020
CL 1000-01 Clowning ages 13+ (Mon 6:00-6:45 PM)	By invitation/audition only	Summer Show 2020
<b>Dance (DA)</b> Explore the fundamentals of ballet and contemporary dance for the circus stage.		
DA 0100-01 Dance ages 7-12 (Mon 7:15 PM) DA 0105-01 Dance ages 13+ (Thur 7:15 PM)	Meets minimum age by Sept 1, 2019 and space availability	Spring Show 2020
DA 0200-01 Dance ages 10+ (Tues 7:15 PM) DA 0205-02 Dance ages 13+ (Tues 6:15 PM)	Accomplishment of skills in previous level, coach recommendation, and space availability	Spring Show 2020
DA 0300-01 Dance ages 13+ (Wed 5:00 PM) DA 0300-02 Dance ages 13+ (Wed 8:15 PM)	Accomplishment of skills in previous level, coach recommendation, and space availability	Spring Show 2020
DA 1000-01 Dance ages 13+ (Wed 7:15 PM) (FF) DA 1000-02 Dance ages 13+ (Wed 6:00-7:00 PM) (FF) DA 1000-03 Dance ages 13+ (Mon 6:15 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2020
<b>Dance Ballet (DABA)</b> Explore the fundamentals of ballet and contemporary dance for the circus stage.		
DABA 1000-01 Dance Ballet ages 13+ (Tues 4:00 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Non-Performing
<b>Mime (MIME)</b> Explore and learn classic Marcel Marceau mime illusions and technique combined with physical comedy, silent clown, slapstick, and more!		
MIME 0100-01 Mime ages 10+ (Tues 4:00 PM)	Meets minimum age by Sept 1, 2019 and space availability	Spring Show 2020
<b>Ringmaster (RM)</b> This audition-only theater class expands on CJ's ringmaster program. Students study theater, presentation, improvisation, vocal production, and dance in preparation for this spring's performances.		
RM 0500-01 Ringmaster ages 12+ (Thur 6:15 PM)	By audition only. Auditions for the 19-20 year have already occurred. Auditions for 20-21 will be announced at a later date.	Spring Show 2020
<b>Theater (THA)</b> Explore the fundamentals of theater in a program designed specifically for circus performance.		
THA 0005-01 Theater ages 10-12 (Wed 7:15 PM) THA 0009-01 Theater ages 13+ (Wed 8:15 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
THA 0500-01 Theater ages 13+ (Tues 7:15 PM) THA 0500-02 Theater ages 13+ (Mon 7:15 PM)	By audition only. Auditions for the 19-20 year have already occurred. Auditions for 20-21 will be announced at a later date. Students, watch summer announcements for the audition announcement!	Non-Performing
THA 1000-01 Theater ages 13+ (Mon 5:00 PM) THA 1000-02 Theater ages 13+ (Mon 6:15 PM) THA 1000-03 Theater ages 13+ (Mon 4:00 PM)	By audition only. Auditions for the 19-20 year have already occurred. Auditions for the 20-21 year will be announced at a later date. These hours are reserved for training and final casting decisions will be made in November. CJ reserves the right to switch or remove students from theater hours once final casting decisions are made.	Summer Show 2020



# Cross Training

Cross training is an essential part of training at both the intermediate and advanced level. These classes are designed for students who want to push themselves harder and progress faster throughout the program. Pay close attention to the pre-requisites, as not all classes are for everyone.

