

THE GREAT ALL-AMERICAN YOUTH CIRCUS

2026-2027 Circus Class Prerequisite Guide

Expectations:

- All strength/skills must be performed with proper form
- You must be able to perform each strength and skill without help
- If you fail to keep proper form during a strength/skill – it will not be counted

Other class requirements not listed under each act:

- Able to listen, take direction and maintain good behavior during class
- Must be courteous & respectful to Trainers & other participants
- Must be able to demonstrate self-control in class areas and around equipment
- Must be able to learn choreography for show routines

If evaluating for multiple acts, please remember, you will be asked to do the strength, tricks and skills required at every act station you go to.

CLASSES THAT DO NOT REQUIRE EVALUATIONS

Mini Acro (class max: 10 per level)

Level I Group: 3-4 years of age by Sept 8th

Must be potty-trained

Parent participation is required in this class

Level II Group: 4-5 years of age by Sept 8th

Must be potty-trained

Able to support own body weight on hands

Comfortable with having parents out of the room

Level III Group: 5-6 years of age by Sept 8th

Must be potty-trained

Able to support own body weight on hands

Comfortable with having parents out of the room

Balloon Art (class max: 20)

Minimum age 9 by Sept 8th

Must be able to tie a knot in an inflated balloon without assistance

*Will perform as part of Intermission and PreShow

Beginning Ball Juggling (class max: 10)

Minimum age 7 by Sept 8th

Beginning Unicycle (class max: 20)

Minimum age 7 by Sept 8th

Must wear close-toed shoes to class

Must purchase own unicycle by January 1st

Beginning Wire (class max: 10)

Ages 7-12 by Sept 8th

Roman Ladders (class max: 12)

Ages 7-12 by Sept 8th

Circus Essentials:

Class includes beginning levels of Acro, Balance, Flexibility, & Tumbling.

*Registration is split into two age groups:

Elementary - Minimum age 7 by Sept 8th (class max: 10)

Secondary – Minimum age 11 by Sept 8th (class max: 10)

CLASSES THAT REQUIRE EVALUATIONS

Beginning Level Ground Acts:

Beginning Stilts (class max 10):

Minimum age 7 by Sept 8th

Comfortable with heights up to 10'

10 v-ups

5 push-ups

10 leg raises on each side

Must wear closed-toed shoes in class at all times

Encouraged to purchase own set of Stilts by show-time in May

Beginning Teeterboard (class max: 10)

Minimum age 7 by Sept 8th

Strength Requirements:

5 Push-ups

10 V-ups

10 Squat jumps

Skill/Trick Requirements:

Demonstrate body control in air and landing by performing a basic jump off the mini tramp

Beginning Risley (class max: 10 pairs)

Minimum age 7 by Sept 8th

Must have 1 year previous circus experience

Please come to evaluations with your partner (if expect to perform with someone specific)

*If you do not have a partner, Trainers will partner you according to size compatibility

**NOTICE: The Head Trainers have the freedom to switch partners out for reasons involving safety when performing.

Strength Requirements:

10 v-ups

20 second hollow body hold

20 second plank hold (on hands and feet)

20 second side plank hold (on hand and foot)

Skill/Trick Requirements:

Foot bird with proper form

Back bird on feet with proper form

Side star with 5 push-ups (your preferred side)

10 tacky chair push-ups with proper form

Candlestick with proper form (straddle up)

*Tops Only: Kick up to a wall handstand and hold for 10 seconds

Beginning/Intermediate Acro (class max: 30)

(It is expected that you have already learned these skills. They will not be taught during evaluations)

Minimum age 7 by Sept 8th

1 year previous circus experience required

Strength Requirements:

25 V-ups

20 push-ups

30 second hollow body hold

Skill/Trick Requirements:

Candlestick (Balance in candlestick with legs together, press down, touch knees of base and press back up with good form)

Climb into a seated 2 high and dismount with proper form

Overhead pike (position before opening to overhead bird)

Beginning Acro (Non-Performing) (class max: 30)

(It is expected that you are familiar with these skills.)

