

# Circus

N O V E M B E R 2 0 0 8



## Quote of the Month:

*May you always have enough happiness to keep you sweet; enough trials to keep you strong; enough success to keep you eager; enough faith to give you courage; and enough determination to make each day a good day!*

~Blessing

## CCAC's Fiesta to Remember

**O**n Friday, November 7th, CCAC (Community Circus Arts Corporation) will host its second fundraising gala and silent auction. This event will be held at the historic Masonic Lodge at 131 Cajon Street.

Join us from 6-9pm for a delicious dinner and a private circus performance as you visit with fellow circus supporters and alumni. Enjoy the evening and take advantage of bidding on unique gift baskets donated by the Great Y Circus classes. All of the contributions benefit CCAC's

efforts in support of the Circus.

To reserve your place for this event, please pick up a ticket form at the YMCA, call 792-8414 x218, or e-mail [ccac@ycircus.org](mailto:ccac@ycircus.org).

Tickets for Fiesta to Remember are \$40 each, \$75 per couple or \$325 for a full table (10 seats). Please make your check payable to CCAC.

If you would like to donate an item for the silent auction, please call or e-mail CCAC right away. Your generous donation and continued support is greatly appreciated. Thank you.

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## Circus Trainers Meeting ~ choose one

Wednesday, Nov. 5th

1:30pm; 5:30pm; or 8:00pm

**Head Trainers and Assistant Trainers are encouraged to attend one of these meetings. Please RSVP to Robin.**

## Holiday Class Schedule

The Holidays are just around the corner, and the YMCA hours of operation will change just a bit. We will offer our regular Wednesday classes on November 26th, but will be closed on Thursday, November 27th. Our December session will run for the first 3 weeks in December ~ Our Holiday break will take place from Monday, December 22nd– Thursday, January 1st. Regular classes resume Monday, January 5th. Thank you.

## Circus Skills Evaluations

Congratulations to all of you for putting forth your best effort in conditioning skills evaluations. Now...we move forward into the skill development period; October 27th through December 4th (6 weeks). During this time, participants will learn the basic skills or tricks they will need to know to perform. Skills evaluations will occur the week of December 8th, and the results will be

provided the following week. If for any reason a participant does not pass this portion of the evaluations, we will work with that student to find an alternate class in which he or she can safely continue his or her involvement with our program, based on the student's level of strength, skill, focus, and their experience. Questions? Please call and talk with Robin Stein @ 798-9622 x206.

**Circus Merchandise will be on sale in the lobby on the following days: Nov 5, 6, 19, & 20 between 4:30-6:30pm. Shop early to get great Holiday presents for the Circus performers in your family! Sweatshirts, jackets, and more!**

## Keep Circus Healthy!

**T**ime for colds and flu, right? Not at the Great Y Circus! We want to keep our kids healthy and fit. To avoid spreading germs, please make sure everyone practices the following procedures:

\*Wash your hands frequently, including after each class and before you go home. Carefully and briskly scrub hands for at least 15 seconds, then dry them with a paper towel. Using hand sanitizer containing at least 60% alcohol when you don't have access to soap and water will help, too.

\*Keep your personal items personal ~ avoid sharing towels, clothing, food and/or drinks with others.

\*Don't participate in classes when you are sick! If you stay home from school, you should stay

home from circus. You can call Robin to get the message to your Trainers that you're unable to attend classes due to illness. 798-9622 x206.

\*Please keep cuts or abrasions covered during circus classes ~ clean and sterile bandages over wounds keep germs from spreading to others and also keeps them from getting more infected and help them to heal. (First aid supply's are available if needed at the YMCA.) Please seek treatment immediately for any cut that becomes tender to the touch, swollen, and/or red as it could become a serious staph infection that requires a special antibiotic to treat the infection effectively, and finally.....

\*Wash your circus clothes after you wear them...keep your clothes clean and smelling fresh!

# Regional AYCO Festival Recap

On Sunday, October 26th, The Redlands Family YMCA hosted the Second Annual Southern California Regional AYCO (American Youth Circus Organization) Festival.

In addition to the Great Y Circus, other participating circuses included the Fern Street Circus, the Sophia Isadora Academy of Circus Arts, the Hope Street Circus, ICircus, and Circus Journey.

Trainers from each program involved came together to lead 22 workshops.

