



# Student & Parent Handbook

2019-2020



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## Introduction

The **mission** of Sunshine Circus Arts is to create and promote the magic of Circus through education and performance. Our classes build confidence, strength and healthy risk-taking behaviors, and help students experience the joy of artistic expression through circus skills.

Our school is designed for all ages, skill and interest levels. Whether you want to take class just for fun, to get in shape, to become a professional circus performer or to simply let your inner child swing, spin and soar for a few hours each week, we have something for you. SCA offers a wide variety of classes and private lessons and we are always open to adding classes if you cannot find what you want on our schedule.

Our curriculum is based on the premise that there are 5 major areas of circus skills, 1) Aerial, 2) Acrobatics, 3) Juggling/Prop Manipulation, 4) Balancing and 5) Performing. These generally translate into strength, hand-eye coordination, balance and expression. They are progressive levels, students will move up levels through development of strength, knowledge and technique. Some levels are more challenging than others, and the rate of progression is not even, especially at the higher levels. We also want safety and longevity in our training. To this end, we expect students to train with proper muscle engagement and attentiveness and maintain body balance. We also incorporate basic fall and aerial awareness training.

## Studio Information and Policies

### Location, Contact Information and Office hours

- Our address: 3151 NW 14<sup>th</sup> Ave, Suite 3, Boynton Beach, FL 33426
- Our phone: (954) 857-6390
- Our email: [info@sunshinecircusarts.com](mailto:info@sunshinecircusarts.com)
- Office Hours: 3-8pm M-TH. Phone calls will be returned within 48 hrs.

### Communication

Find SCA class information, notice of closures due to inclement weather, event schedules and all other news on:

- Our website: [www.sunshinecircusarts.com](http://www.sunshinecircusarts.com)
- Facebook page: Sunshine Circus Arts
- Instagram: [@sunshinecircusarts](https://www.instagram.com/sunshinecircusarts)
- Twitter: [@sunshinecircusarts](https://twitter.com/sunshinecircusarts)
- You can also use this hashtag: #boyntonbeachcircus

Please make sure we have your correct email address otherwise you won't get notifications.

### Waiver and Photo Release

Every student must sign a waiver and insurance form. Children under 18 must have their parent/guardian sign their paperwork. We also request that you sign a photo release form, as we use images from our classes for promotion and reporting to funding agencies. If you prefer to not have your picture taken, please let your teachers know. If a photographer is present, it is your responsibility to inform them that you do not want your picture taken.

### Inclement Weather Policy

- In general, if the Palm Beach County School District is closed due to weather concerns, our studio is closed as well.
- The decision to close will always be made by 2:00pm (sometimes earlier depending on the severity of the storm). The closure will be posted on our website and an email will be sent out.
- If the studio closes, make-up classes are available for the following 4 weeks (no refunds are issued).

## Absences and Tardiness

Should a student miss a class because of illness, school activity, family vacation etc... a refund will not be issued. Students can take a make-up class in any type of class that is level appropriate within 4 weeks of the missed class. Students who arrive more than 10 minutes late to any class may be asked by the instructor to sit and watch for the duration of class. A makeup in this instance will not be offered.

## Studio Breaks, Closures and Important Dates

Sept 2	Labor Day	SCA Closed
October 26-27	BB Pirates/Mermaids Fest	Public Performance
November 23 – 31	Fall Break	SCA Closed
Early Dec	BB Christmas Parade	
December 14	Winter Showcase	Studio Performance
December 24 – 25	Winter Break	SCA Closed
Dec 31- Jan 1	Winter Break	SCA Closed
March 23 – 27	Spring Break	Camp
May 16	Spring Showcase	Studio Performance
May 20 – 25	Memorial Day	SCA Closed
June-August	Summer Schedule	TBD

SCA is open for classes as regularly scheduled on Martin Luther King Jr., Columbus and President’s Day.

