

Circus Juventas

FALL 2024 SESSION GUIDE



Welcome, new and returning students to fall session 2024!
Get ready for an exciting journey ahead!



Director Welcome

Welcome to the new program year at Circus Juventas!

We hope you share in our joy and continue to be amazed at the sheer number of class offerings across all circus genres and our world-class winter, spring, and summer productions. Our incredible team of international coaches is committed to creating opportunities for students to shine as they gain skills, experience, and confidence in classes and in the spotlight.

Over the past year, we have commemorated 30 years of Circus Juventas and grown into new leadership while upholding the mission and staying true to the founders' vision. As we look to our 2024-2025 program year, we celebrate the community, programming, and productions built upon this legacy and we continue growing in service to our mission and our students.

We invite you to join us this year in our collective goal of student growth - the energy and excitement of learning new things, the dedication of building strength and technique, the perseverance of falling down and getting back up, and the power of being part of a team – all while learning circus arts. Our doors are open, for questions, feedback, to chat, and to celebrate. Thank you for being a part of this incredible community!

May all your days be circus days!
Rob Dawson and Rachel Butler-Norris

Fall Session is the start of our program year 2024-2025.

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

- Students enrolled in summer 2024 classes will receive class recommendations via email before registration opens.
- New students can find registration instructions on pages 11-12 of this guide.
- Registration opens on **Tuesday, August 27 at 12:00 p.m.**
- Late registration ends on **Friday, August 3 at 2:00 p.m.**

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



ANNOUNCEMENTS

Summer Show 2025

Summer of 2025, get ready for an electrifying journey through time and Tinsel Town with a twist of paranormal intrigue!

A ghostbuster-style gang of teens stumbles upon an old, decaying hotel once steeped in the glitz and glamour of Old Hollywood. The story kicks off when the group, led by a great-nephew of a vanished starlet, attempts to uncover the truth behind her mysterious disappearance on the red carpet of her first big film premiere. But when a bolt of lightning zaps them back in time to 1939, they find themselves amidst the dazzling iconic stars of the Golden

Age in the bustling hotel filled with bellhops bouncing on red carpets and glittery starlets spinning in the air, captivating paparazzi below.

As the teens race against time to stop the starlet's vanishing, they are thrown into a surreal twilight zone where nothing is as it seems. Against a backdrop of glamour, suspense, and supernatural surprises, join the adventurous teens as they venture into the phantasmic fifth dimension spinning with luminaries, gangsters and studio heads to navigate the shining lights and eerie shadows of Old Hollywood in a bid to rewrite history. Ultimately, they learn that true beauty and value lie not in fame or status, but in the character-defining moments revealing what is truly important when everything else fades.



ANNOUNCEMENTS

Once upon a spring...

Put on your glass slippers, don your red riding hood, and grab your magic wand as CJ's 2025 Spring Celebration Performances explore the magical realm of fairy tales. Join us as we honor the work of our amazing students, from our tiny baby bears to our high-flying kings and queens, all through the lens of beloved fairy tales from around the world. Mark your calendars, and be sure to arrive on time (lest your Uber turn into a pumpkin) as Circus Juventas celebrates Fairy Tales!



There's a blizzard headed our way...

When a trio of careless elves, The Big Book of Holiday Stories, and a blizzard collide, winter chaos is set loose on the North Pole. This holiday season, add a little circus magic to your festivities as CJ takes you on a mixed-up sleigh ride through the most beloved holiday stories of all time. Come December, it'll be "12 Whos a' flying" under the big top as Circus Juventas presents "Blizzard"!



CIRCUS JUVENTAS

presents...

JANGALA

November 2nd,

2024

5:00pm

Join us for an extraordinary benefit event where the enchanting world of Jangala comes to life for one more, spectacular night. Enjoy a gourmet meal, bid in live and silent auctions, and support Circus Juventas' scholarship program during our Fund-A-Need moment.

Tickets on sale now!



circusjuventas.org/gala



1994-1995



2004-2005

2014-2015



ANNOUNCEMENTS

VIEW OUR NEWS AND EVENTS CALENDAR!

You can find our News and Events calendar at <https://circusjuventas.org/news-events-calendar/>

Or scan this QR code!



NEW ACTS

2024-25 New Acts

Summer Show New Acts

Chandelier - Aerial Chairs - Adagio - Manipulation Cube - Russian Boat Cradle - Wheel of Steel - Fire Dance

Spring Show New/Returning Acts

Hula Hoop - Aerial Conditioning (non-performing) - Acro Technique (non-performing) - All Girl Teeterboard - Advanced Bike



CLASS COSTS

Cost Structure:

The cost of a class depends on the price category, general fee or fixed fee. Most classes are general fee and qualify for a multi-class discount.

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. Available credits should be applied to the balance due before paying the remaining balance at checkout.

Other Fees:

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

General Fee Classes

- Meet once a week for 50 minutes.
- Most CJ classes are in the "General Fee" category.
- Eligible for multi-class discount per student.

General Fee Multi-Class Discount:

1 class	\$235	12 classes	\$2,256
2 classes	\$441.80	13 classes	\$2,444
3 classes	\$648.60	14 classes	\$2,632
4 classes	\$846	15 classes	\$2,820
5 classes	\$1,034	16 classes	\$3,008
6 classes	\$1,212.60	17 classes	\$3,196
7 classes	\$1,381.80	18 classes	\$3,384
8 classes	\$1,560.40	19 classes	\$3,572
9 classes	\$1,734.30	20 classes	\$3,760
10 classes	\$1,880	21 classes	\$3,948
11 classes	\$2,068		

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 meeting more than 50 minutes 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 Classes:

