

# 2008-2009 Guidelines and Registration Info

**Circus Juventas Class Requirement Guidelines:** Our session guide is broken down into beginning, intermediate, and advanced level classes. Pre-requisites are listed with the class descriptions; however, basic outlines of aerial and acrobatic levels are listed in each section. Because our school is made up of classes that include athletic ability mixed with performance elements that require grace and cross-training, some students may advance more quickly through some classes simply due to natural ability, age, or previous experiences in other programs. We strive to maintain an equal level of opportunity for all of our students, but individual development and safety concerns are also taken into consideration. Therefore, CJ reserves the right to move and place students in classes where we feel it best suited for students to excel regardless of pre-requisites.

## **Registration:**

- Returning students, please review last year's classes and coach recommendation.
- If trying to change or add acts, review the act prerequisites listed with the class description and verify that age and skill level are appropriate or this could delay your registration. Please note: students who match all pre-requisites are not guaranteed entry into a class, as returning students have priority and class size may not allow for new students to join.
- Turn in registration as soon as possible! Registration forms are numbered as the forms are received. Registrations received by the "returning student deadline" are processed as follows:
  - o Students returning to an act who followed the coach recommendation are registered immediately.
  - o For students applying to an upper level class, coaches select individual students to fill limited class slots once all on-time registrations are received. Often, more registrations are received for a class than spots available, so please be sure to indicate backup class(es) (and order) when applying for upper level classes.
  - o For students applying for beginning level classes, registrations are processed in a modified first-come, first-served basis, with students who meet applicable prerequisites.
    - o Priority is given to students that performed in the May Show with the Kinders and then took a summer Kinders classes. These returning students have "aged out" of the Toddler/Kinder program and are moving into the youth program.
    - o Next, returning students switching acts are processed.
    - o Finally the remaining class spaces are open for new students.
- Registrations received after the "returning student deadline" are processed in the order received.
- Full payment is due with the registration.

## **New students:**

- Ages 2- Kindergarten should start in the Toddler & Kinders program.
- Grades 1-12 enter the Youth Program. New students to circus should take Circus Experience (CE) in the fall and winter sessions of their first year with CJ. Circus Experience is a class which offers an overview and sampling of acts in all five genres of circus arts: acrobatics, juggling, circus theatre, aerial and balance. In the winter session, students should continue to take CE and add a performing class per the coach recommendation sheet from the Fall Circus Experience class. Spring session, they can focus entirely on the performing class and have fun in the May Shows!
- Age 22 and over enter the Adult program that includes a general adult circus experience class and flying trapeze.

## **Performance Information:**

- Toddlers & Kinders perform in the May Show
- Within the youth program there are several performance tracks of acts and classes:
  - o Circus Experience, a few strength building and technique classes, and some cross training classes do not perform and this is stated in the class description.
  - o Most of the classes in the Youth program are for beginners and intermediate students and these levels perform in the May Show.
  - o The most senior students that take level III & III+ classes, and whose acts are selected, perform in the summer show. Students taking level III/III+ aerial classes that have traditionally performed in the summer show are required to cross train by taking at least 3 approved classes.
  - o Due to the size and limited number of spaces available in our performing acts/classes, non-performing classes have been added. These classes are marked with an "NP\*" for "Non-Performing"
  - o Circus Juventas chooses students who are the most committed to CJ and cross-train in at least 3 other classes when considering act selection for the summer shows. Show themes and the artistic vision of each production also dictate act selection.
- Adult classes do not perform.

## **Work-study:**

Limited work-study is available for intermediate and advanced students 13 years and older. Work-study applications are due with the fall registration. Applications for the work-study program can be obtained at the front desk. Work-study students should plan to meet with Renae on Wednesday, September 10th to arrange this fall's work-study hours.

# Class Information for Beginning Students

## NEW STUDENTS Beginning Level Youth Classes

### Youth Classes Beginning Age 6 (First Grade)

- New students to circus should take Circus Experience (CE) in the fall and winter sessions of their first year with CJ. Circus Experience is a class which offers an overview and sampling of acts in all five genres of circus arts: acrobatics, juggling, circus theatre, aerial and balance. In the winter session, students should continue to take CE and add a performing class per the coach recommendation from the Fall Circus Experience class. Spring session, they can focus entirely on the performing class and have fun in the May Shows!
- Students taking a performing class should remain with that class for the full year until performances in May are completed.

## Circus Experience

A supportive, non-competitive environment fosters confidence and allows students to explore their capabilities in the circus arts. The class introduces beginner and intermediate acts including acrobatics, juggling, aerial theatre and balance. After completion of this nonperforming class, students are encouraged to specialize in an act.

CE M06 ages 6-9 (Mondays 6:15)

CE F04 ages 6-9 (Fridays 4:00)

CE S12 ages 6-9 (Saturdays 12:15)

CE M07 ages 10-15 (Mondays 7:15)

## Acrobatics

*Promotes athletic prowess, agility and timing.*

### ACROBATICS (AC) Beginning, Intermediate, and Advanced Sections

Create pyramids and learn circus & gymnastic tumbling.

