



San Francisco Youth Program Tracks

Recreational Track
Play & Explore!
Levels 1-3
Optional recitals start at Level 3

Intro & All Levels

Learn the basics and get a strong foundation
Length: 55 min-2 hrs depending on discipline

Example:
Intro to Aerial is 55 min
Intro to Contortion is 2 hrs

Level 1-2
All disciplines
Student chooses a speciality for the first time at
L2 (see specialities list)

Frequency: 1-2 classes
Recommended:
1 Core Acrobatics at L1/2
1 Aerial Speciality at Level 2

Level 3
All disciplines
Frequency: 1-3 classes
Recommended:
Core Acrobatics at L3 x1
Aerial speciality at Level 3 x1

In Rec Level 3 but want
more?!

Jump to the Artist track!

Artist Track
Express & Experience!
Levels 3-5
Student can decide they want
to prepare for SFYC at Level 3
Mandatory recitals at Level 3

Emphasis on SFYC Prep
see SFYC requirements

Level 3
L3 Core Acrobatics x1
L3 Speciality x2
SFYC option

Level 4 (optional add. speciality)
L4 Core Acrobatics x1
L4 Speciality 2x a week
L4 Speciality add. option x1
SFYC option

Level 5
L5 Core Acrobatics 2x a wk
L5 Speciality 2x a wk
L5 Speciality 1x
SFYC option

Training Track
Focus & Fly!
Levels 3-6
Potential career in Circus!
Mandatory recitals

Level 3
L3 Core Acrobatics x2
L3 Speciality x2
SFYC option

Level 4 (required add. speciality)
L4 Core Acrobatics 2x a wk
L4 Speciality 2x a wk
L4 Speciality x1
SFYC option

Level 5 (4-6 classes)
L5 Core Acrobatics 2x a wk
L5 Speciality 2x a wk
L5 Speciality 2x a wk
SFYC option

Level 6 Pre-Pro
Same Core Acrobatics x 2
Specialty x 3,
1x Private w/Specialty Coach on Professional
Act Development, Performance

*discussions start 2 years out for professional
company and circus school auditions

Specialties

Trampoline, Handbalancing, Contortion, Partner Acrobatics, Teeterboard, Rope, Silk, Trapeze, Hoop, Straps, Pole, Flying Trapeze, Swinging Trapeze, Bungee, Object manipulation, Juggling, Unicycle, AcroBike, Lion Dance, Globe, Stilting, Tightwire, Cyr Wheel