
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

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

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 high 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 perform 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. 120lbs)

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

*******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 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

- Tuesday, August 22nd – Teardrops, Balance Perch Pole, Int. & Adv. Risley, Multilane Cradle, Advanced Acro & Tempo, Intermediate Handbalancing, Adv. Lyra & Straps, Intermediate Stilts, Advanced Unicycle, German Wheel
- Wednesday, August 23rd – Aerial Cube, Swinging Ladders, Int. Wire, Beginning Risley, Beginning Teeterboard, Beg/Int Hammock, Beginning Silks, Intermediate Unicycle, Single & Duo Trapeze, Beginning Stilts, Int.&Adv. Teeterboard, Elite Handbalancing, Intermediate Flex, Advanced Silks
- 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.