PRE-REQ: meets minimum age by Sept. of current school year

AC I T05 ages 6-9 (Tuesdays 5:00)

AC I R04 ages 6-9 (Thursdays 4:00)

AC I S01 ages 6-9 (Saturdays 1:15)

AC I M05 ages 10-15 (Mondays 5:00)

### TRAMPOLINE (TRP) Beginning Section Only

The emphasis is on safety, fitness and fundamental skills. This non-show class offers the opportunity to learn or improve acrobatics skills.

PRE-REQ: meets minimum age by Sept of current school year

TRP R06 ages 6-9 (Thursdays 6:15) NP\*

TRP F06 ages 6-9 (Fridays 6:15) NP\*

TRP F07 ages 6-9 (Fridays 7:15) NP\*

TRP W06 ages 8-12 (Wednesdays, 6:15) NP\*

TRP S10 ages 10-15 (Saturdays 10:00) NP\*

### VAULT-MINI TRAMP (VM) Beginning, Intermediate, and Advanced Sections

This small trampoline leads to big heights! Students will learn how to hit the trampoline and jump into acrobatic tricks.

PRE-REQ: meets minimum age by Sept of current school year

VM I M06 ages 7-12 (Mondays 6:15)

VM I-II F04 ages 8-21 (Fridays 4:00)

### MONGOL TUMBLING (MTMB)

Beginning level acrobatics on the floor, minitramp, tumble track & circus-style tumbling.

PRE-REQ: meets minimum age by Sept of current school year

MTMB ages 10-15 (Mondays 7:15)

### Acrobatic Skills Guide

- Cartwheel
- Handstand
- Backbend
- Round-off

### Aerial Strength Guide

- Pull legs to bar from dead hang with proper form
- Roll down

## Aerial

*Promotes muscular development, agility and discipline.*

### SIDE BY SIDE TRAPEZE (SS) Beginning Section Only

Perfect for our youngest performers! Pairs of students learn the fundamentals of trapeze work in a nurturing environment.

PRE-REQ: meets minimum age by Sept of current school year for level I; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available

SS I M04 ages 6-9 (Mondays 4:00)

SS I M06 ages 6-9 (Mondays 6:15)

SS I F04 ages 6-9 (Fridays 4:00)

SS I S01 ages 6-9 (Saturdays 1:15)

SS II T04 ages 7-9 (Tuesdays 4:00)

SS II W05 ages 7-9 (Wednesdays 5:00)

### STAR (SR) Beginning Section Only

Continue learning basic trapeze skills introduced in Side by Side while working up higher in the air on the Star apparatus.

PRE-REQ: SS; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available

SR I S10 ages 7-9 (Saturdays 10:00)

SR I S11 ages 7-9 (Saturdays 11:00)

SR II S12 ages 7-9 (Saturdays 12:15)

### MULTIPLE TRAPEZE (MT) Beginning Section Only

Aerial synchronization is the key to success on this six-person apparatus.

PRE-REQ: meets minimum age by Sept of current school year (age 8 ok if 2 years SS or SR)

MT I M04 ages 9-11 (Mondays 4:00)

MT I M05 ages 9-11 (Mondays 5:00)

MT I W07 ages 9-11 (Wednesdays 7:15)

MT I T06 ages 12-18 (Tuesdays 6:15)

### AERIAL TECHNIQUES (AT) Beginning Section Only

This non-performing class is designed to teach basic trapeze skills and rope work while improving form and building strength. Class uses triple trapeze, multiple trapeze, hoops, Spanish web and silks.

PRE-REQ: meets minimum age by Sept of current school year for level I; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available

AT I M05 ages 10-15 (Mondays 5:00) NP\*

AT I R05 ages 10-15 (Thursdays 5:00) NP\*

AT I S01 ages 10-15 (Saturdays 1:15) NP\*

AT I-II T07 ages 10-15 (Tuesdays 7:15) NP\*

### SPANISH WEB (SW) Beginning, Intermediate, and Advanced Sections

Performances on this long, cloth-covered rope are defined by beauty. Learn hand and ankle loopwork, loopless maneuvers, and develop strength, agility and grace.

PRE-REQ: meets minimum age by Sept of current school year (age 11 ok if preceding year of intermediate level aerial training)

SW I T08 ages 12-21 (Tuesdays 8:15) NP\*

SW I W06 ages 12-21 (Wednesdays 6:15) NP\*

SW I R04 ages 12-21 (Thursdays 4:00) NP\*

### BOYS TRAPEZE DEVELOPMENT (BTD) Beginning Section Only

Designed for boys that are interested in developing the skills and strength that are needed in the more advanced aerial partner classes. This class is non-performing.

PRE-REQ: meets minimum age by Sept of current school year

BTD M05 ages 10-12 (Mondays 5:00) NP\*

BTD W06 Teen ages 13-21 (Wednesdays 6:15) NP\*

# Balance

Promotes equilibrium, focus and fearlessness!

## GLOBES (GL) Beginning and Intermediate Sections

Perch atop over-sized balls to develop balance and foot dexterity. Progressively challenging levels will teach acrobatic flips/cartwheels and ramp maneuvering.

PRE-REQ: meets minimum age by Sept of current school year for level I; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available

GL I R04 ages 6-12 (Thursdays 4:00)

GL I-II ages 6-12 (Thursdays 5:00)

## UNICYCLE (UN) Beginning, Intermediate, and Advanced Sections

Half the wheels, but twice the fun! Develop balance and enhance fitness.

