

Welcome to Akrosphere Aerial & Circus Arts



We are thrilled to have you join our Akrosphere family! We have a bit of information for you that will help you settle in and feel comfortable as your child begins their circus adventure.

Please note that almost all of our communication to families is through emails...keep checking that inbox!

Feel free to email info@akrosphere.com if you have any questions! Email is by far the easiest way to reach us. The lovely and talented Lyndsay Brown is our Executive Administrator and Studio Family Mentor (among many other things)! She is usually the one reading and responding to incoming email. Be sure to shower her with love, as she is an amazing person!

[STUDIO POLICIES](#): Here at Akrosphere, we have many studio policies that help our gym run smoothly. On our website, please notice the [Current Families](#) button. That button is just for you, our Akro-Families! Click it, and you will find links to Studio Policies, our Studio Calendar, your Parent Portal, Open Gym Schedules, and many other things. Please ensure you are familiar with our studio policies.

Find us / Like us / Follow us on Social Media!

[Facebook](#) : [Instagram](#) : [YouTube](#) : [Google](#)

Welcome to your exciting journey through the world of Circus!

CONTENTS

3 MISSION STATEMENT

Studio Philosophy
Company Values

4-5 IMPORTANT AKRO-STUFF

Email
AKRO-App
Dress Code
Open Gym
What to Bring
Make-ups
Policies

6-7 AKRO-TERMINOLOGY

8 SHOWCASE SCHEDULE

Participation
Costume
Call-Time
Tickets
What to Expect

9 STUDIO POLICIES

10 PROGRESSION PATHWAY

11-12 A NOTE ON LEVELING UP

Things to Remember in Circus Class
Advancement Criteria
Want to get better and stronger...faster?

Akrosphere Aerial & Circus Arts: Amplifying the Artistic Voices of Future Innovators

Our STUDIO PHILOSOPHY is founded on 6 things that Akrosphere holds to be true:

- Happiness and fun play a huge part in a successful learning environment. By encouraging friendships and using humor and joy, our coaches guarantee a happy environment for your child.
- Creative exploration is necessary for learning. We encourage our students to think for themselves, taking what they learn and expanding on it, making it their own.
- Our students deserve our best. Our students receive nothing but compassion, kindness and respect from our staff. We serve our students and encourage them to show these qualities toward others.
- Trust is crucial. We are passionate about what we do, and we share that with our students by being honest with them. Through this authenticity, the students develop a level of trust with our coaches. Honest, gentle feedback ensures our students progress quickly and safely.
- There is no substitute for self-respect. We teach our students to respect themselves and others by showing them how to respect their bodies and minds for safe training, plus encouraging healthy acknowledgement of personal growth.
- Make it easy. Parents these days are juggling more than ever. We have seen studios that place enormous demands on families and we know that there is a better way. Through streamlining the processes, we strive to make things easy for parents, which makes it easy for them to love our studio.



Our COMPANY VALUES:

Transparent Trust: We prioritize honesty and clarity with our team, our families, and with ourselves.

Honesty is the first chapter in the book of wisdom." -- Thomas Jefferson

Fearless Passion: I cast aside negativity and self-doubt to embrace the adventure of achieving my goals.

"People with great passion can make the impossible happen." -- A. Pavitra Chettiar

Bold Leadership: I unapologetically embrace and embody the qualities of my heroes.

"Leadership is not a position or a title, it is action and example." -- Cory Booker

Creative Innovation: I will always ask, "What if...?"

"First, think. Second, dream. Third, believe. And finally, dare. It's kind of fun to do the impossible." -- Walt Disney

Important AKRO-Stuff

Email: Most communication is by email. Parents are responsible for all info sent. Add info@akrosphere.com to your contacts to avoid missing anything.

AKRO-App: View classes, pay tuition, read past emails, and get alerts. Free on App Store & Google Play—just search “Akrosphere.” Enable push notifications for weather/studio updates!

