

# JOIN SALIDA RECREATION AND SALIDA CIRCUS FOR TUMBLING AND AERIAL ACROBATIC CLASSES

**Two 4-week sessions offered this winter:**

**First Session: Fridays, Jan 13-Feb 3**

**Second Session: Fridays, Feb 10-March 3**

- **12-1pm Beginning parkour, ages 5 and over, \$50 (cancelled for 1st session)**
- **1-2:30pm Intermediate aerial acrobatic, ages 8 and over, \$60**
- **2:30-3:30pm Beginning tumbling & acrobatic, ages 4-7, \$50**



## **Beginning Parkour:**

The process of maneuvering obstacles by jumping, climbing, running and swinging to develop physical fitness and greater body awareness.

## **Intermediate Aerial Acrobatic:**

Participants will work on silk swing, aerial fabric, static trapeze and lyra. Skills taught include traditional and Russian climb, foot locks, hip keys, single/double trapeze and double lyra. Experience preferred but beginners will be accepted with gymnastic background.

## **Beginning Tumbling, Aerial & Acrobatic:**

Class will focus on stretching, proper warm up and cool down, tumbling, aerial and acrobatic skills, body balancing, beginning trapeze and silks. All participants will have the opportunity to perform in the World Circus Day show in the Spring 2017 (date tbd)



**All classes take place at  
Salida Middle School  
Gymnasium, 520 Milford**



**Please register by calling or in person at the Aquatic Center. May sign up for both sessions together. Scholarships available, contact Lanette at 539-5703.**

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