PRE-REQ: meets minimum age by Sept of current school year

UN I M04 ages 6-21 (Mondays 4:00)

UN I W04 ages 6-21 (Wednesdays 4:00)

UN I R04 ages 6-21 (Thursday 4:00)

## GERMAN WHEEL (GW) Beginning, Intermediate, and Advanced Sections

A rolling 8-foot steel apparatus with hand and foot settings that encourages balance and agility.

PRE-REQ: meets minimum age by Sept of current school year; at least 4 feet in height

GW I T06 ages 10-21 (Tuesdays 6:15)

GW I W07 ages 10-21 (Wednesdays 7:15)

GW I W08 ages 10-21 (Wednesdays 8:15)

## LOW WIRE (LW) Beginning, Intermediate, and Advanced Sections

A slender strand of steel, three feet off the ground. A great introduction to wire walking - the delight without the height!

PRE-REQ: meets minimum age by Sept of current school year

LW I ages 10-21 (Wednesdays 7:15)

# Circus Theatre

Promotes confidence, comedy and kookiness!

## CLOWNING (CL) Beginning, Intermediate, and Advanced Sections

Learn foundations of physical theatre, improv, comedy, stage combat, and clowning. Explore various martial arts to take control of our bodies and surrounding space then throw in lots of games, improv, and famous gags and routines.

PRE-REQ: meets minimum age by Sept of current school year

CL I ages 8-13 (Wednesdays 7:15)

## DANCE (DA) Beginning, Intermediate, and Advanced Sections

Explore a variety of dance styles.

PRE-REQ: meets minimum age by Sept of current school year for level I; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous level, and space available

DA I ages 10-13 (Thursdays 5:00)

## MIME AND PHYSICAL COMEDY (MIME)

Learn foundations of physical comedy and mime. Explore various activities to take control of our bodies and surrounding space including lots of games, improv, famous gags and routines.

PRE-REQ: meets minimum age by Sept of current school year

MIME ages 9-13 (Thursdays 5:00)

# Juggling

Promotes hand-eye coordination & showmanship

## JUGGLING (JU) Beginning, Intermediate, and Advanced Sections

Keep your eye on the balls... and the rings, clubs, torches and knives!

PRE-REQ: meets minimum age by Sept of current school year

JU I ages 7-21 (Wednesdays 5:00)

## Toddlers and Kinders

All Toddler and Kinder classes perform in the May Show. Details about performing will be shared in the Winter Session Guide. When determining the correct age group for your child, the class's lower age limit should be your child's age as of Sept 1, 2008. Students stay with this age group for the entire year. Students voluntarily withdrawing from a class after the registration deadline may not receive a refund. Prior to registering, parents may bring their child to the parent viewing area to introduce the child to our facilities. Prospective students may turn in a registration form for these classes. When registering, please indicate a 1st and 2nd choice of class date and time. We will try to place new students where space is available.

### \$180 - For Fall Session

**Toddlers:** A unique program exclusively for 2 to 5 year olds. Skills include: Balance, Acrobatics, Expression, Juggling and Aerial. Ages 2-Kindergarten.

TD F09 ages 2-3 Fridays 9:00 am

TD F10 ages 2-3 Fridays 10:00 am

TD W11 ages 3-4 Wednesdays 11:00 am

TD F11 ages 3-4 Fridays 11:00 am

TD S09 ages 3-4 Saturdays 9:00 am

TD T03 ages 4-5 Tuesdays 3:00 pm

TD W01 ages 4-5 Wednesdays 1:15 pm

TD F12 ages 4-5 Fridays 12:00 pm

TD S10 ages 4-5 Saturdays 10:00 am

TD S11 ages 4-5 Saturdays 11:00 am

**Circus Kinder:** Designed for Kindergartners that have been in the toddler program and are ready for more! This performing class is a bridge between the traditional Toddler class and the youth program where students will specialize in an act. Kinders will be introduced to the German wheel during the weekday classes.

CK T04 ages 5-6 Tuesdays 4 pm

CK W04 ages 5-6 Wednesdays 4 pm

CK S12 ages 5-6 Saturdays 12:15 pm



# Class Information for Intermediate Level Students

Students participating in intermediate levels are expected to train with a higher level of commitment and preparation. It is best that students have 2-3 hours of training each week with cross-training classes included.

Classes at the intermediate level are often more constricted for space, therefore any student who does not return to an act for any session will most likely not return to the same level again if/when the choice to return is made, as the spot would be back-filled by other students. Therefore, we recommend careful consideration before deciding to take a session off from these classes.

## Intermediate Level Classes

### Acrobatic Skills Guide

- Back somersault on tramp
- Splits

### Aerial Strength Guide

- 2 straddle climbs
- Pullover
- 3 pull ups
- Full splits
- Ability to do basic trapeze skills on ropes

## New Cross-Training Classes for Ages 10-13!

Cross-training is key to developing skills needed for higher acts levels. Therefore, we are starting new classes appropriate for students ages 10-13 who may be caught in the age gap of some acts! These are non-performing classes

### AERIAL CIRCUS DEVELOPMENT (AECD)

Perfect for students who have already done several years of aerial training but aren't the right age to move into the higher level acts or haven't yet been able to get into a certain act. Focus on Hoops, Silks, Web, and Trapeze skills with conditioning and strength training supplemented.

