

SATURDAY

Saturday 10:00AM - 11:45AM

The ABC's of H2H's
Pitch Me Something Good
Dips Tricks & Lifts
Group Work & Towers
Serpents Scales

SATURDAY 12:00 PM - 12:45 PM

One Arm Handstand
Dynamic Handstands
Find Your Balance
Ground Play
Inversion Recovery

SATURDAY 2:30 PM- 4:15PM

One Arm Hand to Hand
Airborne Elegance
Doing Acro Three Style
Touching Soles
Gettin' Down with Get-Ups

SATURDAY 4:30 PM- 6:00 PM

The Fooking Lads Tricks
Path to Inlocate
Act Creation
Standing Thai
Spin Like a Top

SUNDAY

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PILOBOLUS

Step, Step Reverse

How Many Steps

ICARIAN DOUBLE FEATURE

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Roll Up & Around

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Banquine 'Em To Queens

Just Ping it!

Funky Fresh (Counter) Balances

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Intro to Cannonballs!

Embody the Wind

Midlife Crisis

Thai Massage for Bases & Flyers

Pancake Party

SATURDAY

Saturday 10:00AM - 11:45AM

The ABC's of H2H's

by Rob Newmans

Level: Open Level **Style:** L Basing

Description

Interested in hand-to-hand (H2H) techniques? Join us to learn fundamental shapes and techniques for successful hand-to-hand partnering. Discover how to find and maintain the right balance and connection with your partner through proper positioning and alignment.

Prerequisites

Shoulder stand and star poses

Pitch Me Something Good

by Acro Bear & Christina Baez-Johnson

Level: Intermediate **Style:** Standing Acro

Description

Learn about pitching to both hand-to-hand and foot-to-hand positions!

Prerequisites

Hand-to-Hand and Foot-to-Hand with no steps

Dips Tricks & Lifts

by Zoë Klein & Dave Paris

Level: Open Level **Style:** Acro Dance

Description

Learn from these two legends how to dip and flip with your partner! Together they have taught and performed their unique style of acrobatic dance in over 30 countries and on six continents!

Prerequisites

None

Group Work & Towers

by Sam Sweet & Ben Klein

Level: Intermediate **Style:** Trio/Group

Description

It'll be dynamic, it'll be balancing, but most of all, it'll be fun. Work together to learn a fun group acro sequence.

Prerequisites

Comfortable Standing 2 High, standing Foot-to-Hand, standing Hand-to-Hand. Willingness to collaborate!

Serpents Scales

by Kelly Marburger & Eric Sipes

Level: Open Level **Style:** Acro

Description

Join Kelly and Eric to unlearn bad habits from jam sessions in Baltimore. A scalable flow with scintillating skills for beginners and advanced alike, with modular skills to challenge and meet you wherever you are on your acro journey.

Prerequisites

Fly or base Star pose

SATURDAY 12:00 PM - 12:45 PM

One Arm Handstand

by Thiago

Level: Advanced **Style:** Handstand

Description

Handstand. With one hand. Need we say more?

Prerequisites

60-sec free handstand (away from the wall)

Dynamic Handstands

by Sam Sweet

Level: Intermediate **Style:** Handstands

Description

Work on dynamic entrances, legs, and play. Tools and drills to keep your handstand practice engaging and refreshing.

Prerequisites

30-sec handstand against the wall

Find Your Balance

by Mendel Romanenko

Level: Open Level **Style:** Handstands

Description

Learn the fundamentals of handstand from the tips of the fingers to the tops of the toes.

Prerequisites

None

Ground Play

by Brittany Posas

Level: Open Level **Style:** Floorwork

Description Brittany's ooey-goey floorwork class is all about experiencing the floor as a partner. Learn how to use different surfaces of the body in connection with the floor to propel you through space, make transitions smooth, and how the concepts of undulation can help you flow through a dynamic and musical floorwork sequence.

Prerequisites

None

Inversion Recovery

by Emily Lesinski DPT

Level: Open Level **Style:** Inversion

Description Arms need lovin' too. Learn from Dr. Emily, NYC's own circus DPT, to help your body recover after handstands.

Prerequisites

None

SATURDAY 2:30 PM- 4:15PM

One Arm Hand to Hand

by Jack & Thiago

Level: Advanced **Style:** Standing Acro

Description The Fooking Lads are here to share their insider secrets of one arm hand-to-hand work.

Prerequisites

Standing hand-to-hand from shoulders with no base steps during the catch

Airborne Elegance

by Edward & Mimi Manning

Level: Open Level **Style:** Acro Dance

Description

This flow will help you learn transitions from one instagrammable pose to the next while also teaching you performance elegance.

Prerequisites

Base needs to have bird and side star on both sides. Flyer needs to have the same but with croc either on feet or standing.

Doing Acro Three Style

by Miinx, Phil & Penguin

Level: Open Level **Style:** Trio/Group

Description

3-person poses and flows for people to show some flair on their social media accounts while having fun!