Minimum age 7 by Sept 8th

1 year previous circus experience required

Strength Requirements:

15 V-ups

10 push-ups

20 second hollow body hold

Skill/Trick Requirements:

Candlestick (Balance in candlestick with legs together, press down, touch knees of base and press back up with good form)

Climb into a seated 2 high and dismount with proper form

Overhead pike (position before opening to overhead bird)

Beginning Level Aerial Acts:

Beginning/Intermediate Synchronous Trapeze (Triangle/Quad Trapeze) (class max: 10)

Ages 8-15 by Sept 8th

Must be comfortable with spinning

Must be comfortable with heights up to 15'

2 toe touches

3 tuck ups

2 pull-ups

Demonstrate a tuck up to sitting position with proper form

Demonstrate a bridge

Show R or L split

Beginning Teardrops (class max: 12)

Ages 7-13 by Sept 8th

Must be comfortable w/ heights up to 12ft

2 Pull-ups

2 Tuck ups

5 Scissors

15 Second dead hang

Beginning Swinging Ladders (class max: 22)

Ages 7-12 by Sept 8th

Comfortable with heights up to 15ft

Comfortable with swinging upside down

Responsible for having a spotter

15 second hollow body

1 pull-up

Hang from hands for 20 seconds

Perform and hold a double knee hang for 5 seconds

Must be able to tuck-up and get to sitting position on bar in pike position

Get to a standing position on Ladder with ease

Beginning/Intermediate Lyra (class max: 12)

Minimum age 8 by Sept 8th

Must be comfortable w/ heights up to 10ft

4 pull ups

10 scissors

2 straddle up

2 toe touch

2 tuck ups

25 second hang from hands

Get from hanging to sitting on Lyra with ease

R or L split

Show middle split

Intermediate Level Ground Acts:

Intermediate Tumbling (class max: 16)

Minimum age 8 by Sept 8th

Must have at least one year of acro or handbalancing experience

20 V-ups

25 second hollow body

25 second plank

20 push ups

Backwards roll

Cartwheel

Demonstrate front and back walk over with good form

15 second handstand off the wall with assistance

Perform a round-off with good form

Back bend or press into bridge

Perform a tumbling trick of your choice

Intermediate Teeterboard (class max: 10)

Minimum age 8 by Sept 8th

Must have at least 2 years of Teeterboard experience

Must be willing to learn to hit and spot as able

Must be comfortable working on a timer board

*Must demonstrate a single back flip, in the belt, with good form, control, and landing

**Priority will be given to performers committed to the act in previous years

Intermediate Ball Juggling (class max: 12)

Minimum age 8 by Sept 8th

Must be self-motivated to work

Able to perform at least 20 consistent catches with 3 balls or 3 rings

Intermediate Unicycle (class max: 15)

Minimum age 7 by Sept 8th

Must wear close-toed shoes in class at all times

Must have & bring your own unicycle at all times

Able to mount unicycle unassisted

Ride forward for the full length of basketball court with control and good form

Able to hover for 40 seconds, attempt one foot hovering

Able to ride a figure 8

Ride backwards for ½ the length of basketball court

Intermediate Club Passing (Juggling) (class max: 10)

Minimum age 8 by Sept 8th

**This class will juggle clubs and rings. Juggling balls will only be used during testing to allow intermediate jugglers to demonstrate their knowledge of passing patterns.

Able to juggle 3 clubs (10+ seconds)

Able to pass every others with juggling balls (10 passes)

Able to pass 'everys' with juggling balls (10 passes)

Must have a good start on passing clubs

Must be willing to participate in a group class setting and learn to juggle rings

Intermediate Handbalancing (class max: 16)

Minimum age 8 by Sept 8th

1 yr. previous Circus experience preferred

Strength Requirements:

20 Push ups

20 V-ups

20 Second hollow body hold

30 Second plank

Skill/Trick Requirements:

45 Second handstand on the wall

20 Second chair-stand on chair

20 Second plange on chair

Intermediate Wire (class max: 10):

Ages 7-12 by Sept 8th

Forward walk across the wire

Perform a timed balance on each foot on the wire

Attempt 1 or more:

Backwards walk

Lady walk

Dips/Scoops

Flags

Intermediate Flex (class max: 16)

Minimum age 8 by Sept 8th

Must have at least one year of acro, flex or handbalancing

TOPS:

