

Circus Juventas

SUMMER 2024 SESSION GUIDE



SUMMER SESSION

**Welcome, new and returning students to Summer Session 2024!
Get ready for an exciting journey ahead!**

Summer at Circus Juventas is a vibrant time, with the arena bustling with summer campers, students, and performers preparing for the highly anticipated summer show, Jangala.

This guide is crafted to streamline the registration process for our summer session at Circus Juventas. The first section highlights summer session announcements and outlines the registration process, while the second section serves as a comprehensive class catalogue, featuring registration codes, descriptions, and pre-requisites for every class offered this summer.

Here's what you need to know:

- Returning students will receive class recommendations from their coaches via email before registration opens.
- New students can find registration instructions on pages 11-12 of this guide.
- Registration opens on April 12, 2024 and closes April 17, 2024.
- Late registration ends on May 25, 2024.

We look forward to welcoming you to our exciting summer session at Circus Juventas!

SUMMER SESSION

Table of Contents

Welcome to summer session!

Our registration process carefully considers the placement of each student to find the best class for their interests, skills, and schedule. This guide helps focus your choices.

We highly recommend you take the time to read this entire guide, especially important dates on page 7. We are also happy to answer questions at 651-699-8229 or by email at adminstaff@circusjuventas.org.

INFORMATION

| | |
|-----------------------------|-------------|
| Announcements | pages 3-6 |
| Important Dates | page 7 |
| Volunteer Opportunities | page 8 |
| Class Costs | pages 9-10 |
| How to Register | pages 11-12 |
| How to Read the Class Pages | pages 13-14 |

CLASS CATALOGUE

| | |
|-----------------|-------------|
| Class Catalogue | pages 18-44 |
|-----------------|-------------|

ANNOUNCEMENTS

Summer Show 2024: Jangala

In a hidden corner of the world lies Jangala, an ancient jungle island shrouded in mist and mystery. For centuries, Jangala was protected by guardian spirits, until they were captured inside a magical artifact.

Now the once powerful spirits languish, unable to act while their beautiful island home faces encroachment and destruction. Meanwhile in an old pirate port, three spirited school children, each with a dream of a more fulfilling life, discover the relic.

The students unwittingly unleash a mysterious island spirit, who transports them to a jungle both dangerous and wondrous. Suddenly, they are swinging across the treetops with Tarzan, escaping the wrath of the mighty tiger Shere Khan and sly Kaa Twins deep in the jungle with Mowgli, and fighting off a band of dastardly pirates with the Swiss Family Robinson! Journey with us to Jangala where you can soar above treehouses, parkour in an old shipwreck, and tumble through the ruins of an ancient monkey palace. But beware! You will need all your wits to survive the carnivorous plants, slithering serpents, a ruthless hunter, and ferocious animals at every turn! As the trio work to help the guardian spirits of Jangala reclaim their power, they evolve from curious explorers into courageous heroes and heroines, accomplishing daring feats and gaining inner strength and resilience. Amid action-packed acrobatic and aerial escapades and heartwarming moments, they learn friendship and family are the true treasures they seek.



ANNOUNCEMENTS

Summer Show Dates and Times

Tickets go on sale:

Friday, July 26 at 7:00pm

Saturday, July 27 at 1:00pm and 7:00pm

Thursday, August 1 at 1:00pm and 7:00pm

Friday, August 2 at 7:00pm

Saturday, August 3 at 1:00pm and 7:00pm

Sunday, August 4 at 1:00pm and 7:00pm

Thursday, August 8 at 7:00pm

Friday, August 9 at 7:00pm

Saturday, August 10 at 1:00pm and 7:00pm

Sunday, August 11 at 1:00pm

Purchase tickets at: <https://circusjuventas.showare.com/>

Location: All shows are held under the Circus Juventas Big Top at 1270 Montreal Ave. Saint Paul, MN 55116.

Show length: 3 hours including a 25 minute intermission.

ASL/AD performance TBD. Reserve seats for this performance in Section A for ASL/AD services.

Interested in joining our Set Painter, Jacqui Rosenbush, this summer to help make our set come to life?

Interested in helping with building our set on Sundays?



Contact Rachel at rachel@circusjuventas.org

ANNOUNCEMENTS

Gala 2024 & 30th Anniversary Carnival



CIRCUS JUVENTAS *30th Anniversary*

Carnival + BAZAAR

5
MAY

5-8pm

Pay-What-You-
Can Admission

Tickets go live on

WORLD CIRCUS DAY

April 20th, 2024

Check out all our World Circus Day programming here!

<https://circusjuventas.org/world-circus-day/>

Now accepting auction item donations for

GALA 2024

<https://circusjuventas.ejoinme.org/galadonations2024>



Mark your calendars for **November 2nd**, a night to remember!

ANNOUNCEMENTS

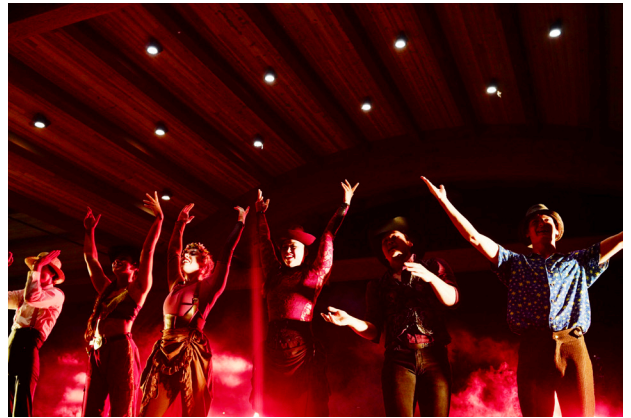
CJ Professional Program!

Program Overview:

Our two-year training program, led by our esteemed coaching staff, offers students a comprehensive opportunity to refine their professional skills, prepare for auditions and festivals, craft dynamic act routines, and establish connections with prestigious organizations such as Cirque du Soleil, and other renowned circus companies.

Under the expert guidance of Sun Yanhong and Rob Dawson, students in the Professional Program will specialize in their chosen disciplines while benefiting from integrated cross-training across the five genres available at CJ: Aerial, Acrobatics, Balance, Dance, and Theater. Additionally, students will receive training in physical and mental wellness through our partnership with Health Partners TRIA, covering topics such as nutrition, sports psychology, and core stability.

Our 2023 Pro Program students showcased their talents in numerous performances, both within and beyond the CJ Big Top, and achieved remarkable success at VIVA Fest 2023. Through Circus Juventas' collaboration with Cirque du Soleil NexGen, our professional students have the invaluable opportunity to learn from and gain visibility with 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/>

IMPORTANT DATES

APRIL

14: Jangala first photo shoot
12: Summer Session Registration opens
17: Summer Session Registration closes
20: Last day of Winter/Spring Session
20: Building turnover
26-28: Spring Celebration Performances: Yellow and Blue Show
29: Jangala second photo shoot

MAY

3-5: Spring Celebration Performances: Green and Purple show
5: 30th Anniversary Community Carnival
6th: Laura Careless Dance and Theater workshops
13: First day of Summer Session
27: Memorial Day no classes

JUNE

3: Start of Summer Camps
5-6: Jangala Headshots
7: Second billing for payment plans
22: 2024-2025 Theater Auditions
29: Last day of summer session

JULY

1: Make-up day for Memorial Day Classes
3-8: Summer Break no Classes
4: No Summer Camp
12: Summer Camp programming ends
17-26: Summer Show rehearsals
26-28: Summer Show: Jangala

AUGUST

1-10: Summer Show: Jangala
11: Last show of Jangala and performance celebration
Mid-Late August: Fall Registration

SAVE THE DATE

**Gala 2024
November 2nd**

**See our volunteer
opportunities on page 8!**

VOLUNTEER OPPORTUNITIES

Become a **VOLUNTEER!**



As a nonprofit, our shows simply could not go on if not for the support of our incredible volunteers. Our volunteers are involved in every aspect of our shows, from backstage to concessions, to spotlights and rigging, to ushering and ticket scanning! Upcoming volunteer opportunities include the Spring Celebration Performances and the May 5th Community Carnival!



To learn more about how to get involved as a volunteer, reach out to Olivia at olivia@circusjuventas.org, or visit our website for up-to-date sign up links here: <https://circusjuventas.org/volunteer-info/>



CLASS COSTS

General Fee Classes and Payment Options

General Fee Classes:

- Meet once a week for 50 minutes.
- Eligible for multi-class discount per student.

General Fee Multi-Class Discount:

| | | | |
|----------------------|------------|----------------------|---------|
| 1 class | \$230 | 12 classes | \$2,208 |
| 2 classes | \$432.40 | 13 classes | \$2,392 |
| 3 classes | \$634.80 | 14 classes | \$2,576 |
| 4 classes | \$828 | 15 classes | \$2,760 |
| 5 classes | \$1,012 | 16 classes | \$2,944 |
| 6 classes | \$1,186.80 | 17 classes | \$3,128 |
| 7 classes | \$1,352.40 | 18 classes | \$3,312 |
| 8 classes | \$1,527.20 | 19 classes | \$3,496 |
| 9 classes | \$1,697.40 | 20 classes | \$3,680 |
| 10 classes | \$1,840 | 21 classes | \$3,864 |
| 11 classes | \$2,024 | | |

Cost Structure:

The cost of a class depends on the price category and eligibility for multi-class discounts.

