

Circus Place Classes

Updated for Spring 2022

Classes are listed in alphabetical order

Acrobatics for Dancers - (all ages)

Prerequisites: students must have a clean cartwheel (preferably on both sides), a backbend from standing & a straight-body handstand with a safe bail out (either cartwheeling out or tipping into a bridge).

Recommended Experience: bridge kickover, backbend to stand.

This class is geared toward dancers who are seeking supplemental tumbling training to improve acro skills required for their recreational or competitive dance teams. We will focus on acro skills commonly included in intermediate choreography, such as front and back walkovers, tinsikas, side aerials, kip ups, headstands, valdez, and more! We will also do conditioning drills designed to increase height and power in both tumbling and jumps/leaps.

Acro Hooping - (ages 8+)

Prerequisites: student must have a forward roll, cartwheel, bridge kickover, Y-scale, headstand.

Recommended Experience: foot, knee, and hand hooping.

This class is a fun cardio workout with a focus on acrobatic hooping that develops skills, performance quality and musicality. Learn to hoop on-body in acrobatic positions including: waist, knees, chest, neck, feet, elbows, and hands. Learn off-body hooping skills such as weaves, tosses, spin backs, isolations, and jump throughs. This class will explore how to connect new hooping skills with your pre-existing acro skills.

Adult Circus Troupe - (ages 17 and up)

The Adult Circus Troupe is for Circus Place Adult students with a desire to work on different disciplines within a troupe setting. The mission of "ACT" is to build an ensemble of adult students with diverse skills who will collaborate with each other in act creation. Along with their area of specific interest, they will have the opportunity to share each other's skills in the Circus arts. This class is a great introduction to ensemble Circus performance while working with students of the same level.

Advanced Verticals - (all ages)

This class is invite only.

This class is for our most advanced vertical apparatus students, who have studied aerial skills for at least eight sessions and have completed at least a level 2 or 3 class in each apparatus (silks, lyra and trapeze). Prior experience with rope and aerial duos is also taken into consideration for this class.

Aerial Conditioning - (all ages)

No previous experience or prerequisites are required for this class.

Want to get bendy and strong, but don't like going to the gym? This class will help you gain strength and flexibility using aerial equipment, making exercising fun along with growing with others as a team. This class will use Trapeze and Lyra to strengthen various muscle groups, and to stretch those muscles that you can't really get to any other way.

Aerial Dance - (all ages)

Prerequisites: student must have taken a Level 2 Aerial class, though no dance experience is required.

Required Experience: student must be able to invert from the ground & hang comfortably from their knees.

In this class we will work with various apparatus (lyra, dance trapeze, sling as well as verticals such as rope and silks) often rigged low to add an element of floor work to typical aerial choreography. While we certainly will be using some traditional aerial skills; the focus will be on blending aerial apparatus with ground movement and musicality... think of the best of both worlds of Circus and dance/ movement!

Aerial Sampler Adults - (ages 16 and up)

No previous experience or prerequisites are required for this class.

This class is designed specifically for beginner adult aerial students who want to try it all! In this class you will learn skills on a variety of aerial apparatuses including: Silks, Trapeze, Lyra and Rope. No experience is necessary and you'll receive positive feedback and encouragement at every step!

****This class is required to take before any level 1 aerial class unless coach permission is given.**

Aerial Sampler kids/teens - (ages 8-17)

No previous experience or prerequisites are required for this class.

This class is designed specifically for beginner youth aerial students who want to try it all! In this class you will learn skills on a variety of aerial apparatuses including: Silks, Trapeze, Lyra and Rope. No experience is necessary and you'll receive positive feedback and encouragement at every step!

****This class is required to take before any level 1 aerial class unless coach permission is given.**

Aerial Troupe - (all ages)

This class is invite only.

This class will focus on both skill building as well as group skills on various aerial apparatuses with the goal of performing at community events and outings. The Aerial Troupe will work on all aerial apparatuses as well as using apparatuses in new, and creative ways. The Circus Place Aerial Troupe will engage in artistic act creation, unique group work as well as individual showmanship.