3 PERSON HANDBALANCE	\$340
ADAGIO	\$340
BANQUINE	\$340
BUNGEE TRAPEZE	\$345
CIRCUS KINDERS	\$235
CYR WHEEL 1000	\$340
DOUBLE SWINGING TRAPEZE	\$340
DUO TRAPEZE 1000	\$340
FLYING TRAPEZE 0100	\$295
FLYING TRAPEZE 1000	\$360
FLYING TRAPEZE BASICS	\$295
FLYING TRAPEZE RECREATIONAL	\$295
FOOT ARCHERY	\$280
HAND TO HAND 0100/0200/1000	\$340
HANDSTANDS 1000	\$340
PAS DE DEUX 1000	\$310
PRESCHOOL	\$235
RUSSIAN BAR 1000	\$340
RUSSIAN CRADLE 1000	\$340
ROLA BOLA 1000	\$340
SILKS 1000	\$340
STUNT PARKOUR 1000	\$310
STATIC TRAPEZE 1000	\$340
SPANISH WEB 1000	\$340
TEETERBOARD 1000	\$340
WHEEL OF STEEL	\$340
WINGS	\$310

Fixed Fee Dance Classes and Multi Class Discounts:

Dance 1000:	
1 Class:	\$235
2-3 Classes:	\$400 total



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 \$25 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:

Consider something in the "Experience" genre, offering a variety of circus acts over the session.

Look at the beginning level acts indicated by the color green in the class listings. These classes require no additional pre-requisites other than meeting the age requirement.

Returning Students:

Class Recommendations: Recommendations are sent to students who are continuously enrolled. 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



HOW TO REGISTER

Step 1: Pre-Register

- Pre-registration is mandatory for each program year. If you are a returning student and have already pre-registered for the 2024-2025 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

- Use 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.
- The class code numbers are essential to registering for the right 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 descriptions. 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

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

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

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.

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.		
reschool/Kinder		
CK 0100-01 Circus Kinders ages 5-6 (Wed 5:00 PM) (FF) CK 0100-02 Circus Kinders ages 5-6 (Fri 3:00 PM) (FF) CK 0100-03 Circus Kinders ages 5-6 (Sat 9:00 AM) (FF) CK 0100-04 Circus Kinders ages 5-6 (Sat 11:00 AM) (FF)	Meets minimum age by Sept 1, 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.		
reschool/Kinder		
PRE 0100-01 Preschool ages 2-3 (Tues 10:00 AM) (FF)	Meets minimum age by Sept 1 and space availability	Spring Show 2025
PRE 0200-01 Preschool ages 3-4 (Tues 11:00 AM) (FF) PRE 0200-02 Preschool ages 3-4 (Sat 9:00 AM) (FF)	Meets minimum age by Sept 1 and space availability	Spring Show 2025
PRE 0300-01 Preschool ages 3-5 (Wed 10:00 AM) (FF) PRE 0300-02 Preschool ages 4-5 (Sat 10:00 AM) (FF) PRE 0300-03 Preschool ages 4-5 (Sat 11:00 AM) (FF)	Meets minimum age by Sept 1 and space availability	Spring Show 2025



EXPERIENCE & SPECIALTY

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 (Wed 4:00 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
AEEX 0005-01 Aerial Experience ages 10+ (Mon 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 (Thur 5:00 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
CE 0000-02 Circus Experience ages 6-9 (Sat 10:00 AM)		
Class Information	Prerequisites	Performing Status
Wings (WNGS) The WINGS Program is an extracurricular outreach program for students with developmental disabilities. Circus Juventas continues this very successful program where students participate in acrobatics, static trapeze, juggling, bungee trapeze, and low wire, along with strength and conditioning.		
Specialty Programs		
WNGS 0000-01 Wings ages 10+ (Tues 2:00-3:30 PM) (FF)	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 (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
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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
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Youth Intermediate		
TRP 0050-01 Trampoline ages 8+ (Mon 7:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
TRP 0050-02 Trampoline ages 8+ (Fri 4:00 PM)		
TRP 0050-03 Trampoline ages 8+ (Sat 11:00 AM)		
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)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
TRP 0400-02 Trampoline ages 11+ (Tues 5:00 PM)		
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)	Meets minimum age by Sept 1 and space availability	Spring Show 2025
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)		
Youth Intermediate		
VM 0200-01 Vault Mini ages 8+ (Mon 5:00 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 0200-02 Vault Mini ages 8+ (Tues 8:15 PM)		
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

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 0000-01 4-Girl Spinning Cube ages 13+ (Wed 6:30-7:00 PM)	By invitation only. All splits, high level of flexibility, 3 consecutive pull ups, and space availability.	Non-Performing
CUBE 0100-01 4-Girl Spinning Cube ages 13+ (Fri 5:00-5:30 PM)	By invitation only. All splits, high level of flexibility, 3 consecutive pull ups, coach recommendation, and space availability.	Spring Show 2025
CUBE 0100-02 4-Girl Spinning Cube ages 13+ (Thur 5:00-5:30 PM)		
CUBE 0200-01 4-Girl Spinning Cube ages 13+ (Thur 4:30-5:00 PM)	All skills from previous level, coach recommendation, and space availability	Spring Show 2025
Youth Advanced		
CUBE 1000-01 4-Girl Spinning Cube ages 13+ (Tues 6:15-7:00 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2025
CUBE 1000-02 4-Girl Spinning Cube ages 13+ (Tues 7:00-7:45 PM)		
Aerial Pole (AP) Aerial Pole (AP) Execute graceful, acrobatic poses on a suspended pole.		
Youth Advanced		
AP 1000-01 Aerial Pole ages 13+ (Fri 4:00 PM)	Invitation only	Summer Show 2025
Bungee Trapeze (BT) Trapeze work and bungee maneuvers create a thrilling spectacle from the heights of the big top. Must be taking at least three other aerial or acrobatic classes.		
Youth Intermediate		
BT 0000-01 Bungee Trapeze ages 12+ (Tues 4:00 PM) (FF)	At least 90 pounds in weight (max weight 155). Can execute 3 consecutive pull ups; has performed in Spanish Web, Triple Trapeze, Hoops, or Silks within the last two years; coach recommendation; and space availability	Non-Performing
BT 0100-01 Bungee Trapeze ages 13+ (Mon 4:00 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 0100-02 Bungee Trapeze ages 13+ (Mon 5:00 PM) (FF)		
BT 0300-01 Bungee Trapeze ages 13+ (Fri 4:00 PM) (FF)	Successful execution of skills from previous level, 5 consecutive pull-overs with legs together, coach recommendation, and space availability	Spring Show 2025
BT 0400-01 Bungee Trapeze ages 13+ (Mon 7:15 PM) (FF)	Successful execution of skills from previous level, 5 consecutive pull-overs with legs together, coach recommendation, and space availability	Spring Show 2025
Youth Advanced		
BT 1000-01 Bungee Trapeze ages 13+ (Mon 8:15 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2025

