

One Day Circus Festival - Workshop descriptions 2022

Aerial Cube Beginner with Tori

This workshop is for Beginning level aerial students with no experience on trapeze, or students with a small amount of trapeze training. Students will learn basic trapeze skills which will then be incorporated onto the cube shape.

Aerial Cube Intermediate with Tori

This workshop is for experienced trapeze students who have a broad knowledge of trapeze skills, are comfortable with inversions and one knee hangs. Students will get to partner on the cube and make fabulous new shapes and choreography.

Aerial Silks Beginner

Everyone wants to learn Aerial Silks, so we are offering 3 beginning level workshops at this Festival for all new students to have this chance! Students will learn basic techniques such as climbing (this is hard for many beginning students, so don't get frustrated!), inversions, standing and sitting in silks and pretty poses. Students who are taking this workshop should also take the Hammock/Sling Beginner workshop.

Hammock/Sling Beginner with Katie

The Hammock/Sling is a variation on aerial silks. It is easier for students to accomplish poses and techniques without the necessary strength for aerial silks. This beginning level will teach students simple skills and link them together for simple choreography.

Hammock/Sling Int-Advanced with Katie

This workshop is for experienced silk aerialists with strong climbing skills and inversions. Students will learn skills and how to link them together for performance.

Dance Trapeze Beginner with Carlynn

This workshop is for Beginning level aerial students with no experience on trapeze, or students with a small amount of trapeze training. The trapeze is hung from a single point and rotates. Students will learn basic trapeze skills which will then be incorporated into swinging and rotating. Dance trapeze choreography is more artistic and influenced by contemporary dancing.

Dance Trapeze Int-Advanced with Carlynn

This workshop is for experienced trapeze students who have a broad knowledge of trapeze skills, are comfortable with inversions and various hanging skills and transitions in and out of skills. The trapeze is hung from a single point so it can swing and rotate in circular flight. Student will learn short choreography transitions then swing and rotate while performing. Dance trapeze choreography is more artistic and influenced by contemporary dancing.

Flexibility/Acro for Beginners with Kat

Skill building class that will take you through warmups and drills and go over beginner to intermediate level floor tumbling and acrobatic ground skills including cartwheels, walkovers, handstands, backbends, and basic partner tricks and stunts! Students should be able to perform a forward/backward roll, kick up to a freestanding handstand, perform 20 pushups, and push up to a bridge from a laying down position.

Acro Choreography for Acts/ Int-Advanced with Kat

Learn the process for developing a performance-ready act that is unique and entertaining. Learn how to put your signature skills and elements together with stage theatrics, dance elements, and audience interaction for any kind of performance. No choreography experience is needed, but students should have solid acrobatic skills that can be executed and held for longer periods of time, or can be performed without a mat or spot.

Handbalancing/Acro Partnering

This is a super fun class lead by the Amazing Amanda

Learn to base tricks, be the flier in a trick, help spot tricks and do counterbalances & stacks. Climb on some new friends to link stable poses with flowing transitions.

*Pre-requisite: solid plank & squat.

Stiltwalking 101

Want to be larger than life? Stand a head & shoulders above the rest? Learn how to walk tall, no previous stilt experience required. We'll progress from ground to wall to walking across the floor with a spotter so you can safely find out what the weather really is like up there. If your feet are a size 7 or larger, this is a great workshop for you!

*Required: closed toe shoes size women's 7 or larger (any smaller shoe will not work with stilts), long leggings or tights, knee pads