Payment Options:

Payment is due at registration. You can pay in full at checkout using major credit cards, or enroll in a payment plan: 50% at checkout, remaining balance auto-charged on the second billing date, June 7th. Available credits should be applied to the balance due before paying the remaining balance at checkout.

CLASS COSTS

Fixed Fee Classes and Other Fees

Fixed Fee Classes:

- Fixed fee classes have a specific pricing structure because of specialized coaching needs, equipment, and/or meet more than once a week.
- Fixed Fee classes are not eligible for Multi-Class Discount.
- Fixed fee classes are indicated by (FF) in the guide's index.

Fixed Fee Dance and Theater Classes and Multi-Class Discounts:

Dance Ballet, Dance Contemporary,
Dance Jazz:

1 Class: \$230
2-3 Classes: \$385 total

Dance 800 and 1000:

1 Class: \$230
2-7 Classes: \$385 total

Theater 1000 Class Pricing:

1 Class: \$230
2-7 Classes: \$385 total

Fixed Fee Classes:

| | |
|--------------------------------|-------|
| ACRO 1000/HOOP DIVING | \$350 |
| BANQUINE | \$350 |
| BUNGEE TRAPEZE | \$340 |
| CIRCUS KINDERS | \$230 |
| CONTORTION 1000 | \$335 |
| DOUBLE SWINGING TRAPEZE | \$335 |
| DUO TRAPEZE 1000 | \$335 |
| DUO UNICYCLE | \$230 |
| FLYING TRAPEZE 0100 | \$290 |
| FLYING TRAPEZE 1000 | \$355 |
| FLYING TRAPEZE BASICS | \$270 |
| FLYING TRAPEZE RECREATIONAL | \$270 |
| FOOT ARCHERY | \$275 |
| HAND TO HAND 0100/0200 | \$335 |
| HANGING PERCH 1000 | \$335 |
| HANDSTANDS 500/1000 | \$335 |
| MID WIRE 1000 | \$335 |
| PRESCHOOL | \$230 |
| RUSSIAN BAR 1000 | \$335 |
| RUSSIAN CRADLE 1000 | \$335 |
| RUSSIAN SWING 1000 | \$335 |
| SILKS 1000 | \$335 |
| SPANISH WEB 1000 | \$335 |
| STUNT PARKOUR AND STAGE COMBAT | \$300 |
| SWINGING TRAPEZE 1000 | \$335 |
| TEETERBOARD 1000 | \$335 |
| WALL TRAMPOLINE | \$335 |

Other Fees:

- \$45 Non-refundable pre-registration fee (per program year).
- \$25 Late Fee for returning student registrations submitted after the deadline.

HOW TO REGISTER

Pre-Registration Process:

Pre-Registration is the process of creating a student account on our registration software, Active Network.

Fee: A non-refundable \$45 fee is required, payable once per program year (August-July).

Pre-Registration: Accessible by clicking [link here](#) or on our website under CLASSES and HOW TO REGISTER.

All students who complete pre-registration will receive an email with a link to register for summer session classes.

New Students:

Pre-Registration Requirement: New students must complete pre-registration before registering for classes.

Class Recommendation: Unsure which class to try first? We recommend a class in the "Experience" genre, offering a variety of circus acts over the session.

Returning Students:

Class Recommendations: Returning students will receive class recommendations based on coach feedback and space available. These may suggest joining a new class or moving up to the next level.

Important Note: Registering for a class or level without meeting the prerequisites will significantly slow down the registration process.



HOW TO REGISTER

Step 1: Pre-Register

- Pre-registration is mandatory for each academic year. If you are a returning student and have already pre-registered for the 2023-2024 program year, proceed to step 2.
- If you are enrolling more than one student, please note that each student must be pre-registered.

Step 2: Choose

- Utilize this session guide to pick your classes.
- Select a class based on your interest, schedule, and skill level. Make note of the genre, time and day, as well as any prerequisites for the class.

Step 3: Register

- Registration is exclusively online.
- If you're enrolling multiple students, register their classes separately.
- Please note that registering for a class does not guarantee placement.

Step 4: Wait and read your emails

- Please wait for confirmation, which may take four weeks after registration.
- Our team starts processing requests once registration closes.
- Keep an eye on your email for any potential questions from us.



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!

| Class Information | Prerequisites | Performing Status |
|--|--|-------------------|
| German Wheel (GW) A rolling 8-foot steel apparatus with hand and foot settings that encourages balance and agility. | | |
| Youth Beginner/New Student | | |
| GW 0000-01 German Wheel ages 8-11 (Mon 5:00 PM) | 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 0000-02 German Wheel ages 8-11 (Wed 7:15 PM) | | |
| GW 0000-03 German Wheel ages 8-11 (Fri 5:00 PM) | | |
| Youth Beginner/Intermediate | | |
| GW 0100-01 German Wheel ages 10+ (Thur 4:00 PM) | Able to execute a half-tuck roll, cartwheel, and carousel; coach recommendation and space availability | Spring Show 2022 |
| Youth Intermediate | | |
| GW 0200-01 German Wheel ages 10+ (Thur 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 2022 |
| GW 0300-01 German Wheel ages 10+ (Wed 5:00 PM) | Able to execute skills from previous levels; coach recommendation, and space availability | Spring Show 2022 |
| Youth Advanced | | |
| GW 0400-01 German Wheel ages 10+ (Thur 5:00 PM) | 0 | Spring Show 2022 |

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.

Colors: Each act is marked to indicate 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.

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.

GW 0000-01

Act Code Example

The letters in this Act Code stand for "German Wheel." The first four number indicate the level, in this case 0000, the lowest level. The two numbers after the hyphen indicate the section number, 01 in this case.

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.



CLASS CATALOGUE





PRESCHOOL & KINDERS

| Class Information | Prerequisites | Performing Status |
|--|--|-------------------|
| Circus Kinders (CK) Designed for kindergartners, this performing class is a bridge between the traditional Preschool class and the youth program where students will specialize in an act. Genres explored include balance, acrobatics, expression, juggling, and aerial. | | |
| Preschool/Kinder | | |
| CK 0100-01 Circus Kinders ages 5-6 (Mon 4:00 PM) (FF) CK 0100-02 Circus Kinders ages 5-6 (Sat 12:15 PM) (FF) CK 0100-03 Circus Kinders ages 5-6 (Sat 1:15 PM) (FF) | Meets minimum age by Sept 1, just completed or entering Kindergarten in fall 2024, and space availability. | Spring Show 2025 |
| Preschool (PRE) 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. | | |
| Preschool/Kinder | | |
| PRE 0200-01 Preschool ages 3-4 (Sat 9:00 AM) (FF) PRE 0200-02 Preschool ages 3-4 (Sat 10:00 AM) (FF) | Meets minimum age by May 13, 2024 and space availability | Spring Show 2025 |
| PRE 0300-01 Preschool ages 4-5 (Sat 11:00 AM) (FF) | Meets minimum age by May 13, 2024 and space availability | Spring Show 2025 |

EXPERIENCE

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

ACROBATICS

| Class Information | Prerequisites | Performing Status |
|--|---|-------------------|
| Acrobatics (AC) Students create pyramids and learn circus and gymnastic tumbling. | | |
| Youth Beginner/New Student | | |
| AC 0100-01 Acrobatics ages 6-9 (Mon 5:00 PM) AC 0100-02 Acrobatics ages 6-9 (Tues 4:00 PM) AC 0100-03 Acrobatics ages 6-9 (Thur 6:15 PM) AC 0100-04 Acrobatics ages 6-9 (Sat 9:00 AM) | Meets minimum age by Sept 1 and space availability | Spring Show 2025 |
| AC 0105-01 Acrobatics ages 10+ (Wed 7:15 PM) | Meets minimum age by Sept 1 and space availability | Spring Show 2025 |
| Youth Intermediate | | |
| AC 0200-01 Acrobatics ages 6-9 (Wed 6:15 PM) AC 0200-02 Acrobatics ages 6-9 (Sat 12:15 PM) AC 0200-03 Acrobatics ages 6-9 (Sat 1:15 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 2025 |
| AC 0205-01 Acrobatics ages 10+ (Mon 7:15 PM) AC 0205-02 Acrobatics ages 10+ (Sat 11:00 AM) | 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 2025 |
| AC 0225-01 Acrobatics ages 10+ (Mon 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 2025 |
| AC 0250-01 Acrobatics ages 10+ (Thur 7:15 PM) AC 0250-02 Acrobatics ages 10+ (Fri 5:00 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 2025 |
| AC 0300-01 Acrobatics ages 10+ (Fri 6:15 PM) | Successful execution of skills from previous level, ability to execute a front handspring and round-off two back handsprings on the floor with proper technique, successful back handspring + back-tuck on tumble track, front tuck, coach recommendation, and space availability | Spring Show 2025 |
| Youth Advanced | | |
| AC 0500-01 Acrobatics ages 10+ (Fri 6:15 PM) | Successful execution of skills from previous level, coach recommendation, and space availability | Spring Show 2025 |