20 V-ups

25 second hollow body

25 second plank

20 push ups

Show right, left and middle split, must have at least two out of three splits

Show front and back leg over split

Bridge down to elbows

Demonstrate front and back walk over with good form

Perform a round-off with good form

Must be able to touch toes while sitting and standing

Must fly a tacky chair (seated position) on base during 'tacky chair squats'

BASES:

30 V-ups

35 second hollow body

35 second plank

30 push ups

Show right left and middle split, must have at least one

Back bend or press into bridge

Must be close to touching toes either while sitting or standing

10 squats with top seated on your shoulders

Base a tacky chair and perform 10 'tacky chair squats'

Backwards roll

Cartwheel

TOPS & BASES:

15 second handstand off the wall with assistance

Demonstrate shoulder flexibility (will be shown how to do this at evaluations)

Perform a tumbling/flexibility trick of your choice

Intermediate Stilts (class max 12):

Minimum age 8 by Sept 8th

Must wear closed-toed shoes in class at all times

Must bring knee-pads, these are required

Highly encouraged to purchase own set of Stilts by December

Able to put on Stilts in less than 3 minutes

Comfortable walking forwards, sideways and backwards

Able to turn right and left on Stilts

Able to take 'giant' steps with high knees

Able to step and move to rhythm and follow 3 different rhythm patterns given to them at evaluations

Intermediate Diabolo (class max: open)

Minimum age 7 by Sept 8th

1 yr. previous Circus experience preferred

Must be self-motivated to work

Toss & catch the Diabolo 3 consecutive times @ heights up to 6' w/o dropping

Able to spin the Diabolo for 2 mins. without dropping

Intermediate/Advanced Risley (class max: 14 pairs)

Minimum age 8 by Sept 8th

1 year previous experience Circus Essentials, Risley or Acro preferred

*Please come to evaluations and register into class with a partner

**Preference will be given to participants that tryout with a partner

Strength Requirements:

30 second side plank hold - both sides

30 second hollow body hold

10 push-ups

3 side-star presses (Advanced Only)

Perform the following flow with good form:

One tick-tock to reverse bird, to trap door, to back straddle, step up to star, down to foot to hand, dismount any way you'd like.

*You have 3 attempts

**A video of the pre-requisite flow will be available on the Do Circus Instagram page for reference

Pyramid Bike (class max: 14 youth & 2 adult bike riders)

Minimum age 8 by Sept 8th

Must have 1 year previous experience in Acro, Risley or Circus Essentials

Must wear converse-type shoes to every practice – No exceptions

Run in place for 3 minutes

30 second plank hold

7 push ups

10 sit ups

*Adult riders must be able to base a sitting/standing 2-high

Intermediate Level Aerial Acts:

Intermediate Hammock (class max: 9)

Minimum age 8 by Sept 8th

*All strength/skills will be performed on a hammock

4 pull-ups

3 straddle-ups (with straight arms)

3 toe touches

Mount hammock with proper form

R or L split

Show your bridge

Intermediate Silks (class max: 9)

Minimum age 8 by Sept 8th

*Evaluations will be performed on a silk – Strength should be done with excellent form.

4 pull-ups (silks held together)

3 toe touches

3 in and outs

1 climb

30 second bent arm hang (silks held apart)

R or L split

Multilane Cradle (class max: 10 flyers, 10 bases)

Must be comfortable with heights up to 20'

BASES:

Minimum age 14 by Sept 8th

Must be willing to spot during classes

45 second dead hang from hands

4 pull ups

10 sit-ups on Cradle

1 rope climb

FLYERS:

Minimum age 8 by Sept 8th

1 year beginning aerial or intermediate aerial experience

3 in & outs on cradle base

4 pull-ups

3 toe touches

30 second dead hang

1 rope climb

Intermediate Multiple Trapeze (class max: 12)

Ages 8-14 by Sept 8th

1-2 year beginning or intermediate level aerial experience required

Must be comfortable with heights up to 20'

3 pull ups

30 second dead hang

3 straddle ups

3 toe touches

Tuck up to sitting position on bar, continue up to standing, and sit back down (with proper form)

Close to having right or left split

Advanced Level Ground Acts:

Advanced Icarian Risley (Pops & Throws) (class max: 12 pairs)

Minimum age 9 by Sept 8th

*Please come to auditions with a partner, but partner not required for registration

Strength Requirements:

30 second plank hold

30 second hollow body hold

15 V-ups

10 push-ups

6 squats

Skill/Trick Requirements:

3 Bird pops

3 Perch pops

3 Bed pops

Swan dive

Jump into Reverse Star with flyer hands on bases legs

20 second Reverse star hold with flyer hands on bases legs

*Connect any five different risley poses or perform any washing machine (for instance ninja star: side star, back straddle, side star, reverse bird, side star) - You have 3 attempts.

