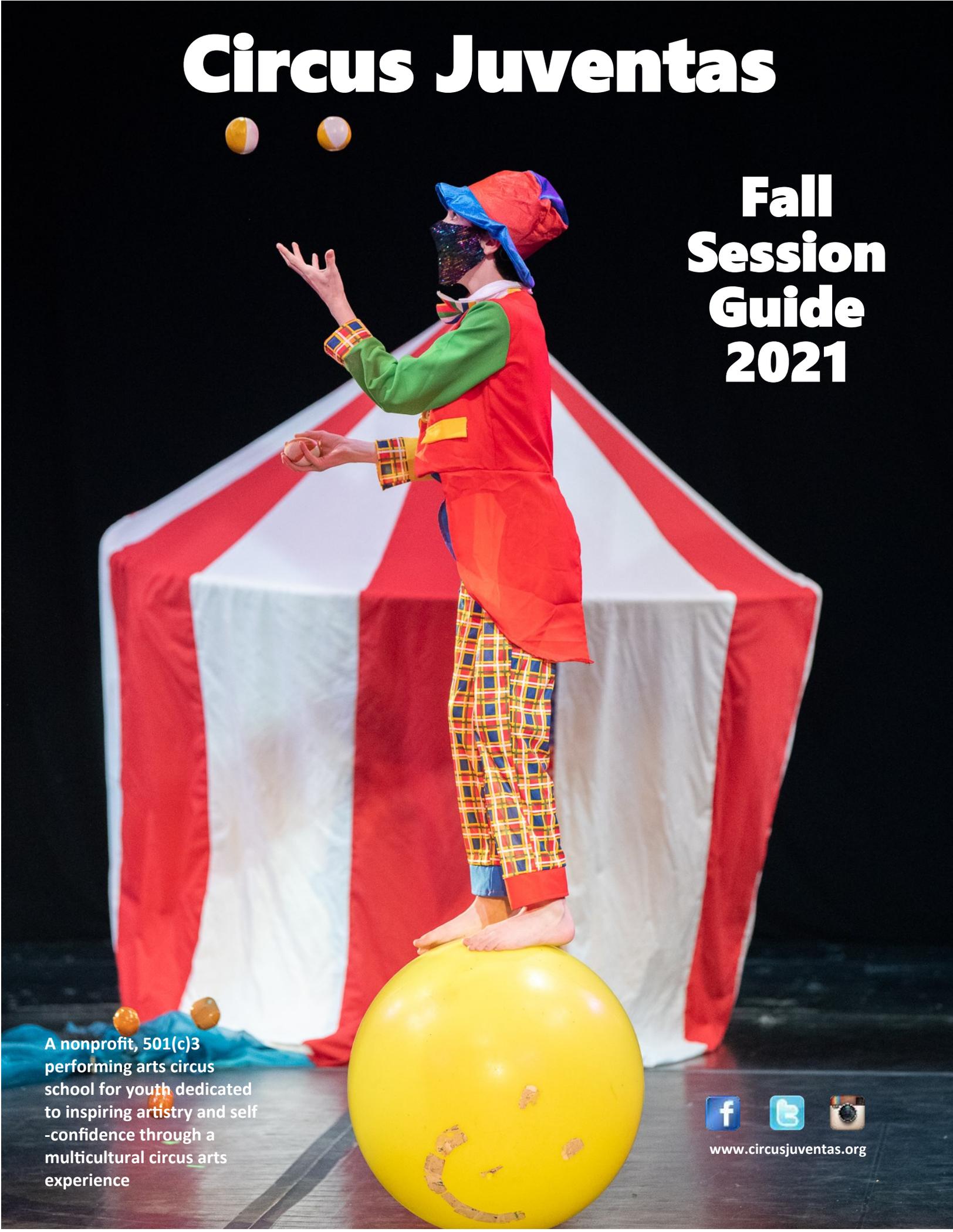


Circus Juventas

Fall Session Guide 2021



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

Welcome New and Returning Students!

Welcome to fall session!

Fall is an exciting time at Circus Juventas, as we look forward to the new academic year with new classes, new students, and THREE productions. We eagerly anticipate the growth, joy, and community that await our students in the coming year.

As always, our registration process carefully considers the placement of each student to find the best class for their interests, skills, and schedule. This guide helps focus your choices. Start narrowing down by genre (i.e. experience, acrobatics, aerial, etc.) and use the table of contents below or the index of classes on pages 4-6 of the guide to find a specific class. We highly recommend you take the time to read this entire guide, especially the pages about important dates (page 13) and how the guide works (page 17). We are also happy to answer questions at 651-699-8229 or by email at adminstaff@circusjuventas.org.

Fall registration opens Friday, August 27 @ 12:00 p.m.
Fall registration closes Monday, September 6 @ 12:00 p.m.



COVID-19 Policies for Fall

As we enter our fall session, we have given thoughtful consideration to the current COVID conditions to determine our policies for the beginning of the academic year. We appreciate that until our students under 12 have the option of vaccination, it is important to consider their well-being as classes begin. In light of the current situation, we will return to our summer session policies and begin fall session with the following protocols in place:

- Masks will be required for all students, staff, and visitors to the big top.
 - Advanced students may remove masks while engaging in high-intensity activities or activities wherein a mask could become a physical hazard (choking, blinding, becoming entangled with an apparatus or partner, etc.)
 - Masks are not required for students or visitors with a medical exemption that prohibits them from wearing a mask.
 - Masks are not required for staff and visitors when classes are not in session or when in an area separated from students and visitors.
- Parents/guardians are allowed in the lobby during building hours, but **our parent-viewing area remains CLOSED**. Please plan accordingly as our lobby space is limited – we request parents and families limit their time in the building as much as possible (unless accompanying students under the age of 10).
- Regular classes will be 50 minutes in order to allow for 10 minutes of cleaning between each class. Please note, not all equipment can be cleaned this way – only applicable non-porous shared surfaces will be sanitized between each class.
- In case of illness, we use the [COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs](#) to determine next steps.

We will be closely monitoring COVID conditions in the community as well as vaccination availability for students under 12. We will inform families in advance should we make changes to any of our policies. We appreciate the support of our families and ask for continued grace and understanding as we move through the pandemic. The well-being of our students is always our top priority, and we appreciate all voices and viewpoints on the subject. It is our sincere goal to continue as a united community and remain CJ strong until this crisis has passed.

How to Use this Guide

Fall registration: It's as easy as 1, 2, 3! Once you've completed the [pre-registration](#), follow the steps below! Questions? Call 651-699-8229 or email us at adminstaff@circusjuventas.org.

1.

Pick your class!

Use the session guide to search for a class that fits your skills, interest, and schedule. Remember to check the prerequisites and take note of your class genre and code!

2.

Register online

Check out the [How to Register](#) page on our website, get info, and pre-register! Everyone who has pre-registered will receive an email with a link to online registration once registration opens.

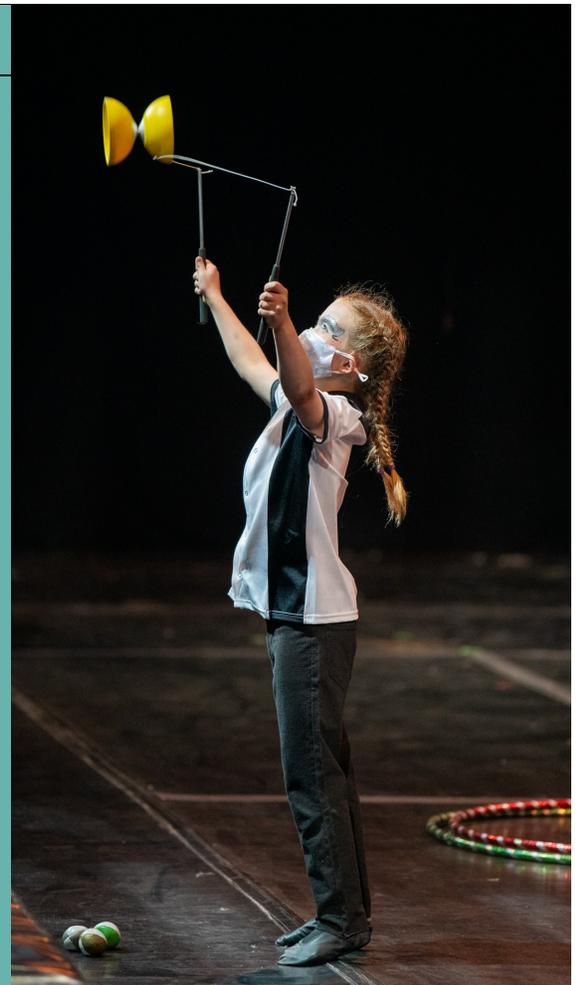
3.

Wait for confirmation

Once registration is closed, we begin processing requests. Watch your email for questions and confirmation. Questions? Check out FAQs on page 40 of the session guide, on our [website](#), or give us a call @ 651-699-8229.

TABLE OF CONTENTS

INFORMATION	PAGES
Index of classes.....	4-6
Staff and coach information.....	7-9
Circus Juventas presents.....	10-12
Important dates.....	13
Progressing through the program.....	14-15
New and returning classes.....	16
How to use the class pages.....	17
Pricing and payments.....	18
Class pages (dates, times, information).....	19-39
Frequently asked questions.....	40
CLASS PAGES	
Preschool and Kinder classes.....	19
Experience classes.....	20
Acrobatics classes.....	21-23
Aerial classes.....	24-31
Balance classes.....	32-35
Theater and Dance.....	36
Juggling.....	37
Cross-Training.....	37-38
Adult Program.....	38
Pre-Professional Program.....	39
Specialty Programs (Wings and Out of the Chair).....	39



Index of Classes

Below you will find a comprehensive list of all classes offered at CJ!

Class Name	Age	Circus Genre	Training Level	Performing Status	Special Notes	Page
4-Girl Spinning Cube	13+	Aerial	Intermediate, Advanced	Performing		24
Acrobatics	6+	Acrobatics	Beginning/New Student, Intermediate, Advanced	Performing		21
Acrobatics Adagio	13+	Acrobatics	Advanced	Performing		21
Acrobatics Foundations	6+	Acrobatics	Beginning/Intermediate	Non-performing		21
Acro Contortion Balance	13+	Acrobatics	Advanced	Performing		21
Acrodance	13+	Acrobatics	Intermediate	Non-performing		37
Adult Circus Arts	18+	Adult	Beginning/New Student	Non-performing		38
Adult Core Conditioning	18+	Adult	Beginning/New Student	Non-performing		38
Advanced Trampoline	13+	Acrobatics	Advanced	Non-performing		21
Aerial Conditioning	11+	Cross Training	Intermediate	Non-performing		37
Aerial Experience	8+	Experience	Beginning/New Student	Non-performing		20
Aerial Strength and Techniques for Males in Performance	13+	Cross Training	Intermediate	Non-performing		37
Base/Porter Basics for Teen Boys	13+	Cross Training	Beginning/New Student	Non-performing		37
Bicycle	10+	Balance	Beginning/New Student	Performing		32
Bite Balance	10+	Balance	Advanced	Depends on Level		32
Bungee Trapeze	12+	Aerial	Intermediate, Advanced	Depends on Level		24
Chair Stacking	13+	Balance	Intermediate, Advanced	Depends on Level		32
Chinese Poles	13+	Acrobatics	Intermediate	Non-performing		21
Circus Experience	6+	Experience	Beginning/New Student	Non-performing		20
Circus Kinders	5-6	Preschool/Kinder	Beginning/New Student	Performing		19
Cloud Swing	13+	Aerial	Intermediate, Advanced	Performing		24
Clowning	13+	Theater/Dance	Beginning/Intermediate	Performing		36
Contortion	6+	Balance	Beginning/New Student, Intermediate	Performing		32
Core Conditioning	13+	Cross Training	Beginning/New Student	Non-performing		38
Cyr Wheel	13+	Balance	Advanced	Depends on Level		32
Dance	7+	Theater/Dance	Beginning/New Student, Intermediate, Advanced	Performing		36
Double Trapeze	11+	Aerial	Intermediate	Performing		25
Duo Cyr Wheel	13+	Balance	Advanced	Performing		32
Duo Straps	13+	Aerial	Intermediate	Performing		25
Duo Trapeze	13+	Aerial	Intermediate	Performing		25
Duo Unicycle	13+	Balance	Intermediate	Performing		33
Fire Jump Rope	13+	Acrobatics	Advanced	Performing		22
Flying Trapeze	12+	Aerial	Advanced	Depends on Level		25
Flying Trapeze Basics	11+	Aerial	Intermediate	Non-performing		25
Flying Trapeze Recreational	12+	Aerial	Intermediate	Non-performing		25
German Wheel	8+	Balance	Beginning/New Student, Beginning/Intermediate, Intermediate	Depends on Level		33
Globes	6-12	Balance	Beginning/New Student, Beginning/Intermediate	Depends on Level		33
Hammock	13+	Aerial	Intermediate, Advanced	Depends on Level		25
Hand Balance	8+	Balance	Intermediate	Performing		33
Hand to Hand	11+	Balance	Intermediate, Advanced	Depends on Level		33
Handstands	12+	Balance	Intermediate, Advanced	Depends on Level		34

Index of classes continued...