| | | |
|---|--|------------------|
| Acrobatics And Hoop Diving (ACHD) 1000 level acrobats experiment with hoop diving this year as a part of our Acro 1000 act. | | |
| Youth Advanced | | |
| ACHD 1000-01 Acrobatics And Hoop Diving ages 10+ (Mon 7:15 PM, Wed 5:00 PM) (FF) | By invitation only. | Summer Show 2024 |
| Banquine (BANQ) Showcasing the amazing agility of the human body, students perform spectacular sequences of acrobatics and human pyramids, astounding audiences with their perfectly synchronized movements. | | |
| Youth Advanced | | |
| BANQ 1000-01 Banquine ages 13+ (Tues 5:00 PM, Thur 5:00 PM) (FF) | By invitation only; coach recommendation and space availability | Summer Show 2024 |
| Fire Jump Rope (FJR) If you liked jump rope, you'll love it even more when it's on fire! | | |
| Youth Advanced | | |
| FJR 1000-01 Fire Jump Rope ages 13+ (Tues 7:15 PM) (FF) | By invitation only; student must be a high-level acrobat. | Summer Show 2024 |
| High Bar (HBAR) Taking a cue from the world of gymnastics, this advanced class combines traditional high bar skills with aerial and acrobatic techniques. | | |
| Youth Intermediate | | |
| HBAR 0000-01 High Bar ages 13+ (Wed 8:15 PM) | By invitation only | Non-Performing |
| Moroccan Pyramids (MPYR) Beginning-level acrobatics focused on the creation of pyramids and balance. | | |
| Youth Beginner/New Student | | |
| MPYR 0100-01 Moroccan Pyramids ages 8+ (Tues 4:00 PM) | Meets minimum age by Sept 1 and space availability | Spring Show 2025 |
| Russian Bar (RB) Two porters, one flier, and one bar creating acrobatic tricks that defy gravity. | | |
| Youth Advanced | | |
| RB 1000-01 Russian Bar ages 13+ (Mon 4:00 PM, Fri 6:15 PM) (FF) | By invitation only; previous acrobatic experience such as Acrobatics 1000, Team Acro, Teeterboard, or Trampoline 0500/1000 preferred, and space availability | Summer Show 2024 |
| Russian Swing (RS) Acrobats are pressed off one side of a platform-like swing and are catapulted into the air! | | |
| Youth Intermediate | | |
| RS 0000-01 Russian Swing ages 12+ (Thur 4:00 PM) | Invitation only; student must be a high-level acrobat | Non-Performing |
| Youth Advanced | | |
| RS 1000-01 Russian Swing ages 13+ (Tues 8:15 PM, Wed 7:15 PM) (FF) | By invitation only; previous acrobatic experience such as Acrobatics 1000, Team Acro, Teeterboard, or Trampoline 0500/1000 preferred, and space availability | Summer Show 2024 |
| Stage Combat and Stunt Parkour (SPCB) 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. | | |
| Youth Advanced | | |
| SPCB 1000-01 Stage Combat and Stunt Parkour ages 14+ (Wed 6:15 PM) (FF) | By invitation only. | Summer Show 2024 |
| Teeterboard (TB) Playground equipment for acrobats! Students execute flips onto pyramids and high chairs. | | |
| Youth Intermediate | | |
| TB 0200-01 Teeterboard ages 12+ (Thur 8:15 PM) | By invitation only; has accomplished all skills in Acrobatics 0300, Vault Mini 0200, Team Acro or USAG 5 and space availability | Spring Show 2025 |
| Youth Advanced | | |
| TB 1000-01 Teeterboard ages 13+ (Tues 4:00 PM, Thur 6:15 PM) (FF) | By invitation only; successful execution of skills from previous level and space availability | Summer Show 2024 |

Trampoline (TRP) The emphasis in Trampoline is on safety, fitness, and fundamental skills. These classes offer the opportunity to learn or improve acrobatics skills.

| | | |
|--|--|------------------|
| Youth Beginner/New Student | | |
| TRP 0000-01 Trampoline ages 6-9 (Wed 5:00 PM) TRP 0000-02 Trampoline ages 6-9 (Thur 6:15 PM) TRP 0000-03 Trampoline ages 6-9 (Thur 7:15 PM) TRP 0000-05 Trampoline ages 6-9 (Fri 4:00 PM) TRP 0000-06 Trampoline ages 6-9 (Sat 1:15 PM) | Meets minimum age by Sept 1 and space availability | Non-Performing |
| TRP 0005-01 Trampoline ages 10+ (Mon 6:15 PM) TRP 0005-02 Trampoline ages 10+ (Tues 7:15 PM) TRP 0005-03 Trampoline ages 10+ (Wed 4:00 PM) TRP 0005-04 Trampoline ages 10+ (Thur 8:15 PM) TRP 0005-05 Trampoline ages 10+ (Sat 12:15 PM) | Meets minimum age by Sept 1 and space availability | Non-Performing |
| Youth Intermediate | | |
| TRP 0050-01 Trampoline ages 8+ (Mon 7:15 PM) TRP 0050-02 Trampoline ages 8+ (Mon 8:15 PM) TRP 0050-03 Trampoline ages 8+ (Tues 5:00 PM) | Successful execution of skills from previous level, coach recommendation, and space availability | Non-Performing |
| TRP 0100-01 Trampoline ages 11+ (Tues 6:15 PM) | Successful execution of skills from previous level, coach recommendation, and space availability | Non-Performing |
| TRP 0400-01 Trampoline ages 11+ (Mon 4:00 PM) TRP 0400-02 Trampoline ages 11+ (Tues 4:00 PM) | Successful execution of skills from previous level, coach recommendation, and space availability | Non-Performing |
| Youth Advanced | | |
| TRP 1000-01 Trampoline ages 11+ (Thur 5:15-6:15 PM) | By invitation only; coach recommendation and space availability | Summer Show 2024 |



| Vault Mini (VM) This small trampoline leads to big heights! Students learn how to hit the trampoline and jump into acrobatic tricks. | | |
|--|--|------------------|
| Youth Beginner/New Student | | |
| VM 0100-01 Vault Mini ages 8+ (Tues 5:00 PM) VM 0100-02 Vault Mini ages 8+ (Wed 7:15 PM) VM 0100-03 Vault Mini ages 8+ (Thur 4:00 PM) VM 0100-04 Vault Mini ages 8+ (Thur 5:00 PM) | Meets minimum age by Sept 1 and space availability | Spring Show 2025 |
| Youth Intermediate | | |
| VM 0200-01 Vault Mini ages 8+ (Fri 7:15 PM) VM 0200-02 Vault Mini ages 8+ (Thur 6:15 PM) | Needs to be able to do a front tuck and a front handspring over the vault with good form in addition to skills taught in previous levels. Coach recommendation and space availability | Spring Show 2025 |
| VM 0300-01 Vault Mini ages 10+ (Fri 4:00 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 2025 |
| VM 0400-01 Vault Mini ages 10+ (Mon 8:15 PM) | Successful execution of skills from previous level, coach recommendation, and space availability | Spring Show 2025 |
| Youth Advanced | | |
| VM 1000-01 Vault Mini ages 13+ (Tues 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 5:00 PM) (FF) | By invitation only; previous training in Trampoline, Vault Mini Tramp, Acrobatics, and/or Team Acro, and space availability | Summer Show 2024 |
| Wall Walking (WW) Defy gravity in an aerial dance against the wall! | | |
| Youth Advanced | | |
| WW 1000-01 Wall Walking ages 13+ (Wed 7:15 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+ (Mon 5:00 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 |
|--|--|-------------------|
| 4-Girl Spinning Cube (CUBE) A large, hollow, and side-less three-dimensional aerial cube upon and through which performers exhibit various holds and poses. This act can be described as contortion in the air! | | |
| Youth Intermediate | | |
| CUBE 0100-01 4-Girl Spinning Cube ages 13+ (Mon 8:15-8:45 PM) | By invitation only. All splits, high level of flexibility, 3 consecutive pull ups, coach recommendation, and space availability. | Spring Show 2025 |
| CUBE 0200-01 4-Girl Spinning Cube ages 13+ (Mon 8:45-9:15 PM) | All skills from previous level, coach recommendation, and space availability | Spring Show 2025 |
| CUBE 0300-01 4-Girl Spinning Cube ages 13+ (Wed 6:05-6:35 PM) | By invitation only. | Spring Show 2025 |
| Youth Advanced | | |
| CUBE 1000-01 4-Girl Spinning Cube ages 13+ (Mon 3:15-4:00 PM) | By invitation only; successful execution of skills from previous level and space availability | Summer Show 2024 |
| Aerial Pole (AP) Aerial Pole (AP) Execute graceful, acrobatic poses on a suspended pole. | | |
| Youth Advanced | | |
| AP 1000-01 Aerial Pole ages 13+ (Wed 5:00 PM) | Invitation only | Summer Show 2024 |
| Bungee Trapeze (BT) Trapeze work and bungee maneuvers create a thrilling spectacle from the heights of the big top. Must be taking at least three other aerial or acrobatic classes. | | |
| Youth Intermediate | | |
| BT 0000-01 Bungee Trapeze ages 12+ (Mon 8:15 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 |
| Youth Beginner/Intermediate | | |
| BT 0050-01 Bungee Trapeze ages 12+ (Mon 5:00 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 |
| Youth Intermediate | | |
| BT 0100-01 Bungee Trapeze ages 13+ (Tues 6:15 PM) (FF) BT 0100-02 Bungee Trapeze ages 13+ (Fri 5:00 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 2025 |
| BT 0200-01 Bungee Trapeze ages 13+ (Tues 5:00 PM) (FF) | Successful execution of skills from previous level, 3 consecutive pull-overs with legs together, coach recommendation, and space availability | Spring Show 2025 |
| BT 0300-01 Bungee Trapeze ages 13+ (Thur 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 2025 |
| BT 0400-01 Bungee Trapeze ages 13+ (Wed 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 2025 |
| Youth Advanced | | |
| BT 1000-01 Bungee Trapeze ages 13+ (Thur 7:15 PM) (FF) | By invitation only; successful execution of skills from previous level and space availability | Summer Show 2024 |

