

Fall Class Registration Info

Session 2: October 24 – December 18, 2011



Important Dates & Info

Registration Paperwork Due – MON, October 24, 2011

Please have paperwork and payment in our office by the above date. **Space is limited.** In some cases, severely. To hold your spot, email (Rachel@CircEsteem.org) or fax (312.528.9206) the last 2 pages (Reg. Form & Waiver) of this document ASAP. Follow up with hard copy and payment either in person or by mail.

New Classes Session 2 – Did you know we offer curriculum classes on Mon/Wed afternoons? Sure do. What used to be known as Beginner/Intermediate Circus or Circus 1 / Circus 2 is now the **Circus Buffet**. This “Circus Sampler” is open to everyone and instruction will be given on **all skill levels**. For the more experienced student, we’re offering several new classes including: Chinese Pole, Clowning, Juggling, Hula Hoops, and a Tumbling & Mini-Trampoline combo.

New Pricing Structure – No fee increases, just better deals. We now have an all-you-can-circus option that also includes weekday curriculum classes. You’ll see it listed as “The Whole Enchilada” on our Registration Form. And, returning participants get a 10% discount when registering with a friend for a CircEsteem class. *(Your friend must be new to CircEsteem. Offer valid for a class, not a workshop).*

Private Instruction – Available in most of the disciplines listed in this schedule. For questions or to schedule private classes, please call 312.731.4242.

Rates: \$60/hour Single; \$30/hour/student Double; \$25/hour/student Triple

New Workshops for Adults – (and kids) Not able to commit to 8 weeks of class? Like to try before you buy? Check out our Sunday Workshops. Try Foot Juggling, Chinese Pole, Hula Hoops, Clowning, Stilting.

Winter Circus – SAT-SUN, December 17-18 - Times TBA.

In CircEsteem’s training space at Alternatives, a weekend of shows highlighting students’ newly acquired skills. Students enrolled in the session leading up to the Winter Circus will be eligible to perform. **A \$25 donation is suggested, but not mandatory, for all participants.**

Class Fees & Policies

CircEsteem wants to make circus available to all students regardless of financial status. Fees for Saturday Circus Buffet class and HomeWork & CircusWork, PreTeam, CircusTeam are on a sliding scale. Families who can afford to pay the full price are asked to do so. One half of the class fee is considered a tax-deductible contribution as it will underwrite another student’s participation. Aerial, Gym Wheel, Tight Wire, Trampoline, Tumbling, and Unicycle classes and other curriculum classes are not eligible for the sliding scale. If you have any questions, please contact Rachel.

There is a 3 participant minimum for all classes. Classes are appropriate for children age 7 and up unless otherwise specified in the class description. **Some classes require pre-requisites** and/or instructor permission. **Most classes have limited enrollment.**

CircEsteem Mission

To unite youth from diverse racial, cultural, and economic backgrounds and help them build self-esteem and mutual respect through the practice of circus arts.

This guiding principle is the heart of each and every one of our classes and programs.

Curriculum Classes

Tumbling & Mini-Trampoline – SAT: 8:00 a.m. - 9:00 a.m. \$160 per session

Pre-requisite: *Tumbling Level 1 Skill Competency and Instructor Permission*

****NEW**** This class will focus primarily on tumbling. Students will continue working on somersaults, bridges, cartwheels, headstands, and body positions necessary for Mini-Trampoline, Trampoline, Partner Acrobatics. Strength and flexibility will be emphasized. Part of each lesson will include Mini-Trampoline.
Instructor: Carlo Gentile

Unicycle – Beyond Beginner – SAT: 8:00 a.m. - 9:00 a.m. \$160 per session

Pre-requisite: *Ability to ride unassisted and Instructor Permission*

While Beginner Unicycle focuses on the fundamentals, the Beyond Beginner class will focus on mounts, hops, and idling. Trick mounts, acrobatic riding, one pedal and no pedal tricks will be introduced to more advanced riders. If you can ride across the Youth Center without a spotter, this class is for you.
Instructor: Sam Sake

Aerial Arts Level 3 – SAT: 8:00 a.m. - 9:00 a.m. \$160 per session

Pre-requisite: *Aerial Arts Level 2 Skill Competency and Instructor Permission*

Building on the skills introduced in Aerial Arts Level 2, students in this class will focus on choreography and act creation specifically refining transitions between tricks and creating polished acts using trapeze & fabric.
Instructor: Tera McBlaine

Aerial Arts Level 2 – SAT: 8:00 a.m. - 9:00 a.m. \$160 per session

Pre-requisite: *Aerial Arts Level 1 Skill Competency and Instructor Permission*

Building on the skills introduced in Aerial Arts Level 1, students in this class will focus on more difficult trapeze and fabric tricks, flexibility and grace along with full body strength.
Instructor: Lizzy Gifford

