

Acrobatics - Winter/Spring 2024-2025

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 with proper form: front-to-back cartwheel, backward and forward roll, kick to handstand, unsupported bridge, 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, ability to execute front-to-back cartwheel, backward and forward roll, kick to handstand, unsupported bridge with proper form, coach recommendation, and space availability.	Spring Show 2025
AC 0225-01 Acrobatics ages 10+ (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.	Winter Show 2024 and Summer Show 2025
Adagio (AD)		
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		
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!		

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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		
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		
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		
Youth Advanced		
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	Spring Show 2025
Youth Advanced		

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<p>TB 1000-01 Teeterboard ages 13+ (Mon 4:00 PM, Fri 6:15 PM) (FF)</p>	<p>By invitation only; successful execution of skills from previous level and space availability</p>	<p>Winter Show 2024 and Summer Show 2025</p>
<p>Trampoline (TRP) The emphasis in Trampoline is on safety, fitness, and fundamental skills. These classes offer the opportunity to learn or</p>		
<p>Youth Beginner/New Student</p>		
<p>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) TRP 0000-07 Trampoline ages 6-9 (Thur 7:15 PM) TRP 0000-08 Trampoline ages 6-9 (Fri 7:15 PM) TRP 0000-09 Trampoline ages 6-9 (Sat 12:15 PM)</p>	<p>Meets minimum age by Sept 1 and space availability</p>	<p>Non-Performing</p>
<p>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)</p>	<p>Meets minimum age by Sept 1 and space availability</p>	<p>Non-Performing</p>
<p>Youth Intermediate</p>		
<p>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)</p>	<p>Successful execution of skills from previous level, coach recommendation, and space availability</p>	<p>Non-Performing</p>
<p>TRP 0100-01 Trampoline ages 11+ (Tues 7:15 PM)</p>	<p>Successful execution of skills from previous level, coach recommendation, and space availability</p>	<p>Non-Performing</p>
<p>TRP 0400-01 Trampoline ages 11+ (Mon 8:15 PM) TRP 0400-02 Trampoline ages 11+ (Tues 5:00 PM)</p>	<p>Successful execution of skills from previous level, coach recommendation, and space availability</p>	<p>Non-Performing</p>
<p>Vault Mini (VM) This small trampoline leads to big heights! Students learn how to hit the trampoline and jump into acrobatic tricks.</p>		
<p>Youth Beginner/New Student</p>		
<p>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)</p>	<p>Meets minimum age by Sept 1 and space availability</p>	<p>Spring Show 2025</p>
<p>Youth Intermediate</p>		
<p>VM 0200-01 Vault Mini ages 8+ (Mon 5:00 PM) VM 0200-02 Vault Mini ages 8+ (Tues 8:15 PM)</p>	<p>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</p>	<p>Spring Show 2025</p>
<p>VM 0300-01 Vault Mini ages 10+ (Wed 6:15 PM)</p>	<p>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</p>	<p>Spring Show 2025</p>
<p>VM 0400-01 Vault Mini ages 10+ (Mon 8:15 PM)</p>	<p>Successful execution of skills from previous level, coach recommendation, and space availability</p>	<p>Spring Show 2025</p>
<p>Youth Advanced</p>		
<p>VM 0500-01 Vault Mini ages 13+ (Sat 10:00 AM)</p>	<p>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.</p>	<p>TBD Spring Show 2025 and TBD Summer Show 2025</p>
<p>Wall Trampoline (WT) Trampoline taken to new directions - against a wall!</p>		
<p>Youth Advanced</p>		

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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	Winter Show 2024 and 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		
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