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# THE GREAT ALL-AMERICAN YOUTH CIRCUS

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## 2022-2023 Circus Class Pre-Requisites 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 and good behavior
- 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

Must be potty-trained

Parent participation is required in this class

**Level II Group:** 4-5 years of age

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

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

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

\*Will perform as part of Intermission and PreShow

### Beginning Unicycle (class max: 15)

Minimum age 7

Must wear close-toed shoes to class

Must purchase own unicycle by January 1<sup>st</sup>

### Beginning Juggling (class max: 10)

Ages 8+

### Beginning Wire (class max: 15)

Ages 7-12

**Beginning Stilts (class max 11):**

Minimum age 8

Comfortable with heights up to 10'

Must wear closed-toed shoes in class at all times

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

**Circus Essentials:**

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

\*Registration is split into two age groups:

Elementary - Minimum age 7 (class max:10)

Secondary - Minimum age 11 (class max:10)

**Roman Ladders (class max: 12)**

Minimum age 7

**CLASSES THAT REQUIRE EVALUATIONS**

**Beginning Level Classes:**

**Beginning Risley (class max: 10 pairs)**

Minimum age 8

Must have 1 year previous experience in Circus Essentials or Acro

Please come to evaluations and register into class with a partner

**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

10 tacky chair push-ups with proper form

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

**Beginning/Intermediate Teeterboard (class max: 25)**

Minimum age 9

Must be willing to learn to hit and spot as able

Must be comfortable working on a timer board

Must be comfortable with working in a belt

**Strength Requirements:**

5 Push-ups

10 V-ups

10 Squats

**Skill/Trick Requirements:**

Off the teeterboard, must show good form, control, and strength with basic jump

### **Pyramid Acro Level 1 (class max: 30)**

Minimum age 7

Previous Circus Essentials or Acro experience preferred

#### **Strength Requirements:**

15 V-ups

15 push-ups

15 second hollow body hold

15 second bird position on floor

#### **Skill/Trick Requirements:**

Perform a 20 second, deep squat, totem position (top standing on upper thighs)

Perform a candlestick with proper form

### **Beginning Teardrops (class max: 8)**

Ages 7-14

Must be comfortable w/ heights up to 12ft

1 pull-up

1 tuck up

1 straddle up

5 scissors

### **Beginning Hammock (class max: 14):**

Minimum age 10

10 scissors

3 pull-ups

1 toe touch

R or L split

Hold a good bridge for 15 seconds

### **Beginning Swinging Ladders (class max: 16)**

Ages 7-12

Comfortable with heights up to 15ft

Comfortable with swinging upside down

Hang from hands for 15 seconds

Perform and hold a double knee hang for 5 seconds

Must be able to tuck-up and get to a sitting position on Ladder with ease

### **Beginning/Intermediate Silks (class max: 10)**

Minimum age 10

3 pull-ups

2 straddle-overs

1 climb

3 toe touches

R or L split

A straddle wider than 90 degrees

## Intermediate Level Classes

### Intermediate Diabolo (class max: open)

Minimum age 8

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 Flex (class max: 20)

Minimum age 12

1 year Acro or Flex experience preferred

#### **FLYERS:**

##### Strength Requirements:

20 push-ups

20 second hollow body hold

20 v-ups

20 second plank hold

##### Skill/Trick Requirements:

Both R and L split

Close to middle split

Show an over-split

Perform a standing backbend

Perform a handstand (off the wall - with assistance) for 10 seconds

Front or back-walkover

Perform a proper cartwheel

Show shoulder flexibility

Must be able to touch toes while sitting/standing

\*Perform a flexible trick of your choice

#### **BASES:**

##### Strength Requirements:

30 push-ups

30 second hollow body hold

30 v-ups

30 second plank hold

10 Squats with a seated top

##### Skill/Trick Requirements:

Close to right or left split

Base a proper pop-up two high

Base a proper overhead stag

Perform a handstand (off the wall - with assistance) for 10 seconds

Perform a proper cartwheel

Show shoulder flexibility

Must be able to touch toes while sitting/standing

\*Perform a tumbling trick of your choice

### **Intermediate Handbalancing (class max: 20)**

Minimum age 10

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:**

15 second headstand with

30 second handstand on the wall

10 second handstand off the wall (with a spotter)

10 second chair-stand on chair

5 second plange on chair

### **Intermediate Hammock (class max: 12):**

Ages 10-18

1 prior year of aerial experience required

10 scissors

3 pull-ups

20 v-ups

R or L split

Hold a good bridge for 15 seconds

20 second straight arm hang

### **Intermediate Juggling (class max: 12)**

Minimum age 8

Must be self-motivated to work

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

### **Intermediate Risley (class max: 15 pairs)**

Minimum age 8

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

Please come to evaluations and register into class with a partner

#### **Strength Requirements:**

30 second plank hold

30 second hollow body hold

20 second side plank hold

10 push-ups

#### **Skill/Trick Requirements:**

Perform side star with good form

Perform star (shoulder stand) with good form

Perform straddle throne with good form

Perform low foot to hand with good form

### **Intermediate Unicycle (class max: 15)**

Minimum Age: Open

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 full length of basketball court with control and good form

