

# Circus Juventas

2023 - 24 Winter/Spring  
Super Session Guide

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





# SUPER SESSION

## Welcome to Super Session 2023 - 2024



Once again, we will be simplifying our registration by combining winter & spring into one Super Session!

More information about the Super Session can be found on pg. 3 of this guide. New students looking to register or current students hoping to add a class should check out what still has space on the "Best Bets" pages on 11.

We're looking forward to the shows that bookend our Super Session! Find more information on our Holiday and Spring shows on pages 5-6.

Everyone registering for a Spring Show performing class should check out Spring Show Information on pg. 4.

# SUPER SESSION

## Table of Contents

### INFORMATION

Super Session FAQ .....	pg. 3
Spring Celebration Performances Information .....	pg. 4-5
Holiday Show: A Hygge Holiday .....	pg. 6
Holiday Merch .....	pg. 7
Important Dates .....	pg. 8
Class Costs .....	pg. 9-10
Best Bets .....	pg. 11
Professional Program .....	pg. 12
Announcements .....	pg. 13-14
How to Read the Class Pages .....	pg. 15-16

### CLASS CATALOGUE

Class Catalogue .....	pg. 20-44
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### Questions?

Can't find the information you're looking for in this guide? The CJ Admin Team is ready and able to help!

adminstaff@circusjuventas.org  
>> (651) 699-8229

### Viewing the session guide online?

Viewing the session guide online?  
Click [HERE](#) to view the updated Family Handbook!

# SUPER SESSION FAQ

## Will classes cost more?

Prices are NOT increasing. You will be charged the same class rate that you were charged during Fall registration; however, the amount due will be doubled because you are paying for winter and spring session all at once. For example, Circus Kinders is a general fee class and costs \$230 per session. You will be charged \$460 during Super Session registration to cover winter and spring session costs.

The general fee discount still applies and the adjusted amounts will be published on the Class Costs page of the Super Session guide and on the [Payment](#) page of our website.

## Is there the same payment plan?

A payment plan that matches our current standard payment will be available at checkout, so there is no need to change your budgeting plans!

If you enroll in the 2 part payment plan, 50% of your total balance will be charged at checkout, and the credit card used will be saved for future auto-billing on: Feb 16.

If you enroll in the 4 part payment plan, 25% of your total balance will be charged at checkout, and the credit card used will be saved for future auto-billing payment dates: Dec 15, Feb 2, March 8.

## What if I can't take classes this spring?

Our guidance has always been for students to continue in the same classes from winter to spring sessions. It is necessary for classes performing in the Spring Celebration Performances to start working on their act as early as possible, and costumes must be purchased over the holidays in order for them to arrive in time for our spring shows. This is also why students are NOT able to join performing-level classes between winter and spring session.

Families who do not wish to continue classes during the spring portion of Super Session will have the opportunity to drop classes before the drop date deadline on **January 28**. As always, winter tuition and costume fees are non-refundable after winter session starts, but there will be a drop process available for families who need to remove spring session fees.



# SPRING SHOW INFO

Psssst! Not sure if your student is performing in the Spring Celebration Performances? Check the "Performing Status" column on the right side of each class listing!

## When is the Spring Show?

That depends which show team you are on! Students will be told which color show team they are on at the Spring Celebration Performances **Family Meeting on February 24 4:00 - 6:00 p.m.** Can't make the meeting? The information packet and your show team assignment will also be emailed out after the meeting.

## Conflicts?

Do you have conflicts with the Spring Show performance dates? We ask that families plan to be available for both weekends and pay careful attention to the dates for each show color. Spring can be a busy time of year, please communicate any unchangeable conflicts to [adminstaff@circusjuventas.org](mailto:adminstaff@circusjuventas.org) by December 8. We do not guarantee that we are able to accommodate any conflicts with particular show colors, or sibling groupings. Any conflicts sent to us after December 8, 2023 will not be accommodated.

## Performance Dates:

Yellow show tech/dress rehearsal: April 24

Yellow show performances: April 26 @ 7:00 p.m., April 27 @ 1:00 p.m.

Blue show tech/dress rehearsal: April 25

Blue show performances: April 27 @ 7:00 p.m., April 28 @ 1:00 p.m.

Green show tech/dress rehearsal: May 1

Green show performances: May 3 @ 7:00 p.m., May 4 @ 1:00 p.m.

Purple show tech/dress rehearsal: May 2

Purple show performances: May 4 @ 7:00 p.m., May 5 @ 1:00 p.m.

## Extra Practices

We hold extra practices on **Saturdays from March 2 - April 20** for selected acts. Extra practices typically take place in the afternoons, and the schedule will be announced at the Family Meeting on Saturday, February 25.

## Costumes

Measuring for spring show costumes occurs during the first week of winter session (**Nov. 27 - Dec. 2**). If your student will miss class that week, please contact [rachel@circusjuventas.org](mailto:rachel@circusjuventas.org) to arrange for your student to be measured.

Spring show performing classes are charged for costumes during this registration period. We expect each costume to cost \$115.

# SPRING SHOW



## Spring Celebration Performances 2024

If music be the food of love, play on! This spring, get ready to take a symphonic stroll through the melodious world of music. From Bach to The Beatles and everything in between, CJ audiences will experience a toe-tapping tour through the classic bops and iconic tunes that have inspired us for centuries. Mark your calendars and get ready to boogie as CJ's 2024 Spring Celebration Performances go all the way to 11 with a Magical Musical Medley!

### YELLOW SHOWS

April 26 at 7:00 p.m.  
April 27 at 1:00 p.m.

### GREEN SHOWS

May 3 at 7:00 p.m.  
May 4 at 1:00 p.m.

### BLUE SHOWS

April 27 at 7:00 p.m.  
April 28 at 1:00 p.m.

### PURPLE SHOWS

May 4 at 7:00 p.m.  
May 5 at 1:00 p.m.



# HOLIDAY SHOW



## CIRCUS JUVENTAS A Hygge Holiday

DECEMBER 8-17, 2023

CIRCUSJUVENTAS.SHOWARE.COM

### Show Dates

Friday, Dec. 8 at 7:00 p.m.  
Saturday, Dec. 9 at 1:00 p.m.  
Saturday, Dec. 9 at 5:00 p.m.  
Sunday, Dec. 10 at 1:00 p.m.

Friday, Dec. 15 at 7:00 p.m.  
Saturday, Dec. 16 at 1:00 p.m.  
Saturday, Dec. 16 at 7:00 p.m.  
Sunday, Dec. 17 at 1:00 p.m.  
Sunday, Dec. 17 at 5:00 p.m.

## Circus Juventas Presents: *A Hygge Holiday*

When a group of young people head for a cozy weekend at grandma's cabin in the woods, they stumble into a holiday haven of mystery and magic. Beyond the reach of cell reception and the non-stop distractions of the modern world, they travel deep into the woods to discover that a comfy cabin and close friends are all you need to kindle the spirit and warm the heart. Follow the north star and join us this winter as Circus Juventas makes a triumphant return to the magical forest of their beloved yuletide hit, a Hygge Holiday! Come December, mischievous mice and contorting cardinals, candle-lit winter feasts and snow-dappled pines, towering tomten, tumbling lumberjacks, and a high-flying Christmas morning celebration will unfold to remind us all that the comfort of friends and family and fond memories of holidays past make for an unforgettable Hygge Holiday.

Tickets go on sale **Monday, November 13 at 10:00 a.m.**

*Circus Juventas is excited to offer our patrons an entirely online ticket-buying experience through ShoWare. Patrons can purchase tickets by calling the ShoWare ticket line at (651) 309-8106, or by visiting the ticketing website*

*(click [BUY TICKETS](#) on our website). There will be no in-person, presale tickets sold at Circus Juventas.*

Thank you to our presenting sponsors:



HealthPartners



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# HOLIDAY MERCH

## **CJ Merch is here!**

Your once-a-year chance to order custom  
Circus Juventas:

**hoodies and zip-up sweatshirts**

**beanies**

**cropped hoodies**

**joggers**

**sweatpants**

Click [HERE](#) to visit our webstore!



# IMPORTANT DATES

## Super Session

### OCTOBER

Oct 24 ..... Registration opens at 10:00 a.m.  
Oct 30 ..... Registration closes at 12:00 noon

### NOVEMBER

Nov 18 ..... Last day of fall classes  
Nov 27 ..... First day of Super Session classes  
Nov 20-25 ..... Thanksgiving break NO CLASSES  
Nov 28 - Dec 3 ... Costume measurements taken in class

### DECEMBER

Dec 4 - Jan 1 ..... Holiday break NO CLASSES  
Dec 8 - 17 ..... Holiday show performances  
Dec 8 ..... Spring show conflicts due

### JANUARY

Jan 2 ..... Classes resume

### FEBRUARY

Feb 24 ..... Summer Show Family Meeting  
Feb 24 ..... Spring Show Family Meeting  
Feb 13 - Feb 17 ..... Midwinter break (no classes)

### APRIL

Apr 1 - 6 ..... Spring break (no classes)  
Apr 20 ..... Last day of Super Session classes

Apr 26 & 27 ..... Yellow Spring Shows\*  
Apr 27 & 28 ..... Blue Spring Shows\*  
May 3 & 4 ..... Green Spring Shows\*  
May 4 & 5 ..... Purple Spring Shows\*

## For a full list of dates for the year:

>> View the [2023-2024 Key Dates at a Glance](#) page in the Family Portal on our website.

## Absences to report?

>> email absences to our  
dedicated inbox:

[absences@circusjuventas.org](mailto:absences@circusjuventas.org)

## Viewing the session guide online?

>> Click [here](#) to view the CJ News  
and Events Calendar and sync  
your Google Calendar with ours!

# CLASS COSTS

How much does a class cost? That depends on the price category and if a multi-class discount applies! Read on to learn about general fee, fixed fee, and the multi-class discount.

## How To Pay:

>> **Pay in full at check out.** The primary parent on the account is ultimately responsible for all payments on their student's account. Delayed payments can result in delay or refusal of student enrollment.

>> **Enroll in a 2 or 4 part payment plan.**

If you enroll in the 2 part payment plan, 50% of your total balance will be charged at checkout, and the credit card used will be saved for future auto-billing on: Feb 16.

If you enroll in the 4 part payment plan, 25% of your total balance will be charged at checkout, and the credit card used will be saved for future auto-billing payment dates: Dec 15, Feb 2, March 8.

>> 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.

## Other fees:

>> \$45 non-refundable pre-registration fee (once per academic year). If you are returning from Fall Session, you have already completed this.

>> \$25 late fee applied to returning student registrations submitted after the on-time registration deadline.

>> \$115 Costume fees will automatically be applied to all classes performing in the spring shows. These are paid for during registration and are non-refundable once the session begins.



# CLASS COSTS

## General fee classes:

- >> Meet once a week for 50 min.
- >> Eligible for multi-class discount if in the same cart at checkout.

