

# Circus Juventas

## Fall Session Guide 2017

A non-profit,  
501(c)3 performing  
arts circus school  
for youth dedicated  
to inspiring artistry  
and self-confidence  
through a  
multi-cultural  
circus arts  
experience



[www.circusjuventas.org](http://www.circusjuventas.org)



# Welcome New and Returning Students!

Welcome to Fall Session!

Fall is such an exciting time at Circus Juventas, as we welcome new students and coaches, begin new classes, and announce our Spring and Summer show themes!

Our registration process carefully considers the placement of each student to find the best class for their own interests, skills, and schedule. This guide will help you focus your choices. Start narrowing down by genre (such as an Experience class, Acrobatics, Aerial, etc). The table of contents to the right is an excellent place to start, or use the index of classes on pages 9-10 to find a specific class.

We highly recommend you take the time to read this entire guide, especially the pages about our new coaches and classes, key dates, progression through our program, and how the guide works (What DO all those codes mean?!) We are also happy to answer questions at 651-699-8229.

**The online registration deadline is  
Wednesday, September 6 at 12:00 PM!**

## Our Administrative Staff

**Miriam Ackerman**  
Executive Administrator  
**Ariel Begley**  
Student Finance Mgr/  
Office Administrator  
**Stacey Boucher**  
Office Assistant  
**Rachel Butler**  
Lead Artistic Dept. Assoc.  
**Marissa Dorschner**  
Program & Curriculum  
Coordinator  
**Nancy Hall**  
Student Data Systems  
Specialist  
**Gemma Kirby**  
Artistic Dept. Assoc.  
**Jen Newburg**  
Office Assistant  
**Taylor Seaberg**  
Administrative Assoc.  
**Linda Snyder**  
Interim School  
Administrator  
**Libby Ulm**  
Administrative Assoc.  
**Heather Zenzen**  
Communications &  
Work-Study Manager

## Our Founders:

**Dan Butler**  
Executive Director  
**Elizabeth Butler**  
Artistic Director

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Have you read the guide? Are you ready to register? Click [here](#) to access the online registration system. We recommend using Firefox or Google Chrome to complete this process. Do NOT use smart phones or iPads, as the system is incompatible. As always, contact us with any questions or concerns BEFORE submitting requests: any changes made after submission will result in a fee.

## Celebrate our 23rd year at the annual fundraising gala!

Join us for our most important fundraising event of the year. Enjoy a fabulous dinner while our talented students entertain tableside with highlights of our 2017 summer production, *Norðrsaga*. Bid on a variety of delightful items in our live and silent auctions. Gala proceeds benefit our scholarship program. We hope to see you there!

**DATE: Friday, November 3, 2017 at 6pm**  
**Tickets are \$150**

You can secure your tickets (and/or auction donations) now through our website: [www.circusjuventas.org/annual-gala](http://www.circusjuventas.org/annual-gala)

If you have questions, contact Miriam Ackerman at 651-699-8229 or [miriam@circusjuventas.org](mailto:miriam@circusjuventas.org).



# Everything New and Cool at Circus Juventas!



**Juliana Neves** has a long-standing relationship with Circus Juventas. She has known our co-founders since 2000 and even performed at the big top's opening! She has also conducted many workshops for Circus Juventas throughout the years. Juliana is a dancer, aerial acrobat, choreographer, and contemporary dance/circus teacher. Her diverse training, which includes gymnastics, ballet, and circus arts, is apparent throughout her significant career. She has directed, coordinated, cast, choreographed, and coached countless circus/dance festivals, events, workshops, and shows, including the opening and closing ceremonies for the FIFA World Cup Brazil. Neves also performed for over three years with Cirque du Soleil's *Dralion* as a principal character and soloist in aerial pas de deux (an act she co-created) and silks. Currently, she runs her own company, Are You in Town? Productions, together with her husband, Felipe Mafasoli, in Brussels, Belgium.



**Gemma Kirby** is an American dancer and circus performer. She began studying aerial and acrobatic arts at Circus Juventas in 2002 and was instilled with an insatiable passion for high-flying stunts! She began her career performing trapeze and hoops as a member of the High Flying Pages. In 2012, her circus dreams led her to the world-famous Big Apple Circus, soaring high above the sawdust ring on the flying trapeze. Most recently, Gemma headlined as the Human Cannonball on the final season of Ringling Bros. and Barnum & Bailey Circus, and she even had the honor of performing the stunt live on The Late Show with David Letterman.



**Bob Davern** grew up in the Mac-Groveland area of St Paul, and he received a degree in Mechanical Engineering from the University of Minnesota and an MBA from St Thomas University. Bob and his wife Colleen just sold their limousine company last year and have been working for and training the new owners. He is looking forward to joining at Circus Juventas in a new position as Goodwill Family Ambassador. Make sure to look for Bob during regular training hours throughout the week engaging with parents and visitors in the parent viewing area.

## Visiting Artist: Bello Nock, Clown Extraordinaire!



Bello Nock is a world famous entertainer and 2013 Guinness Book record holder, who was named "America's Best Clown" by TIME magazine in 2011 and has been awarded both the Silver and Gold Clown Awards at the International Circus Festival of Monte Carlo. An internationally acclaimed, seventh generation circus clown/daredevil/acrobat who has been performing since the age of three, he has toured nationally and internationally with Mexico's Circo Atayde, New York's Big Apple Circus and Ringling Bros. and Barnum & Bailey Circus. In 2009, Bello was the youngest person ever inducted into the Circus Ring of Fame. In 2011 Bello performed at the Great Parade in front of the Chabad world headquarters in Brooklyn, NY performing a stunt by jumping off the roof of a four-story tall building. The 2013 stage production "Bello Mania" made its theatrical debut at the New Victory Theater in NYC and was nominated for a prestigious Drama Desk Award. This fall, Bello will return to CJ for the fifth time!

## New classes and things to note!

**Chair Stacking returns** – Last seen in 2013's summer show *Oz*. How high can you climb on a ladder made of chairs?

**Cyr Wheel** – This act now has a non-performing level.

**Da Vinci Ring** – The Da Vinci Ring allows for variations of aerial disciplines to be presented within this 7 foot high grounded hoop.

**Skating Adagio** – We've added a new level.

**Static Trapeze 1000 performs on aerial chairs this year!**

**Stilt Walking** – This act is now offered as a 0500 class.

**New Trampoline levels** – This act now offers new levels of progression. More details on page 15.

**Wheel of Steel returns** – Last seen in 2012's summer show *Showdown*, this act will spin it's wheels in our arena!



# Circus Juventas presents...

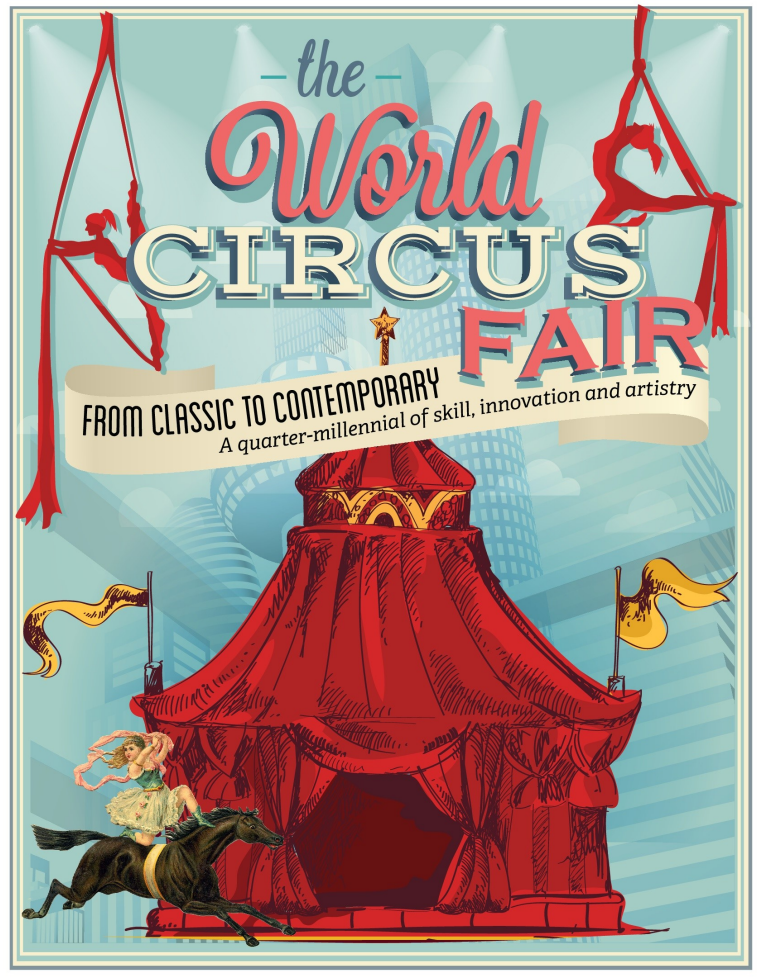


## SPRING 2018 THEME CIRCUS WORLD FAIR

Since its modern origins in 18<sup>th</sup> century London and later in Philadelphia's Rickets Circus in 1793, circus has emerged as a unique and eclectic performance art. Circus continually creates new platforms by blending dance, music, athleticism, daredevilry, staging, choreography, and costuming. It blurs the lines between theater and exhibition, artistry and craftsmanship, and old and new. Though there have been periods of ebb and flow, we are witnessing its popularity once again. Join us in celebrating a quarter-millennia of skill, innovation, and artistry during our 2018 Spring Celebration Performances!

## SUMMER 2018 THEME

Paris, 1890 ~ when a young, idealistic H.G. Wells has a chance encounter with the enigmatic Jules Verne, they embark on a mind-blowing, time-travelling, steam-punking, fan-fiction fantasy that will take you from the earth to the moon and back. This summer, join Circus Juventas for a trippy trip into the brilliant minds of the fathers of sci-fi. Team up with a trio of adventurers, clash with sky pirates, flee from dystopian Morlocks, and join forces with Dr. Moreau and Captain Nemo. Mysterious islands and magnificent creatures, airships and aristocrats, hot air balloons and a mad scientist, plus a few leagues under the sea (20,000 to be exact) are just a few wonders waiting to be imagined. It's a fourth-dimension adventure you won't want to miss, so wind your watches, and we'll see you in the future...or was it the past?"





# Session by Session: Important Dates!

Print this for the fridge and be in the know all year long!

(Dates are subject to change: please pay attention to our weekly family emails for the most up-to-date information).

Fall 2017 (Sept 18-Nov 18)		Winter 2017-2018 (Nov 27-Feb 10)	
September 18	First day of Fall Session classes	November 27	First day of Winter Session classes
October 6	Second installment of Payment Plan DUE (Payment Plan participants ONLY)	November 27- December 2	Costume measurements taken for Spring Show (done in class)
Oct 30-Nov 4	NO CLASSES - Fall Break	December 18	Last day to change Performing Status (Spring Show Performers)
November 3	ANNUAL GALA	Dec 25-Jan 6	NO CLASSES - Winter Break
November 6	Fall Session classes resume	January 8	Winter Session classes resume
November 16	Give to the Max Day (GiveMN.org)	January 27	Summer Show Parent Meeting
November 18	Last day of Fall Session classes	February 10	Last day of Winter Session classes
		February 12-17	Workshop Week
Spring 2018 (Feb 19-April 21)		Summer 2018 (May 14-July 9)	
February 19	First day of Spring Session classes	May 14	First day of Summer Session classes
February 24	Spring Show Parent Meeting	May 28	NO CLASSES (MON ONLY)- Memorial Day
March-April	Saturday extra practices (select acts only)	June 4-8	Sampler Camp Week
April 2-7	NO CLASSES - Spring Break	June 11-15	Weeklong Performance Camp Week
April 9	Spring Session classes resume	June 18-22	Weeklong Performance Camp Week
April 21	World Circus Day	June 25-29	Weeklong Performance Camp Week
April 21	Last day of Spring Session classes	July 2-3, 5-6	Sampler Camp Week
		July 2-7	NO CLASSES- Summer Break
		July 9	Make Up Day for Memorial Day Classes; Last day of Summer Session classes
		July 9-13	Weeklong Performance Camp Week
		July 10-13	First Half/Second Half Rehearsals (Summer Show Performers only!)
		July 14	Building Transition Day (Summer Show performers only)
		July 16-20	First Half/Second Half Rehearsals (Summer Show Performers only!)
		July 23-25	Tech/Dress Rehearsals (Summer Show Performers only!)
		July 26-August 12	Summer Show Performances
Spring Celebration 2018		Payment Plan: Need to Know Info	
Show teams are not assigned until Spring Session: please pencil ALL dates listed below into your family calendar.		<p><i>Circus Juventas offers a payment plan option to those families in need of a flexible payment option. Please see below for details and contact Ariel with questions: ariel@circusjuventas.org.</i></p> <ul style="list-style-type: none"> <li>50% of tuition must be paid at the time of registration</li> <li>50% of tuition to be paid <b>October 6th</b></li> <li>Must provide a credit card to keep on file OR post-dated check</li> <li>DO NOT enter payment information online; your credit card will be charged the full amount if you do!</li> <li>Select the "Bill me later" option in order to bypass mandatory payment and receive the proper paper work for financial aid and/or payment plan applications</li> <li>Registration is only considered after CJ has received payment arrangements</li> </ul> <p><b>Contact us with any questions or concerns: 651-699-8229.</b></p>	
<b>Yellow Show</b>			
Tech/Dress Rehearsal Performances	Monday, April 23, 4:00 pm Wednesday, April 25, 7:00 pm Friday, April 27, 7:00 pm Saturday, April 28, 1:00 pm		
<b>Blue Show</b>			
Tech/Dress Rehearsal Performances	Tuesday, April 24, 4:00 pm Thursday, April 26, 7:00 pm Saturday, April 28, 7:00 pm Sunday, April 29, 1:00 pm		
<b>Purple Show</b>			
Tech/Dress Rehearsal Performances	Tuesday, May 1, 4:00 pm Thursday, May 3, 7:00 pm Friday, May 4, 7:00 pm Saturday, May 5, 1:00 pm		
<p><b>THANK YOU!</b></p> <p>To our <i>Nordrsaga</i> volunteers, parents, coaches, patrons, donors, and performers who supported us tirelessly through a 22-performance run!</p> <p>We are so grateful for all your dedication and help to make this show possible.</p>			



# Progressing Through the Program

It can sometimes be a bit difficult to navigate through a program as complex as ours. We've put together a few scenarios below that we hope will help! But remember: if you would like specific feedback, contact us.