Cloud Swing (CS) Breathtaking aerial work on a rope-like swing which has loops to secure hand and foot dives. This act combines both static and swinging trapeze skills and employs loops and keepers (much like on a Spanish web) to execute tricks.		
Youth Intermediate		
CS 0100-01 Cloud Swing ages 13+ (Thur 6:00-6:30 PM)	Participation in Cloud Swing 0000, good dislocate and inlocate, coach recommendation, and space availability	Spring Show 2025
CS 0200-01 Cloud Swing ages 13+ (Thur 5:30-6:00 PM)	Has performed in Cloud Swing 0100, coach recommendation; and space availability	Spring Show 2025
Youth Advanced		
CS 1000-01 Cloud Swing ages 13+ (Mon 3:15-4:00 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	Spring show 2025 and Summer 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+ (Fri 6:15 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 2025
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+ (Mon 5:45-6:15 PM, Sat 1:15-2:00 PM) (FF)	By invitation only.	Summer Show 2025
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 0200-01 Double Trapeze ages 11+ (Tues 8:15-8:45 PM)	Invitation Only. Has accomplished all skills in Double Trapeze 0100, coach recommendation, and space availability.	Spring Show 2025
DT 0200-02 Double Trapeze ages 11+ (Fri 7:45-8:15 PM)		
DT 0300-01 Double Trapeze ages 11+ (Fri 8:15-8:45 PM)	Has accomplished all skills in Double Trapeze 0200, 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+ (Mon 8:15-8:45 PM)	By invitation only; must have previous experience in straps	Spring Show 2025
SPDU 0100-02 Duo Straps ages 13+ (Sat 12:30-1:00 PM)		
SPDU 0200-01 Duo Straps ages 13+ (Thur 5:30-6:00 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+ (Wed 8:15-8:45 PM)	By invitation only, experience in Double and/or Duo Trapeze and space availability	Spring Show 2025
DUTP 0200-01 Duo Trapeze ages 13+ (Wed 4:30-5:00 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+ (Mon 5:00-5:45 PM, Sat 10:00-10:45 AM) (FF)	By invitation only; successful execution of skills from previous level and space availability. Please register for the recommended section.	Summer Show 2025
DUTP 1000-02 Duo Trapeze ages 13+ (Tues 6:15-7:00 PM, Sat 12:30-1:15 PM) (FF)		
DUTP 1000-03 Duo Trapeze ages 13+ (Tues 5:00-5:45 PM, Wed 3:45-4:30 PM) (FF)		
Flying Trapeze (FT) Revered as one of the most difficult circus arts, Flying Trapeze is reserved for students with a demonstrated passion for precise aerial work. Must be involved in at least 3 other intermediate-level classes.		
Youth Advanced		
FT 0100-01 Flying Trapeze ages 12+ (Fri 7:15 PM) (FF)	By invitation only. Height minimum 52" tall, taking at least 3 other intermediate-level 0200 or higher aerial or acrobatic classes at Circus Juventas.	Spring Show 2025
FT 1000-01 Flying Trapeze ages 12+ (Wed 8:15 PM, Fri 8:15 PM) (FF)	By coach recommendation only. Height minimum 52" tall, taking at least 3 other intermediate-level 0200 or higher aerial or acrobatic classes at Circus Juventas.	Summer Show 2025
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+ (Wed 7:15 PM) (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 AM) (FF)	By coach recommendation only. Height minimum 52" tall, taking at least 3 other intermediate-level 0200 or higher aerial or acrobatic classes at Circus Juventas.	Non-Performing
FTRE 0000-02 Flying Trapeze Recreational ages 12+ (Sat 10:00 AM) (FF)		
Hammock (HM) This silk-like fabric draped from its ends creates a loop in which students wrap themselves and create graceful displays of aerial artistry. This partner act requires a great deal of flexibility and previous dance training.		
Youth Intermediate		
HM 0000-01 Hammock ages 13+ (Wed 4:45-5:15 PM)	By coach recommendation only. Has performed in Spanish Web, Triple Trapeze, Hoops, or Silks, 3 consecutive pull ups; all splits; back bend; dance experience; and space availability.	Non-Performing
HM 0100-01 Hammock ages 13+ (Wed 4:15-4:45 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 0100-02 Hammock ages 13+ (Thur 4:00-4:30 PM)		
HM 0100-03 Hammock ages 13+ (Wed 5:15-5:45 PM)		
Youth Advanced		
HM 1000-01 Hammock ages 13+ (Wed 5:45-6:30 PM)	By invitation only; successful execution of skill from previous level and space availability	Winter Show 2024 and Summer Show 2025
HM 1000-02 Hammock ages 13+ (Mon 6:15-7:00 PM)		

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 0100-01 Hanging Perch ages 10+ (Tues 7:45-8:15 PM)	By invitation only; previously performed in Triple Trapeze and/or Spanish Web, and space availability	Spring Show 2025
HNGP 0300-01 Hanging Perch ages 10+ (Fri 5:45-6:15 PM)	Previously performed in Hanging Perch 0200 and coach recommendation	Spring Show 2025
HNGP 0500-01 Hanging Perch ages 13+ (Tues 7:00-7:45 PM)	By invitation only.	Spring Show 2025 and TBD Summer Show 2025
Youth Advanced		
HNGP 1000-01 Hanging Perch ages 13+ (Fri 5:00-5:45 PM)	By invitation only	Winter Show 2024 and Summer Show 2025
HNGP 1000-02 Hanging Perch ages 13+ (Tues 6:15-7:00 PM)		
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+ (Wed 4:00 PM) HP 0000-02 Hoops ages 12+ (Thur 5:00 PM)	Previously performed in Multiple Trapeze 0200, the ability to execute a split on one leg, coach recommendation and space availability	Non-Performing
Youth Intermediate		
HP 0050-01 Hoops ages 11+ (Tues 7:15 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+ (Sat 1:15 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 6:15 PM)	Successful execution of skills from previous level, 5 consecutive pull overs and 3 consecutive pull ups, coach recommendation, and space availability	Spring Show 2025
HP 0300-01 Hoops ages 12+ (Wed 5:00 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 2025

