

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 (Thur 7:15 PM) AC 0100-02 Acrobatics ages 6-9 (Thur 4:00 PM) AC 0100-03 Acrobatics ages 6-9 (Fri 6:15 PM) AC 0100-04 Acrobatics ages 6-9 (Sat 1:15 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2025
AC 0105-01 Acrobatics ages 10+ (Wed 6:15 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2025
Youth Intermediate		
AC 0200-01 Acrobatics ages 6-9 (Tues 5:00 PM) AC 0200-02 Acrobatics ages 6-9 (Sat 12:15 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+ (Tues 8:15 PM) AC 0205-02 Acrobatics ages 10+ (Fri 7:15 PM)	Successful execution of skills from previous level with proper form, ability to execute front-to-back cartwheel, backward and forward roll, kick to handstand, unsupported bridge, coach recommendation, and space availability.	Spring Show 2025
AC 0225-01 Acrobatics ages 10+ (Tues 4:00 PM) AC 0225-02 Acrobatics ages 10+ (Thur 8:15 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 6:15 PM) AC 0250-02 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 2025
AC 0300-01 Acrobatics ages 10+ (Tues 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 5:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2025
AC 1000-01 Acrobatics ages 13+ (Thur 6:15 PM)	By invitation only.	Summer Show 2025
Adagio (AD) Consists of porters and flyers using only human strength, no wires or apparatuses.		
Youth Intermediate		
AD 0100-01 Adagio ages 13+ (Sat 1:15 PM)	By invitation only.	Spring Show 2025
Youth Advanced		
AD 1000-01 Adagio ages 13+ (Tues 7:15 PM, Fri 4:00 PM) (FF)	By invitation only.	Summer Show 2025

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+ (Wed 4:00 PM, Thur 7:15 PM) (FF)	By invitation only; coach recommendation and space availability	Summer Show 2025
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+ (Fri 7:15 PM)	By invitation only; student must be a high-level acrobat.	Summer Show 2025
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 Advanced		
HBAR 1000-01 High Bar ages 13+ (Tues 7:15 PM)	By invitation only.	Summer Show 2025
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+ (Wed 8:15 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2025
Youth Advanced		
MPYR 0800-01 Moroccan Pyramids ages 8+ (Thur 5:00 PM)	By invitation only. Class will discontinue after Holiday Show.	Winter Show 2024
Revolving Poles (RP) Combining elements of traditional Chinese Poles with aerial maneuvers on a revolving pole, this class is for advanced acrobatic students.		
Youth Advanced		
RP 1000-01 Revolving Poles ages 13+ (Fri 4:00 PM)	By invitation only; student must be a high-level acrobat or aerialist	Summer 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+ (Wed 6:15 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	Summer Show 2025
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+ (Wed 4:00 PM)	Invitation only; student must be a high-level acrobat	Non-Performing
Youth Advanced		
RS 1000-01 Russian Swing ages 13+ (Mon 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 2025
Stage Combat (SGCB) Students will receive comprehensive training in hand-to-hand and period-appropriate weaponry. Taught by SAFD certified fight choreographer and instructor Mike Lubke.		
Youth Intermediate		
SGCB 0000-01 Stage Combat ages 13+ (Thur 7:15 PM)	Must be in high level acrobatics, dance, and theater student.	Non-Performing
Stunt Parkour (SPKR) Get ready to climb, jump, swing, and swan dive from the rooftops! Taught by professional stunt coordinator Jason Hilton.		
Youth Advanced		
SPKR 0000-01 Stunt Parkour ages 13+ (Mon 7:15 PM)	Must have previous experience in advanced acrobatics or trampoline.	Non-Performing
SPKR 1000-01 Stunt Parkour ages 13+ (Mon 6:15 PM) (FF)	By invitation only, must have previous experience in advanced acrobatics or trampoline.	Summer Show 2025

Table Comedy and Hoop Diving (TCHD) Table Comedy and Hoop Diving combined for a comedic and exciting acrobatic routine!

