

Arts

# The Actors Gymnasium

The Actors Gymnasium and Performing Arts School offers classes in everything from gymnastics to stage combat. And, of course, circus arts: trapeze, juggling, tight wire, and more! All classes are taught by professional performers with highly-developed skills.

The summer session starts the week of June 15th. The following classes meet at the Noyes Cultural Arts Center, 927 Noyes St. To register or receive information on other classes, please call 847/328-2795, visit our office in Room 104 of the Noyes Cultural Arts Center, 927 Noyes, or visit [www.actorsgymnasium.com](http://www.actorsgymnasium.com).

## SUMMER INTENSIVE

An innovative five-week intensive workshop dedicated to physical performance and act creation. With these skills, the students will create a full-evening piece, open to the public. Students are required to complete one regularly scheduled class at The Actors Gymnasium and receive teacher approval before enrolling in the summer intensive. No class July 9. There will be a rehearsal on July 24 and a performance at 7:30pm on Sat., July 25.

Instructors: Sylvia Hernandez-DiStasi, Oyuna Yadamjav, Tommy Rapley, and Lauren Hirte

Age Level: Adult

Fee: \$625

Dates	Days	Time
June 22-July 23	M-Th	4:15-6:15pm

## ACTORS GYMNASIUM CIRCUS AND PERFORMING ARTS CAMP

The Actors Gymnasium Circus and Performing Arts Camp is perfect for young performers who want to strengthen, stretch and flex their creative muscles. Each day begins with a warm-up, followed by training and workshops in circus, drama, and movement. Students learn circus skills: juggling, tumbling, trapeze, tightwire, stilts, and more; take fun-filled field trips; and create and perform their very own circus-theatre performance at the end of the session! No camp July 3.

Camp Director: Sylvia Hernandez-DiStasi

Age Level: 9-15 years

Fee: \$820 per session, \$1580 for both sessions

Dates	Days	Time	
June 15-July 10	M-F	9am-4pm	Session 1
July 13-Aug 7	M-F	9am-4pm	Session 2

## CIRCUS AND AERIAL ARTS

Popular circus skills – aerial and ground – taught by leading professionals in the field. Trapeze, unicycling, juggling, tightwire, stilts, and more!

Instructors: Sylvia Hernandez-DiStasi

Age Level: Adult

Fee: \$210 Length: 8 weeks

Dates	Days	Time	Class
June 15-Aug 3	M	6:15-7:45pm	Circus Arts Level II
June 15-Aug 3	M	7:45-8:45pm	Beg. Aerial Arts
June 16-Aug 4	Tu	7:15-8:15pm	Int. Aerial Arts
June 17-Aug 5	W	6:15-7:45pm	Circus Arts Level I
June 20-Aug 8	Sa	1:30-2:30pm	Beg. Aerial Arts

## CONTORTION

For serious, aspiring contortionists or people who want a really good stretch. This extreme yoga class promotes flexibility, strength, and healthy circulation. No class July 9 and Aug. 6.

Instructor: Oyunchimeg "Oyuna" Yadamjav

Age Level: Adult

Fee: \$160 Length: 6 weeks

Dates	Day	Time
June 18-July 30	Th	6:15-7:45pm

## GYMNASTICS

Learn to tumble or just practice your skills in a multi-level class where everyone, beginning student to advanced, is welcome.

Instructor: Lauren Vitz

Age Level: Adult

Fee: \$145 Length: 8 weeks

Dates	Day	Time
June 16-Aug 4	Tu	6:15-7:15pm

## CIRCUS FITNESS

Develop core strength and flexibility in this unique and fun fitness class. Trapeze, Spanish web, and silks are among the circus apparatus used to give students an amazing workout.

Instructors: Sylvia Hernandez-DiStasi

Age Level: Adult

Fee: \$145 Length: 8 weeks

Dates	Day	Time
June 20-Aug 8	Sa	12:30-1:30pm

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