

SPECIAL INTRODUCTORY RATE*

FOR ALL NEW SCHOOLS
AND GROUPS, PLEASE CALL
404-549-3000 TO REGISTER.

SCHOOL & GROUP OPTIONS INCLUDE:

- Field Trip Packages
- Monthly/Quarterly Workshops
- Bimonthly Classes
- Weekly Classes
- Or Come In For a Trial Class

Note: Parents are invited to a special showcase for the weekly/bimonthly classes - come and see the budding circus stars in action!!



Learning these fun and unique circus skills your child or teen will experience a unique sense of accomplishment and success.

**CALL NOW TO SCHEDULE A FREE
TOUR OF THE STUDIO**

**Fees vary based upon size of group enrolled and number of lessons. Please call for further details.*

REGISTER YOUR SCHOOL OR GROUP TODAY! CALL 404.549.3000



Circus Arts Institute
206 Rogers Street N.E., Suite 214 Atlanta, GA 30317
404.549.3000 • www.CircusArtsInstitute.com
Conveniently located adjacent to Candler Park

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CIRCUS ARTS FOR SCHOOLS & GROUPS



404.549.3000
www.CircusArtsInstitute.com

>>> WHAT IS CIRCUS ARTS FOR SCHOOLS & GROUPS?

Circus Arts for Schools & Groups (CASG) provides a chance for participants to experience and learn exciting circus skills in a FUN and cooperative environment while focusing on brain and body balancing, muscle strength, teamwork and safety.

EVERY CHILD CAN BE A CIRCUS STAR!

All programs are under the direction of adult circus stars and a Licensed Clinical Social Worker - we will work with both the physical and social aspects of timing as well as paying special attention to the learning styles of each student.

Through this form of movement we work on balance, strength, coordination and flexibility.

>>> WHO IS THE CIRCUS ARTS FOR SCHOOLS & GROUPS PROGRAM DESIGNED FOR?

CASG is open to children and teens, ages 5 and older. Each program and/or class is specifically designed to meet the needs of each school or group that comes into Circus Arts.

This program is designed to help the children both physically and mentally. Sessions include an introduction to many pieces of ground equipment (such as balance boards &

juggling) as well as aerial apparatus including low trapeze, Spanish Web (soft rope climbing with tricks), and tightwire (less than 3 ft. off the ground).

Although we focus on having fun, we are also very specifically working on helping each child increase muscle strength as well as flexibility while improving their balance and coordination.

We also focus on body balancing and brain balancing through specific

activities that involve cross-lateral movements, like juggling. These activities fine tune how the body moves in space.



CIRCUS ARTS FOR SCHOOLS & GROUPS PROGRAM WILL INCLUDE SPECIFIC ACTIVITIES TO ENCOURAGE AND ENHANCE:

- Bilateral coordination skills
- Muscle strength, including core muscles
- Crossing the midline abilities
- Brain and body balancing
- Self esteem
- Teamwork and social interaction
- Ability to overcome fears
- Communication with peers
- Balance, flexibility & coordination
- Focus and attention



ACTIVITIES WILL INCLUDE:

Aerial

Low Trapeze
Soft Rope Climbing
with Tricks
Low Ropes
Triple Trapeze
Tight Wire Walking

Ground

Juggling Scarves and Balls
Hula Hooping
Balance Boards
Crash Cushion Jumping
Buddy Walkers
Duck Walkers

For information about the Circus Arts Institute or to arrange an appointment please email: Carrie@CircusArtsInstitute.com or call 404.549.3000.

The benefits of involvement in circus arts to youth is well documented... from developing fitness, building self esteem, developing team work and trust, improving communication skills, and engaging in healthy risk taking, to assistance with focus, concentration, brain balancing, and sensory integration... the potential positive impact is impressive. And it is fun! An experience sorely needed by many of our youth. The positive results are cumulative and long lasting.



- Annie Kelahan, LPC, Director of Clinical Services, The Odyssey Counseling Center

Carrie Heller, MSW, LCSW, Founder & Director of The Circus Arts Institute, is a Professional Trapeze Artist as well as a Licensed Clinical Social Worker with over 35 years of experience in the world of circus arts and over 20 years of experience as a therapist.

She served as Director of Clinical Services at The Bridge Runaway Shelter in Atlanta before going into private practice and founding Circus Camp in 1993.

Over the past two decades Carrie has worked with countless schools and groups across the country including The Atlanta School, Devereux Treatment Center, The Pal Program, Atlanta Arts Exchange, City of Decatur afterschool & summer programs and The 504 School. Carrie looks forward to introducing your school or group to the wonderful world of the circus!!