



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, Rola-Bola and many more.

MIN/MAX: 5/12

Location: Community Activity Center

Day: Wednesday

Dates: 1/17-2/21
2/28-3/29

Time: 6:30-7:30pm

Fee: \$110

Activity # 241000-13

Activity # 241000-14



Please visit NormalParks.org for additional program information.