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+ (Thur 8:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
Intro to Solo Trapeze (INST) For students with little or no aerial experience, this class teaches the basics of trapeze, a foundational act in the aerial arts.		
Youth Beginner/New Student		
INST 0000-01 Intro to Solo Trapeze ages 11+ (Thur 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+ (Tues 8:15 PM)	Previously performed in Multiple Trap 0200, splits on one side, ability to do sitting cradle and/or has taken at least one session of LT 0000	Spring Show 2025
LT 0300-01 Ladder Trapeze ages 11+ (Fri 6:15 PM)	Successful execution of skills from previous level, one front hip circle, jet rolls with straight legs, coach recommendation, and space availability	Spring Show 2025
Youth Advanced		
LT 0800-01 Ladder Trapeze ages 13+ (Fri 8:15 PM)	By invitation only; coach recommendation and space availability	Winter Show 2024 and 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 (Tues 4:00 PM) LCF 0000-02 Low Casting Fun ages 9-12 (Wed 7:15 PM) LCF 0000-03 Low Casting Fun ages 9-12 (Thur 6:15 PM) LCF 0000-04 Low Casting Fun ages 9-12 (Thur 7:15 PM)	Meets minimum age by Sept 1, at least 1 year of Acrobatics and/or coach approval, height max 5'3" tall, weight max 125 pounds, and space availability. CJ reserves the right to withdraw students if flier/catcher size/weight ratio is a concern.	Non-Performing



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+ (Thur 6:15-6:45 PM) MS 0100-02 Mexican Cloud Swing ages 13+ (Fri 5:45-6:15 PM)	Invitation only; has a minimum of two years performing in an aerial act, 5 consecutive pull-ups, 5 straight leg lifts, coach recommendation, and space availability.	Spring Show 2025
Youth Advanced		
MS 1000-01 Mexican Cloud Swing ages 13+ (Fri 5:00-5:45 PM) MS 1000-02 Mexican Cloud Swing ages 13+ (Wed 5:15-6:00 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2025
Mini Hammock (MNHM) Aerial work on a stationary hammock made of looped silk.		
Youth Beginner/Intermediate		
MNHM 0000-01 Mini Hammock ages 9+ (Wed 5:00 PM) MNHM 0000-02 Mini Hammock ages 9+ (Thur 5:00 PM)	Meets minimum age by Sept 1, has accomplished all skills in Multiple Trapeze 0100 or had 2 years of Side by Side and/or Star, coach recommendation, and space availability	Non-Performing
Youth Intermediate		
MNHM 0100-01 Mini Hammock ages 10+ (Wed 7:15 PM) MNHM 0100-02 Mini Hammock ages 10+ (Fri 4:00 PM)	Meets minimum age by Sept 1, successful execution of skills from previous level, can execute a pull over on the hammock, coach recommendation, and space availability	Spring Show 2025
MNHM 0150-01 Mini Hammock ages 10+ (Mon 8:15 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+ (Tues 5:00 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+ (Mon 5:00 PM)	Meets minimum age by Sept 1, successful execution of skills from previous level; must be able to execute one over split, short bridge with straight arms, 5 straddle backs from standing on hammock, 5 pull overs, coach recommendation, and space availability	Spring Show 2025
MNHM 0400-01 Mini Hammock ages 10+ (Tues 4:00 PM)	Meets minimum age by Sept 1, successful execution of skills from previous level; must be able to execute one over split, short bridge with straight arms, 5 straddle backs from standing on hammock, 5 pull overs, coach recommendation, and space availability	Spring Show 2025

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 5:00 PM) MT 0100-02 Multiple Trapeze ages 9+ (Mon 6:15 PM) MT 0100-03 Multiple Trapeze ages 9+ (Fri 7:15 PM) MT 0100-04 Multiple Trapeze ages 9+ (Tues 4:00 PM) MT 0100-05 Multiple Trapeze ages 9+ (Tues 7:15 PM) MT 0100-06 Multiple Trapeze ages 9+ (Thur 6:15 PM)	Meets minimum age by Sept 1 (age 8 ok if two years Side by Side or Star) and space availability	Spring Show 2025
Youth Intermediate		
MT 0200-01 Multiple Trapeze ages 9+ (Mon 7:15 PM) MT 0200-02 Multiple Trapeze ages 9+ (Tues 5:00 PM) MT 0200-03 Multiple Trapeze ages 9+ (Wed 6:15 PM) MT 0200-04 Multiple Trapeze ages 9+ (Thur 7:15 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 0000-01 Pas de Deux ages 13+ (Tues 4:00-4:30 PM)	Experience in Spanish Web or Silks, performance history in an intermediate-level aerial act, and space availability	Non-Performing
PDD 0100-01 Pas de Deux ages 13+ (Fri 3:30-4:00 PM)	By invitation only; experience in Spanish Web or Silks, performance history in an advanced-level aerial act, and space availability	Spring Show 2025
PDD 1000-01 Pas de Deux ages 13+ (Sat 11:00-12:30 PM) (FF)	By invitation only; experience in Spanish Web or Silks, performance history in an advanced-level aerial act, and space availability	Winter Show 2024 and Summer 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+ (Tues 8:15 PM, Thur 8:15 PM) (FF)	The boat is returning! By invitation only and space availability; high level of circus acrobatics or gymnastics preferred	Summer Show 2025
Shoot-Thru Ladder (SL) Balance on a revolving metal ladder pivoting on an axle with a partner who performs on a trapeze.		
Youth Intermediate		
SL 0100-01 Shoot-Thru Ladder ages 11+ (Fri 4:00 PM) (FF)	AT least three sessions of Mini Hammock 300 or 400 AND Silks 0000, and/or coach recommendation; splits, back bend, and 5 pull-ups.	Spring Show 2025