## Tuition/Billing

You will receive a monthly statement by **email**. Tuition is due by the 5th of the month. If payment has not been received by the 10th, the student will not be allowed to participate in class. Adults on packages will be reminded by email before the last class on the package. **Payments are non-refundable.**

## Recreational Classes

		Monday	Wednesday	Saturday
Circus Prep	Ages 5-6	3:30 – 4:20 pm	3:30 – 4:20 pm	9:30-10:20 am
Circus Fun	Ages 7-9	4:30 – 5:20 pm	4:30 – 5:20 pm	10:30– 11:20 am
Junior Circus	Ages 10-14	5:30 – 6:20 pm	5:30 – 6:20 pm	10:30 – 11:20 am
Teens/Adult	15+	7:00pm-8:30pm	7:00pm-8:30pm	11:00 am -12:30 pm

One or two hours per week training. The goal during these classes is to build the strength, balance, hand-eye coordination, flexibility and discipline to train safely. Teamwork and cooperation are also incorporated. They will have two opportunities to perform during our student showcases in Dec and May. Kids Class fees are \$60/month for 1 class per week or \$120/month for 2 days/week. Teen/Adult classes are \$25/class, 5 classes for \$100, or unlimited monthly \$175

## Performance Troupe

**Monday/Wednesday 5:30 PM to 7:00 PM and Saturday 11:00 to 12:30 PM**

Minimum 2 day per week training. Students in the troupe are expected to have maturity, discipline and the ability to self condition. Troupe members are decided by the head instructor and misbehavior can be grounds for dismissal. Classes build on previous skills and may incorporate partnering. They will have opportunities to perform in public and during our student showcases in Dec and May. Class fees are \$175/month for 3 days per week

## Skill Levels and Advancement

We use the same skill levels in both recreational and performance classes, but it should be obvious that more practice time will lead to faster improvement and faster progression. Please don’t compare your (or your child’s) progress with other students. Consistent focused practice leads to progress.

## Private Lessons and Birthday Parties

Private lessons and parties are offered in everything circus for all ages. Whether you want to improve your skills on one apparatus or celebrate a special occasion with a group of friends, we can customize a private lesson for you.

### Private Lessons

- \$75/hr/1 person
- \$120/hr/2 people (total)
- \$150/hr/3 people (total)
- \$160/hr/4 people (total)

Discounts available for booking 4 or more private lessons.

### Birthday Parties

Birthday parties are \$17.50/person, minimum \$175. This includes 1 hour of lesson time (additional time may be allocated based on size of group) and 30 minutes of party time. All ages are welcome to participate, as long as waivers are signed and appropriate clothing is worn. Themes available are:

- Flying Fun! - Aerials – Class includes skills on fabric or hammock. Trapeze or lyra can be used on request.
- Flipping Fun! - Acrobatics – Class includes basic tumbling skills, plus some partner acrobatics. Partner acrobatics can incorporate parent and child.
- Throwing Up! - Juggling and Balancing – best for 9 and up – this includes a combination of juggling and stiltwalking, rolla or wire walking. Stilts are limited by shoe size and weight limits.
- Shine Bright! - Light Play – Class includes basic prop manipulation like poi and hoops, then we turn out the lights and use led props to make cool patterns and have fun!

50% deposit required to book all private lessons or parties. Balance must be paid at least one business day before the lesson. No refunds if cancelled within 48 hours of the lesson. If cancelled prior to 48 hours before the lessons, SCA will refund 50% of the private,

## Performances

We plan 2 showcases within the studio per year, and one public performance. Performances are optional for students, but highly encouraged since it allows the student to demonstrate their skills and hard work.

### Costumes

Costumes for showcases can be rented from the costume closet for \$25. Proceeds go to purchase costumes for the costume closet. Costumes can also be purchased and range from \$50-70. Please consult with the teacher on costume selection, certain costume elements may not work based on the act being performed. Other costume components such as tights/leggings and shoes may need to be purchased. We have a studio account at [DiscountDance.com](http://DiscountDance.com) – check out with teacher code 103074.

## Studio and Class Etiquette

### Attire and Clothing

For all aerial classes, please wear clothing that allows your body to move freely. Be prepared to move in bare feet. Backs of knees, waists and armpits should be covered to avoid burns. A leotard or unitard under your T-shirt, or a shirt long enough to stay tucked in are recommended. Avoid clothing that has very hard seams and/or zippers; they may not only damage an apparatus but will also make moving on the apparatus uncomfortable. Avoid clothing that is too loose, as it is likely to get tangled in the equipment. Short shorts, sports bras without a top over them, or mesh leggings may expose you to burns and are not recommended. Please, no necklaces, long earrings,

or rings – they make break or get caught in the equipment. Hands and feet should be clean and free of dirt and lotion to keep equipment in good repair and prevent slipping. You may be asked by your instructor to wash up, sit out, or wear something from lost and found if you are not properly prepared for class.

