
THE GREAT ALL-AMERICAN YOUTH CIRCUS

2017-2018 Circus Class Pre-Requisites Guide

Beginning Level Ground Acts

Mini Acro (class max:16)

Level I Group: 3-4 years of age

- Able to follow directions & is comfortable in a large group
- Potty trained
- Parent participation is highly encouraged in this class

Level II Group: 4-5 years of age

- Encouraged to have 1 year previous Mini Acro experience
- Able to follow direction & is comfortable in a large group
- Able to perform forward roll with good form (w/o help)
- Able to support own body weight on hands with help
- Comfortable with having parents out of the room

Level III Group:5-6 years of age (in transitional kindergarten or kindergarten)

- Must have 1 or 2 years of previous experience in Mini Acro or be invited by a trainer
- Able to follow direction & is comfortable in a large group
- Able to perform forward roll with good form (w/o help)
- Must have a good start on a backward roll, cartwheel and bridge
- Able to support own body weight on hands with help
- Able to follow direction & is courteous & respectful
- Comfortable with parents out of the room

Circus Essentials (class max: 35)

Classes include Beginning Levels of Balance Skills, Mini Trampoline, Tumbling, & Acro. Classes will focus on strength, endurance, and skill building.

- Essentials 1 = 1st – 5th grade participants
- Essentials 2 = 6th – 12th grade participants
- Participants should be comfortable in a large group of mixed ages as CE1 & CE2 will be one class
- Be able to demonstrate self-control and good behavior
- Must be able to move from one activity to the next with ease
- Parent participation is highly encourage

Pyramid Acro Level I (class max: 30)

- Minimum age 7
- Previous Essentials acro or tumbling preferred
- Able to follow direction

Strength Requirements

- Able to do 15 v-ups
- Able to do 10 push-ups
- Able to hold a 20 sec. hollow body
- Able to do a cartwheel
- Able to hold a bridge
- Tops: Able to hold a 10 second tuck on base (arms around bases neck, body in tuck position, base lets go)
- Bases - 20 second deep squat hold (2nd position plié)

Balloon Art (class max: 20)

- Minimum age 7
- Must be able to tie a knot in an inflated balloon without assistance
- Will perform as part of Intermission and PreShow

Beginning Unicycling (class max: 30)

- Minimum age 6 (1st grade)
- Comfortable in a large group
- Must wear close-toed shoes in class at all times
- Must purchase own unicycle by January 1st

Beginning Teeterboard (class max: 25)

- Minimum age 8
- Comfortable in a large group
- Must wear close-toed shoes in class at all times

Stilts and Rolling Globe (class max: 20)

- Minimum age 10
- Comfortable with heights up to 10ft
- Must wear close-toed shoes in class at all times
- Must provide your own knee pads (if needed)

Beginning Wire (class max: 20)

- Minimum age 7

Clowning (class max: Open)

- Minimum age 12
- Must perform a 45 sec audition.
 - Can include music or not; can use props or not; solo auditions only
 - Ask circus office for more information
- Willing to not care about what people think about how you act
- Must be able to step out of the box
- Able to take the stairs vs. the elevator in the event of a fire

Intermediate Level Ground Acts

German Wheel (class max: 16)

- Minimum age 12
- 1 yr. previous experience in tumbling, acro or handbalancing
- Must be tall enough to fit in the wheel with bent arms
- Must be able to perform a cartwheel on the floor with good form
- Must be able to roll in the wheel in a controlled manner
- Must be able to hold a handstand against the wall in good form for 30 sec.
- Must wear converse-type shoes in class at all times
- Courteous & respectful to Trainers & other participants
- Must be able to follow direction & is willing to work hard to achieve skills

Tumbling (class max: 16)

- Minimum age 12
- Able to do 10 push-ups
- Able to do 10 squat jumps

Demonstrate: -All 3 Splits (Must be close & willing to improve)

- Bridge for 10 seconds
- Handstand forward roll
- Round-off
- A proper cartwheel (Starting forward, ending facing opposite direction)
- Backwards roll w/out head touching the floor
- Dive roll

- Must have determination to learn
- Must understand that tumbling puts you at risk of injury

Intermediate Handbalancing (class max: 20)

Minimum age 8

1 yr. previous experience in Tumbling, Acro, or Combo Circus (preferred)

Able to perform a solid headstand for 30 secs.