Aerial Arts Level 1 – SAT: 9:00 a.m. - 10:00 a.m. \$160 per session

Pre-requisite: *None*

This class will focus on static trapeze and hanging fabric (silk). Building strength, coordination, and a basic aerialist vocabulary are its goals.
Instructors: Lizzy Gifford, Tera McBlaine

Chinese Pole – SAT: 9:00 a.m. - 10:00 a.m. \$160 per session

Pre-requisite: *Tumbling Level 1 Skill Competency and Instructor Permission. **Thin-soled shoes.***

****NEW**** Unleash your inner monkey. Learn the basic climbs and static holds for Chinese pole. No rosin, no tape, no rubber, no padding. Just cold hard steel. For this introductory class, much of our focus will be on building strength and coordination. Did I forget to mention you're going to be sore, buff, and cool?
Instructor: Carlo Gentile

Tight Wire – SAT: 9:00 a.m. - 10:00 a.m. \$160 per session

Pre-requisite: *Circus Level 1 or Circus Camp and Instructor Permission. **Socks.***

Learn wire walking fundamentals. The majority of the instruction will take place 2 feet off the ground. Focus will be on technique and form in order to build the confidence necessary to cross the wire unassisted.
Instructor(s): TBA

Unicycle – SAT: 9:00 a.m. - 10:00 a.m. \$160 per session

Pre-requisite: *Circus Level 1 or Circus Camp and Instructor Permission. **Closed-toe shoes.***

Learn to unicycle! The Free Mount, straight line, turns and idling are all possibilities for beginners.
Instructors: Colvin Creveling, Sam Sake

Circus Buffet – SAT: 10:00 a.m. - 11:30 a.m. \$160 per session

Pre-requisite: *None*

Formerly Circus 1 Circus 2 and Beginner/Intermediate Circus. The Circus Buffet focuses on the basic principles of circus: balance, coordination and clowning. Curriculum rotates. Session 2 curriculum may include juggling, spinning plates, diabolo, partner acrobatics, etc. However, tight wire will not be offered.
Instructors: Anthony Courser, Carlo Gentile, Brian P. Dailey, Sam Sake

Clowning: Get Your Silly On! – SAT: 11:45 a.m. - 1:00 p.m. \$160 per session

Pre-requisite: *Generosity. Openness. Imagination. Instructor Permission.*

****NEW**** Through play we will discover what it is to be onstage and in performance! We will learn to embrace our inner silliness as we explore, and celebrate, our impulses: following, giving, receiving, and committing. We will begin to develop your own personal clown character and how he or she lives, and plays, in a world with other clowns!

Instructor: Anthony Courser

Hula Hoops – SAT: 11:45 a.m. - 1:00 p.m. \$160 per session

Pre-requisite: *None*

****NEW**** This class puts a whole new spin on hula hooping!

Learn the elusive art of “creeping”, moving a hoop up and down the legs and torso without the aid of your hands. Try out separations, spinning multiple hoops simultaneously and independently on different parts of the body. Get your co-ordination on with single hoop manipulations; throws, spirals, twists, and more. Hooping is great for core strength, posture, and flexibility, and most importantly, a lot of fun.

Instructor: Lizzy Gifford

Juggling & Manipulation – SAT: 11:45 a.m. - 1:00 p.m. \$160 per session

Pre-requisite: *Solid 3 ball cascade (at least 50 continuous throws-catches). Or Instructor Permission.*

****NEW**** This class will focus on individual skill development in the toss juggling universe. Content could include Balls, Rings, Clubs, Diabolos, Cigar Boxes—basically, whatever students can “throw at” their instructor. Brian will help students set and accomplish personal goals no matter what the prop. Using good technique and finding a personal aesthetic will be stressed. Though this class will emphasize solo work, group work is definitely possible.

Instructor: Brian P. Dailey

Pure Mini-Trampoline – SAT: 11:45 a.m. - 1:00 p.m. \$160 per session

Pre-requisite: *Safely execute dive roll from mini-tramp. Instructor Permission. Socks.*

****NEW**** Title says it all. What more do you need to know? This is not a beginner level class. Expect to flip. Expect to fly. Expect to sweat.

Instructor: Sam Sake

Stilt Walking – MON: 3:45 p.m. - 4:45 p.m. \$160 per session

Pre-requisite: *None*

****NEW**** Stilt-walking has been part of legends, rituals and festivals from around the world for millennia, especially in celebrations of growth and achievement. Young and old alike gravitate to a stilted character towering above the crowd. That could be you.

