

Frequently Asked Questions

How do I register for classes if I am new to Circus Juventas? Instructions are given on both the second page and the inside back page of the session guide. Once you've filled out the Registration, Medical, Compliance, and Liability Forms, turn them in as soon as possible – the registration deadline is the LAST day we can easily accept registrations, but turning in your forms before that date is recommended, particularly for the beginning level classes that are mainly first-come-first-served. Forms are available at www.circusjuventas.org (under Download Forms on the bottom left hand side of the homepage) or at the CJ front desk.

How do I register for classes if I am returning to Circus Juventas? If you are a returning student from the fall session, please fill out your express registration form inserted in the guide to determine class placement (copies of express registrations can also be found at the front desk). The express registration form should be turned in NO LATER THAN the returning student deadline to ensure placement into the same classes.

How will I know if I am registered for a class? An email confirmation reflecting the final registration and payment will be sent to the email provided on the Registration Form. Students who have not received an email confirmation should check in with the front desk if they have not received official notice before the class begins (rather than assume that they are enrolled).

What should I wear to class? Circus Juventas recommends wearing comfortable work-out clothes for classes. This can include leotards, yoga pants, athletic pants, and fitted shirts. What's most important to keep in mind is that the material is not too baggy, and that tops can be tucked in for times when the act requires a student to be upside down. Sweatshirts and jeans are not advisable.

What kind of shoes should I wear? The most versatile footwear is leather gymnastic shoes. A popular brand is Capezio, but other brands at various price points are available. Any dance shoe store should have access to these shoes. We have worked regularly with Grand Jete in St Paul, if you'd like to contact a store who has a history with circus-specific shoe needs.

Do performing classes cost more than non-performing classes? During the regular sessions, the class fees are typically the same for performing classes as non-performing. Price differences occur with costume fees (which may include accessories and shoe fees in addition to the base costume), and a performer fee that covers production costs. The May show performer fee

includes 4 tickets to the shows. Please refer to May Show Info on our website for further information.

When are the costume and performer fees due? The costume fees are paid with winter registration, as costumes must be ordered by early January in order to arrive in time for the May shows. The performer fee is paid with spring session. The final date for determining performing status is December 17; notification after that date will not receive a refund for costume costs.

If I pick an act in the upcoming session, will the training time stay the same for the rest of the year? Summer session tends to have a different schedule from the rest of the year, as the number of students who take classes is typically less. CJ Staff tries to keep the fall, winter, and spring sessions as consistent as possible, however some changes should be expected between each session to accommodate staffing or equipment needs that were not originally obvious when the schedule was first released.

If I start in a performing act in the fall, do I have to commit to that act for the entire year and perform in the May shows? Not necessarily. The time to commit to an act that is set to perform in the May shows is winter session. Students may find that training for more sessions in one act provides more time for building confidence in that act, but a change from summer to fall or even fall to winter is not a problem, so long as space is available in the new act you are seeking.

Are there some acts that are "safer" than others? Circus Juventas staff makes safety a priority for all of our acts. The best parameters to consider for this question depend more on the student's abilities than anything else. If you struggle to stay focused and find that strength in your arms or core isn't well developed, then intermediate and advanced level aerial acts will be more of a struggle. If flexibility is a challenging area, then contortion may not be a good match to start. This is not to say that these skills cannot be developed – if you want to work on those more challenging areas in order to achieve a goal, look into the beginning level classes that are pre-requisites to the intermediate and advanced level classes as well as cross-training classes like dance or acrobatics to help gain those skills.

Do I have to have previous experience in order to join a performing class? Most of the classes in the Beginning Level section are based on age limits, not previous experience. Pre-requisites are listed with all of the classes. Intermediate and Advanced Level classes are dependent on previous experience.