## Scenario 1: Suzy began as a Toddler

Suzy started in our Toddler program at two years old, stayed with the program a full year and performed in the Spring Celebration Performances. She continued until she turned five, at which time she registered for Kinders. **Now she is six: where does she go?**

## Scenario 2: Suzy's Friend, age 6

Suzy's friend did not start off in the Toddler Program. In fact, she and Suzy just met in their first grade class, which is how she found out about CJ. Suzy's friend wants to get involved: more specifically, she wants to be in class with Suzy. **What are her options?**



**Toddler 2-3**

Suzy stayed in this class for a full year before moving up.

**Toddler 3-4**

Suzy moved into this class after she turned three (note: all age requirements are by Sept 1).

**Toddler 4-5**

This was Suzy's last year in the Toddler program and her third year performing.

**Kinders 5-6**

Now in Kindergarten, Suzy was ready for Kinders! Though the structure of the program is similar, she was excited to be challenged in new ways!



## YOUTH PROGRAM (age 6+)

### First option:

#### *Circus Experience*

If Suzy is not yet drawn to any one act in particular, she can continue to take a sampler class, now as part of the youth program! CE is, however, a non-performing class, so Suzy will not be eligible to perform in the Spring Show. If she would like to start in CE and move into a performing class in Winter Session, she can!

### Second option:

Suzy already knows she likes aerial, but not balance, and maybe acrobatics. Moving into the Youth Program, she has the option to specialize! Any class highlighted green throughout the guide ages 6+ she can sign up for! Please note: there are both performing and non-performing class options.



### *Suzy's Friend*

Suzy's friend has the same options as Suzy: she doesn't need to go through the Toddler program to start as a beginning level student. So long as the two girls can agree on a class they can sign up together! We do recommend that they sign up for first/second class options, however: this makes it easier to place them together. Both girls are recommended to get their class requests in sooner than later!

## Scenario 3: Bekka the Aerialist, age 12

Bekka has worked her way through Side by Side, Star and Multiple Trapeze. She is now officially moving into intermediate level aerial work, and ultimately she wants to train in Triangle Trapeze and Hammock. **Her coach makes the following recommendations:**

### *Triple Trapeze 0000*

Triple bridges beginning and intermediate level aerial. Bekka needs to start at the non-performing level and it will take many years to get through all levels of Triple. Progression depends on both ability and body size.

### *Dance 0100*

As Bekka advances in her aerial career, it will become more and more important to cross-train in other genres. Taking a dance class is a great way to learn and practice grace, which can then be applied to her work in the air!

### *Spanish Web 0000*

Since Bekka is 12, she is also eligible for Spanish Web. This act progresses much like triple: students start at the non-performing level for at least a year before moving into performing. Web is also a prerequisite for more advanced acts, so Bekka is on the right track!

**Aerial training doesn't just happen in the air. All of the following components play an important role:**

**Flexibility** - a committed aerialist is ALWAYS stretching, at home too!

**Grace** - Taking one dance class a week will make a huge difference.

**Strength** - Core strength is at the base of all aerial training.

**Cross Training** - Learning how to use your body in MANY ways.

**Acrobatics** - Learning how to flip on the floor before you do it in the air always helps.

**Patience** is the name of the game when it comes to intermediate level aerial. **MANY acts require at least a year of non-performing level training before moving up.** Bekka's coaches tell her to "stick-to it"; her hard work will be recognized when the time is right!



# Progressing Through the Program

It can sometimes be a bit difficult to navigate through a program as complex as ours. We've put together a few scenarios below that we hope will help! But remember, if you would like specific feedback, contact us.

## Scenario 4: The "Late Starter,"

### Maria, age 13

Maria attended our World Circus Day open house with a group of friends this year, and now she really wants to take a class. Maria has no prior experience (either in circus, gymnastics or dance) but she knows she wants to train in aerial acts. **Where should she start?**



#### Intro to Aerial

Designed for beginning level students like Maria, here she will learn fundamental aerial skills, as well as work on flexibility and strength (two very important components of all aerial work). Maria can opt to take this class for a full year, or move into a performing class come next session. She can also make connections with some of our wonderful aerial coaches, who will be able to guide Maria more specifically on her aerial path.

#### Multiple Trapeze

Multiple Trapeze is our beginning-level trapeze class for students Maria's age. In this class, she will explore fundamental trapeze work, as well as have the opportunity to perform the Spring Celebration Performances (should she commit to the full year)! Additionally, as Multiple is a prerequisite for many other aerial classes, having this class under her belt will also help progress her into intermediate level acts in the future.

#### Something important for ALL students to remember:

*Progressing to intermediate- and advanced-level acts takes time and commitment. While we encourage students to try new things, it becomes increasingly important to decide on and stick to a track (based on genre) in order to progress further, faster. Jumping around from genre to genre often delays progress in ALL training. (ie: Taking Acro, then Juggling, then Multiple won't allow you to move up in any act.)*

## Scenario 5: The "Late Starter,"

### Andrew, age 14

Andrew just learned about Circus Juventas through some friends at school. He went to see the summer show this year, and now he is OBSESSED with getting into the program. He's a little older than the average kid starting off, but he also has previous gymnastics experience from his younger days. After a bit of conversation, **this is what we suggest:**

#### Acrobatics 0300

Andrew shares that he can already do a round-off and successive front and back handsprings, which means that he can skip ahead a few levels on the Acro front.

Acrobatics 0200 ✓

Acrobatics 0100 ✓

#### Unicycle NP

He also shares that he was just given a unicycle for his birthday. While he's been trying to teach himself how to ride, he's not quite there. For now, we recommend he start in the non-performing level until he is able to mount and ride on his own.

#### Boys Teen Intensive

Andrew was particularly taken by the Straps and Duo Trapeze acts he saw in the show. While he's not ready for specialized training in these acts, he can take a cross-training class that will set him up for these kinds of acts in the future.

Andrew was able to skip these levels due to prior experience - Tell us about yours!



**Entering our program BRAND NEW as a pre-teen/teen is not impossible. Here are some pointers:**

**Take a Look!** - Peruse through the session guide and find what sounds interesting. That's always a good jumping off point.

**Tell us!** - If you have prior experience, let us know about it. It will definitely influence placement.

**Ask us!** - It may not be obvious what your options are. We are here to talk you through it!



# How to Use Our Class Pages

There is an abundance of information in the following pages, and sometimes it can get overwhelming. Never fear, we are here to help! The information below highlights the important components and explains how to decipher the information, quickly and accurately!

**CLASS DESCRIPTION:** Offers general information about the act, but not details like levels.

**PRE-REQUISITES:** Describes skills and requirements needed before entering an act AND LEVEL. Also helps explain level progressions within the act.

**PERFORMING STATUS:** Classes are listed as non-performing, Spring Show 2018 or Summer Show 2018.

Class Information	Prerequisites	Performing Status
<b>MULTIPLE TRAPEZE (MT)</b> This act entails the use of one double-decker trapeze on which six students perform simultaneously. Students learn basic- to intermediate-level trapeze maneuvers while learning to work, often in synchronicity, with a team.		
MT 0100-01 Multiple Trapeze ages 9-15 (Tue 5:00 p.m.) <i>Marissa</i> MT 0100-02 Multiple Trapeze ages 9-15 (Tue 8:15 p.m.) <i>Marissa</i> MT 0100-03 Multiple Trapeze ages 9-15 (Fri 4:00 p.m.) <i>Marissa</i> MT 0100-04 Multiple Trapeze ages 9-15 (Fri 7:15 p.m.) <i>Marissa</i> MT 0100-05 Multiple Trapeze ages 9-15 (Sat 11:00 a.m.) <i>Marissa</i> MT 0100-06 Multiple Trapeze ages 9-15 (Sat 1:15 p.m.) <i>Marissa</i>	Meets minimum age by Sept 1, 2017 (age 8 ok if 2 years Side by Side or Star) and space availability  <b>SAMPLE</b>	Spring Show 2018
MT 0200-01 Multiple Trapeze ages 9-15 (Mon 4:00 p.m.) <i>Marissa</i> MT 0200-02 Multiple Trapeze ages 9-15 (Mon 7:15 p.m.) <i>Marissa</i> MT 0200-03 Multiple Trapeze ages 9-15 (Fri 6:15 p.m.) <i>Marissa</i>	Able to execute a high cradle, must have at least three consecutive sessions and have performed in Multiple Trap 0100, and space availability	Spring Show 2018

**CLASS CODE:** This letter and number code is used for registration tracking.

## MORE ON CLASS CODES

Codes denote the level of the act and are listed in progression order (beginning to advanced).

Codes for non-performing classes = 0000

Codes for Spring Show classes = start with 0100 and progress through 0900

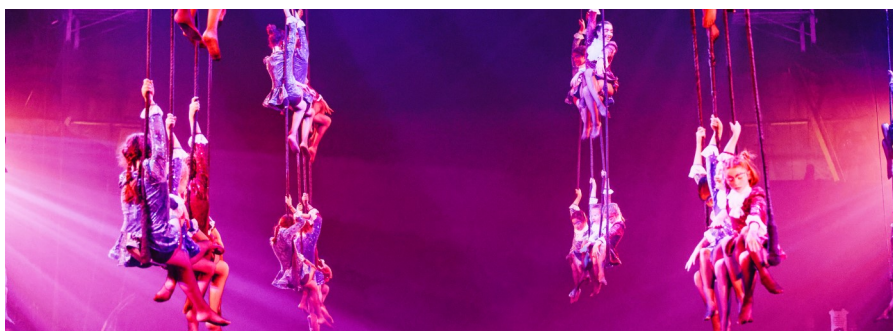
Codes for Summer Show = 1000

The numbers following the dash denote the particular section of the class. Some classes have several sections offered at the same level.

**LEAD COACH:** Indicates which coach is leading the class.  
*Please note: these are subject to change.*

**CLASS DAY AND TIME:** Each class meets at its assigned day and time weekly. Most classes meet once a week for 55 minutes unless otherwise indicated.

**AGE RANGE:** Some classes denote a range, but others indicate a minimum age only.



## Finding the Right Class for You!

We have color-coded our class pages to make selection easier. Each act is marked to denote the level of pre-requisites needed for the FIRST level of that act. See below:

**GREEN** acts require no additional pre-requisites other than the student meet the age requirement. New to our program? Start here! These are the classes everyone is eligible for—no prior experience necessary!

**YELLOW** acts require previous experience to BEGIN training in this act. Look carefully at the pre-reqs listed to determine your eligibility. **Requesting classes you are not yet eligible for will only slow down the registration process.**

**PURPLE** acts require an ADVANCED level of training even for the lowest level. These classes are often marked as “invitation only.” If you are interested in any of these acts but have not received a recommendation from your coach, indicate your interest in the “notes” section of your online registration.



# Index of Classes

Below you will find a comprehensive list of all classes offered at CJ! Use this chart as a quick reference when learning about and locating classes within the guide. Don't skip the next page (yes, there are that many).