Clowning (class max: 8)

Minimum age 12 by Sept 8th

Must perform a 45 second audition

Can include music or not; can use props or not; solo auditions only

Must be willing to take a pie to the face

Willing to not care about what people think about how you act

Must be able to step out of the box

Chinese Pole (class max: 20)

Minimum age 12 by Sept 8th

MUST bring shoes to evaluate (rubber bottom shoes)

Must be comfortable with heights up to 20ft

3 pull ups on a bar

Tuck up without assistance while hanging from a bar

45 second hollow body

Perform 2 consecutive climbs on pole

Perform 1 monkey climb on pole

Able to perform the following (in order & hold for 8 counts): *sit *1 leg sit *side flag

German Wheel (class max: 8)

Minimum age 12 by Sept 8th

1 yr. previous experience in Tumbling, Acro or Handbalancing preferred

Must be tall enough to fit in the wheel with bent arms

Must wear close-toed shoes in class at all times

15 decline push-ups

10 side v-ups (on each side)

30 second handstand against wall

Perform a cartwheel on a straight line

Dance Troupe (class max: 12)

Minimum age: 12 by Sept 8th

Dance experience preferred

A willingness to work hard to learn and retain choreography

R, L or Center split (or close to)

30 second plank

1 pirouette any direction

1 high kick, any leg

30 second movement piece of your choice, choreographed to music

Advanced Diabolo (class max: open)

Minimum age 8 by Sept 8th

1 yr. previous Circus experience preferred

Must be self-motivated to work

Toss & catch the Diabolo 3 consecutive times @ heights up to 6' w/o moving feet

Perform a magic knot

Perform a double cradle

Perform 3 suns

Any of the following tricks (suicidal bridge, suicidal sun, infinite suicide, etc.)

Any advanced trick (around a body part, waltz, hurricane, etc.)

Advanced Ball Juggling (class max: 20)

Minimum age 10 by Sept 8th

*Must be self-motivated

Able to qualify with 4 balls (8 throws)

Able to juggle 3 balls for one minute

Able to juggle a 423 (or any other 3 ball site swap) for 15 throws

Able to juggle a reverse cascade for 15 throws

One additional juggling trick (mills mess, neck catch, blind behind the back, chops, etc.)

Advanced Unicycle (class max: open)

Minimum age 8 by Sept 8th

Able to perform a forward figure 8 inside a 10ft circle

Able to perform a backwards figure 8

Able to perform a running mount

Able to pivot between forward and backwards riding in a straight line

Able to mount on both sides

Able to perform one foot idling

Able to ride one foot for 20ft

Able to perform a backwards figure 8

Able to bunny hop without hands

2 additional mounts (spin, kick, jump, side, reverse, etc.)

1 additional skill (seat out in front/back, crank idle, wheel walk, pirouette, etc.)

Advanced Handbalancing (class max: 15)

Minimum age 10 by Sept 8th

1 year previous experience Intermediate or Advanced Handbalancing

Must be willing to balance on various equipment of differing heights

Perform 3 - 30 second handstands off of the wall

Attempt a straddle press to handstand

Demonstrate a plange/croc on equipment

Advanced Club Passing (Juggling) (class max: 10)

Minimum age 12 by Sept 8th

**This class will only juggle clubs and rings

Able to juggle 3 clubs (30+ seconds)

Able to pass every others with clubs (10 passes)

Able to pass 'everyys' with clubs (10 passes)

Able to walk/move while juggling clubs (15 seconds)

Must be willing to participate in a group class setting and learn to juggle rings

Advanced Teeterboard (class max: 10)

Minimum age 12 by Sept 8th

Must have at least 2 years of Teeterboard experience

Must be willing to learn to hit and spot as able

Must be comfortable working on a timer board

*Must demonstrate a double back flip, in the belt, with good form, control, and landing