| | | |
|--|---|------------------|
| Cloud Swing (CS) Breathtaking aerial work on a rope-like swing which has loops to secure hand and foot dives. This act combines both static and swinging trapeze skills and employs loops and keepers (much like on a Spanish web) to execute tricks. | | |
| Youth Intermediate | | |
| CS 0200-01 Cloud Swing ages 13+ (Wed 6:40-7:10 PM) CS 0200-02 Cloud Swing ages 13+ (Wed 3:30-4:00 PM) | Has performed in Cloud Swing 0100, coach recommendation; and space availability | Spring Show 2025 |
| CS 0300-01 Cloud Swing ages 13+ (Thur 3:30-4:00 PM) CS 0300-02 Cloud Swing ages 13+ (Thur 3:00-3:30 PM) | Has performed in Cloud Swing 0200, coach recommendation; and space availability | Spring Show 2025 |
| Double Cloud Swing (DCS) Twice the fun of Cloud Swing! This act is two cloud swings rigged one above the other and includes partner work and synchronised choreography. | | |
| Youth Advanced | | |
| DCS 1000-01 Double Cloud Swing ages 13+ (Mon 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 |
| Double Swinging Trapeze (DST) This act combines the exciting act of Swinging Trapeze with the team-based act of Duo Trapeze. | | |
| Youth Advanced | | |
| DST 1000-01 Double Swinging Trapeze ages 13+ (Tues 5:00 PM, Thur 6:00-6:30 PM) (FF) | By invitation only. | Summer Show 2024 |
| Double Trapeze (DT) Two people work together on this trapeze, and the results are stunning. Trust your partner and master daring transfers between two trapezes. | | |
| Youth Intermediate | | |
| DT 0100-01 Double Trapeze ages 11+ (Fri 6:15-6:45 PM) | Invitation Only. Has accomplished all skills in Triple Trapeze 0300 (for fliers), 5 pull ups, coach recommendation, and space availability. | Spring Show 2025 |
| DT 0200-01 Double Trapeze ages 11+ (Mon 7:30-8:00 PM) DT 0200-02 Double Trapeze ages 11+ (Sat 9:30-10:00 AM) DT 0200-03 Double Trapeze ages 11+ (Sat 10:00-10:30 AM) DT 0200-04 Double Trapeze ages 11+ (Fri 6:45-7:15 PM) | Invitation Only. Has accomplished all skills in Double Trapeze 0100, coach recommendation, and space availability. | Spring Show 2025 |
| Duo Straps (SPDU) This advanced class focuses on individual and partner work on the straps. | | |
| Youth Intermediate | | |
| SPDU 0100-01 Duo Straps ages 13+ (Fri 5:00-5:30 PM) | By invitation only; must have previous experience in straps | Spring Show 2025 |
| SPDU 0200-01 Duo Straps ages 13+ (Wed 4:45-5:15 PM) | By invitation only; must have previous experience in duo straps | Spring Show 2025 |
| Duo Trapeze (DUTP) Advanced partner work performed in a single trapeze high above the arena. | | |
| Youth Intermediate | | |
| DUTP 0100-01 Duo Trapeze ages 13+ (Tues 6:15-6:45 PM) DUTP 0100-02 Duo Trapeze ages 13+ (Tues 6:45-7:15 PM) | By invitation only, experience in Double and/or Duo Trapeze and space availability | Spring Show 2025 |
| DUTP 0200-01 Duo Trapeze ages 13+ (Fri 7:15-7:45 PM) | By invitation only, experience in Double and/or Duo Trapeze and space availability | Spring Show 2025 |
| Youth Advanced | | |
| DUTP 1000-01 Duo Trapeze ages 13+ (Wed 3:30-4:15 PM, Sat 1:45-2:15 PM) (FF) DUTP 1000-02 Duo Trapeze ages 13+ (Tues 3:30-4:15 PM, Sat 1:15-1:45 PM) (FF) | By invitation only; successful execution of skills from previous level and space availability | Summer Show 2024 |

| | | |
|---|---|-----------------------|
| Flying Trapeze (FT) Reversed as one of the most difficult circus arts, Flying Trapeze is reserved for students with a demonstrated passion for precise aerial work. Must be involved in at least 3 other intermediate-level classes. | | |
| Youth Advanced | | |
| FT 0100-01 Flying Trapeze ages 12+ (Fri 8:15 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 2025 |
| FT 1000-01 Flying Trapeze ages 12+ (Wed 8:15 PM, Fri 7:15 PM) (FF) | By coach recommendation only. Height minimum 52" tall, taking at least 3 other intermediate-level 0200 or higher aerial or acrobatic classes at Circus Juventas. | Summer Show 2024 |
| Flying Trapeze Basics (FTBS) 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 10:30-11:15 AM) (FF) | By invitation only. | Non-Performing |
| Flying Trapeze Recreational (FTRE) 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 9:00-9:45 AM) (FF) FTRE 0000-02 Flying Trapeze Recreational ages 12+ (Sat 9:45-10:30 AM) (FF) | By coach recommendation only. Height minimum 52" tall, taking at least 3 other intermediate-level 0200 or higher aerial or acrobatic classes at Circus Juventas. | Non-Performing |
| Hammock (HM) This silk-like fabric draped from its ends creates a loop in which students wrap themselves and create graceful displays of aerial artistry. This partner act requires a great deal of flexibility and previous dance training. | | |
| Youth Intermediate | | |
| HM 0100-01 Hammock ages 13+ (Wed 3:00-3:30 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 2025 |
| HM 0200-01 Hammock ages 13+ (Tues 4:15-4:45 PM) | Previously performed in Hammock 0100 and coach recommendation | Spring Show 2025 |
| Youth Advanced | | |
| HM 1000-01 Hammock ages 13+ (Fri 5:30-6:15 PM) HM 1000-02 Hammock ages 13+ (Thur 4:30-5:15 PM) | By invitation only; successful execution of skill from previous level and space availability | Summer Show 2024 |
| Hanging Perch (HNGP) The hanging perch is a variation on the perch where the pole is hung from an aerial mount point, and a pair of fliers performs tricks and stunts from the pole. | | |
| Youth Intermediate | | |
| HNGP 0000-01 Hanging Perch ages 10+ (Sat 9:00-9:30 AM) | By invitation only; previously performed in Triple Trapeze and/or Spanish Web, and space availability | Performing Status TBD |
| HNGP 0200-01 Hanging Perch ages 10+ (Fri 8:30-9:00 PM) HNGP 0200-02 Hanging Perch ages 10+ (Mon 7:00-7:30 PM) | Previously performed in Hanging Perch 0100 and coach recommendation | Spring Show 2025 |
| HNGP 0300-01 Hanging Perch ages 10+ (Fri 8:00-8:30 PM) | Previously performed in Hanging Perch 0200 and coach recommendation | Spring Show 2025 |
| Youth Advanced | | |
| HNGP 1000-01 Hanging Perch ages 13+ (Mon 6:15-7:00 PM, Fri 7:15-8:00 PM) | By invitation only | Performing Status TBD |