Class Name	Age	Circus Genre	Training Level	Performing Status	Special Notes	Page
Acrobatics	6+	Acrobatics	Beginning/Intermediate/Advanced	Performing		15
Adult Circus Arts	22+	Adult	Beginning	Non-performing		14
Adult Core Conditioning	22+	Adult	Beginning	Non-performing		14
Aerial Conditioning	11+	Cross Training	Intermediate	Non-performing		29
Aerial Experience	8+	Experience	Beginning	Non-performing		13
Balance Experience	6+	Experience	Beginning	Non-performing		13
Banquine	13+	Acrobatics	Advanced	Performing		15
Boys Teen Intensive	13+	Cross Training	Beginning/Intermediate	Non-performing		29
Bungee Trapeze	12+	Aerial	Intermediate/Advanced	Depends on level		17
Bike	10+	Balance	Beginning/Intermediate/Advanced	Performing		24
Chair Stacking	13+	Balance	Advanced	Performing		24
Circus Experience	6+	Experience	Beginning	Non-performing		13
Circus Kinders	5-6	Kinders	Beginning	Performing		12
Cloud Swing	13+	Aerial	Intermediate/Advanced	Performing		17
Clowning	10+	Dance/Theater	Beginning/Intermediate	Performing		28
Contortion	6+	Balance	Beginning/Intermediate/Advanced	Performing		24
Contortion Hand Balance	13+	Balance	Advanced	Performing		24
Core Conditioning	13+	Cross Training	Beginning/Intermediate	Non-performing		29
Cube	13+	Aerial	Intermediate/Advanced	Performing		17
Cyr Wheel	12+	Balance	Advanced	Performing		24
Da Vinci Ring	13+	Balance	Advanced	Performing		25
Dance	7+	Dance/Theater	Beginning/Intermediate/Advanced	Depends on level		28
Double Trapeze	11+	Aerial	Intermediate	Performing		18
Duo Trapeze	13+	Aerial	Intermediate/Advanced	Depends on level		18
Flying Trapeze	12+	Aerial	Intermediate/Advanced	TBD	Audition required	18
Flying Trapeze Basics	11+	Aerial	Intermediate	Non-performing	Audition required	18
German Wheel	8+	Balance	Beginning/Intermediate/Advanced	Depends on level		25
Globes	6-12	Balance	Beginning/Intermediate	Depends on level		25
Grid	13+	Aerial	Intermediate	Performing		18
Hammock	13+	Aerial	Intermediate/Advanced	Performing		18
Hand Balance	8+	Balance	Intermediate/Advanced	Performing		26
Handstands	10+	Balance	Intermediate/Advanced	Depends on level		26
Handstands Ballet	13+	Balance	Advanced	Performing		26
Hanging Perch	10+	Aerial	Intermediate	Performing		18
High Wire	13+	Balance	Intermediate/Advanced	Performing		26
Hoops	12+	Aerial	Intermediate/Advanced	Depends on level		19
Intro to Aerial	11+	Aerial	Beginning	Non-performing		19
Juggling	7+	Juggling	Beginning/Intermediate/Advanced	Performing		14
Ladder Trapeze	11+	Aerial	Intermediate/Advanced	Performing		19
Low Casting	8-15	Aerial	Beginning/Intermediate	Depends on level		19
Low Wire	10+	Balance	Beginning	Performing		27
Mexican Cloud Swing	13+	Aerial	Intermediate/Advanced	Performing		19
Mini Hammock	9-13	Aerial	Intermediate	Depends on level		20
Moroccan Pyramids	8+	Acrobatics	Beginning/Intermediate	Performing		15
Multiple Trapeze	9+	Aerial	Beginning/Intermediate	Performing		20
Out of the Chair	10+	Out of Chair	Beginning	Non-performing		14
Pas De Deux	13+	Aerial	Advanced	Performing		20
Preparatory Team	9-12	Cross Training	Intermediate	Non-performing		29
Rola Bola	12+	Balance	Intermediate/Advanced	Performing		27
Russian Bar	13+	Acrobatics	Advanced	Performing		15



## Checklist Chart of Classes continued...

Class Name	Age	Circus Genre	Training Level	Performing Status	Special Notes	Page
Russian Cradle	13+	Aerial	Advanced	Performing		20
Russian Swing	13+	Acrobatics	Advanced	Performing		15
Shoot-Thru Ladder	11+	Aerial	Intermediate	Performing		21
Side By Side	6-9	Aerial	Beginning	Performing		21
Silks	12+	Aerial	Intermediate/Advanced	Depends on level		21
Skating Adagio	12+	Acrobatics	Advanced	Performing		16
Spanish Web	12+	Aerial	Beginning/Intermediate/Advanced	Depends on level		21
Star	7-9	Aerial	Beginning	Performing		22
Static Trapeze	13+	Aerial	Intermediate/Advanced	Performing		22
Stilt Walking	13+	Balance	Intermediate	Performing		27
Straps	12+	Aerial	Intermediate/Advanced	Depends on level		22
Swinging Trapeze	13+	Aerial	Intermediate/Advanced	Performing		22
Team Acrobatics	13+	Cross Training	Advanced	Performing		29
Team Aerial	13+	Cross Training	Advanced	Non-performing		29
Teeterboard	12+	Acrobatics	Intermediate/Advanced	Performing		16
Theater	7+	Dance/Theater	Beginning/Intermediate/Advanced	Depends on level		28
Toddlers	2-5	Toddlers	Beginning	Performing		12
Trampoline	6+	Acrobatics	Beginning	Depends on level		16
Triangle Trapeze	13+	Aerial	Intermediate/Advanced	Performing		23
Triple Trapeze	9+	Aerial	Intermediate/Advanced	Depends on level		23
Unicycle	6+	Balance	Beginning/Intermediate/Advanced	Depends on level		27
Vault Mini Trampoline	8+	Acrobatics	Beginning/Intermediate/Advanced	Performing		16
Wall Trampoline	13+	Acrobatics	Advanced	Performing		16
Wheel of Steel	13+	Acrobatics	Advanced	Performing		17
Wings	10+	Wings	Beginning	Non-performing		14



### Fall registration: It's as easy as 1, 2, 3!

Once you've completed the [pre-registration](#), follow the steps below!  
Questions? Call 651-699-8229 or email us at [info@circusjuventas.org](mailto:info@circusjuventas.org).

# 1.

### Pick your class!



Use this Session Guide or the [Class Finder](#) on the website to search for a class that fits your skills, interest, and schedule. Remember to check the pre-requisites!

# 2.

### Register online



Check out the [registration checklist](#) to make sure you're ready! [Log in](#) with your provided username and password to register for your class(es). Make sure to hit SUBMIT on the final page.

# 3.

### Wait for confirmation



We will send any questions and/or confirmations via EMAIL. Any questions before then? Check out FAQs on page 28 of the session guide, on our [website](#), or give us a call: 651-699-8229.



## How do I figure out how much classes cost?

Pricing depends on the type of class. There are two categories, **GENERAL** and **FIXED**. Review the information below to figure out just what that means and how it applies to you.

General Classes	
1 class	\$210
2 classes	\$395
3 classes	\$575
4 classes	\$750
5 classes	\$915
6 classes	\$1,050
7 classes	\$1,175
8 classes	\$1,295
9 classes	\$1,420
10 classes	\$1,535
11 classes	\$1,630
12 classes	\$1,715
13 classes	\$1,790
14 classes	\$1,865
15 classes	\$1,940
16 classes	\$2,015
17 classes	\$2,090
18 classes	\$2,165
19 classes	\$2,240
20 classes	\$2,315
21 classes	\$2,390

### GENERAL CLASSES

- Meet once a week for 55 minutes
- Eligible for the multi-class discount
- Classes are calculated *per student* not per family

### FIXED FEE CLASSES

- Meet more than once week
- Require special equipment and/or more specific coaching needs
- NOT eligible for the multi-class discount
- Fees are calculated individually for each
- Indicated by (FF) throughout the guide

Understanding how each class is categorized is important when it comes to using the online registration system. Please contact us with questions before logging in: 651-699-8229.

Fixed Fee Classes	
Banquine	\$305
Boys Teen Intensive	\$305
Bungee Trapeze	\$305
Contortion 1000	\$305
Conditioning (Aerial, Core, & Adult)	\$245
Cyr Wheel 1000	\$305
Dance 1000 (2 or more 1000-level classes equals \$305 total)	\$305
Duo Unicycle	\$305
Flying Trapeze 100	\$350
German Wheel	\$245
Hand Balance (3MHB, 5GHB & 0500)	\$305
Handstands 1000	\$245
Handstands Ballet	\$245
High Wire 1000	\$305
Juggling 1000	\$305
Out of the Chair	\$375
Preparatory Team	\$305
Rola Bola 1000	\$305
Russian Bar 1000	\$305
Russian Cradle 1000	\$405
Skating Adagio 0500 & 1000	\$305
Static Trapeze 1000	\$245
Swinging Trapeze 1000	\$305
Team Acrobatics	\$435
Team Aerial	\$305
Teeterboard 1000	\$305
Wall Trampoline 1000	\$305
Wheel of Steel	\$245
WINGS	\$250



Found what you're looking for? Ready to register? Click [here](#) to access the online registration system. We recommend using Firefox or Google Chrome to complete this process. Do NOT use smart phones or iPads, as the system is incompatible. As always, contact us with any questions or concerns BEFORE submitting requests: any changes made after submission will result in a fee.







# Toddlers and Kinders

Circus Juventas offers an incredibly unique athletic program for students ages 2-5. Designed to offer children the opportunity to try their hands in all things circus, our Toddler and Kinders jump and leap, turn and soar, style and smile, all within the safety of our arena and with our first-class instructors! Take a look at the many day/class time offerings, as well as general questions answered below!

Class Information	Prerequisites	Performing Status
<b>TODDLERS (TD)</b> A unique program exclusively for 2 to 5 year olds. Genres explored include balance, acrobatics, expression, juggling, and aerial.		
TD 0000-01 Toddlers ages 3-5 (Fri 12:15 PM)	Meets minimum age by Sept 1, 2017 and space availability	Non-performing
TD 0100-01 Toddlers ages 2-3 (Fri 10:00 AM)	Meets minimum age by Sept 1, 2017 and space availability	Spring Show 2018
TD 0200-01 Toddlers ages 3-4 (Wed 12:15 PM) TD 0200-02 Toddlers ages 3-4 (Fri 11:00 AM) TD 0200-03 Toddlers ages 3-4 (Sat 9:00 AM)	Meets minimum age by Sept 1, 2017 and space availability	Spring Show 2018
TD 0300-01 Toddlers ages 4-5 (Wed 1:15 PM) TD 0300-02 Toddlers ages 4-5 (Sat 10:00 AM) TD 0300-03 Toddlers ages 4-5 (Sat 11:00 AM)	Meets minimum age by Sept 1, 2017 and space availability	Spring Show 2018
<b>CIRCUS KINDERS (CK)</b> Designed for kindergartners, this performing class is a bridge between the traditional Toddler class and the youth program where students will specialize in an act.		
CK 0100-01 Circus Kinders ages 5-6 (Thu 5:00 PM) CK 0100-02 Circus Kinders ages 5-6 (Fri 5:00 PM) CK 0100-03 Circus Kinders ages 5-6 (Sat 10:00 AM) CK 0100-04 Circus Kinders ages 5-6 (Sat 11:00 AM) CK 0100-05 Circus Kinders ages 5-6 (Sat 12:15 PM)	Meets minimum age by Sept 1, 2017 and space availability	Spring Show 2018

## I'm Interested! FAQs about Toddlers and Kinders Programs:

### What equipment do they use?

All kinds, including hoops, trampolines, juggling equipment, trapezes, mini hammocks, and low wires! The skills they learn coincide with their development, so Kinders get to do a bit more than the Toddlers do.

### Am I allowed to be in class with my child?

Sometimes the first week can be tough for our youngest students. During this transition, parents are permitted to work with their child on the floor. Once they get in the groove, parents are encouraged to participate less.

### How do I know if my child is ready for this program?

We really leave it up to our parents to use their best judgment; after all, you know your child best. Please note: our general policy is not to offer class refunds, but you can come check out our facilities before committing to a class.

### Does my child have to perform?

Not necessarily, but by Spring Session most of the class time is committed to working on the show routine, so your student will have to take that session off or switch to the non-performing class (if in the Toddlers program).

### How much does it cost?

Toddlers and Kinders classes are \$210 per session. Additional costs are associated with performing.

### How do I get signed up?

If you're brand new to Circus Juventas, you need to fill out the pre-registration form [online](#). This is how we collect information on your student (as well as get you onto our mailing list). Once registration opens up, log into the system and get signed up: it's that simple!

### What can I do to make sure my child gets placed into class?

Two things: first, get your registration in sooner rather than later. Second, list as many class day/time options that can fit into your schedule (first, second, third choice options). If we can't get you into your first choice, we will work extra hard to put you into your second or third!



# Experience Classes

Promotes confidence, whimsy, and courage  
to conquer new experiences

Not sure yet which act you want to specialize in? Want to try it all? Our experience classes offer beginning students the opportunity to try several acts offered at Circus Juventas. In addition to introducing students to beginning level classes, these experience classes also give students a taste of the intermediate acts they may get to take in the future. Choose Circus Experience to get a taste of all circus genres, or choose a more specific option!