Dates to Remember: Full [Studio Calendar](#) is online under the Current Families tab.

Dress Code: All students must wear:

- **High-backed leotard**
- **Ankle-length leggings**

You may provide your own, or these may be purchased from Akrosphere (\$20 leotard, \$25 leggings).

This class attire will also serve as your performance costume (black leggings are required for showcase), so there are no surprise costume fees...ever!



Also:

- Remove all jewelry. If a piercing cannot be removed, tape it with a bandaid during the class. Small earrings are fine.
- No Zippers or Buttons or Velcro (these tear the equipment.).
- No long nails are allowed on any aerial equipment. It is a safety issue, plus damage to aerial equipment may occur.
- Pull all hair back and secure it out of the face into a ponytail or braids for ALL cirque classes. Hair can easily wrap around the apparatuses and get “stuck”, which is dangerous and quite painful. Please do this before class, as we do not provide hair ties.

Open Gym: Open gym is available on Saturdays 10am-12noon plus a few other times during the week; check our [Open Gym](#) page on our website for the current schedule. Every student in our individual apparatus classes (Level Classes) are encouraged to attend, and it is already included in your monthly tuition. This is a time for students to work on the skills they have learned throughout the week, while a coach is there for supervision. No sign up necessary; simply show up on Saturday morning ready to train. The more you work on the skills you have learned, the stronger you will be, and the faster you will progress!

At this time, Open gym is not currently available for Circus Kids or Akronauts.



What to bring:

- **Notebooks.** Every student, with the exception of Akronauts, will need to bring a notebook and writing utensil to every class to take notes.
- **Water Bottle.** We require all students to bring a reusable water bottle, and make sure to drink water in your cirque classes.
- **Knee Socks for Trapeze Classes.** For most aerial cirque classes, we ask students to be barefoot. The exception to this is Trapeze, where we ask all students to bring socks (preferably ones that go up past the ankle.)
- **Fitted Running Shirt for higher level aerial classes.** OPTIONAL. For Aerials (especially Level 3 and higher), you might choose to bring a fitted shirt to cover and protect your underarms as needed.
- **Feiyue shoes for Cyr Wheel.** OPTIONAL. Many people prefer to go barefoot on the wheel, but some choose to wear shoes. Feiyue shoes are a Cyr industry standard and are available for about \$25 through Amazon. Street shoes are not allowed.
- **Also:** You might also want to bring a protein-rich treat for after class on your way home, to help build muscles. However, please refrain from eating in the gym

Make-ups: Every student is allowed per class:

- **2 make-ups** between August-December
- **2 make-ups** between January-May
- **1 make-up** in June-July.

All make-up classes must be completed by the end of each Training Block.

Makeup classes can be scheduled AFTER there has been a missed class. You may take one (1) make up class per month, meaning if a student misses 2 classes in August, they may schedule 1 make-up class in August, and 1 in September. Simply email us at info@akrosphere.com to schedule your makeup class. Walk-in make-ups are not allowed.

Please note: no make-up classes will be scheduled during Persistence Periods in October-December or March-May, due to showcase preparation.

Policies: We encourage all families to become familiar with all our [studio policies](#). (These are the policies you checked when you signed up online.) You can find them on our website in the Current Families tab..



AKRO-Terminology

Training Block: The way we organize our year. There are three Training Blocks annually: (1) January–May, (2) June–July, and (3) August–December. Each Block has its own focus and progression, designed to support long-term circus growth.

Skill Surge: This is the launch phase of each Training Block, when the spotlight is on learning new skills and refining technique. Students build strength, confidence, and expand their skill sets.

Choreography Countdown: The creative phase of the Spring Training Block! Students shift from skills to performance – crafting phrases, learning transitions, and building complete acts for the Spring Showcase.

Summer Skill Slam: A summer-exclusive favorite! During this Training Block, students dive into exciting specialty skills not taught during the regular year – like swinging trapeze, orbiting silks, duo Cyr wheel, butterfly lifts on Lyra, and more.