## Multi-class discount:

	WINTER	SPRING	TOTAL
1 class .....	\$230 .....	\$230 .....	<b>\$460</b>
2 classes ..	\$432.40 ..	\$4232.40 ..	<b>\$864.80</b>
3 classes ...	\$634.80 ...	\$634.80 ...	<b>\$1,269.6</b>
4 classes ...	\$828 .....	\$828 .....	<b>\$1,656</b>
5 classes ...	\$1,012 .....	\$1,012 .....	<b>\$2,024</b>
6 classes ...	\$1,186.80 ...	\$1,186.80 ...	<b>\$2,373.60</b>
7 classes ...	\$1,352.40 ..	\$1,352.40 ..	<b>\$2,704.80</b>
8 classes ...	\$1,527.20 ...	\$1,527.20 ...	<b>\$3,054.40</b>
9 classes ...	\$1,697.40 ..	\$1,697.40 ..	<b>\$3,394.80</b>
10 classes ..	\$1,840 .....	\$1,840 .....	<b>\$3,680</b>
11 classes ..	\$2,024 .....	\$2,024 .....	<b>\$4,048</b>
12 classes ..	\$2,208 .....	\$2,208 .....	<b>\$4,416</b>
13 classes ..	\$2,392 .....	\$2,392 .....	<b>\$4,784</b>
14 classes ..	\$2,576 .....	\$2,576 .....	<b>\$5,152</b>
15 classes ..	\$2,760 .....	\$2,760 .....	<b>\$5,520</b>
16 classes ..	\$2,944 .....	\$2,944 .....	<b>\$5,888</b>
17 classes ..	\$3,128 .....	\$3,128 .....	<b>\$6,256</b>
18 classes ..	\$3,312 .....	\$3,312 .....	<b>\$6,624</b>

## 22-23 Super Session Fixed fee Dance classes:

The following pricing applies to these classes:  
Dance Ballet, Dance Contemporary, Dance Jazz

>>1 class: \$460 >>2+ classes: \$770

The following pricing applies to these classes:  
Dance 800, Dance 1000

>>1 class: \$460 >>2-5 classes: \$770

## Fixed fee classes:

- >> Usually meet more than once a week.
- >> And/or require special equipment and/or more specific coaching needs.
- >> NOT eligible for multi-class discount.
- >> Indicated by (FF) throughout the guide's index.

## 22-23 Super Session Fixed fee classes:

\$460: Circus Kinders, Preschool

\$550: Foot Archery

\$580: Flying Trapeze Basics, Flying Trapeze Recreational, Flying Trapeze 100, Out of the Chair

\$590: Juggling 500/1000, Wings

\$600: Team Acrobatics, Stunt Parkour and Stage Combat

\$670: Banquine, Contortion 1000, Double Swinging Trapeze 1000, Duo Trapeze 1000, Duo Unicycle, Fire Jump Rope, Handstands 800, Hand to Hand 0100/0200, Mid Wire 1000, Russian Bar 1000, Russian Cradle 1000, Russian Swing 1000, Silks 1000, Spanish Web 1000, Teeterboard 1000, Vault Mini 1000, Wall Trampoline, 3 Person Hand Balance, Rola Bola 800

\$680: Bungee Trapeze

\$700: Acro 1000/Hoop Diving

\$710: Flying Trapeze 1000

# BEST BETS

Use this list to figure out which classes have space for Super Session registration! Be sure to check the class listing in the back of this guide to **make sure you meet the prerequisites** for any Best Bet class you may be interested in registering for.

<u>Class</u>	<u>Availability</u>
Acrobatics [AC 0100-04] ages 6-9 (Thur 7:15 PM) .....	Very Limited
Aerial Experience [AEEX 0005-01] ages 10+ (Wed 8:15 PM) .....	Best Bet
Circus Experience [CE 0000-01] ages 6-9 (Mon 4:00 PM) .....	Limited
Circus Experience [CE 0005-01] ages 10+ (Wed 7:15 PM) .....	Limited
Circus Kinders [CK 0100-01] ages 5-6 (Tues 3:00 PM) (FF) .....	Very Limited
Dance [DA 0100-02] ages 7-12 (Friday 7:15 PM) .....	Limited
Globes [GL 0000-02] ages 6-12 (Tues 4:00 PM) .....	Best Bet
Handstands [HS 0005-01] ages 12+ (Thur 6:15 PM) .....	Best Bet
Handstands [HS 0005-02] ages 12+ (Fri 6:15 PM) .....	Limited
Juggling [JU 0100-01] ages 7+ (Fri 7:15 PM) .....	Limited
Low Wire [WL 0100-02] ages 10+ (Tues 4:00 PM) .....	Best Bet
Multiple Trapeze [MT 0200-05] ages 9+ (Fri 4:00 PM) .....	Best Bet
Preschool [PRE 0100-02] ages 2-3 (Tues 10:00 AM) (FF) .....	Very Limited
Preschool [PRE 0200-01] ages 4-5 (Sat 11:00 AM) (FF) .....	Very Limited
Preschool [PRE 0300-02] ages 4-5 (Wed 10:00 AM) (FF) .....	Best Bet
Preschool [PRE 0300-03] ages 4-5 (Sat 12:15 PM) (FF) .....	Best Bet
Side by Side [SS 0100-02] ages 6-9 (Wed 4:00 PM) .....	Very Limited
Side by Side [SS 0100-03] ages 6-9 (Tues 4:00 PM) .....	Best Bet
Side by Side [SS 0100-06] ages 6-9 (Fri 6:15 PM) .....	Very Limited
Stage Combat [SGCB 0000-01] ages 13+ (Wed 8:15 PM) .....	Very Limited
Star [SR 0100-02] ages 7-9 (Sat 1:15 PM) .....	Very Limited
Static Trapeze [STAT 0000-01] ages 13+ (Tues 8:15 PM) .....	Very Limited
Unicycle [UN 0000-02] ages 6+ (Tues 8:15 PM) .....	Limited

# NEW CLASSES

Latin Heat [DALH 0205-01] ages 13-20 (Wed 5:00 PM) (FF)  
 Aerial Conditioning [AEC 0000-01] ages 11+ (Tues 7:15 PM)  
 Stretching and Strengthening [STST 0000-01] ages 10+ (Thur 7:15 PM)  
 Core Conditioning [CORE 0000-01] ages 13+ (Sat 12:15 PM)



# PRO PROGRAM



## Program Overview

The two-year training program with our world-renowned coaching staff and laser focused, customized training curriculum allows our students to develop professional skills, prepare for original CJIPP productions, festivals and competitions, build dynamic act routines and network with professional organizations such as Cirque Du Soleil and other notable professional circus companies.

Under the direction of Sun Yanhong and Rob Dawson, Pro Program students will focus in chosen disciplines and integrated cross-training. Students will also have training in physical and mental wellness from our partners at Health Partners TRIA in topics such as nutrition, sports psychology, core and back stability, etc.

Our International Pro Program students had the opportunity to perform in front of numerous audiences both inside and outside the CJ big top. They performed across the Midwest with our original production of "Fools Gold". These students also competed in VIVA Fest in 2023 with great success! The Circus Juventas partnership with Cirque Du Soleil NexGen gives our pro students the opportunity to learn from and be seen by CDS coaches and choreographers throughout the year.

**For more information on the Professional Program and the application process, visit the Professional Program page on our website at:**

**<https://circusjuventas.org/pro-program/>**

# Announcements

## Introducing Sierra Almena!



Sierra has made her way back to her native state of Minnesota after years of studying and performing around the U.S. Growing up, she was a competitive gymnast and later attended the College of Visual Arts in St. Paul where she earned her BFA in Illustration. While pursuing a career in the arts, acrobatics always seemed to call her back. A move to Arizona led her to create an aerial program at Arizona Dreams Gymnastics as well as starting her performance career by joining Vega Arts Dance Theatre and Vertical Fix of Phoenix. She attended N.E.C.C.A in 2018 where she focused on Trampwall and Lyra and also coached recreational classes for the school. In 2021 she went on to perform in the Pirates Voyage Dinner Show in Pigeon Forge TN, and most recently performed with SPentertainment on the stages of Fremont St. Las Vegas. With a decade of coaching and years of various performance experiences under her belt, she is excited to join the CJ crew.

## Introducing Hanquing Liu!

Hanquin comes to us from China. He has had an extensive career in gymnastics and circus acrobatics. He was a gymnast in the Nanjing Gymnastic Troupe for 10 years. He then went on to a 6 year career in the Nanjing Acrobatic Troupe performing straps, hoop diving, flying bar, and trampoline. He performed as a Russian Swing, handstand, hoop diving, acrobatic and dance artist in the Xishuangbanna Dai Show Theater in China for 4 years.





# DECADE PHOTO HIGHLIGHTS

**1993  
-  
1994**



**2  
0  
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3  
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2  
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0  
4**



**2013-2014**



**Colors:** Each act is marked to denote the level of pre-requisites needed for the FIRST level of that act.

**GREEN** classes require no additional class pre-requisites other than meeting the age requirement. New to our program? Start here!

**ORANGE** classes are beginning-level classes that require a skill/class 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 the act. Look carefully at the prerequisites listed to determine your eligibility.

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

**WHITE** 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](mailto:adminstaff@circusjuventas.org).

**Letters:** Each act has an ACT CODE that begins with letters. These letters stand for the name of the act. For example, "SS" stands for Side by Side.

**Numbers:** Each class has two sets of numbers separated by a hyphen. The numbers before the hyphen are the LEVEL of the class. The numbers after the hyphen are the class SECTION.

## Registration Tip!

Sections are associated with a specific day and time. We have many popular classes with multiple sections within a week. 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.

GW 0000-01

## Act Code Example

The letters in this act code stand for "German Wheel." German Wheel is an act with four different levels. This is the lowest level of the act, as denoted by the "0000" before the hyphen. This class is very popular and three different sections are offered. The example class code is for section 1, which we know from the numbers "01" after the hyphen.



# HOW TO READ THE CLASS PAGES

These pages are a key to understanding the class pages at the back of this session guide. The class pages are used to determine which classes you are eligible to take by checking a class's performing status, prerequisites, and level. Every class on the class pages is assigned an "act code" so be sure to check the Act Code Example on the last page to learn how to read these!

German Wheel (GW) A rolling 8-foot steel apparatus with hand and foot settings that encourages balance and agility.		
<b>Youth Beginner/New Student</b>		
GW 0000-01 German Wheel ages 8-11 (Fri 5:00 PM) GW 0000-02 German Wheel ages 8-11 (Wed 6:15 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+ (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
<b>Youth Beginner/Intermediate</b>		
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 2023
<b>Youth Intermediate</b>		
GW 0200-01 German Wheel ages 10+ (Thur 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 2023
GW 0300-01 German Wheel ages 10+ (Tues 8:15 PM)	Able to execute skills from previous levels; coach recommendation, and space availability	Spring Show 2023
<b>Youth Advanced</b>		
GW 0400-01 German Wheel ages 10+ (Tues 5:00 PM)	Able to execute skills from previous levels; coach recommendation, and space availability	Spring Show 2023
GW 1000-01 German Wheel ages 10+ (Thur 7:15 PM)	Character is in summer show. Coach recommendation and space availability	Summer Show 2023

## Class Price Type

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. German Wheel is a General Fee class. For more information about fixed fee classes, see the "Class Costs" page.

## Prerequisites

There are prerequisites for each act and level. These help explain level progressions within the act. It is important to check for prerequisites, even on classes color-coded green.

## Performing Status

Check here to see assigned performances for each level of each act. Classes are either performing in Spring Show, Summer Show, or are labeled Non-Performing.



# CLASS CATALOGUE





>> List of classes organized by genre.

>> CLASS PAGES: tables of every class and session offered.

>> Index of classes (alphabetical).







