

# WINTER/SPRING 2021

## Circus Art Class

### Ages 8-18



\*\*\*Photos were taken pre-COVID\*\*\*

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. **MIN/MAX:** 5/10

**No Class March 24**

**Location:** Community Activity Center

Day	Time	Dates	Fee	Activity #
W	6:30-7:30pm	1/13-2/17	\$100	341000-11
W	6:30-7:30pm	2/24-4/7	\$100	341000-12

Please visit [NormalParks.org](http://NormalParks.org) for more information.

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