For fabric and rope (corde lisse) classes, it is best to wear snug-fitting pants that expose your lower leg.

### A Note on Attire for Male Students

First and foremost: you are responsible for your own safety, including making sensible clothing choices, and adjusting appropriately. If it looks like it might hurt, you're right--it might! Fortunately, most discomfort and injury can be avoided with a little foresight.

- *What constitutes a sensible clothing choice?* Most often, one of these: [http://en.wikipedia.org/wiki/Dance\\_belt](http://en.wikipedia.org/wiki/Dance_belt) If you don't own a dance belt, you can find one online or at a local dance supply. Like underwear, they're sized by waist measurement. Speaking of underwear: if you don't have a dance belt, you can sometimes get by with briefs. The tighter, the better. Anything with loose legs (boxers, boxer briefs) is almost certainly a bad idea.
- *What constitutes an appropriate adjustment?* Almost always, "centered high in front." More generally, "out of harm's way," where harm can come from a fabric wrap around the leg, or from straddling a trapeze bar, or from folding at the waist and hanging on any apparatus.
- *What does it mean to be responsible for this?* It means paying attention, both to what your eyes see (potential harm), and to what your body tells you ("hey! this isn't comfortable!"). Often, it means making discreet adjustments during class.

### Shoes and other Protective Items

*Aerial acts*- Fabric is commonly done with no shoes. Lyra/Trapeze can use thin soled shoes like gymnastic or ballet shoes for performances. Lyra/Trapeze can also use trapeze boots/gaiters or ankle supports for protection.

*Ground and Balancing Acts* - Closed toed shoes like sneakers are best for stilt walking. Acro shoes with rubber soles are great for acrobatics and wire walking (they have thin soles that allow more feel for the wire). We will order them when needed. Acro shoes should not be worn out on the street.

### Class Behavior and Rules

#### Respect your Teacher and Fellow Students

- Talking while the teacher is instructing is distracting and unacceptable.
- Students are not allowed to get on equipment prior to receiving a teacher's permission, and students are not allowed on equipment between classes.
- Come to class on time and ready to participate. If you arrive 10 or more minutes after the class has started, your teacher can ask you to sit out and observe.
- Students are expected to stay active and engaged during class. Do not be a distraction.
- Everyone has a different level of comfort when trying new things. Negative comments, directed at yourself or others, are unacceptable and not permitted in the class.
- Students are not permitted to perform skills not being taught within the context of the class without instructor permission.
- It is not permitted either in class or in open gym for students to teach skills to fellow students.
- All students should have the appropriate mat underneath them at all times during classroom instruction and open gym. No one is permitted on equipment without the appropriate mat
- We use a "hands-on" approach to teaching and spotting to keep students safe. If you have an issue with this, please let your teacher(s) know.

- If your teacher decides your behavior in class is not appropriate, you get three warnings before you are asked to leave the class. First comes a verbal warning; if there is a second warning, you will have to sit out of class and watch (for minor students, this will also result in a phone call to guardians). If there is a third warning, you will be asked to leave class.
- Performance Troupe members need to notify us when you are unable to attend class. Irregular attendance is grounds for dismissal from the troupe.

### Respect your Training Space

- Please remove street shoes before entering the mat. Any bags, clothing, water bottles, etc., should be neatly placed where they don't present a tripping hazard.
- Food and drink (other than water in spill-proof/unbreakable containers) may not be brought onto the mat. Help us keep our space tidy by properly disposing empty food containers, wrappers, bottles, etc.
- There is no cell phone use allowed in the studio. It is up to your teacher's discretion to request cell phones be placed in "cell phone prison" for the duration of class if students don't keep them put away in their bags.
- Photography or videotaping during class is allowed only with explicit instructor permission.
- Note that certain classes are not open to observation, and it is always at the discretion of the instructor whether observers are welcome.
- Only registered service animals are allowed in the studio space.
- Students are not permitted in the storage attic without an accompanying instructor.
- If you lost something while at the studio, let us know and we can check the lost & found box. Please note that items left longer than 30 days will be donated to Goodwill, discarded, or repurposed into costumes.