# PRESCHOOL & KINDERS

Class Information	Prerequisites	Performing Status
<b>Circus Kinders (CK)</b> 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. Genres explored include balance, acrobatics, expression, juggling, and aerial.		
<b>Preschool/Kinders</b>		
CK 0100-01 Circus Kinders ages 5-6 (Tues 3:00 PM) (FF) CK 0100-02 Circus Kinders ages 5-6 (Sat 9:00 AM) (FF) CK 0100-03 Circus Kinders ages 5-6 (Sat 9:00 AM) (FF) CK 0100-04 Circus Kinders ages 5-6 (Tues 5:00 PM) (FF)	Meets minimum age by Sept 1, entering Kindergarten in fall 2023, and space availability	Spring Show 2024
<b>Preschool (PRE)</b> A unique program exclusively for 2 to 5 year olds who are not yet enrolled in kindergarten. Genres explored include balance, acrobatics, expression, juggling, and aerial.		
<b>Preschool/Kinders</b>		
PRE 0100-02 Preschool ages 2-3 (Tues 10:00 AM) (FF)	Meets minimum age by Sept 1 and space availability	Spring Show 2024
PRE 0200-01 Preschool ages 3-4 (Sat 11:00 AM) (FF) PRE 0200-02 Preschool ages 3-4 (Sat 10:00 AM) (FF)	Meets minimum age by Sept 1 and space availability	Spring Show 2024
PRE 0300-01 Preschool ages 4-5 (Tues 11:00 AM) (FF) PRE 0300-02 Preschool ages 4-5 (Wed 10:00 AM) (FF) PRE 0300-03 Preschool ages 4-5 (Sat 12:15 PM) (FF)	Meets minimum age by Sept 1 and space availability	Spring Show 2024

# EXPERIENCE

Class Information	Prerequisites	Performing Status
<b>Aerial Experience (AEEX)</b> A just-for-fun, non-performing class that lets students explore aerial acts in a Circus Experience-style format. Try your hands at multiple and triple trapezes, aerial hoops, mini hammocks, low casting, Spanish webs, and silks.		
<b>Youth Beginner/New Student</b>		
AEEX 0000-01 Aerial Experience ages 8-12 (Thur 5:00 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
AEEX 0005-01 Aerial Experience ages 10+ (Wed 8:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
<b>Circus Experience (CE)</b> A supportive environment fosters confidence allowing students to explore their capabilities in the circus arts, including the genres of acrobatics, juggling, aerial, theater/dance, and balance.		
<b>Youth Beginner/New Student</b>		
CE 0000-01 Circus Experience ages 6-9 (Mon 4:00 PM) CE 0000-02 Circus Experience ages 6-9 (Fri 4:00 PM) CE 0000-03 Circus Experience ages 6-9 (Sat 1:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
CE 0005-01 Circus Experience ages 10+ (Wed 7:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing



# ACROBATICS

Class Information	Prerequisites	Performing Status
<b>Accelerated Acro Technique (ACAT)</b> For performers committed to advanced acrobatics training, focus on technique specific to flying while building strength.		
<b>Youth Advanced</b>		
ACAT 0500-01 Accelerated Acro Technique ages 10+ (Tues 4:00 PM)	By invitation only. Must be in a 1000 level acrobatic discipline.	Non-Performing
<b>Acrobatics (AC)</b> Students create pyramids and learn circus and gymnastic tumbling.		
<b>Youth Beginner/New Student</b>		
AC 0100-01 Acrobatics ages 6-9 (Tues 6:15 PM) AC 0100-02 Acrobatics ages 6-9 (Wed 5:00 PM) AC 0100-03 Acrobatics ages 6-9 (Wed 6:15 PM) AC 0100-04 Acrobatics ages 6-9 (Thur 7:15 PM) AC 0100-05 Acrobatics ages 6-9 (Sat 11:00 AM)	Meets minimum age by Sept 1 and space availability	Spring Show 2024
AC 0105-01 Acrobatics ages 10+ (Mon 5:00 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2024
<b>Youth Intermediate</b>		
AC 0200-01 Acrobatics ages 6-9 (Tues 5:00 PM) AC 0200-02 Acrobatics ages 6-9 (Thur 5:00 PM)	Successful execution of skills from previous level, ability to execute front-to-back cartwheel, backward and forward roll, kick to handstand, unsupported bridge with proper form, coach recommendation, and space availability.	Spring Show 2024
AC 0205-01 Acrobatics ages 10+ (Wed 4:00 PM)	Successful execution of skills from previous level, ability to execute front-to-back cartwheel, backward and forward roll, kick to handstand, unsupported bridge with proper form, coach recommendation, and space availability.	Spring Show 2024
AC 0225-01 Acrobatics ages 10+ (Tues 7:15 PM) AC 0225-02 Acrobatics ages 10+ (Fri 6:15 PM)	Successful execution of skills from previous level, arrive in bridge from back-bend and hanstand positon, coach recommendation, and space availability	Spring Show 2024
AC 0250-01 Acrobatics ages 10+ (Fri 4:00 PM)	Successful execution of skills from previous level, must be able to do a front walkover and back walkover unassisted on the solid ground, coach recommendation, and space availability.	Spring Show 2024
AC 0300-01 Acrobatics ages 10+ (Fri 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, successful back handspring + back-tuck on tumble track, front tuck, coach recommendation, and space availability	Spring Show 2024
<b>Youth Advanced</b>		
AC 0500-01 Acrobatics ages 10+ (Tues 8:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2024
<b>Acrobatics And Hoop Diving (ACHD)</b> 1000 level acrobats experiment with hoop diving this year as a part of our Acro 1000 act.		
<b>Youth Advanced</b>		
ACHD 1000-01 Acrobatics And Hoop Diving ages 10+ (Mon 5:00 PM, Wed 4:00 PM) (FF)	By invitation only. Acro only performing in Holiday Show.	Winter Show 2023 and Summer Show 2024
<b>Banquine (BANQ)</b> Showcasing the amazing agility of the human body, students perform spectacular sequences of acrobatics and human pyramids, astounding audiences with their perfectly synchronized movements.		
<b>Youth Advanced</b>		
BANQ 1000-01 Banquine ages 13+ (Mon 4:00 PM, Fri 6:15 PM) (FF)	By invitation only; coach recommendation and space availability	Summer Show 2024



<b>Beginning Hand Balance (BHB)</b> Beginning hand balance will prep our youngest for team acts and teach them to work with others in a fun and encouraging environment!		
<b>Youth Beginner/Intermediate</b>		
BHB 0100-01 Beginning Hand Balance ages 6-12 (Sat 10:00 AM)	Must have previously performed in the spring shows, meets minimum age, and space available.	Spring Show 2024
<b>Fire Jump Rope (FJR)</b> If you liked jump rope, you'll love it even more when it's on fire!		
<b>Youth Advanced</b>		
FJR 1000-01 Fire Jump Rope ages 13+ (Mon 8:15 PM, Wed 8:15 PM) (FF)	By invitation only; student must be a high-level acrobat.	Summer Show 2024
<b>High Bar (HBAR)</b> Taking a cue from the world of gymnastics, this advanced class combines traditional high bar skills with aerial and acrobatic techniques.		
<b>Youth Intermediate</b>		
HBAR 0000-01 High Bar ages 13+ (Fri 7:15 PM)	By invitation only	Non-Performing
<b>Moroccan Pyramids (MPYR)</b> Beginning-level acrobatics focused on the creation of pyramids and balance.		
<b>Youth Beginner/New Student</b>		
MPYR 0100-01 Moroccan Pyramids ages 8+ (Mon 7:15 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2024
<b>Russian Bar (RB)</b> Two porters, one flier, and one bar creating acrobatic tricks that defy gravity.		
<b>Youth Advanced</b>		
RB 1000-01 Russian Bar ages 13+ (Tues 7:30-8:30 PM, Fri 5:00 PM) (FF)	By invitation only; previous acrobatic experience such as Acrobatics 1000, Team Acro, Teeterboard, or Trampoline 0500/1000 preferred, and space availability	Winter Show 2023 and Summer Show 2024
<b>Russian Swing (RS)</b> Acrobats are pressed off one side of a platform-like swing and are catapulted into the air!		
<b>Youth Intermediate</b>		
RS 0000-01 Russian Swing ages 12+ (Fri 4:00 PM)	Invitation only; student must be a high-level acrobat	Non-Performing
<b>Youth Advanced</b>		
RS 1000-01 Russian Swing ages 13+ (Mon 7:15 PM, Thur 5:00 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 2024
<b>Skating Adagio (SKAO)</b> Adagio on roller skates! Using only human strength, porters and fliers wear roller skates as they spin and maneuver with a partner.		
<b>Youth Intermediate</b>		
SKAO 0100-01 Skating Adagio ages 10+ (Thur 6:15 PM)	Flyer/base experience required.	Spring Show 2024
<b>Stage Combat (SGCB)</b> Students will receive comprehensive training in hand-to-hand and period-appropriate weaponry. Taught by SAFD certified fight choreographer and instructor Mike Lubke.		
<b>Youth Advanced</b>		
SGCB 0000-01 Stage Combat ages 13+ (Wed 8:15 PM)	Must be in high level acrobatics, dance, and theater student.	Non-Performing
<b>Stage Combat and Stunt Parkour (SPCB)</b> We are combining the two most daring acts this year in an exciting new way! Sword fighting and tumbling off of sets all in one.		
<b>Youth Advanced</b>		
SPCB 1000-01 Stage Combat and Stunt Parkour ages 14+ (Wed 7:00-8:15 PM) (FF)	By invitation only.	Summer Show 2024
<b>Stunt Parkour (SPKR)</b> Get ready to climb, jump, swing, and swan dive from the rooftops! Taught by professional stunt coordinator Jason Hilton.		
<b>Youth Advanced</b>		
SPKR 0000-01 Stunt Parkour ages 13+ (Wed 6:00-7:00 PM)	Must have previous experience in advanced acrobatics or trampoline.	Non-Performing

<b>Table Comedy (TBLC)</b> Jump, flip, and slide in this comedic acrobatic act! An everyday table transforms into a hilarious prop where athletic stunts and shenanigans ensue.		
<b>Youth Advanced</b>		
TBLC 0800-01 Table Comedy ages 13+ (Thur 8:15 PM) (FF)	By invitation only- performing in Holiday show.	Winter Show 2023
<b>Teeterboard (TB)</b> Playground equipment for acrobats! Students execute flips onto pyramids and high chairs.		
<b>Youth Intermediate</b>		
TB 0200-01 Teeterboard ages 12+ (Fri 6:15 PM) TB 0200-02 Teeterboard ages 12+ (Tues 6:15 PM)	By invitation only; has accomplished all skills in Acrobatics 0300, Vault Mini 0200, Team Acro or USAG 5 and space availability	Spring Show 2024
<b>Youth Advanced</b>		
TB 1000-01 Teeterboard ages 13+ (Wed 6:00-6:55 PM, Thur 6:15 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Winter Show 2023 and Summer Show 2024
<b>Trampoline (TRP)</b> The emphasis in Trampoline is on safety, fitness, and fundamental skills. These classes offer the opportunity to learn or improve acrobatics skills.		
<b>Youth Beginner/New Student</b>		
TRP 0000-01 Trampoline ages 6-9 (Mon 5:00 PM) TRP 0000-02 Trampoline ages 6-9 (Mon 6:15 PM) TRP 0000-03 Trampoline ages 6-9 (Tues 5:00 PM) TRP 0000-05 Trampoline ages 6-9 (Sat 12:15 PM) TRP 0000-06 Trampoline ages 6-9 (Thur 7:15 PM) TRP 0000-07 Trampoline ages 6-9 (Thur 5:00 PM) TRP 0000-08 Trampoline ages 6-9 (Fri 5:00 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
TRP 0005-01 Trampoline ages 10+ (Tues 4:00 PM) TRP 0005-02 Trampoline ages 10+ (Tues 6:15 PM) TRP 0005-03 Trampoline ages 10+ (Wed 7:15 PM) TRP 0005-04 Trampoline ages 10+ (Sat 1:15 PM) TRP 0005-05 Trampoline ages 10+ (Wed 4:00 PM) TRP 0005-06 Trampoline ages 10+ (Thur 6:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
<b>Youth Intermediate</b>		
TRP 0050-01 Trampoline ages 8+ (Mon 7:15 PM) TRP 0050-02 Trampoline ages 8+ (Tues 7:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
TRP 0400-01 Trampoline ages 11+ (Wed 5:00 PM) TRP 0400-02 Trampoline ages 11+ (Mon 4:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
<b>Vault Mini (VM)</b> This small trampoline leads to big heights! Students learn how to hit the trampoline and jump into acrobatic tricks.		
<b>Youth Beginner/New Student</b>		
VM 0100-01 Vault Mini ages 8+ (Wed 4:00 PM) VM 0100-02 Vault Mini ages 8+ (Tues 6:15 PM) VM 0100-03 Vault Mini ages 8+ (Sat 10:00 AM) VM 0100-04 Vault Mini ages 8+ (Sat 1:15 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2024
<b>Youth Intermediate</b>		
VM 0200-01 Vault Mini ages 8+ (Tues 7:15 PM) VM 0200-02 Vault Mini ages 8+ (Wed 8:15 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 2024
VM 0300-01 Vault Mini ages 10+ (Mon 5:00 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 2024
VM 0400-01 Vault Mini ages 10+ (Thur 6:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2024
<b>Youth Advanced</b>		
VM 1000-01 Vault Mini ages 13+ (Mon 8:15 PM, Thur 7:15 PM) (FF)	Invitation Only. 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 2024