Winter Session: December 5, 2011 - February 18, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00 PM	Wings 2:30-3:45 Duo Unicycle	Flying Trap MT 3:15-4:30 Duo Trapeze III (RV/AV) 3:30-4:15	Trio Ropes (AO/AP/AV) 2:30-3:30 Hammock I (LF/RH) 3:30-4:00 Swinging Trapeze III (AA) 3:30-4	Double Cloud Swing II 2:30pm Cloud Swing I 3:00pm French Trapeze III (P/AO) 3:15-4:00 Wheel of Steel (Zef/SK) 2:30-3:30	Trio Ropes (AO/GHR/AV) 2:30-3:30 Cloud Swing I (C) 3:00-3:30 Pas De Deux I NP* (3:30-4:30) Duo Trapeze I (RW/KM) 3:30-4:15	9 AM Acrobatics I ages 6-9 German Wheel II & III Star toddler ages 3-4
4:00 PM	Swinging Trapeze I (KV 4:00-4:30) Swinging Trapeze III (ST 4:30-5:00) 4 Man Hand-Balance and Bantune (PW/ZF/ND/CS) Acrobatics II ages 10-15 Aerial Technique I Low Wire I Spanish Web III Team - Dance Theatre Fundamentals NP* Trampoline ages 6-9 NP* Vault-Mini-Tramp I	Preparatory Team I age 6-9 (4:30-6:00) Adv Team - Adagio III Duo Trapeze III (RV/AV) 3:30-4:15 Hanging Perch Kinder ages 5-6 Multiple Trapeze I Side by Side II Spanish Web I NP*	Hammock I (CO/NS) 4:00-4:30 Hammock I (AR/TO) 4:30-5:00 Acrobatics I ages 6-9 Aerial Techniques Ages 8-10 High Wire III Hoops I NP* Juggling I Rola Bola Unicycle I NP* Triple Trapeze I-III	Acrobatics I ages 6-9 Clowning I Dance III Globes I Four Lane Cradle ages 6-12 Multiple Trapeze II Spanish Web I NP* Teeterboard II	Duo Trapeze I NP* (3:30-4:30) Duo Trapeze I (RW/KM) 3:30-4:15	10:00 AM 4 Man Hand-Balance and Bantune (PW/ZF/ND/CS) Circus Experience ages 6-9 Double Trapeze I-III Hoops III Side by Side I
5:00 PM	Intensive Adagio (formerly BTB) (5:00-7:00) Bungee Trapeze I NP* Circus Experience ages 6-9 Circus Spectacular ages 7-12 Clowning I Mini Hammock NP* Shoot-Thru Ladder I & II Team - Dance Theatre 101 Advanced Triple Trapeze II ages 9-16	Preparatory Team I age 6-9 (4:30-6:00) Hammock I (MH/RSL 5-5:30) Triangle Trap I (JEO/TB/KS) (5:30-6:15) Dance I ages 6-9 Low Casting Fun NP* Side by Side I Spanish Web II Teeterboard III Vault-Mini I	ADVTEAM - Russian Swing (5:00-5:45) ADVTEAM - Russian Bar (5:45-6:45) Dance III: Advanced Dance Theater Handsstands & Flexibility NP* Juggling I Kinder's ages 5-6 Low Casting Fun NP* Silks II-III Triple Trapeze III B	Preparatory Team I age 9-12 (5-7:15) Clowning II Dance Fundamental for Adv Performers Hoops III Low Casting II Multiple Trap I Silks NP* Teeterboard III Trampoline I ages 6-9 NP* Vault-Mini-Tramp III	Triangle Trapeze I (RH/ST/KM) 5:00-5:45 Triangle Trapeze III (RW, AO, KS) 5:45-6:30 Bicycle III Contortion II-III Double Trapeze I-III and II Fight Choreography German Wheel NP* ages 8-11 Low Casting I-III Moroccan Acro Pyramids ages 6-12	11 AM German Wheel NP ages 8-11 Kinder ages 5-6 Multiple Trapeze I ages 9-15 Side by Side I Star toddler ages 4-5
