

ETC Youth Class Requirements

In order to register for a Level 2+ class, students need a teacher recommendation. Teachers assess the skills of students each term, about 3 weeks from the end of the term. If your child receives a Level 2+ assessment, your family will be notified by email.

The following is a list of skills teachers are reviewing with students during assessment week. Students need to fulfill all of the listed requirements in order to enroll in the next level class. If you have any questions or would like to discuss your child's progress, please ask your teacher or call the office at 971-267-3246. Thank you!

Class-taking skills

- Be safe with your body and the bodies of other students
- Follow instructions
- Participate in all parts of class
- Show effort

Trapeze skills

Level 2

- Sit on top of the trapeze without a spot
- Flamingo on top of the trapeze
- Swing with control and good form
- Arrow with strong line
- Upside-down straddle under the bar
- Sky diver or basket hang

Level 3 (in addition to the above)

- Straddle-up on the ropes
- Inside-out or Mermaid
- Pull-over into catcher's hang
- Step-step-kick-turn with straight legs and strong shoulders

Fabric Skills (silks)

Level 2

- Climb half way, with controlled descent
- Upside-down straddle from floor
- Gazelle in knot

- Single foot-lock from the floor

Level 3 (in addition to the above)

- Russian climb
- Single foot-lock in the air
- Double foot-locks from the ground
- Double crochet to crucifix from knot or the ground
- Hip key from russian climb

Tumbling Skills

Level 2

- Forward roll with chin tucked in, stand up without using hands to do so
- Cartwheel with a solid landing (straight legs are not necessary)
- Handstand with strong upper body, nearly vertical, straight legs not needed
- Tri-pod balance
- Back bridge (without head on the floor)

Level 3 (in addition to the above)

- Cartwheel with straight legs that reach toward the ceiling
- Handstand – vertical with straight legs for a moment of placement.
- Back bridge with straight arms
- Solid table base and willingness to base and fly partner tricks.
- Headstand – vertical balance