Recommended for children 9 and up, this class will stress good technique for peg stilts. Peg stilts are the most common stilts used by professional performers. These stilts strap on at the foot, ankle, and knee and give the walker great versatility. These lightweight stilts allow one to walk quickly, to turn suddenly, and even to jump rope or dance. The walker must keep moving at all times to keep himself from falling over.

Instructor: Colin Creveling

Aerial Web & Hoop – WED: 4:00 p.m. - 5:00 p.m. \$160 per session

Pre-requisite: *Aerial Arts Level 1 Skill Competency and Instructor Permission*

Building on the foundational skills and aerialist vocabulary introduced in Aerial Arts Level 1, this class will introduce similar, but complimentary aerial equipment. As with all other Aerial Arts, flexibility, grace and full body strength will be emphasized.

Instructor: Lizzy Gifford

Adult Wheel – WED: 7:30 p.m. - 8:45 p.m. \$180 per session

Pre-requisite: *None*

Hailed as one of the best workouts in Chicago, CircEsteem's Adult Gym Wheel Class is an opportunity for grown-ups to get in on the fun. Adult Gym Wheel is a fun and energizing core workout for people of all levels of fitness.

This Beginner Level class focuses on straight-line moves and developing confidence, even when upside-down. Students will be given individualized attention and given the opportunity to move at their own pace.

Instructor: Sam Sake

Performance Track

CircusTeam – M/W: 5:00 p.m. - 7:30 p.m. \$300 per session

Pre-requisite: *Invitation*

CircusTeam is CircEsteem's elite performing group. Selection is a privilege bestowed upon those who demonstrate exemplary desire and work ethic indicated by attaining a high level of competency in multiple circus disciplines, both as soloists and as partners.

The purpose of CircusTeam is to create group acts, build upon the advanced circus skills learned at Saturday Circus, and create smaller acts to be used for gigs. Gigs both showcase Chicago's only social circus organization and earn income for its programming and scholarships.

Focus will be on act/show creation, working with music, movement, choreography, dance, and performance technique.

Performance opportunities will be local, regional, national and international.

Instructors: Anthony Courser, Brian P. Dailey, Carlo Gentile, Orlene Gentile, Lizzy Gifford, Sam Sake

PreTeam – M/W: 5:30 p.m. - 7:00 p.m. \$225 per session

Pre-requisite: *Invitation*

PreTeam is a training and performing opportunity for students interested in pursuing circus arts more seriously with the goal of becoming members of the CircusTeam. PreTeam members will work closely with the CircusTeam providing opportunities for mentorship and inspiration.

The purpose of PreTeam is to build the skills and character necessary to become part of CircusTeam. Emphasis will be placed on Acrobatic and Manipulation Fundamentals as well as Clown/Character and Performance Skills.

Instructors: Anthony Courser, Brian P. Dailey, Carlo Gentile, Orlene Gentile, Lizzy Gifford, Sam Sake

Sunday Workshops

Foot Juggling for All – 6.NOV: 10 AM –12 PM\$50only 6 slots

No one in the Midwest, and only a few people in North America, do (much less teach) foot juggling. Try your hand at this ancient Chinese art which originated as an exercise to increase soldiers' foot speed. Orlene & Carlo learned antipodism at its source: Wujiao, China—hailed as the Birthplace of Acrobatics. Interestingly, the Chinese government thinks that they studied foot juggling in China for 9 months because they're spies. They escaped unscathed. Can't say the same for 李庆福, their 63-year-old, 4½-foot-tall

coach who was beaten by government police. More on that and other anecdotes from time spent living life inside the World Leader of Internet Censorship for those who register.

Instructors: Carlo Gentile +/o Orlene Gentile

Chinese Pole for All – 13.NOV: 10 AM –12 PM \$50 *only 8 slots*

Unleash your inner monkey...but just for the morning. Learn the basic climbs, techniques and poses for Chinese pole. This workshop is open to anyone brave enough to hang out at the top of the world, comfortable supporting their own body weight with their arms, and not afraid of bruising. Thin-soled shoes recommended. Calloused hands optional.

Instructors: Carlo Gentile +/o Orlene Gentile

Hula Hoops – KIDS – 20.NOV: 10A-12P \$50 *only 8 slots*

Hula Hoops – ADULTS – 20.NOV: 1-3 PM \$50 *only 8 slots*

This workshop puts a whole new spin on hula hooping!