Class Name	Age	Circus Genre	Training Level	Performing Status	Special Notes	Page
Hanging Perch	10+	Aerial	Intermediate, Advanced	Depends on Level		26
High Bar	13+	Acrobatics	Intermediate, Advanced	Non-performing		22
High Wire	13+	Balance	Intermediate	Performing		34
Hoops	12+	Aerial	Intermediate, Advanced	Depends on Level		26
Hula Hoop	7-12	Balance	Beginning/New Student	Performing		34
Intro to Aerial	11+	Aerial	Beginning/New Student	Non-performing		26
Intro to Solo Trapeze	11+	Aerial	Beginning/New Student	Non-performing		26
Juggling	7+	Juggling	Beginning/New Student, Intermediate, Advanced	Performing		37
Ladder Trapeze	11+	Aerial	Intermediate, Advanced	Depends on Level		26
Low Casting	9-12	Aerial	Intermediate	Performing		27
Low Casting Fun	9-12	Aerial	Beginning/New Student	Non-performing		27
Low Wire	10+	Balance	Beginning/New Student, Intermediate	Performing		34
Mexican Cloud Swing	13+	Aerial	Intermediate, Advanced	Depends on Level		27
Mid Wire	13+	Balance	Advanced	Performing		34
Mini Hammock	9+	Aerial	Beginning/Intermediate, Intermediate	Depends on Level		27
Moroccan Pyramids	8+	Acrobatics	Beginning/New Student	Performing		22
Multiple Trapeze	9+	Aerial	Beginning/New Student, Intermediate	Performing		28
Out of the Chair	10+	Specialty	Beginning/New Student	Non-performing		39
Pas de Deux	13+	Aerial	Advanced	Performing		28
Preparatory Team	9-12	Cross Training	Beginning/Intermediate	Non-performing		38
Pre-Professional Program	18+	Professional	Beginning/New Student	Non-performing		39
Preschool	2-5	Preschool/Kinder	Beginning/New Student	Performing		19
Revolving Poles	13+	Acrobatics	Advanced	Performing		22
Ringmaster	12+	Theater/Dance	Intermediate	Performing		36
Rola Bola	12+	Balance	Intermediate	Performing		34
Russian Bar	13+	Acrobatics	Advanced	Performing		22
Russian Cradle	13+	Aerial	Advanced	Performing		28
Russian Swing	13+	Acrobatics	Advanced	Depends on Level		22
Shoot-Thru Ladder	11+	Aerial	Intermediate	Performing		28
Side by Side	6-9	Aerial	Beginning/New Student, Beginning/Intermediate	Performing		28
Silks	12+	Aerial	Intermediate, Advanced	Depends on Level		29
Skating Adagio	12+	Acrobatics	Advanced	Performing		22
Sling	12+	Aerial	Intermediate	Performing		29
Spanish Web	12+	Aerial	Beginning/New Student, Intermediate, Advanced	Depends on Level		29
Star	7-9	Aerial	Beginning/Intermediate	Performing		30
Static Trapeze	13+	Aerial	Intermediate, Advanced	Depends on Level		30
Stilt Walking	13+	Balance	Beginning/Intermediate, Intermediate	Performing		34
Straps	12+	Aerial	Intermediate, Advanced	Depends on Level		30
Stretching and Strengthening	10+	Cross Training	Beginning/New Student	Non-performing		38
Stunt Parkour	13+	Acrobatics	Advanced	Performing		22
Swinging Trapeze	13+	Aerial	Advanced	Depends on Level		30
Table Comedy	13+	Acrobatics	Advanced	Performing		22
Team Acrobatics	10+	Cross Training	Advanced	Non-performing		38
Teeterboard	12+	Acrobatics	Intermediate, Advanced	Performing		22

Index of classes continued...

Class Name	Age	Circus Genre	Training Level	Performing Status	Special Notes	Page
Theater	13+	Theater/Dance	Beginning/New Student, Intermediate, Advanced	Depends on Level		36
Trampoline	6+	Acrobatics	Beginning/New Student, Intermediate	Non-performing		23
Triangle Trapeze	13+	Aerial	Advanced	Performing		31
Trick Unicycle	12+	Balance	Advanced	Performing		35
Triple Trapeze	10+	Aerial	Intermediate, Advanced	Depends on Level		31
Umbrella Poles	13+	Aerial	Advanced	Performing		31
Unicycle	6+	Balance	Beginning/New Student, Beginning/Intermediate, Intermediate	Depends on Level		35
Vault Mini	8+	Acrobatics	Beginning/New Student, Intermediate, Advanced	Performing		23
Wall Trampoline	13+	Acrobatics	Advanced	Performing		23
Wall Walking	13+	Acrobatics	Advanced	Performing		23
Wheel of Steel	13+	Acrobatics	Advanced	Depends on Level		23
Wings	10+	Specialty	Beginning/New Student	Non-performing		39



The Circus Juventas Staff

Our founders:

Dan Butler
Executive Director
Elizabeth "Betty" Butler
Artistic Director



Our staff:

Ariel Begley
Student Finance Manager

Stacey Boucher
Office Assistant

Rachel Butler Norris
*Assistant Artistic Director/Artistic
Department Manager*

Jeannene Clark
Program Coordinator

Rob Dawson
Arena Manager

Bethany Gladhill
Human Resources/Financial Manager

Shannon Hartle
*Assistant to the Executive Director/
Development Assistant*

Anwar Hassouni
Office Assistant

Nicole Malone
Development Director

Katy McEwen
Program Director

Jen Newburg
Front Desk Volunteer

Madison Novitzki
Artistic Administrative Coordinator

**Doug Snyder and
Chris Kessler**
Volunteer Data Specialists

Heather Zenzen
Website Manager



A Fond Farewell



Best of Luck to Coach Lauren!

CJ is bidding a fond farewell to Coach Lauren this fall. Lauren has been a part of the CJ family since she started as a student in 2002. While at CJ, Lauren performed in *Swash*, *Atlanticus*, *Pazanni*, *Dyrnwyth*, *Raven's Manor*, *Yulong*, *Sawdust*, *Grimm*, *Showdown*, *Oz*, and *Neverland*. After graduating high school, Lauren went on to study circus arts at Codarts in the Netherlands. Lauren was a versatile member of our coaching staff with expertise in aerial acts, acrobatics, and unicycle.

While she will be greatly missed, we are thrilled that she is moving to Las Vegas to pursue her professional circus performing career. We wish her the best in all of her endeavors and hope she'll come back and visit!

MEET OUR NEW COACHES



Kristina Ivanova-Dawson- Acrobatics

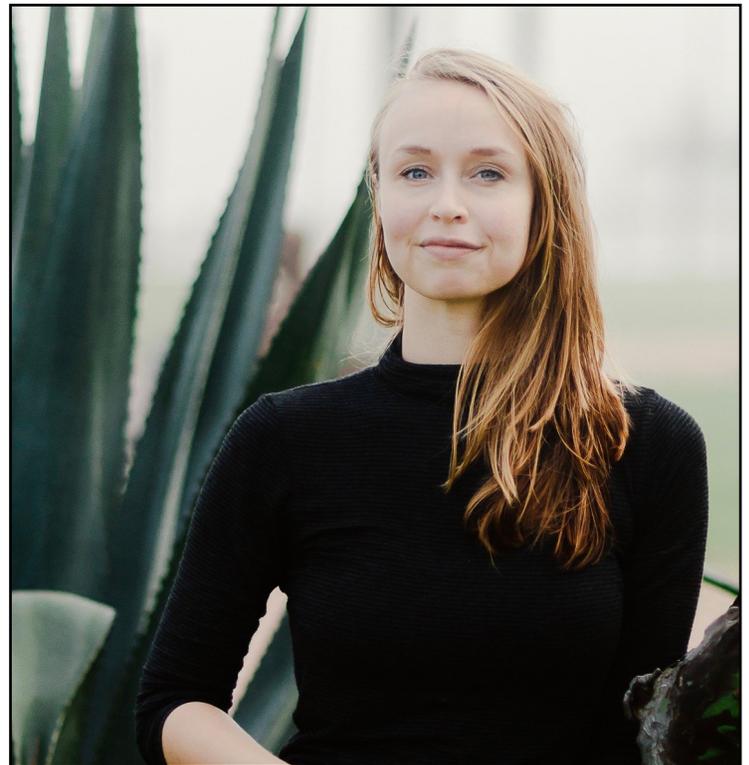
Kristina began her acrobatic career at the age of 5, training with her father who was a World Champion in Power Tumbling and her mother who was a "Master of Sport" in Acro Pairs. She started performing onstage at the age of 8 with her family, in a Circus that traveled throughout Central America.

In 1996, at 11 years old, Kristina signed her first contract to perform with Cirque du Soleil's Alegria. She toured the world with the show for seven years before joining the cast of Cirque's show "La Nouba" as a power tumbler and character. In 2017, Kristina signed with "Mystere" performing as a tumbler, teeterboard flyer, chinese poles acrobat, and bungee artist. After 25 years with Cirque, Kristina and Rob are excited to share their experiences and start a new chapter with Circus Juventas.

Ruby Josephine Smith - Dance

Ruby Josephine Smith is a contemporary dance artist and choreographer, born and raised in Minneapolis. She pursued her love of theater throughout her childhood and began exploring contemporary dance as a mode of expression and connection at the age of 10. Eventually, her curiosity and passion launched her into a life of travel, continuing her self-driven training at studios, workshops and intensives across Europe. She finally landed in Tangier, Morocco, where she was based for the past 7 years until recently relocating back to the Twin Cities.

Her expressive, theatrical and fluid work has been showcased in festivals around Morocco and Southern Europe, and she has had the opportunity to collaborate with internationally renowned dance artists. She has been a teaching artist for the past 8 years, offering regular contemporary technique classes, residencies and workshops around the world to students of all ages and levels. Ruby believes strongly in the power of dance to tell stories, explore personal expression, and form connections.



MEET OUR NEW COACHES

Jason Hilton- Stunt Parkour

Jason started his career as a gymnast and power tumbler, competing for the US National Tumbling Team in 1997. Jason began coaching around the same time, teaching gymnastics, acrobatics, and stunt work to students of all ages. Jason has worked the last 20 years as a stunt performer and stunt coordinator in the film and television business.



Sophie Uri- Aerial

Sophie started taking classes at Circus Juventas in 2014, training and performing in disciplines such as contortion and other aerial acts. She has been very fortunate to perform with Circus Juventas at events and compete with them at Viva Fest in Las Vegas. Sophie is a recent graduate from the University of Minnesota where she majored in Sociology of Law, Criminology, and Deviance. She also works at Enticing Entertainment doing event performance and hopes to continue her training.

Circus Juventas Presents...

We are excited to announce a spectacular 2021-2022 season with THREE amazing productions! Not only will we be presenting our traditional Spring Celebration and Advanced Summer productions, we will be adding in an Advanced Holiday production in December.



What feels like an ending is only the beginning...

As confetti falls on the final performance of Ringling Bros, and Barnum & Bailey Circus, a group of young circus performers find themselves adrift in an uncertain future, cast away from the only life they've known. But an unexpected encounter with a mysterious fortune-telling machine sends them on a journey swirling through time to the most magnificent moments in circus history.

Join a band of traveling juggling minstrels, wily commedia servants, and a runaway bride on a tumble through the esteemed courts of Renaissance Italy. Fly above the Eiffel Tower with Jules Leotard. Dance a can-can in old Paris and become entangled in an art heist through the bohemian streets of Montmartre. Swan dive from the rooftops of turn-of-the-century New York with P.T. Barnum's Circus Emporium as the high-stakes meeting with the Ringling Bros is threatened by a gaggle of misfit gangsters. Fall into the surreal, evocative world of Cirque Du Soleil and defy gravity on aerial umbrellas as the enigmatic fortune teller spins the travelers through the timeless reinventions of circus past and present on this mystical whirling vision quest that seeks to discover the future of circus itself.

Circus Juventas Presents...(continued)



December 2021

Let it snow, let it snow, let it snow! Last winter, Circus Juventas presented our first-ever holiday performance. Join us this December as our advanced performers bring the magic of circus to your yuletide celebration!

Spring Celebration 2022

Lights, Camera, Action! This spring, our Spring Celebration Performances will celebrate the soundtrack of our lives. From the bright lights of Broadway to the glitz and glam of Hollywood, we'll take a look back at the songs that delighted us, transported us, and defined us.

Circus Juventas
presents a night of

SHOWTUNES

Circus Juventas presents... (continued)

JOIN US FOR AN
INTERSTELLAR EVENT!

CIRCUS JUVENTAS **GALA** 2021

SATURDAY, NOVEMBER 6, 2021

Join us for the most important fundraising event of the year. Enjoy a fabulous dinner by CRAVE Catering while our talented students entertain tableside with highlights of our out-of-this-world summer production,

GALAXIUM

TICKETS ARE \$150/PERSON.
TABLE PRICING BEGINS
AT \$1,200 FOR 8.

TICKETS AVAILABLE ONLINE AT
CIRCUSJUVENTAS.EJOINME.ORG/GALA2021



Gala proceeds benefit Circus Juventas' nonprofit mission to inspire artistry and self-confidence through a multicultural circus arts experience.