Patch Week: A milestone moment! During Patch Week, students new to Akrosphere – or those leveling up – receive their official Akrosphere Patch, symbolizing their level (just like karate belts!). Patches can be proudly displayed on jackets, gym bags, or anywhere you like.

Social Media Week: A special week when students are allowed to bring their phones into the gym! In addition to regular training, coaches guide students on how to responsibly and effectively share their circus progress online. The final 10 minutes of class are set aside for students to film themselves or each other. A handout is provided with Akrosphere’s official social media tags.

Show-and-Tell Week: A low-pressure way to build performance confidence! During this week, students spend the last 10 minutes of class presenting skills or short sequences for one another – a fun “mini audience” experience to help them prepare for bigger performances coming up.



AKmē Instant Circus Performance Company: Akrosphere's pre-professional performance company. Auditions are held each August and January. Company members represent Akrosphere at festivals and shows across Atlanta and beyond — including cities like Las Vegas, Dallas, and Charlotte. They also present one high-level showcase performance each year.

Bring-a-Friend Week: A student favorite! During these special weeks, Level 1 & 2 students may bring a friend to join them in class. Expect partner-based warmups, games, and beginner-friendly circus skills — all coach-guided. It's a fun way for students to explore teaching while deepening their own understanding.

Break: A scheduled period when Akrosphere is closed — no classes, camps, or open gyms. Breaks align with Fulton/Forsyth school calendars and the recommended training cycles for circus artists. These rest periods help prevent overuse injuries and keep bodies strong. We also use this time for comprehensive rigging inspections to ensure ongoing student safety.

Spring Spectacular: Our annual student showcase! For this special event, the gym transforms into a 200-seat black box theatre complete with professional lighting and sound.

Persistence Period: The final stretch before a performance, when class changes or drops are not permitted. This ensures consistency, fairness, and focus for all students preparing to perform.

Call Time: The time your student must arrive at Akrosphere before the show begins. This allows time to warm up and get familiar with the equipment — so they perform confidently and safely.

Show Time / Curtain: The official start time of the performance.



Showcase: May 3-8, 2027

PARTICIPATION: *All students are expected to participate in our Student Showcases.* This is an exciting and rewarding experience when students demonstrate their talents and abilities. Performing in this manner develops confidence, self-esteem and a sense of accomplishment.

COSTUME: We ask all students to wear a **solid color leotard and black leggings**, so no unexpected crazy costume fees for you, ever!
Please arrive at the studio already dressed in your uniform, with all hair pulled back neatly and secured out of your face.

CALL TIME: Call times are 5:30pm for a 7pm showcase weekdays, and 9:30am for a Saturday 11am showcase. Please arrive at or slightly before your call time on your appropriate day. Doors open for audience 30 minutes before showtime.

SHOWCASE TICKETS: 2 tickets to your performance for each class day taken are included in your tuition each session. If you take two classes on Monday and two classes on Tuesday, you will receive 2 tickets for Monday and 2 for Tuesday. Additional tickets may be purchased for \$10 each.



WHAT TO EXPECT:

Each of our showcases consist of about 60 minutes of non-stop circus magic!

In most cases, students will perform on the same night of the week as their regular class—though a few exceptions may apply.

The first half features performances by our studio classes.

Afterward, those students may join the audience to enjoy the second half, showcasing select acts by AKme Instant Circus, Akrosphere's performance company.

SPECIFICS for this year will be available soon!

Studio Policies

All our policies are listed in full on our website. Here are some links so you can quickly look up what you wish to know!!

We encourage all our families to read all studio policies in full!