Aerials for EveryBODY - (ages 18+)

If you have ever wanted to try Aerials but were unsure of your physical abilities, this is the class for you. You will build strength and confidence while learning new skills in an encouraging & warm setting. Ages 18+ and all fitness levels are welcome!

Balance 1 - (all ages)

No previous experience or prerequisites are required for this class.

This class is for first time students or those with less than 3 sessions of experience. This class is about ALL types of balance! Students will learn how to master the tight wire, walk tall on stilts, learn the basics of unicycle, rolling globe, and the wobbly rola bola! All of this is great for core strength, body awareness,

alignment, focus and concentration. Each class consists of a dynamic warm-up, skill building, collaborative play, occasional improvisations and act creation.

Balance 2 - (all ages)

Required Experience: student must have taken at least 3 semesters of balance classes or have the coach's permission to enroll.

This class is for students with previous balance experience. This class will expand upon various balance apparatuses, focusing on more advanced skills on the tight wire, walking globe, stilts and more. Each class consists of a dynamic warm-up, skill building, collaborative play, and occasional improvisations and act creation.

Beginning Lightsaber - Jedi Training (ages 12+)

Prerequisite: *a good imagination!*

Welcome Padawan! In this introductory course to Lightsaber, we will cover the foundations of lightsaber combat. This will include drills as a group to master the basics of each style of Lightsaber combat, learning patterns that can be practiced on their own but performed as a group and dueling sequences with a partner to improve communication & precision. Padawans do **NOT** need to provide their own Lightsaber, but are encouraged to do so if they should want.

Circus 101 / Everything Circus! - (all ages)

No previous experience or prerequisites are required for this class.

All things Circus is for the very beginner! Learn the basics of juggling, tight wire, balance, plate spinning, stilts, acrobatics, pyramids and so much more. This is a great way to discover all that the Circus has to offer! Each week will focus on one or two specific skills. This is a great introduction if you're new to Circus or just want to learn it all!

Circus Fight Club - (all ages)

POW! BAM! WHOOSH!!

No previous experience or prerequisites are required for this class.

Learn the basics of stage combat used in films, tv shows and clowning! We will learn the basics of solo combat, trips, falls, slips and tumbles, in addition to duo combat, slaps, punches, throws and kicks. This is perfect for those interested in acrobatics, acting, clowning and parkour. Come dressed to move and fight with us!

Circus Sprouts - (ages 3-5)

No previous experience or prerequisites are required for this class.

Our cutest class for our littlest students! Youngsters will have the opportunity to discover and explore a variety of Circus arts including: aerials, acrobatics, ground props & balance skills. Introduce your little one to all of the wonder of Circus while building coordination, focus, balance, hand eye development and body awareness. Each class consists of a dynamic warm-up, skill building, collaborative play, improvisations and act creation.

Circus Strong! - (all ages)

No previous experience or prerequisites are required for this class.

Whether you are looking for a way to build strength to supplement your aerial practice or you are looking for a super fun way to get in shape, Circus Strong is the class for you. Students will work on large muscle groups in the upper body and core as well as small stabilizer muscles. Instruction will focus on safety and control and is tailored to the skill and strength level of each individual student.

Clowning - (all ages)

No previous experience or prerequisites are required for this class.

Hop in the clown car and ride with us to our clowning class! Come learn the basics of clown technique and clown logic inspired by both European and American clowns. Learn how to fall, slip, bump, trip, and roll over laughing all while learning how to establish clown sketches for performance. Earn your red nose and find the clown character in you!

Contortion 1 - (ages 8+)

No previous experience or prerequisites are required for this class.

Time to get bendy! This class focuses on increasing both active and passive flexibility, improving control and range of motion, and learning very basic contortion moves. It's perfect for students who have never taken a contortion class. You do not need to be a contortionist to attend this class, you just need a desire to get more flexible!

Contortion 2 - (ages 8+)

Prerequisite: student must have coach's permission to enroll.

Required Experience: student must have at least one full split and the ability to push up into a backbend with straight arms and no spot.