Ride forward in all directions in a controlled manner

Able to hover with at least one foot

Able to ride a figure 8

\*BONUS POINT – Able to ride backwards

### **Pyramid Acro Level 2 (class max: 30)**

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

Minimum age 9

Previous Pyramid Acro experience required

Strength Requirements:

30 v-ups

20 push-ups

45 second hollow body hold

Skill/Trick Requirements:

Pop-up with 2 foot landing, Y scale, & proper dismount

Perform an overhead bird

10 Second L support hold (bases laying on back holding hands of flyer above head in L hold)

3 consecutive straddle-up handstand forward rolls

\*Strength and skills must be performed with excellent form

### **Clowning (class max: 8)**

Minimum age 12

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

### **Rhythmic Hoop (class max: 10)**

Minimum age 12

1 year beginning circus preferred

R or L split

Perform bridge with good form

Able to perform a dive roll

Able to perform slow and controlled cartwheel

### **Intermediate Anchors (class max: 12)**

Minimum age 10

Must be comfortable with heights up to 12'

1 pull up

1 straddle-up

1 tuck-up

R or L split

### **Intermediate Balance Perch Pole (max: 6 tops, 5 bases)**

Ages 8-13

At least 1 yr. experience in Beg. Aerial, Acro & Handbalancing preferred

#### **Flyers:**

Must be comfortable with heights up to 30ft

3 pull-ups

1 good split (Right, left, or center)

#### **Bases:**

Please let head trainer know of interest in being a base.

### **Intermediate Aerial Rings (class max: 12):**

Minimum Age: 10

1 year Aerial experience required

3 pull-ups

3 tuck-ups

5 beats

Close to R or L split

Able to pull up from sitting to standing on trapeze

\*\*Evaluations will be done on a trapeze bar

### **Intermediate Aerial Chair & Spiral (class max :10)**

Minimum age 12

1 years of aerial experience required

3 pull-ups

6 knee hang sit-ups

2 pull-overs

R or L split

Perform a good bridge

\*Must be comfortable hanging by your foot in a foot loop

### **Intermediate Multiple Trapeze (class max: 12-24)**

Ages 9-21

1 year beginning level aerial experience preferred

Must be comfortable with heights up to 15'

3 pull ups

30 second dead hang

3 tuck ups

5 scissors

1 toe touch

Close to having right, left, or center split

### **Intermediate Multilane Cradle (class max: 10 flyers, 9 bases)**

**Bases:** Minimum age 14

- 1 year Intermediate level aerial experience
- Must be comfortable with heights up to 15'
- Must be willing to spot during classes
- 30 second dead hang from hands
- 4 pull ups
- 10 sit-ups on Cradle

**Flyers:** Minimum age 9

- 1 year beginning aerial or intermediate aerial experience
- Must be comfortable with heights up to 15'
- 3 in & outs
- 4 pull-ups
- 3 toe touches

### **Advanced Level Classes**

#### **Advanced Adagio (class max: 12)**

Minimum age 14

Must have at least 2 years of Acro experience

Tops:

- 20 push-ups
- 35 second hollow body with hands over head
- Perform a good bridge (looking for flexibility)
- Has R and/or L split
- Able to perform a pop up 2 high and perform a Y scale
- Able to perform an overhead bird
- Hold a 10 sec L-sit on base
- \*Attempt a hand to foot (base on floor)

Bases:

- 30 push-ups
- 35 second hollow body with hands over head
- Able to base a pop up 2 high and Y-scale
- Able to base an overhead bird (attempt pressing top)
- Able to hold top in 10 sec L-sit
- \*Attempt hand to foot (base on floor)

#### **Advanced Diabolo (class max: open)**

Minimum age 8

- 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 Juggling (class max: 16)**

Minimum age 9

Able to juggle 3 balls without struggling

Able to pass 6 balls

Must have a good start on juggling 3 clubs

### **Advanced Risley (class max: 8 pairs)**

Minimum age 10

Please come to evaluations and register into class with a partner

#### **Strength Requirements:**

3 side star presses (no hand connection, flyer hand on bases leg OK - forward facing inside star)

5 bird presses (no hand connection)

15 second headstand

10 push-ups

15 low-boat leg lifts

#### **Skill/Trick Requirements:**

-Hands-free side star on both sides (flyer hand on bases leg is ok) (forward facing inside side star, reverse inside side star, forward facing outside side star, and reverse outside side star)

-10 second Reverse star \*\*(must be able to jump into – no hand connection, flyer hand on bases leg is ok)

-10 second Hands-free star \*\*(AKA shoulder stand) (no hand connection; using hands to get into it is ok)

-10 second low foot to hand hold \*\*(flyer facing both directions, flyer cannot hold bases feet)

-5 second Extended foot to hand \*\*(can box up into)