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 (Mon 6:15 PM) SS 0100-03 Side by Side ages 6-9 (Tues 6:15 PM) SS 0100-04 Side by Side ages 6-9 (Sat 9:00 AM) SS 0100-05 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 (Thur 6:15 PM) SS 0200-02 Side by Side ages 7-9 (Fri 6:15 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+ (Mon 5:00 PM) SKS 0000-02 Silks ages 12+ (Tues 7:15 PM)	Has taken one year Spanish Web or Team Aerial and ability to execute a straddle back in the air. Movement up through levels is congruent with coach recommendation and space availability.	Non-Performing
SKS 0050-01 Silks ages 12+ (Wed 8:15 PM)	Successful execution of skills from previous level, 3 consecutive straddle backs off the ground, coach recommendation, and space availability	Non-Performing
SKS 0100-01 Silks ages 12+ (Thur 7:15 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 7:15 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+ (Tues 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+ (Mon 4:00 PM, Wed 4:00 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2025
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+ (Tues 5:00 PM)	Experience in Mini-Hammock 400 and Silks, and coach recommendation; splits, back bend, and 5 pull-ups.	Non-Performing
SLNG 0100-01 Sling ages 12+ (Wed 7:15 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
Youth Advanced		
SLNG 0800-01 Sling ages 13+ (Thur 8:15 PM)	Experience in Sling 0300 and coach recommendation; splits, back bend, and 5 pull-ups. By invitation only.	Winter Show 2024 and 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+ (Mon 7:15 PM) SW 0000-02 Spanish Web ages 12+ (Wed 6:15 PM) SW 0000-03 Spanish Web ages 12+ (Fri 7:15 PM) SW 0000-04 Spanish Web ages 12+ (Sat 10:00 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+ (Thur 8:15 PM) SW 0050-02 Spanish Web ages 12+ (Fri 4:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-Performing
SW 0100-01 Spanish Web ages 12+ (Sat 12:15 PM)	Successful execution of skills from previous level, 3 consecutive straddle backs in the air, coach recommendation, and space availability	Spring Show 2025
SW 0150-01 Spanish Web ages 12+ (Fri 5:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2025
SW 0200-01 Spanish Web ages 12+ (Mon 8:15 PM)	Successful execution of skills from previous level, 5 consecutive straddle backs in the air with straight legs, coach recommendation, and space availability	Spring Show 2025
SW 0300-01 Spanish Web ages 13+ (Tues 6:15 PM)	Successful execution of skills from previous level, 3 consecutive straight leg straddle climbs with good form, coach recommendation, and space availability	Spring Show 2025
Youth Advanced		
SW 1000-01 Spanish Web ages 13+ (Tues 4:00 PM, Thur 4:00 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Winter Show 2024 and Summer Show 2025
Star (SR) Continue learning basic trapeze skills introduced in Side by Side while working higher up in the air on the Star apparatus.		
Youth Beginner/Intermediate		
SR 0100-01 Star ages 7-9 (Sat 9:00 AM)	Meets minimum age by Sept 1, and 1 year Side by Side and space availability	Spring Show 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 4:00 PM)	Currently or has been enrolled in Triple Trapeze 0100 or higher, coach recommendation, and space availability	Non-Performing
STAT 0050-01 Static Trapeze ages 13+ (Fri 5:00 PM)	Has completed all skills from previous level, coach recommendation, space availability	Non-Performing
STAT 0100-01 Static Trapeze ages 13+ (Sat 11:00 AM)	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+ (Wed 8:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2025
STAT 0300-01 Static Trapeze ages 13+ (Mon 6:15 PM)	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, Thur 6:15 PM) (FF)	Static 1000 will be performing on Aerial Chairs for Summer 2025! By invitation only; successful execution of skills from previous level and space availability	Summer Show 2025



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+ (Sat 10:00 AM)	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+ (Tues 6:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2025
SP 0200-01 Straps ages 13+ (Wed 6:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2025
Youth Advanced		
SP 1000-01 Straps ages 13+ (Thur 7:15 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2025

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

Youth Advanced		
ST 0100-01 Swinging Trapeze ages 13+ (Tues 7:30-8:00 PM)	By invitation only; advanced-level acrobatics and/or aerial skills and space availability	Spring Show 2025
ST 0100-02 Swinging Trapeze ages 13+ (Wed 6:15-6:45 PM)		
ST 0500-01 Swinging Trapeze ages 13+ (Wed 6:45-7:15 PM)	Invitation only	Spring Show 2025
ST 1000-01 Swinging Trapeze ages 13+ (Thur 3:15-4:00 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2025
ST 1000-02 Swinging Trapeze ages 13+ (Mon 6:30-7:15 PM)		

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+ (Tues 5:00-5:45 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 0100-02 Triangle Trapeze ages 13+ (Mon 5:00-5:45 PM)		
TRI 0100-03 Triangle Trapeze ages 13+ (Thur 7:15-8:00 PM)		
TRI 1000-01 Triangle Trapeze ages 13+ (Wed 3:30-4:15 PM)	By invitation only; successful execution of skills from previous level, coach recommendation, and space availability	Winter Show 2024 and Summer Show 2025
TRI 1000-02 Triangle Trapeze ages 13+ (Fri 5:30-6:15 PM)		

