THE GREAT ALL-AMERICAN YOUTH CIRCUS

2023–2024 Circus Class Prerequisites 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
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 1st

**Beginning Aerial Y’s (class max: 10)**
Minimum age 12
Must be comfortable hanging upside down from foot
Must be comfortable with swinging upside down

**Beginning Wire (class max: 10)**
Minimum age 9

**Roman Ladders (class max: 12)**
Minimum age 7

Updated: August 17, 2023
**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)

**Stretching (Non-Performing) (class max 20):**
Class includes stretching and focusing on skills/strategies for better flexibility.
Must be self-motivated to stretch and work on flexibility skills

**CLASSES THAT REQUIRE EVALUATIONS**

**Beginning Level Classes:**

**Beginning Lyra (class max: 7)**
Minimum age 10
Must be comfortable w/ heights up to 10ft
- 3 pull ups
- 10 scissors
- 1 straddle up
- 1 toe touch
- 2 tuck ups
- 20 second hang from hands
- Get from hanging to sitting on Lyra with ease
- R or L split
- Show middle split

**Beginning Stilts (class max 11):**
Minimum age 8
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 Teardrops (class max: 12)**
Ages 7-14
Must be comfortable w/ heights up to 12ft
- 1 pull-up
- 1 tuck up
- 1 straddle up
- 5 scissors

**Beginning Silks (class max: 10)**
Minimum age 9
- 2 pull-ups
- 2 straddle-overs
- 1 climb
- 1 toe touch
- R or L split
- Straddle wider than 90 degrees
**Beginning Risley (class max: 10 pairs)**
Minimum age 8
Must have 1 year previous experience in Circus Essentials or Acro
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
10 tacky chair push-ups with proper form
Candlestick with proper form
*Tops Only: Kick up to a wall handstand and hold for 10 seconds

**Beginning Teeterboard (class max: 25)**
Minimum age 8
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

**Beginning Swinging Ladders (class max: 20)**
Ages 7-12
Comfortable with heights up to 15ft
Comfortable with swinging upside down
Hold a bridge for 15 seconds
1 Tuck-up
Hang from hands for 15 seconds
Perform and hold a double knee hang for 5 seconds
Able to sit-up on bar with legs in pike position
Get to a standing position on Ladder with ease

**Beginning/Intermediate Hammock (class max: 12):**
Minimum age 9
2 tuck ups
10 scissors (with straight arms)
3 pull-ups
2 toe touches
R or L split
Show your bridge
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

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
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)

Intermediate Level Classes

Aerial Anchors (class max: 12)
Minimum age 10
Must be comfortable with heights up to 12’
2 pull-ups
1 straddle-up
2 tuck-ups
R or L split

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

German Wheel (class max: 10)
Minimum age 13
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

Updated: August 17, 2023
**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*

**Multilane Cradle (class max: 10 flyers, 9 bases)**
**Bases:** Minimum age 14
- 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
- 1 rope climb

**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
- 30 second dead hang
- 1 rope climb

**Intermediate Wire (class max: 10):**
Minimum age 10
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 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*

**Intermediate/Advanced Aerial Chair (class max:10)**
Minimum age 10
1 years of aerial experience required
- 3 pull-ups
- 3 knee hang sit-ups
- 3 straddle-ups
- Perform a single knee hang
- R or L split
- Perform a strong bridge
**Intermediate Flex (class max: 10 tops / 2 bases)**

Minimum age 12
1 year Acro, Flex or Handbalancing required

**TOPS: Strength Requirements:**
- 25 push-ups
- 35 second hollow body hold
- 25 v-ups
- 35 second plank hold

**Skill/Trick Requirements:**
- Both R and L and Middle split
- Show an over-split
- Perform a standing backbend
- Perform a bridge down to elbows
- Show R and L leg oversplit (along with back leg over split)
- Must be able to touch toes while sitting/standing
- Show shoulder mobility (Trainer will demonstrate at tryouts)
- Front walk-over
- Back-walkover
- Perform a proper cartwheel
- *Perform a flexible trick of your choice

**Flyer Skill Requirements:**
- Perform a seated two-high
- Perform an outward facing thighstand

**BASES: Strength Requirements:**
- 30 push-ups
- 40 second hollow body hold
- 30 v-ups
- 40 second plank hold
- 15 Squats with a seated top

**Skill/Trick Requirements:**
- Close to right or left split
- Show shoulder mobility (Trainer will demonstrate at tryouts)
- Must be able to touch toes while sitting/standing
- Perform a proper cartwheel
- Perform a backwards roll
- 20 second *assisted* handstand
- *Perform a tumbling trick of your choice
- *Perform a flexible trick of your choice

**Base Skill Requirements:**
- Base a seated two high
- Base an outward facing thighstand

**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 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
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 Stilts (class max 15):
Minimum age 10
Comfortable with heights up to 10’
Must wear closed-toed shoes in class at all times
Must bring knee-pads, these are required
Encouraged to purchase own set of Stilts by show-time in May
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 perform 3 tricks given to you by the Trainer at evaluation
Able to dance and follow 3 different rhythm patterns given to them at evaluation

Balance Perch Pole (max: 5 tops, 5 bases)
Minimum age 10
At least 1 yr. experience in Beg. Aerial, Acro & Handbalancing preferred
Flyers: Must be comfortable with heights up to 30ft
2 straddle-ups
2 tuck-ups
R or L split
Guided pole climb
Handstand on practice perch OR against wall
Bases: Please let the Head Trainer know of interest in being a pole base.