PRE-REQ: 2-3 years of aerial training at CJ or Pre-team equivalent

AECE ages 10-15 (Tuesdays 6:15) NP\*

### BALANCE CIRCUS DEVELOPMENT (BCD)

Perfect for students who have done several years of balance training and want to stretch their skills even farther! Focus on Wire, German Wheel, Globes and Unicycle. Specialization can be determined in class.

PRE-REQ: 2-3 years of balance training at CJ or Pre-team equivalent

BCE ages 10-15 (Fridays 5:00) NP\*

### ACROBATICS CIRCUS DEVELOPMENT (ACCD)

Perfect for students who have done several years of acrobatics training and want to move into higher levels of training. Supplement acrobatic training with strong core fundamentals in tumbling, jump-rope, trampoline and handstands. Good Preparation for Acrobatics level III.

PRE-REQ: 2-3 years of acrobatics training at CJ or Pre-team equivalent

ACCE ages 10-15 (Fridays 6:15) NP\*

## Acrobatics

*Promotes athletic prowess,  
agility and timing.*

### ACROBATICS (AC) Beginning, Intermediate, and Advanced Sections

Create pyramids and learn circus tumbling.

PRE-REQ: has accomplished all skills in AC I; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available

AC II W04 ages 6-9 (Wednesdays 4:00)

AC II T05 ages 10-15 (Tuesdays 5:00)

### VAULT AND MINI TRAMP (VM) Beginning, Intermediate, and Advanced Sections

This small trampoline leads to big heights! Students will learn how to hit the trampoline and jump into acrobatic tricks.

PRE-REQ: has accomplished all skills in VM I; movement up through levels is congruent with coach rec and space available

VM II ages 8-21 (Tuesdays 7:15)

### TEETERBOARD (TB) Intermediate and Advanced Sections

Playground equipment for acrobats! Students execute flips onto pyramids and high chairs.

PRE-REQ: by invitation only; has accomplished all skills in AC III, VM III, MI or USAGA5 and space available

TB II ages 12-21 (Thursdays 5:00)

## Circus Theatre

*Promotes confidence,  
comedy and kookiness!*

### CLOWNING (CL) Beginning, Intermediate, and Advanced Sections

Learn foundations of physical theatre, improv, comedy, stage combat, and clowning. Explore various martial arts to take control of our bodies and surrounding space then throw in lots of games, improv, and famous gages and routines.

PRE-REQ: has accomplished all skills in CL II and space available

CL II-III ages 10-21 (Wednesdays 8:15)

### DANCE (DA) Beginning, Intermediate, and Advanced Sections

Explores rhythms inspired by urban youth culture.

PRE-REQ: has accomplished all skills in DA I-II and space available

DA II Lyrical ages 12-18 (Wednesdays 5:00)

### DANCE FOR BOYS (DA BYS) Intermediate Section Only

Hip-Hop dance for boys.

PRE-REQ: meets minimum age by Sept of current school year, at least one year of dance training, and space available

DA BYS ages 12-18 (Thursdays 6:15)

## Juggling

*Promotes hand-eye  
coordination & showmanship*

### JUGGLING (JU) Beginning, Intermediate, and Advanced Sections

Keep your eye on the balls... and the rings, clubs, torches and knives!

PRE-REQ: has accomplished all skills in JU I, movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available

JU II ages 7-21 (Wednesdays 6:15)

JU II-III ages 7-21 (Wednesdays 8:15)

# Balance

Promotes equilibrium, focus and fearlessness!

## **UNICYCLE (UN) Beginning, Intermediate, and Advanced Sections**

Half the wheels, but twice the fun! Develop balance and enhance fitness. PRE-REQ: has accomplished all skills in UN I; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available

UN II R05 ages 6-21 (Thursdays 5:00)

UN II-III W05 ages 6-21 (Wednesdays 5:00)

## **GLOBES (GL) Beginning and Intermediate Sections**

Perch atop over-sized balls to develop balance and foot dexterity. Progressively challenging levels will teach acrobatic flips/cartwheels and ramp maneuvering.

PRE-REQ: performed May Show 08 in GL I-II, or II and space available

GL II ages 7-12 (Thursdays 6:15)

## **BICYCLE (BY ) Beginning, Intermediate and Advanced Sections**

How many can you get on a bike? Four, five, six... ten! Talk about teamwork!

PRE-REQ: performed BY II-III in May 08 show

BY II-III ages 10-21 (Tuesdays 4:00)

## **CONTORTION (CO) Intermediate and Advanced Sections**

The art of contortion demonstrates flexibility, style, and balance. This unique class will focus on stretching to increase flexibility.

PRE-REQ: splits on both sides for lvl 1; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available

CO I ages 10-21 (Thursdays 8:15)

CO II ages 10-21 (Saturdays 1:15)

## **GERMAN WHEEL (GW) Beginning, Intermediate, and Advanced Sections**

A rolling 8-foot steel apparatus with hand and foot settings that encourages balance and agility.