-Foot to hand transition to bird \*\*(flyer cannot use hands)

-No-hands back straddle \*\*(entrance from standing, no hand connection)

### **Advanced Unicycle (class max: 15)**

Minimum age 10

Minimum 1-2 yrs Intermediate Unicycle experience

Able to perform front to back & back to front 180 degree turns (pivots)

Able to performed controlled backwards 90 degree turns

Able to perform 90 degree turns on giraffe unicycle

Able to perform one foot riding or progression to it

Able to perform wheel-walking or progression to it

Able to perform bunny-hops

Able to perform figure 8 backwards

Able to perform tight U-turns on normal and giraffe unicycles

Perform 1 specialty mount (rider's choice)

Perform running mount in controlled manner

Hover 360\*

### **Advanced Teeterboard (class max: 16)**

Minimum age 10

Must have at least 2 years of Teeterboard experience

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

Must be willing to hit, spot, catch and fly

Must be willing to work on new tricks, both in belts and on the timer board

\*Must demonstrate a single back flip and a double back flip with good form, control, and landing

\*Must demonstrate control and strength on timers

### **Chinese Pole (class max: 12)**

Minimum age 10

MUST bring shoes to evaluate (wrestling shoes are recommended)

Must be comfortable with heights up to 20ft

3 pull ups on a bar

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

### **Elite Handbalancing (class max: 15)**

Minimum age 10

1 year previous experience Intermediate/Advanced Handbalancing

3 consistent 30 second hand stands off the wall

Hold a 1 minute handstand off the wall

Able to change leg positions while upside down w/ control

Able to balance on various equipment of differing heights w/ control

Straddle press to handstand (girls)

Must be able to balance on a partner (girls)

Must be able to base other balancers w/ control (guys)

### **Advanced Lyra (class max: 8)**

Ages 12-21

1 year beginning level aerial experience preferred

Must be comfortable with heights up to 25'

Must be comfortable with spinning

4 pull-ups

4 straddle-overs

4 toe touches

3 pull-overs

Show both R and L split

\*Mount the Lyra in your choice of way

### **Advanced Silks (class max: 12)**

Minimum age 12

1-2 years Intermediate Aerial experience preferred

Must be comfortable with heights up to 25'

Must be comfortable with spinning

2 consecutive climbs

6 pull-ups

6 straddle ups

6 toe touches

Perform 1 proper hip key

Perform 1 foot knot

45 second dead hang

Must have L or R split

### **Advanced Aerial Cube (class max: 12)**

Minimum age 14

1 year intermediate aerial experience

4 pull-ups

4 ins and outs

2 pull-overs

3 toe touches

Close to R or L split

### **Advanced Duo Cradle (class max: 8 flyers 8 bases)**

Minimum age 16

2-3 yrs Advanced Aerial experience required

Comfortable with heights up to 30'

#### **Flyers:**

5 in & outs

8 upside down pull-ups

5 pull-ups

Both R and L split

Must have a right-side Americana

5 toe touches

5 high and 5 low scissors

Perform a 30 second wrist hang

#### **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 **OR** 8 Pull-ups

### **Swinging Single Trapeze (class max: 8)**

Minimum age 14

Advanced Aerial experience required

1 Year trapeze 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. (No Spot, No Fly!)

## \*\*\*\*\*Registration Information\*\*\*\*\*

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 25<sup>th</sup> of the month. Financial assistance is available for those who qualify; you can pick up a financial assistance application at our Front Desk.

### Prerequisite Evaluation Schedule

**Evaluations will be held from 5:00pm-7:00pm each day**

- Monday, August 22<sup>nd</sup> – Beginning Teardrops, Swinging Ladders, Pyramid Acro Level 2, Beg/Int Teeterboard, Intermediate Handbalancing, Advanced Risley, Advanced Lyra, Intermediate Balance Perch, Chinese Pole, Elite Handbalancing
- Tuesday, August 23<sup>rd</sup> – Beginning Hammock, Intermediate Anchors, Intermediate Risley, Multilane Cradle, Intermediate Aerial Chair & Spiral, Rhythmic Hoop, Duo Cradle
- Wednesday, August 24<sup>th</sup> – Intermediate Unicycle, Beginning Risley, Intermediate Hammock, Multiple Trapeze, Advanced Single Cube, Advanced Adagio, Advanced Unicycle, Clowning
- Thursday, August 25<sup>th</sup> – Intermediate & Advanced Juggling, Advanced Teeterboard, Beg/Int Silks, Pyramid Acro Level 1, Intermediate Flex, Swinging Single Trapeze, Intermediate Rings, Intermediate & Advanced Diabolo, Advanced Silks

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

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 five classes if you have met the prerequisites for those classes and a maximum of 3 aerial classes. Participants enrolling in multiple classes will need to wait until the end of skill evaluations week before registering for any 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 29<sup>th</sup> 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 by the first day of class.

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 10<sup>th</sup> or 25<sup>th</sup> of each month.