



# SPRING SESSION 2023



## **Mondays**

10:00 TinyTop (ages 2-3)    11:00 TinyTop (ages 2-3)  
3:00 LilTop (ages 4-5)

## **Tuesdays**

11:00 TinyTop (ages 2-3)    1:00 TinyTop (ages 2-3)  
2:00 LilTop (ages 4-5)

## **Wednesdays**

3:00 LilTumblers (ages 4-5) 4:00 LilTop (ages 4-5)

## **Thursdays**

10:00 TinyTop (ages 2-3)    3:00 LilTop (ages 4-5)  
4:00 LilTumblers (ages 4-5)

## **Fridays**

10:00 TinyTop (ages 2-3)    11:00 TinyTop (ages 2-3)  
3:00 LilTop (ages 2-3)        4:00 LilTumblers (ages 4-5)

## **Saturdays**

9:00 TinyTop (ages 2-3)    10:00 LilTop (ages 4-5)

All TinyTop lessons are parent participation.

Lesson you want is full? Contact us to join the wait list!



## **Mondays**

3:00 Jr.Circus

4:00 trampoline

6:00 aerial silks lvl1

4:00 Jr.Circus

5:00 tumbling lvl1

## **Tuesdays**

4:00 trampoline

5:00 aerial silks lvl1

4:00 aerial silks lvl1

## **Wednesdays**

3:00 Jr. Circus

5:00 aerial hoop lvl1

5:00 Jr.Circus

4:00 trampoline

5:00 aerial silks lvl1

5:00 tumbling lvl1

## **Thursdays**

3:00 Jr.Circus

5:00 aerial silks lvl3

6:00 aerial hoop lvl1

4:00 aerial hammock lvl1

5:00 tumbling lvl1

6:00 aerial silks lvl2

## **Fridays**

4:00 aerial silks lvl1

5:00 aerial silks lvl1

## **Saturdays**

10:00 aerial silks lvl1&2

11:00 Jr.Circus

11:00 trampoline

11:00 aerial silks lvl1&2



## **Mondays**

4:00 Jr.Circus

5:00 aerial silks lvl1

## **Tuesdays**

4:00 aerial silks lvl1

4:00 tumbling lvl2

5:00 aerial silks lvl1

5:00 aerial silks lvl1

6:00 aerial silks lvl2

6:00 aerial hoop lvl2

## **Wednesdays**

4:00 Jr. Circus

4:00 trampoline

5:00 aerial hoop lvl1

## **Thursdays**

4:00 aerial hammock

4:00 trampoline

5:00 aerial silks lvl3

6:00 aerial silks lvl2

6:00 aerial hoop lvl1

## **Fridays**

4:00 aerial silks lvl1

5:00 aerial silks lvl1

## **Saturdays**

10:00 aerial silks lvl1&2

11:00 tumbling lvl1

11:00 Jr.Circus

11:00 aerial silks lvl1&2



## **Mondays**

5:00 handstands (16+)\*

6:00 aerial silks lvl1

5:00 aerial silks lvl 1

## **Tuesdays**

6:00 aerial hoop lvl2

7:00 aerial silks lvl3

## **Wednesdays**

4:00 aerial hoop lvl1

7:00 aerial silks lvl1

6:00 aerial silks lvl2

8:00 flexibility (16+)\*

## **Thursdays**

4:00 aerial hammock

6:00 tumbling lvl1&2

5:00 aerial silks lvl1

7:00 trampoline

## **Saturdays**

11:00 tumbling lvl1&2

12:00 aerial silks lvl1&2

\*Please email us to register for handstands and flexibility lessons.

# ADAPTIVE CIRCUS PROGRAM



**Fridays**  
9:00 ACP

ACP makes circus accessible to everyone and is available to all of those who might benefit from smaller lesson sizes, a quieter room, along with the flexibility of having a parent or support staff join.

We welcome friends with autism, visual or hearing impairments, neurological and/or physical disabilities, as well as a parent or support staff to join!

Please inquire for more information.

# HOME LEARNERS



## **Mondays**

10:00 Ages 10-12

## **Tuesdays**

10:00 Ages 4-6

12:00 Ages 7-9

## **Wednesdays**

2:00 Ages 10-12

## **Thursdays**

11:00 Ages 10-17

These lessons are open to school aged children who have a more flexible schedule and want to incorporate a bit of circus into their week! Participants will get to try a bit of everything, from aerial silks to trampoline.

We are starting with one lesson per age group at this time, but are open to adding more times if needed. Please contact us if a lesson is full, or to inquire about another time slot. Keep in mind, we only run lessons with 2+ students.

## Questions? Email Us Today!

[wftinfo@westcoastflyingtrapeze.com](mailto:wftinfo@westcoastflyingtrapeze.com)

# NEW TO CIRCUS?



## **LilTop (Ages 4-5)**

Children start to build body awareness, coordination, strength, and flexibility. They will also be provided with an environment to develop their social skills, self-confidence, and independence.

Each lesson will include a warm-up game, stretching, circuit practice, and coaching on various circus equipment. Our instructors will adapt each activity to suit different skill levels.

## **Jr.Circus (Ages 6+)**

This is a great lesson for kids who have never done circus before or that want to do everything. This lesson offers a little bit of everything each week - aerial silks, static trapeze, aerial hoop, trampoline, tumbling and more!

### **Mondays:**

3:00 LilTop  
3:00 Jr.Circus

### **Tuesdays:**

2:00 LilTop

### **Wednesdays:**

3:00 LilTumblers  
4:00 Jr.Circus  
5:00 Jr.Circus

3:00 Jr.Circus  
4:00 LilTop

### **Thursdays:**

2:00 LilTop  
3:00 Jr.Circus

3:00 LilTop  
4:00 LilTumblers

### **Fridays:**

3:00 LilTop  
4:00 LilTumblers

### **Saturdays:**

10:00 LilTop

Please inquire for more information.