PRE-REQ: has accomplished all skills in GW I; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available

GW II ages 10-21 (Tuesdays 7:15)

## **LOW WIRE (LW) Beginning, Intermediate, and Advanced Sections**

A slender strand of steel, three feet off the ground. A great introduction to wire walking - the delight without the height!

PRE-REQ: has accomplished all skills in LW I and space available

LW II ages 10-21 (Wednesday 8:15)

## **HANDSTANDS AND FLEXIBILITY (HSFL) Intermediate Section Only**

Great training for the students who desire greater flexibility and stronger handstands. Students who have been in handstands, chair-stacking, hand-balancing, or competitive gymnastics are highly recommended to take this class.

PRE-REQ: CHS, HAS, BAL, AS, USAGA 5 and space available

HSFL I ages 12-21 (Tuesdays 6:15)

HSFL II ages 12-21 (Wednesdays 8:15)

## **PRE-TEAM & MASTER INTENSIVE CLASSES**

### **PRE-TEAM FOR BOYS (PTMBS) Intermediate Section Only**

Focus will be on Teeterboard, Straps, Acrobatics, Hand-stands, and Jump Rope.

PRE-REQ: suitable for boys with either AC III, VM III, Low casting III, or Young High Fliers experience and space available

PTMBS ages 12-21 (Thursdays 4:00-6:00)

### **PRE-TEAM III (PTM III) Intermediate Section Only**

This year, the emphasis is on Chinese bike and acro-balance.

PRE-REQ: completion of all skills in PTM II, coach recommendation, and space available

PTM III Ages 13-17 (Tuesdays 5:00-7:00)

### **MASTER INTENSIVE (MI) Intermediate Section Only**

A challenging, accelerated introductory circus arts class that promotes and supports the gymnast/dancer/athlete in acrobatics and circus technique.

PRE-REQ: USAGA 5, Advanced level acrobatic skills, space available

MI ages 9-21 (Wednesdays 7:15-9:15)

# Aerial

Promotes muscular development, agility and discipline.

## **TRIPLE TRAPEZE (TT) Intermediate and Advanced Sections**

A three-person team performing complex aerial maneuvers.

PRE-REQ: has accomplished all skills in MT, splits for level II and higher; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available

TT Non-Performing ages 8-15 (Wednesdays 6:15) NP\*

TT I F04 (Younger) ages 8-13 (Fridays 4:00)

TT I M06 (Older) ages 10-21 (Mondays 6:15)

TT I-II T05 ages 9-18 (Tuesdays 5:00)

TT II R07 (Younger) ages 9-15 (Thursdays 7:15)

TT II T08 (Older) ages 12-21 (Tuesdays 8:15)

TT II-III F07 (younger) ages 10-15 (Fridays 7:15)

TT II-III R08 (older) ages 13-21 (Thursdays 8:15)

## **LOW-CASTING (LC) Beginning and Intermediate Sections**

A mini flying trapeze for timing, teamwork and upper body strength.

PRE-REQ: has accomplished all skills in AC II, TT I, or PTM II; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available

Low Casting Fun (Wednesdays 6:15) NP\*

Low Casting Fun (Thursdays 6:15) NP\*

LC I M07 ages 10-15 (Mondays 7:15) NP\*

LC I-II F05 ages 10-15 (Fridays 5:00)

LC II W05 ages 10-15 (Wednesdays 5:00)

LC III M08 ages 10-15 (Mondays 8:15)

## **DOUBLE TRAPEZE (DT) Intermediate and Advanced Sections**

Stunning two-person trapeze work. Trust your partner and develop skills in daring transfers with Double Trapeze.

PRE-REQ: by invitation only; has accomplished all skills in TT II or III, BTD; Intermediate Aerial Strength and space available

DT I-II ages 10-21 (Fridays 6:15)

## **SPANISH WEB (SW) Beginning, Intermediate, and Advanced Sections**

Performances on this long, cloth-covered rope are defined by beauty. Learn hand and ankle loopwork, loopless maneuvers, and develop strength, agility and grace.

PRE-REQ: has accomplished all skills in and had one year of SW I NP;

movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available

SW I-II ages 12-21 (Wednesdays 5:00)

SW II ages 12-21 (Mondays 7:15)

SW II-III ages 12-21 (Mondays 8:15)

## **HOOPS (HP) Intermediate and Advanced Sections**

Spin, twist and swing on a 3-foot wide suspended metal hoop.

PRE-REQ: has accomplished all skills in TT &/or PTM for 2 yrs; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available

HP I ages 12-21 (Fridays 5:00) NP\*

HP I-II ages 13-21 (Wednesdays 4:00)

HP II ages 14-21 (Thursdays 5:00)

HP II-III ages 14-21 (Thursdays 6:15)

## **DOUBLE HOOPS (HP DB) Intermediate Section Only**

3-4 people, 3 straps, 2 metals hoops, and 1 bar make this act a special new addition this year brought to us by our Ukrainian coach Zina.

PRE-REQ: Has accomplished all skills in HP II-III and space available

HP DB ages 14-21 (Fridays 5:00)

## **BUNGEE TRAPEZE (BT) Intermediate and Advanced Sections**

Trapeze work & bungee maneuvers create a thrilling spectacle from on high.