Intermediate & Advanced Teeterboard (class max: 10 Int. / 10 Adv.)
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 timer
Intermediate/Advanced Spanish Webs (class max: 8)
Minimum age 12
1 yr. Intermediate Level 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
5 pull ups
4 straddle-overs
4 toe touches
R or L split

Intermediate & Advanced Risley (class max: 14 pairs)
Minimum age 8
1 year previous experience Circus Essentials, Risley or Acro preferred
Please come to evaluations and register into class 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)
Skill/Trick Requirements – Intermediate
Perform side star
Perform shoulder stand on hands
Perform star (shoulder stand on feet)
Perform low foot to hand
Perform side-star tik-toks
*All tricks are expected to be done with good form
Skill/Trick Requirements – Advanced
-Hands free side-star on both sides – both inside & outside side-stars, and forward & reverse side-stars (flyer’s hand on base’s leg ok)
-10 second reverse star (must be able to jump into it with flyer’s hands on base’s legs)
-10 second hands free star
-10 second low foot to hand – flyer facing both directions
-5 second extended foot to hand (can box up into it)
-Foot to hand transition to bird (flyer cannot use hands)
-No hands straddle-back (entrance from standing – no hand connection)

Advanced Level Classes

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 Duo Lyra & Aerial Straps (class max: 14)**
Minimum age 12
1-2 years intermediate aerial experience required
Must be comfortable with heights up to 25’ & spinning
6 pull-ups
4 straddle-overs (with bent arms)
6 toe touches
4 continuous pull-overs
5 beats (with hips up)
1 muscle-up on trapeze
L or R split

**Chinese Pole (class max: 12)**
Minimum age 10
MUST bring shoes to evaluate (rubber bottom shoes)
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

**Advanced Hammock (class max 12):**
Minimum age 14
1 year advanced aerial experience required
Comfortable with heights up to 25’
5 pull-ups
5 toe touches
5 straddle-ups
5 consecutive beat to straddles without hands
L or R split

**Advanced Aerial Cube (class max: 10)**
Minimum age 14
1 year intermediate aerial experience
5 pull-ups
4 in and outs
4 pull-overs
5 toe touches
5 beats
R or L split
**Advanced Acro & Tempo (class max: 21)**

*(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

**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, Y-scale & dismount
- 15 second L support hold (bases laying on back, hands in hand-to-hand position & hold above head)
- Press straddle up handstand (toes pointed under when leaving the ground, no jumping)
- 10 second straight body handstand (feet together)
- Climb to shoulders of base of an outward trio thigh stand, stand on shoulders for 20 seconds

*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:**
- Base a pop-up 2 high, release hand grip and balance top for 15 seconds, Y-scale and dismount
- 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)
- Base an outward trio thigh stand as top climbs to shoulders and stands for 20 seconds

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

**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
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*

**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 Duo Cradle (class max: 5 flyers 5 bases)**
Minimum age 16
2-3 yrs Advanced Aerial experience required
Comfortable with heights up to 30’
**Flyers:** 5 in and outs (120 degrees or greater at shoulders)
8 upside down pull-ups
5 pull-ups
Both R and L split
Must have a right-side Americana
5 toe touches
5 high scissors (15 degrees at hips)
5 low scissors (90 degrees at hips)
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
5 inverted rows with a flyer (approx. 120 lbs)

**Advanced Duo Trapeze (class max: 6)**
Minimum age 14
1 year advanced aerial experience required
Comfortable with heights up to 25’
5 pull-ups
5 toe touches
5 pullovers
5 straddle-ups
3 knee beats
L or R split

**Advanced Single Trapeze (class max: 8)**
Minimum age 14
1 year advanced aerial experience required
Comfortable with heights up to 25’
5 pull-ups
5 toe touches
5 pullovers
5 beats
5 in and outs
45 second hang from hands
L or R split

**Advanced Silks (class max: 12)**
Minimum age 13
Previous intermediate aerial experience required
Comfortable with heights up to 25’
2 consecutive climbs
2 consecutive foot knots, right & left
4 in and outs
4 pull-ups
4 toe touches
2 consecutive hip keys, right & left
L or R split
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.

Prerequisite Evaluation Schedule
Evaluations will be held from 5:00pm–7:00pm each day

- **Thursday, August 24th** – Aerial Chair, Anchors, Beg/Int Acro, Int. & Adv. Diabolo, Multiple Trapeze, Beginning Lyra, Int. & Adv. Juggling, Chinese Pole, Advanced Hammock, Clowning, Duo Cradle, Spanish Webs

*Circus classes that do not require evaluations prior to registering: Aerial Y’s, Stretching (Non-Performing), Beginning Unicycle, Circus Essentials, Beginning Wire, 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. 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 28th 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 10th or 25th of each month.