



1822 9th Street
Oakland CA 94607

Got Trapeze?
Get the hang of it!

The best place in the SF Bay Area for adults and children to...
fly, jump, catch, hang, climb...and discover new thrills!

Register Now!

We are located at 1822 9th Street in Oakland (the cross street is Pine). There is ample street parking and the West Oakland BART station is a walkable distance away.



1822 9th Street • Oakland
510-419-0700
www.trapezearts.com



Come *Fly* with us at Trapeze Arts!

Have you ever wanted to run away and join the circus? Or maybe you've dreamt of flying through the air or swinging by your knees! Well, we have just the thing for you. ☆ Since 1994, Trapeze Arts, Inc. has been teaching flying trapeze and other circus arts to adults and children of all ages and is one of only a handful of full-time circus schools in the United States. Our classes are unique and exciting and while most of our students are taking classes for fun, we can and do train those who aspire to a professional career. ☆ We recognize that everyone has the ability to participate in our activities, regardless of size, ability, previous experience or strength. Our students range in age from 2 – 82!! ☆ Our mission is to provide

Put your mind at ease
Safety is our number one concern. The flying trapeze is always done over a net, and everyone wears a safety harness.
We have strict safety standards and guidelines that apply to all activities in our gym.

an opportunity for any individual to experience and learn aerial and other circus arts in a supportive, non-competitive environment. The goal of this experience is to enrich, enhance and promote personal growth in a safe, fun and friendly atmosphere. ☆

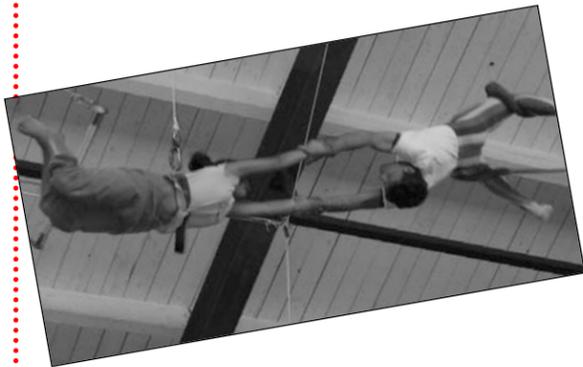


Classes

FLYING TRAPEZE

Adults and children - no age restrictions - no experience necessary

Fly through the air with the greatest of ease...just like you see in the circus. During the first class, participants learn the basics. You'll hang by your knees on a stationary bar, then proceed up the ladder to the flying trapeze! After practicing a knee hang position for execution and timing, you may even be ready by the end of the class to attempt a *catch* with our *catcher*... and this is just the beginning!



CLASSES FOR ADULTS & KIDS

These classes are intended to be exciting and personally challenging regardless of one's age or skill level.

AERIAL ARTS

Static Trapeze

Manipulate your body on and around a stationary bar, hung at various heights. You'll learn positions and tricks, and begin building routines on the trapeze. The class emphasizes strength, conditioning and flexibility. More advanced students will focus on form, style and choreography.

Rope/Corde Lisse

Learn to entangle yourself around a rope while executing various positions, wraps and drops.

Tissue/Aerial Silks

Climbing, wrapping and dropping on an aerial silk – skills are similar to those used on a rope but even more challenging.

Hoop/Lyra

With an emphasis on strength and flexibility, learn positions and tricks on an aerial ring. Form, style and choreography are also a focus.

Swinging Trapeze

Swinging trapeze combines static trapeze positions with the dynamics of a swing. There is no net, but everyone wears a safety harness.

TRAMPOLINE

Kick those running shoes in the closet and come break a sweat while you bounce as high as you dare. Boost your self confidence, coordination, and air awareness in this challenging but family friendly environment. All ages and abilities welcome.

TUMBLE TRACK

Learn basic to advanced tumbling on our 40 foot long trampoline. The bouncy surface is a safe place to practice flipping skills without the wear and tear on your body from training on hard or spring floors. No experience required.