PRE-REQ: has accomplished all skills in TT I, SW I, HP I and space available

BT I ages 12-21 (Wednesdays 6:15) NP\*

## **SILKS (SKS) Intermediate and Advanced Sections**

Aerial maneuvers on fabric suspended 30 feet high.

PRE-REQ: has accomplished all skills in TT I, SW I, HP I and space available

SKS I ages 12-21 (Tuesdays 7:15) NP\*

# Class Information for Advanced Level Students

Students in advanced level classes are expected to train 4-6 hours a week. Commitment to these classes includes fall, winter, spring, and summer sessions and all level III/III+ students are expected to perform in ALL summer show performances including general and school shows.

Movement into and up through these classes is highly dependent on skill, attendance, attitude, commitment, and space available. Most students entering advanced level classes for the first time are approached through coach recommendation; however students may show their interest through the registration process. Attention to pre-requisites and age limits are highly suggested when filling out the registration.

Notice for summer vacations other than the week of July 4th must be communicated in writing by the start of the Winter Session. Vacations outside of the Summer break can effect placement and participation in the summer show.

## Advanced Level Classes

### TEAM (TM) Advanced Section Only

Cross Training for Senior performing students. This year's focus is on Asian acts. See the summer show teaser on the workshops page for more details! **Please note: not every Team member will perform in every act; students will be selected for each act throughout the year. Students are expected to train in the acts they have been assigned by CJ directors.**

Chinese Poles (TM CP) (Mondays 6:15 & Thursdays 8:15)

Jump Rope (TM JR) (Mondays 7:15)

Flag (TM FLG) (Mondays 8:15 & Thursdays 6:15)

Handstands (TM HAS) (Mondays 8:15)

Teeterboard (TM TBIII) (Thursdays 6:00-7:15)

Asian Hand Balance (TM AHB) (Thursdays 7:15)

Tumbling (TM TMB) (Thursdays 8:15)

## Acrobatics

*Promotes athletic prowess, agility and timing.*

### VAULT AND MINI TRAMP (VM) Beginning, Intermediate, and Advanced Sections

This small trampoline leads to big heights! Students will learn how to hit the trampoline and jump into acrobatic tricks.

PRE-REQ: has accomplished all skills in VM II-III and space available

VM III ages 8-21 (Tuesdays 8:15)

### ACROBATICS (AC) Beginning, Intermediate, and Advanced Sections

Create pyramids and learn circus tumbling.

PRE-REQ: has accomplished all skills in AC II-III or USAGA5 and space available

AC III M04 ages 10-21 (Mondays & Fridays 4:00)

### JUMP ROPE (JR) Advanced Section Only

Acrobatics jump rope. Part of Team.

PRE-REQ: by invitation into Team or USAGA5 and space available

JR ages 12-21 (Mondays 7:15)

### RUSSIAN BAR (RB) Advanced Section Only

Perform acrobatic tricks on the narrow Russian Bar.

PRE-REQ: by invitation only; USAGA5; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available

RB II ages 12-21 (Tuesdays 6:15-8:15)

### TEETERBOARD (TB) Intermediate, and Advanced Sections

Playground equipment for acrobats! Students execute flips onto pyramids and high chairs. Part of Team.

PRE-REQ: has accomplished all skills in TB II and space available

TB III ages 12-21 (Thursdays 6:00-7:15)

### WALL TRAMPOLINE (WT) Advanced Section Only

Learn to execute high level maneuvers into/off of a wall.

PRE-REQ: Team, USAGA8

WT ages 12-21 (Mondays 4:00 & Wednesdays 8:15)

## Juggling

*Promotes hand-eye coordination & showmanship*

### JUGGLING (JU) Beginning, Intermediate, and Advanced Sections

Keep your eye on the balls... and the rings, clubs, torches and knives!

PRE-REQ: has accomplished all skills in JU II-III and space available

JU III ages 7-21 (Tuesdays 8:15 & Wednesdays 7:15)

### Acrobatic Skills Guide

- Front handspring
- Round-off back handspring

### Aerial Strength Guide

- 5 pull ups
- 5 straddle climbs
- Hipsky with straight legs

## Circus Theatre

*Promotes confidence, comedy and kookiness!*

### STAGE PRESENCE (SPR) Advanced Section Only

Students in Team and level III classes who have not been in theatre are highly recommended to take this class on the artistry of performing beyond the technical skills of an act. PRE-REQ: level III classes or Team and space available

SPR W07 ages 12-21 (Wednesdays 7:15)

SPR R08 ages 12-21 (Thursdays 8:15)

### DANCE JAZZ & LYRICAL (DAJ) Advanced Section Only

Explore jazz and lyrical character style dance. PRE-REQ: has accomplished all skills in DA III; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available

DAJ III ages 12-21 (Wednesdays 8:15)

DAJ III+ ages 12-21 (Wednesdays 6:15)

### THEATRE ADVANCED (THA) Advanced Section Only

Explore theatre foundation work in preparation for 2009 production and look to your future with this professional/project class. Teachers Kirsten Franzich and Mikael Rudolf are back again from Pazzanni's acclaimed production. Winter session is mandatory for summer production roles. PRE-REQ: by application

THA III ages 15-21 (Thursdays 4:00-5:30)

### CLOWNING (CL) Beginning, Intermediate, and Advanced Sections

Learn foundations of physical theatre, improv, comedy, stage combat, and clowning. Explore various martial arts to take control of our bodies and surrounding space then throw in lots of games, and famous gags and routines.