**Priority will be given to performers committed to the act in previous years

Advanced Acro (class max: 30)

(It is expected that you have already learned these skills. They will not be taught during evaluations)

Minimum age 8 by Sept 8th

Previous Pyramid Acro experience required

TOPS:

Strength Requirements:

35 V-ups

20 push-ups

1 minute hollow body hold

Skill/Trick Requirements:

Pop-up with 2 foot landing, stand without base holding legs for 15 seconds

Hold an overhead bird or overhead star for 20 seconds

15 second L support hold (bases laying on back, hands in hand-to-hand position & hold above head)

*Strength and skills must be performed with excellent form

MIDDLES & BASES:

Strength Requirements:

35 V-ups

25 push-ups

1 minute hollow body hold

Skill/Trick Requirements:

Pop-up with 2 foot landing, stand without base holding legs for 15 seconds

Hold overhead bird OR overhead star for 20 seconds

Hold flyer in L support for 15 seconds (hand to hand position as base lays on the ground)

*in some instances new middles may perform skills listed for tops

Advanced Sports Acro (Non-Performing) (class max: 12)

(It is expected that some testing items have never been done. We are testing each individual's ability to learn new tricks, and mental state under pressure and/or failure. This is an advanced act where lots of new skills will be taught during the year. We plan to push you mentally and physically. Please test your other performing classes first as this testing is difficult and long - and inform us of what testing you completed prior.)

Minimum age 9 by Sept 8th

1 year previous standing acro experience or equivalent required

Bases:

1 minute hollow body hold

V-ups (1 minute as many reps as possible)

Push ups (1 minute as many reps as possible)

Handstand on ground with coach testing tightness (Testing tightness, form, stability, and endurance)

Base a pop up into walking foot to hand (walk to end, 180 turn, walk back)

Transfer to 1 handed foot-to-hand static for 10 seconds (flyer is standing on 1 foot in bases hand - bum/butt down exit)

Base a high bird, no handed entrance, 30 second, static.

Base a side star on one side then transfer straight to the other side - 15 seconds on each side

Overhead support from a seated or standing position timed up to 1 minute (flyer in a hand-to-hand ball or L-sit)

1 arm extended hand to hand hold with a mat/weight, from standing to sitting

We will test the bases ability to catch their flyers when/if a trick fails.

Flyers:

1 minute hollow body hold

V-ups (1 minute as many reps as possible)

FLYER PRE-REQUISITES CONTINUED ON NEXT PAGE →

Push ups (1 minute as many reps as possible)
1 minute handstand on ground with coach testing tightness (Testing tightness, form, stability, and endurance)
Fly a pop up into walking foot to hand (walk to end, 180 turn, walk back)
Transfer to 1 handed foot-to-hand static for 10 seconds (flyer is standing on 1 foot in bases hand - can attempt to hold a 10 second Y scale in foot-to-hand - bum/butt down exit)
Fly a high bird, no handed entrance, 30 second, static.
Fly a side star on one side then transfer straight to the other side)(2 tries)
Fly a 1 minute L-sit over head with base laying on the ground
15 second hand-to-hand based by Kaden or Morgan (2 tries) (flyer must be straight, tight, and good form)
*Flyers who complete the 15 second hand to hand are to attempt a low 1 arm or one alternative entrance into a hand-to-hand (cannonball, pop-up-over, cartwheel-in, etc.)
Back walkover
One additional tumbling item of choice
From a pedestal, jump off/down to a mat and stick 3 landings within a box
We will test flyers ability to control a fall if/when they fall

Advanced Level Aerial Acts:

Advanced Aerial Rings (class max: 12):

Minimum age 10 by Sept 8th
1 year Intermediate Aerial experience required
Must be comfortable with swinging
4 pull-ups
4 ins and outs
3 tuck-ups
30 second hang from hands
Able to beat into inverted pike position
Close to R or L split
Able to go from hanging to sitting position with ease

Advanced Aerial Chair (class max: 10)

Minimum age 12 by Sept 8th
1-2 years of intermediate aerial experience required
4 pull ups
4 toe touches
4 straddle overs
5 beats
BOTH L and R splits
Show one over-split
Perform a bridge

Advanced Static Trapeze (class max: 8)