CHINESE ACROBATICS

Learn the foundations of the ancient Chinese Acrobatic tradition. These techniques are the building blocks for all circus arts. Classes are designed to give students the discipline, strength and flexibility necessary to develop their acrobatic potential. After acquiring a thorough foundation in the basics of tumbling and handstands, students may graduate to more specialized skills, such as hoop diving, contortion, Chinese pole and teeterboard.

CONDITIONING

The emphasis of this class is the development of core strength for all aerial arts and flying trapeze. This full body workout is accomplished with the assistance of therabands, weights and the trapeze bar.

JUST FOR KIDS

Children's classes are designed to emphasize self-confidence, while building coordination and physical skills.

PreSchool Circus (ages 3-5)

An introduction to basic circus skills: tumbling, trampoline, static trapeze and more, with a focus on coordination and gross motor skills.

Kids Circus (ages 6-11)

Circus arts including static trapeze, trampoline, juggling, artistic bicycle, acrobatics and mini trampoline.

Les Aerielles

Youth Performance Company

Les Aerielles is intended for students interested in pursuing performance opportunities in aerial and other circus arts (not flying trapeze). In addition to training in a core curriculum, students will develop their own choreographed act on the aerial apparatus of their choice. Emphasis will be placed on strength, conditioning, style, form and polish. Students must attend class a minimum of 2x/week. Performance opportunities occur throughout the year.

Audition required

Staff

Our swinging, hanging, catching, jumping, talented and terrific staff have extensive circus experience, having been performers and instructors with circuses all over the world.

Stephan Gaudreau

President and Artistic Director

Stephan was first introduced to circus arts while working as a chef at Club Med! He decided to change careers, and became a circus instructor. After 6 years of teaching flying trapeze and other circus skills to the guests on vacation at Club Med, he left to pursue a professional flying trapeze career. He was hired as the lead flyer for the Flying Angels at Circus Circus in Reno, and for a number of other flying trapeze acts. He is one of a select few trapeze artists who has accomplished the triple somersault. After getting married, he settled down in San Francisco. He began teaching again and Trapeze Arts was born.



Events

Birthday Parties and Private Groups

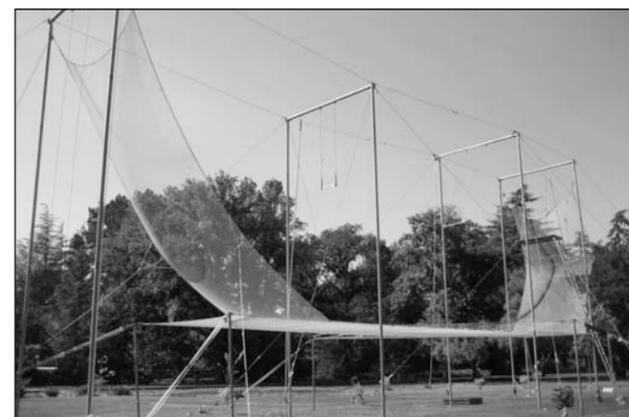
Looking for something that's never been done before? Whether you're 2 or 82, Trapeze Arts is an ideal place to celebrate a birthday or have a private group event. We've hosted scout troops, church groups, bar/bat mitzvah parties, and bachelor/bachelorette parties – to name a few. The flying trapeze along with trampoline, juggling, tumbling, and acrobatics are unique and exciting activities for that special group event. We also have a room that you can use for food, cake and refreshments either during or after your event.

Tell your boss to take a flying leap!

Corporate team experiences have never been more unique! Participants won't believe they will actually have the chance to experience the flying trapeze and other circus arts, just like they've seen performed in professional circuses. In a non-competitive environment, participants will have to take risks, trust strangers, conquer fears, and more. The experience is different for everyone, depending on one's background, but everybody leaves with much more than they came.

We'll come to your event!

Tired of the egg toss and dunking for apples? Want a unique and exciting activity at your next company picnic, corporate event, or party? Have the flying trapeze brought to your venue. Everyone will have a chance to fly on the trapeze and by the end of the event we can put on a show where your guests are the stars!



Visit us at **1822 9th Street in Oakland** or call **510-419-0700**
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