



Capitol City Circus School
Intro to Acrobatics
Level 1 Advanced Information & Prerequisites

Thank you for being part of our Intro to Acrobatics program at CCCS! This resource shares information about your child's readiness to enroll in **Level 1 Advanced**.

Level 1 Advanced Prerequisites

- At least one full or partial gymnastics session taken at CCCS
- At least 4 years old by date of first Level 1 class
- Score of at least 20 on your child's progress report, which evaluates the consistency of the skills in the next section

Level 1 Advanced Skill Requirements

To ensure students can safely and successfully participate in Level 1 Advanced, they need a score of at least 20 on the consistency scale for the following skills:

1 = *"I haven't done this yet"*

2 = *"I've done this a few times"*

3 = *"I've done this more often than not"*

4 = *"I almost always do this"*

- Backward roll with light assistance on a flat surface
- Bridge hold with 1 leg lifted (straight arms, open shoulders)
- Minimum $\frac{3}{4}$ handstand landing with control
- Cartwheel with hips open minimum of 90 degrees
- Pullover with light assistance on bars
- Confidence to walk across all beam heights

About Level 1 Advanced

Level 1 Advanced encourages students to further refine their technique and master Level 1 skills without spotting. Classes remain 45 minutes long with the same structure (warm-up, circuits, and occasional visits to a circus apparatus). Sample skills they'll practice in Level 1 Advanced include:

- Bridge kickovers without assistance on an incline and on a flat surface
- Improving cartwheel to pass through vertical
- Handstand practice without wall, developing proper shaping technique
- Developing a consistent pullover on bars without assistance
- Introduction to casting and circling skills on bars
- Introduction to dance and tumbling skills on beam

Only students who have been pre-approved by instructors will be able to register.

FAQ

How long can I expect my child to stay in non-level classes?

As is the case with learning any skill (be it in academics, music, sports, etc.) a child's learning and developmental journey is highly individualized and changes over time. While there is no right or wrong timeline for when a child may become ready for Level 1, it is reasonable to expect up to one year of consecutive classes to meet all skill requirements.

How long can I expect my child to stay in Level 1?

As is the case with learning any skill (be it in academics, music, sports, etc.) a child's learning and developmental journey is highly individualized and changes over time. While there is no right or wrong timeline for when a child may become ready for Level 2, it is reasonable to expect 1-2 years of consecutive classes in Level 1 to meet all skill requirements for Level 2.

If my child has a goal of moving to Level 1, how can I help them at home?

The best way to support your child is through encouragement at home, not coaching! If your child wants to do more at home, you can practice push-ups and sit-ups with them. Extra strength and a can-do attitude goes a long way!

What if I unenroll and then re-enroll in the future?

At this time, we honor where a child left off and welcome them to re-enroll in their previous level when they choose to return.