Minimum age 12 by Sept 8th
Must be comfortable with heights up to 25'
2 years intermediate level aerial experience required
5 Pull-Ups
5 ins and outs (with straight legs)
5 Straight Arm Straddle-Ups
4 Consecutive Pull Overs
5 Beats
Must have Right or Left Split

Advanced Spanish Webs (class max: 8)

Minimum age 12 by Sept 8th

2 years aerial experience required

Must be comfortable with spinning

Must be comfortable with heights up to 25' feet

Must be comfortable hanging upside down in foot loop

2 consecutive pike climbs

4 pull ups

4 straddle-overs

4 toe touches

R and L split

Advanced Hammock (class max 8):

Minimum age 12 by Sept 8th

1 year intermediate aerial experience required

Comfortable with heights up to 20'

6 pull-ups

4 toe touches

4 straddle-ups

30 second dead hang

Demonstrate a bridge

L or R split

Advanced Silks (class max: 9)

Minimum age 12 by Sept 8th

Previous intermediate aerial experience required

Comfortable with heights up to 25'

2 consecutive climbs

5 straddle ups

4 in and outs

5 pull ups

5 toe touches

4 consecutive hip keys – right, left, right left

L or R split

Advanced Lyra (class max: 8)

Minimum age 12 by Sept 8th

1-2 years advanced aerial experience required

Must be comfortable with heights up to 20' & spinning & swinging

Must understand how to count an 8-count to music

Must demonstrate body awareness while on the apparatus

5 pull-ups

5 in and outs

5 consecutive pull-overs

5 consecutive beats

20 second bird-balance on Lyra

20 second back balance on Lyra (stag or straight legs)

20 second toe hang

L or R split

Demonstrate a bridge

Demonstrate a standing a pike stretch with palms flat on the ground

Advanced Low Casting (class max: 6 bases, 8 flyers)

Comfortable with heights up to 15ft

Flyers:

Minimum age 10 by Sept 8th

1 year intermediate aerial experience (cradle experience preferred)

5 ins & outs

5 pull-ups

5 toe touches

5 beats with good form

30 second dead hang

1 rope climb

R or L split or Bridge

Bases:

Minimum age of 15 by Sept 8th

1 year intermediate aerial or cradle experience

5 pull ups with flyer

10 sit-ups on cradle

45 second dead hang from hands

1 rope climb

Must be willing to help spot during class

Advanced Duo Straps (class max: 10)

Minimum age 12 by Sept 8th

1-2 years intermediate aerial experience required

Must be comfortable with heights up to 20' & spinning

6 pull-ups

5 beats (with hips up)

4 ins and outs (as low as possible)

1 muscle-up attempt on trapeze

L or R split

Advanced Hanging Perch (class max: 12)

1 year intermediate aerial experience required

Comfortable with heights up to 30'

FLYERS: Minimum age 12 by Sept 8th

1 rope climb

3 pull ups

3 ins and outs

3 straddle-overs

3 toe touches

R or L split

BASES: Minimum age 16 by Sept 8th

1 rope climb

4 pull ups

4 ins and outs

4 straddle-overs

4 toe touches

R or L split

Elite Level Aerial & Ground Acts:

Elite Swinging Single Trapeze (class max: 12)

Minimum age 15 by Jan 1, 2027

Advanced aerial experience required

1 year trapeze experience preferred

1 year tumbling/teeterboard experience preferred

Comfortable with heights up to 30'

7 pull-ups

7 straight leg toe touches

7 straddle ups

7 continuous pullovers

1 muscle up on bar

*Must arrange your own spotter, name of spotter must be given at evaluation and must attend all classes

Elite Korean Plank (Class max: 12)

Minimum age 14 by Sept 8th

2 years Adv. Teeterboard experience OR A strong tumbling foundation and 1 year of Adv. Teeterboard experience

45 sec hollow body

Able to perform a straight jump off teeterboard with good form

Able to perform a clean back tuck off teeterboard without lines

Able to perform a clean layout in lines (single hitter)

Able to perform a back pike off teeterboard

Able to perform controlled timers on baby board

Has a positive attitude and willing to be a team player

Willingness to learn proper spotting techniques

Elite Duo Cradle (class max: 5 flyers 5 bases)

Minimum age 16 by Jan 1st, 2027

2-3 yrs Advanced Aerial experience required

Comfortable with heights up to 30'

FLYERS:

Both R and L split

Must have a right-side Americana

Must have a good bridge

Perform a 30 second wrist hang

For the 6 exercises below, you get 2 turns to perform all 6 skills by doing them in groups of 3.