PRE-REQ: has accomplished all skills in CL II-III

CL III ages 15-21 (Wednesdays 6:15)

### TRADITIONAL CHINESE DANCE (DA CDT)

This unique dance class, taught by Lili Teng, artistic director of St Paul's Chinese Dance Theater, will explore the physical language of traditional Chinese dance. Beginning with an introduction to general movement methods, the class will move into physical storytelling as students gain a better understanding of the art form. The eventual goal of this class will be to learn pieces specifically choreographed for the 2009 summer show.

PRE-REQ: Students currently taking DAJ III+ (Please note: If you take only Dance III+, without the supplemental Chinese dance class, your participation in the summer show will be limited, since most of the choreography of the show will emerge from the work that goes on in the Chinese dance class.)

DA CDT ages 12-21 (Mondays 6:00- 7:15)

### MARTIAL ARTS (MA)

This class, taught by Sifu Mark Kamas (Head Instructor of Dragons Kung Fu) and his son Gabriel, focuses on the traditional & ancient art of self-defense. This class will begin with an introduction to the basic forms of kung fu and progress to weapons use and fight choreography in order to create scenes in next summer's production. PRE-REQ: By Application. Available to boys in any advanced level team, acrobatic or aerial class.

MA ages 12-21 (Wednesdays 4-6pm)

## Balance

*Promotes equilibrium, focus and fearlessness!*

### UNICYCLE (UN) Beginning, Intermediate, and Advanced Sections

Half the wheels, but twice the fun! Develop balance and enhance fitness.

PRE-REQ: has accomplished all skills in UN II-III and space available

UN III ages 6-21 (Tuesdays 5:00)

### ADAGIO (AO) Advanced Section Only

Calling all human jump ropes! Timing, coordination and flexibility are taught.

Teamwork and trust are fostered. PRE-REQ: by invitation only

AO ages 12-21 (Mondays 8:15, Wednesdays & Fridays 5:00)

**CONTORTION (CO) Intermediate, and Advanced Sections**

The art of contortion demonstrates flexibility, style, and balance. This unique class will focus on stretching to increase flexibility.

PRE-REQ: has accomplished all skills in CO II and space available  
CO III ages 10-21 (Fridays 5:00)

**GERMAN WHEEL (GW) Beginning, Intermediate, and Advanced Sections**

A rolling 8-foot steel apparatus with hand and foot settings that encourages balance and agility.

PRE-REQ: has accomplished all skills in GW II-III and space available  
GW III ages 10-21 (Mondays 6:15)  
GW III R07 ages 10-21 (Thursdays 7:15)

**HAND STANDS (HAS)/CHAIR STACKING (CHS) Advanced Section Only**

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.

PRE-REQ: ability to hold handstand; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available  
HAS III ages 8-21 (Fridays 7:30-8:30)  
CHS ages 10-21 (Fridays 7:30-8:30)

**MID WIRE (MW) Beginning, Intermediate, and Advanced Sections**

High altitude fearlessness on a 5/8-inch-thick cable. Learn walking, bikes, rims, pyramids, headstands, chairs, juggling, and theatricality.

PRE-REQ: has accomplished all skills in LW II; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available  
MW II ages 10-21 (Tuesdays 5:00)

**HOOP DIVING (HD) Advanced Section Only**

Learn the Chinese acrobatic tradition of hoop diving! Students will learn to dive through both stationary and moving wooden hoops.

PRE-REQ: by invitation only  
HD ages 12-21 (Tuesdays 8:15 & Thursdays 7:15)

**3 PERSON HAND-BALANCE (3PHB) /****CONTORTION HAND BALANCE (CHB) Advanced Section Only**

A fusion of contortion and advanced hand balancing technique.

PRE-REQ: by invitation only  
3PHB ages 10-21 (Mondays 4:00 & Wednesdays 8:15)  
CHB III ages 15-21 (Tuesday 7:15 & Wednesdays 4:00)

**5 MAN HAND BALANCE (5HB) Advanced Section Only**

Intricate balance work with 5 partners using great strength.

PRE-REQ: by invitation only  
5HB ages 15-21 (Mondays 5:00 & Wednesdays 7:15)

# Aerial

*Promotes muscular development,  
agility and discipline.*

**BUNGEE TRAPEZE (BT) Intermediate, and Advanced Sections**

Trapeze work & bungee maneuvers create a thrilling spectacle from on high.

PRE-REQ: has accomplished all skills in BT I; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available  
BT I-II ages 13-21 (Fridays 6:30-7:30)  
BT II ages 13-21 (Wednesdays 8:15)  
BT II-III ages 13-21 (Wednesdays 5:00)  
BT III ages 13-21 (Tuesdays 8:15)  
BT III+ ages 13-21 (Tuesdays 6:15)

**CLOUD SWING (CS)/DOUBLE CLOUD SWING (DCS) Advanced Section Only**

Breathtaking aerial work on a rope-like swing which has loops to secure hand and foot dives.

