

Do Jump Class descriptions

Do Jump! Youth level 1: Learn the basics of physical theater, acrobatics and trapeze in this fun introductory class. Students build confidence, grace, and strength as they explore their own potential on the mats and in the air! Students build cooperative group skills through partner tricks, physical theater exercises and creating their own unique end-of-the term show. All classes culminate with a performance for family and friends. A great class for kids of all ages. (Aerial rope will be included when appropriate.)

Do Jump! Youth level 2: Students build on physical theater, acrobatics and trapeze skills learned in Level 1 and explore new aerial apparatus such as rope, tissu, hoop, and more. Students will learn to sequence basic skills into routines and pieces on the mats and in the air. Juggling & stilts are included when appropriate. All classes culminate with a performance for family and friends.

Do Jump! Youth level 3: Students continue to build strength, skill and finesse on trapeze, aerial apparatus (rope, tissue, hoop & more), acrobatics and physical theater. In the aerial component of class, students will learn more complex vocabulary and fine-tune their form, giving more focus to pointed toes, long lines, smooth transitions, and quality of movement on multiple apparatus. In tumbling students move beyond cartwheels and rolls to include walkovers, some dynamic tumbling and more complex partner balances. Physical theater will include character development and the creation of original pieces incorporating acrobatics, and when appropriate juggling, stilt-walking and aerial apparatus. All classes culminate with a performance for family and friends.

Do Jump! Youth level 4: Students continue to build strength, skill and finesse in trapeze, aerial apparatus, acrobatics and physical theater. In the aerial component of class, focus is on building performance skills such as smooth transitions, changes in dynamic and quality of movement. In tumbling students hone their basics and learn more dynamic tumbling and complex partner balances. Physical theater will include character development, use of voice, and the creation of original pieces incorporating acrobatics, and when appropriate juggling, stilt-walking and aerial apparatus. All classes culminate in a performance for family and friends.

Into the air (levels 2, 3, 4): This class is for the student who just can't spend enough time in the air! The entire class is focused on the aerial arts. Tissu, rope, hoop and invented apparatus will be included, as well as partner work and innovative variations on trapeze. Students must have solid basics on trapeze, good core and upper body strength, and class-taking skills to take this class. Students must have a level 2 evaluation from a previous Do Jump term, a drop-in class or a private lesson.

Home school, levels 1, 2, 3: Sign up as individuals or groups for a morning class in trapeze, aerial arts, acrobatics, creative movement and physical theater. Classes focus on building strength, confidence and creative expression in a safe and non-competitive atmosphere.

Baby Circus (ages 1.5 – 3.5, parent/child class): Explore creative movement, low-flying trapeze, basic acrobatics, juggling and more with your little ones! We will begin with fun, imagery based stretches and circle games, play with some parent/child partner tricks, and then open up the theater to led exploration and free play on the mats, obstacle course, balance beam, and trapezes. All children must be accompanied by an adult.

Tissu, levels 2+: Learn climbs, wraps, drops, and combinations on aerial tissu, while building strength, flexibility and finesse. Students must have excellent upper body and core strength, focus, and class-taking skills. Instructor approval required.

Do Jump Sampler/Drop-In: For new, current & returning students. Held each Friday, this one-time classic Do Jump class will include acrobatics, aerial apparatus, physical theatre and fun for all skill levels! Pre-registration is encouraged as classes may fill quickly.

Evaluation Class: Wondering which level class is most appropriate for your child? Whether your child is new to Do Jump or a veteran of our school, we will look at his/her trapeze and acrobatics skills and recommend the best class/es. Please let us know what class/es you hope to take when you sign up. Ages 5 – 12, all levels welcome.

Family Camp: A one-day workshop in trapeze, acrobatics, juggling, and physical theatre for adults and kids ages 4+ of all skill levels. This camp is intended for families who want to learn to fly together! Moms, dads, siblings, aunts, uncles, family friends are all welcome! Kids without adults is great, but please, no adults without kids! The camp will culminate in a photo shoot rather than a show.

Tik Toks Performance Company (ages 8 – 14): The Tik Toks are Do Jump students who audition in the summer and make a commitment to the group for a full school year. Tik Toks must have excellent skills in acrobatics, aerial arts, and physical theatre as well as exceptional focus, self-motivation, and class-taking skills. The group performs throughout the year and works together to create a full-length original ensemble physical theatre show in the spring. If you or your child is interested in auditioning for the Tik Toks, talk to your teachers or call the office for more information.

Zig Zags Performance Company (ages 13 - 18): The Zig Zags are Do Jump students who audition in the summer and make a commitment to the group for a full school year. Zig Zags must have excellent skills in acrobatics, aerial arts, and physical theatre as well as exceptional focus, self-motivation, and class-taking skills. The group performs throughout the year and works together to create a full-length original ensemble physical theatre show in the spring. If you or your child is interested in auditioning for the Zig Zags, talk to your teachers or call the office for more information.

ADULT CLASSES

Adult Trapeze & Acro level 1: This class introduces adults (ages 13+) to the basics of single point trapeze, acrobatics, and partner acrobatics. These skills are presented as tools for developing core and upper body strength, body awareness and alignment as well as building trust, taking risks, and expressing your self. Each week includes a guided warm-up, a handstand workshop, and an exploration of single point trapeze. Exercises vary from week to week and often include physical theater games, creative movement, partner acrobatics, and basic tumbling. The class structure supports diverse learning styles and challenges people with differing strengths.