Learn the elusive art of “creeping”, moving a hoop up and down the legs and torso without the aid of your hands. Try out separations, spinning multiple hoops simultaneously and independently on different parts of the body. Get your co-ordination on with single hoop manipulations; throws, spirals, twists, and more. Hooping is great for core strength, posture, and flexibility, and most importantly, a lot of fun.

Instructor: Lizzy Gifford

Introduction To Clowning – ADULTS – 4.DEC: 9 am-4 pm \$100 *Minimum 8 slots*

Through play we will develop personal stage presence, openness to opportunities, and your sense of awareness on stage. We will explore who you are and how you relate to others in performance by acknowledging and celebrating impulses: following, giving, receiving, and committing. You will begin to discover and develop your own clown character and explore how they play with others in this world.

Instructor: Anthony Courser

Clowning For Kids: Get Your Silly On! – 11.DEC: 9 am-12 pm \$60 *Minimum 8 slots*

Through play we will discover what it is to be onstage and in performance! We will learn to embrace our inner silliness as we explore, and celebrate, our impulses: following, giving, receiving, and committing. We will begin to develop your own personal clown character and how he or she lives, and plays, in a world with other clowns! A condensed version of the class offered this session.

Instructor: Anthony Courser

Stilt Walking for Families – 11.DEC: 1-4 PM \$60/INDIVIDUAL or \$40/FAMILY MEMBER *only 16 slots*

Stilt-walking has been part of legends, rituals and festivals from around the world for millennia, especially in celebrations of growth and achievement. Young and old alike gravitate to a stilted character towering above the crowd. That could be you. Hey, that could be your kid towering over you.

Recommended for children 7+, this Workshop will give adults and children an opportunity to play together. Allow your children to see you face new challenges. Model the behavior you expect from them when out of your comfort zone. Let them succeed at something faster than you. You will all love the role reversal.

It goes without saying, this workshop will also stress good technique for peg stilts. Peg stilts are the most common stilts used by professional performers. These stilts strap on at the foot, ankle, and knee and give the walker great versatility. These lightweight stilts allow one to walk quickly, to turn suddenly, and even to jump rope or dance. The walker must keep moving at all times to keep himself from falling over.

Instructor: Colin Creveling

Fall Registration Form

Session 2: October 24 – December 18, 2011

Student Name: _____ Age: _____ Gender: M F

School: _____ Date of Birth: _____

Parent/Adult Participant Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Mobile Phone: _____

E-Mail: _____ May we add you to our mailing list? Yes! No

Emergency Contact Name: _____ Relationship: _____

Emergency Contact Phone: _____

Someone other than the parent/guardian listed above is authorized to pick up my child. Name(s): _____

My child has permission to walk home from CircEsteem.

Does Participant have Health or Behavioral Concerns? Yes No

If Yes, Please explain: _____

How did you hear about us? _____

Referred a Friend: _____ Referred by: _____ Discount Code: _____

● How much circus do you want?

The Whole Enchilada – All-you-can-circus \$700

The Saturday Platter – 8 AM - 1 PM Saturday

Choose 1 class from each time slot \$500

Pick 3 Combo – Any three classes \$400

Pick 2 Combo – Any two classes \$300

Just 1 Please – Any single class \$160

● Check Box to Select Class(es):

Tumbling & Mini-Tramp *NEW* – SAT: 8-9 AM

Uni – Beyond Beginner *NEW* – SAT: 8-9 AM

Aerial Arts Level 3 – SAT: 8-9 AM

Aerial Arts Level 2 – SAT: 8-9 AM

Aerial Arts Level 1 – SAT: 9-10 AM

Chinese Pole *NEW* – SAT: 9-10 AM

Tight Wire – SAT: 9-10 AM

Unicycle Beginner – SAT: 9-10 AM

Circus Buffet - SAT: 10-11:30 AM

Clowning *NEW* – SAT: 11:45 AM -1 PM

Hula Hoops *NEW* – SAT: 11:45 AM - 1 PM

Juggling & ... *NEW* – SAT: 11:45 AM - 1 PM

Pure Mini-Tramp *NEW* – SAT: 11:45 AM - 1 PM

Stilt Walking *NEW* – MON: 3:45-4:45 PM

Aerial Web & Hoop – WED: 4-5 PM

Adult Wheel – WED: 7:30-8:45 PM

I need more! On top of that, I'm also registering for:

CircusTeam – M/W: 5-7:30 PM ADD \$300

PreTeam – M/W: 5:30-7:00 PM ADD \$225

Like to dabble? Have commitment issues? Busy? Try our Sunday Workshops.