Circus Juventas is a 501 (c)(3) non-profit organization

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 2021 (Sept 20-Nov 20)		Spring 2022 (Feb 21-April 23)	
September 20	First day of fall session classes	February 21	First day of spring session classes
October 8	Second installment of payment plan DUE (Payment plan participants ONLY)	March 5-April 23	Saturday extra practices (select acts only)
November 1-6	NO CLASSES- Gala week	March 28	Spring show tickets on sale
November 6	Annual Gala	April 4-9	NO CLASSES - spring break
November 15	Holiday show tickets on sale	April 16	World Circus Day
November 18	Give to the Max Day (GiveMN.org)	April 23	Last day of spring session classes
November 20	Last day of fall session classes	April 23	Building transition day
November 22-27	NO CLASSES- Thanksgiving break	April 27- May 8	Spring Celebration Performances 2022 (see all dates below)
Winter 2021-2022 (Nov 29-Feb 19)		Summer 2022 (May 16-July 11)	
November 29	First day of winter session classes	May 16	First day of summer session classes
Nov 29- Dec 4	Costume measurements taken for spring show (done in class)	May 30	NO CLASSES (MON ONLY)- Memorial Day
December 4	Last day to communicate Spring Celebration Performances conflicts	June 6-July 15	Summer camps
December 4	Building transition day (Holiday show)	June 27	Summer show tickets on sale
Dec 6-Jan 1	NO CLASSES - Winter break	July 4-9	NO CLASSES - summer break
Dec 6-9	Holiday show tech and dress rehearsals	July 11	Make-up day for Memorial Day classes
December 10-19	Holiday show performances	July 11	Last day of summer session classes
January 3	Winter session classes resume	July 12-15	First-half/second-half rehearsals (summer show performers only!)
February TBD	Spring show parent meeting	July 16	Building transition day (summer show performers only!)
February 19	Last day of winter session classes	July 18-22	First-half/second-half rehearsals (summer show performers only!)
		July 25-27	Tech/dress rehearsals (summer show performers only!)
		July 28-August 14	Summer show performances

Spring Celebration Performances 2022

Show teams will be announced at the parent meeting in Feb: please pencil ALL dates listed below into your family calendar.

Yellow Show	
Tech/dress rehearsal Performances	Wednesday April 27, 4:00 p.m. Friday, April 29, 7:00 p.m. Saturday, April 30, 1:00 p.m.
Blue Show	
Tech/dress rehearsal Performances	Thursday, April 28, 4:00 p.m. Saturday, April 30, 7:00 p.m. Sunday, May 1, 1:00 p.m.
Green Show	
Tech/dress rehearsal Performances	Wednesday, May 4, 4:00 p.m. Friday, May 6, 7:00 p.m. Saturday, May 7, 1:00 p.m.
Purple Show	
Tech/dress rehearsal Performances	Thursday, May 5, 4:00 p.m. Saturday, May 7, 7:00 p.m. Sunday, May 8, 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

Registration and general info:
adminstaff@circusjuventas.org

Student finances:
ariel@circusjuventas.org

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

Progressing Through the Program

It can sometimes be a bit difficult to navigate through a program as complex as ours. We've put together a few scenarios below that we hope will help. Remember, if you would like specific feedback, contact us.

Scenario 1: Suzy began as a preschooler

Suzy started in our Pre-schooler program at two years old, stayed with the program a full year, and performed in the Spring Celebration Performances. She continued until she turned five, at which time she registered for Kinders. **Now she is six: where does she go?**

Scenario 2: Suzy's Friend, age 6

Suzy's friend did not start off in the Preschooler program. In fact, she and Suzy just met in their first grade class, which is how she found out about CJ. Suzy's friend wants to get involved: more specifically, she wants to be in class with Suzy. **What are her options?**



Preschool 2-3

Suzy stayed in this class for a full year before moving up.

Preschool 3-4

Suzy moved into this class after she turned three (note: all age requirements are by Sept 1).

Preschool 4-5

This was Suzy's last year in the Preschooler program and her third year performing.

Kinders 5-6

Now in kindergarten, Suzy was ready for Kinders! Though the structure of the program is similar, she was excited to be challenged in new ways!



YOUTH PROGRAM (age 6+)

First option:

Circus Experience

If Suzy is not yet drawn to any one act in particular, she can continue to take a sampler class, now as part of the youth program! CE is, however, a non-performing class, so Suzy will be ineligible to perform in the spring show. If she would like to start in CE and move into a performing class in winter session, she can!

Second option:

Suzy already knows she likes aerial, but not balance, and maybe acrobatics. Moving into the youth program, she has the option to specialize! She can sign up for any class highlighted in green throughout the guide for ages 6+! Please note: there are both performing and non-performing class options.



Suzy's Friend

Suzy's friend has the same options as Suzy: she doesn't need to go through the Preschooler program to start as a beginning-level student. So long as the two girls can agree on a class, they can sign up together! We do recommend that they sign up for first/second class options, however: this makes it easier to place them together. Both girls are recommended to get their class requests in sooner than later!

Scenario 3: Bekka the aerialist, age 12

Bekka has worked her way through Side by Side, Star, and Multiple Trapeze. She is now officially moving into intermediate-level aerial work, and ultimately, she wants to train in Triangle Trapeze and Hammock. **Her coach makes the following recommendations:**

Triple Trapeze 0000

Triple bridges between the beginning and intermediate levels of the aerial genre. Bekka needs to start at the non-performing level, and it will take many years to get through all levels of Triple Trapeze. Progression depends on both ability and body size.

Dance 0100

As Bekka advances in her aerial career, it will become more and more important to cross-train in other genres. Taking a dance class is a great way to learn and practice grace, which can then be applied to her work in the air!

Spanish Web 0000

Since Bekka is 12, she is also eligible for Spanish Web. This act progresses much like Triple Trapeze: students start at the non-performing level for at least a year before moving into performing. Web is also a prerequisite for more advanced acts, so Bekka is on the right track!

Aerial training doesn't just happen in the air. All of the following components play an important role:

Flexibility - a committed aerialist is ALWAYS stretching, including at home!

Grace - Taking one dance class a week will make a huge difference.

Strength - Core strength is at the base of all aerial training.

Cross Training - Learning how to use your body in MANY ways.

Acrobatics - Learning how to flip on the floor before you do it in the air always helps.

Patience is the name of the game when it comes to intermediate-level aerial classes. **MANY acts require at LEAST a year of non-performing level training before moving up.** Bekka's coaches tell her to "stick to it"; her hard work will be recognized when the time is right!

Progressing Through the Program

It can sometimes be a bit difficult to navigate through a program as complex as ours. We've put together a few scenarios below that we hope will help! Remember, if you would like specific feedback, contact us.

Scenario 4: The "late starter," Maria, age 13

Maria attended our World Circus Day open house with a group of friends and now she really wants to take a class. Maria has no prior experience (in circus, gymnastics, or dance), but she knows she wants to train in aerial acts. **Where should she start?**



Intro to Aerial

Designed for beginning-level students like Maria, here she will learn fundamental aerial skills, as well as work on flexibility and strength (two very important components of all aerial work). Maria can opt to take this class for a full year or move into a performing class come winter session. She can also make connections with some of our wonderful aerial coaches, who will be able to guide Maria more specifically on her aerial path.

Multiple Trapeze

Multiple Trapeze is our beginning-level trapeze class for students Maria's age. In this class, she will explore fundamental trapeze work, as well as have the opportunity to perform the Spring Celebration Performances (should she commit to the full year)! Additionally, as Multiple Trapeze is a prerequisite for many other aerial classes, having this class under her belt will also help progress her into intermediate-level acts in the future.

Something important for ALL students to remember:

Progressing to intermediate- and advanced-level acts takes time and commitment. While we encourage students to try new things, it becomes increasingly important to decide on and stick to a track (based on genre) in order to progress further, faster. Jumping around from genre to genre often delays progress in ALL training. (i.e.: Taking Acro, then Juggling, then Multiple won't allow you to move up in any act.)

Scenario 5: The "late starter," Andrew, age 14

Andrew just learned about Circus Juventas through some friends at school. He went to see the summer show this year, and now he is OBSESSED with getting into the program. He's a little older than the average kid starting off, but he also has previous gymnastics experience from his younger days. After a bit of conversation, **this is what we suggest:**

Acrobatics 0300

Andrew shares that he can already do a round-off and successive front and back handsprings, which means that he can skip ahead a few levels on the Acro front.

Acrobatics 0200 ✓

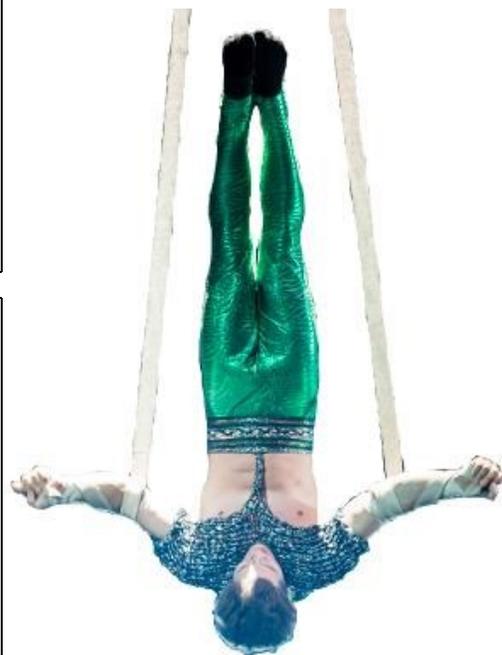
Acrobatics 0100 ✓

Unicycle 0000

He also shares that he was just given a unicycle for his birthday. While he's been trying to teach himself how to ride, he's not quite there. For now, we recommend he start in the non-performing level until he is able to mount and ride on his own.

Circus Arts for Male Athletes

Andrew was particularly taken by the Straps and Duo Trapeze acts he saw in the show. While he's not ready for specialized training in these acts, he can take a cross training class that will set him up for these kinds of acts in the future.



Andrew was able to skip these levels due to prior experience. Tell us about yours!

Entering our program BRAND NEW as a pre-teen/teen is not impossible. Here are some pointers:

Take a Look! Peruse through the session guide and find what sounds interesting. That's always a good jumping-off point.

Tell us! If you have prior experience, let us know about it. It will definitely influence placement.

Ask us! It may not be obvious what your options are. We are here to talk you through it!

New and Returning Classes

New in 21-22!

Umbrella Poles	Raindrops will fall in this nouvelle act combining aerial and Chinese pole maneuvers on a suspended pole shaped like an umbrella. Invitation only. Performing in summer show 2022.
Stunt Parkour	Get ready to climb, jump, swing, and swan dive from the rooftops! Taught by professional stunt coordinator Jason Hilton! Invitation only. Performing in summer show 2022.
Wall-Walking	Defy gravity in an acrobatic aerial dance against the wall. Invitation only. Performing in summer show 2022.
Acrobatics Adagio	This traditional circus act combines acrobatics with banquine to create an exciting act. Invitation only. Performing in summer show 2022.
Acro Contortion Balance	Combining balance, acrobatics, and contortion, this new act is sure to be a crowd-pleaser! Invitation only. Performing in summer show 2022.
Fire Jump Rope	If you liked jump rope, you'll love it even more when it's on fire! Invitation only. Performing in summer show 2022.
Advanced Trampoline	Develop your higher level acrobatics skills by working on form and technique. This is a great supplemental class for the acrobat is looking to test their limits when it comes to twisting, and multiple flipping. Non-performing. See class list for pre-requisites!
Base/Porter Basics for Teen Boys	This class is for male, male-identifying, and non-binary teens with the size and strength required to be a base, porter, or catcher in acts such as Teeterboard, Russian Bar, Russian Swing, Hand-to-Hand, and Duo Trapeze. Students will learn to harness size and power to help make the flyers soar! Non-performing. If you are new to CJ this class is FREE!
Pre-Professional Program	The Pre-Professional Program is designed to help students transition to a professional performing career. Coaches will help students narrow their focus to create a personalized act and work on stage presence and artistry. Students will create audition demos and receive professional insight about auditioning for professional organizations. Curriculum will be highly tailored to each individual and is designed for students committed to pursuing a professional career in the circus arts. See class list for pre-requisites. Cirque du Soleil veteran Rob Dawson leads with a team of global circus industry superstars including internationally renowned coach Dmitrii Arnaoutov, Cirque du Soleil veteran Kristina Ivanova-Dawson, Javen Ulambayar, and CJ Assistant Artistic Director Rachel Butler.

Back by Popular Demand

Bike	How many can you get on a bike? Four, five, six...ten! Performing in Spring Show 2022. See class list for pre-requisites.
Moroccan Pyramids	Beginning-level acrobatics focused on the creation of pyramids and balance. Performing in Spring Show 2022. See class list for pre-requisites.
Russian Bar	Two porters and a flyer reach new heights with a flexible bar. Invitation only. Performing status TBD.
Russian Cradle	Two porters on two pedestals plus one flyer equals one amazing circus act! Invitation only. Performing Spring Show 2022 and TBD Summer Show 2022.
Table Comedy	This slip-sliding act combines acrobatics, comedy, and furniture to delightful effect. Invitation only. Performing in summer show 2022.
Trick Unicycle	Unicycle Xtreme riding with 180 twists, 180 unispins, and crankflips and ramps! Also duo uni work with handstands. Invitation only. Performing in summer show 2022.
Skating Adagio	We're bringing back this popular duo act for the summer show, so lace up your skates and get ready to spin! Invitation only. Performing in summer show 2022.
Adult Circus Arts	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! Non-performing.
Adult Core Conditioning	This class combines core stability, strength, balance, and agility to help prevent injury, improve posture, and increase integrated strength. Non-performing.