TUITION AND PAYMENT POLICIES

[Rates](#)

[Payment](#)

[Money Back Guarantee](#)

[Trial Classes](#)

[Dropping a Class or Camp](#)

[Registration / Equipment Upkeep Fee](#)

[Late Fee](#)

[Injury Policy affecting Class Participation](#)

CLASS POLICIES

[Dress Code](#)

[Bring to Class](#)

[Observing a Class](#)

[Arriving Late to Class](#)

[Make-up Classes for Absences](#)

[Private Lessons](#)

[Open Gym](#)

SAFETY AND HEALTH POLICIES

RESPONSIBILITY OF PARENTS AND STUDENTS

[Calendar](#)

[Inclement Weather](#)

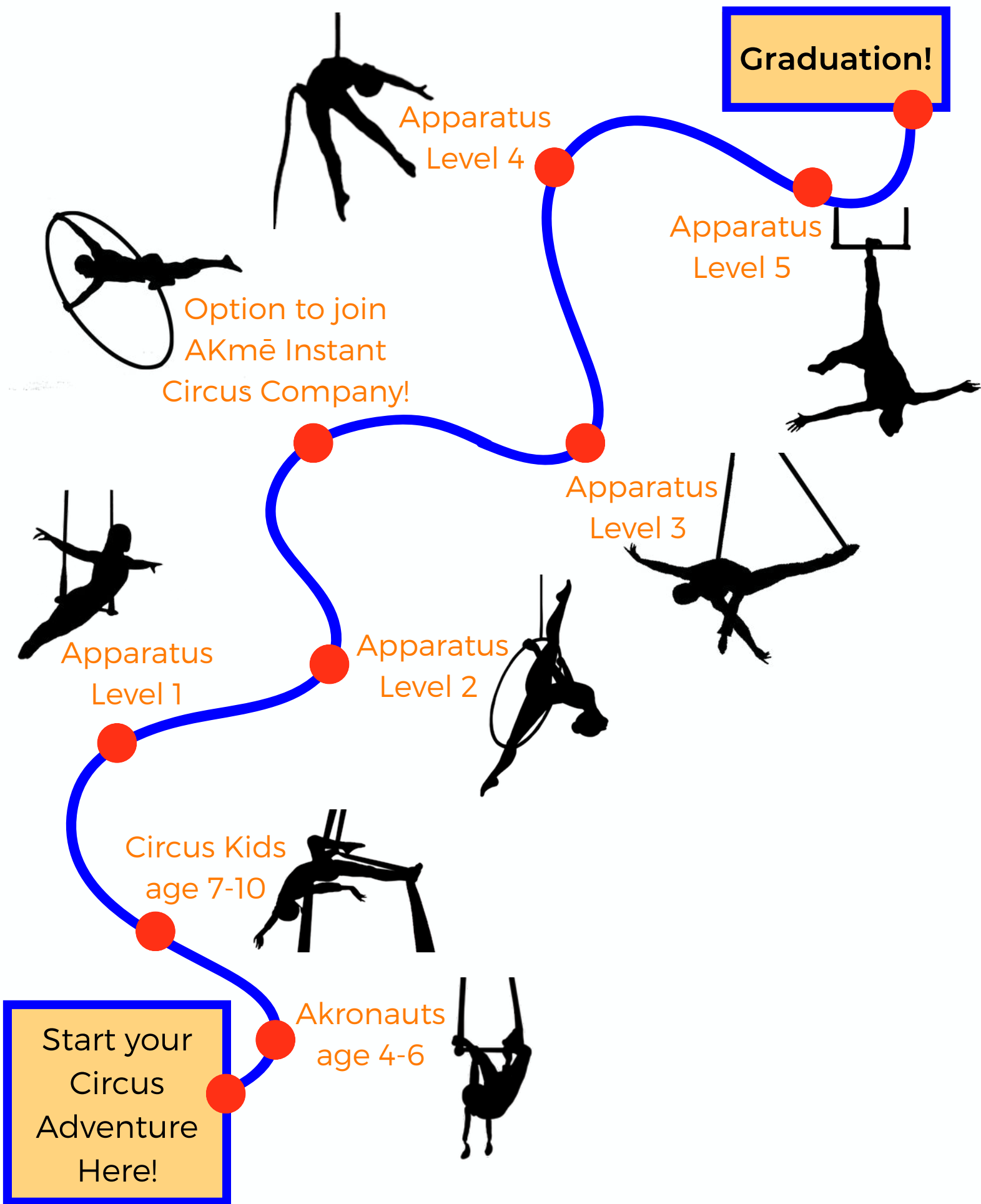
[Other Specifics](#)