A special thank you to Pam Ford, Kathi Cochran, John Whitfield, Laura Stansell, Donna Wood-Babcock, Cheryl Lindley, and Bobby Hartman for coordinating this year's event. Thanks to Olive Ave. Market for the great food, too!



## Appropriate Clothing for Circus Classes

**A**ll Circus participants & trainers must wear appropriate clothing to classes. For your safety and comfort, we recommend wearing comfortable, athletic-type, snug-fitting but flexible clothes.

**GIRLS AND WOMEN** should wear:

- Leotards *with* bike shorts and/or fishnet tights underneath
- Fitted shirts and fitted workout shorts or pants
- Appropriate undergarments that do not show through your clothes

**BOYS AND MEN** should wear:

- Fitted shirts and fitted workout shorts or pants
- Appropriate undergarments

Some circus classes require footwear, and in others it's OK to go barefoot. Please check with your Head Trainer about the shoes possibly required for your class. **DO NOT** go barefoot through the YMCA...put shoes on, please!

If you have to think about keeping an article of clothing in place by pulling on it or tugging at it, you should consider wearing something else. Clothing can become a distraction and a safety

issue. If a participant persists in wearing inappropriate clothing to a class, please be aware that he/she could be asked to sit out that class. Circus class fees cannot be refunded if a child is asked to sit out of class for wearing inappropriate clothing.

Please **DO NOT** wear the following to Circus classes:

- Loosely fitted clothing (if it shows your belly or underwear when you flip upside-down, it is inappropriate!)
- Jeans ~ long pants or shorts ~ not allowed!
- Low-cut spaghetti strap tops, bare midriff tops, or low-cut workout shorts or pants - (again, no exposed belly's please!)
- Anything with inappropriate images or language on it
- Jewelry should not be worn during class

As we move into the colder months, we strongly recommend that you **layer your clothing**. Our program spaces can get rather chilly due to the high ceilings, so please bring pieces you can wear over your workout clothes until you have completed your warm-up exercises. Please "bundle up" just a bit more since the weather is changing...we do not want you to become sick. Thank you.



THE GREAT ALL-AMERICAN YOUTH CIRCUS

c/o: YMCA of the East Valley  
500 East Citrus Avenue  
Redlands, California 92373

Non-Profit Organization  
U.S. POSTAGE PAID  
San Bernardino, CA  
Permit No. 1195



**Happy  
Thanksgiving**



*We build strong kids,  
strong families,  
strong communities.*

Visit [www.ycircus.org](http://www.ycircus.org) for  
upcoming events and fundraisers,  
CCAC membership information,  
Volunteer opportunities, Pictures,  
and Program information.

## Holiday Special Events

### Christmas Parade

We invite everyone involved in Circus to participate in the **Redlands Christmas Parade** on **Saturday, December 6th**. We encourage participants to help us decorate the Circus trailer and rig before the parade. **Decorating begins at 9am** on Saturday morning and **only** those who help to decorate the rig are allowed to ride on it in the parade. Others who cannot help to decorate can walk or ride beside the trailer in the parade. All unicyclists who wish to ride in the parade **must bring their own unicycle** to the parade starting line.

We will **line up at 4 o'clock** on West State Street; the parade starts at 6pm. Kids under **age 12** must have a parent walk or ride with them in the parade. Please sign up on the bulletin board if you're interested in being a part of our Circus "float". Families are welcome to join in on the fun. Contact: Jolene x316.

### Holiday Home Tour

The YMCA is presenting its annual **Holiday Home Tour & Craft Boutique** in December. The Home Tour will take place on Sunday, Dec. 7th from 9:30am to 4:30pm.

The Craft Boutique will be open on Saturday, December 6th from 9am to 4pm & Sunday, Dec. 7th from 9am to 5pm. The Craft Boutique will be located in Coble Gym. We encourage you to check out the Boutique for unique holiday gift ideas, and to take the tour to see some of the beautiful houses in Redlands!

### Holiday Drop & Shop

Drop the kids off at the YMCA and "**shop til you drop!**"

Dates/Times: Friday, Nov. 28th from 6:30am-12:30

Saturday, Dec. 20th from 8am-2pm

Ages: 3-12yrs

Costs: 1 child: \$25/\$35 (full/basic member)

2 children: \$40/\$50 (full/basic member)

\*Sign up in advance at the Front Desk.