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 8:15 PM) HP 0000-02 Hoops ages 12+ (Sat 11:00 AM) | 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+ (Sat 12:15 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+ (Thur 7:15 PM) | Successful execution of skills from previous level, 3 consecutive pull overs and 4 consecutive leg switches, coach recommendation, and space availability | Spring Show 2025 |
| HP 0200-01 Hoops ages 12+ (Thur 5:00 PM) | Successful execution of skills from previous level, 5 consecutive pull overs and 3 consecutive pull ups, coach recommendation, and space availability | Spring Show 2025 |
| HP 0300-01 Hoops ages 12+ (Wed 4:00 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 2025 |
| Youth Advanced | | |
| HP 1000-01 Hoops ages 13+ (Fri 6:15 PM) | By invitation only; successful execution of skills from previous level and space availability | Summer Show 2024 |
| Intro to Aerial (INAE) This class is designed for new students interested in learning the basics of aerial technique and artistry. Learn the fundamentals of rope and trapeze work. First timers, this one's for you! | | |
| Youth Beginner/New Student | | |
| INAE 0000-01 Intro to Aerial ages 11+ (Wed 5:00 PM) | Meets minimum age by Sept 1 and space availability | Non-Performing |
| Intro to Solo Trapeze (INST) For students with little or no aerial experience, this class teaches the basics of trapeze, a foundational act in the aerial arts. | | |
| Youth Beginner/New Student | | |
| INST 0000-01 Intro to Solo Trapeze ages 11+ (Tues 4:00 PM) | Meets minimum age by Sept 1 and space availability | Non-Performing |

| Ladder Trapeze (LT) This solo trapeze act involves work on a revolving trapeze bar and rope ladder. | | |
|---|---|------------------|
| Youth Intermediate | | |
| LT 0100-01 Ladder Trapeze ages 11+ (Mon 5:00 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 2025 |
| LT 0200-01 Ladder Trapeze ages 11+ (Thur 6:15 PM) | Successful execution of skills from previous level, ten consecutive jet rolls, coach recommendation, and space availability | Spring Show 2025 |
| LT 0300-01 Ladder Trapeze ages 11+ (Thur 7:15 PM) | Successful execution of skills from previous level, one front hip circle, jet rolls with straight legs, coach recommendation, and space availability | Spring Show 2025 |
| LT 0500-01 Ladder Trapeze ages 11+ (Thur 8:15 PM) | Successful execution of skills from previous level, coach recommendation, and space availability | Spring Show 2025 |
| Low Casting Fun (LCF) A just-for-fun mini-flying-trapeze class for timing, teamwork, and upper body strength. | | |
| Youth Beginner/New Student | | |
| LCF 0000-01 Low Casting Fun ages 9-12 (Mon 6:15 PM) LCF 0000-02 Low Casting Fun ages 9-12 (Tues 7:15 PM) LCF 0000-03 Low Casting Fun ages 9-12 (Tues 8:15 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 |
| Mexican Cloud Swing (MS) This act is much like Cloud Swing, but does not include hand and foot loops. Instead, the student uses his or her own body to tie knots in the swing. | | |
| Youth Intermediate | | |
| MS 0100-01 Mexican Cloud Swing ages 13+ (Mon 3:30-4:00 PM) MS 0100-02 Mexican Cloud Swing ages 13+ (Fri 6:00-6:30 PM) MS 0100-03 Mexican Cloud Swing ages 13+ (Thur 7:15-7:45 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 2025 |
| MS 0200-01 Mexican Cloud Swing ages 13+ (Mon 3:00-3:30 PM) | Invitation only; previously performed in Mexican Cloud Swing 0100 and coach recommendation | Spring Show 2025 |
| Youth Advanced | | |
| MS 1000-01 Mexican Cloud Swing ages 13+ (Wed 5:15-6:00 PM) MS 1000-02 Mexican Cloud Swing ages 13+ (Mon 6:15-7:00 PM) | By invitation only; successful execution of skills from previous level and space availability | Summer Show 2024 |
| Mini Hammock (MNHM) Aerial work on a stationary hammock made of looped silk. | | |
| Youth Beginner/Intermediate | | |
| MNHM 0000-01 Mini Hammock ages 9+ (Mon 4:00 PM) MNHM 0000-02 Mini Hammock ages 9+ (Tues 6:15 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 |
| Youth Intermediate | | |
| MNHM 0100-01 Mini Hammock ages 10+ (Mon 8:15 PM) MNHM 0100-02 Mini Hammock ages 10+ (Thur 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 2025 |

| | | |
|--|--|------------------|
| MNHM 0150-01 Mini Hammock ages 10+ (Wed 7:15 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 2025 |
| MNHM 0200-01 Mini Hammock ages 10+ (Wed 8:15 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 2025 |
| MNHM 0300-01 Mini Hammock ages 10+ (Tues 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 2025 |
| MNHM 0400-01 Mini Hammock ages 10+ (Tues 8:15 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 2025 |
| Multi Straps (SPM) A center winch act with more than three performers on a straps apparatus. | | |
| Youth Advanced | | |
| SPM 1000-01 Multi Straps ages 13+ (Fri 4:00 PM) | By invitation only. | Summer Show 2024 |
| Multiple Trapeze (MT) This act entails the use of one double-decker trapeze on which six people perform simultaneously. Students learn basic- to intermediate-level trapeze maneuvers while learning to work, often in synchronicity, with a team. | | |
| Youth Beginner/New Student | | |
| MT 0100-01 Multiple Trapeze ages 9+ (Mon 6:15 PM) MT 0100-02 Multiple Trapeze ages 9+ (Mon 7:15 PM) MT 0100-03 Multiple Trapeze ages 9+ (Tues 8:15 PM) MT 0100-04 Multiple Trapeze ages 9+ (Wed 7:15 PM) MT 0100-05 Multiple Trapeze ages 9+ (Thur 6:15 PM) MT 0100-06 Multiple Trapeze ages 9+ (Fri 4:00 PM) | Meets minimum age by Sept 1 (age 8 ok if two years Side by Side or Star) and space availability | Spring Show 2025 |
| Youth Intermediate | | |
| MT 0200-01 Multiple Trapeze ages 9+ (Mon 8:15 PM) MT 0200-02 Multiple Trapeze ages 9+ (Wed 8:15 PM) MT 0200-03 Multiple Trapeze ages 9+ (Thur 5:00 PM) MT 0200-04 Multiple Trapeze ages 9+ (Thur 7:15 PM) MT 0200-05 Multiple Trapeze ages 9+ (Fri 5:00 PM) MT 0200-06 Multiple Trapeze ages 9+ (Fri 6:15 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 2025 |
| Pas de Deux (PDD) This flying silks-like act is designed for two and can be described as a lyrical dance in the air. Most often a male/female partnership, students support one another in various positions circling high above the arena. | | |
| Youth Advanced | | |
| PDD 0100-01 Pas de Deux ages 13+ (Sat 12:00-12:30 PM) PDD 0100-02 Pas de Deux ages 13+ (Sat 12:30-1:00 PM) | By invitation only; experience in Spanish Web or Silks, performance history in an advanced-level aerial act, and space availability | Spring Show 2025 |

| Russian Cradle (CRDL) Specialized aerial act that combines two different styles of catching with flying and high-bar skills. | | |
|--|--|------------------|
| Youth Advanced | | |
| CRDL 1000-01 Russian Cradle ages 13+ (Mon 8:15 PM, Thur 8:15 PM) (FF) | By invitation only and space availability; high level of circus acrobatics or gymnastics preferred | Summer Show 2024 |
| Side by Side (SS) This act is perfect for our youngest performers! Pairs of students learn the fundamentals of trapeze work side by side on the trapeze and in a nurturing environment. | | |
| Youth Beginner/New Student | | |
| SS 0100-01 Side by Side ages 6-9 (Mon 4:00 PM) SS 0100-02 Side by Side ages 6-9 (Tues 5:00 PM) SS 0100-03 Side by Side ages 6-9 (Tues 6:15 PM) SS 0100-04 Side by Side ages 6-9 (Thur 4:00 PM) | Meets minimum age by Sept 1 and space availability | Spring Show 2025 |
| Youth Beginner/Intermediate | | |
| SS 0200-01 Side by Side ages 7-9 (Mon 5:00 PM) SS 0200-02 Side by Side ages 7-9 (Tues 4:00 PM) SS 0200-03 Side by Side ages 7-9 (Tues 7:15 PM) | Must have at least three consecutive sessions of and have performed in Side by Side 0100 and space availability | Spring Show 2025 |
| 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+ (Fri 5:00 PM) SKS 0000-02 Silks ages 12+ (Sat 10:00 AM) | Has taken one year Spanish Web or Team Aerial and ability to execute a straddle back in the air. Movement up through levels is congruent with coach recommendation and space availability. | Non-Performing |
| SKS 0050-01 Silks ages 12+ (Thur 5:00 PM) | Successful execution of skills from previous level, 3 consecutive straddle backs off the ground, coach recommendation, and space availability | Non-Performing |
| SKS 0100-01 Silks ages 12+ (Tues 6:15 PM) | Successful execution of skills from previous level, 3 consecutive straddle backs off the ground, coach recommendation, and space availability | Spring Show 2025 |
| 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 2025 |
| SKS 0300-01 Silks ages 12+ (Mon 8:15 PM) | Successful execution of skills from previous level, 3 consecutive straight leg straddle climbs with good form, coach recommendation, and space availability | Spring Show 2025 |
| Youth Advanced | | |
| SKS 1000-01 Silks ages 13+ (Tues 4:00 PM, Thur 4:00 PM) (FF) | By invitation only; successful execution of skills from previous level and space availability | 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 0050-01 Sling ages 12+ (Mon 7:15 PM) | Experience in Mini-Hammock 400 and Silks, and coach recommendation; splits, back bend, and 5 pull-ups. | |
| SLNG 0100-01 Sling ages 12+ (Tues 5:00 PM) | Experience in Mini-Hammock 400 and Silks, and coach recommendation; splits, back bend, and 5 pull-ups. | Spring Show 2025 |
| SLNG 0200-01 Sling ages 12+ (Mon 6:15 PM) | Experience in Sling 0100 and coach recommendation; splits, back bend, and 5 pull-ups | Spring Show 2025 |
| SLNG 0300-01 Sling ages 13+ (Wed 6:15 PM) | Experience in Sling 0200 and coach recommendation; splits, back bend, and 5 pull-ups | Spring Show 2025 |
| Spanish Web (SW) A long, cloth-covered rope where tricks are defined by beauty. Learn spinning, hand and ankle loop work, loop-less maneuvers, and develop strength, agility, and grace. | | |
| Youth Beginner/New Student | | |
| SW 0000-01 Spanish Web ages 12+ (Wed 4:00 PM) SW 0000-02 Spanish Web ages 12+ (Wed 8:15 PM) SW 0000-03 Spanish Web ages 12+ (Fri 7:15 PM) SW 0000-04 Spanish Web ages 12+ (Sat 9:00 AM) | Meets minimum age by Sept 1 (age 11 ok if has performed last two years in an aerial act); previous aerial training is recommended but not required, space availability | Non-Performing |
| Youth Intermediate | | |
| SW 0050-01 Spanish Web ages 12+ (Wed 5:00 PM) SW 0050-02 Spanish Web ages 12+ (Thur 4:00 PM) | Successful execution of skills from previous level, coach recommendation, and space availability | Non-Performing |
| SW 0100-01 Spanish Web ages 12+ (Wed 6:15 PM) | Successful execution of skills from previous level, 3 consecutive straddle backs in the air, coach recommendation, and space availability | Spring Show 2025 |
| SW 0150-01 Spanish Web ages 12+ (Fri 4:00 PM) | Successful execution of skills from previous level, coach recommendation, and space availability | Spring Show 2025 |
| SW 0200-01 Spanish Web ages 12+ (Tues 8:15 PM) | Successful execution of skills from previous level, 5 consecutive straddle backs in the air with straight legs, coach recommendation, and space availability | Spring Show 2025 |
| SW 0300-01 Spanish Web ages 13+ (Wed 7:15 PM) | Successful execution of skills from previous level, 3 consecutive straight leg straddle climbs with good form, coach recommendation, and space availability | Spring Show 2025 |
| Youth Advanced | | |
| SW 1000-01 Spanish Web ages 13+ (Mon 4:00 PM, Fri 5:00 PM) (FF) SW 1000-02 Spanish Web ages 13+ (Thur 3:30-4:00 PM) (FF) | By invitation only; successful execution of skills from previous level and space availability | Summer Show 2024 |