Youth Advanced		
TCHD 0800-01 Table Comedy and Hoop Diving ages 13+ (Wed 7:15 PM)	by invitation only.	Winter Show 2024
Teeterboard (TB) Playground equipment for acrobats! Students execute flips onto pyramids and high chairs.		
Youth Intermediate		
TB 0200-01 Teeterboard ages 12+ (Tues 8:15 PM) TB 0200-02 Teeterboard ages 12+ (Wed 5:00 PM)	By invitation only; has accomplished all skills in Acrobatics 0300, Vault Mini 0200, Team Acro or USAG 5 and space availability. Please register for the correct section.	Spring Show 2025
Youth Advanced		
TB 1000-01 Teeterboard ages 13+ (Mon 4:00 PM, Fri 6:15 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Winter Show 2024 and Summer Show 2025
Trampoline (TRP) The emphasis in Trampoline is on safety, fitness, and fundamental skills. These classes offer the opportunity to learn or improve acrobatics skills.		
Youth Beginner/New Student		
TRP 0000-01 Trampoline ages 6-9 (Mon 4:00 PM) TRP 0000-02 Trampoline ages 6-9 (Tues 4:00 PM) TRP 0000-03 Trampoline ages 6-9 (Thur 6:15 PM) TRP 0000-06 Trampoline ages 6-9 (Wed 7:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
TRP 0005-01 Trampoline ages 10+ (Thur 5:00 PM) TRP 0005-02 Trampoline ages 10+ (Tues 6:15 PM) TRP 0005-03 Trampoline ages 10+ (Fri 5:00 PM) TRP 0005-04 Trampoline ages 10+ (Wed 8:15 PM) TRP 0005-05 Trampoline ages 10+ (Mon 5:00 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+ (Fri 4:00 PM) TRP 0050-03 Trampoline ages 8+ (Sat 11:00 AM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
TRP 0100-01 Trampoline ages 11+ (Tues 7:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
TRP 0400-01 Trampoline ages 11+ (Mon 8:15 PM) TRP 0400-02 Trampoline ages 11+ (Tues 5:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
Vault Mini (VM) This small trampoline leads to big heights! Students learn how to hit the trampoline and jump into acrobatic tricks.		
Youth Beginner/New Student		
VM 0100-01 Vault Mini ages 8+ (Tues 7:15 PM) VM 0100-02 Vault Mini ages 8+ (Sat 1:15 PM) VM 0100-03 Vault Mini ages 8+ (Thur 8:15 PM) VM 0100-04 Vault Mini ages 8+ (Sat 11:00 AM)	Meets minimum age by Sept 1 and space availability	Spring Show 2025
Youth Intermediate		
VM 0200-01 Vault Mini ages 8+ (Mon 5:00 PM) VM 0200-02 Vault Mini ages 8+ (Tues 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 2025
VM 0300-01 Vault Mini ages 10+ (Wed 6:15 PM)	Must be able to execute a front tuck and front handspring over vault in addition to skills taught in previous levels, coach recommendation, and space availability	Spring Show 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 0500-01 Vault Mini ages 13+ (Sat 10:00 AM)	Invitation Only. This class is an fall evaluation class for Vault Mini 1000 in winter session. If a student is not selected for VM 1000, they will return to VM 0400 in the Winter. Must be able to execute the following tricks: front tuck; and front handspring over vault in addition to skills taught in previous levels.	TBD Spring Show 2025 and TBD Summer Show 2025
Wall Trampoline (WT) Trampoline taken to new directions - against a wall!		
Youth Advanced		
WT 1000-01 Wall Trampoline ages 13+ (Wed 5:00 PM)	By invitation only; previous training in Trampoline, Vault Mini Tramp, Acrobatics, and/or Team Acro, and space availability	Summer Show 2025
Wall Walking (WW) Defy gravity in an aerial dance against the wall!		
Youth Advanced		
WW 1000-01 Wall Walking ages 13+ (Wed 4:00 PM)	By invitation only; student must be a high-level acrobat or aerialist	Summer Show 2025
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+ (Thur 4:00-6:00 PM) (FF)	Coach approval required. Student must be a high-level acrobat, meets minimum age by Sept 1, and space availability.	Non-Performing
WOS 1000-01 Wheel of Steel ages 13+ (Thur 4:00-6:00 PM) (FF)	By invitation only	Summer Show 2025