How to Use Our Class Pages

The information below highlights the important components and explains how to decipher the information!

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.

GREEN classes 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!

ORANGE classes are beginning-level classes that require a skill building prerequisite. These acts usually require participating in a non-performing class or the first level of an act to gain the experience necessary to move up.

PINK classes 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.**

AQUA classes require an **ADVANCED** level of training even for the lowest level. These classes are often marked as "invitation only."

Invitation Only Classes are advanced classes which have very specific skill requirements. Depending on the class, this could include base/flyer experience, partner experience/match-up, emotional maturity, performance experience, size, experience with a specific apparatus, etc. As such, coaches need to have experience with or evaluate students prior to invitation into a class. If you feel that your student is eligible for an Invitation Only class to which they have not received a recommendation, or to express interest in these classes in the future, please contact adminstaff@circusjuventas.org.

ACT NAME AND DESCRIPTION
general information about the act.

PREREQUISITES for each act AND **LEVEL** help explain level progressions within the act.

PERFORMING STATUS assigned performance for each level of each act.

Class Information	Prerequisites	Performing Status
Side by Side (SS) 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.		
Youth Beginner/New Student		
SS 0100-01 Side by Side ages 6-9 (Tues 5:00 PM)	Meets minimum age by Sept 1, 2020 and space availability	Spring Show 2021
SS 0100-02 Side by Side ages 6-9 (Tues 4:00 PM)		
Youth Beginner/Intermediate		
SS 0200-01 Side by Side ages 7-9 (Thur 6:15 PM)	Must have at least three consecutive sessions of and have performed in Side by Side 0100 and space availability	Spring Show 2021
SS 0200-02 Side by Side ages 7-9 (Fri 6:15 PM)		
SS 0200-03 Side by Side ages 7-9 (Thur 4:00 PM)		

Flying Trapeze (FT) Reversed 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.

Youth Advanced		
FT 0100-01 Flying Trapeze ages 12+(Fri 7:15 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.	Non-Performing
FT 0100-02 Flying Trapeze ages 12+(Fri 8:15 PM) (FF)		

AGE RANGE: denotes range or minimum age

CLASS DAY AND TIME: Each class meets at its assigned day and time weekly. Classes meet once a week for 50 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 17.

CLASS CODE: This letter and number code is used for registration tracking.

MORE ON CLASS CODES

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, 0005, 0009, and 0050

Codes for spring show classes = start with 0100 and progress through 0600

Codes for summer show = 1000 (some exceptions apply)

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.

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.

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	\$225	Acro Contortion Balance	\$335	Juggling 1000	\$250
2 classes	\$423	Bungee Trapeze	\$335	Out of the Chair	\$385
3 classes	\$621	Cyr Wheel 1000	\$335	Pre-Professional Program	1 day \$335 2 days \$455
4 classes	\$810	Russian Cradle 0500	\$335	Rola Bola 1000	\$335
5 classes	\$990	Dance 1000 (Price for up to 4 classes)	\$350	Russian Swing 1000	\$335
6 classes	\$1,161	Duo Cyr Wheel	\$335	Skating Adagio	\$335
7 classes	\$1,323	Flying Trapeze Basics	\$260	Team Acrobatics 1000	\$385
8 classes	\$1,494	Flying Trapeze Recreational	\$285	Teeterboard 1000	\$335
9 classes	\$1,660.50	Flying Trapeze 0100	\$350	Mid-Wire 1000	\$335
10 classes	\$1,800	Flying Trapeze 1000	\$420	Wall Trampoline 1000	\$335
11 classes	\$1,980	Handstands 1000	\$335	Wheel of Steel	\$335
12 classes	\$2,160	Hand to Hand 0000	\$335	Wings	\$295
13 classes	\$2,340				
14 classes	\$2,520				
15 classes	\$2,700				
16 classes	\$2,880				
17 classes	\$3,060				
18 classes	\$3,240				
19 classes	\$3,420				
20 classes	\$3,600				
21 classes	\$3,780				

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 by emailing adminstaff@circusjuventas.org or by calling 651-699-8229.

GENERAL CLASSES

- Meet once a week for 50 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 and must be paid with the annual pre-registration.
- A \$25 late fee is applied to returning student registrations submitted after the original online registration deadline

FIXED FEE (FF) CLASSES

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

HOW TO PAY FOR CLASSES

Payment is required at the time of registration and there is no option for offline payment. At registration check out, you will have several options to pay:

- You may pay in full at check out using credit card/electronic check. We accept Visa, Mastercard, Discover, and American Express.
- Alternatively, you may enroll in a payment plan. Our payment plans charge 50% of the total due at check out. The remaining balance to be auto-charged on the second billing date (typically the third Friday of classes in each session). Please note: Total charged on the second billing date may change if classes are added or removed to your account.
- If you have a credit available on your account, you will have the option to first apply the credit to the balance due before paying the remaining balance at check out.
- If you have concerns about payment at check out or questions regarding this process, you may reach out to our Student Finance Manager at ariel@circusjuventas.org.

PERFORMING STATUS CLASSES

Circus Juventas offers performing and non-performing classes. Each class is assigned a show color (yellow, blue, green, 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 will be held on a Saturday in February TBD.
- Each spring performing level class will have a \$95 costume fee. **This will be charged to your winter invoice.**
- The last day to report a spring show conflict is **December 4**.
- 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.
- **Holiday show 2021 performing status for 1000-level classes will be determined in the first few weeks of fall session.**

Preschool and Kinder Program

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 Preschoolers and Kinders jump and leap, turn and soar, style and smile, all within the safety of our arena and with our first-class instructors! Preschoolers and Kinders are only admitted into one class at this time. Take a look at the many day/class time offerings, as well as general questions answered below!



Class Information	Prerequisites	Performing Status
Circus Kinders (CK) Designed for kindergartners, this performing class is a bridge between the traditional Preschool class and the youth program where students will specialize in an act.		
Preschool/Kinder		
CK 0100-01 Circus Kinders ages 5-6 (Sat 12:15 PM) (FF) CK 0100-02 Circus Kinders ages 5-6 (Mon 4:00 PM) (FF) CK 0100-03 Circus Kinders ages 5-6 (Wed 12:15 PM) (FF)	Meets minimum age by Sept 1 and space availability	Spring Show 2022
Preschool (PRE) A unique program exclusively for 2 to 5 year olds. Genres explored include balance, acrobatics, expression, juggling, and aerial.		
Preschool/Kinder		
PRE 0100-01 Preschool ages 2-3 (Fri 10:00 AM) (FF) PRE 0100-02 Preschool ages 2-3 (Sat 9:00 AM) (FF)	Meets minimum age by Sept 1 and space availability	Spring Show 2022
PRE 0200-01 Preschool ages 3-4 (Wed 10:00 AM) (FF) PRE 0200-02 Preschool ages 3-4 (Sat 11:00 AM) (FF) PRE 0200-03 Preschool ages 3-4 (Fri 11:00 AM) (FF)	Meets minimum age by Sept 1 and space availability	Spring Show 2022
PRE 0300-01 Preschool ages 4-5 (Wed 11:00 AM) (FF) PRE 0300-02 Preschool ages 4-5 (Fri 12:15 PM) (FF)	Meets minimum age by Sept 1 and space availability	Spring Show 2022

I'm Interested! FAQs about Preschool and Kinder Programs:

What equipment do they use?

All kinds, including trampolines, juggling equipment, trapezes, and low wires! The skills they learn coincide with their development, so Kinders get to do a bit more than the Pre-schoolers 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, one adult per Preschooler student will be permitted to work with their child on the floor. All adults and children over 2 watching class must wear a mask and adhere to all of the same safety procedures as our students. Once your preschooler gets in the groove, adults are encouraged to participate less. Kinders parents are not permitted on the floor with students.

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 by appointment before committing to a class by emailing adminstaff@circusjuventas.org.

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?

Preschoolers and Kinders classes are \$225 per session. Additional costs include the annual \$45 pre-registration fee, \$95 costume fee should your student choose to perform, and a potential shoe fee that varies in price, but averages around \$20. 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, you may list one alternate choice in the online registration. If we can't get you into your first choice, we will work extra hard to put you into your second!

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 give students a taste of the intermediate acts they may get to take in the future.

Class Information	Prerequisites	Performing Status
Aerial Experience (AEX) 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.		
Youth Beginner/New Student		
AEX 0000-01 Aerial Experience ages 8-12 (Sat 1:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
AEX 0005-01 Aerial Experience ages 10+ (Tues 5:00 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
Circus Experience (CE) 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.		
Youth Beginner/New Student		
CE 0000-01 Circus Experience ages 6-9 (Sat 11:00 AM) CE 0000-02 Circus Experience ages 6-9 (Tues 6:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
CE 0005-01 Circus Experience ages 10+ (Fri 4:00 PM)	Meets minimum age by Sept 1 and space availability	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!



Acrobatics

Promotes athletic prowess, agility, and timing

Acrobatic training promotes athletic prowess, agility, timing, and maneuvering the 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
Acrobatics (AC) Students create pyramids and learn circus and gymnastic tumbling.		
Youth Beginner/New Student		
AC 0100-01 Acrobatics ages 6-9 (Wed 6:15 PM) AC 0100-02 Acrobatics ages 6-9 (Sat 9:00 AM)	Meets minimum age by Sept 1 and space availability	Spring Show 2022
AC 0105-01 Acrobatics ages 10+ (Wed 7:15 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2022
Youth Intermediate		
AC 0200-01 Acrobatics ages 6-9 (Sat 10:00 AM)	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 2022
AC 0205-01 Acrobatics ages 10+ (Wed 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 2022
AC 0225-01 Acrobatics ages 10+ (Sat 1:15 PM) AC 0225-02 Acrobatics ages 10+ (Fri 7:15 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 2022
AC 0250-01 Acrobatics ages 10+ (Tues 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 2022
AC 0300-01 Acrobatics ages 10+ (Thur 5:00 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 2022
Youth Advanced		
AC 0500-01 Acrobatics ages 10+ (Mon 7:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2022
Acrobatics Adagio (ACAD) This traditional circus act combines acrobatics with banquine to create an exciting act.		
Youth Advanced		
ACAD 1000-01 Acrobatics Adagio ages 13+ (Tues 4:30-6:00 PM)	By invitation only	Summer Show 2022
Acro Contortion Balance (ACBA) Combining balance, acrobatics, and contortion, this new act is sure to be a crowd-pleaser!		
Youth Advanced		
ACBA 1000-01 Acro Contortion Balance ages 13+ (Wed 5:00 PM, Fri 5:00 PM) (FF)	By invitation only	Summer Show 2022
Acrodance (ACD) Acrodance is a multi-discipline circus art form blending dance, partner/group work, and acrobatics. This dynamic class combines contemporary dance technique with precision acrobatic elements creating fluid dynamic shapes with moving bodies.		
Youth Intermediate		
ACD 0500-01 Acrodance ages 13+ (Thur 6:15 PM)	Intermediate to Advanced background in Dance and Acro	Spring Show 2022
Acrobatics Foundations (ACF) 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.		
Youth Beginner/Intermediate		
ACF 0050-01 Acrobatics Foundations ages 6+ (Mon 8:15 PM)	Currently enrolled in Acrobatics 0250, 0300, 0500, or 1000; Vault Mini Tramp 0400; Trampoline 0500 or 1000; or Team Acrobatics	Non-Performing
Advanced Trampoline (ATRP) Develop your higher level acrobatics skills by working on form and technique. This is a great supplemental class for the acrobat is looking to test their limits when it comes to twisting, and multiple flipping.		
Youth Advanced		
ATRP 0500-01 Advanced Trampoline ages 13+ (Thur 6:15 PM)	Currently enrolled in Acrobatics 0500, or 1000, Vault Mini Tramp 0400, Trampoline 0500 or 1000, or Team Acrobatics. Students need to be comfortable doing unassisted front and back flips.	Non-Performing

Acrobatics acts, continued...