In this class we are looking to move past typical range of motion and into more contortion skills, such as over-splits and chest stands. Because safety and careful progression are always our primary focus, we may evaluate students on the first day of class to make sure they are ready for the more complex movements that Contortion 2 requires. Older kids are welcome to take this class if they are able to dependably follow directions from a coach and work independently at times while the coach is spotting another student.

Deep Stretch with Dr. Choi - via Zoom (ages 12+)

No previous experience or prerequisites are required for this class.

Healthy circus artists need healthy joints! Explore different conditioning techniques for joint and muscle health including yoga, self-myofascial release, and physical therapy exercises. Enjoy this class on its own from the comfort of your home, or use it as the perfect complement to all your other circus training.

Recordings will be available to accommodate absences or to help you double- (or triple-) up on your training hours.

Dynamic Rope - (ages 13+) Invite Only

Required Experience: Level 2 or above in Rope OR Silks. Student can execute the following with core control and solid technique:

- invert in the air with straight legs
- working towards straight arm, straight leg invert
- windmill hip keys in air

- **knowledge of and ability to do the following drops : star, pencil, knee bomb, salto and wheel down**
- **strong grip and core**

This class is designed for students who've already taken extensive training on a vertical apparatus and are ready for dynamic movements, pathways, and advanced drops/poses. We will explore multiple beat pathways: into and out of wraps, open-drops, beginner/intermediate release moves, and strength poses on the rope. There will be a strong emphasis on beats including, bell, pike, straddle, scissor, and flares. We will also explore skills that require 1-hand grip and a high level of body awareness in the air.

Flow Arts With Fenix - (all ages)

Let your creativity emerge, while enchanting others with your newly learned skills.

No previous experience or prerequisites are required for this class.

This new class will help you find your inner flow. We will introduce you to poi spinning, staff manipulation, hoop isolations, both off & on body and contact juggling. Flow is the intersection between Circus technique and dance artistry.

Flying Over 40+ Aerial Class - Level 1 (ages 35 and up)

No previous experience or prerequisites are required for this class.

You're never too old to Circus! Come join your friends and learn to fly high in our Flying Over 40+ Class! Filled with loads of encouragement, this is a class specifically designed for 40+ students that want a basic beginner introduction to all of our aerial apparatuses and have a good time! Class begins with a dynamic warm up and closes with class feedback and constant positive enthusiasm from our coaches!

Flying Over 40+ Aerial Class - Level 2 (ages 35 and up)

Prerequisites: students must have completed two sessions of Flying Over 40+ Level 1 and have coach approval to join.

Flying over 40+ Level 2 is a more advanced class for our fabulous over 40+ crowd. Students will build on the skills learned in Level 1 and learn some fun, new tricks.

Group Acro/Pyramid Building - (all ages)

No previous experience or prerequisites are required for this class.

This all ages class works on partner acrobatics and large group acrobatics. While working on being a strong and sturdy base, flyers learn to climb and perch on other students. This class focuses on trust, collaboration and confidence while working in a group. Let's build pyramids together!

Hand Balance - (all ages)

No previous experience or prerequisites are required for this class.

Perfect your handstand and develop hand balancing skills including: press handstands, flexibility poses and balancing on canes. This is an all ages and all skill level class for students interested in gaining more upper body strength or those who can hold handstands for hours and are looking to get to the next level. Proper alignment, strength and flexibility are emphasized in each class.

Homeschool Circus - (all ages)

No previous experience or prerequisites are required for this class.

This is a multi-age, multi-disciplined 2 hour class designed for Homeschool set. Students will learn each of the 5 aspects of Circus: Aerial Arts, Acrobatics, Balance, Manipulations (juggling) and Clowning. There is heavy emphasis on collaborative play and student based learning. Focus, concentration and body awareness are an added bonus of Circus arts development. Homeschoolers will get significant time to practice skills on silks, trapeze, mini-tramp, tight wire, stilts, beginner unicycle, acrobatics and so much more. Teamwork is highly encouraged in our warm and welcoming environment.

Homeschool Aerials Add-On - (all ages)

Prerequisite: student must be enrolled in a Homeschool Circus class.