| | | |
|---|---|------------------|
| Star (SR) Continue learning basic trapeze skills introduced in Side by Side while working higher up in the air on the Star apparatus. | | |
| Youth Beginner/Intermediate | | |
| SR 0100-01 Star ages 7-9 (Sat 11:00 AM) SR 0100-02 Star ages 7-9 (Sat 12:15 PM) | Meets minimum age by Sept 1, and 1 year Side by Side and space availability | Spring Show 2025 |
| Static Trapeze (STAT) This is a solo, single-point trapeze where you incorporate static and dynamic moves in the ropes and on the bar. | | |
| Youth Intermediate | | |
| STAT 0000-01 Static Trapeze ages 13+ (Mon 6:15 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+ (Mon 5:00 PM) | Has completed all skills from previous level, coach recommendation, space availability | Non-Performing |
| STAT 0100-01 Static Trapeze ages 13+ (Sat 1:15 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 2025 |
| STAT 0200-01 Static Trapeze ages 13+ (Fri 7:15 PM) | Successful execution of skills from previous level, coach recommendation, and space availability | Spring Show 2025 |
| STAT 0300-01 Static Trapeze ages 13+ (Sat 10:00 AM) | Successful execution of skills from previous level, coach recommendation, and space availability | Spring Show 2025 |
| Youth Advanced | | |
| STAT 1000-01 Static Trapeze ages 13+ (Mon 7:15 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 6:15 PM) | Has performed in an aerial act, 3-5 pull ups, 5 suspended pike ups with straight arms, coach recommendation, and space availability | Non-Performing |
| SP 0050-01 Straps ages 12+ (Sat 11:00 AM) | Successful execution of skills from previous level, coach recommendation, and space availability | Non-Performing |
| SP 0100-01 Straps ages 12+ (Sat 12:15 PM) | Successful execution of skills from previous level, coach recommendation, and space availability | Spring Show 2025 |
| SP 0200-01 Straps ages 13+ (Sat 1:15 PM) | Successful execution of skills from previous level, coach recommendation, and space availability | Spring Show 2025 |
| Youth Advanced | | |
| SP 1000-01 Straps ages 13+ (Fri 4:00 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 0100-01 Swinging Trapeze ages 13+ (Thur 3:00-3:30 PM) ST 0100-02 Swinging Trapeze ages 13+ (Tues 4:15-4:45 PM) | By invitation only; advanced-level acrobatics and/or aerial skills and space availability | Spring Show 2025 |
| ST 0200-01 Swinging Trapeze ages 13+ (Thur 6:30-7:00 PM) | By invitation only; advanced-level acrobatics and/or aerial skills and space availability | Spring Show 2025 |

| | | |
|---|--|------------------|
| ST 0500-01 Swinging Trapeze ages 13+ (Fri 6:30-7:00 PM) ST 0500-02 Swinging Trapeze ages 13+ (Thur 3:30-4:00 PM) | Invitation only | Spring Show 2025 |
| ST 1000-01 Swinging Trapeze ages 13+ (Mon 7:00-7:30 PM, Fri 5:30-6:00 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+ (Thur 4:00-4:30 PM) TRI 0100-02 Triangle Trapeze ages 13+ (Sat 11:30-12:00 PM) TRI 0100-03 Triangle Trapeze ages 13+ (Wed 4:15-4:45 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 2025 |
| TRI 1000-01 Triangle Trapeze ages 13+ (Wed 3:30-4:15 PM) TRI 1000-02 Triangle Trapeze ages 13+ (Tues 3:30-4:15 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+ (Wed 6:15 PM) TT 0000-02 Triple Trapeze ages 10+ (Thur 4:00 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+ (Tues 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 2025 |
| TT 0200-01 Triple Trapeze ages 11+ (Mon 4:00 PM) | Successful execution of skills from the 0100 level and coach recommendation when appropriate spot is available | Spring Show 2025 |
| TT 0300-01 Triple Trapeze ages 11+ (Wed 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 2025 |
| TT 0400-01 Triple Trapeze ages 11+ (Tues 6:15 PM) | Successful execution of skills from the 0300 level, can execute at least one pull up starting from a straight hang, and coach recommendation when appropriate spot is available | Spring Show 2025 |
| TT 0500-01 Triple Trapeze ages 12+ (Tues 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 2025 |
| TT 0600-01 Triple Trapeze ages 12+ (Tues 7:15 PM) | Successful execution of skills from the 0500 level, can execute two pull ups from straight hang, and coach recommendation when appropriate spot is available | Spring Show 2025 |
| Youth Advanced | | |
| TT 1000-01 Triple Trapeze ages 13+ (Wed 4:00 PM) TT 1000-02 Triple Trapeze ages 13+ (Mon 5:00 PM) | By invitation only when appropriate spot is available; successful execution of skills from previous level | Summer Show 2024 |

BALANCE

| Class Information | Prerequisites | Performing Status |
|---|---|-------------------|
| Bicycle (BY) How many can you get on a bike? Four, five, six...ten! Talk about teamwork! | | |
| Youth Intermediate | | |
| BY 0800-01 Bicycle ages 10+ (Fri 5:00 PM) | By invitation from previous level. | Spring Show 2025 |
| Bite Balance (BITE) Performers will build their endurance until they can hold their body weight aloft using only the strength of their own bite. | | |
| Youth Advanced | | |
| BITE 0100-01 Bite Balance ages 10+ (Mon 7:15 PM) | By invitation only; coach recommendation and space availability | Spring Show 2025 |
| BITE 1000-01 Bite Balance ages 10+ (Mon 7:15 PM) | By invitation only; coach recommendation and space availability | Summer Show 2024 |
| Chair Stacking (CHST) For those who can hold a handstand. More advanced techniques such as balancing on blocks and one- and two-hand tricks will also be taught. | | |
| Youth Advanced | | |
| CHST 1000-01 Chair Stacking ages 13+ (Tues 3:15-4:00 PM) | By invitation only; coach recommendation and space availability | Summer Show 2024 |
| Contortion (CO) The art of contortion demonstrates flexibility, style, and balance. | | |
| Youth Beginner/New Student | | |
| CO 0100-01 Contortion ages 6-9 (Fri 4:00 PM) | Splits on one side and bridge with straight arms; Meets minimum age by Sept 1, and space availability | Spring Show 2025 |
| CO 0105-01 Contortion ages 10+ (Thur 7:15 PM) | Splits on one side and bridge with straight arms; Meets minimum age by Sept 1, and space availability | Spring Show 2025 |
| Youth Beginner/Intermediate | | |
| CO 0150-01 Contortion ages 6+ (Tues 4:00 PM) | Successful completion of skills in CO 0100, coach recommendation. | Spring Show 2025 |
| Youth Intermediate | | |
| CO 0200-01 Contortion ages 10+ (Mon 5:00 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 2025 |
| CO 0250-01 Contortion ages 10+ (Wed 6:15 PM) | By invitation only. Successful completion of all skills in CO 0200 with proper form. | Spring Show 2025 |
| CO 0300-01 Contortion ages 10+ (Fri 7:15 PM) | Good scorpion, box, and middle splits, all skills from contortion 0200 with good form, coach recommendation, and space availability | Spring Show 2025 |
| CO 0400-01 Contortion ages 10+ (Wed 8:15 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 2025 |
| Youth Advanced | | |
| CO 1000-01 Contortion ages 13+ (Mon 6:15 PM, Fri 4:00 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 | Summer Show 2024 |