Since this class teaches the building blocks of trapeze and acrobatics, there are no drop-ins for this class.

Adult Trapeze & Acro level 2: This class builds on the basic concepts learned in the level 1 Trapeze and Acro class. We will review basic skills and progress to more challenging trapeze vocabulary, strengthening exercises, acro and partner acro tricks, and more. When appropriate this class will also introduce hoop and aerial rope. This is a great class for refining basic aerial and acrobatics skills, building core and upper body strength, developing better alignment, and increasing your comfort in your body and in the air.

Students must have teacher permission to take this class. Limited drop-in available on a first come basis to students who have completed trapeze level 2 or have teacher permission.

Adult Trapeze & Acro level 3: This class focuses on single point trapeze and acrobatics at the intermediate level. Hoop, aerial rope, and tissu will be included when possible. Students will continue to build their trapeze vocabulary and use this vocabulary to “dance” on the trapeze. Students will explore improvisation, quality of movement, musicality, character, and choreography on the apparatus. Acrobatics and partner acrobatics will also become more challenging, including more complex tumbling and partner balances.

Students must have teacher permission to take this class. Limited drop-in available on a first come basis to students who have completed trapeze level 3 or have teacher permission.

Adult Trapeze & Acro level 4: This class is an opportunity for advanced trapeze students to explore the many ways we can use trapeze and other aerial apparatus, such as hoop, double trapeze, and invented apparatus to express ourselves. Through led improvisation, choreography, and movement exercises we will get you out of your comfort zone and into your creative zone!

Students will continue to build their trapeze vocabulary, core strength, and flexibility and focus more intensely on their improvisation and performance skills. Concepts such as line, flow, dynamic, musicality, character, choreography, and more will be explored in this class. Acrobatics and partner acrobatics will be included when appropriate.

Students must have teacher permission to take this class. Limited drop-in is available on a first come basis to students who have previously completed trapeze level 4 or have teacher permission.

Adult Rope & Tissu level 1: Have fun, while getting an incredible work out! This is a high energy class intended for focused students age 13+. Students will learn climbs, wraps, drops, and combinations on the aerial rope and tissu. Rope and tissu are not as easy as they look, so we will include strength training, work on flexibility, and do a lot of cheering each other on! Although this class is open to all students ages 13+, good upper body and core strength are highly recommended.

Since this class teaches the building blocks of rope and tissu, there are no drop-ins for this class.

Adult Rope & Tissu level 2: Take your rope and tissu training to the next level, in this challenging class. Go beyond the basics to link skills into combinations, fine-tune your form, and build strength, flexibility, and finesse in the air. You must have teacher permission to take this class.

Limited drop-ins available on a first-come basis to students who have completed rope & tissu level 2 or have teacher permission.

Adult Straps: Learn the hard-core art of aerial straps! While no straps experience is required, students must have excellent upper body strength, core strength and patience, as well as previous experience with another apparatus, such as rope and/or fabric. Taught by Carlos Cruz, this class will kick your butt!

Limited drop-ins available with teacher permission.

Adult Partner acrobatics (all levels): Partner acrobatics and tumbling for adults at all levels. You do not need to bring a partner to participate in this class. Drop-in students of all levels are welcome.

Class starts with a thorough warm up and easy stretches, focusing on core strength and flexibility. Next, we work on Handstands, and the art of holding them! The majority of class is spent exploring partner acrobatics, starting with easy skills for two, and working our way to multi-person pyramids. Basic tumbling skills are also covered in this class. The class ends with fun strength exercises and more handstands!

Aerial Introduction – “Yes, You Can!” (not offered Spring 2012): Meeting people where they are at, this class will gently introduce adult students to the basics of aerial dance, tumbling and partner acrobatics. Using modifications and adaptations liberally, students with barriers or hesitations around taking the beginning class can gain strength and confidence, and experience the thrill of learning to fly in an environment supportive to all levels of ability.

Participation in the full term is encouraged, but drop-in's are ok too.

Strength Training: This class will focus on building strength with an emphasis on whole body integration (use those abs!), range of motion (flexibility that is strong!), and alignment (no skimping on technique!). We will do this through exercises that are rooted in acrobatics and aerial work, and should help improve skill in those disciplines, as well as improve overall strength.

There are no prerequisites for this class.

Physical Theatre: Come and explore ensemble based movement! This workshop is intended for teens and adults who want to explore the more theatrical side of physical theatre. Learn to convey character and tell stories through gestures, character walks, and broad, fun movement in a group setting. Taught by Do Jump company member, Lindsay Fischer.

Lyra (Aerial Hoop): Try out your aerial skills on a different apparatus: Aerial Lyra! This class will include a thorough warm-up, aerial strength building, and lots of fun new moves on the Lyra. We will also focus on line, presentation, and connection to our partners and audience. Come ready to have fun! For focused students (age 13). Trapeze experience is a plus, but is not required for this one-time workshop. Taught by Do Jump company member, Jack StockLynn.

Pilates: Pilates mat exercises enhance postural alignment, coordination, strength and flexibility. We use fluid movement & breath, rather than static stretches and positions in this dynamic class.

Open Gym: Practice your aerial and acrobatic skills in this supervised open gym. Students must have completed a full term of Level 1 to attend or have teacher permission. Drop in only.