Able to perform & hold handstand w/ good form for 30 secs (with stabilization assistance only)

Able to hold a handstand against the wall for 45 secs.

Able to hold a 10 sec. chair stand

Able to hold planche on chair w/ good form for 5 sec.

Chinese Pole (class max:16)

Minimum age 10

Must be comfortable with heights up to 20'

Able to perform 3 pull ups on a bar w/o help

Able to perform 2 consecutive climbs on pole

Able to perform 1 monkey climb on pole

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

Intermediate Diabolo (class max: open)

Minimum age 8

1 yr. previous Circus experience preferred

Able to follow direction & is self-motivated to work

Must be able to toss & catch the Diabolo 3 consecutive times @ heights up to 6' w/o dropping

Able to spin the Diabolo for 2 mins. w/o dropping

Risley Duo (class max: 10 tops, 10 bases)

Minimum age: 8

Must have 1 yr previous experience in Risley Duo or Pyramid Acro

Strongly encouraged to come to evaluations and register into class with a partner

Able to perform a solid headstand for 20 seconds

Must be able to perform a foot bird with good form

Must be able to perform a tacky chair with good body control

Able to do 15 V-ups with good form

Able to do 15 push-ups with good form

Able to hold a 20 sec hollow body

Able to hold a 20 sec bird

Pyramid Acro Level II (class max: 30)

***All skills performed with proper form.**

Minimum age 8

1 year previous acro or tumbling

Tops: 25 v ups

15 push-ups

30 second hollow body

Cartwheel with proper form

Bases: 25 v ups

20 push-ups

30 second hollow body

12 deep squats with top on back

Lift top into overhead pike position

Both: Candlestick

Seated two high, dismount

OR

Step up standing two high, dismount.

Overall tightness, form, awareness, and attentiveness.

Intermediate Unicycling (class max: 30)

- Minimum age 8
- Absolutely no gum chewing or phone use allowed
- Must be able to mount unassisted
- Must be able to ride full length of basketball court with control & good form
- Must be able to ride forward in all directions in a controlled manner
- Must be able to hover with at least one foot
- Must be able to ride a figure 8
- Must be able to ride backward without assistance
- Must wear close-toed shoes in class at all times
- Must have & bring your own unicycle at all times

Intermediate LED Poi (class max: 25)

Light up device attached to flow chord, wielded around at high velocity in the dark. Very dangerous! This class is an object manipulation art which focuses on patterns, coordination & will have a choreography and Acro component. Be prepared to train hard in athletic attire.

- Minimum age: 8
- Must have one year previous poi, diabolo, or juggling experience
- 8 counts of the following-
 - alternating crazy 8
 - synchronized circular spins while walking
 - pivot (turn-around)
 - Butterfly (fountain/waterfall)
 - circular saw
- Demonstrate a quick stop & catch with both hands
- Must buy your own poi set by December 1st

Intermediate Wire (class max : 15)

- Minimum age 10
- Must have 1 year previous wire experience
- Must have good body awareness
- Must be comfortable with heights up to 10 ft.
- Must be able to walk the entire length of the wire and step off properly w/o assistance

Intermediate Teeterboard (class max: 16)

- Minimum age 9
- Must have 1 year of prior teeterboard experience with additional tumbling and acro preferred.
- Off the teeterboard, must show good form and control with a straight jump, straddle jump and a pike jump with or without a hand spot.
- Must be willing to learn to hit and help spot timers as able

Juggling (class max: 20)

- Minimum age 10
- Must be able to juggle 3 balls without struggling
- Must be able to pass 6 balls or 6 clubs with good form
- Able to take direction
- Must be self-motivated

Advanced Level Ground Acts

Advanced Teeterboard (class max: 16)

- Minimum age 12
- Must have at least one year of intermediate teeterboard with acro, tumbling, and trampoline skills
- Must demonstrate a back flip with a spotting belt with good form, control and landing.
- Must be able to perform controlled timers
- Must be willing to hit, spot, catch and fly as able to help run both intermediate and advanced teeterboard

Advanced Diabolo (class max: open)

- 1 yr. previous Circus experience preferred
- Able to follow direction & is self-motivated to work
- Must be able to toss & catch the Diabolo 3 consecutive times @ heights up to 6' w/o moving feet
- Able to perform magic knot
- Able to perform double cradle
- Able to perform 3 suns
- Able to perform any of the following tricks (suicidal bridge, suicidal sun, infinite suicide, etc.)
- Able to perform any advanced trick (around a body part, waltz, hurricane, etc.)