Homeschool Aerial is added at the end of the Circus Homeschool class for students who want more aerial training during their day.

Hooping - (all ages)

No previous experience or prerequisites are required for this class.

Hooping is a fun ground discipline that develops skills, performance quality and musicality. Learn to hoop on-body in positions including: waist, knees, chest, neck, feet, elbows, and hands. Learn off-body hooping skills such as weaves, tosses, vortex, isolations, body rolls, corkscrew, palm spins, and technical combo skills. This class will also work on doubles hooping skills and may include: 2-beat weaves, windmills, corkscrews.

Juggling 1 - (all ages)

No previous experience or prerequisites are required for this class.

Learn to juggle for the first time, brush up on old skills, or sharpen your tricks. This class is for the beginner level working with a variety of props including: scarves, balls, rings, and clubs. This class also teaches the beginning steps to Chinese Yo Yo (Diabolo), devil sticks, feather balance and spinning plates. Learn to juggle a wide variety of props to amaze your family and friends!

Juggling 2 - (all ages)

Required Experience: jugglers must have a strong 3 ball cascade and should be working on a 4 ball juggle.

Recommended Experience: Prior experience with clubs and rings a plus.

This class works with a variety of props including: balls, rings, clubs, cigar boxes, odd props and more. Club passing is also taught and group patterns introduced.

Juggling 2 - Passing - (all ages)

Required Experience: jugglers must have a strong 3 ball cascade and should be working on a 4 ball juggle.

Recommended Experience: Prior experience with clubs and rings a plus.

This class focuses on passing patterns for a variety of props including: balls, rings, clubs. Various passing patterns will be taught for two jugglers as well as group patterns (3+).

Advanced Manipulations - (all ages)

Required Experience: jugglers must have a strong 3 and 4 ball cascade and are working toward a 5 ball juggle.

Recommended Experience: Prior experience with clubs, rings and passing is a plus.

This class works with a variety of props including: balls, rings, clubs, cigar boxes, odd props and more. Club passing is also taught and group patterns are introduced.

Lyra 1.5 Kids/Teens - (ages 8-17)

Prerequisites: students must have a minimum of 2 Sessions in Lyra 1 and coach approval.

Students will be preparing to move to Lyra 2, perfecting & building off of the basic skills they developed in Lyra 1.

Lyra 1 - Kids/Teens (8-17) & Adults (ages 17+)

Prerequisites: student must have taken a Sampler class, or have permission from the coach teaching the class.

Lyra, also known as aerial hoop, is a metal ring suspended in the air. In this beginner class you will learn how to move from different positions with grace and ease while gaining strength and control. The class starts with a dynamic warm-up and focuses on the fundamental skills of lyra, including: inversions, pullovers, balances, flexibility poses, and spinning. There is an emphasis on technique as well as performance quality in the execution of each skill. Each class ends with positive feedback and lots of encouragement!

Lyra 1.5 - Kids/Teens (8-17)

Coach Permission is required to sign up for this class.

Lyra 2 - Kids/Teens (8-17) & Adults (ages 17+)

Prerequisites: Permission from the coach teaching the class & the ability to execute the following with good technique (no jumping, tagging, or swinging):

- tuck inversion from bent elbow hang; multiple in a row encouraged
- straight leg straddle invert from bent elbow hang
- solid knee hang without hands
- pullover to front balance
- chin to shin on top bar from seated in the hoop
- mastery of lyra level 1 curriculum

Recommended Experience:

- roll-up to front balance without hands
- 3 pull ups

We will start with a dynamic warm-up and focus on more advanced skills, including rolls, transitions, sequencing, spinning, strength skills, and the beginnings of dynamic movement (e.g. front and back hip circles, beats, split leg rotations, and more!). There is a very strong emphasis on technique, strength building, and performance quality in the execution of each skill. This class finishes with conditioning, and independent stretching is recommended as supplemental training for this class.