| | | |
|--|--|------------------|
| Cyr Wheel (CYR) A large ring that spins gyroscopically while acrobatic maneuvers are performed in and around it. | | |
| Youth Advanced | | |
| CYR 0000-01 Cyr Wheel ages 13+ (Wed 6:15 PM) CYR 0000-02 Cyr Wheel ages 13+ (Wed 5:00 PM) | Between 5'1" and 6' tall. Meets minimum age by Sept 1, and space availability. | Non-Performing |
| Youth Intermediate | | |
| CYR 0300-01 Cyr Wheel ages 12+ (Mon 4:00 PM) | By invitation only; coach recommendation and space availability | Spring Show 2025 |
| Duo Unicycle (UNDU) Taking unicycle riding to (literally) new heights, this act places two performers on one apparatus-requiring superb balance, strength, and flexibility from both. | | |
| Youth Advanced | | |
| UNDU 1000-01 Duo Unicycle ages 7+ (Mon 6:00-7:15 PM) (FF) | By invitation only | Summer Show 2024 |
| Foot Archery (FTAR) 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. | | |
| Youth Advanced | | |
| FTAR 1000-01 Foot Archery ages 13+ (Thur 5:15-6:00 PM) (FF) | Invitation only; must be high-level handstands and contortion. | Summer Show 2024 |



| German Wheel (GW) A rolling 8-foot steel apparatus with hand and foot settings that encourages balance and agility. | | |
|--|---|------------------|
| Youth Beginner/New Student | | |
| GW 0000-01 German Wheel ages 8-11 (Tues 6:15 PM) GW 0000-02 German Wheel ages 8-11 (Wed 4:00 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+ (Mon 5:00 PM) GW 0005-02 German Wheel ages 10+ (Tues 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 |
| Youth Beginner/Intermediate | | |
| GW 0100-01 German Wheel ages 10+ (Thur 7:15 PM) | Able to execute a half-tuck roll, cartwheel, and carousel; coach recommendation and space availability | Spring Show 2025 |
| Youth Intermediate | | |
| 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 2025 |
| GW 0300-01 German Wheel ages 10+ (Fri 4:00 PM) | Able to execute skills from previous levels; coach recommendation, and space availability | Spring Show 2025 |
| Youth Advanced | | |
| 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 2025 |
| Globes (GL) Perch atop over-sized balls to develop balance and foot dexterity; add maneuvering and hula hoops in higher levels. | | |
| Youth Beginner/New Student | | |
| GL 0000-01 Globes ages 6-12 (Sat 12:15 PM) | Meets minimum age by Sept 1 and space availability | Non-Performing |
| Youth Beginner/Intermediate | | |
| GL 0100-01 Globes ages 6-12 (Sat 11:00 AM) | Must be able to execute the following tricks: need to be able to get on and off globe by themselves, can walk on the globe, and spin rings; coach recommendation and space availability | Spring Show 2025 |
| GL 0200-01 Globes ages 6-12 (Fri 5:00 PM) | Must be able to walk forwards, backwards, and sideways; walk up and down the wedge forwards; two person on one globe on the soft mat; coach recommendation and space availability | Spring Show 2025 |
| GL 0300-01 Globes ages 6-12 (Sat 10:00 AM) | All skills from 0200 consistently and with good form; coach recommendation and space availability | Spring Show 2025 |
| Hand to Hand (HTH) A fusion of acrobatics and advanced hand balancing technique. | | |
| Youth Intermediate | | |
| HTH 0100-01 Hand to Hand ages 11+ (Wed 8:15 PM, Sat 10:00 AM) (FF) | By invitation only; has trained in Handstands and/or has experience basing or flying in another act and space availability | Spring Show 2025 |
| HTH 0200-01 Hand to Hand ages 11+ (Mon 5:00 PM, Wed 4:00 PM) (FF) | By invitation only; has trained in Hand to Hand 100 and space availability | Spring Show 2025 |

| Handstands (HS) Learn the fine art of hand balancing technique and develop handstands skills, strength, and flexibility. | | |
|---|---|------------------|
| Youth Intermediate | | |
| HS 0000-01 Handstands ages 9-12 (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 0005-01 Handstands ages 12+ (Thur 4:00 PM) HS 0005-02 Handstands ages 12+ (Thur 5:00 PM) | Currently taking intermediate-level courses, previous acrobatic training is recommended but not required, ability to kick up to a wall handstand independently and hold for 20 seconds, touch toes in sitting straddle and pike positions, and space availability | Non-Performing |
| HS 0050-01 Handstands ages 12+ (Tues 6:15 PM) | By invitation only, previously completing and mastering all skills in HS 0005. | Non-Performing |
| HS 0100-01 Handstands ages 13+ (Mon 4:00 PM) | Hollow body hold on floor for 1 min, 1 min handstand against the wall, 10 sec handstand without walking hands (any body shape), coach recommendation, and space availability | Spring Show 2025 |
| HS 0500-01 Handstands ages 12+ (Tues 8:15 PM, Wed 7:15 PM) | By coach invitation only. | Spring Show 2025 |
| Youth Advanced | | |
| HS 1000-01 Handstands ages 13+ (Tues 8:15 PM, Wed 4:00 PM) | By invitation only; successful execution of skills from previous level and space availability | Summer Show 2024 |
| Low Wire (WL) A slender strand of steel, a few feet off the ground. A great introduction to wire—the delight without the height! | | |
| Youth Beginner/New Student | | |
| WL 0100-01 Low Wire ages 10+ (Mon 4:00 PM) WL 0100-02 Low Wire ages 10+ (Thur 4:00 PM) | Meets minimum age by Sept 1 and space availability | Spring Show 2025 |
| Youth Intermediate | | |
| 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 2025 |
| WL 0300-01 Low Wire ages 10+ (Tues 6:15 PM) | previous enrollment in high wire. coach recommendation only. | Spring Show 2025 |

| | | |
|---|---|------------------|
| Mid Wire (WM) This advanced class brings wire walking down to earth by integrating high-level wire tricks and technique with theater and dance. | | |
| Youth Advanced | | |
| WM 1000-01 Mid Wire ages 13+ (Wed 4:00 PM, Thur 7:15 PM) (FF) | By invitation only | Summer Show 2024 |
| Rola Bola (ROLA) Balance atop a rolling cylinder while performing partner or solo tricks. | | |
| Youth Intermediate | | |
| ROLA 0100-01 Rola Bola ages 12+ (Fri 5:00 PM) ROLA 0100-02 Rola Bola ages 12+ (Thur 8:15 PM) | By invitation only; experience with balance acts strongly suggested, and space availability | Spring Show 2025 |
| Youth Advanced | | |
| ROLA 0800-01 Rola Bola ages 13+ (Thur 5:00 PM, Fri 5:00 PM) (FF) | By invitation only; experience with balance acts strongly suggested and space availability | Spring Show 2025 |
| Stilt Walking (STWK) Students will learn to walk on stilts (poles on which platforms are secured then strapped to the feet/legs to add height), but dancing and jump roping are not out of the question. | | |
| Youth Beginner/Intermediate | | |
| STWK 0100-01 Stilt Walking ages 13+ (Tues 7:15 PM) | Meets minimum age by Sept 1; one year of a balance-genre class or Balance Experience and space availability. To fit equipment, student's floor-to-knee measurement must exceed 16". Student are required to bring and wear their own knee pads. | Spring Show 2025 |
| Youth Advanced | | |
| STWK 1000-01 Stilt Walking ages 13+ (Tues 8:15 PM) | By invitation only; successful execution of skills from previous level and space availability | Summer Show 2024 |
| Unicycle (UN) Half the wheels, but twice the fun! Develop balance and enhance fitness. | | |
| Youth Beginner/New Student | | |
| UN 0000-01 Unicycle ages 6+ (Wed 8:15 PM) UN 0000-02 Unicycle ages 6+ (Wed 7:15 PM) | Meets minimum age by Sept 1 and space availability | Non-Performing |
| Youth Beginner/Intermediate | | |
| 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 2025 |
| Youth Intermediate | | |
| UN 0200-01 Unicycle ages 7+ (Tues 7:15 PM) | Must be able to execute the following tricks: two different styles of mounting, riding in a figure 8 with diameters less than 3 meters, and 15 cm vertical drop in addition to skills taught at previous level; coach recommendation and space availability | Spring Show 2025 |
| UN 0300-01 Unicycle ages 7+ (Mon 7:15 PM) | Must be able to execute the following tricks: three different styles of mounting, five hops, and tight turns less than 1 meter in addition to tricks taught in previous levels; coach recommendation and space availability | Spring Show 2025 |
| Youth Advanced | | |
| UN 1000-01 Unicycle ages 7+ (Mon 5:30-6:30 PM) | By invitation only; successful execution of skills from previous level and space availability | Summer Show 2024 |

