

Admission Procedure

PFS – Preparation for Advanced Training

FIRST STAGE

Telephone Interview

You may apply to the PFS – Preparation for Advanced Training program at any time.

Simply go to the link provided on our website, and contact Ms. Caroline Pineault, preparatory and secondary program coordinator, by phone for an initial telephone interview.

Successful candidates will be invited to take a test class free of charge.

SECOND STAGE

Free Test Class

The free test class consists of a regular class that the candidate will take along with students already enrolled in the program. Particular attention will be paid to the candidate's level of acrobatic skill, physical preparation and flexibility.

Once the first two steps have been completed, candidates will be invited register on the School's website to participate in an evaluation week during which their skills and aptitude will be further evaluated.

THIRD STAGE

Evaluation Week

The candidate will complete a full week of classes with other Preparation for Advanced Training program students. The subjects covered will include basic circus arts techniques and disciplines such as juggling or aerials, as well as dance or acting.

Notice of Admission

At the end of the evaluation week, the candidate who has successfully completed all steps of the PFS - Preparatory program admission process will be officially invited to enter the program and be advised of enrolment procedures.

Physical Test Content

Acrobatics

The exercises in this test become progressively more difficult. Candidates are not required to perform exercises they have yet to master.

- Front and back rolls
- handstand, front roll, half turn, back roll to handstand
- cartwheels
- front walkover and back walkover
- front handspring

If needed, additional exercises may be required.

Balancing

- handstand, press to the handstand, legs spread
- headstand (tripod)

If needed, additional exercises may be required.

Physical Conditioning

Abdominals

- maximum leg lift. Suspension from the barre with pronation of extended legs, lifting the legs held tightly together in position, passing through in jackknife position, touching the barre between the hands, controlled descent to the starting position.

Arms

- push-ups, maximum of 35
- Maximum number of chin-ups with pronated or supinated grip
- rope climb

Legs

- 2 series of 15 dynamic repetitions of squat jumps on the spot

If needed, additional exercises may be required.

Flexibility

- seated position, legs together and extended, feet pointed
- seated position, legs together, bending at the waist towards the floor, hold the position
- seated position, legs held at 90°, bending at the waist towards the floor, hold the position
- side split, left leg forward, hold the position, then right leg forward
- front split, hold the position
- bridge
- exercises to evaluate shoulder flexibility
- exercises for flexibility of movement; e.g., grands battements, holding the legs at an angle 90° or greater, etc.)

If needed, additional exercises may be required.

Artistic Test Content

Dance

The candidate will first receive instructions and then execute various combinations involving rhythm and coordination. The combinations are performed individually or as part of a group.

Acting

After being given directions, the candidate will compose simple improvisations, creating characters and short scenes while expressing a range of emotions. The exercises are performed individually or in a group.

Dress Code

Throughout the admission process (free test class and evaluation week), the candidate will be required to wear appropriate clothing such as a gymnastics leotard, leggings, camisole or sweater, or not-too-wide shorts. Clothing must be close-fitting and allow the participant to safely move and perform with ease. Dance slippers or gym shoes are recommended.

Socks must be worn at all times.

The School reserves the right to request a candidate return for further evaluation.



Culture,
Communications et
Condition féminine



Patrimoine
canadien

Canadian
Heritage