Lyra 3 Teens/Adults - (ages 13+) Invite Only

Prerequisites: Permission from the Coach teaching the class & the ability to execute the following with good technique (no jumping, tagging, or swinging):

- 5+ tuck inverts in a row from bent elbow hang or sitting in the hoop
- 5 pullups; 5 chinups
- tuck rock to pullover; multiples encouraged
- unassisted single knee hang on each side
- multiple continuous front and back hip circles
- spinning flare up to straddle invert
- skin the cat
- back balance with varying body positions
- meat hook on each side
- mastery of lyra level 2 curriculum

This class is for students with considerable prior lyra experience. We will focus primarily on high level dynamic rolls and drops, beats and momentum skills, beginner release moves, as well as strength- and flexibility-centric poses. There is a very strong emphasis on technique as well as performance quality in the execution of each skill. The class finishes with conditioning, and independent stretching is expected as supplemental training for this class.

Lyra Variations - Teens/Adults - (ages 16+)

Coach approval is required to join this class.

This class is for students with prior aerial lyra experience and is primarily sequence-based. We will start with a dynamic warm-up and focus on more advanced skills on both single point, double point and tippy Lyra. There is a very strong emphasis on technique as well as performance quality in the execution of each skill. The class finishes with conditioning and a deep stretch.

Mask Performance Troupe - (all ages)

No previous experience or prerequisites are required for this class.

Introducing Mask into the Circus world! In this workshop, we will do basic Mask technique exercises, using masks styled by German company, Familie Flöz, to become more aware of ourselves as physical performers. Through games, scenes, and exercises, the mask work will assist in the creation of physical characters in Circus acts. This workshop is highly recommended for clowns, aerialists and ground acts that want to strengthen their character work and find a better connection with the audience.

Mini Trampoline and Hoop Diving - (all ages)

Required Experience: student must have a clean forward roll, other basic acrobatic skills are a plus.

Learn the basics of Mini Trampoline and Dive Rolls! Jump off of the trampoline straight up, straddle, tuck and spin. Learn to dive roll over blocks, through hoops and also incorporate pyramids.

Mixed Aerials Creative Sequences - Advanced

Prerequisites - include coach permission and the ability to execute the following with good technique (no jumping, tagging, or swinging):

- same-side and opposite-side straight-leg invert climbs (verticals)
- working towards straight arm, straight leg invert

- knowledge of and ability to do the following drops: star, pencil, knee bomb, salto and wheel down (verticals)
- clean in-air windmill hip-key (verticals)
- solid front and back balances (bars)
- solid single knee hangs on both side (bars)
- tuck rock to pullover; multiples encouraged (bars)
- 5+ pullups
- mastery of level 2 curriculum on one or more aerial apparatus

Required Experience - level 3 or above in at least one vertical or bars apparatus AND level 2 or higher in at least one other apparatus.

You've trained the skills, now learn imaginative new pathways into and out of them! Keep future audiences on the edge of their seats by learning new ways to wrap your drops without broadcasting your next move. Explore how to creatively transition between your high-level skills to build sequences as you cycle through a variety of apparatuses each week. This class is intended to be taken concurrently with at least one other apparatus-specific skill-building class (level 3+), and is geared toward advanced aerial students with experience in more than one apparatus.

Mixed Aerials 1 - kids/teens (ages 8-17), adults (ages 17 and up)

Required Experience: student must have taken a Sampler class, or have permission from the coach teaching the class.

Can't decide what to pick after Aerial Sampler? Why not choose them all! This class is designed for students who want to continue training in various apparatuses within the same class. Students will train in level 1 skills in Silks, Trapeze and Lyra, as well as Rope, Sling and Dance Trapeze. Apparatuses will change based off of the goals of the students in the class, and will focus on technique for continued preparation for other level 1 classes.

Mixed Aerials 2 - kids/teens (ages 8-17), adults (ages 17 and up)

Prerequisites: student must have taken a Mixed Aerials lvl 1 class, and have permission from the coach teaching the class.

This class is for students with extensive aerial experience in Silks, Trapeze and Lyra. We will start with a dynamic warm-up and focus on more advanced skills, switching between apparatuses based on the class makeup. There is a very strong emphasis on technique as well as performance quality in the execution of each skill. The class finishes with conditioning and a deep stretch.