Prerequisites

Throne (Seat), Bird on hands for base, mid and Flyer, optional reverse hand-to-hand and hand-to-hand for the advanced version. Shoulder stand.

Touching Soles

by John Thorpe & Jenae Poe

Level: Intermediate **Style:** L-Basing Icarian

Description

Come join us for some icarian foot-to-foot (F2F) fun. We will explore pops into and out of F2F while focusing on clear communication, failing safely, and dynamic spotting.

Prerequisites

Both - Clean throne straight throws, clean bird straight throws, and experience in F2F

Gettin' Down with Get-Ups

by Kaylee & Chris Kirchman

Level: Intermediate **Style:** Standing/L Basing

Description

Employ the help of pops to make getups feel like a breeze and look a hell of a lot cooler. We'll go over some creative techniques for getups so you can blend your L-base practice with your standing skills.

Prerequisites

L-base extended foot-to-hand for 10 seconds unassisted. Some standing experience (2-high mandatory)

SATURDAY 4:30 PM- 6:00 PM

The Fooking Lads Tricks

by Jack & Thiago

Level: Advanced **Style:** Standing Acro

Description

Do cool things with cool people. Now do it standing.

Prerequisites

Inlocate and pitch to foot-to-hand

Path to Inlocate

by Brian Konash

Level: Intermediate **Style:** Standing Acro

Description

In-locating to hand-to-hand can be fun and safe to learn. This class teaches how! You can inlocate in class and/or take home all the right tools to make it possible.

Prerequisites

Low hand-to-hand from star or jumping-in. Standing hand-to-hand from shoulders with 3-or-fewer base steps during the catch.

Act Creation

by Iffy Roma & Sarah Jack

Level: Intermediate **Style:** Acro Dance

Description

Love acro? Interested in transforming your skills into a show? Join us for a choreography 101 - where we'll dive into performance concepts, theatrical magick, and movement design (plus a few of our favorite acro bites).

Prerequisites

A willingness to explore movement and get creative

Standing Thai

by Bassam Kubba

Level: Open Level **Style:** Thai Massage

Description This is a wildly unique class that has been taught in sold-out rooms of hundreds of people. Learn to let gravity do the Thai work for you.

Prerequisites

No lower back pain and the ability to lift someone

Spin Like a Top

by Thalia Rossitter & Matty

Level: Intermediate **Style:** L Basing

Description

We will teach you the skills that thrill with this spinny, flowy machine. If you have been looking to level up your L-basing, this class is for you. We will begin with a great flow, and then offer our favorite techniques to really make your flows sizzle. See how fast you can go!

Prerequisites None

SUNDAY

SUNDAY 9:30AM - 11:15AM

PILOBOLUS

by Quincy & Paul

Level: Open Level **Style:** Standing Acro

Description

Step outside of the skill-focused side of acro and explore your own creativity in the world of partnering. This class is designed to help you stretch your collaborative muscles as you create personalized choreography based on partner and group improvisations. While a basic understanding of partnering is encouraged, it's not a requirement. Let's get creative and have a good time!

Prerequisites

A basic understanding of weight sharing and partnering is all that is necessary for this class. Participants are free to enhance their own creations based on their personal skill levels and comfort with their partners.

Step, Step Reverse

by Juliana VonRainbowpants & Michael Goldman

Level: Intermediate **Style:** Standing Acro

Description

Sashay your way up to standing reverse hand-to-hand with this accessible dynamic entrance. We will work all the calibrations and spotting, plus our favorite drills to make your low rh2h cool and casual. This is a good class if you're just starting to think about standing hand-to-hand, or if you want to try the other role.

Prerequisites

Comfort basing or flying at least one entrance to low reverse hand-to-hand spotted, but we won't turn anyone away who is less than proficient.

BALAcro Pop-Locate

by Jessi DeLeo, Kaylee Kirchman, Erin Yonke

Level: Open Level **Style:** Trio/Group

Description

BALA Acro - which stands for BadAssLadyAcro. Are you base-curious when it comes to standing acro and don't know where to start? Start here! Join us for tips on how working as a trio helps build strength, knowledge, and awareness when it comes to same-size acro.

Prerequisites

Some hand-to-hand experience would be good, but the class is open to all since there will be L-basing and standing.

How Many Steps

by Jeremy Estey & Maria Kolakowska

Level: Open Level **Style:** L Basing

Description

We'll be starting with a fundamental washing machine, 4 step, with variations offered for more intermediate students. With good technique, the sky's the limit!

Prerequisites

Star

ICARIAN DOUBLE FEATURE

by Kerri Hilton & Taylored

Level: Advanced **Style:** L Basing Icarian

Description

HANDS-FREE CASTAWAYS & MARTINIS!! Join Kerri and Taylor on a wild Icarian journey as we explore what it takes to fly high and catch softly. We'll go over the timing, techniques, and skills that you'll use to soar to new heights! Some popping experience is required, but a willingness to try and be accountable is most important. If you've ever wanted to try hands-free Castaways and Martinis, come give it a toss with us today!!