Class Information	Prerequisites	Performing Status
<b>Aerial Conditioning (AEC)</b> This class is for aerial students looking to supplement their training, allowing students time and space each week to work exclusively on technique and strength, two key components of aerial training.		
AEC 0000-01 Aerial Conditioning ages 11+ (Tues 8:15 PM)	Must have at least one year of experience in an aerial class, meet minimum age requirement by Sept 1, 2019, and space availability	Non-Performing
AEC 0050-01 Aerial Conditioning ages 11+ (Thur 8:15 PM)	For aerial students in a performing level of Spanish Web, Hoops, Silks, Triple Trapeze, Bungee Trapeze, or any invitation-only aerial act.	Non-Performing
<b>Core Conditioning (CORE)</b> This class combines core stability, strength, balance, and agility using the seven primal movements. This class is intended help students prevent injury, improve posture, and increase integrated strength.		
CORE 0000-01 Core Conditioning ages 13+ (Mon 5:00 PM) (FF) CORE 0000-02 Core Conditioning ages 13+ (Wed 5:00 PM) (FF)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Preparatory Team (PRTM)</b> This comprehensive circus skills training course includes training in acts such as Acrobatics and Low Casting.		
PRTM 0000-01 Preparatory Team ages 9-12 (Tues 6:15 PM, Tues 7:15 PM) (FF)	Desire to progress in circus arts training; must already be able to execute a round-off and bridge kick over and space availability	Non-Performing
<b>Stretching and Strengthening (STST)</b> Flexibility and strength are the base for every circus discipline. This class focuses on stretches for handstands and aerial work, as well as strengthening for aerial, acrobatic, and balance disciplines		
STST 0000-01 Stretching and Strengthening ages 10+ (Thur 4:00 PM) STST 0000-02 Stretching and Strengthening ages 10+ (Sat 1:15 PM)	Meets minimum age by Sept 1, 2019 and space availability	Non-Performing
<b>Team Acrobatics (TMAC)</b> Accelerated program for students in all areas of advanced-level acrobatics. This class includes training in Acrobatics, Russian Bar, Russian Swing, Straps, Wall Trampoline, and Teeterboard.		
TMAC 0500-01 Team Acrobatics ages 13+ (Mon 7:15 PM, Wed 4:00 PM, Wed 7:15 PM, Thur 7:15 PM) (FF)	By invitation only; Acrobatics 0300 and/or the ability to execute a back tuck on the floor and space availability	Non-Performing
<b>Team Aerial (TMAE)</b> Accelerated, demanding program for students who have proven aptitude and attitude for a big challenge. This class includes training on web, silks, hoops, straps, trapeze, Mexican cloud swing, triangle, and cube. A stepping stone to summer show aerial acts.		
TMAE 0000-01 Team Aerial ages 13+ (Fri 5:00 PM, Fri 6:15 PM) (FF)	By invitation only; must have fundamental training in several aerial acts (e.g. Spanish Web, Hoops, etc.) and have performed at an intermediate level in at least one of them, coach recommendation, and space availability	Non-Performing

## Why Cross Train?

**More Training Time!** Cross training is an easy way to supplement your classes that meet only once a week.

**More Student Specific Training!** Goals can be made (and met!) for YOUR specific desires.

**Learn New Skills!** Pick up new skills without having to increase your performance load with a performing class!

**Make the Leap!** Expedite the transition from beginning to intermediate, intermediate to advanced level classes.

# Still Have Questions? Answers Are Below!

## I'm a brand new student. How do I register?

If you've never registered for classes at CJ, registration is a two step process:

**Step 1:** Complete the pre-registration process online. This is how we collect general information on your student and create an account for you. This does need to be completed per student, not per family. Click [here](#) to pre-register!

**Step 2:** You will be notified via email once registration opens. Once you get word, login and register! (Username and password provided) Click [here](#) to register!

## I'm a returning student.

### What are the most important things I need to know?

**#1:** Remember that email we sent to you, which included your username and password? Can't find it? Give us a call: 651-699-8229.

**#2:** You will be asked to review your account information once you log in: please make sure we have the most up-to-date information!

**#3:** Your registration form will have coach recommendation or notes if you signed up for last session. Please keep these in mind when registering.

**#4:** Even if it's been YEARS since you've taken a class, DO NOT pre-register. Instead, give us a call: we'll activate your account and you'll be able to log in and register within hours.

### Do I have to register online?

We do ask that everyone use the online registration system. If you don't have easy access to a computer, you are more than welcome to stop by CJ and use one of ours!

### Once registration opens, how soon should I register?

As soon as possible! Returning students get registration priority over new students, but we do TRY to get everyone into at least one class. Every registration is date and time stamped, so getting it in early is important!