Class Information	Prerequisites	Performing Status
Chinese Poles (CP) 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.		
Youth Intermediate		
CP 0050-01 Chinese Poles ages 13+ (Fri 8:15 PM)	By invitation only; must be an advanced-level acrobat	Non-Performing
Fire Jump Rope (FJR) If you liked jump rope, you'll love it even more when it's on fire!		
Youth Advanced		
FJR 1000-01 Fire Jump Rope ages 13+ (Mon 4:00 PM)	By invitation only; student must be a high-level acrobat.	Summer Show 2022
High Bar (HBAR) Taking a cue from the world of gymnastics, this advanced class combines traditional high bar skills with aerial and acrobatic techniques.		
Youth Intermediate		
HBAR 0000-01 High Bar ages 13+ (Thur 7:15 PM)	By invitation only	Non-Performing
Youth Advanced		
HBAR 0500-01 High Bar ages 13+ (Wed 8:15 PM)	By invitation only	Non-Performing
Moroccan Pyramids (MPYR) Beginning-level acrobatics focused on the creation of pyramids and balance.		
Youth Beginner/New Student		
MPYR 0100-01 Moroccan Pyramids ages 8+ (Thur 7:15 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2022
Revolving Poles (RP) Combining elements of traditional Chinese Poles with aerial maneuvers on a revolving pole, this class is for advanced acrobats.		
Youth Advanced		
RP 1000-01 Revolving Poles ages 13+ (Wed 4:00 PM)	By invitation only; student must be a high-level acrobat or aerialist	Summer Show 2022
Russian Bar (RB) Two porters, one flier, and one bar creating acrobatic tricks that defy gravity.		
Youth Advanced		
RB 0100-01 Russian Bar ages 13+ (Mon 6:15 PM)	By invitation only; previous acrobatic experience such as Acrobatics 1000, Team Acro, Teeterboard, or Trampoline 0500/1000 preferred, and space availability	Spring Show 2022
Russian Swing (RS) Acrobats are pressed off one side of a platform-like swing and are catapulted into the air!		
Youth Advanced		
RS 0500-01 Russian Swing ages 13+ (Tues 6:30-7:15 PM)	By invitation only; Previous acrobatic experience such as Acrobatics 1000, Team Acro, Teeterboard, or Trampoline 0500/1000 preferred, and space availability	Performing Status TBD
RS 1000-01 Russian Swing ages 13+ (Mon 6:15 PM, Tues 5:45-6:30 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 2022
Skating Adagio (SKAO) Adagio on roller skates! Using only human strength, porters and fliers wear roller skates as they spin and maneuver with a partner.		
Youth Advanced		
SKAO 1000-01 Skating Adagio ages 12+ (Tues 3:45-4:30 PM, Fri 7:15 PM) (FF)	By invitation only; previous base/flier acrobatic experience preferred (fliers must weigh no more than 90 pounds), experience in an advanced-level act, and space availability	Summer Show 2022
Stunt Parkour (SPKR) Get ready to climb, jump, swing, and swan dive from the rooftops! Taught by professional stunt coordinator Jason Hilton.		
Youth Advanced		
SPKR 1000-01 Stunt Parkour ages 13+ (Mon 7:15 PM)	By invitation only, must have previous experience in advanced acrobatics or trampoline.	Performing Status TBD
Table Comedy (TBLC) Jump, flip, and slide in this comedic acrobatic act! An everyday table transforms into a hilarious prop where athletic stunts and shenanigans ensue.		
Youth Advanced		
TBLC 1000-01 Table Comedy ages 13+ (Thur 5:00 PM)	By invitation only; advanced acrobatic skills required.	Summer Show 2022
Teeterboard (TB) Playground equipment for acrobats! Students execute flips onto pyramids and high chairs.		
Youth Intermediate		
TB 0200-01 Teeterboard ages 12+ (Wed 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 2022
Youth Advanced		
TB 1000-01 Teeterboard ages 13+ (Tues 7:15 PM, Thur 6:15 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2022

Acrobatics acts, continued...

Class Information	Prerequisites	Performing Status
Trampoline (TRP) The emphasis in Trampoline is on safety, fitness, and fundamental skills. These classes offer the opportunity to learn or improve acrobatics skills.		
Youth Beginner/New Student		
TRP 0000-01 Trampoline ages 6-9 (Mon 7:15 PM) TRP 0000-02 Trampoline ages 6-9 (Sat 12:15 PM) TRP 0000-03 Trampoline ages 6-9 (Tues 5:00 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
TRP 0005-01 Trampoline ages 10+ (Tues 8:15 PM) TRP 0005-02 Trampoline ages 10+ (Mon 4:00 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
Youth Intermediate		
TRP 0050-01 Trampoline ages 8+ (Thur 5:00 PM) TRP 0050-02 Trampoline ages 8+ (Mon 6:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
TRP 0100-01 Trampoline ages 11+ (Wed 5:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
TRP 0500-01 Trampoline ages 11+ (Thur 8:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
Vault Mini (VM) This small trampoline leads to big heights! Students learn how to hit the trampoline and jump into acrobatic tricks.		
Youth Beginner/New Student		
VM 0100-01 Vault Mini ages 8+ (Sat 10:00 AM) VM 0100-02 Vault Mini ages 8+ (Fri 5:00 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2022
Youth Intermediate		
VM 0200-01 Vault Mini ages 8+ (Fri 6:15 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 2022
VM 0300-01 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 2022
VM 0400-01 Vault Mini ages 10+ (Fri 4:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2022
Youth Advanced		
VM 1000-01 Vault Mini ages 13+ (Tues 8:15 PM)	Must be able to execute the following tricks: front tuck; and front handspring over vault in addition to skills taught in previous levels. Coach recommendation and space availability	Summer Show 2022
Wall Trampoline (WT) Trampoline taken to new directions - against a wall!		
Youth Advanced		
WT 1000-01 Wall Trampoline ages 13+ (Wed 6:30-7:15 PM, Thur 4:00 PM, Thur 7:15 PM) (FF)	By invitation only; previous training in Trampoline, Vault Mini Tramp, Acrobatics, and/or Team Acro, and space availability	Summer Show 2022
Wall Walking (WW) Defy gravity in an aerial dance against the wall!		
Youth Advanced		
WW 1000-01 Wall Walking ages 13+ (Mon 5:00-5:35 PM)	By invitation only; student must be a high-level acrobat or aerialist	Performing Status TBD
Wheel of Steel (WOS) 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.		
Youth Advanced		
WOS 0000-01 Wheel of Steel ages 13+ (Fri 4:00 PM)	By invitation only	Non-Performing
WOS 1000-01 Wheel of Steel ages 13+ (Mon 4:00 PM, Fri 3:00 PM) (FF)	By invitation only	Performing Status TBD

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
4-Girl Spinning Cube (CUBE) 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!		
Youth Intermediate		
CUBE 0100-01 4-Girl Spinning Cube ages 13+ (Wed 6:50-7:25 PM) CUBE 0100-02 4-Girl Spinning Cube ages 13+ (Wed 8:35-9:10 PM)	All splits, high level of flexibility, 3 consecutive pull ups, coach recommendation, and space availability	Spring Show 2022
Youth Advanced		
CUBE 1000-01 4-Girl Spinning Cube ages 13+ (Wed 7:25-8:00 PM) CUBE 1000-02 4-Girl Spinning Cube ages 13+ (Wed 8:00-8:35 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2022
Bungee Trapeze (BT) 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.		
Youth Intermediate		
BT 0000-01 Bungee Trapeze ages 12+ (Tues 5:00 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)	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 2022
BT 0200-01 Bungee Trapeze ages 13+ (Mon 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 2022
BT 0300-01 Bungee Trapeze ages 13+ (Mon 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 2022
BT 0400-01 Bungee Trapeze ages 13+ (Thur 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 2022
Youth Advanced		
BT 1000-01 Bungee Trapeze ages 13+ (Fri 5:45-6:30 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2022
Cloud Swing (CS) 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.		
Youth Intermediate		
CS 0100-01 Cloud Swing ages 13+ (Thur 4:30-5:00 PM) CS 0100-02 Cloud Swing ages 13+ (Thur 4:00-4:30 PM) CS 0100-03 Cloud Swing ages 13+ (Thur 8:45-9:15 PM)	Participation in Cloud Swing 0000, good dislocate and inlocate, coach recommendation, and space availability	Spring Show 2022
CS 0200-01 Cloud Swing ages 13+ (Thur 6:15-6:45 PM)	Has performed in Cloud Swing 0100, coach recommendation; and space availability	Spring Show 2022
Youth Advanced		
CS 1000-01 Cloud Swing ages 13+ (Mon 3:30-4:00 PM)	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 2022

Aerial acts, continued...

Class Information	Prerequisites	Performing Status
Double Trapeze (DT) Two people work together on this trapeze, and the results are stunning. Trust your partner and master daring transfers between two trapezes.		
Youth Intermediate		
DT 0100-01 Double Trapeze ages 11+ (Thur 8:15-8:45 PM) DT 0100-02 Double Trapeze ages 11+ (Thur 8:45-9:15 PM) DT 0100-03 Double Trapeze ages 11+ (Mon 8:15-8:45 PM)	Has accomplished all skills in Triple Trapeze 0300 (for fliers), 5 pull ups, coach recommendation, and space availability	Spring Show 2022
Duo Straps (SPDU) This advanced class focuses on individual and partner work on the straps.		
Youth Intermediate		
SPDU 0100-01 Duo Straps ages 13+ (Fri 5:00 PM)	By invitation only; must have previous experience in straps	Spring Show 2022
Duo Trapeze (DUTP) Advanced partner work performed in a single trapeze high above the arena.		
Youth Intermediate		
DUTP 0100-01 Duo Trapeze ages 13+ (Fri 6:45-7:15 PM) DUTP 0100-02 Duo Trapeze ages 13+ (Thur 7:15-7:45 PM)	By invitation only, experience in Double and/or Duo Trapeze and space availability	Spring Show 2022
Flying Trapeze (FT) 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.		
Youth Advanced		
FT 0100-01 Flying Trapeze ages 12+ (Mon 7:15 PM, Fri 8:15 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.	Non-Performing
FT 1000-01 Flying Trapeze ages 12+ (Mon 8:15 PM, Wed 3:00 PM, Fri 6:30-7:15 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.	Summer Show 2022
Flying Trapeze Basics (FTBS) 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.		
Youth Intermediate		
FTBS 0000-01 Flying Trapeze Basics ages 11+ (Fri 7:15 PM) (FF) FTBS 0000-02 Flying Trapeze Basics ages 11+ (Fri 7:15 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.	Non-Performing
Flying Trapeze Recreational (FTRE) 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.		
Youth Intermediate		
FTRE 0000-01 Flying Trapeze Recreational ages 12+ (Sat 9:00 AM) (FF) FTRE 0000-02 Flying Trapeze Recreational ages 12+ (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
Hammock (HM) 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.		
Youth Intermediate		
HM 0000-01 Hammock ages 13+ (Thur 7:45-8:15 PM) HM 0000-02 Hammock ages 13+ (Tues 4:30-5:00 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	Non-Performing
HM 0100-01 Hammock ages 13+ (Tues 4:00-4:30 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 2022
Youth Advanced		
HM 1000-01 Hammock ages 13+ (Thur 7:15-7:45 PM) HM 1000-02 Hammock ages 13+ (Thur 8:15-8:45 PM)	By invitation only; successful execution of skill from previous level and space availability	Summer Show 2022

Aerial acts, continued...

Class Information	Prerequisites	Performing Status
Hanging Perch (HNGP) 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.		
Youth Intermediate		
HNGP 0000-01 Hanging Perch ages 10+ (Fri 8:15-8:45 PM)	By invitation only; previously performed in Triple Trapeze and/or Spanish Web, and space availability	Non-Performing
HNGP 0100-01 Hanging Perch ages 10+ (Tues 8:45-9:15 PM)	By invitation only; previously performed in Triple Trapeze and/or Spanish Web, and space availability	Spring Show 2022
Youth Advanced		
HNGP 1000-01 Hanging Perch ages 13+ (Tues 7:15-8:00 PM) HNGP 1000-02 Hanging Perch ages 13+ (Tues 8:00-8:45 PM)	By invitation only	Summer Show 2022
Hoops (HP) 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."		
Youth Intermediate		
HP 0000-01 Hoops ages 12+ (Mon 5:00 PM) HP 0000-02 Hoops ages 12+ (Fri 5:00 PM) HP 0000-03 Hoops ages 12+ (Mon 7:15 PM) HP 0000-04 Hoops ages 12+ (Sat 2:15 PM)	Previously performed in Multiple Trapeze 0200, the ability to execute a split on one leg, coach recommendation and space availability	Non-Performing
HP 0100-01 Hoops ages 12+ (Thur 8:15 PM)	Successful execution of skills from previous level, 3 consecutive pull overs and 4 consecutive leg switches, coach recommendation, and space availability	Spring Show 2022
HP 0200-01 Hoops ages 12+ (Tues 5:00 PM)	Successful execution of skills from previous level, 5 consecutive pull overs and 3 consecutive pull ups, coach recommendation, and space availability	Spring Show 2022
HP 0300-01 Hoops ages 12+ (Tues 7:15 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 2022
Youth Advanced		
HP 1000-01 Hoops ages 13+ (Fri 4:00 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2022
Intro to Aerial (INAE) 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!		
Youth Beginner/New Student		
INAE 0000-01 Intro to Aerial ages 11+ (Sat 12:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
Intro to Solo Trapeze (INST) For students with little or no aerial experience, this class teaches the basics of trapeze, a foundational act in the aerial arts.		
Youth Beginner/New Student		
INST 0000-01 Intro to Solo Trapeze ages 11+ (Wed 5:00 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
Ladder Trapeze (LT) This solo trapeze act involves work on a revolving trapeze bar and rope ladder.		
Youth Intermediate		
LT 0100-01 Ladder Trapeze ages 11+ (Tues 6:15 PM)	Previously performed in Multiple Trap 0200, splits on one side, ability to do sitting cradle and/or has taken at least one session of LT 0000	Spring Show 2022
LT 0200-01 Ladder Trapeze ages 11+ (Tues 5:00 PM)	Successful execution of skills from previous level, ten consecutive jet rolls, coach recommendation, and space availability	Spring Show 2022
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 2022
Youth Advanced		
LT 1000-01 Ladder Trapeze ages 11+ (Wed 5:30-6:15 PM)	By invitation only; coach recommendation and space availability	Holiday Show 2021 and Spring Show 2022

Aerial acts, continued...