6:00 - 6:15 PM	3PHB (NA/KM/JO) Advanced Team - German Wheel Intensive Adagio (formerly BTB) (5:00-7:15) Circus Experience ages 10-15 Dance III: Advanced Dance Theater Multiple Trapeze I ages 9-15 Spanish Web I NP* Swinging Trapeze I (TO 5:00-5:30) Swinging Trapeze I-III (AV 5:30-6) Team - Hand Balance Team - Theatre 101 Unicycle I NP*	Preparatory Team II & Preparatory Team I ages 9-12 (Dance/Flexibility) (6:15-7:15) Acrobatics I ages 6-9 Adv Team Tumbling Juggling III Low Wire I Mini Hammock I-III Mexican Cloud Swing I & II Side by Side II Triple Trapeze I	ADVTEAM - Russian Bar 5:45-6:45 Hammock III (LU/RW) Circus Experience for NE House Globes I Side by Side I Silks III Triple Trap I-III (was R07) Unicycle I-III	Preparatory Team I age 9-12 (5-7:15) Bungee Trapeze II-III Boy's Adv Character Dance Clowning I Contortion I ages 10-15 Globes I-III Low Casting Fun NP* Spanish Web I NP* Team Jump Rope Team - Wall Tramp Triple Trap Non-Performing	Triangle Trapeze III (RW, AO, KS) 5:45-6:30 Triple Trapeze II ages 9-15 (6:00-7:30) Straps III (JO/ZF) 6:30-7:15 Aerial Techniques I ages 10-15 NP* Dance Jazz Fundamentals ages 7-10 German Wheel NP* ages 8-11 Juggling III Low Wire I-III Vault-Mini-Tramp I	1:15 PM Acrobatics I ages 6-9 Aerial Techniques I ages 10-15 Contortion I ages 6-10 German Wheel I-III Mini Hammock I Triangle Trap I (CO/LMS/CS) 2:15-3:15 PM Adult Flying Trapeze
7:15 PM	2PHB (ST/JO) Bungee Trapeze II Clowning III Dance Fundamental for Adv Performers Double Trapeze I and II Hoops I-III Low Casting I NP* Mexican Cloud Swing I (CO, RW/JTR) Moroccan Acro Pyramids Team Tumbling Unicycle II	Preparatory Team II (6:15-9:15-9:15) Adv Acrobatic Lassos Contortion I Dance I ages 10-12 Juggling II Mexican Cloud Swing I & III Spanish Web II-III Trampoline I ages 8-12 NP* Vault Mini-Tramp II	Acrobatics III Contortion II Dance Jazz III Juggling I-III Mini Hammock I-III Moroccan Acro Pyramids SKS NP* Triple Trap I (was M06) Wall Trampoline III Unicycle II	Master Intensive (Teeterboard 7:15-8:30) Multiple Trapeze I ages 9-15 P-Team (7:15-9:15) Adult Circus Arts NP* Bungee Trapeze I-III Spanish Web I-III Team - Vault Mini-Tramp III Wall trampoline III	Flying Trapeze F Triple Trapeze II ages 9-15 (6:00-7:30) 2PHB (ST/JO) Dance Jazz Fundamentals ages 10-12 Chairs Stacking III German Wheel I NP* Side by Side I Straps I Development NP* ages 12-21 Trampoline NP*	WEEKDAY CLASSES Wednesdays Toddlers ages 3-4 12 (noon) Toddlers ages 4-5 1:15 pm Fridays Toddlers ages 2-3 10 am Toddlers ages 3-4 11 am NP* = Non-performing class
8:15 PM	Acrobatics I ages 10-15 Aerial Techniques I ages 10-15 Contortion III Dance Fundamental for Adv Performers Flying Trapeze MT Straps I Dev NP* ages 12-21 Triple Trapeze II-III Unicycle III	Preparatory Team II (6:15-9:15) Dance II Lyrical ages 10-15 Hoops II Mini Hammock I-III Straps III (O/ST) Triple Trapeze I-III (was W6) Tumble Track for Teens NP* Wheel of Steel	3PHB (NA/KM/JO) Advanced Acrobatic Lassos Bungee Trapeze III+ Mini Hammock II Multiple Trap I ages 9-15 Silks II Team Aerial Unicycle I-III	Master Intensive (Teeterboard 7:15-8:30, Aerial/Flexibility 8:30-9:15) P-Team (7:15-9:15) ADVTEAM - Russian Bar III Contortion I-III Multiple Trapeze I ages 9-15 Silks I-III Trampoline ages 10-15 NP*	Flying Trapeze NP* Duo Unicycle (RV/KM)	See website www.circusjuventas.org for updates