CROSS TRAINING

| Class Information | Prerequisites | Performing Status |
|---|--|-------------------|
| Aerial Conditioning (AEC) This class is for aerial students looking to supplement their training, allowing students time and space each week to work exclusively on technique and strength, two key components of aerial training. | | |
| Youth Intermediate | | |
| AEC 0000-01 Aerial Conditioning ages 11+ (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 |
| Base Development (BASE) 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! | | |
| Youth Intermediate | | |
| BASE 0500-01 Base Development ages 12+ (Fri 4:00 PM) | By invitation only. | Non-Performing |
| Preparatory Team (PRTM) 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. | | |
| Youth Beginner/Intermediate | | |
| PRTM 0000-01 Preparatory Team ages 9-12 (Fri 7:15 PM) | Students must display discipline and a strong desire to perform in high level acrobatics acts; space availability | Non-Performing |
| Stretching and Strengthening (STST) Flexibility and strength are the base for every circus discipline. This class focuses on stretches for handstands and aerial work, as well as strengthening for aerial, acrobatic, and balance disciplines | | |
| Youth Beginner/New Student | | |
| STST 0000-01 Stretching and Strengthening ages 10+ (Mon 5:00 PM) STST 0000-02 Stretching and Strengthening ages 10+ (Tues 7:15 PM) STST 0000-03 Stretching and Strengthening ages 10+ (Wed 6:15 PM) | Meets minimum age by Sept 1 and space availability | Non-Performing |

JUGGLING

| Class Information | Prerequisites | Performing Status |
|---|--|---|
| Diablo (DBLO) 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+ (Fri 6:15 PM) | meets minimum age and space available. | Spring Show 2025 |
| Juggling (JU) Keep your eye on the balls...and the rings, clubs, torches, and knives! | | |
| Youth Beginner/New Student | | |
| JU 0100-01 Juggling ages 7+ (Thur 8:15 PM) | Meets minimum age by Sept 1 and space availability | Spring Show 2025 |
| Youth Advanced | | |
| JU 0500-01 Juggling ages 10+ (Wed 8:15 PM) (FF) | By invitation only. Successful completion of previous levels. | Spring Show 2025 and TBD Summer Show 2024 |
| JU 1000-01 Juggling ages 12+ (Wed 4:00 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 | Summer Show 2024 |



THEATER & DANCE

| Class Information | Prerequisites | Performing Status |
|---|--|---|
| Clowning (CL) Turn the foundations of physical theater, improvisation, comedy, stage combat, and clowning into performance. | | |
| Youth Beginner/New Student | | |
| CL 0100-01 Clowning ages 10-12 (Fri 5:00 PM) | Meets minimum age by Sept 1 and space availability | Spring Show 2025 |
| Dance (DA) Explore the fundamentals of ballet and contemporary dance for the circus stage. | | |
| Youth Beginner/New Student | | |
| DA 0100-01 Dance ages 7-12 (Tues 7:15 PM) | Meets minimum age by Sept 1 and space availability | Spring Show 2025 |
| Youth Intermediate | | |
| DA 0200-01 Dance ages 10+ (Wed 6:15 PM) | Accomplishment of skills in previous level, coach recommendation, and space availability | Spring Show 2025 |
| Youth Advanced | | |
| DA 0800-01 Dance ages 13+ (Thur 8:15 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 2025 and TBD Summer Show 2024 |
| DA 1000-01 Dance ages 13+ (Mon 6:15 PM) (FF) DA 1000-02 Dance ages 13+ (Thur 7:15 PM) (FF) DA 1000-03 Dance ages 13+ (Wed 6:15 PM) (FF) | By invitation only; successful execution of skills from previous level and space availability | Summer Show 2024 |
| Dance Ballet (DABA) 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. | | |
| Youth Beginner/New Student | | |
| DABA 0105-01 Dance Ballet ages 13+ (Wed 7:15 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. | Non-Performing |
| Youth Intermediate | | |
| DABA 0205-01 Dance Ballet ages 13+ (Wed 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. | TBD Spring Show 2025 |
| DABA 0305-01 Dance Ballet ages 13+ (Thur 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 2025 |

| | | |
|---|---|-------------------------|
| <p>Dance Contemporary (DACO) 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.</p> | | |
| <p>Youth Intermediate</p> | | |
| <p>DACO 0305-01 Dance Contemporary ages 12+ (Mon 6:15 PM) (FF)</p> | <p>Required participation in a ballet or jazz class. Open to all 305 level dancers, meets minimum age by Sept 1, and space availability.</p> | <p>Spring Show 2025</p> |
| <p>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 predefined choreography. Class instruction will include instruction in funk, breaking, locking, and freestyle movement.</p> | | |
| <p>Youth Intermediate</p> | | |
| <p>DAHH 0205-01 Dance Hip Hop ages 13+ (Wed 4:00 PM) (FF)</p> | <p>Meets minimum age by Sept 1 and space availability. Acro students and male-identifying students encouraged to sign-up</p> | <p>Spring Show 2025</p> |
| <p>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.</p> | | |
| <p>Youth Beginner/New Student</p> | | |
| <p>DAJZ 0105-01 Dance Jazz ages 13+ (Thur 4:00 PM) (FF)</p> | <p>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.</p> | <p>Spring Show 2025</p> |
| <p>Youth Intermediate</p> | | |
| <p>DAJZ 0205-01 Dance Jazz ages 13+ (Wed 5:00 PM) (FF)</p> | <p>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.</p> | <p>Spring Show 2025</p> |
| <p>DAJZ 0305-01 Dance Jazz ages 13+ (Mon 4:00 PM) (FF)</p> | <p>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.</p> | <p>Spring Show 2025</p> |

| | | |
|--|---|------------------|
| Dormitory Theater (DTHA) Summer Show 2024 theater class for all dormitory characters. | | |
| Youth Advanced | | |
| DTHA 1000-01 Dormitory Theater ages 13+ (Thur 5:15-6:15 PM) (FF) | By audition only. Auditions for this academic year have already occurred. For summer show theater, rehearsing dormitory/school child scenes. | Summer Show 2024 |
| Finale Theater (FTHA) Summer Show 2024 theater class for students called to first and second half finale scenes. | | |
| Youth Advanced | | |
| FTHA 1000-01 Finale Theater ages 12+ (Tues 5:50-7:15 PM) (FF) | By audition only. Auditions for this academic year have already occurred. For summer show theater, rehearsing first and second half finale scenes. | Summer Show 2024 |
| Jungle Book Theater (JBTH) For summer show 2024 theater performers in jungle book scenes. | | |
| Youth Advanced | | |
| JBTH 1000-01 Jungle Book Theater ages 13+ (Mon 5:00 PM) (FF) | By audition only. Auditions for this academic year have already occurred. For summer show theater, rehearsing jungle book scenes. | Summer Show 2024 |
| Pirate Theater (PTHA) Summer show 2024 class for pirate characters. | | |
| Youth Advanced | | |
| PTHA 1000-01 Pirate Theater ages 13+ (Thur 7:15 PM) (FF) | By audition only. Auditions for this academic year have already occurred. For summer show theater, rehearsing Pirate wire scene. | Summer Show 2024 |
| Spirit Theater (STHA) Summer Show 2024 theater class for all jungle spirit scenes. | | |
| Youth Advanced | | |
| STHA 1000-01 Spirit Theater ages 13+ (Thur 6:15 PM) (FF) | By audition only. Auditions for this academic year have already occurred. For summer show theater, rehearsing jungle spirit scenes. | Summer Show 2024 |
| Tarzan Theater (TZTH) Summer Show 2024 specific. For performers in Tarzan scenes. | | |
| Youth Advanced | | |
| TZTH 1000-01 Tarzan Theater ages 13+ (Tues 5:00 PM) (FF) | By audition only. Auditions for this academic year have already occurred. For summer show theater, rehearsing Tarzan scenes. | Summer Show 2024 |
| Teeterboard Theater (TTHA) By invitation only. Meant for specific students in Summer Show. Teeterboard Theater Scene. | | |
| Youth Advanced | | |
| TTHA 1000-01 Teeterboard Theater ages 9+ (Thur 6:15 PM) (FF) | By invitation only. | Summer Show 2024 |
| Theater (THA) Explore the fundamentals of theater in a program designed specifically for circus performance. | | |
| Youth Beginner/New Student | | |
| THA 0005-01 Theater ages 11+ (Wed 7:15 PM) | Meets minimum age by Sept 1 and space availability | Non-Performing |
| Youth Intermediate | | |
| THA 0500-01 Theater ages 13+ (Wed 5:00 PM) | By audition only. Auditions for this academic year have already occurred. | Non-Performing |
| THA 0600-01 Theater ages 13+ (Tues 4:00 PM) | By audition only. Auditions for this academic year have already occurred. Auditions for the next academic year will be announced at a later date. Students, watch summer announcements for the audition announcement! | Non-Performing |



ON F

SECTION 5