



NEW Circus Summer Aerial Camp includes:

Acrobatics, Hand-balancing, Contortion, SlackLine / Tight rope, Plate Spinning, Juggling along with Silks, Hammocks, Lyra/ Hoop, Cube and Trapeze

In-house Mini Performance for friends and family on Fridays 3-5pm

SAMPLE CAMP SCHEDULE

MORNING

8 - 8:30am - Drop Off

8:30am - Warm Up

9:15am - Aerial Training 1
(Hammocks, Lyra, Pole Fitness, Silks, Trapeze, Slack Line)

10:30am - Fruit Break (provided)

11am - Aerial Training 2
(SlackLine, Contortion and Hand balancing)

AFTERNOON

12pm - Lunch (bring your own)

1:45pm - Aerial Training 3 and Act Creation
(Costumes, Props and Choreography)

3:45pm - Smooth Break (provided)

4:00pm - Aerial Training 4
(Observation of Acts and Cool Down)

5:30pm Collection