Class Information	Prerequisites	Performing Status
<b>AERIAL EXPERIENCE (AEEX)</b> 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.		
AEEX 0000-01 Aerial Experience ages 8-12 (Thu 6:15 PM)	Meets minimum age by Sept 1, 2017 and space availability	Non-performing
AEEX 0000-02 Aerial Experience ages 10+ (Thu 4:00 PM)		
<b>BALANCE EXPERIENCE (BAEX)</b> Try out a variety of balance apparatuses, including low wire, globes, German wheel, and unicycle.		
BAEX 0000-01 Balance Experience ages 6+ (Sat 11:00 AM)	Meets minimum age by Sept 1, 2017 and space availability	Non-performing
<b>CIRCUS EXPERIENCE (CE)</b> A supportive environment fosters confidence allowing students to explore their capabilities in the circus arts including the genres of acrobatics, juggling, aerial, theater, and balance.		
CE 0000-01 Circus Experience ages 6-9 (Mon 5:00 PM) CE 0000-02 Circus Experience ages 6-9 (Sat 12:15 PM) CE 0000-03 Circus Experience ages 10+ (Mon 6:15 PM)	Meets minimum age by Sept 1, 2017 and space availability	Non-performing
CEOR 0000-01 Circus Experience Outreach ages 10+ (Wed 6:15 PM)	Meets minimum age by Sept 1, 2017 and space availability	Non-performing



## I've Taken an Experience Class: What Comes Next?

Our staff often gets asked this question. The answer is three part: see below!

**Talk to your coach!** Sometimes students and parents like to have specific guidance. Talk to any one of your coaches about what they might recommend for you.

**Talk to the admin staff!** Our administrative staff is always here to help (and are often times more accessible than our coaches). Need help remembering what that circular, aerial contraption was called? We can help you figure it out in addition to answering any number of questions you may have about the program.

**Answer your own question!** Once you get a taste for what we do here, you can decide where you want to go next! After a session (or full year) of an experience class, you are able to chose your own course. Find any of the beginning level classes (highlighted in GREEN) throughout the guide: so long as you meet the age prerequisite, you're eligible!



# Specialty Programs

The classes listed below include information specific to our adult students and WINGS program. We are proud to offer these specialty programs as part of our curriculum!

The classes listed in the chart below are **ADULT CLASSES**, designed for beginning-level students age 22+.

Class Information	Prerequisites	Performing Status
<b>ADULT CIRCUS ARTS (ACA)</b> Try your hand (or foot!) in Spanish web, triple trapeze, hoops, juggling, unicycle, and more. Great exercise and fun in a safe environment!		
ACA 0000-01 Adult Circus Arts ages 22+ (Thu 7:15 PM)	Age 22+ and space availability	Non-performing
<b>ADULT CORE CONDITIONING (ACORE)</b> This class combines core stability, strength, balance, and agility using the seven primal movements. This class is intended to help students prevent injury, improve posture, and increase integrated strength.		
ACORE0000-01 Adult Core Conditioning ages 22+ (Mon 6:15 PM) (FF)	Age 22+ and space availability	Non-performing

The information below is regarding our **WINGS PROGRAM**, designed for students with developmental disabilities.

Class Information	Prerequisites	Performing Status
<b>WINGS (WNGS)</b> 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.		
WNGS 0000-01 Wings ages 10+ (Mon 2:30-3:45 PM) (FF)	Meets age requirement by Sept 1, 2017 and space availability	Non-performing

The information below is regarding our **OUT OF THE CHAIR PROGRAM**, designed for students in wheelchairs.

Class Information	Prerequisites	Performing Status
<b>OUT OF THE CHAIR (OOC)</b> Circus' wheelchair-accessible training program! Creates a learning experience in various genres of circus, from the air to equilibristic to manipulation.		
OCC 0000-01 Out of the Chair ages 10+ (Thu 12:00-2:00 PM) (FF)	Meets age requirement by Sept 1, 2017 and space availability	Non-performing

## Juggling

Promotes hand-eye coordination and showmanship

One ball, two balls, three balls, four! Now try clubs, now rings, and more! Juggling is a great way to practice hand-eye coordination... and impress your friends at parties. Learn the basics, then move into more challenging tricks and equipment - dare we say, torches, anyone?

Class Information	Prerequisites	Performing Status
<b>JUGGLING (JU)</b> Keep your eye on the balls...and the rings, clubs, torches, and knives!		
JU 0100-01 Juggling ages 7+ (Wed 7:15 PM)	Meets minimum age by Sept 1, 2017 and space availability	Spring Show 2018
JU 0200-01 Juggling ages 7+ (ON HIATUS)	For those who can already juggle and are interested in developing their juggling skills and learning more advanced techniques, coach recommendation, and space availability	On Hiatus
JU 0300-01 Juggling ages 8+ (Tue 7:15 PM)	Level 0300 is for those who have been working on four items or more (bean bags, clubs, rings) and/or have mid-level skills with other props, coach recommendation, and space availability	Spring Show 2018
JUTM 0400-01 Team Juggling ages 8+ (Tue 6:15 PM)	For students who have been enrolled in Juggling 0200 or higher with an interest in team juggling passing, technique, and formations; coach recommendation and space availability	Spring Show 2018
JU 1000-01 Juggling ages 12+ (Wed 5:00-7:10 PM) (FF)	By invitation only; for those interested in performing in the summer show, must be able to juggle five objects, execute tricks from 0300 level as well as basic passing, coach recommendation, and space availability	Summer 2018 TBD

# Acrobatics

Promotes athletic prowess,  
agility, and timing

Acrobatic training promotes athletic prowess, agility, and timing. What distinguishes our acrobatic acts is involving the maneuvering of one's body in the air without the use of props. The way you launch yourself into the air varies based on the act you are training – from trampolines to floor tumbling to teeterboard we've got it all!



Class Information	Prerequisites	Performing Status
<b>ACROBATICS (AC)</b> Beginning level acrobatics where students create pyramids and learn circus and gymnastic tumbling.		
AC 0100-01 Acrobatics ages 6-9 (Wed 6:15 PM) AC 0100-02 Acrobatics ages 6-9 (Thu 4:00 PM) AC 0100-03 Acrobatics ages 6-9 (Sat 9:00 AM) AC 0100-04 Acrobatics ages 10+ (Thu 5:00 PM) AC 0100-05 Acrobatics ages 10+ (Sat 11:00 AM)	Meets minimum age by Sept 1, 2017 and space availability	Spring Show 2018
AC 0200-01 Acrobatics ages 6-9 (Tue 5:00 PM) AC 0200-02 Acrobatics ages 6-9 (Wed 5:00 PM) AC 0200-03 Acrobatics ages 10+ (Tue 6:15 PM)	Successful execution of skills from previous level, ability to execute front -to-back cartwheel, backward roll to pushup position on wedge, kick to handstand, coach recommendation, and space availability	Spring Show 2018
AC 0225-01 Acrobatics ages 6-9 (Wed 7:15 PM) AC 0225-02 Acrobatics ages 10+ (Thu 5:00 PM) AC 0225-03 Acrobatics ages 10+ (Fri 7:15 PM)	Successful execution of skills from previous level, upper and lower body strength and awareness to begin progressions for back handsprings, coach recommendation, and space availability	Spring Show 2018
AC 0250-01 Acrobatics ages 10+ (Mon 7:15 PM)	Successful execution of skills from previous level, must be able to do a front handspring and a round-off back handspring on the floor unassisted, coach recommendation, and space availability	Spring Show 2018
AC 0300-01 Acrobatics ages 10+ (Tue 7:15 PM)	Successful execution of skills from previous level, ability to execute a front handspring and a round-off two back handspring on the floor, coach recommendation, and space availability.	Spring Show 2018
AC 1000-01 Acrobatics ages 13+ (Tue 8:15 PM) AC 1000-02 Acrobatics ages 13+ (Wed 8:15 PM)	By invitation only (equates to USAG 7 or higher); successful execution of skills from previous level and space availability	Summer Show 2018
<b>BANQUINE (BANQ)</b> Showcasing the amazing agility of the human body, fifteen artists perform spectacular sequences of acrobatics and human pyramids, astounding audiences with their perfectly synchronized movements.		
BANQ 1000-01 Banquine ages 13+ (Mon 7:15 PM & Wed 3:45-4:40 PM) (FF)	By invitation only; coach recommendation and space availability	Summer Show 2018
<b>MOROCCAN PYRAMIDS (MPYR)</b> Beginning level acrobatics focused on the creation of pyramids and balance.		
MPYR 0100-01 Moroccan Pyramids ages 8+ (Mon 8:15 PM) MPYR 0100-02 Moroccan Pyramids ages 8+ (Thu 6:15 PM)	Meets minimum age by Sept 1, 2017 and space availability	Spring Show 2018
<b>RUSSIAN BAR (RB)</b> Two porters, one flier, and one bar creating acrobatic tricks that defy gravity.		
RB 0100-01 Russian Bar ages 13+ (Fri 5:00 PM)	By invitation only; previous acrobatic experience such as Acrobatics 1000, Team Acro, Teeterboard, or Trampoline preferred, and space availability	Spring Show 2018 TBD
RB 1000-01 Russian Bar ages 13+ (Mon 4:00 PM & Thu 7:15 PM) (FF)	By invitation only; previous acrobatic experience such as Acrobatics 1000, Team Acro, Teeterboard, or Trampoline preferred, and space availability	Summer Show 2018
<b>RUSSIAN SWING (RS)</b> Acrobats are pressed off one side of a platform-like swing and are catapulted into the air!		
RS 1000-01 Russian Swing ages 13+ (Thu 6:00-7:15 PM)	By invitation only; previous acrobatic experience such as Acrobatics 1000, Team Acro, Teeterboard, or Trampoline 0500 preferred, and space availability	Summer Show 2018



## Acrobatics Acts Continued...

Class Information	Prerequisites	Performing Status
<b>SKATING ADAGIO (SKTAO)</b> Adagio on roller skates! Using only human strength, porters and flyers wear roller skates as they spin and maneuver with a partner.		
SKTAO 0500-01 Skating Adagio ages 12+ (Tue 6:15 PM & Wed 4:00 PM) (FF)	By invitation only; previous base/flyer acrobatic experience preferred (flyers must weigh no more than 90 pounds), experience in an advanced-level act, and space availability	Spring Show 2018 TBD Summer Show 2018 TBD
SKTAO 1000-01 Skating Adagio ages 12+ (Tue 6:15 PM & Wed 4:00 PM) (FF)	By invitation only; successful execution of skills from 0500 level, coach recommendation, and space availability	Summer Show 2018
<b>TEETERBOARD (TB)</b> Playground equipment for acrobats! Students execute flips onto pyramids and high chairs.		
TB 0200-01 Teeterboard ages 12+ (Tue 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 2018
TB 1000-01 Teeterboard ages 13+ (Tue 6:15 PM & Thu 5:00 PM) (FF)	By invitation only; successful execution of skills from 0200 level and space availability	Summer Show 2018
<b>TRAMPOLINE (TRP)</b> The emphasis in Trampoline is on safety, fitness, and fundamental skills. These classes offer the opportunity to learn or improve acrobatics skills.		
TRP 0000-01 Trampoline ages 6-9 (Tue 6:15 PM) TRP 0000-02 Trampoline ages 6-9 (Fri 5:00 PM) TRP 0000-03 Trampoline ages 6-9 (Sat 10:00 AM) TRP 0000-04 Trampoline ages 6-9 (Sat 1:15 PM) TRP 0000-05 Trampoline ages 6-9 (Thu 7:15 PM) TRP 0000-06 Trampoline ages 10+ (Tue 5:00 PM) TRP 0000-07 Trampoline ages 10+ (Wed 7:15 PM)	Meets minimum age by Sept 1, 2017 and space availability	Non-performing
TRP 0050-01 Trampoline ages 7+ (Mon 7:15 PM) TRP 0050-02 Trampoline ages 7+ (Fri 4:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-performing
TRP 0100-01 Trampoline ages 7+ (Mon 4:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-performing
TRP 0500-01 Trampoline ages 7+ (Mon 6:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-performing
<b>VAULT MINI (VM)</b> This small trampoline leads to big heights! Students learn how to hit the trampoline and jump into acrobatic tricks.		
VM 0100-01 Vault Mini ages 8+ (Mon 5:00 PM) VM 0100-02 Vault Mini ages 8+ (Tue 6:15 PM) VM 0100-03 Vault Mini ages 8+ (Tue 7:15 PM) VM 0100-04 Vault Mini ages 8+ (Sat 1:15 PM)	Meets minimum age by Sept 1, 2017 and space availability	Spring Show 2018
VM 0200-01 Vault Mini ages 8+ (Mon 6:15 PM) VM 0200-02 Vault Mini ages 8+ (Mon 8:15 PM)	Must be able to execute the following tricks: dive roll, full turn upright, and straddle jump in addition to skills taught in previous levels, coach recommendation, and space availability	Spring Show 2018
VM 0300-01 Vault Mini ages 8+ (Thu 8:15 PM)	Must be able to execute a front tuck and a front handspring over vault in addition to tricks taught in previous levels, coach recommendation, and space availability	Spring Show 2018
VM 0400-01 Vault Mini ages 8+ (Wed 4:00 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2018
<b>WALL TRAMPOLINE (WT)</b> Trampoline taken to new directions – against a wall!		
WT 1000-01 Wall Trampoline ages 13+ (Tue 7:15 PM & Wed 5:45-7:15 PM) (FF)	By invitation only; previous training in Trampoline, Vault Mini Tramp, Acrobatics, and/or Team Acro, and space availability	Summer Show 2018
WT 1000-02 Wall Trampoline ages 13+ (Tue 8:15 PM & Wed 5:45-7:15 PM) (FF)	By invitation only; previous training in Trampoline, Vault Mini Tramp, Acrobatics, and/or Team Acro, and space availability	Summer Show 2018

## Acrobatics Acts Continued...

Class Information	Prerequisites	Performing Status
<b>WHEEL OF STEEL (WOS)</b> 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.		
WOS 1000-01 Wheel of Steel ages 13+ (Wed 2:30-3:15 PM & Fri 2:30-3:15 PM) (FF) WOS 1000-02 Wheel of Steel ages 13+ (Thu 8:15-9:00 PM & Fri 4:00-4:45 PM) (FF) WOS 1000-03 Wheel of Steel ages 13+ (Wed 3:15-4:00 PM & Fri 3:15-4:00 PM) (FF)	By invitation only; Fall Session will be used to evaluate students' progress and assess continuation in the act	Summer Show 2018 TBD

# Aerial

Promotes muscular development,  
agility, and discipline

Aerial performance promotes agility, discipline, and grace. What distinguishes our aerial acts is the use of hanging equipment or aerial apparatuses on which students learn to maneuver both vertically and horizontally. When people think of aerial circus, they often think of trapeze, but our repertoire goes beyond that to include, ropes, fabric, bungees, and other creative apparatuses!