PRE-REQ: by invitation only; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available  
CS II ages 12-21 (Wednesdays 6:15 pm)  
DCS I ages 13-21 (Mondays 6:15)  
DCS II ages 13-21 (Mondays 8:15)  
DCS III ages 13-21 (Thursdays 3:45-4:30)

**FRENCH TRAPEZE (DT/FT) Intermediate, and Advanced**

Stunning two-person trapeze work. Trust your partner and develop skills in daring transfers with Double Trapeze. Advanced partner work performed in a single trapeze high above the arena on French Trapeze.

PRE-REQ: has accomplished all skills in DT I-II and space available; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available  
DT/FT I ages 12-21 (Fridays 5:00)  
DT/FT III ages 12-21 (Mondays 4:00)

**SPANISH WEB (SW) Beginning, Intermediate, and Advanced Sections**

Performances on this long, cloth-covered rope are defined by beauty. Learn hand and ankle loopwork, loopless maneuvers, and develop strength, agility and grace.

PRE-REQ: has accomplished all skills in SW II-III and space available  
SW III ages 12-21 (Fridays 4:00)

**STRAPS (SP) Advanced Section Only**

Students will learn static straps in precision and power. Due straps incorporates two males in a striking series of acrobatic movements. PRE-REQ: by invitation only  
SP II ages 12-21 (Tuesdays 4:00 or 6:15)  
SP III ages 12-21 (Wednesdays 5:00)

**FLYING TRAPEZE (FT) Advanced Section Only**

Experience the thrill of training on the traditionally elite flying trapeze. Fundamental skills, safety and fun are emphasized. Flying Trapeze Team is reserved for the most committed students who take at least 3 other advanced classes. This cross training allows the flyers to meet flying objectives.

PRE-REQ: by invitation only  
FTA ages 12-21 ON HIATUS  
FTB ages 12-21 (Mondays 4:00, Tuesdays 3:30-5:00, & Thursdays 8:15)

**MEXICAN CLOUD SWING (MS) Advanced Section Only**

This acrobatic aerial act requires strength and agility. No loops here - so students use their bodies as knots to execute dives.

PRE-REQ: by invitation only; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available  
MS II R04 ages 13-21 (Thursdays 4:00)  
MS II R07 ages 13-21 (Thursdays 7:15)  
MS III ages 13-21 (Thursdays 7:15)

**SHOOT-THRU LADDER (SL)/REVOLVING LADDER (RL) Advanced Section Only**

Balance on a revolving metal ladder pivoting on an axle with a partner, performing with aerial grace on a trapeze.

PRE-REQ: by invitation only; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available  
SL I ages 13-21 (Wednesdays 5:00)  
SL II ages 13-21 (Thursdays 4:00)

**SILKS (SKS) Intermediate, and Advanced Sections**

Aerial maneuvers on fabric suspended 30 feet high.

PRE-REQ: has accomplished all skills in SKS P; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available  
SKS I-II ages 13-21 (Wednesdays 6:15)  
SKS II ages 13-21 (Wednesdays 7:15)  
SKS II-III ages 13-21 (Wednesdays 4:00)  
SKS III ages 13-21 (Wednesdays 5:00)

**SWINGING TRAPEZE (ST) Advanced Section Only**

Daring release maneuvers on the swinging trapeze.

PRE-REQ: by invitation only; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available  
ST I ages 13-21 (Fridays 4:00)  
ST II ages 13-21 (Mondays 5:00)  
ST II-III ages 13-21 (Wednesdays 3:00)  
ST III ages 13-21 (Fridays 3:00)

**TRIANGLE TRAPEZE (TRI) Advanced Section Only**

A unique trapeze act which soars around the arena and incorporates advanced level aerial skills. PRE-REQ: by invitation only; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available

TRI I S01 (AW, TB, KC) ages 13-21 (Saturdays 1:15)  
TRI I (CR, OR, JD) ages 13-21 (Fridays 5:45-6:30)  
TRI II (AS, GW, EH) ages 13-21 (Mondays 7:15)  
TRI II-III (KD, AO, MT) ages 13-21 (Fridays 5:00-5:45)

**HAMMOCK (HM) Advanced Section Only**

Movement and positioning on a fabric sling (not for nappers!)

PRE-REQ: by invitation only; movement up through levels is congruent with coach recommendation, accomplishment of skills in previous act, and space available  
HM I (LU/OR, KD/AO) ages 15-21 (Saturdays 10:00)  
HM II (HS & GW) ages 15-21 (Tuesdays 7:15)  
HM III (MK & MT) ages 16-21 (Tuesdays 7:15)

**HOOPS (HP) Advanced Section Only**

Spin, twist and swing on a 3-foot wide suspended metal hoop.

PRE-REQ: Has accomplished all skills in HP II-III and space available  
HP III ages 14-21 (Mondays 5:00)

**PAS DE DEUX (PDD) Advanced Section Only**

Provocative partner work on Flying Silks. PRE-REQ: by invitation only  
PDD ages 16-21 (Tuesdays 5:00 & Wednesdays 4:00)