Wall Trampoline (WT) Trampoline taken to new directions - against a wall!		
Youth Advanced		
WT 1000-01 Wall Trampoline ages 13+ (Thur 4:00 PM, Fri 7:15 PM) (FF)	By invitation only; previous training in Trampoline, Vault Mini Tramp, Acrobatics, and/or Team Acro, and space availability	Winter Show 2023 and Summer Show 2024
Wall Walking (WW) Defy gravity in an aerial dance against the wall!		
Youth Advanced		
WW 1000-01 Wall Walking ages 13+ (Fri 6:15 PM)	By invitation only; student must be a high-level acrobat or aerialist	Summer Show 2024
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+ (Tues 4:00 PM)	Coach approval required. Student must be a high-level acrobat, meets minimum age by Sept 1, and space availability.	Non-Performing





# AERIAL

Class Information	Prerequisites	Performing Status
<b>4-Girl Spinning Cube (CUBE)</b> A large, hollow, and side-less three-dimensional aerial cube upon and through which performers exhibit various holds and poses. This act can be described as contortion in the air!		
<b>Youth Intermediate</b>		
CUBE 0000-01 4-Girl Spinning Cube ages 13+ (Mon 5:00-5:30 PM)	By invitation only. All splits, high level of flexibility, 3 consecutive pull ups, and space availability.	Non-Performing
CUBE 0100-01 4-Girl Spinning Cube ages 13+ (Wed 3:30-4:00 PM)	By invitation only. All splits, high level of flexibility, 3 consecutive pull ups, coach recommendation, and space availability.	Spring Show 2024
CUBE 0200-01 4-Girl Spinning Cube ages 13+ (Thur 4:30-5:00 PM)	All skills from previous level, coach recommendation, and space availability	Spring Show 2024
CUBE 0300-01 4-Girl Spinning Cube ages 13+ (Mon 4:30-5:00 PM)	By invitation only.	Spring Show 2024
<b>Youth Advanced</b>		
CUBE 1000-01 4-Girl Spinning Cube ages 13+ (Mon 3:45-4:30 PM)	By invitation only; successful execution of skills from previous level and space availability	Winter Show 2023 and Summer Show 2024
<b>Aerial Pole (AP)</b> Aerial Pole (AP) Execute graceful, acrobatic poses on a suspended pole.		
<b>Youth Advanced</b>		
AP 1000-01 Aerial Pole ages 13+ (Tues 6:00-7:00 PM)	Invitation only	Summer Show 2024
<b>Bungee Trapeze (BT)</b> Trapeze work and bungee maneuvers create a thrilling spectacle from the heights of the big top. Must be taking at least three other aerial or acrobatic classes.		
<b>Youth Intermediate</b>		
BT 0000-01 Bungee Trapeze ages 12+ (Wed 7:15 PM) (FF)	At least 90 pounds in weight (max weight 155). Can execute 3 consecutive pull ups; has performed in Spanish Web, Triple Trapeze, Hoops, or Silks within the last two years; coach recommendation; and space availability	Non-Performing
<b>Youth Beginner/Intermediate</b>		
BT 0050-01 Bungee Trapeze ages 12+ (Mon 7:15 PM) (FF)	Successful execution of skills from previous level, working on hanging pike leg lifts to the bar with legs straight and together, coach recommendation, and space availability	Non-Performing
<b>Youth Intermediate</b>		
BT 0100-01 Bungee Trapeze ages 13+ (Tues 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 2024
BT 0200-01 Bungee Trapeze ages 13+ (Fri 4:00 PM) (FF)	Successful execution of skills from previous level, 3 consecutive pull-overs with legs together, coach recommendation, and space availability	Spring Show 2024
BT 0300-01 Bungee Trapeze ages 13+ (Tues 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 2024
BT 0400-01 Bungee Trapeze ages 13+ (Mon 6:15 PM) (FF)	Successful execution of skills from previous level, 5 consecutive pull-overs with legs together, coach recommendation, and space availability	Spring Show 2024
<b>Youth Advanced</b>		
BT 1000-01 Bungee Trapeze ages 13+ (Tues 7:15 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2024

<b>Cloud Swing (CS)</b> Breathtaking aerial work on a rope-like swing which has loops to secure hand and foot dives. This act combines both static and swinging trapeze skills and employs loops and keepers (much like on a Spanish web) to execute tricks.		
<b>Youth Intermediate</b>		
CS 0000-01 Cloud Swing ages 13+ (Wed 5:30-6:00 PM)	Three pull-ups, good shoulder flexibility, at least one side split; has performed in Spanish Web, Triple Trapeze, Hoops, or Silks within the last year; coach recommendation and space availability	Non-Performing
CS 0100-01 Cloud Swing ages 13+ (Wed 5:00-5:30 PM) CS 0100-02 Cloud Swing ages 13+ (Fri 6:45-7:15 PM) CS 0100-03 Cloud Swing ages 13+ (Fri 6:15-6:45 PM)	Participation in Cloud Swing 0000, good dislocate and inlocate, coach recommendation, and space availability	Spring Show 2024
CS 0300-01 Cloud Swing ages 13+ (Tues 4:15-4:45 PM)	Has performed in Cloud Swing 0200, coach recommendation; and space availability	Spring Show 2024
<b>Double Cloud Swing (DCS)</b> Twice the fun of Cloud Swing! This act is two cloud swings rigged one above the other and includes partner work and synchronised choreography.		
<b>Youth Advanced</b>		
DCS 1000-01 Double Cloud Swing ages 13+ (Wed 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 2024
<b>Double Swinging Trapeze (DST)</b> This act combines the exciting act of Swinging Trapeze with the team-based act of Duo Trapeze.		
<b>Youth Advanced</b>		
DST 1000-01 Double Swinging Trapeze ages 13+ (Wed 7:15-8:00 PM, Sat 12:00-12:45 PM) (FF)	By invitation only.	Summer Show 2024
<b>Double Trapeze (DT)</b> Two people work together on this trapeze, and the results are stunning. Trust your partner and master daring transfers between two trapezes.		
<b>Youth Intermediate</b>		
DT 0000-02 Double Trapeze ages 11+ (Tues 7:45-8:15 PM)	Invitation Only. Has accomplished all skills in Triple Trapeze 0300 (for fliers), 5 pull ups, coach recommendation, and space availability.	Non-Performing
DT 0100-01 Double Trapeze ages 11+ (Mon 8:15-8:45 PM) DT 0100-02 Double Trapeze ages 11+ (Tues 7:15-7:45 PM) DT 0100-03 Double Trapeze ages 11+ (Mon 5:00-5:30 PM) DT 0100-04 Double Trapeze ages 11+ (Mon 4:00-4:30 PM)	Invitation Only. Has accomplished all skills in Triple Trapeze 0300 (for fliers), 5 pull ups, coach recommendation, and space availability.	Spring Show 2024
<b>Duo Straps (SPDU)</b> This advanced class focuses on individual and partner work on the straps.		
<b>Youth Intermediate</b>		
SPDU 0100-01 Duo Straps ages 13+ (Tues 7:00-7:45 PM) SPDU 0100-02 Duo Straps ages 13+ (Tues 7:45-8:30 PM)	By invitation only; must have previous experience in straps	Spring Show 2024
<b>Duo Trapeze (DUTP)</b> Advanced partner work performed in a single trapeze high above the arena.		
<b>Youth Intermediate</b>		
DUTP 0100-01 Duo Trapeze ages 13+ (Fri 6:00-6:30 PM) DUTP 0100-02 Duo Trapeze ages 13+ (Tues 5:00-5:30 PM)	By invitation only, experience in Double and/or Duo Trapeze and space availability	Spring Show 2024
DUTP 0200-01 Duo Trapeze ages 13+ (Tues 5:30-6:00 PM)	By invitation only, experience in Double and/or Duo Trapeze and space availability	Spring Show 2024
<b>Youth Advanced</b>		
DUTP 1000-01 Duo Trapeze ages 13+ (Tues 3:25-4:00 PM, Wed 3:25-4:00 PM) (FF) DUTP 1000-02 Duo Trapeze ages 13+ (Mon 7:15-8:00 PM, Thur 5:40-6:15 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2024