Class Information	Prerequisites	Performing Status
<b>4 GIRL SPINNING CUBE (CUBES)</b> 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!"		
CUBE 0100-01 4 Girl Spinning Cube ages 13+ (Mon 4:00 PM) CUBE 0100-02 4 Girl Spinning Cube ages 13+ (Mon 4:00 PM)	All splits, high level of flexibility, 3 consecutive pull ups, coach recommendation. and space availability	Spring Show 2018
CUBE 1000-01 4 Girl Spinning Cube ages 13+ (Mon 6:00-6:45 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2018
<b>BUNGEE TRAPEZE (BT)</b> 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.		
BT 0000-01 Bungee Trapeze ages 12+ (Sat 12:00-1:00 PM) (FF)	At least 90 pounds in weight and must be taking at least three other aerial or acrobatic classes. Can execute 3 consecutive pull-ups; has performed in Spanish Web, Triple Trapeze, Hoops, or Silks; coach recommendation; and space availability	Non-performing
BT 0100-01 Bungee Trapeze ages 13+ (Sat 10:00 AM) (FF) BT 0100-02 Bungee Trapeze ages 13+ (Sat 11:00 AM) (FF)	Must be taking at least three other aerial or acrobatic classes. 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 2018
BT 0200-01 Bungee Trapeze ages 13+ (Sat 1:00-2:00 PM) (FF)	Must be taking at least three other 0200+ level aerial or acrobatic classes. Successful execution of skills from previous level, 3 consecutive pull-overs with legs together, coach recommendation, and space availability	Spring Show 2018
BT 0300-01 Bungee Trapeze ages 13+ (Fri 5:00 PM) (FF)	Must be taking at least three other 0200+ level aerial or acrobatic classes. Successful execution of skills from previous level, 5 consecutive pull-overs with legs together, coach recommendation, and space availability	Spring Show 2018
BT 1000-01 Bungee Trapeze ages 13+ (Thu 8:15 PM) (FF)	Must be taking at least three other 0200+ level aerial or acrobatic classes. By invitation only; successful execution of skills from previous level and space availability	Summer Show 2018
<b>CLOUD SWING (CS)</b> Breathtaking aerial work on a rope-like swing which has loops to secure hand and foot dives. This acts combines both static and swinging trapeze skills and employs loops and keepers (much like Spanish web) to execute tricks.		
CS 0100-01 Cloud Swing ages 13+ (Wed 2:30-3:15 PM) CS 0100-02 Cloud Swing ages 13+ (Wed 3:00-3:45 PM) CS 0100-03 Cloud Swing ages 13+ (Tue 2:30-3:00 PM)	Has performed in Spanish Web, Triple Trapeze, Hoops, or Silks; 5 consecutive pull-ups; 3 consecutive pull-overs; splits on one leg; coach recommendation; and space availability	Spring Show 2018



## Aerial Acts Continued...

Class Information	Pre-requisites	Performing Status
<b>CLOUD SWING (CS) (Continued...)</b> Breathtaking aerial work on a rope-like swing which has loops to secure hand and foot dives. This acts combines both static and swinging trapeze skills and employs loops and keepers (much like Spanish web) to execute tricks.		
CS 1000-01 Cloud Swing ages 13+ (Thu 2:15-2:45 PM) CS 1000-02 Cloud Swing ages 13+ (Wed 4:00-4:30 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 2018
<b>DOUBLE TRAPEZE (DT)</b> Two people work together on this trapeze, and the results are stunning. Trust your partner and master daring transfers between two trapezes.		
DT 0100-01 Double Trapeze ages 11+ (Fri 8:15 PM) DT 0100-02 Double Trapeze ages 11+ (Mon 5:00 PM) DT 0100-03 Double Trapeze ages 11+ (Mon 5:00 PM) DT 0100-04 Double Trapeze ages 11+ (Fri 8:15 PM)	Has accomplished all skills in Triple Trapeze 0300 (for flyers), 5 pull-ups, coach recommendation, and space availability	Spring Show 2018
<b>DUO TRAPEZE (DUOTP)</b> Advanced partner work performed in a single trapeze high above the arena.		
DUOTP 0100-01 Duo Trapeze ages 13+ (Mon 8:15-8:45 PM) DUOTP 0100-02 Duo Trapeze ages 13+ (Mon 4:00 PM) DUOTP 0100-03 Duo Trapeze ages 13+ (Mon 7:30-8:10 PM) DUOTP 0100-04 Duo Trapeze ages 13+ (Mon 8:45-9:15 PM)	By invitation only; experience in Double and/or Duo Trapeze, and space availability	Spring Show 2018
<b>FLYING TRAPEZE (FT)</b> 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.		
FTBS 0000-01 Flying Trapeze Basics ages 11+ (Sat 1:15 PM)	By audition only. Auditions for the 17-18 year have already occurred. Height minimum 52" tall, taking at least 3 other intermediate-level 0200 or higher aerial or acrobatic classes at Circus Juventas.	Non-performing
FT 0100-01 Flying Trapeze ages 12+ (Wed 7:30-8:30 PM & Fri 6:15 PM) (FF) FT 0100-02 Flying Trapeze ages 12+ (Wed 8:30-9:30 PM & Fri 7:15 PM) (FF) FT 0100-03 Flying Trapeze ages 12+ (Fri 8:15 PM & Sat 9:00 AM) (FF)	By audition only. Auditions for the 17-18 year have already occurred. Height minimum 52" tall, taking at least 3 other intermediate-level 0200 or higher aerial or acrobatic classes at Circus Juventas.	2018 Performing Status TBD
<b>GRID (GRID)</b> An intermediate aerial act performed on the multiple trapeze, this class involves solo, partner, and group trapeze work. Strength, grace, and synchronicity is the key to this dynamic team act.		
GRID 0100-01 Grid ages 13+ (Thu 5:00 PM)	Has performed in Triple Trapeze, Static Trapeze, or Hoops; coach recommendation and space availability	Spring Show 2018
<b>HAMMOCK (HM)</b> 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.		
HM 0100-01 Hammock ages 13+ (Tue 7:45-8:30 PM) HM 0100-02 Hammock ages 13+ (Tue 3:00-3:30 PM) HM 0100-03 Hammock ages 13+ (Mon 8:15 PM) HM 0100-04 Hammock ages 13+ (Mon 8:15 PM)	Has performed in Spanish Web, Triple Trapeze, Hoops, or Silks; 3 consecutive pull-ups, all splits, back bend, dance experience, coach recommendation, and space availability	Spring Show 2018
HM 1000-01 Hammock ages 13+ (Mon 7:30-8:15 PM) HM 1000-02 Hammock ages 13+ (Tue 3:30-4:00 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2018
<b>HANGING PERCH (HNGP)</b> 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.		
HNGP 0000-01 Hanging Perch ages 10+ (Fri 6:15-6:45 PM)	By invitation only; previously performed in Triple Trapeze and/or Spanish Web and space availability	Non-performing
HNGP 0100-01 Hanging Perch ages 10+ (Fri 7:15-7:45 PM) HNGP 0100-02 Hanging Perch ages 10+ (Fri 6:45-7:15 PM)	By invitation only; previously performed in Triple Trapeze and/or Spanish Web and space availability	Spring Show 2018
<b>HOOPS (HP)</b> 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."		
HP 0000-01 Hoops ages 12+ (Mon 5:00 PM) HP 0000-02 Hoops ages 12+ (Wed 8:15 PM) HP 0000-03 Hoops ages 12+ (Sat 11:00 AM) HP 0000-04 Hoops ages 12+ (Mon 4:00 PM)	Previously performed in Multiple Trapeze 0200, the ability to execute a split on one leg, coach recommendation and space availability	Non-performing

## Aerial Acts Continued...

Class Information	Pre-Requisites	Performing Status
<b>HOOPS (HP) (Continued...)</b> 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."		
HP 0100-01 Hoops ages 12+ (Thu 4:00 PM)	Successful execution of skills from previous level, 3 consecutive pull-overs and 4 consecutive leg switches, coach recommendation, and space availability	Spring Show 2018
HP 0200-01 Hoops ages 12+ (Tue 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 2018
HP 0300-01 Hoops ages 12+ (Thu 7:15 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 2018
HP 1000-01 Hoops ages 12+ (Fri 5:00 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2018
<b>INTRO TO AERIAL (INAE)</b> 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!		
INAE 0000-01 Intro to Aerial ages 11+ (Tue 7:15 PM) INAE 0000-02 Intro to Aerial ages 11+ (Sat 12:15 PM)	Meets age requirement by Sept 1, 2017 and space availability	Non-performing
<b>LADDER TRAPEZE (LT)</b> This solo trapeze act involves work on a revolving trapeze bar and rope ladder.		
LT 0100-01 Ladder Trapeze ages 11+ (Wed 5:00 PM)	Previously performed in Multiple Trapeze 0200, splits on one side, ability to do sitting cradle, coach recommendation, and space availability	Spring Show 2018
LT 0200-01 Ladder Trapeze ages 11+ (Mon 5:00 PM)	Successful execution of skills from previous level, ten consecutive jet rolls, coach recommendation, and space availability	Spring Show 2018
LT 0300-01 Ladder Trapeze ages 11+ (Tue 4:00 PM)	Successful execution of skills from previous level, one front hip circle, jet rolls with straight legs, coach recommendation, and space availability	Spring Show 2018
LT 1000-01 Ladder Trapeze ages 11+ (Wed 7:15 PM)	By invitation only; previously performed in Ladder Trapeze or Static Trapeze and space availability	Summer Show 2018
<b>LOW CASTING (LC)</b> A mini flying trapeze for timing, teamwork, and upper body strength.		
LC 0000-01 Low Casting Fun ages 8-15 (Wed 4:00 PM) LC 0000-02 Low Casting Fun ages 8-15 (Tue 7:15 PM) LC 0000-03 Low Casting Fun ages 8-15 (Sat 10:00 AM)	Meets minimum age by Sept 1, 2017, at least 2 years Side by Side or 1 year Multiple Trapeze or Acrobatics, height max 5' 3" tall, weight max 125 pounds, and space Availability. CJ reserves the right to withdraw students if flyer/catcher size/weight ratio is a concern.	Non-performing
LC 0100-01 Low Casting ages 9-12 (Tue 6:15 PM)	By invitation only; selected from Prep Team training	Spring Show 2018
<b>MEXICAN CLOUD SWING (MS)</b> This act is much like cloud swing, but does not include hand and foot loops. Instead, the student uses his/her own body to tie knots in the swing.		
MS 0100-01 Mexican Cloud Swing ages 13+ (Tue 2:30-3:00 PM) MS 0100-02 Mexican Cloud Swing ages 13+ (Wed 5:00-5:30 PM) MS 0100-03 Mexican Cloud Swing ages 13+ (Mon 6:15-6:45 PM) MS 0100-04 Mexican Cloud Swing ages 13+ (Wed 4:30-5:00 PM) MS 0100-05 Mexican Cloud Swing ages 13+ (Mon 6:45-7:15 PM) MS 0100-06 Mexican Cloud Swing ages 13+ (Wed 2:30-3:00 PM)	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 2018