Mixed Verticals 3 - teens (ages 13 - 17), adults (ages 17 and up)

Prerequisites - This class is for our most advanced vertical apparatus students, who have studied aerial skills for at least eight sessions and have completed at least a level 2 or 3 class in each vertical apparatus (silks, sling, and rope). Prior experience with aerial duos and bar apparatuses is also taken into consideration for this class.

Parent and Me - (ages 1-3)

Prerequisites: a parent or guardian must participate with the baby & the baby must be within the age requirement.

Discover the amazing world of Circus with your baby! As your baby explores the Circus arts, they will improve coordination, enhance balance skills, and further develop social, and cognitive functioning.

Partner Acrobatics 1 - (all ages, partner necessary)

No previous experience or prerequisites are required for this class.

Come fly and support others at our Partner Acrobatic class. Learn the basics of partner acro including different poses and transitions between them. Learn to hop and turn in mid-air! The ultimate goal is to attain a two-high, and learn some various transitions into and out of it.

Partner Acrobatics 2 - (all ages, partner necessary)

Prerequisites - students must be comfortable in a half high and in thigh stands

Required Experience - students must have taken 1-2 sessions of Partner Acro 1 AND have coach approval.

This class is intended for individuals and/or pairs who are ready to learn advanced and dynamic skills in Partner Acro. We will be working on larger & higher group shapes as well as more difficult transitions into and out of shapes.

Rope 1 - (ages 13+)

Prerequisites: Permission from the coach teaching the class & the ability to execute the following with good technique:

- climb to top twice in a row (on each side)
- clean invert in the air
- foot locks in the air
- crossback straddle (on silks)
- hip key
- mastery of silks level 1 curriculum

Recommended Experience:

- 3-5 Pull-ups

In this course we will be exploring the fundamentals of Rope. We will learn different ways to climb the rope, multiple wraps both from the ground and in the air, how to 'set' a web (adding tension to the web for another person) and support each other in the air while climbing, doing tricks and using the hand loop. Explore the rope as a unique apparatus! It's not quite a fabric and not quite a trapeze, but we will have a lot of fun playing and climbing!

Rope 2 - (ages 13 and up)

Prerequisites: students must have permission from their coach to take this class.

Required Experience: students can execute the following with core control and solid technique:

- invert in the air multiple times, comfortably
- climb to the top of rope/fabric, multiple times

Recommended Experience:

- Understanding of a hip key (any entrance)

- **Understanding of a star drop**

This is a course designed for students who've already taken a Rope class. We will learn different ways to climb the rope, multiple wraps both from the ground and in the air, various beats in mid-air and support each other in the air while climbing, doing tricks and using the hand loop.

Rope 3 - (ages 13 and up) & (invite only)

Prerequisites: students must have permission from their coach to take this class.

Required Experience: students can execute the following with core control and solid technique:

- invert in the air with straight arms and legs
- invert at the top of the rope
- windmill hip keys in air
- knowledge and ability to do the following drops : star, pencil, knee bomb, etc.

This is a course designed for students who've already taken extensive training on a Rope apparatus. In this class we will continue to progress our rope skills with more involved choreography and higher level drops. We will also start to further explore beats and more Acrobatic aerial skills such as beginner level release move preparation.

Silks 1 - Kids/Teens (ages 8-17) & Adults (ages 17+)

Prerequisite: student must have taken a Sampler class, or have permission from the coach teaching the class.

This beginner class starts with a dynamic warmup and focuses on the fundamental skills of aerial silks, including: climbs, foot wraps, inversions, strength building, and flexibility skills. There is a strong emphasis on technique as well as performance quality in the execution of each skill. This class is filled with enthusiasm and encouragement from the instructors and students!

Silks 2 - Kids/Teens (ages 8-17) & Adults (ages 17+)

Prerequisites: Permission from the coach teaching the class & the ability to execute the following with good technique:

- climb to top twice in a row (on each side)
- clean invert in the air
- foot locks in the air
- crossback straddle
- hip key
- mastery of level 1 curriculum

This class is for students with prior aerial silks experience. We will start with a dynamic warm-up and focus on intermediate skills including: invert climbs, dives, drops, flexibility skills, and strength building. Introduction to the following drops: 360, star drop + variations, and salto. Students will continue to develop more intricate poses and complex wraps. There is a strong emphasis on technique as well as performance quality in the execution of each skill.