Class Information	Prerequisites	Performing Status
Low Casting (LC) A mini flying trapeze for timing, teamwork, and upper body strength.		
Youth Intermediate		
LC 0100-01 Low Casting ages 9-12 (Wed 7:15 PM) LC 0100-02 Low Casting ages 9-12 (Thur 5:00 PM)	Selected from Low Casting 0000 training (Low Casting Fun is not part of the performing Low Casting track.)	Spring Show 2022
Low Casting Fun (LCF) A just-for-fun mini-flying-trapeze class for timing, teamwork, and upper body strength.		
Youth Beginner/New Student		
LCF 0000-01 Low Casting Fun ages 9-12 (Thur 8:15 PM) LCF 0000-02 Low Casting Fun ages 9-12 (Wed 6:15 PM) LCF 0000-03 Low Casting Fun ages 9-12 (Thur 6:15 PM) LCF 0000-04 Low Casting Fun ages 9-12 (Tues 5:00 PM)	Meets minimum age by Sept 1, 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
Mexican Cloud Swing (MS) 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.		
Youth Intermediate		
MS 0000-01 Mexican Cloud Swing ages 13+ (Mon 6:45-7:15 PM)	Invitation only; has a minimum of two years performing in an aerial act, 5 consecutive pull-ups, 5 straight leg lifts, coach recommendation, and space availability.	Non-Performing
MS 0200-01 Mexican Cloud Swing ages 13+ (Mon 6:15-6:45 PM) MS 0200-02 Mexican Cloud Swing ages 13+ (Wed 4:00-4:30 PM) MS 0200-03 Mexican Cloud Swing ages 13+ (Wed 4:30-5:00 PM)	Invitation only; previously performed in Mexican Cloud Swing 0100 and coach recommendation	Spring Show 2022
Youth Advanced		
MS 1000-01 Mexican Cloud Swing ages 13+ (Thur 3:00-3:30 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2022
Mini Hammock (MNHM) Aerial work on a stationary hammock made of looped silk.		
Youth Beginner/Intermediate		
MNHM 0000-01 Mini Hammock ages 9+ (Thur 5:00 PM) MNHM 0000-02 Mini Hammock ages 9+ (Fri 5:00 PM)	Meets minimum age by Sept 1, 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
Youth Intermediate		
MNHM 0100-01 Mini Hammock ages 10+ (Mon 6:15 PM) MNHM 0100-02 Mini Hammock ages 10+ (Fri 6:15 PM)	Meets minimum age by Sept 1, successful execution of skills from previous level, can execute a pull over on the hammock, coach recommendation, and space availability	Spring Show 2022
MNHM 0200-01 Mini Hammock ages 10+ (Thur 6:15 PM)	Meets minimum age by Sept 1, 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 2022
MNHM 0300-01 Mini Hammock ages 10+ (Mon 4:00 PM)	Meets minimum age by Sept 1, 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 2022
MNHM 0400-01 Mini Hammock ages 10+ (Thur 7:15 PM)	Meets minimum age by Sept 1, 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 2022

Aerial acts, continued...

Class Information	Prerequisites	Performing Status
Multiple Trapeze (MT) 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.		
Youth Beginner/New Student		
MT 0100-01 Multiple Trapeze ages 9+ (Thur 4:00 PM) MT 0100-02 Multiple Trapeze ages 9+ (Wed 4:00 PM) MT 0100-03 Multiple Trapeze ages 9+ (Thur 6:15 PM) MT 0100-04 Multiple Trapeze ages 9+ (Mon 6:15 PM)	Meets minimum age by Sept 1 (age 8 ok if two years Side by Side or Star) and space availability	Spring Show 2022
Youth Intermediate		
MT 0200-01 Multiple Trapeze ages 9+ (Fri 5:00 PM) MT 0200-02 Multiple Trapeze ages 9+ (Tues 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 2022
Pas de Deux (PDD) 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.		
Youth Advanced		
PDD 0100-01 Pas de Deux ages 13+ (Sat 11:00 AM)	By invitation only; experience in Spanish Web or Silks, performance history in an advanced-level aerial act, and space availability	Spring Show 2022
PDD 0200-01 Pas de Deux ages 13+ (Sat 11:00 AM)	By invitation only; Dance 1000 level, experience in silks, and has performed in an advanced level aerial act, and space availability	Spring Show 2022
PDD 0500-01 Pas de Deux ages 13+ (Sat 1:15 PM)	By invitation only; Dance 1000 level, experience in silks, and has performed in an advanced level aerial act, and space availability	Holiday Show 2021 and Spring Show 2022
PDD 1000-01 Pas de Deux ages 13+ (Thur 3:00 PM)	By invitation only; experience in Spanish Web or Silks, performance history in an advanced-level aerial act, and space availability	Summer Show 2022
Russian Cradle (CRDL) Specialized aerial act that combines two different styles of catching with flying and high-bar skills.		
Youth Advanced		
CRDL 0500-01 Russian Cradle ages 13+ (Tues 8:15 PM, Wed 7:15 PM) (FF)	By invitation only and space availability; high level of circus acrobatics or gymnastics preferred	Spring Show 2022 and TBD Summer Show 2022
Shoot-Thru Ladder (SL) Balance on a revolving metal ladder pivoting on an axle with a partner who performs on a trapeze.		
Youth Intermediate		
SL 0200-01 Shoot-Thru Ladder ages 11+ (Thur 3:00 PM)	By invitation only; fliers need to have already performed in/be enrolled in Triple Trapeze 0400, coach recommendation, and space availability	Spring Show 2022
Side by Side (SS) 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.		
Youth Beginner/New Student		
SS 0100-01 Side by Side ages 6-9 (Fri 4:00 PM) SS 0100-02 Side by Side ages 6-9 (Thur 5:00 PM) SS 0100-03 Side by Side ages 6-9 (Wed 5:00 PM) SS 0100-04 Side by Side ages 6-9 (Wed 4:00 PM) SS 0100-05 Side by Side ages 6-9 (Sat 10:00 AM)	Meets minimum age by Sept 1 and space availability	Spring Show 2022
Youth Beginner/Intermediate		
SS 0200-01 Side by Side ages 7-9 (Fri 5:00 PM)	Must have at least three consecutive sessions of and have performed in Side by Side 0100 and space availability	Spring Show 2022

Aerial acts, continued...

Class Information	Prerequisites	Performing Status
Silks (SKS) 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).		
Youth Intermediate		
SKS 0000-01 Silks ages 12+ (Wed 6:15 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+ (Thur 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 8:15 PM)	Successful execution of skills from previous level, 3 consecutive straddle backs off the ground, coach recommendation, and space availability	Spring Show 2022
SKS 0200-01 Silks ages 12+ (Wed 5:00 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 2022
SKS 0300-01 Silks ages 12+ (Wed 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 2022
Youth Advanced		
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 2022
Sling (SLNG) This intermediate-level aerial act combines the grace and beauty of hammock with the strength and power of silks.		
Youth Intermediate		
SLNG 0100-01 Sling ages 12+ (Thurs 5:00 PM)	Experience in Mini-Hammock, Silks, and/or coach recommendation; splits, back bend, and 5 pull-ups	Spring Show 2022
SLNG 0200-01 Sling ages 12+ (Wed 8:15PM)	Experience in Sling 0100 and coach recommendation; splits, back bend, and 5 pull-ups	Spring Show 2022
SLNG 0300-01 Sling ages 13+ (Wed 6:15 PM)	Experience in Sling 0200 and coach recommendation; splits, back bend, and 5 pull-ups	Spring Show 2022
Spanish Web (SW) 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.		
Youth Beginner/New Student		
SW 0000-01 Spanish Web ages 12+ (Fri 7:15 PM) SW 0000-02 Spanish Web ages 12+ (Fri 8:15 PM) SW 0000-03 Spanish Web ages 12+ (Wed 7:15 PM) SW 0000-04 Spanish Web ages 12+ (Wed 8:15 PM)	Meets minimum age by Sept 1 (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
Youth Intermediate		
SW 0050-01 Spanish Web ages 12+ (Mon 8:15 PM) SW 0050-02 Spanish Web ages 12+ (Fri 4:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
SW 0100-01 Spanish Web ages 12+ (Wed 4:00 PM)	Successful execution of skills from previous level, 3 consecutive straddle backs in the air, coach recommendation, and space availability	Spring Show 2022
SW 0150-01 Spanish Web ages 12+ (Mon 5:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2022
SW 0200-01 Spanish Web ages 12+ (Fri 6:15 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 2022
SW 0300-01 Spanish Web ages 13+ (Mon 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 2022
Youth Advanced		
SW 1000-01 Spanish Web ages 13+ (Tues 3:45-4:30 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2022

Aerial acts, continued...

Class Information	Prerequisites	Performing Status
Star (SR) Continue learning basic trapeze skills introduced in Side by Side while working higher up in the air on the Star apparatus.		
Youth Beginner/Intermediate		
SR 0100-01 Star ages 7-9 (Sat 9:00 AM)	Meets minimum age by Sept 1, and 1 year Side by Side and space availability	Spring Show 2022
Static Trapeze (STAT) This is a solo, single-point trapeze where you incorporate static and dynamic moves in the ropes and on the bar.		
Youth Intermediate		
STAT 0000-01 Static Trapeze ages 13+ (Thur 6:15 PM) STAT 0000-02 Static Trapeze ages 13+ (Tues 7:15 PM)	Currently or has been enrolled in Triple Trapeze 0100 or higher, coach recommendation, and space availability	Non-Performing
STAT 0050-01 Static Trapeze ages 13+ (Fri 7:15 PM)	Has completed all skills from previous level, coach recommendation, space availability	Non-Performing
STAT 0100-01 Static Trapeze ages 13+ (Tues 8:15 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 2022
STAT 0200-01 Static Trapeze ages 13+ (Wed 7:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2022
STAT 0300-01 Static Trapeze ages 13+ (Tues 6:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2022
Youth Advanced		
STAT 1000-01 Static Trapeze ages 13+ (Mon 7:15 PM)	Static 1000 will be performing on Aerial Chairs for the 2022 summer show! By invitation only; successful execution of skills from previous level and space availability	Summer Show 2022
Straps (SP) 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.		
Youth Intermediate		
SP 0000-01 Straps ages 12+ (Thur 4:00 PM) SP 0000-02 Straps ages 12+ (Tues 4:00 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 1:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
SP 0100-01 Straps ages 12+ (Mon 8:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2022
SP 0200-01 Straps ages 13+ (Sat 2:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2022
Youth Advanced		
SP 1000-01 Straps ages 13+ (Thur 8:15 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2022
Swinging Trapeze (ST) Daring release maneuvers on the swinging trapeze.		
Youth Advanced		
ST 0000-01 Swinging Trapeze ages 13+ (Tues 4:00-4:30 PM) ST 0000-02 Swinging Trapeze ages 13+ (Thur 6:45-7:15 PM) ST 0000-03 Swinging Trapeze ages 13+ (Thur 5:30-6:00 PM) ST 0000-04 Swinging Trapeze ages 13+ (Tues 4:30-5:00 PM) ST 0000-05 Swinging Trapeze ages 13+ (Tues 7:45-8:15 PM) ST 0000-06 Swinging Trapeze ages 13+ (Tues 7:15-7:45 PM)	By invitation only; advanced-level acrobatics and/or aerial skills and space availability	Non-Performing
ST 0100-01 Swinging Trapeze ages 13+ (Tues 6:45-7:15 PM) ST 0100-02 Swinging Trapeze ages 13+ (Thur 6:15-6:45 PM)	By invitation only; advanced-level acrobatics and/or aerial skills and space availability	Spring Show 2022
ST 0200-01 Swinging Trapeze ages 13+ (Thur 3:30-4:00 PM)	By invitation only; advanced-level acrobatics and/or aerial skills and space availability	Spring Show 2022
ST 1000-01 Swinging Trapeze ages 13+ (Tues 3:30-4:00 PM, Thur 2:30-3:00 PM) ST 1000-02 Swinging Trapeze ages 13+ (Tues 6:15-6:45 PM, Thur 5:00-5:30 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2022

Aerial acts, continued...