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+ (Tues 6:15 PM)	Meets minimum age by Sept 1; has had at least three consecutive sessions of and performed in Multiple Trapeze 0200, coach recommendation, and space availability	Non-Performing
TT 0000-02 Triple Trapeze ages 10+ (Thur 4:00 PM)		
TT 0100-01 Triple Trapeze ages 11+ (Fri 6:15 PM)	At least 3 consecutive sessions of and successful execution of skills from the 0000 level and coach recommendation when appropriate spot is available	Spring Show 2025
TT 0200-01 Triple Trapeze ages 11+ (Wed 5:00 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 4:00 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+ (Mon 4:00 PM)	Successful execution of skills from the 0300 level, can execute at least one pull up starting from a straight hang, and coach recommendation when appropriate spot is available	Spring Show 2025
TT 0500-01 Triple Trapeze ages 12+ (Thur 5:00 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
Youth Advanced		
TT 1000-01 Triple Trapeze ages 13+ (Wed 7:15 PM)	By invitation only when appropriate spot is available; successful execution of skills from previous level	Winter Show 2024 and Summer Show 2025



BALANCE

Class Information	Prerequisites	Performing Status
3 Person Hand Balance (3PHB) A traditional 3 person hand balancing act.		
Youth Intermediate		
3PHB 1000-01 3 Person Hand Balance ages 9+ (Tues 4:00 PM, Thur 5:00 PM) (FF)	By invitation only.	Summer Show 2025
Bicycle (BY) How many can you get on a bike? Four, five, six...ten! Talk about teamwork!		
Youth Beginner/New Student		
BY 0100-01 Bicycle ages 10+ (Tues 6:15 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2025
Youth Intermediate		
BY 0500-01 Bicycle ages 10+ (Thur 4:00 PM)	Previously performed in bike 0100/0800 and/or coach invitation.	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+ (Fri 8:15 PM)	By invitation only; coach recommendation and space availability	Spring Show 2025
Chair Stacking (CHST) For those who can hold a handstand. More advanced techniques such as balancing on blocks and one- and two-hand tricks will also be taught.		
Youth Intermediate		
CHST 0100-01 Chair Stacking ages 13+ (Fri 5:30-6:15 PM)	By invitation only; coach recommendation and space availability	Spring Show 2025
Youth Advanced		
CHST 1000-01 Chair Stacking ages 13+ (Tues 5:00 PM)	By invitation only; coach recommendation and space availability	Summer Show 2025



Contortion (CO) The art of contortion demonstrates flexibility, style, and balance.		
Youth Beginner/New Student		
CO 0100-01 Contortion ages 6-9 (Wed 6:15 PM)	Splits on one side and bridge with straight arms; Meets minimum age by Sept 1, and space availability	Spring Show 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+ (Thur 6:15 PM)	Successful completion of skills in CO 0100, coach recommendation.	Spring Show 2025
Youth Intermediate		
CO 0250-01 Contortion ages 10+ (Mon 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+ (Tues 8:15 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+ (Tues 4:00 PM)	By invitation only; all three over splits, box with high chest, box with straight legs, contortion handstand, all skills from contortion 0400 with good form, coach recommendation and space availability	Summer Show 2025
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 4:00 PM)	Between 5'1" and 6' tall. Meets minimum age by Sept 1, and space availability.	Non-Performing
CYR 0100-01 Cyr Wheel ages 13+ (Tues 4:00-6:00 PM)	By invitation only; coach recommendation and space availability	Spring Show 2025
CYR 1000-01 Cyr Wheel ages 13+ (Mon 4:00 PM) (FF)	By invitation only; coach recommendation and space availability	Summer 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 Intermediate		
UNDU 0500-01 Duo Unicycle ages 13+ (Wed 8:15 PM)	By invitation only.	Spring Show 2025
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+ (Fri 7:15 PM) (FF)	Invitation only; must be high-level handstands and contortion.	Summer Show 2025

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 (Thur 6:15 PM)	At least 4' 2" tall, able to execute a cartwheel on the floor and touch toes in pike, Meets minimum age by Sept 1, and space availability	Non-Performing
GW 0000-02 German Wheel ages 8-11 (Sat 1:15 PM)		
GW 0005-01 German Wheel ages 10+ (Mon 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 0005-02 German Wheel ages 10+ (Tues 4:00 PM)		
Youth Beginner/Intermediate		
GW 0100-01 German Wheel ages 10+ (Tues 5:00 PM)	Able to execute a half-tuck roll, cartwheel, and carousel;	Spring Show 2025
Youth Intermediate		
GW 0200-01 German Wheel ages 10+ (Thur 7:15 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 2025
GW 0300-01 German Wheel ages 10+ (Mon 8:15 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+ (Thur 8:15 PM)	Able to execute skills from previous levels; coach recommendation, and space availability	Spring Show 2025
GW 1000-01 German Wheel ages 10+ (Thur 6:15 PM)	Coach recommendation and space availability.	Summer 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 (Fri 6:15 PM)	Must be able to execute the following tricks: need to be able to get on and off globe by themselves, can walk on the globe, and spin rings; coach recommendation and space availability	Spring Show 2025
GL 0200-01 Globes ages 6-12 (Mon 6:15 PM)	Must be able to walk forwards, backwards, and sideways; walk up and down the wedge forwards; two person on one globe on the soft mat; coach recommendation and space availability	Spring Show 2025
GL 0300-01 Globes ages 6-12 (Mon 4:00 PM)	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+ (Mon 7:15 PM, Fri 8:15 PM) (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+ (Wed 7:15 PM, Fri 4:00 PM) (FF)	By invitation only; has trained in Hand to Hand 100 and space availability	Spring Show 2025
HTH 1000-01 Hand to Hand ages 13+ (Mon 5:00 PM, Wed 5:00 PM) (FF)	By invitation only;	Winter Show 2024 and Summer 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 (Thur 7:15 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+ (Wed 4:00 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 0005-02 Handstands ages 12+ (Fri 5:00 PM)		
HS 0100-01 Handstands ages 13+ (Tues 7:15 PM)	Hollow body hold on floor for 1 min, 1 min handstand against the wall, 10 sec handstand without walking hands (any body shape), coach recommendation, and space availability	Spring Show 2025
HS 0500-01 Handstands ages 12+ (Fri 6:15 PM)	By coach invitation only.	Spring Show 2025
HS 0800-01 Handstands ages 12+ (Fri 7:15 PM)	By coach invitation only.	Winter Show 2024
Youth Advanced		
HS 1000-01 Handstands ages 13+ (Mon 5:00 PM, Wed 7:15 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2025
HS 1000-02 Handstands ages 13+ (Mon 5:00 PM, Thur 8:15 PM)		
High Wire (WH) High altitude fearlessness on a 5/8-inch-thick cable.		
Youth Intermediate		
WH 0100-01 High Wire ages 13+ (Mon 6:15 PM)	Must have mastered at least two of the following tricks: split, headstand, chair, bike, free hand and/or lay down; coach recommendation and space availability	Spring Show 2025
Hula Hoop (HUHP) Get your hips moving in this class designed to take a playground staple to new heights. This class teaches hula hoop basics technique and expands into multiple hoops and a variety of tricks.		
Youth Intermediate		
HUHP 0100-01 Hula Hoop ages 13+ (Fri 7:15 PM)	Meets minimum age by Sept 1 and space availability.	Spring Show 2025
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 8:15 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2025
WL 0100-02 Low Wire ages 10+ (Wed 8:15 PM)		
Youth Intermediate		
WL 0200-01 Low Wire ages 10+ (Mon 7:15 PM)	Able to execute the following tricks: basic walk and kneel down with fan or pole, foot to knee without fan or pole; coach recommendation and space availability	Spring Show 2025

