

# Balance - Winter/Spring 2024-2025

Class Information	Prerequisites	Performing Status
<b>3 Person Hand Balance (3PHB)</b> A traditional 3 person hand balancing act.		
<b>Youth Intermediate</b>		
3PHB 1000-01 3 Person Hand Balance ages 9+ (Tues 4:00 PM, Thur 5:00 PM) (FF)	By invitation only.	Summer Show 2025
<b>Bicycle (BY)</b> How many can you get on a bike? Four, five, six...ten! Talk about teamwork!		
<b>Youth Beginner/New Student</b>		
BY 0100-01 Bicycle ages 10+ (Tues 6:15 PM)	Meets minimum age by Sept 1 and space availability	Spring Show 2025
<b>Youth Intermediate</b>		
BY 0500-01 Bicycle ages 10+ (Thur 4:00 PM)	Previously performed in bike 0100/0800 and/or coach invitation.	Spring Show 2025
<b>Bite Balance (BITE)</b> Performers will build their endurance until they can hold their body weight aloft using only the strength of their own bite.		
<b>Youth Advanced</b>		
BITE 0100-01 Bite Balance ages 10+ (Fri 8:15 PM)	By invitation only; coach recommendation and space availability	Spring Show 2025
<b>Chair Stacking (CHST)</b> For those who can hold a handstand. More advanced techniques such as balancing on blocks and one- and two-hand		
<b>Youth Intermediate</b>		
CHST 0100-01 Chair Stacking ages 13+ (Fri 5:30-6:15 PM)	By invitation only; coach recommendation and space availability	Spring Show 2025
<b>Youth Advanced</b>		
CHST 1000-01 Chair Stacking ages 13+ (Tues 5:00 PM)	By invitation only; coach recommendation and space availability	Summer Show 2025
<b>Contortion (CO)</b> The art of contortion demonstrates flexibility, style, and balance.		
<b>Youth Beginner/New Student</b>		
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
<b>Youth Beginner/Intermediate</b>		
CO 0150-01 Contortion ages 6+ (Thur 6:15 PM)	Successful completion of skills in CO 0100, coach recommendation.	Spring Show 2025
<b>Youth Intermediate</b>		
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
<b>Youth Advanced</b>		
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	Winter Show 2024 and Summer Show 2025
<b>Cyr Wheel (CYR)</b> A large ring that spins gyroscopically while acrobatic maneuvers are performed in and around it.		
<b>Youth Advanced</b>		

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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 PM) (FF) CYR 0100-02 Cyr Wheel ages 13+ (Tues 5:00 PM) (FF)	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
<b>Duo Unicycle (UNDU) Taking unicycle riding to (literally) new heights, this act places two performers on one apparatus-requiring superb</b>		
<b>Youth Intermediate</b>		
UNDU 0500-01 Duo Unicycle ages 13+ (Wed 8:15 PM)	By invitation only.	Spring Show 2025
<b>Foot Archery (FTAR) It takes a steady hand, or rather foot, and a whole lot of flexibility to master this skill. Taught by Coach Chingee, this class</b>		
<b>Youth Advanced</b>		
FTAR 1000-01 Foot Archery ages 13+ (Fri 7:15 PM) (FF)	Invitation only; must be high-level handstands and contortion.	Summer Show 2025
<b>German Wheel (GW) A rolling 8-foot steel apparatus with hand and foot settings that encourages balance and agility.</b>		
<b>Youth Beginner/New Student</b>		
GW 0000-01 German Wheel ages 8-11 (Thur 6:15 PM) GW 0000-02 German Wheel ages 8-11 (Sat 1:15 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 0005-01 German Wheel ages 10-18 (Mon 4:00 PM) GW 0005-02 German Wheel ages 10-18 (Tues 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
<b>Youth Beginner/Intermediate</b>		
GW 0100-01 German Wheel ages 10-18 (Tues 5:00 PM)	Able to execute a half-tuck roll, cartwheel, and carousel; coach recommendation and space availability	Spring Show 2025
<b>Youth Intermediate</b>		
GW 0200-01 German Wheel ages 10-18 (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 10-18 (Mon 8:15 PM)	Able to execute skills from previous levels; coach recommendation, and space availability	Spring Show 2025
<b>Youth Advanced</b>		
GW 0400-01 German Wheel ages 10-18 (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
<b>Globes (GL) Perch atop over-sized balls to develop balance and foot dexterity; add maneuvering and hula hoops in higher levels.</b>		
<b>Youth Beginner/New Student</b>		
GL 0000-01 Globes ages 6-12 (Sat 12:15 PM) GL 0000-02 Globes ages 6-12 (Wed 7:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
<b>Youth Beginner/Intermediate</b>		
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

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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
<b>Hand to Hand (HTH) A fusion of acrobatics and advanced hand balancing technique.</b>		
<b>Youth Intermediate</b>		
HTH 0100-01 Hand to Hand ages 11-18 (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 11-18 (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
<b>Handstands (HS) Learn the fine art of hand balancing technique and develop handstands skills, strength, and flexibility.</b>		
<b>Youth Intermediate</b>		
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 12-18 (Wed 4:00 PM) HS 0005-02 Handstands ages 12-18 (Fri 5:00 PM)	Currently taking intermediate-level courses, previous acrobatic training is recommended but not required, ability to kick up to a wall handstand independently and hold for 20 seconds, touch toes in sitting straddle and pike positions, and space availability	Non-Performing
HS 0100-01 Handstands ages 13-18 (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
<b>Youth Advanced</b>		
HS 1000-01 Handstands ages 13+ (Mon 5:00 PM, Wed 7:15 PM) (FF) HS 1000-02 Handstands ages 13+ (Mon 5:00 PM, Thur 8:15 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2025
<b>High Wire (WH) High altitude fearlessness on a 5/8-inch-thick cable.</b>		
<b>Youth Intermediate</b>		
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
<b>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</b>		
<b>Youth Beginner/New Student</b>		
HUHP 0100-01 Hula Hoop ages 13+ (Fri 7:15 PM)	Meets minimum age by Sept 1 and space availability.	Spring Show 2025

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<b>Low Wire (WL)</b> A slender strand of steel, a few feet off the ground. A great introduction to wire—the delight without the height!		
<b>Youth Beginner/New Student</b>		
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)		
<b>Youth Intermediate</b>		
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
<b>Rola Bola (ROLA)</b> Balance atop a rolling cylinder while performing partner or solo tricks.		
<b>Youth Intermediate</b>		
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
<b>Unicycle (UN)</b> Half the wheels, but twice the fun! Develop balance and enhance fitness.		
<b>Youth Beginner/New Student</b>		
UN 0000-01 Unicycle ages 6+ (Mon 6:15 PM)	Meets minimum age by Sept 1 and space availability	Non-Performing
UN 0000-02 Unicycle ages 6+ (Wed 5:00 PM)		
<b>Youth Beginner/Intermediate</b>		
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
<b>Youth Intermediate</b>		
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
<b>Youth Advanced</b>		
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