## Aerial Acts Continued...

Class Information	Pre-Requisites	Performing Status
<b>MEXICAN CLOUD SWING (MS) (Continued...)</b> This act is much like cloud swing, but does not include hand and foot loops. Instead, the student uses his/her own body to tie knots in the swing.		
MS 1000-01 Mexican Cloud Swing ages 13+ (Wed 3:00-3:30 PM) MS 1000-02 Mexican Cloud Swing ages 13+ (Wed 5:30-6:00 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2018
<b>MINI HAMMOCK (MNHM)</b> Aerial work on a stationary hammock made of looped silk.		
MNHM 0000-01 Mini Hammock ages 9-13 (Sat 10:00 AM) MNHM 0000-02 Mini Hammock ages 9-13 (Fri 7:15 PM) MNHM 0000-03 Mini Hammock ages 9-13 (Sat 1:15 PM)	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
MNHM 0100-01 Mini Hammock ages 9-13 (Wed 8:15 PM) MNHM 0100-02 Mini Hammock ages 9-13 (Thu 7:15 PM) MNHM 0100-03 Mini Hammock ages 9-13 (Thu 6:15 PM)	Successful execution of skills from previous level, can execute a pull-over on the hammock, coach recommendation, and space availability	Spring Show 2018
MNHM 0200-01 Mini Hammock ages 9-13 (Tue 8:15 PM)	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 2018
MNHM 0300-01 Mini Hammock ages 9-13 (Tue 5:00 PM)	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 2018
<b>MULTIPLE TRAPEZE (MT)</b> 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.		
MT 0100-01 Multiple Trapeze ages 9+ (Mon 6:15 PM) MT 0100-02 Multiple Trapeze ages 9+ (Mon 8:15 PM) MT 0100-03 Multiple Trapeze ages 9+ (Tue 8:15 PM) MT 0100-04 Multiple Trapeze ages 9+ (Wed 5:00 PM) MT 0100-05 Multiple Trapeze ages 9+ (Fri 4:00 PM) MT 0100-06 Multiple Trapeze ages 9+ (Sat 12:15 PM)	Meets minimum age by Sept 1, 2017 (age 8 ok if 2 years Side by Side or Star) and space availability	Spring Show 2018
MT 0200-01 Multiple Trapeze ages 9+ (Mon 7:15 PM) MT 0200-02 Multiple Trapeze ages 9+ (Tue 4:00 PM) MT 0200-03 Multiple Trapeze ages 9+ (Tue 7:15 PM) MT 0200-04 Multiple Trapeze ages 9+ (Fri 5:00 PM) MT 0200-05 Multiple Trapeze ages 9+ (Fri 6:15 PM)	Able to execute a high cradle, must have at least three consecutive sessions and have performed in Multiple Trapeze 0100, and space availability.	Spring Show 2018
<b>PAS DE DEUX (PDD)</b> 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.		
PDD 0100-01 Pas de Deux ages 13+ (Wed 4:30-5:45 PM) PDD 0100-02 Pas de Deux ages 13+ (Mon 3:30-4:00 PM) PDD 0100-03 Pas de Deux ages 13+ (Sat 10:00 AM)	By invitation only; Dance 1000 level, experience in silks, performance history in an advanced level aerial act, and space availability	Spring Show 2018 TBD
PDD 0500-01 Pas de Deux ages 13+ (Mon 2:45-3:30 PM)	By invitation only; Dance 1000 level, experience in silks, performance history in an advanced level aerial act, and space availability	Spring Show 2018 Summer Show 2018 TBD
PDD 1000-01 Pas de Deux ages 13+ (Mon 6:45-7:30 PM)	By invitation only; Dance 1000 level, experience in silks, performance history in an advanced level aerial act, and space availability	Summer Show 2018
<b>RUSSIAN CRADLE (CRDL)</b> Specialized aerial act that combines two different styles of catching with flying and high-bar skills.		
CRDL 0000-01 Russian Cradle ages 13+ (Mon 3:00 PM)	By invitation only and space availability; high level of circus acrobatics or gymnastics preferred.	Non-performing

## Aerial Acts Continued...

Class Information	Pre-Requisites	Performing Status
<b>RUSSIAN CRADLE (CRDL) (Continued ...)</b> Specialized aerial act that combines two different styles of catching with flying and high-bar skills.		
CRDL 1000-01 Russian Cradle ages 13+ (Mon 8:15-9:30 PM, Tue 3:45-5:00 PM, & Thu 3:30-5:00 PM) (FF)	By invitation only and space availability; high level of circus acrobatics or gymnastics preferred.	Summer Show 2018
<b>SHOOT THRU LADDER (SL)</b> Balance on a revolving metal ladder pivoting on an axle with a partner, who performs on a trapeze.		
SL 0100-01 Shoot Thru Ladder ages 11+ (Fri 4:00 PM)	By invitation only; Flyers need to have already performed in/be enrolled in Triple Trapeze 0400, coach recommendation, and space availability	Spring Show 2018
SL 0200-01 Shoot Thru Ladder ages 11+ (Fri 3:00 PM)	By invitation only; Flyers need to have already performed in/be enrolled in Triple Trapeze 0400, coach recommendation, and space availability	Spring Show 2018
<b>SIDE BY SIDE (SS)</b> 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.		
SS 0100-01 Side by Side ages 6-9 (Tue 4:00 PM) SS 0100-02 Side by Side ages 6-9 (Tue 5:00 PM) SS 0100-03 Side by Side ages 6-9 (Tue 6:15 PM) SS 0100-04 Side by Side ages 6-9 (Wed 6:15 PM) SS 0100-05 Side by Side ages 6-9 (Fri 4:00 PM) SS 0100-06 Side by Side ages 6-9 (Sat 10:00 AM) SS 0100-07 Side by Side ages 6-9 (Sat 11:00 AM)	Meets minimum age by Sept 1, 2017 and space availability	Spring Show 2018
SS 0200-01 Side by Side ages 7-9 (Thu 4:00 PM) SS 0200-02 Side by Side ages 7-9 (Sat 9:00 AM)	Must have at least three consecutive sessions of and have performed in Side by Side 0100 and space availability	Spring Show 2018
<b>SILKS (SKS)</b> 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).		
SKS 0000-01 Silks ages 12+ (Thu 5:00 PM) SKS 0000-02 Silks ages 12+ (Fri 7:15 PM)	Has taken one year Spanish Web or Team Aerial and ability to execute a straddle in the air. Movement up through levels is congruent with coach recommendation and space availability.	Non-performing
SKS 0100-01 Silks ages 12+ (Wed 7:15 PM)	Successful execution of skills from previous level, 3 consecutive straddle backs off the ground, coach recommendation, and space availability	Spring Show 2018
SKS 0200-01 Silks ages 12+ (Fri 6:15 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 2018
SKS 0300-01 Silks ages 12+ (Wed 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 2018
SKS 1000-01 Silks ages 13+ (Mon 8:15 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2018
<b>SPANISH WEB (SW)</b> 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.		
SW 0000-01 Spanish Web ages 12+ (Fri 4:00 PM) SW 0000-02 Spanish Web ages 12+ (Fri 8:15 PM) SW 0000-03 Spanish Web ages 12+ (Mon 7:15 PM)	Meets minimum age by Sept 1, 2017 (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
SW 0050-01 Spanish Web ages 12+ (Mon 4:00 PM) SW 0050-02 Spanish Web ages 12+ (Fri 6:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-performing
SW 0100-01 Spanish Web ages 12+ (Tue 7:15 PM)	Successful execution of skills from previous level, 3 consecutive straddle backs off the ground, coach recommendation, and space availability	Spring Show 2018
SW 0150-01 Spanish Web ages 12+ (Tue 6:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2018



## Aerial Acts Continued...

Class Information	Pre-Requisites	Performing Status
<b>SPANISH WEB (SW) (Continued...)</b> 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.		
SW 0200-01 Spanish Web ages 12+ (Mon 6:15 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 2018
SW 0300-01 Spanish Web ages 13+ (Tue 4:00 PM)	Successful execution of skills from previous level, 3 consecutive straight leg straddle climbs with good form, coach recommendation, and space availability	Spring Show 2018
SW 1000-01 Spanish Web ages 13+ (Tue 5:00 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2018
<b>STAR (SR)</b> Continue learning basic trapeze skills introduced in Side by Side while working up higher in the air on the Star apparatus.		
SR 0100-01 Star ages 7-9 (Sat 9:00 AM) SR 0100-02 Star ages 7-9 (Sat 10:00 AM) SR 0100-03 Star ages 7-9 (Sat 11:00 AM)	Meets minimum age by Sept 1, 2017 and 1 year Side by Side and space availability	Spring Show 2018
<b>STATIC TRAPEZE (STATIC)</b> This is a solo, single-point trapeze where you incorporate static and dynamic moves in the ropes and on the bar.		
STATIC 0000-01 Static Trapeze ages 13+ (Mon 7:15 PM)	Currently or has been enrolled in Triple Trapeze 0100 or higher, coach recommendation, and space availability	Non-performing
STATIC 0100-01 Static Trapeze ages 13+ (wed 5:00 PM)	Has been enrolled in Static 0000, 3 continuous pull-overs, and 2 leg switches on each side, coach recommendation, and space availability	Spring Show 2018
STATIC 0200-01 Static Trapeze ages 13+ (Tue 8:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2018
STATIC 0250-01 Static Trapeze ages 13+ (Mon 8:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2018
STATIC 1000-01 Static Trapeze/Aerial Chair ages 13+ (Mon 3:15-4:00 PM & Thurs 3:15-4:00 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2018
<b>STRAPS (SP)</b> 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.		
SP 0000-01 Straps ages 12+ (Fri 8:15 PM) SP 0000-02 Straps ages 12+ (Fri 4:00 PM)	Must have performed in an aerial act, can execute 5 pull-ups, previous aerial and acrobatics experience preferred, coach recommendation and space availability	Non-performing
SP 0050-01 Straps ages 12+ (Tue 7:15 PM) SP 0050-02 Straps ages 12+ (Thu 8:15 PM)	Successful execution of skills from previous level, coach recommendation, and space availability	Non-performing
SP 0100-01 Straps ages 12+ (Wed 6:15 PM) SP 0100-02 Straps ages 12+ (Wed 3:45-4:30 PM)	Cross training in other intermediate aerial and/or acrobatics acts, successful execution of skills from previous level, coach recommendation, and space availability	Spring Show 2018
SP 1000-01 Straps ages 13+ (Wed 3:00-3:35 PM) SP 1000-02 Straps ages 13+ (Wed 3:00-3:35 PM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2018
<b>SWINGING TRAPEZE (ST)</b> Daring release maneuvers on the swinging trapeze.		
ST 0000-01 Swinging Trapeze ages 13+ (Tue 5:00-5:30 PM) ST 0000-02 Swinging Trapeze ages 13+ (Tue 5:30-6:00 PM)	By invitation only; advanced-level acrobatics and aerial skills preferred and space availability	Non-performing
ST 0100-01 Swinging Trapeze ages 13+ (Tue 3:00-3:30 PM) ST 0100-02 Swinging Trapeze ages 13+ (Thu 2:30-3:00 PM) ST 0100-03 Swinging Trapeze ages 13+ (Thu 3:00-3:30 PM) ST 0100-04 Swinging Trapeze ages 13+ (Mon 3:30-4:00 PM)	By invitation only; advanced-level acrobatics and aerial skills preferred and space availability	Spring Show 2018
ST 1000-01 Swinging Trapeze ages 13+ (Mon 2:30-3:30 PM & Wed 5:00 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2018

## Aerial Acts Continued...

Class Information	Pre-Requisites	Performing Status
<b>TRIANGLE TRAPEZE (TRI)</b> This unique, triangle-shaped trapeze soars around the arena and incorporates a base, a middle, and a flyer. Specific body types are required when forming triangle teams. Dance training is highly recommended.		
TRI 0100-01 Triangle ages 13+ (Fri 4:25-5:10 PM) TRI 0100-02 Triangle ages 13+ (Fri 3:45-4:25 PM) TRI 0100-03 Triangle ages 13+ (Sat 11:35 AM-12:15 PM)	By invitation only and space availability; two or more years performing in 200 or higher Triple Trap, Spanish Web, Hoops, or Silks; dance experience preferred; coach recommendation and space availability	Spring Show 2018
TRI 1000-01 Triangle ages 13+ (Thu 8:15 PM) TRI 1000-02 Triangle ages 13+ (Sat 11:00-11:40 AM)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2018 (section 02 very limited Summer Show performances)
<b>TRIPLE TRAPEZE (TT)</b> This static trapeze includes three traps on one bar. Students learn one of two positions—base or flyer—so body types are taken into consideration when selecting teams/moving through levels.		
TT 0000-01 Triple Trapeze ages 9+ (Mon 8:15 PM) TT 0000-02 Triple Trapeze ages 9+ (Fri 7:15 PM) TT 0000-03 Triple Trapeze ages 9+ (Sat 1:15 PM)	Meets minimum age by Sept 1, 2017; has had at least three consecutive sessions of and performed in Multiple Trapeze 0200, coach recommendation, and space availability	Non-Performing
TT 0100-01 Triple Trapeze ages 10+ (Thu 8:15 PM) TT 0100-02 Triple Trapeze ages 10+ (Mon 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 2018
TT 0200-01 Triple Trapeze ages 10+ (Tue 6:15 PM) TT 0200-02 Triple Trapeze ages 10+ (Thu 7:15 PM)	Successful execution of skills from the 0100 level and coach recommendation when appropriate spot is available	Spring Show 2018
TT 0300-01 Triple Trapeze ages 10+ (Thu 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 2018
TT 0400-01 Triple Trapeze ages 11+ (Thu 6:15 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 2018
TT 0500-01 Triple Trapeze ages 11+ (Wed 6:15 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 2018
TT 0600-01 Triple Trapeze ages 11+ (Tue 5:00 PM)	Successful execution of skills from the 0500 level, can execute two pull-ups from straight hang, and coach recommendation when appropriate spot is available	Spring Show 2018
TT 0700-01 Triple Trapeze ages 11+ (Wed 4:00 PM)	Successful execution of skills from the 0600 level, can execute three pull-ups from straight hang, and coach recommendation when appropriate spot is available	Spring Show 2018
TT 1000-01 Triple Trapeze ages 11+ (Wed 8:15 PM)	By invitation only when appropriate spot is available; successful execution of skills from previous level	Summer Show 2018