<b>Flying Trapeze (FT)</b> Revered as one of the most difficult circus arts, Flying Trapeze is reserved for students with a demonstrated passion for precise aerial work. Must be involved in at least 3 other intermediate-level classes.		
Youth Advanced		
FT 0100-01 Flying Trapeze ages 12+ (Thur 7:15 PM) (FF)	By invitation only. Height minimum 52” tall, taking at least 3 other intermediate-level 0200 or higher aerial or acrobatic classes at Circus Juventas.	Spring Show 2024
FT 1000-01 Flying Trapeze ages 12+ (Tues 8:30-9:30 PM, Thur 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.	Summer Show 2024
<b>Flying Trapeze Basics (FTBS)</b> This class will train the basic skills needed to advance into Flying Trapeze. Students will be working on the ground and swing from the flying pedestal.		
Youth Intermediate		
FTBS 0000-01 Flying Trapeze Basics ages 11+ (Sat 11:00 AM) (FF)	By invitation only.	Non-Performing
<b>Flying Trapeze Recreational (FTRE)</b> This class is for students who want to fly just for fun. Students will swing from the flying pedestal. This class is just for fun, not a part of the Flying Trapeze class progression.		
Youth Intermediate		
FTRE 0000-01 Flying Trapeze Recreational ages 12+ (Sat 9:00 AM) (FF)	By coach recommendation only. Height minimum 52” tall, taking at least 3 other intermediate-level 0200 or higher aerial or acrobatic classes at Circus Juventas.	Non-Performing
FTRE 0000-02 Flying Trapeze Recreational ages 12+ (Sat 10:00 AM) (FF)		
<b>Hammock (HM)</b> This silk-like fabric draped from its ends creates a loop in which students wrap themselves and create graceful displays of aerial artistry. This partner act requires a great deal of flexibility and previous dance training.		
Youth Intermediate		
HM 0000-01 Hammock ages 13+ (Mon 5:30-6:00 PM)	By coach recommendation only. Has performed in Spanish Web, Triple Trapeze, Hoops, or Silks, 3 consecutive pull ups; all splits; back bend; dance experience; and space availability.	Non-Performing
HM 0100-01 Hammock ages 13+ (Wed 7:45-8:15 PM)	By coach recommendation only. Has performed in Spanish Web, Triple Trapeze, Hoops, or Silks, 3 consecutive pull ups; all splits; back bend; dance experience; and space availability.	Spring Show 2024
HM 0200-01 Hammock ages 13+ (Fri 3:30-4:00 PM)	Previously performed in Hammock 0100 and coach recommendation	Spring Show 2024
HM 0300-01 Hammock ages 13+ (Wed 7:15-7:45 PM)	Previously performed in Hammock 0200 and coach recommendation	Spring Show 2024
Youth Advanced		
HM 1000-01 Hammock ages 13+ (Tues 3:30-4:15 PM) HM 1000-02 Hammock ages 13+ (Wed 8:15-9:00 PM)	By invitation only; successful execution of skill from previous level and space availability	Winter Show 2023 and Summer Show 2024
<b>Hanging Perch (HNGP)</b> The hanging perch is a variation on the perch where the pole is hung from an aerial mount point, and a pair of fliers performs tricks and stunts from the pole.		
Youth Intermediate		
HNGP 0100-01 Hanging Perch ages 10+ (Fri 8:45-9:15 PM)	By invitation only; previously performed in Triple Trapeze and/or Spanish Web, and space availability	Spring Show 2024
HNGP 0200-01 Hanging Perch ages 10+ (Fri 8:15-8:45 PM) HNGP 0200-02 Hanging Perch ages 10+ (Fri 7:45-8:15 PM)	Previously performed in Hanging Perch 0100 and coach recommendation	Spring Show 2024
HNGP 0300-01 Hanging Perch ages 10+ (Fri 7:15-7:45 PM)	Previously performed in Hanging Perch 0200 and coach recommendation	Spring Show 2024
HNGP 0500-01 Hanging Perch ages 13+ (Thur 8:20-9:00 PM)	By invitation only.	Spring Show 2024 and TBD Summer Show 2024



**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+ (Thur 5:00 PM) HP 0000-02 Hoops ages 12+ (Fri 4:00 PM)	Previously performed in Multiple Trapeze 0200, the ability to execute a split on one leg, coach recommendation and space availability	Non-Performing
Youth Beginner/Intermediate		
HP 0050-01 Hoops ages 11+ (Fri 6:15 PM)	Successful execution of skills from previous level, must have taken HP 0000 for full year, coach recommendation, and space availability	Non-Performing
Youth Intermediate		
HP 0100-01 Hoops ages 12+ (Tues 4:00 PM)	Successful execution of skills from previous level, 3 consecutive pull overs and 4 consecutive leg switches, coach recommendation, and space availability	Spring Show 2024
HP 0200-01 Hoops ages 12+ (Thur 6:15 PM)	Successful execution of skills from previous level, 5 consecutive pull overs and 3 consecutive pull ups, coach recommendation, and space availability	Spring Show 2024
HP 0300-01 Hoops ages 12+ (Wed 8:15 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 2024
Youth Advanced		
HP 1000-01 Hoops ages 13+ (Fri 5:00 PM)	By invitation only; successful execution of skills from previous level and space availability	Winter Show 2023 and Summer Show 2024
<b>Intro to Aerial (INAE)</b> This class is designed for new students interested in learning the basics of aerial technique and artistry. Learn the fundamentals of rope and trapeze work. First timers, this one's for you!		
Youth Beginner/New Student		
INAE 0000-01 Intro to Aerial ages 11+ (Mon 8:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
<b>Intro to Solo Trapeze (INST)</b> For students with little or no aerial experience, this class teaches the basics of trapeze, a foundational act in the aerial arts.		
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
<b>Ladder Trapeze (LT)</b> This solo trapeze act involves work on a revolving trapeze bar and rope ladder.		
Youth Intermediate		
LT 0100-01 Ladder Trapeze ages 11+ (Thur 4:00 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 2024
LT 0200-01 Ladder Trapeze ages 11+ (Thur 4:00 PM)	Successful execution of skills from previous level, ten consecutive jet rolls, coach recommendation, and space availability	Spring Show 2024
LT 0300-01 Ladder Trapeze ages 11+ (Wed 8:15 PM)	Successful execution of skills from previous level, one front hip circle, jet rolls with straight legs, coach recommendation, and space availability	Spring Show 2024
LT 0500-01 Ladder Trapeze ages 11+ (Fri 6:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2024

<b>Low Casting Fun (LCF)</b> A just-for-fun mini-flying-trapeze class for timing, teamwork, and upper body strength.		
<b>Youth Beginner/New Student</b>		
LCF 0000-01 Low Casting Fun ages 9-12 (Wed 7:15 PM) LCF 0000-02 Low Casting Fun ages 9-12 (Fri 5:00 PM) LCF 0000-03 Low Casting Fun ages 9-12 (Thur 7:15 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
<b>Mexican Cloud Swing (MS)</b> This act is much like Cloud Swing, but does not include hand and foot loops. Instead, the student uses his or her own body to tie knots in the swing.		
<b>Youth Intermediate</b>		
MS 0000-01 Mexican Cloud Swing ages 13+ (Wed 4:00-4:30 PM) MS 0000-02 Mexican Cloud Swing ages 13+ (Thur 6:00-6:30 PM) MS 0000-03 Mexican Cloud Swing ages 13+ (Fri 3:30-4:00 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 0100-02 Mexican Cloud Swing ages 13+ (Thur 5:00-5:30 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.	Spring Show 2024
<b>Youth Advanced</b>		
MS 1000-01 Mexican Cloud Swing ages 13+ (Wed 4:30-5:15 PM) MS 1000-02 Mexican Cloud Swing ages 13+ (Fri 6:30-7:15 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2024
<b>Mini Hammock (MNHM)</b> Aerial work on a stationary hammock made of looped silk.		
<b>Youth Beginner/Intermediate</b>		
MNHM 0000-01 Mini Hammock ages 9+ (Wed 4:00 PM) MNHM 0000-02 Mini Hammock ages 9+ (Sat 12:15 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
<b>Youth Intermediate</b>		
MNHM 0100-01 Mini Hammock ages 10+ (Mon 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 2024
MNHM 0150-01 Mini Hammock ages 10+ (Fri 4:00 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 2024
MNHM 0200-01 Mini Hammock ages 10+ (Wed 7:15 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 2024
MNHM 0300-01 Mini Hammock ages 10+ (Sat 1:15 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 2024
MNHM 0400-01 Mini Hammock ages 10+ (Mon 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 2024

<b>Multi Straps (SPM)</b> A center winch act with more than three performers on a straps apparatus.		
<b>Youth Advanced</b>		
SPM 1000-01 Multi Straps ages 13+ (Fri 4:00 PM)	By invitation only.	Summer Show 2024
<b>Multiple Trapeze (MT)</b> This act entails the use of one double-decker trapeze on which six people perform simultaneously. Students learn basic- to intermediate-level trapeze maneuvers while learning to work, often in synchronicity, with a team.		
<b>Youth Beginner/New Student</b>		
MT 0100-01 Multiple Trapeze ages 9+ (Mon 6:15 PM) MT 0100-02 Multiple Trapeze ages 9+ (Mon 7:15 PM) MT 0100-03 Multiple Trapeze ages 9+ (Tues 5:00 PM) MT 0100-04 Multiple Trapeze ages 9+ (Tues 6:15 PM) MT 0100-05 Multiple Trapeze ages 9+ (Wed 5:00 PM) MT 0100-06 Multiple Trapeze ages 9+ (Wed 6:15 PM) MT 0100-08 Multiple Trapeze ages 9+ (Thur 7:15 PM)	Meets minimum age by Sept 1 (age 8 ok if two years Side by Side or Star) and space availability	Spring Show 2024
<b>Youth Intermediate</b>		
MT 0200-01 Multiple Trapeze ages 9+ (Fri 5:00 PM) MT 0200-02 Multiple Trapeze ages 9+ (Thur 6:15 PM) MT 0200-03 Multiple Trapeze ages 9+ (Fri 6:15 PM) MT 0200-04 Multiple Trapeze ages 9+ (Wed 7:15 PM) MT 0200-05 Multiple Trapeze ages 9+ (Fri 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 2024
<b>Pas de Deux (PDD)</b> This flying silks-like act is designed for two and can be described as a lyrical dance in the air. Most often a male/female partnership, students support one another in various positions circling high above the arena.		
<b>Youth Advanced</b>		
PDD 0100-01 Pas de Deux ages 13+ (Sat 12:50-1:30 PM) PDD 0100-02 Pas de Deux ages 13+ (Sat 1:30-2:15 PM)	By invitation only; experience in Spanish Web or Silks, performance history in an advanced-level aerial act, and space availability	Spring Show 2024
<b>Russian Cradle (CRDL)</b> Specialized aerial act that combines two different styles of catching with flying and high-bar skills.		
<b>Youth Advanced</b>		
CRDL 1000-01 Russian Cradle ages 13+ (Wed 8:15 PM, Fri 8:15 PM) (FF)	By invitation only and space availability; high level of circus acrobatics or gymnastics preferred	Summer Show 2024
<b>Shoot-Thru Ladder (SL)</b> Balance on a revolving metal ladder pivoting on an axle with a partner who performs on a trapeze.		
<b>Youth Intermediate</b>		
SL 0200-01 Shoot-Thru Ladder ages 11+ (Thur 3:40-4:30 PM) SL 0200-02 Shoot-Thru Ladder ages 11+ (Mon 4:00-4:30 PM)	By invitation only; fliers need to have already performed in/be enrolled in Triple Trapeze 0400, coach recommendation, and space availability	Spring Show 2024
<b>Side by Side (SS)</b> This act is perfect for our youngest performers! Pairs of students learn the fundamentals of trapeze work side by side on the trapeze and in a nurturing environment.		
<b>Youth Beginner/New Student</b>		
SS 0100-01 Side by Side ages 6-9 (Mon 4:00 PM) SS 0100-02 Side by Side ages 6-9 (Wed 4:00 PM) SS 0100-03 Side by Side ages 6-9 (Tues 4:00 PM) SS 0100-04 Side by Side ages 6-9 (Wed 7:15 PM) SS 0100-05 Side by Side ages 6-9 (Thur 7:15 PM) SS 0100-06 Side by Side ages 6-9 (Fri 6:15 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2024
<b>Youth Beginner/Intermediate</b>		
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 2024



**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+ (Sat 10:00 AM) SKS 0000-02 Silks ages 12+ (Thur 7:15 PM)	Has taken one year Spanish Web or Team Aerial and ability to execute a straddle back in the air. Movement up through levels is congruent with coach recommendation and space availability.	Non-Performing
SKS 0050-01 Silks ages 12+ (Wed 6:15 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+ (Fri 5:00 PM)	Successful execution of skills from previous level, 3 consecutive straddle backs off the ground, coach recommendation, and space availability	Spring Show 2024
SKS 0200-01 Silks ages 12+ (Fri 8:15 PM)	Successful execution of skills from previous level, 5 consecutive straddle backs off the ground with straight legs, coach recommendation, and space availability	Spring Show 2024
SKS 0300-01 Silks ages 12+ (Tues 5:00 PM)	Successful execution of skills from previous level, 3 consecutive straight leg straddle climbs with good form, coach recommendation, and space availability	Spring Show 2024
Youth Advanced		
SKS 1000-01 Silks ages 13+ (Mon 4:00 PM, Thur 5:00 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Winter Show 2023 and Summer Show 2024