Pyramid Acro Level III (class max: 30)

***All skills performed with proper form.**

- Minimum age 9 by first class
- 1 yr previous Circus experience (Acro, Tumbling, or Aerial)
- Tops - three consecutive handstands straddle up forward rolls
- Top and/or base:
 - Overhead bird
 - Pop up 2 foot landing, Y scale, dismount

It is expected that you have already learned these skills. They will not be taught during the evaluation process.

~Strength requirements

- Able to perform 35 V-ups
- Able to perform 20 push-ups w/ good form
- Able to hold a 40 sec. hollow body

Advanced Unicycling (class max: open)

- Minimum age 12
- Minimum 2 yrs Intermediate Unicycling experience (preferred)
- Must be able to ride in a figure 8 backwards
- Must be comfortable turning backwards
- Must be able to perform 1 specialty mount (riders choice)
- Must be comfortable moving forward & backward on a giraffe unicycle
- Must be able to perform 90* turns forwards and backwards
- Must be able to hover 360*
- Must be able to perform running mounts in controlled manner

Adv/Elite Handbalancing (class max: open)

- Minimum age 9
- Must be able to perform 3 consistent 30 sec. hand stands off the wall
- Must be able to straddle press to handstand
- Must be able to perform changing leg positions smoothly
- Must be able to do a 1 min handstand off the wall
- Demonstrate right, left, and middle split
- Demonstrate a good bridge
- Must have a good work ethic and open to learning new techniques

Beginning Level Aerial Acts

Swinging Ladders (class max: 30)

- Minimum age 6 (1st grade)
- Able to hang from hands for 15 seconds w/o help
- Comfortable with heights up to 12'
- Has good body & air awareness
- Comfortable in a large group

Circus Aerial Workout (class max: open)

- Minimum age 12
- Non-performing

Anchors & Aerial Y's (class max: 24)

- Minimum age 10
- Must be comfortable w/ heights up to 12'
- Must be able to perform 1 pull up w/o assistance
- Must be able to perform 1 tuck up w/o assistance
- Must be able to hang from hands for 20 secs w/o assistance
- Must have good body & air awareness while in the air
- Courteous & respectful to Trainers & other participants
- Must be able to follow direction & is willing to work hard to achieve skills

Balance Perch Pole (max: 8 tops, 4 bases)

- Minimum age 10
- Must have at least 1 year experience in acro & handbalancing, NO exceptions.
- Must be comfortable with heights up to 30 ft.
- Courteous & respectful to Trainers & other participants
- Must be able to follow direction & is willing to work hard to achieve skills

Beq. Hammock (class max: 12)

- Minimum age 10
- Must be able to perform 10 scissors
- Must be able to perform 3 pull-Ups
- Must be able to perform 3 straddle Ups
- Demonstrate right, left, and middle split
- Demonstrate a good bridge
- Must have good body and air awareness
- Must be able to follow directions and pick up choreography

Multiple Trapeze (class max: 24)

- Minimum age 8
- 1 year beginning aerial experience (preferred)
- Must be comfortable with heights up to 25'
- Must have good body and air awareness
- Must be able to perform 2 pull ups
- Must be able to perform 2 tuck ups without help
- Must be able to perform 10 scissors with good form
- Must be able to perform double knee hang and transition to birdsnest with ease and control

Intermediate Level Aerial Acts

Duo Cube (class max: 8)

- Minimum age: 12
- Must be able to perform 3 pull-ups
- Must be able to perform 3 in and outs
- Must be able to perform 2 pull-overs
- Must be able to perform 2 toe touches
- Must be able to demonstrate self-control and good behavior

Aerial Rings (class max: 12)