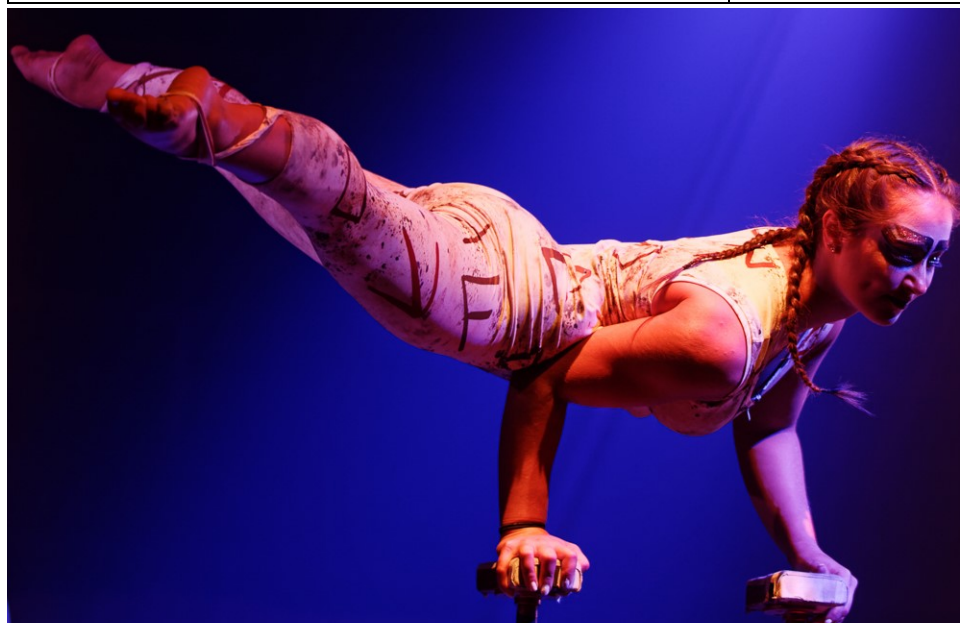


# Balance

Promotes equilibrium, focus  
and fearlessness

Our balance classes promote equilibrium, focus, and control. These classes involve learning to balance steadily in unique environments and on unstable surfaces, such as a thin cable, a moving bike, a rolling globe, or even on another person! This genre also includes contortion, the fascinating art of bending and folding!

Class Information	Prerequisites	Performing Status
<b>BICYCLE (BY)</b> How many can you get on a bike? Four, five, six...ten! Talk about teamwork!		
BY 0100-01 Bicycle ages 10+ (Sat 12:15 PM) BY 0100-02 Bicycle ages 10+ (Sat 12:15 PM)	Meets minimum age by Sept 1, 2017 and space availability	Spring Show 2018
<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 tricks will also be taught.		
CHST 1000-01 Chair Stacking ages 13+ (Thu 2:45-3:30 PM)	By invitation only; coach recommendation and space availability	Summer Show 2018
<b>CONTORTION (CO)</b> The art of contortion demonstrates flexibility, style, and balance.		
CO 0100-01 Contortion ages 6-9 (Wed 5:00 PM) CO 0100-02 Contortion ages 10+ (Tue 4:00 PM)	Splits on both sides and backbend from standing, meets minimum age by Sept 1, 2017, and space availability	Spring Show 2018
CO 0200-01 Contortion ages 10+ (Tue 5:00 PM)	Accomplishment of skills in previous levels, coach recommendation, and space availability	Spring Show 2018
CO 0300-01 Contortion ages 10+ (Thu 8:15 PM)	Accomplishment of skills in previous levels, coach recommendation, and space availability	Spring Show 2018
CO 0400-01 Contortion ages 10+ (Wed 8:15 PM)	Accomplishment of skills in previous levels, coach recommendation, and space availability	Spring Show 2018
CO 1000-01 Contortion ages 13+ (Mon 5:00 PM & Wed 7:15 PM ) (FF)	By invitation only, coach recommendation, and space availability	Summer Show 2018
<b>CONTORTION HAND BALANCE (CHB)</b> Combines the elegance of contortion with the strength of hand balance.		
CHB 1000-01 Contortion Hand Balance ages 13+ (Wed 6:15 PM)	By invitation only; coach recommendation and space availability	Summer Show 2018
<b>CYR WHEEL (CYR)</b> A large ring that spins gyroscopically while acrobatic maneuvers are performed in and around it.		
CYR 0000-01 Cyr Wheel ages 12+ (Wed 6:15 PM) CYR 0000-02 Cyr Wheel ages 12+ (Wed 8:15 PM)	Between 5'1" and 6' tall, must have attended past Cyr Wheel workshops, meets minimum age by Sept 1, 2017, and space availability	Non-performing
CYR 1000-01 Cyr Wheel ages 13+ (Mon 6:15 PM, Tue 8:15 PM, & Fri 5:00 PM) (FF)	By invitation only; coach recommendation, and space availability	Summer Show 2018



## Balance Acts Continued...

Class Information	Prerequisites	Performing Status
<b>DA VINCI RING (DAV)</b> Da Vinci Ring allows for variations of aerial disciplines to be presented within this 7 foot high grounded hoop.		
DAV 1000-01 Da Vinci Ring ages 13+ (Thu 8:15 PM)	By invitation only; coach recommendation and space availability	Summer Show 2018
<b>GERMAN WHEEL (GW)</b> A rolling 8-foot steel apparatus with hand and foot settings that encourages balance and agility. CJ favorite and world-renowned coach Wolfgang will be attending class every other week!		
GW 0000-01 German Wheel ages 8+ (Sat 1:30-2:30 PM) (FF) GW 0000-02 German Wheel ages 10+ (Sat 2:30-3:30 PM) (FF)	At least 4' 2" tall, able to execute a cartwheel on the floor and touch toes in pike, meets minimum age by Sept 1, 2017, and space availability	Non-performing
GW 0100-01 German Wheel ages 10+ (Sat 3:30-4:30 PM) (FF)	Able to execute a half-tuck roll, cartwheel, and carousel; coach recommendation and space availability	Spring Show 2018
GW 0200-01 German Wheel ages 10+ (Sat 4:30-5:30 PM) (FF)	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 2018
GW 0300-01 German Wheel ages 10+ (Sat 5:30-6:30 PM) (FF)	Able to execute the following tricks: stomach forwards/back and monkey spirals in addition to skills from previous levels; coach recommendation and space availability	Spring Show 2018
<b>GLOBES (GL)</b> Perch atop over-sized balls to develop balance and foot dexterity; add maneuvering and hula hoops in higher levels.		
GL 0000-01 Globes ages 6-12 (Sat 1:15 PM) GL 0000-02 Globes ages 6-12 (Wed 5:00 PM)	Meets minimum age by Sept 1, 2017 and space availability	Non-performing
GL 0100-01 Globes ages 6-12 (Tue 4:00 PM)	Must be able to execute the following tricks: walk forward, backwards, sideways, and up and down on an incline; coach recommendation and space availability	Spring Show 2018
GL 0200-01 Globes ages 6-12 (Tue 5:00 PM)	Must be able to mount the globe from a run in addition to tricks from previous levels; coach recommendation and space availability	Spring Show 2018
GL 0300-01 Globes ages 6-12 (Fri 6:15 PM)	Must be able to jump rope on a globe solo with a team, jump from globe to globe with both feet, and balance on globe with 3 people in addition to tricks from previous levels; coach recommendation and space availability	Spring Show 2018





## Balance Acts Continued...

Class Information	Prerequisites	Performing Status
<b>HAND BALANCE (HB)</b> A fusion of contortion and advanced hand balancing technique.		
HB 0000-01 Hand Balance ages 8+ (Thu 5:00 PM)	By invitation only; has trained Handstands, and/or has experience basing or flying in another act, and space availability	Non-performing
HB 0100-01 Hand Balance ages 8+ (Tue 8:15 PM)	By invitation only; has trained in Handstands, and/or has experience basing or flying in another act, and space availability	Spring Show 2018
HB 0500-01 Hand Balance ages 8+ (Wed 7:15 PM & Fri 6:15 PM) (FF)	By invitation only; has trained in Handstands, and/or has experience basing or flying in another act, and space availability	Spring Show 2018
5GHB 0500-01 5 Gal Hand Balance ages 13+ (Thu 6:15 PM & Fri 6:15 PM) (FF)	By invitation only; has trained in Handstands, and/or has experience basing or flying in another act, enrolled in advanced dance, and space availability	Spring Show 2018 TBD Summer Show 2018 TBD
3MHB 1000-01 3 Man Hand Balance ages 13+ (Mon 6:15 PM, Wed 8:30-9:30 PM, & Fri 3:15-4:15 PM) (FF)	By invitation only; has trained in Handstands, and/or has experience basing or flying in another act, and space availability	Summer Show 2018
<b>HANDSTANDS (HS)</b> Learn the fine art of hand balancing technique and develop handstands skills, strength and flexibility.		
HS 0000-01 Handstands ages 10-12 (Thu 4:00 PM) HS 0000-02 Handstands ages 12+ (Thu 6:15 PM) HS 0000-03 Handstands ages 12+ (Thu 8:15 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 0100-01 Handstands ages 13+ (Fri 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 2018
HS 1000-01 Handstands ages 13+ (Thu 3:00-3:45 PM & Fri 4:00 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2018
HSBA 1000-01 Handstands Ballet ages 13+ (Wed 3:15-3:45 PM & Fri 3:15-4:00 PM) (FF)	By invitation only; successful execution of skills from previous level, advanced dance, and space availability	Summer Show 2018
<b>HIGH WIRE (WH)</b> High altitude fearlessness on a 5/8-inch-thick cable.		
WH 0100-01 High Wire ages 13+ (Wed 5:00 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 2018
WH 1000-01 High Wire ages 13+ (Wed 4:00 PM & Thu 6:15 PM) (FF)	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2018



## Balance Acts Continued...

Class Information	Prerequisites	Performing Status
<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!		
WL 0100-01 Low Wire ages 10+ (Mon 7:15 PM)	Meets minimum age by Sept 1, 2017 and space availability	Spring Show 2018
WL 0200-01 Low Wire ages 10+ (Thu 5:00 PM) WL 0200-02 Low Wire ages 10+ (Mon 4:00 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 2018
<b>ROLA BOLA (ROLA)</b> Balance atop a rolling cylinder while performing partner or solo tricks.		
ROLA 0100-01 Rola Bola ages 12+ (Fri 4:00 PM) ROLA 0100-02 Rola Bola ages 12+ (Tue 4:00 PM)	By invitation only; experience with balance acts strongly suggested and space availability	Spring Show 2018
ROLA 0500-01 Rola Bola ages 12+ (Fri 4:00 PM)	By invitation only; experience with balance acts strongly suggested and space availability	Spring Show 2018 Summer Show 2018 TBD
ROLA 1000-01 Rola Bola ages 12+ (Mon 4:00 PM & Thu 4:00 PM) (FF)	By invitation only; experience with balance acts strongly suggested and space availability	Summer Show 2018
<b>STILT WALKING (STLWK)</b> Students will learn to walk on stilts (poles on which platforms are secured then strapped to the feet/legs to add height), but dancing and jump roping are not out of the questions.		
STLWK 0500-01 Stilt Walking ages 13+ (Tue 5:00 PM) STLWK 0500-02 Stilt Walking ages 13+ (Fri 5:00 PM)	Meets minimum age by Sept 1, 2017, one year of a Balance-genre class or Balance Experience, and space availability	Spring Show 2018 TBD
<b>UNICYCLE (UN)</b> Half the wheels, but twice the fun! Develop balance and enhance fitness.		
UN 0000-01 Unicycle ages 6+ (Tue 7:15 PM) UN 0000-02 Unicycle ages 6+ (Fri 5:00 PM)	Meets minimum age by Sept 1, 2017.	Non-performing
UN 0100-01 Unicycle ages 7+ (Thu 6:15 PM)	Must be able to mount and ride for 5 minutes continuously; coach recommendation, and space availability.	Spring Show 2018
UN 0200-01 Unicycle ages 7+ (Fri 6:15 PM) UN 0200-02 Unicycle ages 7+ (Tue 8:15 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 2018
UN 0300-01 Unicycle ages 7+ (Fri 8:15 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 2018
UN 0400-01 Unicycle ages 7+ (Wed 7:15 PM)	Must be able to execute the following tricks: four different styles of mounting, riding backwards, riding one-footed, and standing idle in addition to skills taught at previous level; coach recommendation and space availability	Spring Show 2018 Summer Show 2018
<b>DUO UNICYCLE (UNDUO)</b> Taking unicycle riding to (literally) new heights, this act places two performers on one apparatus—requiring superb balance, strength, and flexibility from both.		
UNDUO 1000-01 Duo Unicycle ages 7+ (Thu 7:15 –9:10 PM) (FF)	By invitation only	Summer Show 2018





# Circus Theater/Dance

Promotes confidence, comedy  
and kookiness

As a performing arts school, we not only teach students the technical skills they need for performance, but also how to put on a great show! Our circus theatre and dance classes teach body awareness, character work, stage presence, and confidence.