Prerequisites

Hands-free bird pops, throne pops, keen eyes and fast feet/hands, and a willingness to work with others and take critiques.

SUNDAY 11:25 PM - 1:10PM

Roll Up & Around

by Angela Butch & Yoni Kallai

Level: Intermediate **Style:** Standing Acro

Description Learn fun standing dance moves where the flyer rolls up and around the base. Vocabulary for a new routine or just sheer playing.

Prerequisites 1 year standing acro experience. We'll show a few moves at the start and encourage self-assessment.

Dance Lifts & Spins

by Tori Abell & Rob Li

Level: Intermediate **Style:** Acro Dance

Description

Learn some flashy acro dance skills you can use in your performances. They will be visual and captivating, and we will break them down so that they are accessible.

Prerequisites

Bases should have some experience in spotting standing skills.

Banquine 'Em To Queens

by Ari Darmon & Kimber Brenneman & Roderick Jesse Bowes

Level: Open Level **Style:** Trio/Group

Description

Banquine is one of the definitive circus acts. Practicing this set of skills at any level will improve your communication in a team as well as standing acrobatic power and precision. We will incorporate transitions from banquine platforms into L-based and standing acrobatic poses for fun at every level.

Prerequisites

Some practice with foot-to-hand.

Just Ping it!

by Jessi DeLeo & Chris Kirchman

Level: Open Level **Style:** Standing Acro

Description

Tired of climbing up to two high like it's a mountain? Then this is the class for you! Ping is a pop that can go to many other standing skills, all of which will be reviewed during our class.

Prerequisites

Two high.

Funky Fresh (Counter) Balances

by Sarah Moser & Nate Rieder

Level: Open Level **Style:** L Basing

Description

Add some funk to your foundations! This flow explores fresh takes on (mostly) classic (counter)balances and unique transitions between them! Balances include inversions, L-basing, and simbas! (IYKYK!) If you don't know, come find out!

Prerequisites

Star, shoulder stand (flyer hands on base ankles), side star (>5-sec hold).

Whips that Pop

by Emily Lesinski & Sean Langhaus

Level: Intermediate **Style:** L Basing

Description

We will link your whips with your pops! First, we'll clean up the whips to make them big and swingy, so adding a pop becomes super predictable and floaty.

Prerequisites

Some experience basing or flying front swings, basing or flying straight plank pops.

SUNDAY 1:30PM - 3:15PM

Intro to Cannonballs!

by Lisa Bregman & Colin Story

Level: Advanced **Style:** Standing Acro

Description

Flyer makes a tiny ball. Base gives a big swing. Boom - hand-to-hand. Come learn the fundamentals of cannonballs! We'll focus on flyer positioning, base swing mechanics, how to properly open into a standing hand-to-hand, and how to do it all safely with proper spotting and drills.

Prerequisites

10-second hand-to-hand. Strong desire to embody the spirit of a kettlebell (for the flyer).

Embody the Wind

by Steve Cummings & Gina Shiotani

Level: Open Level **Style:** Acro Dance

Description

Feel the gentle breeze as a flyer ripples across your shoulders. Enjoy physical and emotional levity while floating on a strong and fluid foundation. Join us as we weave together an aerial rhapsody through flows that embody the Wind, as a gift to the thunder gods...

Prerequisites

Base or fly Standing Sidestar.

Midlife Crisis

by Melissa Wu & Rose Eilenberg

Level: Open Level **Style:** Trio/Group

Description

I love to base and fly... who am I? You are a mid? In this workshop you will refine and learn new skills to take your mid-life to the next level, and maybe along the way, you just might learn to spot like a ninja.

Prerequisites

A basic understanding of basing and flying star.

Thai Massage for Bases & Flyers

by Mary Aranas & Sandy Ames

Level: Open Level **Style:** Lunar

Description

Oooh, rockin' an awesome Festival so far? AND could your body and soul use some loving healing care? No fear, metta mamas are here! We will guide two rounds of Thai yoga bodywork, targeting the greatest base and flyer tension releases! You will emerge refreshed for your fantastic evening/night, and your amazing day tomorrow!

Prerequisites

Comfort listening, giving, and receiving safe nurturing touch. Comfort moving from kneel/sit/lunge to stand and back.

Pancake Party

by Susie & Nosa Edebor

Level: Intermediate **Style:** L-Basing

Description

Breakfast is the most important meal of the day! So let's feed our acrobatic practice! In this session, pancakes are on the menu. Working progressions that build integrated flyers and smart bases as we move toward dynamic pops that will have you head over heels...or heels over head.

Prerequisites

Star, foot-to-hand, back bird.