



## Synapse Enrichment Program

### **Synapse Circus Center**

#### **School Groups**

Circus provides a holistic, non-competitive alternative to traditional physical education programs such as gymnastics or dance. However, it is also a great opportunity to cross train if students already have a background in gymnastics, dance, or another sport. Circus skills encompass everything from the physicality of tumbling to highly cerebral juggling; from the quiet beauty of hand-balancing to the dynamic excitement of trampoline. Synapse Circus Center's program encourages personal growth and confidence through our specialized curriculum. As a circus, we emphasize boundless physical expression and creativity, teamwork and communication, and of course - fun. All of our programs are customized to the needs of the group. We can make changes based on the number of students, scope of experience, length and type of program. See the program descriptions below to start the process of bringing the joys of circus to your students.

Our coaches will work with them individually and as a group to meet and overcome challenges while working with classic circus equipment and skills. Students will learn several circus skills, working together in different groups to put together an artistic presentation of their best skills. The skills we work on include Tumbling, Human Pyramids, Juggling with balls, rings and scarves, Diabolo, Rola Bola, Tight-wire, Walking Globe, and Hula hoops. Aerial apparatuses such as Lyra, Silks and Trapeze are also an option if there is an adequate place to hang them from the ceiling at your location.

#### **Field Trips**

Run away and join the circus for the day! Bring your school to Synapse Circus Center for an unforgettable journey into the world of circus arts! Flip out on our Tumble Track, reach new heights on the aerial silks, or test your hand-eye coordination with the intricacies of juggling - and so much more! Your students will be in good hands with Synapse Circus Center's highly experienced coaches, and together they'll find that at the circus, anything is possible.



If you can't make it down to us, then don't worry - we can bring the circus to you! Synapse Circus Center is fully equipped to conduct off-site classes at your school or organization. Your student's faces will light up when Synapse's coaches arrive with tight wire, rolling globes, tumbling mats, juggling balls - anything you can imagine!

We are happy to customize to the needs of the groups by either offering a wide variety of circus skills or a focus on one specific discipline if that is desired.

Please contact us by email: [groups@synapsecircus.com](mailto:groups@synapsecircus.com) or by phone at: 253-859-6239



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**Option 1: 8-12 week series.** This option is a short term class series, where students learn circus skills over a period of multiple weeks. This is a great choice for those schools looking to work with multiple vendors throughout the year; giving a taste a circus without committing to the whole school year. This option can easily be plugged into a PE curriculum for one or more periods throughout the day or an after school enrichment program. An end of session performance is also available with this option, but does not have to be included depending on the preference of the school. This option is also convenient to schedule twice a year, once in the fall and again in the spring. We are able to coach to the developmental needs of children's ages 5-18, and can coach all skill levels, beginning through advanced!

**Option 2: Full year show based program.** If your school elects this option, whether it is an afterschool enrichment program or part of a PE curriculum, our program is designed with the culmination of the program being a spring showcase (a performance the kids work towards all year). Starting with the fall session students begin learning the skills they will be performing. Then, in the winter session, in addition to continuing to progress with learning skills, the students will learn basic theater movement and presentation skills. The Spring session is spent choreographing acts, moving through skill transitions, and rehearsing their show. Our staff works with each school to find the best day, time, and location for the show so that students have the best opportunity to shine.



**Option 3: Full Year with PE Units** This PE program is made up of 3 units that are designed to be about 4-12 weeks each: Object Manipulation, Balancing Skills, and Acrobatics. These units are designed to be age-appropriate and feature a skill progression allowing for repeat classes to build upon the skills learned in prior classes. In addition, these classes can be combined for a longer circus PE unit .

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**Our Currently Available PE Units:** *Other units may be available given the space and size of the group.*

### **Object Manipulation**

This unit focuses on juggling and the manipulation of other objects. This unit is designed to enhance a child's hand-eye coordination. The unit is centered on four separate circus arts. Juggling is the quintessential skill associated with the circus. The age of the students will inform whether we teach juggling through scarves, rings, or balls but we will help students progress from juggling one to two to three items. The diabolo sticks feature a yo-yo-like object spinning on a string suspended between two sticks. Students will be able to learn a variety of tricks to do with the object. With the spinning plates, students will learn how to start and keep plates spinning on sticks as well as tricks to do with the plates.

### **Balancing Skills**

Our balancing unit is designed to help the students to be more aware and familiar with how their body moves and to increase their balance. Students will learn to stand and then walk on a large plastic ball called a rolling globe. They will also learn to cross a low-hung tightwire. We use a piece of equipment called a rolla bolla, which is a platform that the students stand on that can roll back-and-forth on a cylinder, to help students develop side-to-side balance. And finally we teach students to walk around using stilts.

### **Acrobatics**

The acrobatics unit combines movement and balance skills so the students can learn to control the forces of momentum, balance, and gravity in this acrobatics camp. This unit will go through multiple styles of tumbling and acrobalance including the styles of gymnastics, dance, and parkour. This unit is the perfect place for youth to learn to take control of their bodies and environments!

These programs are designed to effectively run for multiple years. Since our coaches are able to teach to the skill level of each participant, those who have already participated will work on new and more amazing skills in the second year, while new students will be met at their beginning level.

Once we know what option you are most interested in we can move forward with more details and a quote.

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