Foot Juggling – 6.NOV: 10 AM-12 PM ADD \$50

Chinese Pole – 13.NOV: 10 AM-12 PM ADD \$50

Hula Hoops – ADULTS – 20.NOV: 1-3 PM .ADD \$50

Hula Hoops – KIDS – 20.NOV: 10A-12PADD \$50

Clown – ADULTS – 4.DEC: 9 AM-4 PM ADD \$100

Clown – KIDS – 11.DEC: 9 AM-12 PM ADD \$60

Stilting – FAMILY – 11.DEC: 1-4 PM \$60/IND; \$40/FAM. MEMBER

Winter Circus – 17-18.DEC: TIME TBA..... ADD \$25

● **ADD the above for Total Due:** _____

● **Discounts to Subtract:** _____

I'd like to pay in installments. I'll pay half now to hold my spot. My 2nd pmt. will be on: _____. My 3rd will be by Nov 20.

I would like to use sliding scale. [Only applicable to Circus Buffet, CircusTeam, and PreTeam.]

We plan to participate in the Winter Circus at the end of this term (December 17-18).

I have read, completed and signed the Waiver on the reverse.

● **To complete your Registration:** Save this completed PDF form. E-mail the file to <Rachel@CircEsteem.org>. Or, fax both the Registration Form & Waiver ASAP to (312.528.9206). This reserves your spot. Then, follow up with payment (which we can accept either by mail or in person). Make sure your **registration paperwork and payment** are in the CircEsteem office by **October 24, 2011**. Please make checks payable to: CircEsteem.

CIRCESTEEM GENERAL RELEASE

BECAUSE PARTICIPATION IN CIRCESTEEM CLASSES MAY BE DANGEROUS, WE REQUIRE ALL PARTICIPANTS TO ASSUME ALL RISK BY SIGNING THIS GENERAL RELEASE.

The Undersigned, for himself/herself and personal representatives, assigns, heirs and next of kin or any of them:

- 1. Hereby Releases, waives, Discharges and Covenants Not To Sue CircEsteem and each of its officers, employees and agents all for purposes herein referred to as Releases, from liability to the Undersigned, his/her personal representatives, assigns, heirs and next of kin for all loss or damage and any claim or demands therefore, on account of injury to the person or property or resulting in death of the Undersigned, whether caused by the negligence of Releases or otherwise while the Undersigned is upon the premises of Alternatives and/or a participant in CircEsteem classes; and,
- 2. Hereby Agrees to Indemnify And Save And Hold Harmless the Releasees and each of them for any loss, liability, Damage or cost they may incur (1) due to the presence or any action of the Undersigned in or about Alternatives and/or (2) due to participation in CircEsteem classes whether caused by the negligence of the Releasees or otherwise.

The Undersigned expressly agrees that the foregoing Release, Waiver and Indemnity Agreement is intended to be as broad and inclusive as is permitted by the law of the State of Illinois and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

The Undersigned warrants the following statements are true and correct and understands that the Releasees have relied on them entering into the foregoing Release, Waiver, and Indemnity Agreement and in giving the Undersigned permission to enter the premises of Alternatives and participate in CircEsteem classes:

- 3. No oral representatives, statements or inducements apart from this written agreement have been made.
- 4. The Undersigned individual is fully aware of the risks and hazards inherent in entering upon the premises of Alternatives and hereby elects voluntarily to enter upon said premises, knowing the present condition and knowing that said condition may become more hazardous and dangerous during the time that the Undersigned is upon said premises. The Undersigned is fully aware that trapeze and circus stunts and all activities associated with participation in CircEsteem classes is a calculated risk sport and contains inherent risks and dangers (including serious injury and death), that no amount of care, caution, instruction, or expertise can eliminate. The participant knows and understands the scope, nature, and extent of the risks involved in the activities contemplated by this agreement. The Undersigned individual hereby voluntarily assumes all risks of loss, damage or injury that may be sustained by them, or any of them, any damage to any property of the Undersigned, or any of them while in or upon the premises of Alternatives or a participant of CircEsteem classes.
- 5. That he/she gives consent to whatever medical care might be provided or available on the premises and further agrees to conform and comply with all the rules and regulations of CircEsteem and Alternatives.
- 6. HE/SHE HAS READ AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF ALL LIABILITY AND INDEMNITY AGREEMENT.
- 7. Furthermore, I understand that I, or my child (if under 18) may be photographed or video taped for publicity purposes.

PARTICIPATION IN CIRCESTEEM CLASSES MAY BE DANGEROUS.

In witness whereof each of the Undersigned has executed this release dated this day:

PLEASE PRINT Student's NAME:

PLEASE PRINT Parent/Guardian's NAME:

PARENT'S SIGNATURE:

Date

Address

City

State

Zip

E-Mail: _____ May we add you to our mailing list? Yes! No