

# CONDITIONING

Class Information	Prerequisites	Performing Status
<b>Aerial Conditioning (AEC)</b> This class is for aerial students looking to supplement their training, allowing students time and space each week to work exclusively on technique and strength, two key components of aerial training.		
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
<b>Base Development (BASE)</b> Geared towards performers with the size and strength required to be a base, porter, or catcher in acts such as Teeterboard, Russian Bar, Russian Swing, Hand-to-Hand, and Duo Trapeze. Students will learn to harness size and power to help make the flyers soar!		
Youth Intermediate		
BASE 0500-01 Base Development ages 12+ (Mon 5:00 PM)	By invitation only.	Non-Performing
<b>Preparatory Team (PRTM)</b> This comprehensive circus skills training course includes training in acrobatics and team acts. Prerequisite for Team Acro. Must have previously been enrolled in one of the following Acro 225, Tramp 200, or Vault Mini 200.		
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
<b>Stretching and Strengthening (STST)</b> Flexibility and strength are the base for every circus discipline. This class focuses on stretches for handstands and aerial work, as well as strengthening for aerial, acrobatic, and balance disciplines		
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

