



CIRCUS ART CLASS

Ages 8-18

This class includes a warm up, strength training, conditioning tips, and stretching. You'll learn at your own pace and interest level. Beginners will focus on proper body position, muscle usage, basic positions, and basic balances. More advanced students will learn more difficult skills, choreography and artistry. As your strength and confidence increase, you'll be amazed at what you are capable of doing.

Some of the skills you be learning are: Juggling, Lyra Hoop, Silks, Tight wire, German wheel, Spanish web, Rolla-Bola and many more.

No Class November 22

Location: Community Activity Center

Day: Wednesday

Dates: 9/13-10/18
10/25-12/6

Fee: \$110

Time: 6:30-7:30pm

Activity #: 241000-11

Activity #: 241000-12

Please visit NormalParks.org for additional program information.