## What do I do if I want to change my registration after it's been submitted?

Send us an email and we will make the changes for you! Our staff is too small to track an abundance of changes, so please take your time and do it right the first time. [AdminStaff@Circusjuventas.org](mailto:AdminStaff@Circusjuventas.org)

### How long does it take to hear back from you once my requests are in?

Turn around time is anywhere between 7-10 days (remember: few of us, LOTS of you). Any correspondence done during and after the process will come via email, so PLEASE make sure the email you have listed on your account is accurate and checked often. *If you are contacted with a registration question it's most helpful for us if you respond via email* (rather than calling) within 24 hours so as to not further delay the process.

### What happens if I don't get into any classes?

In the unlikely event that we are unable to place you, we will process a full tuition refund. (The registration fee will NOT be refunded.)

### I'm new to circus, but have done dance/gymnastics for years. What should I do?

Any student coming into our program with prior experience should email for placement suggestions: [AdminStaff@Circusjuventas.org](mailto:AdminStaff@Circusjuventas.org)

### How long is my class?

Classes meet once a week for 55 minutes (unless otherwise noted).

### Who do I notify if my student is going to miss a class?

If you know your student will miss a class, please email us at [absences@circusjuventas.org](mailto:absences@circusjuventas.org).

### Can I make up a missed class?

We try to keep our student-to-coach ratio very specific, so we don't allow for make up classes or drop ins.

## I've been at CJ for many years: I want to talk to somebody about how best to move through the program. What should I do?

Three words: TALK TO BETTY! Our wonderful Artistic Director is ready and willing to talk to you at any time throughout the course of your circus career. To schedule an appointment, email: [betty@circusjuventas.org](mailto:betty@circusjuventas.org).

### Are there costs other than tuition that I need to know about?

Yes. Every student is charged an annual registration fee of \$45 (once per academic year). There are also some additional costs that come along with performing should you decide to go that route: typically around \$100 per class. You don't need to worry about this until winter session.

### I'm signing up for a performing class. What do I need to know?

Performing information becomes available for winter session, which is when we ask students to officially commit to the performance season. If you would like general information about performing, visit our website by clicking [here](#)!

### What is the difference between spring and summer shows?

Spring shows feature our beginning and intermediate-level students, while the summer show is reserved for our most advanced performers.

### How do I get selected to perform in summer show?

Typically, summer show includes students that are training at the 1000 level. Show themes and artistic vision also play a part in selecting acts for the show.

**Please don't hesitate to contact us with any questions you may have about our program**  
1270 Montreal Ave, St Paul MN 55116

Phone: 651-699-8229

Fax: 651-699-4395

Email: [AdminStaff@Circusjuventas.org](mailto:AdminStaff@Circusjuventas.org)

## Can someone explain the registration priority process to me?

Certainly! We serve around 1,000 students and handle nearly 3,000 class requests during each registration. Over the years, we have developed a fair way of assigning priority to these requests. Whether you are a new or returning student, our goal is to place everyone in classes when possible!

Below is our priority process:

**Priority 1:** Students who are returning from our most recent session and register ONLINE are guaranteed enrollment in the same acts and levels in the upcoming session.

**Priority 2:** Students who are returning from our most recent session, but are requesting NEW classes (act, level, or time) are given priority for open spots. Reminder that the student must meet the class pre-requisites.

**Priority 3:** New students or students who are returning from past sessions (not the most recent session) are placed in classes based on availability.

⇒ The priority levels above only apply if class requests are submitted BEFORE the online registration deadline. If students of the same priority level register for the same open spot, date and time stamps are used to establish priority, so registering sooner than later is encouraged!

⇒ Once online registration closes, you may submit a hard copy registration. These forms are reviewed AFTER students who register online are placed in classes. Hard copy registrations are evaluated solely on a first come first served basis.

**The spring registration deadline is Tuesday, January 28 at 11 a.m.! Click [here](#) to register, or visit [my.circusjuventas.org](http://my.circusjuventas.org)**