



Metropolitan Gymnastics



AERIAL & CIRCUS PROGRAM

6822 S. 190th Kent, WA 98032

206.575.4138 or 425.282.5010

COME AND
JOIN THE
FUN!

Quality Instruction & A Good Time

The *Circus Arts Program* focuses on a variety of disciplines. These include:

Juggling, Unicycle, Stilt Walking, Trampoline, Acrobatics, and Aerial.

Students work at their own pace building stronger bodies, self-esteem and confidence.

The *Aerial Arts Program* focuses on building strength and flexibility through work on the Spanish Web, Static Hoop, Tissue, and Trapeze.

CLASS TIMES

Circus Arts

Thursdays - 2:00 - 3:00 p.m.

Aerial Arts

Junior Aerial

Thursdays - 4:00 - 5:00 p.m.

Adult Aerial

Monday - 2:00 - 3:00 p.m.

6:30 - 7:30 p.m.

Cathy Sutherland has coached developmental through Elite Level Gymnasts in the Northwest for over 30 years. She moved to Paris, France to attend L'Ecole Caree School of the Circus & Theatre. Theatrical Training along with her coaching experience is the perfect combination for the *Aerial & Circus Arts Program* at Metropolitan Gymnastics.

**Private lessons are available in any of the Aerial & Circus Programs we teach.