Rola Bola (ROLA) Balance atop a rolling cylinder while performing partner or solo tricks.		
Youth Intermediate		
ROLA 0100-01 Rola Bola ages 12+ (Mon 7:15 PM)	By invitation only; experience with balance acts strongly suggested, and space availability	Spring Show 2025
ROLA 1000-01 Rola Bola ages 12+ (Mon 4:00 PM, Thur 4:00 PM) (FF)	By invitation only; experience with balance acts strongly suggested and space availability	Summer Show 2025
Unicycle (UN) Half the wheels, but twice the fun! Develop balance and enhance fitness.		
Youth Beginner/New Student		
UN 0000-01 Unicycle ages 6+ (Mon 6:15 PM) UN 0000-02 Unicycle ages 6+ (Wed 5:00 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
Youth Beginner/Intermediate		
UN 0100-01 Unicycle ages 7+ (Mon 7:15 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+ (Wed 6:15 PM)	Must be able to execute the following tricks: two different styles of mounting, riding in a figure 8 with diameters less than 3 meters, and 15 cm vertical drop in addition to skills taught at previous level; coach recommendation and space availability	Spring Show 2025
UN 0300-01 Unicycle ages 7+ (Wed 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 0500-01 Unicycle ages 7+ (Mon 5:00 PM)	Must be able to execute all tricks from level 300; coach recommendation and space availability	Spring Show 2025

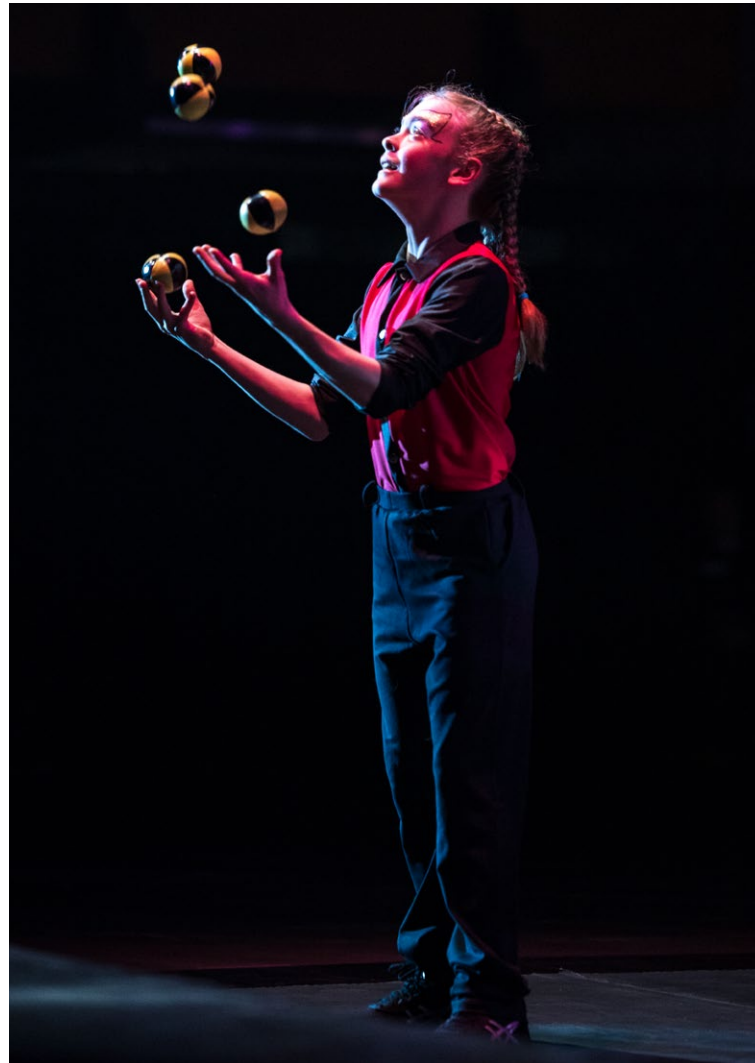
CONDITIONING

Class Information	Prerequisites	Performing Status
Aerial Conditioning (AEC) This class is for aerial students looking to supplement their training, allowing students time and space each week to work exclusively on technique and strength, two key components of aerial training.		
Youth Intermediate		
AEC 0000-01 Aerial Conditioning ages 11+ (Fri 5:00 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+ (Mon 5:00 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 6:15 PM)	Students must display discipline and a strong desire to perform in high level acrobatics acts; space availability	Non-Performing
Stretching and Strengthening (STST) Flexibility and strength are the base for every circus discipline. This class focuses on stretches for handstands and aerial work, as well as strengthening for aerial, acrobatic, and balance disciplines		
Youth Beginner/New Student		
STST 0000-01 Stretching and Strengthening ages 10+ (Mon 4:00 PM) STST 0000-02 Stretching and Strengthening ages 10+ (Tues 4:00 PM) STST 0000-03 Stretching and Strengthening ages 10+ (Wed 8:15 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+ (Tues 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+ (Tues 8:15 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2025
Youth Advanced		
JU 1000-01 Juggling ages 12+ (Mon 8:15 PM)	By invitation only; must be able to juggle five objects, execute tricks from 0300 level as well as basic passing, coach recommendation, and space availability	Winter Show 2024 and Summer Show 2025
Manipulation Cube (MCUB) The cube transformed into a juggling apparatus!		
Youth Advanced		
MCUB 1000-01 Manipulation Cube ages 13+ (Thur 4:00 PM)	By invitation only; coach recommendation and space availability	Summer Show 2025