- Minimum age 10
- 1 year intermediate aerial experience required
- Must be able to perform 3 pull ups w/o assistance
- Must be able to perform 3 tuck ups w/o assistance
- Must be able to hang from hands for 30 sec. w/o assistance
- Must be able to beat into an inverted pike position
- Must be close to having R or L splits
- Able to go from hanging to sitting position w/ ease
- Must have good body and air awareness

Low Casting (class max: 10 Flyers, 4 Bases)

Flyers - Minimum age 10
Minimum 1 yr Int Pyramid Acro & Tumbling experience required
Minimum 2 yr Level II or III aerial experience required
Must be able to perform 5 pull ups w/o assistance
Must be able to perform 5 toe touches on bar
Must be able to hold pike position for 30 secs
Must be able to perform 5 straddles
Must be able to perform 20 full V-ups
Must be able to hang from bar with good form for 1 min.
Must have good body & air awareness
Must be comfortable with partner work
Maximum height 5'4" w/ maximum weight 100 lbs

Catchers - Minimum age 16
Must have been a Base for Duo Cradle or Multilane Cradle previously (1-2 yrs min)
Must be comfortable with partner work
Must be able to climb rope with ease (may use feet)
Must be able to perform 15 pull-ups w/ Flyer who is at least 90 lbs.
Must be able to perform 20 sit-ups with ease
Must have good body & air awareness

Hanging Perch (class max : 12)

Flyers: Minimum age 12
1 yr. Int aerial experience
Able to perform 1 rope climb
Able to perform 2 in & outs
Able to perform 3 pull ups w/o assistance
Able to perform 3 straddle-over
Able to perform 3 toe touches
Good air awareness
Comfortable with heights up to 30 ft.
Must have R or L splits

Bases: Minimum age 16
1 year Int aerial experience
Able to perform 4 pull ups
Able to perform 3 in & outs
Able to perform 3 straddle-overs
Able to perform 3 toe touches
Able to climb rope to top of perch w/ ease
Must have R or L splits
Comfortable with heights up to 30 ft.

Int & Adv Hammock (class max:12)

Minimum age 14
Minimum 1 year Level II Intermediate aerial experience
Minimum 1 yr ribbon experience preferred
Must be able to perform 3 pull ups w/o assistance
Must be able to perform 3 straddle-overs w/o assistance
Must be able to perform 3 in & outs w/o assistance
Must be able to perform 2 consecutive climbs w ease and good form
Must be able to perform a good bridge
Must have R AND L splits
Must be comfortable with spinning
Must have good body and air awareness
Must be comfortable with heights up to 20 ft

Multilane Cradle (class max: 11 flyers & middles, 9 bases)

Flyers/Middles:

- Minimum age 8
- 1 year beginning aerial or Intermediate Level I aerial experience
- Must be able to perform 2 in & outs with progression to 3
- Must be able to perform 3 pull ups without help with progression to 4
- Must be able to climb rope to Cradle using hands & feet
- Must be comfortable with heights up to 15'
- Must have good air awareness
- Must be able to follow trainer's instructions

Bases:

- Minimum age 14
- 1 year Intermediate Level II aerial experience
- Must be able to hang from hands for 30 secs without help
- Must be able to perform 4 pull ups
- Must be able to perform 3 ins & outs without using feet
- Must be comfortable with heights up to 15'
- Must have good body & air awareness
- Must be able to easily climb rope to Cradle using hands & feet
- Must be willing to spot during classes

Spanish Webs (class max: 16)

- Minimum age 12
- 1 yr. Intermediate Level II aerial experience required
- Must be able to climb the Web with ease with good form & control
- Must be able to perform 3 pull ups without assistance
- Must be able to perform 3 straddle-overs without assistance
- Must be able to perform 4 toe touches with straight legs
- Must be close to having R or L splits
- Must have good air awareness
- Must be comfortable with spinning
- Must be comfortable with heights up to 20 feet

Single Trapeze (class max: 16)

- Minimum age 12
- 1 yr. Intermediate Level II aerial experience required
- Must be able to perform 3 pull ups without assistance
- Must be able to perform 3 in & outs without assistance
- Must be able to perform 3 toe touches with straight legs
- Must be able to perform 3 upside down pull-up without assistance
- Must be able to perform 10 scissors
- Must be able to perform 2 pull overs
- Must have R or L splits
- Must have good air awareness