Class Information	Prerequisites	Performing Status
Triangle Trapeze (TRI) 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.		
Youth Advanced		
TRI 0100-01 Triangle Trapeze ages 13+ (Wed 6:00-6:45 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 2022
TRI 1000-01 Triangle Trapeze ages 13+ (Tues 2:30-3:15 PM) TRI 1000-02 Triangle Trapeze ages 13+ (Thur 4:00 PM) TRI 1000-03 Triangle Trapeze ages 13+ (Tues 3:15-4:00 PM)	By invitation only; successful execution of skills from previous level, coach recommendation, and space availability	Summer Show 2022
Triple Trapeze (TT) 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.		
Youth Intermediate		
TT 0000-01 Triple Trapeze ages 10+ (Fri 7:15 PM) TT 0000-02 Triple Trapeze ages 10+ (Wed 8:15 PM)	Meets minimum age by Sept 1; 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+ (Wed 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 2022
TT 0200-01 Triple Trapeze ages 11+ (Mon 4:00 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 2022
TT 0300-01 Triple Trapeze ages 11+ (Thur 8:15 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 2022
TT 0400-01 Triple Trapeze ages 11+ (Fri 6:15 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 2022
TT 0500-01 Triple Trapeze ages 12+ (Wed 7:15 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 2022
TT 0600-01 Triple Trapeze ages 12+ (Mon 7:15 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 2022
Youth Advanced		
TT 1000-01 Triple Trapeze ages 13+ (Mon 8:15 PM)	By invitation only when appropriate spot is available; successful execution of skills from previous level	Summer Show 2022
Umbrella Poles (UP) Raindrops will be falling in this cirque nouvelle-inspired take on aerial poles combining aerial and Chinese pole maneuvers on an suspended pole shaped like an umbrella.		
Youth Advanced		
UP 1000-01 Umbrella Poles ages 13+ (Wed 5:00 PM)	Any student in a 1000-level aerial act is eligible to apply. The final performance team will be selected by the end of fall session.	Summer Show 2022



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 folding!

Class Information	Prerequisites	Performing Status
Bicycle (BY) How many can you get on a bike? Four, five, six...ten! Talk about teamwork!		
Youth Beginner/New Student		
BY 0100-01 Bicycle ages 10+ (Sat 12:15 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2022
Bite Balance (BITE) Performers will build their endurance until they can hold their body weight aloft using only the strength of their own bite.		
Youth Advanced		
BITE 0000-01 Bite Balance ages 10+ (Fri 7:15 PM)	By invitation only; coach recommendation and space availability	Non-Performing
BITE 1000-01 Bite Balance ages 10+ (Fri 7:15 PM)	By invitation only; coach recommendation and space availability	Summer Show 2022
Chair Stacking (CHST) 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.		
Youth Intermediate		
CHST 0000-01 Chair Stacking ages 13+ (Mon 8:15 PM)	By invitation only; coach recommendation and space availability	Non-Performing
CHST 0100-01 Chair Stacking ages 13+ (Mon 8:15 PM)	By invitation only; coach recommendation and space availability	Spring Show 2022
Youth Advanced		
CHST 0300-01 Chair Stacking ages 13+ (Tues 8:15 PM)	By invitation only; coach recommendation and space availability	Spring Show 2022
Contortion (CO) The art of contortion demonstrates flexibility, style, and balance.		
Youth Beginner/New Student		
CO 0100-01 Contortion ages 6-9 (Wed 6:15 PM)	Splits on one side and bridge with straight arms; Meets minimum age by Sept 1, and space availability	Spring Show 2022
CO 0105-01 Contortion ages 10+ (Thur 4:00 PM) CO 0105-02 Contortion ages 10+ (Sat 10:00 AM)	Splits on one side and bridge with straight arms; Meets minimum age by Sept 1, and space availability	Spring Show 2022
Youth Intermediate		
CO 0200-01 Contortion ages 10+ (Mon 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 2022
CO 0300-01 Contortion ages 10+ (Tues 7:15 PM)	Good scorpion, box, and middle splits, all skills from contortion 0200 with good form, coach recommendation, and space availability	Spring Show 2022
CO 0400-01 Contortion ages 10+ (Fri 4:00 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 2022
Cyr Wheel (CYR) A large ring that spins gyroscopically while acrobatic maneuvers are performed in and around it.		
Youth Advanced		
CYR 0000-01 Cyr Wheel ages 13+ (Mon 4:00 PM) CYR 0000-02 Cyr Wheel ages 13+ (Thur 4:00 PM)	Between 5'1" and 6' tall, must have attended past Cyr Wheel workshops, Meets minimum age by Sept 1, and space availability	Non-Performing
CYR 1000-01 Cyr Wheel ages 13+ (Mon 3:00 PM & Thur 5:00 PM) (FF)	By invitation only; coach recommendation and space availability	Summer Show 2022
Duo Cyr Wheel (DCYR) 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.		
Youth Advanced		
DCYR 1000-01 Duo Cyr Wheel ages 13+ (Mon 3:00 PM & Thur 5:00 PM) (FF)	By invitation only; must have previous experience in cyr wheel	Summer Show 2022

Balance acts, continued...

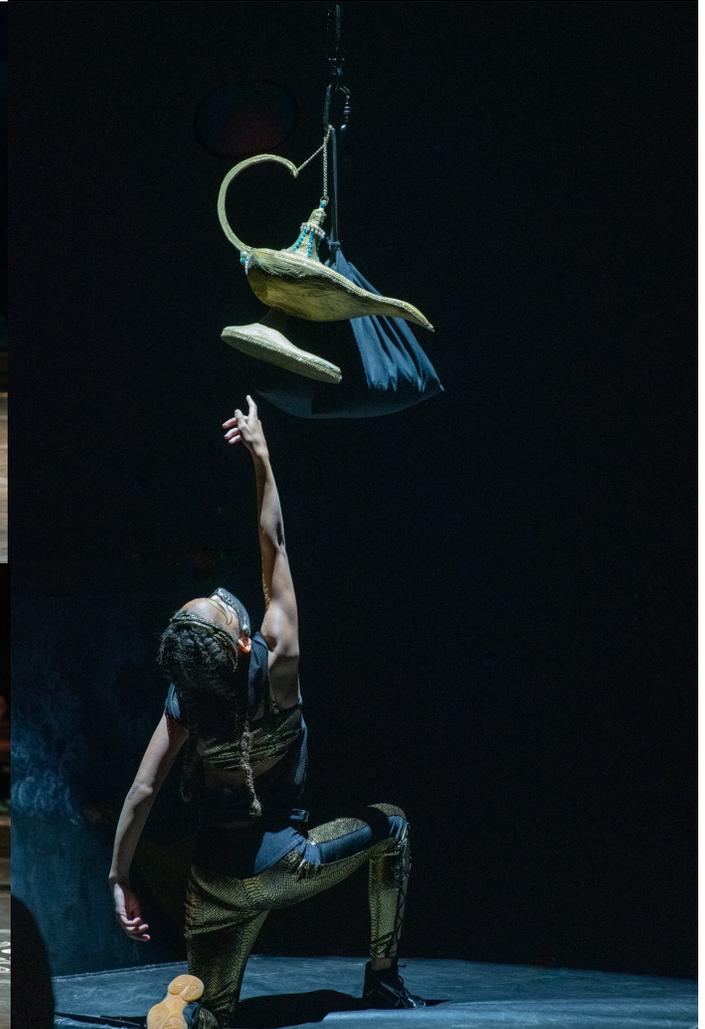
Class Information	Prerequisites	Performing Status
Duo Unicycle (UNDU) Taking unicycle riding to (literally) new heights, this act places two performers on one apparatus-requiring superb balance, strength, and flexibility from both.		
Youth Intermediate		
UNDU 0500-01 Duo Unicycle ages 13+ (Mon 8:15 PM)	By invitation only	Spring Show 2022
German Wheel (GW) A rolling 8-foot steel apparatus with hand and foot settings that encourages balance and agility.		
Youth Beginner/New Student		
GW 0000-01 German Wheel ages 8-11 (Mon 5:00 PM) GW 0000-02 German Wheel ages 8-11 (Wed 7:15 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, and space availability	Non-Performing
GW 0005-01 German Wheel ages 10+ (Thur 8:15 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, and space availability	Non-Performing
Youth Beginner/Intermediate		
GW 0100-01 German Wheel ages 10+ (Thur 4:00 PM)	Able to execute a half-tuck roll, cartwheel, and carousel; coach recommendation and space availability	Spring Show 2022
Youth Intermediate		
GW 0200-01 German Wheel ages 10+ (Wed 5:00 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 2022
GW 0300-01 German Wheel ages 10+ (Thur 5:00 PM)	Able to execute skills from previous levels; coach recommendation, and space availability	Spring Show 2022
Globes (GL) Perch atop over-sized balls to develop balance and foot dexterity; add maneuvering and hula hoops in higher levels.		
Youth Beginner/New Student		
GL 0000-01 Globes ages 6-12 (Tues 6:15 PM) GL 0000-02 Globes ages 6-12 (Sat 2:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
Youth Beginner/Intermediate		
GL 0100-01 Globes ages 6-12 (Tues 4:00 PM)	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 2022
GL 0200-01 Globes ages 6-12 (Mon 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 2022
GL 0300-01 Globes ages 6-12 (Sat 1:15 PM)	All skills from 0200 consistently and with good form; coach recommendation and space availability	Spring Show 2022
Hand Balance (HB) A fusion of contortion and advanced hand balancing techniques.		
Youth Intermediate		
HB 0100-01 Hand Balance ages 8+ (Wed 5:00 PM)	By invitation only; has trained in Handstands and/or has experience basing or flying in another act and space availability	Spring Show 2022
Hand to Hand (HTH) A fusion of acrobatics and advanced hand balancing technique.		
Youth Intermediate		
HTH 0000-01 Hand to Hand ages 11+ (Mon 5:00 PM & Thur 6:15 PM) (FF)	By invitation only; has trained in Handstands and/or has experience basing or flying in another act and space availability	Non-Performing
Youth Advanced		
HTH 0500-01 Hand to Hand ages 13+ (Sat 12:15 PM)	By invitation only	Performing Status TBD

Balance acts, continued...

Class Information	Prerequisites	Performing Status
Handstands (HS) Learn the fine art of hand balancing technique and develop handstands skills, strength, and flexibility.		
Youth Intermediate		
HS 0005-01 Handstands ages 12+ (Tues 6:15 PM) HS 0005-02 Handstands ages 12+ (Mon 5:00 PM) HS 0005-03 Handstands ages 12+ (Tues 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+ (Mon 7:15 PM) HS 0100-02 Handstands ages 13+ (Sat 11:00 AM)	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 2022
Youth Advanced		
HS 1000-01 Handstands ages 13+ (Wed 6:00-6:50 PM, Fri 7:15 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2022
High Wire (WH) High altitude fearlessness on a 5/8-inch-thick cable.		
Youth Intermediate		
WH 0100-01 High Wire ages 13+ (Tues 6:15 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 2022
Hula Hoop (HUHP) 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.		
Youth Beginner/New Student		
HUHP 0100-01 Hula Hoop ages 7-12 (Wed 4:00 PM)	Meets minimum age by Sept 1 and space availability.	Spring Show 2022
Low Wire (WL) A slender strand of steel, a few feet off the ground. A great introduction to wire—the delight without the height!		
Youth Beginner/New Student		
WL 0100-01 Low Wire ages 10+ (Wed 4:00 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2022
Youth Intermediate		
WL 0200-01 Low Wire ages 10+ (Thur 8:15 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 2022
Mid Wire (WM) This advanced class brings wire walking down to earth by integrating high-level wire tricks and technique with theater and dance.		
Youth Advanced		
WM 1000-01 Mid Wire ages 13+ (Thur 6:15 PM, Fri 5:00 PM) (FF)	By invitation only; must be currently enrolled in High Wire 1000	Summer Show 2022
Rola Bola (ROLA) Balance atop a rolling cylinder while performing partner or solo tricks.		
Youth Intermediate		
ROLA 0500-01 Rola Bola ages 12+ (Wed 8:15 PM)	By invitation only; experience with balance acts strongly suggested and space availability	Spring Show 2022
ROLA 1000-01 Rola Bola ages 12+ (Wed 4:00 PM, Fri 4:00 PM) (FF)	By invitation only; experience with balance acts strongly suggested and space availability	Summer Show 2022
Stilt Walking (STWK) 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.		
Youth Beginner/Intermediate		
STWK 0100-01 Stilt Walking ages 13+ (Tues 4:00 PM)	Meets minimum age by Sept 1; 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 2022
Youth Intermediate		
STWK 0500-01 Stilt Walking ages 13+ (Tues 5:00 PM)	Meets minimum age by Sept 1; 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 2022

Balance acts, continued...