**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+ (Thur 6:15 PM)	Experience in Mini-Hammock 400 and Silks, and coach recommendation; splits, back bend, and 5 pull-ups.	Spring Show 2024
SLNG 0200-01 Sling ages 12+ (Fri 7:15 PM)	Experience in Sling 0100 and coach recommendation; splits, back bend, and 5 pull-ups	Spring Show 2024
Youth Advanced		
SLNG 0800-01 Sling ages 13+ (Mon 8:15 PM)	Experience in Sling 0300 and coach recommendation; splits, back bend, and 5 pull-ups. By invitation only.	Winter Show 2023 and Spring Show 2024



**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.

<b>Youth Beginner/New Student</b>		
SW 0000-01 Spanish Web ages 12+ (Tues 6:15 PM) SW 0000-02 Spanish Web ages 12+ (Tues 7:15 PM) SW 0000-03 Spanish Web ages 12+ (Sat 11:00 AM) SW 0000-04 Spanish Web ages 12+ (Thur 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
<b>Youth Intermediate</b>		
SW 0050-01 Spanish Web ages 12+ (Mon 6:15 PM) SW 0050-02 Spanish Web ages 12+ (Tues 5:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
SW 0100-01 Spanish Web ages 12+ (Sat 12:15 PM)	Successful execution of skills from previous level, 3 consecutive straddle backs in the air, coach recommendation, and space availability	Spring Show 2024
SW 0150-01 Spanish Web ages 12+ (Tues 8:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2024
SW 0200-01 Spanish Web ages 12+ (Wed 7:15 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 2024
SW 0300-01 Spanish Web ages 13+ (Wed 5:00 PM)	Successful execution of skills from previous level, 3 consecutive straight leg straddle climbs with good form, coach recommendation, and space availability	Spring Show 2024
<b>Youth Advanced</b>		
SW 1000-01 Spanish Web ages 13+ (Tues 4:00 PM, Wed 4:00 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2024
<b>Star (SR)</b> Continue learning basic trapeze skills introduced in Side by Side while working higher up in the air on the Star apparatus.		
<b>Youth Beginner/Intermediate</b>		
SR 0100-01 Star ages 7-9 (Sat 9:00 AM) SR 0100-02 Star ages 7-9 (Sat 1:15 PM)	Meets minimum age by Sept 1, and 1 year Side by Side and space availability	Spring Show 2024
<b>Static Trapeze (STAT)</b> This is a solo, single-point trapeze where you incorporate static and dynamic moves in the ropes and on the bar.		
<b>Youth Intermediate</b>		
STAT 0000-01 Static Trapeze ages 13+ (Tues 8:15 PM)	Currently or has been enrolled in Triple Trapeze 0100 or higher, coach recommendation, and space availability	Non-Performing
STAT 0050-01 Static Trapeze ages 13+ (Thur 4:00 PM) STAT 0050-02 Static Trapeze ages 13+ (Sat 11:00 AM)	Has completed all skills from previous level, coach recommendation, space availability	Non-Performing
STAT 0100-01 Static Trapeze ages 13+ (Thur 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 2024
STAT 0200-01 Static Trapeze ages 13+ (Thur 7:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2024
STAT 0300-01 Static Trapeze ages 13+ (Mon 7:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2024
<b>Youth Advanced</b>		
STAT 1000-01 Static Trapeze ages 13+ (Mon 5:00 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2024

**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+ (Fri 7:15 PM)	Has performed in an aerial act, 3-5 pull ups, 5 suspended pike ups with straight arms, coach recommendation, and space availability	Non-Performing
SP 0050-01 Straps ages 12+ (Sat 1:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
SP 0100-01 Straps ages 12+ (Mon 4:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2024
SP 0200-01 Straps ages 13+ (Mon 5:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2024
Youth Advanced		
SP 1000-01 Straps ages 13+ (Wed 6:15 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2024

**Swinging Trapeze (ST)** Daring release maneuvers on the swinging trapeze.

Youth Advanced		
ST 0000-01 Swinging Trapeze ages 13+ (Thur 4:00-4:30 PM) ST 0000-02 Swinging Trapeze ages 13+ (Fri 4:00-4:30 PM)	By invitation only; advanced-level acrobatics and/or aerial skills and space availability	Non-Performing
ST 0200-01 Swinging Trapeze ages 13+ (Mon 8:45-9:15 PM) ST 0200-02 Swinging Trapeze ages 13+ (Fri 4:00-4:30 PM)	By invitation only; advanced-level acrobatics and/or aerial skills and space availability	Spring Show 2024
ST 0500-01 Swinging Trapeze ages 13+ (Mon 8:15-8:45 PM)	Invitation only	Spring Show 2024
ST 1000-01 Swinging Trapeze ages 13+ (Tues 7:15-8:00 PM, Thur 3:30-4:00 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2024

**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 (base, middle, flier). Dance training is highly recommended.

Youth Advanced		
TRI 0100-01 Triangle Trapeze ages 13+ (Mon 6:30-7:15 PM) TRI 0100-02 Triangle Trapeze ages 13+ (Fri 7:15-8:00 PM) TRI 0100-03 Triangle Trapeze ages 13+ (Tues 4:15-5:00 PM)	By invitation only and space availability; two or more years performing in 0400 or higher Triple Trap or experience in Double/Duo Trap and Spanish Web, Hoops, or Silks, dance experience preferred, must be able to do 8 pull-ups, coach recommendation, and space availability	Spring Show 2024
TRI 1000-01 Triangle Trapeze ages 13+ (Thur 3:30-4:30 PM) TRI 1000-02 Triangle Trapeze ages 13+ (Fri 6:15 PM)	By invitation only; successful execution of skills from previous level, coach recommendation, and space availability	Summer Show 2024

**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+ (Thur 6:15 PM) TT 0000-02 Triple Trapeze ages 10+ (Fri 5:00 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+ (Wed 5:00 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 2024
TT 0200-01 Triple Trapeze ages 11+ (Wed 6:15 PM)	Successful execution of skills from the 0100 level and coach recommendation when appropriate spot is available	Spring Show 2024
TT 0300-01 Triple Trapeze ages 11+ (Mon 5:00 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 2024



TT 0400-01 Triple Trapeze ages 11+ (Wed 4:00 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 2024
TT 0500-01 Triple Trapeze ages 12+ (Mon 4:00 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 2024
TT 0600-01 Triple Trapeze ages 12+ (Thur 5:00 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 2024
<b>Youth Advanced</b>		
TT 1000-01 Triple Trapeze ages 13+ (Tues 4:00 PM)	By invitation only when appropriate spot is available; successful execution of skills from previous level	Summer Show 2024
TT 1000-02 Triple Trapeze ages 13+ (Thur 4:00 PM)		



# BALANCE

Class Information	Prerequisites	Performing Status
<b>3 Person Hand Balance (3PHB)</b> A traditional 3 person hand balancing act.		
<b>Youth Advanced</b>		
3PHB 0500-01 3 Person Hand Balance ages 10+ (Mon 5:30-6:30 PM, Fri 4:00 PM) (FF)	By invitation only, strong background with acrobatic and flexibility training.	Spring Show 2024 and TBD Summer Show 2024
<b>Bicycle (BY)</b> How many can you get on a bike? Four, five, six...ten! Talk about teamwork!		
<b>Youth Intermediate</b>		
BY 0800-01 Bicycle ages 10+ (Fri 5:00 PM)	By invitation from previous level.	Winter Show 2023 and Spring Show 2024
<b>Bite Balance (BITE)</b> Performers will build their endurance until they can hold their body weight aloft using only the strength of their own bite.		
<b>Youth Advanced</b>		
BITE 0000-01 Bite Balance ages 10+ (Fri 8:15 PM)	By invitation only; coach recommendation and space availability	Non-Performing
BITE 0100-01 Bite Balance ages 10+ (Fri 8:15 PM)	By invitation only; coach recommendation and space availability	Spring Show 2024
BITE 1000-01 Bite Balance ages 10+ (Fri 8:15 PM)	By invitation only; coach recommendation and space availability	Summer Show 2024
<b>Chair Stacking (CHST)</b> For those who can hold a handstand. More advanced techniques such as balancing on blocks and one- and two-hand tricks will also be taught.		
<b>Youth Advanced</b>		
CHST 1000-01 Chair Stacking ages 13+ (Thur 3:00 PM)	By invitation only; coach recommendation and space availability	Summer Show 2024

<b>Contortion (CO)</b> The art of contortion demonstrates flexibility, style, and balance.		
<b>Youth Beginner/New Student</b>		
CO 0100-01 Contortion ages 6-9 (Tues 6:15 PM)	Splits on one side and bridge with straight arms; Meets minimum age by Sept 1, and space availability	Spring Show 2024
CO 0105-01 Contortion ages 10+ (Fri 5:00 PM)	Splits on one side and bridge with straight arms; Meets minimum age by Sept 1, and space availability	Spring Show 2024
<b>Youth Beginner/Intermediate</b>		
CO 0150-01 Contortion ages 6+ (Tues 4:00 PM)	Successful completion of skills in CO 0100, coach recommendation.	Spring Show 2024
<b>Youth Intermediate</b>		
CO 0200-01 Contortion ages 10+ (Tues 8:15 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 2024
CO 0250-01 Contortion ages 10+ (Thur 8:15 PM)	By invitation only. Successful completion of all skills in CO 0200 with proper form.	Spring Show 2024
CO 0300-01 Contortion ages 10+ (Thur 5:00 PM)	Good scorpion, box, and middle splits, all skills from contortion 0200 with good form, coach recommendation, and space availability	Spring Show 2024
CO 0400-01 Contortion ages 10+ (Thur 7:15 PM)	All splits, at least one leg over-split, box with arms around feet, good bow and arrow, walking elbow stand, all skills from contortion 0300 with good form, coach recommendation, and space availability	Spring Show 2024
<b>Youth Advanced</b>		
CO 1000-01 Contortion ages 13+ (Mon 8:15 PM, Fri 7:15 PM) (FF)	By invitation only; all three over splits, box with high chest, box with straight legs, contortion handstand, all skills from contortion 0400 with good form, coach recommendation and space availability	Winter Show 2023 and Summer Show 2024
<b>Cyr Wheel (CYR)</b> A large ring that spins gyroscopically while acrobatic maneuvers are performed in and around it.		
<b>Youth Advanced</b>		
CYR 0000-01 Cyr Wheel ages 13+ (Wed 5:00 PM) CYR 0000-02 Cyr Wheel ages 13+ (Mon 4:00 PM)	Between 5'1" and 6' tall. Meets minimum age by Sept 1, and space availability.	Non-Performing
<b>Youth Intermediate</b>		
CYR 0300-01 Cyr Wheel ages 12+ (Thur 4:00 PM)	By invitation only; coach recommendation and space availability	Spring Show 2024
<b>DaVinci (DAV)</b> Da Vinci Ring allows for variations of aerial disciplines to be presented within this 7 foot high grounded hoop		
<b>Youth Advanced</b>		
DAV 0800-01 DaVinci ages 13+ (Thur 7:15 PM) (FF)	By invitation only; coach recommendation and space availability	Winter Show 2023
<b>Duo Unicycle (UNDU)</b> Taking unicycle riding to (literally) new heights, this act places two performers on one apparatus-requiring superb balance, strength, and flexibility from both.		
<b>Youth Advanced</b>		
UNDU 1000-01 Duo Unicycle ages 7+ (Tues 5:00 PM, Wed 5:00 PM) (FF)	By invitation only	Summer Show 2024
<b>Foot Archery (FTAR)</b> It takes a steady hand, or rather foot, and a whole lot of flexibility to master this skill. Taught by Coach Chimgee, this class will hit the bullseye.		
<b>Youth Advanced</b>		
FTAR 1000-01 Foot Archery ages 13+ (Wed 6:15 PM) (FF)	Invitation only; must be high-level handstands and contortion.	Summer Show 2024

