



Kids Circus Curriculum

Here at Altitude Fitness, we want our kids to learn absolutely everything they can about aerial fitness in a fun, safe environment that keeps them interested and challenged while gaining strength, flexibility, and confidence.

Like any other sport, we focus on learning and practicing basics for all things aerial. This is extremely important because as our kids progress, they will be doing more and more difficult tricks that are built on those basics. Remember...we are in the air so it's super important to build strength, understand where the apparatus needs to be in relation to the body, and how to safely get out of the fabric. Now, we also know kids tend to have short attention spans so we do our best to mix these basics into fun things like games and choreography. It is super important to understand that just because a trick is accomplished once doesn't mean it's time to move on to the next challenge. Our goal is to learn, perfect, and grow so we practice...a LOT.

We understand everyone learns things at a different pace so we encourage all students to NOT compare themselves to others. No matter whether it's an adult class or a kids class, all students are encouraged to focus on their OWN progress from class to class. Because of this philosophy, our classes are multi-level. Our instructors are trained to teach progressions of tricks and choreography so every student can start from a place they feel comfortable, see what other options are available, and challenge themselves when they are ready. It also gives students a special camaraderie because everyone is so excited when goals are met.

Kids Class Format

Class Type	Description
Hammock - All Levels	Combos and Choreography
Hammock - Level 1 and 2	Tricks
Hammock - Level 2 and 3	Tricks
Hoop - All Levels	Combos and Choreography
Hoop - Level 1 and 2	Tricks
Hoop - Level 2 and 3	Tricks
Silks - All Levels	Combos and Choreography
Silks - Level 1 and 2	Tricks
Silks - Level 2 and 3	Tricks

Classes will utilize stations so students can learn new things, practice them, get assistance from instructors, and work on strength and conditioning drills.

To help kids and parents understand when they are ready to 'level up', we have level sheets. Please keep in mind there is a LOT to learn at every level and perfecting moves is key in leveling up. Instructors must approve kids to move into level 2/3 classes. Even though a student gets approved for level 2/3, they should still attend the other classes as well to continue to build on the basics, flexibility, and conditioning.

Please note that we may update curriculum and classes as needed to ensure we are meeting the needs of all our Altitude HV FitFam students.