[Warnings, Suspensions, & Dismissals](#)

BEHAVIOR POLICIES

SOCIAL MEDIA POLICIES

Akrosphere Progression Pathway



A Note on Leveling Up

Here at Akrosphere, we hold ourselves to high standards. Our leveling system is significantly more difficult than most other leveling systems in the Southeastern United States. Why do we do this? Because many of our students are striving towards careers in the circus arts with international companies and schools.

What does this mean for you? Well, for example, it may take longer to get out of Level 1. Our leveling system remains compliant with the international standards of levels at facilities like National Circus School of Montreal, National Circus School of Quebec, National Institute of Circus Arts in Australia, and the like.



The following is a typical progression for students:

- Level 1: 1-2 years of circus training on your apparatus at a serious facility.
- Level 2: 2-3 years of circus training on your apparatus at a serious facility with a general understanding of the discipline, technique, and form.
- Level 3+: 4 or more years of circus training on your apparatus with heavy emphasis on the discipline, technique, cleanliness, and form

You may move faster than this; if so, congratulations! But please do not be discouraged if it takes a while to move to the next higher level. We promise our coaches will continue to challenge you and give you new information at your current level until you are ready to move to a different class.



THINGS TO REMEMBER IN CIRCUS CLASS:

Learning circus arts is incredibly hard. A skilled performer will make everything they do look easy—that's their job. However, that can make it confusing for you, the student, because everything feels hard. That's just how it is. If circus was easy, it wouldn't be so cool.

Circus class is not a contest. Everyone has different strengths, and learns at a different pace, and some people pick up new skills quicker than others. Don't sweat it. Open gym is included in your tuition, so use it to practice!

The most important thing to get out of a circus class is accomplishing your own goals. It doesn't matter what those goals are; to just have fun, to get strong, to have a "cool hobby". Just remember why you're doing what you're doing. Don't get discouraged if it takes longer than you'd like...keep a positive attitude and love the journey!



Advancement Criteria

At Akrosphere, we look at much more than just “ticking skills off a list”. In addition to a student being able to complete everything in the Level curriculum, they must also demonstrate...

- **Flexibility:** Particularly important for aerial and acrobatics acts and apparatuses
- **Strength:** Increasingly important as students move into more difficult skills, partner- or team- based acts, and contemporary circus solos that are longer in length
- **Artistry and Form:** It's not just “can you...”, it's also “how”.
- **Commitment and Healthy Attitude:** Being present with a good attitude goes a long way at Akrosphere!

Want to get better and stronger...faster?

- Anything physical that you can do outside of class, including cardio, will help you. Cardio helps your stamina so you don't “fall out” toward the end of class!
- Circus work really targets the upper body and core, so putting your focus on building strength in those areas will help your training immensely. For core work, hollow body holds, crunches, or leg lifts will help you. For upper body, pull-ups are hands down the most helpful training you can do. (If you can't do pull ups, try negatives, or horizontal pull-ups under your dining room table!) Having a pull-up bar in a doorway at home is pure gold when it comes to building that aerial strength!
- Make sure that every exercise you do has proper form and engagement to prevent injury. Stretching at home will help you as well. Balancing both strength and flexibility keeps your body healthy.
- Write down all the exercises and stretches you learn in class in your training notebook. Then you can do them at home.
- If you are a student in our level classes, then come to Open Gym! It is a great place to practice those skills (remember it takes 10,000 hours to be a “master” at something!). Open gym is also a wonderful time to do some strength training on your apparatus...think Lyra pull-ups, or no-legs rope climb (for you crazy strong types!).