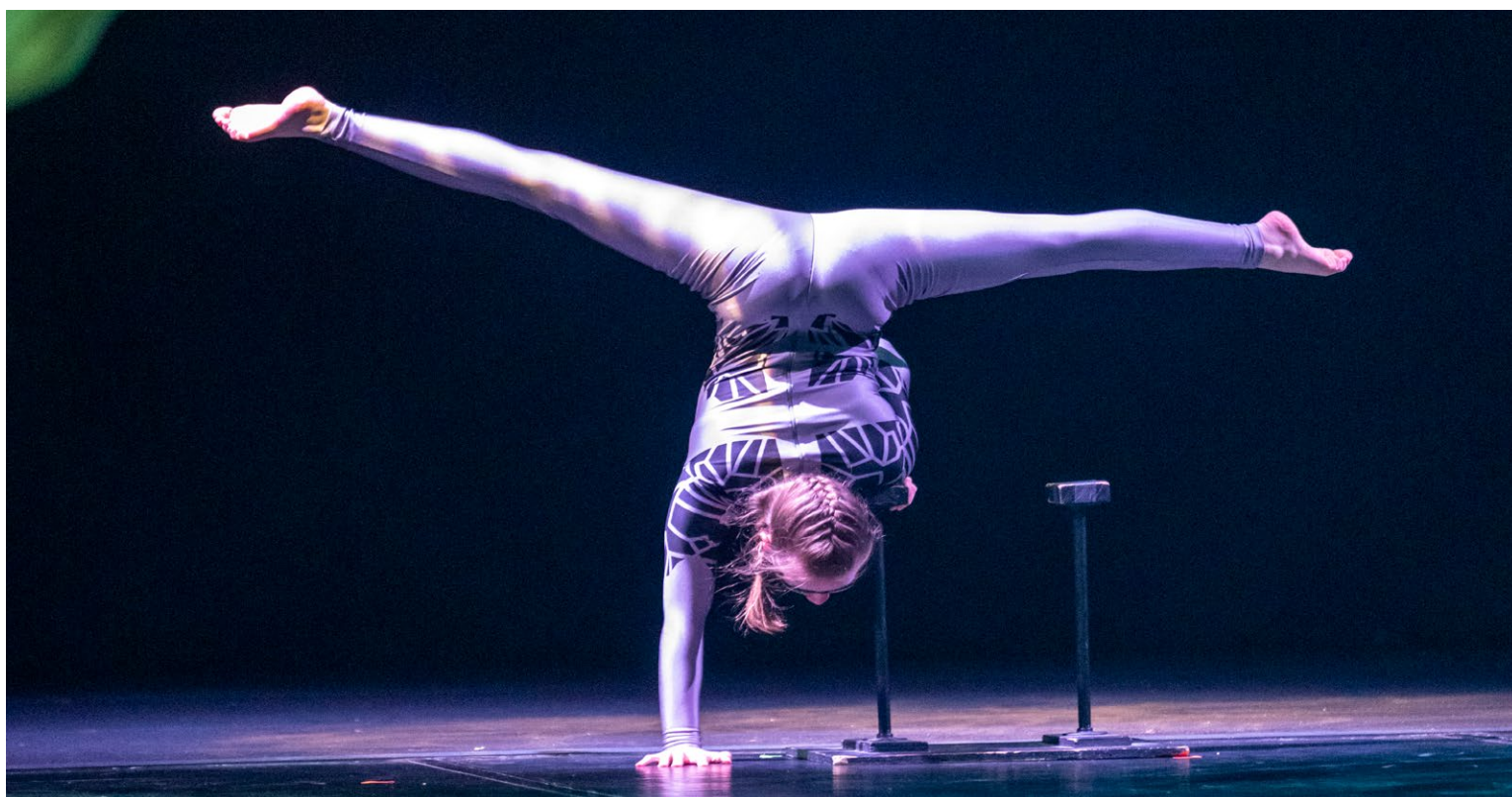
<b>German Wheel (GW)</b> A rolling 8-foot steel apparatus with hand and foot settings that encourages balance and agility.		
<b>Youth Beginner/New Student</b>		
GW 0000-01 German Wheel ages 8-11 (Tues 5:00 PM) GW 0000-02 German Wheel ages 8-11 (Fri 7:15 PM)	At least 4' 2" tall, able to execute a cartwheel 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+ (Wed 5:00 PM) GW 0005-02 German Wheel ages 10+ (Fri 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
<b>Youth Beginner/Intermediate</b>		
GW 0100-01 German Wheel ages 10+ (Mon 6:15 PM)	Able to execute a half-tuck roll, cartwheel, and carousel; coach recommendation and space availability	Spring Show 2024
<b>Youth Intermediate</b>		
GW 0200-01 German Wheel ages 10+ (Mon 8:15 PM)	Able to execute the following tricks: kick over, kick back, and back hip circles in addition to tricks from previous levels; coach recommendation and space availability	Spring Show 2024
GW 0300-01 German Wheel ages 10+ (Wed 7:15 PM)	Able to execute skills from previous levels; coach recommendation, and space availability	Spring Show 2024
<b>Youth Advanced</b>		
GW 0400-01 German Wheel ages 10+ (Wed 8:15 PM)	Able to execute skills from previous levels; coach recommendation, and space availability	Spring Show 2024
<b>Globes (GL)</b> Perch atop over-sized balls to develop balance and foot dexterity; add maneuvering and hula hoops in higher levels.		
<b>Youth Beginner/New Student</b>		
GL 0000-01 Globes ages 6-12 (Sat 10:00 AM) GL 0000-02 Globes ages 6-12 (Tues 4:00 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
<b>Youth Beginner/Intermediate</b>		
GL 0100-01 Globes ages 6-12 (Sat 12:15 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 2024
GL 0200-01 Globes ages 6-12 (Sat 11:00 AM)	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 2024
GL 0300-01 Globes ages 6-12 (Wed 6:15 PM)	All skills from 0200 consistently and with good form; coach recommendation and space availability	Spring Show 2024
<b>Hand to Hand (HTH)</b> A fusion of acrobatics and advanced hand balancing technique.		
<b>Youth Intermediate</b>		
HTH 0100-01 Hand to Hand ages 11+ (Wed 5:00 PM, Sat 11:00 AM) (FF)	By invitation only; has trained in Handstands and/or has experience basing or flying in another act and space availability	Spring Show 2024
HTH 0200-01 Hand to Hand ages 11+ (Wed 4:00 PM, Thur 5:00 PM) (FF)	By invitation only; has trained in Hand to Hand 100 and space availability	Spring Show 2024



<b>Handstands (HS)</b> Learn the fine art of hand balancing technique and develop handstands skills, strength, and flexibility.		
<b>Youth Intermediate</b>		
HS 0005-01 Handstands ages 12+ (Thur 6:15 PM) HS 0005-02 Handstands ages 12+ (Fri 6:15 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 0050-01 Handstands ages 12+ (Thur 8:15 PM)	By invitation only, previously completing and mastering all skills in HS 0005.	Non-Performing
HS 0100-01 Handstands ages 13+ (Mon 7:15 PM)	Hollow body hold on floor for 1 min, 1 min handstand against the wall, 10 sec handstand without walking hands (any body shape), coach recommendation, and space availability	Spring Show 2024
HS 0800-01 Handstands ages 12+ (Thur 5:00 PM, Fri 5:00 PM)	By coach invitation only.	Spring Show 2024
<b>Youth Advanced</b>		
HS 1000-01 Handstands ages 13+ (Thur 6:15 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2024
<b>High Wire (WH)</b> High altitude fearlessness on a 5/8-inch-thick cable.		
<b>Youth Intermediate</b>		
WH 0100-01 High Wire ages 13+ (Wed 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 2024
<b>Low Wire (WL)</b> A slender strand of steel, a few feet off the ground. A great introduction to wire—the delight without the height!		
<b>Youth Beginner/New Student</b>		
WL 0100-01 Low Wire ages 10+ (Mon 7:15 PM) WL 0100-02 Low Wire ages 10+ (Tues 4:00 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2024
<b>Youth Intermediate</b>		
WL 0200-01 Low Wire ages 10+ (Tues 5:00 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 2024
<b>Mid Wire (WM)</b> This advanced class brings wire walking down to earth by integrating high-level wire tricks and technique with theater and dance.		
<b>Youth Advanced</b>		
WM 1000-01 Mid Wire ages 13+ (Mon 6:15 PM, Fri 4:00 PM) (FF)	By invitation only; must be currently enrolled in High Wire 1000	Summer Show 2024
<b>Rola Bola (ROLA)</b> Balance atop a rolling cylinder while performing partner or solo tricks.		
<b>Youth Intermediate</b>		
ROLA 0100-01 Rola Bola ages 12+ (Wed 5:00 PM)	By invitation only; experience with balance acts strongly suggested, and space availability	Spring Show 2024
<b>Youth Advanced</b>		
ROLA 0800-01 Rola Bola ages 13+ (Thur 4:00 PM, Fri 6:15 PM) (FF)	By invitation only; experience with balance acts strongly suggested and space availability	Winter Show 2023 and Spring Show 2024

**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.

<b>Youth Beginner/Intermediate</b>		
STWK 0100-01 Stilt Walking ages 13+ (Sat 10:00 AM)	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 2024
<b>Youth Advanced</b>		
STWK 1000-01 Stilt Walking ages 13+ (Sat 9:00 AM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2024
<b>Unicycle (UN)</b> Half the wheels, but twice the fun! Develop balance and enhance fitness.		
<b>Youth Beginner/New Student</b>		
UN 0000-01 Unicycle ages 6+ (Tues 7:15 PM) UN 0000-02 Unicycle ages 6+ (Tues 8:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
<b>Youth Beginner/Intermediate</b>		
UN 0100-01 Unicycle ages 7+ (Tues 6:15 PM)	Must be able to mount and ride for 5 minutes continuously; coach recommendation and space availability	Spring Show 2024
<b>Youth Intermediate</b>		
UN 0200-01 Unicycle ages 7+ (Thur 5:00 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 2024
UN 0300-01 Unicycle ages 7+ (Wed 6:15 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 2024
<b>Youth Advanced</b>		
UN 1000-01 Unicycle ages 7+ (Thur 6:15 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2024