THEATER AND DANCE

Class Information	Prerequisites	Performing Status
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 (Wed 4:00 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+ (Tues 4:00 PM)	DA 0800 is an invitation only Holiday Show Performing class.	Winter Show 2024
DA 1000-01 Dance ages 13+ (Mon 6:15 PM) (FF) DA 1000-02 Dance ages 13+ (Thur 5:00 PM) (FF) DA 1000-03 Dance ages 13+ (Wed 5:00 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2025
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)	Introductory class for older students wanting to gain knowledge in classical dance training through fun and creative exercises. This class is meant for beginners with no prior dance experience, and will also introduce vocabulary to prepare our performers for future dance classes. (Participation in ballet is mandatory for performing jazz classes.) Meets minimum age by Sept 1 and space availability.	Spring Show 2025
Youth Intermediate		
DABA 0205-01 Dance Ballet ages 13+ (Wed 6:15 PM)	This class will continue to build on vocabulary taught in previous levels. Instructors will focus more on proper alignment and placement. Must have taken Dance 0200 or Dance previously or received an evaluation for this level, meets minimum age by Sept 1, and space availability.	Spring Show 2025
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.		
Youth Intermediate		
DACO 0205-01 Dance Contemporary ages 13+ (Thur 8:15 PM) (FF)	Required participation in a ballet or jazz class. Open to all 205/305 level dancers, meets minimum age by Sept 1, and space availability.	Spring Show 2025
DACO 0305-01 Dance Contemporary ages 12+ (Wed 8:15 PM) (FF)	Required participation in a ballet or jazz class. Open to all 305 level dancers, meets minimum age by Sept 1, and space availability.	Spring Show 2025

<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>		
Youth Intermediate		
DAHH 0205-01 Dance Hip Hop ages 13+ (Fri 4:00 PM) (FF)	Meets minimum age by Sept 1 and space availability. Acro students and male-identifying students encouraged to sign-up	Spring Show 2025
<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>		
Youth Beginner/New Student		
DAJZ 0105-01 Dance Jazz ages 13+ (Mon 4:00 PM) (FF)	Dancers learn how to incorporate isolated movement with technique, focusing on alignment, balance, articulation of spine, and use of breath. Flexibility, strength, coordination, agility, and endurance are further emphasized, as well as preparing students for a performance ready routine. Students need to meet minimum age by Sept 1 and space availability.	Spring Show 2025
Youth Intermediate		
DAJZ 0205-01 Dance Jazz ages 13+ (Thur 4:00 PM) (FF)	These dancers will have a longer warm up emphasizing on flexibility and strength. Dancers learn how to incorporate isolated movement with technique, focusing on alignment, balance, and articulation of the spine. Basic concepts of kinesthetic awareness, concentration/focus, use of time, space, and energy are taught along with storytelling/communication through movement. Students must have previously performed with Dance 0200 or 0205, space availability.	Spring Show 2025
DAJZ 0305-01 Dance Jazz ages 13+ (Wed 7:15 PM) (FF)	This class builds upon the technique and concepts taught in previous level. Dancers dig deeper to develop storytelling skills through movement. Dancers develop knowledge of the fundamental conditioning: i.e., strength, flexibility, coordination, and agility, as well as preparing students for a performance ready routine. Open to all students previously enrolled in Dance 300 or 1000 or by invitation.	Spring Show 2025
<p>Dance Latin Heat (DALH) Join distinguished instructor Lili Rancone in this new intermediate to advanced latin movement class. Performers will learn salsa, zumba, and self confidence through a cultural lens.</p>		
Youth Advanced		
DALH 0205-01 Dance Latin Heat ages 13-20 (Mon 7:15 PM) (FF)	13+. Previous enrollment in any 0205 genre dance classes, dance 1000, movement for theater, or by recommendation.	Spring Show 2025
<p>Fire Handling (FIRE) New act special to our summer show performers handling fire in the show.</p>		
Youth Advanced		
FIRE 1000-01 Fire Handling ages 13+ (Fri 8:15 PM)	By invitation only. Must have parental and coach approval.	Summer Show 2025

<p>Theater (THA) Explore the fundamentals of theater in a program designed specifically for circus performance.</p>		
Youth Beginner/New Student		
THA 0005-01 Theater ages 11+ (Thur 7:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
Youth Intermediate		
THA 0500-01 Theater ages 13+ (Thur 5:00 PM)	By audition only. Auditions for this academic year have already occurred.	Non-Performing
THA 0600-01 Theater ages 13+ (Thur 6:15 PM)	By audition only. Auditions for this academic year have already occurred. Auditions for the next academic year will be announced at a later date. Students, watch summer announcements for the audition announcement!	Non-Performing
Youth Advanced		
THA 0800-01 Theater ages 13+ (Mon 5:00 PM)	By audition only. Winter Show theater.	Winter Show 2024
THA 1000-01 Theater ages 13+ (Tues 5:00 PM) THA 1000-02 Theater ages 13+ (Tues 6:15 PM) THA 1000-03 Theater ages 13+ (Tues 7:15 PM)	By audition only. Auditions for this academic year have already occurred. Auditions for the next academic year will be announced at a later date. These hours are reserved for training and final casting decisions will be made in November. CJ reserves the right to switch or remove students from theater hours once final casting decisions are made.	Summer Show 2025