Advanced Level Aerial Acts

Advanced Lear (class max: 8)

- Minimum age 10
- Min. 1 year Intermediate aerial experience required
- Must be have good air awareness & must be comfortable with spinning
- Must have R or L Splits
- Must be able to perform 5 pull ups with good form & without assistance
- Must be able to perform 30 sec. straight arm hang without assistance
- Must be able to perform 5 straddle-overs with good form & without assistance
- Must be able to perform 5 toe touches with good form & without assistance
- Must be able to perform 3 pull-overs with good form & without assistance
- Must be able to go from hanging to sitting with ease

Aerial Chair (class max: 8)

Minimum age: 14

1-2 years of intermediate aerial experience required.

Dance experience is preferred but not required.

1 minute straight hang from a bar.

Must be able to do 3 pull ups w/o assistance.

Must be able to do 6 knee hang sit ups w/o assistance.

Must be able to do consecutive 2 pull overs w/o assistance.

Demonstrate all 3 splits

Must have good bridge

Must possess good air awareness and body control

Must be comfortable with heights up to 30ft

Swinging Single Trapeze (class max: 4)

Prior swinging single experience required

Minimum age 14

Able to perform 7 pull ups

Able to perform 7 straight leg toe touches without beating

Able to perform 7 straddle ups outs without beating

Able to perform 7 straight leg pullovers without beating

Must have good air awareness and control of the trapeze bar

Comfortable with heights up to 30 feet

*Must arrange your own spotter, name of spotter must be given at evaluation. No Spot, No Fly!

Duo Cradle

Flyers (max: 8):

Minimum age 16

Minimum 3 years of advanced aerial experience

5-8 in and outs

5-8 pull ups

(Minimum of 5 max of 8)

10 upside down pull-ups

10 toe touches directly into 5 high scissors & 5 low scissors

5 quality beats

20-25 second wrist hang

Splits on both sides

Bases (max: 8):

Minimum age 16

1-2 years multilane cradle experience preferred

Must be able to do 15-20 consecutive pull-ups with flyer (~120 lbs)

Must be able to do 15-20 consecutive sit-ups hanging from cradle

Must be able to do 5 quality beats with an experienced flyer

Must be able to do 60 second dead hang from bar

Must be able to go from hanging to sitting position with ease

Climb rope to cradle without using feet **or** 8-10 pull-ups

Ribbon (class max: 12)

Minimum age 14

Minimum 1 yr. Level III aerial experience required.

Must be able to perform 3 pull ups w/o help

Must be able to perform 3 straddle overs w/o help

Must be able to perform 3 ins & outs w/o help

Must have 2 of 3 splits

Must have a straddle wider than 90 degrees

Must be able to perform 3 consecutive climbs on Ribbon with ease & good form

Must be able to perform a good bridge

Comfortable with spinning fast

Must be comfortable with heights up to 30'

Must have good body & air awareness

*****Registration Information*****

Please note that in addition to all prerequisites listed above, you must be willing to work hard to achieve skills, able to follow directions & is disciplined, and is courteous & respectful to Trainers and other participants.

Age requirements **MUST** be met by the First Day of class, September 5th.

Circus participants must be **full facility members of the YMCA** in order to register for our Circus classes. Participants will not be permitted to continue in any Circus classes if their class fees have not been paid by the 10th of each month. Financial assistance is available for those who qualify; please pick up a scholarship application at our Front Desk. Please submit your application with appropriate documents the front desk for processing. (We are no longer able to make copies of confidential information, so please bring additional copies).

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.

Participants enrolling in multiple classes (up to 5 only) will need to wait until the end of skill evaluations week before registering for any classes.

On the day after each skill evaluation day, you will no longer be able to come to the YMCA lobby to see what class(es) you or your child have qualified for. You will receive an email stating whether or not you have made it into the class(es) you have tried out for.

ALL registrations will open on August 28th at 5am. There will not be registration for beginning level acts prior to skill evaluations.

Payment for all classes for the family will be taken all at once. Circus fees are required to be placed on a EFT and will draft on the 10th or the 25th of each month (you decide the date). Over the counter monthly payments must be approved by the Circus director.

For any further questions please contact Emilie Gleisberg - Circus Director @ 798-9622 x205.