# CROSS TRAINING

Class Information	Prerequisites	Performing Status
<b>Aerial Conditioning (AEC)</b> This class is for aerial students looking to supplement their training, allowing students time and space each week to work exclusively on technique and strength, two key components of aerial training.		
<b>Youth Intermediate</b>		
AEC 0000-01 Aerial Conditioning ages 11+ (Tues 7:15 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
<b>Base Development (BASE)</b> Geared towards performers 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!		
<b>Youth Intermediate</b>		
BASE 0500-01 Base Development ages 12+ (Tues 4:00 PM)	By invitation only.	Non-Performing
<b>Core Conditioning (CORE)</b> This class combines core stability, strength, balance, and agility using the seven primal movements. This class is intended help students prevent injury, improve posture, and increase integrated strength.		
<b>Youth Beginner/New Student</b>		
CORE 0000-01 Core Conditioning ages 13+ (Sat 12:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
<b>Preparatory Team (PRTM)</b> This comprehensive circus skills training course includes training in acrobatics and team acts. Prerequisite for Team Acro. Must have previously been enrolled in one of the following Acro 225, Tramp 200, or Vault Mini 200.		
<b>Youth Beginner/Intermediate</b>		
PRTM 0000-01 Preparatory Team ages 9-12 (Thur 4:00 PM)	Students must display discipline and a strong desire to perform in high level acrobatics acts; space availability	Non-Performing
<b>Stretching and Strengthening (STST)</b> Flexibility and strength are the base for every circus discipline. This class focuses on stretches for handstands and aerial work, as well as strengthening for aerial, acrobatic, and balance disciplines		
<b>Youth Beginner/New Student</b>		
STST 0000-01 Stretching and Strengthening ages 10+ (Thur 7:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
<b>Team Acrobatics (TMAC)</b> Accelerated program for students in all areas of advanced-level acrobatics. This class includes training in Acrobatics, Low Wire, Basing, Straps, Wall Trampoline, Teeterboard, and more. Must have previously or currently been enrolled in two of the following- Acro 250, Tramp 300 and/or Vault Mini 300.		
<b>Youth Intermediate</b>		
TMAC 0500-01 Team Acrobatics ages 13+ (Mon 6:15 PM, Fri 8:15 PM) (FF)	Coach invitation or student must be enrolled in a 1000-level acrobatics act; space availability.	Non-Performing



# JUGGLING

Class Information	Prerequisites	Performing Status
<b>Diablo (DBLO)</b> Learn the basics of diablo! A juggling apparatus that was created over 3,000 years ago, evolving from a yo-yo!		
Youth Beginner/New Student		
DBLO 0100-01 Diablo ages 7+ (Thur 8:15 PM)	meets minimum age and space available.	Spring Show 2024
<b>Foot Juggling (JUF)</b> Get out your grippers for this class that focuses on object manipulation with your feet. Led by Coach Chimgee.		
Youth Beginner/New Student		
JUF 0100-01 Foot Juggling ages 8+ (Tues 8:15 PM)	Meets minimum age by Sept 1	Spring Show 2024
<b>Juggling (JU)</b> Keep your eye on the balls...and the rings, clubs, torches, and knives!		
Youth Beginner/New Student		
JU 0100-01 Juggling ages 7+ (Fri 7:15 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2024
Youth Intermediate		
JU 0200-01 Juggling ages 7+ (Mon 4:00 PM)	Must be mostly comfortable juggling three scarves and balls, execute basic patterns, coach recommendation, and space availability	Spring Show 2024
Youth Advanced		
JU 0500-01 Juggling ages 10+ (Mon 6:00-7:30 PM) (FF)	By invitation only. Successful completion of previous levels.	Winter Show 2023 and Spring Show 2024 and TBD Summer Show 2024
JU 1000-01 Juggling ages 12+ (Mon 6:00-7:30 PM) (FF)	By invitation only; must be able to juggle five objects, execute tricks from 0300 level as well as basic passing, coach recommendation, and space availability	Winter Show 2023 and Summer Show 2024



# SPECIALTY PROGRAMS

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





# DANCE

Class Information	Prerequisites	Performing Status
<b>Clowning (CL)</b> Turn the foundations of physical theater, improvisation, comedy, stage combat, and clowning into performance.		
<b>Youth Beginner/New Student</b>		
CL 0100-01 Clowning ages 10-12 (Fri 4:00 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2024
<b>Dance (DA)</b> Explore the fundamentals of ballet and contemporary dance for the circus stage.		
<b>Youth Beginner/New Student</b>		
DA 0100-01 Dance ages 7-12 (Mon 4:00 PM) DA 0100-02 Dance ages 7-12 (Fri 7:15 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2024
<b>Youth Intermediate</b>		
DA 0200-01 Dance ages 10+ (Mon 5:00 PM)	Accomplishment of skills in previous level, coach recommendation, and space availability	Spring Show 2024
<b>Youth Advanced</b>		
DA 0800-01 Dance ages 13+ (Mon 6:15 PM) (FF)	We have changed the DA 1000 technique course code to an 800 level class. By invitation only, all 1000 level dancers are required to take this class.	Spring Show 2024 and TBD Summer Show 2024
DA 1000-01 Dance ages 13+ (Wed 7:15 PM) (FF) DA 1000-02 Dance ages 13+ (Thur 6:15 PM) (FF) DA 1000-03 Dance ages 13+ (Thur 4:00 PM) (FF) DA 1000-04 Dance ages 13+ (Mon 7:15 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2024
<b>Dance Ballet (DABA)</b> Ballet is essential in building a dancer's strength, flexibility, and confidence. Our ballet classes are designed to build a technical foundation for performers to apply in other styles of movement. With a strong foundation in ballet technique, your student will gain the confidence to move their bodies in any choreography given to them.		
<b>Youth Beginner/New Student</b>		
DABA 0105-01 Dance Ballet ages 13+ (Mon 8:15 PM) (FF)	Introductory class for older students wanting to gain knowledge in classical dance training through fun and creative exercises. This class is meant for beginners with no prior dance experience, and will also introduce vocabulary to prepare our performers for future dance classes. (Participation in ballet is mandatory for performing jazz classes.) Meets minimum age by Sept 1 and space availability.	Spring Show 2024
<b>Youth Intermediate</b>		
DABA 0205-01 Dance Ballet ages 13+ (Tues 8:15 PM) (FF)	This class will continue to build on vocabulary taught in previous levels. Instructors will focus more on proper alignment and placement. Must have taken Dance 0200 or Dance previously or received an evaluation for this level, meets minimum age by Sept 1, and space availability.	Spring Show 2024
DABA 0305-01 Dance Ballet ages 13+ (Tues 7:15 PM) (FF)	Strong focus in ballet technique for our advanced students. Increased complexity of combinations. Highly recommended for all students previously enrolled in Dance 300 or 1000 or by invitation.	Spring Show 2024
<b>Dance Contemporary (DACO)</b> Contemporary dance is a highly expressive style of dance that challenges the structured dance technique of classical ballet. The focus of modern dance is expression, rather than following a rigid set of postures or technical positions that ballet dancers are trained in.		
<b>Youth Intermediate</b>		
DACO 0205-01 Dance Contemporary ages 13+ (Thur 7:15 PM) (FF)	Required participation in a ballet or jazz class. Open to all 205/305 level dancers, meets minimum age by Sept 1, and space availability.	Spring Show 2024
DACO 0305-01 Dance Contemporary ages 12+ (Thur 8:15 PM) (FF)	Required participation in a ballet or jazz class. Open to all 305 level dancers, meets minimum age by Sept 1, and space availability.	Spring Show 2024



**Dance Hip Hop (DAHH)** Hip-Hop is a range of street dance styles primarily performed to hip hop music or that have evolved as part of hip hop culture. What sets hip hop apart from several other dance styles is that its unusual street dance was freestyle in nature and did not follow a pre-defined choreography. Class instruction will include instruction in funk, breaking, locking, and freestyle movement.

Youth Intermediate		
DAHH 0205-01 Dance Hip Hop ages 13+ (Fri 4:00 PM) (FF)	Meets minimum age by Sept 1 and space availability. Acro students and male-identifying students encouraged to sign-up	Spring Show 2024
DAHH 0305-01 Dance Hip Hop ages 13+ (Tues 4:00 PM) (FF)	Open to all students previously enrolled in Dance 1000 or by invitation	Spring Show 2024

**Dance Jazz (DAJZ)** In jazz classes, elements of African dance, American modern dance, European ballet, and other dance styles come together to form a style that is determined by the rhythm of the music. Jazz Dance at Circus Juventas is very rhythmically oriented. Typical elements of jazz dance are isolation movements, precise leg, arm and foot movements, breathtaking jumping techniques and twists. In our higher level jazz classes, instructors will combine ballet and jazz techniques to work within the lyrical genre to emphasize expression within movement.

Youth Beginner/New Student		
DAJZ 0105-01 Dance Jazz ages 13+ (Mon 5:00 PM) (FF)	Dancers learn how to incorporate isolated movement with technique, focusing on alignment, balance, articulation of spine, and use of breath. Flexibility, strength, coordination, agility, and endurance are further emphasized, as well as preparing students for a performance ready routine. Students need to meet minimum age by Sept 1 and space availability.	Spring Show 2024

Youth Intermediate		
DAJZ 0205-01 Dance Jazz ages 13+ (Thur 5:00 PM) (FF)	These dancers will have a longer warm up emphasizing on flexibility and strength. Dancers learn how to incorporate isolated movement with technique, focusing on alignment, balance, and articulation of the spine. Basic concepts of kinesthetic awareness, concentration/focus, use of time, space, and energy are taught along with storytelling/communication through movement. Students must have previously performed with Dance 0200 or 0205, space availability.	Spring Show 2024
DAJZ 0305-01 Dance Jazz ages 13+ (Wed 4:00 PM) (FF)	This class builds upon the technique and concepts taught in previous level. Dancers dig deeper to develop storytelling skills through movement. Dancers develop knowledge of the fundamental conditioning: i.e., strength, flexibility, coordination, and agility, as well as preparing students for a performance ready routine. Open to all students previously enrolled in Dance 300 or 1000 or by invitation.	Spring Show 2024

**Dance Latin Heat (DALH)** Join distinguished instructor Lili Rancone in this new intermediate to advanced latin movement class. Performers will learn salsa, zumba, and self confidence through a cultural lens.

Youth Advanced		
DALH 0205-01 Dance Latin Heat ages 13-20 (Wed 5:00 PM) (FF)	13+. Previous enrollment in any 0205 genre dance classes, dance 1000, movement for theater, or by recommendation.	Spring Show 2024

**Movement for Theater (MOVT)** Designed for students who have no prior dance experience to promote confidence in movement with their bodies in a low stress environment, (helpful for any young circus performer!) The focus of this class is to challenge theater performers with a fun class designed to create comfort with movement for our older performers- designed for students in theater 1000-02, 1000-03, 0600-01, and any students wanting to gain experience in movement!

Youth Beginner/New Student		
MOVT 0105-01 Movement for Theater ages 13+ (Wed 6:15 PM)	Meets minimum age by Sept 1 and space availability.	Non-Performing

# THEATER

<b>Ringmaster (RM)</b> This audition-only theater class expands on CJ's ringmaster program. Students study theater, presentation, improvisation, vocal production, and dance in preparation for this spring's performances.		
<b>Youth Intermediate</b>		
RM 0500-01 Ringmaster ages 12+ (Wed 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 2024
<b>Theater (THA)</b> Explore the fundamentals of theater in a program designed specifically for circus performance.		
<b>Youth Beginner/New Student</b>		
THA 0005-01 Theater ages 11+ (Thur 4:00 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
<b>Youth Intermediate</b>		
THA 0500-01 Theater ages 13+ (Mon 7:15 PM) THA 0500-02 Theater ages 13+ (Mon 8:15 PM)	By audition only. Auditions for this academic year have already occurred.	Non-Performing
THA 0600-01 Theater ages 13+ (Mon 6:15 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
<b>Youth Advanced</b>		
THA 0800-01 Theater ages 13+ (Wed 5:00-6:15 PM)	By audition only. Winter Show theater.	Winter Show 2023
THA 1000-01 Theater ages 13+ (Tues 5:00 PM) THA 1000-02 Theater ages 13+ (Tues 6:00-7:00 PM) THA 1000-03 Theater ages 13+ (Tues 7:00-8:00 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 2024