Silks 3 - Kids/Teens (ages 8-17) & Adults (ages 17+)

Prerequisites: Permission from the coach teaching the class & the ability to execute the following with good technique:

- mastery of level 2 curriculum

- same-side and opposite-side straddle climbs
- invert in the air with straight knees
- dancers' locks
- clean in-air windmill hip-key
- s-wrap
- salto drop
- star drop

Recommended Experience:

- 3-5 Pull-ups
- multiple inverts in the air
- strong grip and core

This class is for the advancing student with prior aerial silks experience. We will start with a dynamic warm-up and focus on advanced skills including: invert climbs, multi-rotational drops, multi-directional drops, complex poses, and an introduction to beats and dynamic movement in the air. There is a very strong emphasis on technique as well as performance quality in the execution of each skill.

Silks 4 Kids/Teens (ages 12-18)

Prerequisites: Permission from the coach teaching the class & the ability to execute the following with good technique:

- mastery of level 3 curriculum
- same-side and opposite side climb to the top
- straight arm, straight leg invert in the air
- double star and wheel down
- working on split balance and back balance

Recommended Experience:

- 5 Pull-ups
- multiple inverts in the air
- strong grip and core
- swivel hip knowledge
- basic understanding of dynamic movement

This class is for our most advanced aerial silks kids and teens. We will start with a dynamic warm-up and focus on advanced skills including; dynamic invert climbs, open-drops, multi-rotational drops, multi-directional drops, complex poses, and beginner release moves. In this class we also work on duo aerial silks. There is a very strong emphasis on technique as well as performance quality in the execution of each skill.

Sir-Cus - (all ages)

No previous experience or prerequisites are required for this class.

This class is designed specifically for beginner **MALE** aerial students who want to try it all, in a class designed with the male body in mind! In this class you will learn skills on a variety of aerial apparatuses including: Silks, Trapeze, Sling & Lyra. This class is a great male bonding experience and you'll receive positive feedback and encouragement at every step!

Sling 1 - (all ages)

Prerequisite: student must have coach approval to enroll.

Experience: student can execute the following skills with core control and solid technique:

- Climb to top twice in a row (on either side)
- General Knowledge of skills taught in Silks 1 and/or 2 (double crochet, hip key, etc)

Recommended Experience:

- 3-5 Pull-ups

We will start with a dynamic warm-up and focus on advanced skills including; climbs, spinning skills, swings, orbits, dives and drops. There is a strong emphasis on technique as well as performance quality in the execution of each skill. The class finishes with conditioning, a deep stretch, and lots of encouragement.

Stilt Walking - (all ages)

No previous experience or prerequisites are required for this class.

Ascend to new heights with our new stilt walking class! See the world from a new vantage point up high on our short and tall stilts. Walking, skipping, jumping, spinning and dancing, this class will go over the equilibristics of balancing and using our center of gravity. We will also be learning to balance other objects, perform manipulations and run obstacle courses while walking on stilts. A fan favorite from our summer camps, and we're excited to be offering a full blown class this session!

Trapeze 1 - Kids/Teens (ages 8-17) & Adults (ages 17+)

Prerequisites: student must have taken a Sampler class, or have permission from the coach teaching the class.

Come learn the basics of static trapeze! We will start with a dynamic warm-up and focus on trapeze basics, including: getting on and off the bar, a variety of sitting, standing, and hanging poses, transitions, as well as introductory skills in the ropes. There is a very strong emphasis on technique as well as performance quality in the execution of each skill. Each class ends with positive feedback and lots of encouragement!