Class Information	Prerequisites	Performing Status
Trick Unicycle (UNTR) Unicycle Xtreme riding with 180 twists, 180 unispins, and crankflips and ramps! Also duo uni work with handstands.		
Youth Advanced		
UNTR 1000-01 Trick Unicycle ages 12+ (Wed 5:00 PM)	By invitation only; high level of unicycle skills or experience in partner acrobatics	Summer Show 2022
Unicycle (UN) Half the wheels, but twice the fun! Develop balance and enhance fitness.		
Youth Beginner/New Student		
UN 0000-01 Unicycle ages 6+ (Tues 6:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
Youth Beginner/Intermediate		
UN 0100-01 Unicycle ages 7+ (Tues 5:00 PM)	Must be able to mount and ride for 5 minutes continuously; coach recommendation and space availability	Spring Show 2022
Youth Intermediate		
UN 0200-01 Unicycle ages 7+ (Tues 7:15 PM) UN 0200-02 Unicycle ages 7+ (Wed 6:15 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 2022
UN 0300-01 Unicycle ages 7+ (Thur 7:15 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 2022
UN 0400-01 Unicycle ages 7+ (Thur 6:15 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 2022



Circus Theater/Dance

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
Clowning (CL) Turn the foundations of physical theater, improvisation, comedy, stage combat, and clowning into performance.		
Youth Beginner/Intermediate		
CL 0200-01 Clowning ages 13+ (Mon 5:00 PM)	Accomplishment of skills in previous level, Meets minimum age by Sept 1, and space availability	Spring Show 2022
Dance (DA) Explore the fundamentals of ballet and contemporary dance for the circus stage.		
Youth Beginner/New Student		
DA 0100-01 Dance ages 7-12 (Thur 5:00 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2022
DA 0105-01 Dance ages 13+ (Mon 8:15 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2022
Youth Intermediate		
DA 0200-01 Dance ages 10+ (Mon 7:15 PM)	Accomplishment of skills in previous level, coach recommendation, and space availability	Spring Show 2022
DA 0205-01 Dance ages 13+ (Tues 4:00 PM)	Accomplishment of skills in previous level, coach recommendation, and space availability	Spring Show 2022
DA 0300-01 Dance ages 13+ (Tues 5:00 PM)	Accomplishment of skills in previous level, coach recommendation, and space availability	Spring Show 2022
Youth Advanced		
DA 1000-01 Dance ages 13+ (Tues 6:15 PM) (FF) - Lili Rancone DA 1000-02 Dance ages 13+ (Mon 6:15 PM) (FF) - Risa Cohen DA 1000-03 Dance ages 13+ (Thurs 6:15 PM) (FF) - Ruby Smith DA 1000-05 Dance ages 13+ (Tues 7:15 PM) (FF) - Lili Rancone	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2022
Ringmaster (RM) 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.		
Youth Intermediate		
RM 0500-01 Ringmaster ages 12+ (Mon 8:15 PM)	By audition only. Auditions for this year have already occurred. Auditions for next year will be announced at a later date.	Spring Show 2022
Theater (THA) Explore the fundamentals of theater in a program designed specifically for circus performance.		
Youth Beginner/New Student		
THA 0005-01 Theater ages 13+ (Mon 7:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
Youth Intermediate		
THA 0500-01 Theater ages 13+ (Mon 8:15 PM)	By audition only. Auditions for this academic year have already occurred. Auditions for the next academic year will be announced at a later date. Students, watch summer announcements for the audition announcement!	Non-Performing
THA 0600-01 Theater ages 13+ (Mon 4:00 PM)	By audition only. Auditions for this academic year have already occurred. Auditions for the next academic year will be announced at a later date. Students, watch summer announcements for the audition announcement!	Non-Performing
Youth Advanced		
THA 1000-01 Theater ages 13+ (Mon 5:00-5:50 PM) THA 1000-02 Theater ages 13+ (Mon 5:35-6:25 PM) THA 1000-03 Theater ages 13+ (Mon 6:10-7:00 PM) THA 1000-05 Theater ages 13+ (Thur 5:00 PM)	By audition only. Auditions for this academic year have already occurred. Auditions for the next academic 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 2022

Juggling

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
Juggling (JU) Keep your eye on the balls...and the rings, clubs, torches, and knives!		
Youth Beginner/New Student		
JU 0100-01 Juggling ages 7+ (Mon 6:15 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2022
Youth Intermediate		
JU 0200-01 Juggling ages 7+ (Tues 7:15 PM)	Must be mostly comfortable juggling three scarves and balls, execute basic patterns, coach recommendation, and space availability	Spring Show 2022
Youth Advanced		
JU 1000-01 Juggling ages 12+ (Wed 6:30-8:00 PM, Fri 6:30-7:15 PM)	By invitation only; must be able to juggle five objects, execute tricks from previous level as well as basic passing, coach recommendation, and space availability	Summer Show 2022

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
Aerial Conditioning (AEC) 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.		
Youth Intermediate		
AEC 0000-01 Aerial Conditioning ages 11+ (Fri 6:15 PM)	Must have at least one year of experience in an aerial class, meet minimum age requirement by Sept 1, and space availability	Non-Performing
Aerial Strength and Techniques for Males in Performance (ASTP) A focused preparatory class for teens/young adult males with an emphasis on training, technique, and a goal of advanced performance on trapeze, pas de deux, duo straps, and cradle. Taught by Rob Dawson, former act coach for KA and Michael Jackson's ONE shows at Cirque du Soleil and 20 year veteran performer at La Nouba and Mystere.		
Youth Intermediate		
ASTP 0000-01 Aerial Strength and Techniques for Males in Performance ages 13+ (Fri 4:00 PM)	Meets minimum age by Sept 1.	Non-Performing
Base/Porter Basics for Teen Boys (BPBT) This class is for male, male-identifying, and non-binary teens with the size and strength required to be a base, porter, or catcher in acts such as Teeterboard, Russian Bar, Russian Swing, Hand-to-Hand, and Duo Trapeze. Students will learn to harness size and power to help make the flyers soar! If you are new to CJ this class is FREE!		
Youth Beginner/New Student		
BPBT 0000-01 Base/Porter Basics for Teen Boys ages 13+ (Wed 8:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing

Cross Training acts, continued...

Class Information	Prerequisites	Performing Status
Core Conditioning (CORE) 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.		
Youth Beginner/New Student		
CORE 0000-01 Core Conditioning ages 13+ (Thur 4:00 PM) CORE 0000-02 Core Conditioning ages 13+ (Wed 7:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
Preparatory Team (PRTM) This comprehensive circus skills training course includes training in acts such as Acrobatics and Low Casting.		
Youth Beginner/Intermediate		
PRTM 0000-01 Preparatory Team ages 9-12 (Wed 6:15 PM)	Students must display discipline and a strong desire to perform in high level acrobatics acts; space availability	Non-Performing
Stretching and Strengthening (STST) 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		
Youth Beginner/New Student		
STST 0000-01 Stretching and Strengthening ages 10+ (Wed 5:00 PM) STST 0000-02 Stretching and Strengthening ages 10+ (Mon 6:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
Team Acrobatics (TMAC) Accelerated program for students in all areas of advanced-level acrobatics. This class includes training in Acrobatics, Low Wire, Basing, Straps, Wall Trampoline, Teeterboard, and more.		
Youth Advanced		
TMAC 1000-01 Team Acrobatics ages 10+ (Tues 7:15 PM, Wed 8:15 PM, Thur 4:00 PM, Fri 6:15 PM) (FF)	Coach invitation or student must be enrolled in a 1000-level acrobatics act; space availability. Students must commit to all hours scheduled.	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.
- ⇒ **Round it Out!** Increase your exposure and be that thing everyone wants to be: a well-rounded performer!

Adult Program

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

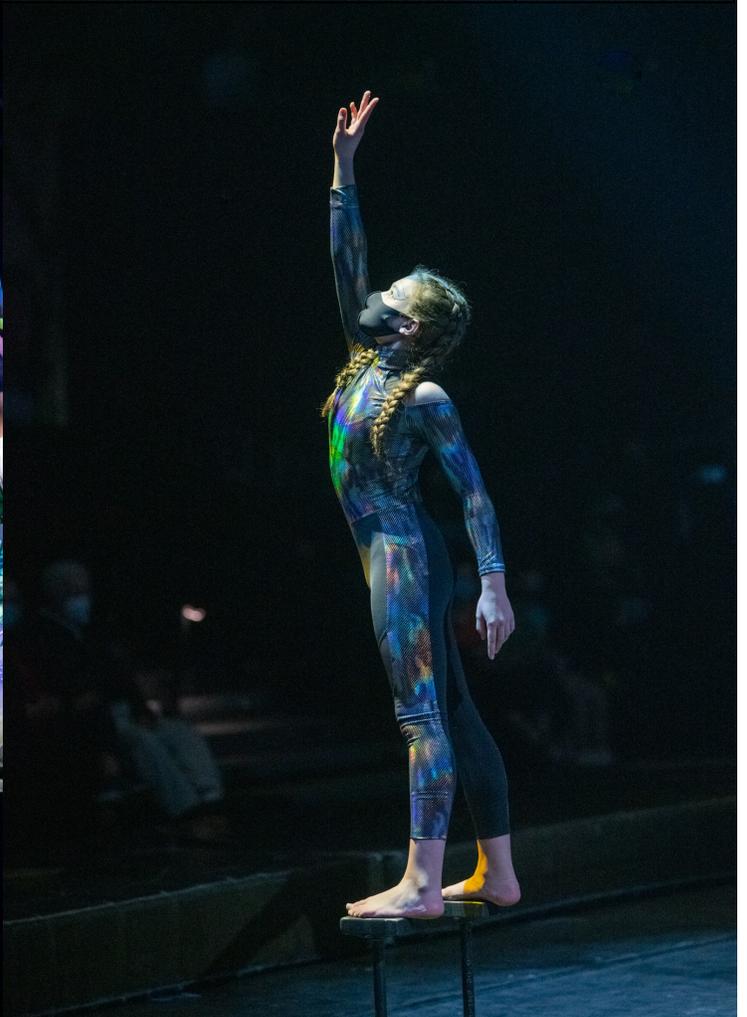
Class Information	Prerequisites	Performing Status
Adult Circus Arts (ACA) Try your hand (or foot!) on the Spanish web, triple trapeze, or aerial hoop, plus juggling, unicycle, and more. Great exercise and fun in a safe environment!		
Adult		
ACA 0000-01 Adult Circus Arts ages 18+ (Tues 8:15 PM)	Age 18+ by Sept 1 and space availability	Non-Performing
Adult Core Conditioning (ACOR) This class combines core stability, strength, balance, and agility to help prevent injury, improve posture, and increase integrated strength.		
Adult		
ACOR 0000-01 Adult Core Conditioning ages 18+ (Fri 5:00 PM)	Age 18+ by Sept 1 and space availability	Non-Performing

Pre-Professional Program

Class Information	Prerequisites	Performing Status
Pre-Professional Program (PPP) The Pre-Professional Program is designed to help students transition to a professional performing career. Coaches will help students narrow their focus to create a personalized act and work on stage presence and artistry. Students will create audition demos and receive professional insight about auditioning for professional organizations. Curriculum will be highly tailored to each individual and is designed for students committed to pursuing a professional career in the circus arts. See class list for pre-requisites. Cirque du Soleil veteran Rob Dawson leads with a team of global circus industry superstars including internationally renowned coach Dmitrii Arnaoutov, Cirque du Soleil veteran Kristina Ivanova-Dawson, Javen Ulambayar, and CJ Assistant Artistic Director Rachel Butler.		
Adult		
PPP 0000-01 Pre-Professional Program ages 18+ (Mon 2:00-4:00 PM & Tues 2:00-4:00 PM)	Meets age requirement by Sept 1 and a current student or recent graduate of the CJ youth program.	Non-Performing

Specialty Programs

Class Information	Prerequisites	Performing Status
Out of the Chair (OOC) Our wheelchair-accessible training program! Creates a learning experience in various genres of circus, from the air to equilibristic to manipulation.		
Specialty Programs		
OOC 0000-01 Out of the Chair ages 10+ (Sat 2:15 PM) (FF)	Meets minimum age by Sept 1 and space availability	Non-Performing
Wings (WNGS) 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.		
Specialty Programs		
WNGS 0000-01 Wings ages 10+ (Wed 2:00-3:00 PM) (FF)	Meets minimum age by Sept 1 and space availability	Non-Performing



Still Have Questions?

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. You will be charged the annual \$45 pre-registration fee at this time. Click [here](#) to pre-register!

Step 2: You will be notified via email once registration opens. Once you get word, login and register with the username and password that you set in your pre-registration.

How do move ups work?

Coaches make recommendations based on the assumption that all students want to move to the next level. Move-ups are based on coach recommendation, not by parent request. During registration, please do not submit a request for a higher level than your coach recommendation – it will not help your student move up faster and will only serve to slow down the registration process.

Do I have to register online?

Yes! All registrations must be completed online. Computers AND mobile devices (such as a cell phone or tablet) may be used, though you may prefer a larger screen. If you don't have access to a device you may make an appointment by emailing adminstaff@circusjuventas.org to use one of our computers.

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 at adminstaff@circusjuventas.org and we will instruct you on next steps! Our staff is too small to track an abundance of changes, so please take your time when completing your initial registration.

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

Turn around time is anywhere between 7-14 business 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

How long is my class?

Classes meet once a week for 50 minutes (unless otherwise noted).

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

If you know your students will miss a class, email us at absences@circusjuventas.org and include the reason for absence. Due to COVID-19, all absences must be tracked. Students with an unexcused absence will not be allowed to return to classes until proper follow-up protocols have been met.

Can I make up a missed class?

We 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.

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

Yes. Every student is charged an annual pre-registration fee of \$45 (once per academic year). There are also some additional costs that come along with performing in the Spring Celebration Performances should you decide to go that route: typically around \$100 per class. Costume fees are applied in winter session.

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

Performing information becomes available 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

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 the summer 2021 session and register ONLINE by the registration deadline are guaranteed enrollment in the same acts and levels in the upcoming session pending mandated building capacity limitations.

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 registration closes, you may submit an ONLINE late registration which will become immediately available at 12:01 p.m. on Monday, September 6. These forms are reviewed AFTER students who register by the original deadline are placed in classes, and you will be charged a \$25 late fee at the time of check out. Late registrations are evaluated solely on a first-come first-served basis.

Fall registration opens Friday, August 27 @ 12:00 p.m.!

The fall registration deadline is Monday, September 6 at 12:00 p.m.! Click [here](#) to pre-register.