### Parents

It is the parents' responsibility to pick up children immediately after class has ended. SCA staff and teachers are not responsible for taking care of children outside of the class time. If your child has a fever, a contagious illness, a severe cold, or is vomiting, we ask that the child remain at home. If parents are invited to watch classes in the studio, they must stay on the ground, and off the teaching floor. The teachers are trained to keep everyone safe and they have the necessary experience in working with the apparatus.

- Minor Injuries – (i.e. cuts, bruises, and sprains) In the event that your child receives a minor injury during practice the First Aid Certified staff will tend to your child and the parent will be notified at pick up.
- Major Injuries – (i.e. breaks, falls higher than 3 feet plus the child's height) In the event of a major injury EMS will be called and the parents will be called immediately. SCA will process an injury report and follow up with the parents regarding the injury.
- Recovery – after an injury or absence, your child may be asked to come in for extra training or physical therapy to ensure the she is back up to the level of strength and previous ability. A doctor's note is mandatory to return to classes.



## Safety

**Circus can be dangerous. Pay attention to danger zones – this applies to everybody: participants, parents and guests. Know your limits. If you are tired, don't push yourself in aerial skills, switch to other skills or conditioning.**

- **Danger Zones** – Danger zones are areas where there is the potential for injury for a non-participant. This includes a circle around the space under an aerialist equal to a diameter about the height of the aerialist. Generally avoiding the top mat will be enough to be out of the danger zone for the aerial classes. Pay attention when swinging. For balancing acts - the ends of a rolla board when someone is on it.
- **Equipment** – Your teachers and your fellow students are looking out for your safety. We are all there to make sure everyone is safe. While teachers always do equipment safety checks, if you notice anything that seems unsafe (cross-loaded clips, fraying ropes, funny sounds, etc.), it never hurts to bring it to your teacher's attention.
- **Spotting** – Your teacher will always be there to spot you when you don't feel completely comfortable with a skill or when you're trying something new. Spotting does mean your teacher will have to physically contact you to keep you safe. If you feel uncomfortable with that, please let your teacher know.
- **Injuries** – Let your teacher know of any past or current injuries. While it's your responsibility to listen to your body and avoid movement that aggravates an existing injury, if your teacher knows about your injuries, they can give you movement alternatives. Avoid injuring yourself during class by not pushing your body beyond its limit. If you are injured, whether inside or outside of class, please take care to let yourself heal. If there is any question regarding the severity of your injury, please see your doctor.
- **Training**
  - Cuts – We have a first aid kit with bandages and tape. Please let us know so we can avoid getting blood on the equipment.
  - Bruising – Some moves will cause bruising, it's a typical part of training. Oftentimes better technique will lessen the force and reduce bruising, but sometimes it's just something to get used to. If it's really uncomfortable, let the teacher know and they can give you a different technique to work on.
  - Pain vs Discomfort – There's a certain amount of discomfort when you learn new moves, you should get used to it within a few classes. If it continues, or there are sharp pains, let your teacher know.
  - Sore Muscles – Congratulations, you're getting stronger! If your hands are sore after classes, wash them with cold water, or hold onto something cold until they feel better. You may form calluses on your hands (and maybe knees, elbows and feet depending on what you hang from). Don't pick at them. If they get too thick, use a pumice stone or callus shaver.
- **Home Practice/Rigging** – Please remember that aerial arts can be dangerous. It may be tempting to use a tree or screw an eyebolt in the ceiling, but people have been severely injured from both options. It's hard to tell whether a tree has internal rot, and home framing is not designed for the forces that can be generated from some drops. If you wouldn't hang a car from it, then don't hang yourself or your child from it.

## The Circus Tent is Big!

Respect yourself and your fellow classmates. Be patient. Circus is difficult! Everybody responds to each apparatus differently – do not compare yourself to other students. Do not put yourself down when you cannot do something the first time. Technique takes time to develop. Strength also takes time to develop. Know that your teachers are there to support you in every way. Instead of getting frustrated, ask your teachers for advice if you are having trouble. A positive attitude, good work ethic, and focus will get you to your goal! Have fun!