Trapeze 2 - Kids/Teens (ages 8-17) & Adults (ages 17+)

Prerequisites: Permission from the coach teaching the class & the ability to execute the following with good technique (no jumping, tagging, or swinging):

- tuck inversion from bent elbow hang; multiple in a row encouraged
- straight leg straddle invert from bent elbow hang
- solid knee hang without hands
- pullover to front balance
- mastery of trapeze level 1 curriculum

Recommended Experience:

- roll-up to front balance without hands, 15 second balance
- 3 pull ups

This class is for students with prior static trapeze experience. We will start with a dynamic warm-up and focus on more advanced skills, including: dynamic movements, strength skills, rolls, transitions, sequencing and lots of time in the ropes. There is a very strong emphasis on technique as well as performance quality in the execution of each skill. The class finishes with conditioning and a deep stretch.

Trapeze 3 Teens/Adults - (ages 13+) Invite Only

Prerequisites: Permission from the coach teaching the class & the ability to execute the following with good technique (no jumping, tagging, or swinging):

- 5+ tuck inverts in a row from bent elbow hang
- 5 pullups; 5 chin-ups
- tuck rock to pullover; multiples encouraged
- unassisted single knee hangs both sides
- multiple continuous front and back hip circles
- comfortably invert to double crochet in the ropes
- skin the cat
- solid back balance with varying body positions
- meat hook on each side
- mastery of trapeze level 2 curriculum

This class is for students with considerable prior static trapeze experience. We will focus primarily on high level dynamic rolls and drops, beats and momentum skills, as well as strength- and flexibility-centric poses. There is a very strong emphasis on technique as well as performance quality in the execution of each skill. The class finishes with conditioning, and independent stretching is expected as supplemental training for this class.

Tumbling - (all ages)

Required Experience: tumblers must come in with a solid forward roll and basic understanding of acrobatics/tumbling.

Recommended Experience: cartwheels, handsprings and/or dive rolls

This class has an emphasis on Circus acrobatics, springboards, dive rolls, etc. This class uses the mini trampoline for technique in front tucks, round-offs and other high flying acrobatics.

Tumbling 2 - (all ages)

Coach approval is required in order to join this class.

Unicycle 1 - (all ages)

No previous experience or prerequisites are required for this class.

One hour, one wheel, tons of fun. Whether you are looking to learn how to ride for the first time, or want to continue to build your skills, this class is for you. You will first learn to mount and balance on the unicycle then slowly build up to riding freely. This class is filled with lots of encouragement! We will skill build, play games, work drills and create obstacle courses.

Unicycle 2 - (all ages)

Required Experience:

- riding smoothly for at least 30 meters
- turning unassisted
- idling

Recommended Experience:

- riding backwards
- free mounting
- previous pattern experience a plus!

This class is for students who already have prior experience in Unicycling. This class will expand on various Unicycle tricks, as well as more intricate group patterns. Students may also have the opportunity to train on giraffes.

Unicycle Troupe - (all ages)

The "SpokesPeople" Troupe is Circus Place's multi-generational Unicycle troupe.

This class is invite only.

This class will focus on both skill building as well as large group formations with the goal of performing at community events and outings. Skills will include everything from riding, free-mounting, idling, backward pedaling to one foot pedaling and wheel walking. The Circus Place "SpokesPeople" will engage in artistic act creation, unique group formations in addition to individual showmanship.

Vocal Technique - (all ages)

All are welcome and no previous vocal training (singing or otherwise) is required for this class.

Brand new to Circus Place, this class will focus on helping students find their voice. Whether it's for singing, acting, teaching, or public speaking, this class will focus on greatly improving the strength, stamina, flexibility and quality of the voice. Using both physical and vocal exercises, this class will improve student's voices from the breath to sound, and will also teach proper vocal health and maintenance.

Wire Walking - (all ages)

Prerequisite: student must have taken at least 1 session of Balance.

This class teaches you everything you need to become a tight wire walker! Learn proper technique as you walk on a 3/4" wire, walking without a spot or support, and eventually learn different skills while walking. Recommended for students in our Int/Adv Balance class who want to focus on wire walking.

ZOOM Fitness - (all ages & fitness levels)

30 minute classes are easy to squeeze into your work day and get you up from that desk!

Work out from the comfort of your home with nothing more than a yoga mat & hand weights (optional). ZOOM fitness will concentrate on abs, arms, legs & glutes.