



TrapezeSTL Class Description

What to expect when signing up for a trapeze class:

- During each class students will have the opportunity to learn how to swing, flip, dismount, and do a trick. At the end of the class most students will even have the chance to do their trick across and be caught by a catcher.
- The beginning of each class will include a safety explanation and instruction on various trapeze techniques. There will also be a low-hanging trapeze bar available for students to practice skills and body positions before doing them in the air.
- All coaching and instruction is tailored to the student, so progress as quickly or as gradually as you are comfortable with. Try a new trick if you are feeling adventurous or just keep swinging if all you want to do is fly!
- All classes will be 2 hours long with a minimum of 2 and a maximum of 10 students. Expect to have fun!
- Please call 314.504.4298 if you have any other questions about flying trapeze classes!

What to bring (and not to bring) to class:

- All students will have to sign a waiver/consent form before they can participate in a class. Forms will be available on site and online.
- Please come to class wearing clothing that is comfortable and easy to move around in. Exercise or athletic clothing is strongly encouraged. Please try to avoid wearing restrictive clothing such as jeans.
- No loose hanging jewelry is allowed when flying and no wrist accessories of any kind are allowed while attempting a catch.
- Students will be asked to wear socks when they're taking their turn. If they don't have socks, we will sell them a cheap pair for use during that class.
- Changing rooms and bathrooms will be available near the premises but students are encouraged to show up ready to fly!
- Students are encouraged to bring their own bottle of water. Trapeze can be strenuous and it is important to stay hydrated!
- Please do not apply sunscreen, lotion, or anything that might make hands or wrists slippery before class. Slick hands and wrists can be dangerous for both students and staff.
- A place to put bags, clothes, etc. will be provided for students, but we request that students leave all valuables at home!

Want more?!

- If you take your first class and decide you want to learn more we offer 5 and 10 packs of classes at discounted rates.
- We also offer special rates for groups and parties! Call 314.504.4298 or visit trapezestl.com for more info!
- Don't forget to check out what circus offerings are available at Circus Harmony's full time circus school at the City Museum! Check it out at www.circusharmony.org