Class Information	Prerequisites	Performing Status
<b>CLOWNING (CL)</b> Turn the foundations of physical theatre, improvisation, comedy, stage combat, and clowning into performance		
CL 0100-01 Clowning ages 10+ (Wed 5:00 PM)	Meets minimum age by Sept 1, 2017; coach recommendation and space availability	Spring Show 2018
CL 0200-01 Clowning ages 13+ (Tue 6:15 PM)	Accomplishment of skills in previous level, meets minimum age by Sept 1, 2017, and space availability	Spring Show 2018
<b>DANCE (DA)</b> Explore the fundamentals of ballet and contemporary dance for the circus stage.		
DA 0100-01 Dance ages 7-12 (Wed 4:00 PM) DA 0100-02 Dance ages 7-12 (Fri 4:00 PM) DA 0100-03 Dance ages 13+ (Fri 5:00 PM)	Meets minimum age by Sept 1, 2017 and space availability	Spring Show 2018
DA 0200-01 Dance ages 10+ (Tue 5:00 PM) DA 0200-02 Dance ages 13+ (Tue 6:00-6:55 PM) DA 0200-03 Dance ages 13+ (Thu 6:15 PM)	Accomplishment of skills in previous level, coach recommendation, and space availability	Spring Show 2018
DA 0300-01 Dance 13+ (Thu 5:00 PM)	Accomplishment of skills in previous level, coach recommendation, and space availability	Spring Show 2018
DAJ 1000-01 Summer Show Dance ages 13+ (Thu 7:15 PM) (FF) <i>Juliana</i> DAJB 1000-01 Summer Show Dance ages 13+ (Thu 4:00 PM) (FF) <i>Jarod</i> DAJN 1000-01 Summer Show Dance ages 13+ (Tue 8:15 PM) (FF) <i>Juliana</i> DAL 1000-01 Summer Show Dance ages 13+ (Tue 7:00-7:55 PM) (FF) <i>Lili</i> DAR 1000-01 Summer Show Dance ages 13+ (Wed 7:15 PM) (FF) <i>Risa</i>	By invitation only; successful execution of skills from previous level and space availability	Summer Show 2018
<b>THEATRE (THA)</b> Explore the fundamentals of theatre in a program designed specifically for circus performance.		
THA 0000-01 Theater ages 7-12 (Thu 5:00 PM) THA 0000-02 Theater ages 13+ (Thu 8:15 PM)	Meets minimum age by Sept 1, 2017 and space availability	Non-performing
THA 0050-01 Theater ages 13+ (Thu 7:15 PM)	By audition only. Auditions for the 17-18 year have already occurred. Auditions for the 18-19 year will be announced at a later date.	Non-performing
THA 0500-01 Theater ages 13+ (Mon 8:15 PM) THA 0500-02 Theater ages 13+ (Thu 6:15 PM)	By audition only. Auditions for the 17-18 year have already occurred. Auditions for the 18-19 year will be announced at a later date.	Non-performing
THA 1000-01 Advanced Theatre ages 13+ (Mon 5:00 PM) THA 1000-02 Summer Show Supporting Characters ages 13+ (Mon 4:00 PM) THA 1000-03 Summer Show Supporting Characters ages 13+ (Mon 6:15 PM) THA 1000-04 Summer Show Supporting Characters ages 13+ (Mon 7:15 PM)	By audition only. Auditions for the 17-18 year have already occurred. Auditions for the 18-19 year will be announced at a later date. These hours are reserved for <u>training</u> 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 2018



# Cross Training

Cross training is an essential part of training at both the intermediate and advanced level. These classes are designed for students who want to push themselves harder and progress faster throughout the program. Pay close attention to the pre-reqs, as not all classes are for everyone.



Class Information	Prerequisites	Performing Status
<b>AERIAL CONDITIONING (AEC)</b> This class is for intermediate-level 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.		
AEC 0000-01 Aerial Conditioning ages 11+ (Wed 4:00 PM) (FF)	Must have at least one year of experience in an aerial class and meet minimum age requirement by Sept 1, 2017, and space availability	Non-performing
<b>BOYS TEEN INTENSIVE (BTI)</b> This class is for the teenage boy who is interested in accelerating his training in rope, straps, acrobatics, hand balance, and conditioning.		
BTI 0000-01 Boys Teen Intensive ages 13+ (Mon 4:00-6:00 PM) (FF)	Meets age requirement by Sept 1, 2017 and space availability	Non-performing
<b>CORE CONDITIONING (CORE)</b> This class combines core stability, strength, balance, and agility using the seven primal movements. This class is intended help students prevent injury, improve posture, and increase integrated strength.		
CORE 0000-01 Core Conditioning ages 13+ (Mon 4:00 PM) (FF)	Meets age requirement by Sept 1, 2017 and space availability	Non-performing
CORE 0000-02 Core Conditioning ages 13+ (Wed 6:15 PM) (FF)		
<b>PREPARATORY TEAM (PRPTM)</b> This comprehensive circus skills training course includes training in acts such as Acrobatics and Low Casting.		
PRPTM 0000-01 Preparatory Team ages 9-12 (Tue 4:00 PM & Wed 5:00 PM) (FF)	Desire to progress in circus arts training; must already be able to execute a round-off and bridge kick over, and space availability	Non-performing
PRPTM 0050-01 Preparatory Team ages 9-12 (Tue 5:00-7:10 PM) (FF)	Must already be able to execute a back hand spring unassisted and have the desire to perform in future summer shows, and space availability	Non-performing
<b>TEAM ACROBATICS (TEAMAC)</b> Accelerated program for students in all areas of advanced-level acrobatics. This class includes training in straps, acrobatics, Russian swing, Russian bar, teeterboard, handstands, and wall trampoline.		
TEAMAC 0500-1 Team Acrobatics ages 13+ (Tue 4:00 PM (teeterboard, handstands), Thu 4:00 PM (wall tramp), & Thu 6:15-9:15PM (straps, Russian swing/bar, acrobatics)) (FF)	By invitation only; Acrobatics 0300 and/or the ability to execute a back tuck on the floor, and space availability.	Non-performing
<b>TEAM AERIAL</b> Accelerated, demanding program for students who have proven aptitude and attitude for a big challenge. This class includes training on web, silks, hoops, straps, trapeze, Mexican cloud swing, triangle, and cube. A stepping stone to Summer Show aerial acts.		
TEAMAE 0000-1 Team Aerial ages 13+ (Wed 6:15-8:10 PM) (FF)	By invitation only; must have fundamental training in several aerial acts (e.g. Trapeze, Spanish Web, Hoops, etc) and have performed at an intermediate level in at least one of them, coach recommendation, and space availability	Non-performing

## Why Cross Train?

**More Training Time!** Cross training is an easy way to supplement your classes that meet only once a week.

**More Student Specific Training!** Goals can be made (and met!) for YOUR specific desires!

**Learn New Skills!** Pick up new skills without having to increase your performance load with a performing class!

**Make the Leap!** Expedite the transition from beginning to intermediate, intermediate to advanced level classes.

**Round it Out!** Increase your exposure and be that thing everyone wants to be: a “well-rounded” performer!



# Still Have Questions? Answers Below!

## **I'm a brand new student.**

### **How to do I register?**

If you've never registered for classes at CJ, registration is a two step process:

**Step 1:** Complete the pre-registration process online. This is how we collect general information on your student and create an account for you. This does need to be completed per student, not per family. Click [here](#) to pre-register!

**Step 2:** You will be notified via email once registration opens. Once you get word, login and register! (Username and password provided) Click [here](#) to register!

## **I'm a returning student.**

### **What are the most important things I need to know?**

**#1:** Remember that letter we sent to you, which included your username and password? We hope that's still on your fridge, because you will need that information to login! Can't find it? Give us a call: 651-699-8229.

**#2:** You will be asked to review your account information once you log in: please make sure we have the most up-to-date information!

**#3:** Keep a look out for coach recommendations when making your class selections!

**#4:** Even if it's been YEARS since you've taken a class, DO NOT pre-register. Instead, give us a call: we'll activate your account and you'll be able to log in and register within hours.

### **Do I have to register online?**

We do ask that everyone use the online registration system. If you don't have easy access to a computer, you are more than welcome to stop by CJ and use one of ours!

### **What do I do if I want to change my registration after it's been submitted?**

Send us an email and we will make the changes for you! Our staff is too small to track an abundance of changes, so take your time and do it right the first time.

## **How long does it take to hear back from you guys once my requests are in?**

Turn around time is anywhere between 7-10 days (remember: few of us, LOTS of you). Any correspondence done during and after the process will come via email, so PLEASE make sure the email you have listed on your account is accurate and checked often. *If you are contacted with a registration question it's most helpful for us if you respond via email* (rather than calling) within 24 hours so as to not further delay the process.

### **Once registration opens, how soon should I register?**

As soon as possible! Returning students get registration priority over new students, but we do TRY to get everyone into at least one class. Every registration is date and time stamped, so getting it in early is important!

### **What happens if I don't get into any classes?**

In the unlikely event that we are unable to place you, we will process a full tuition refund. (The registration fee will NOT be refunded.)

### **I'm new to circus, but have done dance/gymnastics for years. What should I do?**

Any student coming into our program with prior experience should email for placement suggestions: [info@circusjuventas.org](mailto:info@circusjuventas.org).

### **Are there costs other than tuition that I need to know about?**

Yes. Every student is charged an annual registration fee of \$45 (once per academic year). There are also some additional costs that come along with performing should you decide to go that route: typically around \$75-\$100 per class. You don't need to worry about this until Winter Session.

### **So, I'm registered for Fall: am I set for the year?**

All of our students register per session, not per year, so it is important to remember that you will have to re-register for winter and spring. Don't worry: the process is much simpler should you decide to stay in the same class all year. We like to make it easy for you!

## **How long is my class?**

Classes meet once a week for 55 minutes (unless otherwise noted).

### **What happens if I miss class one (or many) week(s)?**

If you miss class, you miss class. Because we try to keep our student to coach ratio very specific, we don't allow for "drop ins." We will, however, schedule make up classes if we, as an organization, need to cancel (mostly for weather related reasons). To be honest, this rarely happens (this is Minnesota, after all) so plan on being here every week!

### **I've been at CJ for many years: I want to talk to somebody about how best to move through the program. What should I do?**

Three words: TALK TO BETTY! Our wonderful Artistic Director is ready and willing to talk to you at any time throughout the course of your circus career. To schedule an appointment, email: [betty@circusjuventas.org](mailto:betty@circusjuventas.org).

### **I'm signing up for a performing class. What do I need to know?**

Performing information becomes available for Winter Session, which is when we ask students to officially commit to the performance season. If you would like general information about performing, visit our website by clicking [here](#)!

### **What is the difference between Spring and Summer Shows?**

Spring Show features our beginning- and Intermediate-level students, while Summer Show is reserved for our most advanced performers.

### **How do I get selected to perform in Summer Show?**

Typically, Summer Show includes students that are training at the 1000 level. Show themes and artistic vision also play a part in selecting acts for the show.

### **Please don't hesitate to contact us with any questions you may have about our program:**

1270 Montreal Ave, St Paul MN 55116

Phone: 651-699-8229

Fax: 651-699-4395

Email: [info@circusjuventas.org](mailto:info@circusjuventas.org)

## **Can someone explain the "registration priority" process to me?**

Certainly! Because we serve over 900 students (and are currently at capacity), we have developed over the years a fair way of handling the nearly 3,000 class requests we get every fall. This is what we've come up with:

**Step 1:** Students returning from the previous session are guaranteed enrollment in the same acts they were taking (if they are choosing to return)

**Step 2:** Students returning from the previous session requesting NEW classes are given priority for open spots

**Step 3:** Students returning from a previous session are placed into classes before new students

**Step 4:** New students are placed into classes

The steps above only apply to the process if class requests are submitted BY the registration deadline. Once that deadline comes and goes, requests are evaluated solely on a first come first served basis.

**The registration deadline is Tuesday, September 5 at 12:00 PM. Click [here](#) to register!**

Now don't get discouraged! Just because you don't have the "first priority" that does NOT mean that we will be unable to place you. But that IS a reason to get your registration submitted sooner than later.