You get to choose which 3 are performed in your 2 turns, but all 6 exercises must be shown.

- 5 in and outs (120 degrees or greater at shoulders)
- 8 upside down pull-ups
- 5 pull-ups
- 5 toe touches
- 5 high scissors (15 degrees at hips)
- 5 low scissors (90 degrees at hips)

**Max weight limit of 130lbs (to help prevent shoulder injuries of the cradle bases).

BASES:

Prefer 2 years of multilane cradle base experience

15 consecutive pull-ups with a flyer (approx. 120 lbs)

15 consecutive sit-ups hanging off Cradle

60 second dead hang from Cradle by hands

Climb rope to Cradle with no feet

5 inverted rows with a flyer (approx. 120lbs)

*****Circus Registration & Class Evaluations*****

Circus participants must be facility members of the Redlands Family YMCA in order to register for Circus classes. Participants will not be permitted to continue in any Circus classes if their class fees have not been paid by the 25th of the month. Financial assistance is available for those who qualify; you can pick up a financial assistance application at our Front Desk.

Class Evaluation Schedule

Evaluations will be held on August 25, 26 and 27 from 5:00pm-7:00pm each day

- Tuesday, August 25th – Beginning Teeterboard, Intermediate Teeterboard, Advanced Teeterboard, Elite Korean Plank, Advanced Aerial Rings, Elite Swinging Single Trapeze, Beginning/Intermediate Lyra, Intermediate Unicycle, Intermediate/Advanced Clubs, Advanced Lyra, German Wheel, Intermediate Handbalancing, Advanced Handbalancing, Advanced Silks, Intermediate/Advanced Risley, Intermediate Wire, Intermediate Ball Juggling, Intermediate Stilts, Elite Duo Cradle
- Wednesday, August 26th – Intermediate Hammock, Beginning Risley, Dance Troupe, Advanced Static Trapeze, Advanced Acro, Beginning Acro (Non-Performing), Beginning Stilts, Low Casting, Intermediate Tumbling, Intermediate Flex, Advanced Unicycle, Advanced Ball Juggling
- Thursday, August 27th – Intermediate Multiple Trapeze, Beginning Teardrops, Pyramid Bike, Advanced Aerial Chair, Advanced Spanish Webs, Intermediate Silks, Chinese Pole, Clowning, Advanced Duo Straps, Beginning/Intermediate Acro, Advanced Hammock, Advanced Sports Acro (Non-Performing), Beginning Swinging Ladders, Advanced Icarian Risley, Intermediate Diabolo, Advanced Diabolo, Beginning/Intermediate Synchronous Trapeze, Multilane Cradle, Advanced Hanging Perch

Circus classes that do not require evaluations prior to registering: Mini Acro 1, Mini Acro 2, Mini Acro 3, Beginning Unicycle, Beginning Wire, Circus Essentials, Balloon Art, Beginning Juggling and Roman Ladders.

No participant will be allowed to register for 2 classes during the same time on the same day. Participants are encouraged to “try out” for as many classes as they qualify for during skill evaluations. Participants are encouraged to prioritize their classes in order of preference during skill evaluations if classes are held at the same time period during the season.

You may register for up to 5 classes, with a maximum of 4 of them being aerial acts, if you have met the prerequisites for those classes. You will receive an email, after all evaluations have taken place, stating whether or not you were accepted into the class(es) you evaluated for.

ALL registrations will open on August 31st at 7:00am. There will not be registration for non-evaluation acts prior to skill evaluations.

When registering for any circus classes, **participants must meet the minimum age requirement required for the class stated by their pre-requisites.**

If a class reaches its maximum capacity, your name will go onto the waiting list. If a space opens up in a class that has a waiting list, we will offer the open space to the first person on the list. Please do not call the YMCA to inquire of your Wait List status; please email the Circus Director for that inquiry.

Payment for the first month of all classes will be taken at registration. Circus fees are then required to be placed on EFT and will automatically draft on the 10th or 25th of each month.