

Prerequisites: Children Classes

(Tuesday) AERIALcrew Level 3 class

Entry into the AERIALcrew Level 3 class is by invitation only. Our teachers are looking for the following skills and behaviours:

Teachability

- Have completed at least 2 terms of AERIALkids.
- A focused, mature and autonomous approach to learning.
- Self-motivation to try new skills & improve.

Trapeze/Lyra

- Can Tuck Mount, get to a sitting position and standing position (trapeze) confidently without assistance
- Have completed Level 2 skills
- Comprehensive understanding aerial terminology and safety

Tissu/Rope

- French and Russian climbs – halfway (4m) without assistance
- Can invert (Straddle-up or tuck hold) from the ground without assistance
- Can do a Footlock from the ground without assistance (using hands to put it on)

(Wednesday or Saturday) NICAcrow Level 3 classes

Entry into the NICAcrow is by invitation only, this is to ensure we have a balanced class with a similar skill level. NICAcrow are given more autonomy, responsibility & challenging moves so we need to ensure every participant meets the entry requirements listed below.

To progress to NICAcrow our teachers are looking for the following skills and behaviours:

Teachability

- 'Good attitude to learning.
 - Actively listening in class
 - Willing/ eager to try new skills
 - Not disturbing other participants
 - Can be trusted to follow instructions

Ground skills

- Forward roll without hitting the head on the ground.
- Cartwheel with straight legs & continuous cartwheels
- Kick to a straight shaped handstand
- Bridge shape with straight arms and legs
- 10 x Push-ups, Tucks snaps, Superman rocks, Dish rocks, Box Jumps

Aerial skills

- Competence in basic aerial shapes and climbs:
 - Tissu – footlock in the air
 - Catchers in the air
 - French and Russian climbs – half way (4m)
- Understanding of basic aerial terminology and safety

Please note that NICAcrew is not suitable for everyone. Some kids come to circus for the fun & social aspect, while other kids may be more driven & focused to learn advanced skills or even working towards auditioning for NICA's bachelor program. It is not an automatic progression for all NICAdeets students to move to NICAcrew.

Most students when they turn 13 years old will move either to the CIRCUSTeens general circus class or to a specialty class like the AERIALteens or Teen Trampoline. For some children, the NICAcrew classes can lead on to the high-level accelerated teen programs like *Teen Tumbling and Acrobatics* and *Teen Circus Dynamics*.

To better explain how our pathways work, please see the flow chart below:

