

# JUGGLING CLASS

with  
Jeremy Vik

Research indicates learning to juggle boosts brain development. It accelerates the growth of neural connections related to memory, focus, movement, and vision. The beneficial changes persist even after weeks without practice.

Juggling builds hand-eye coordination, reflexes, spatial awareness, strategic thinking, and concentration. This helps improve confidence as well as athletic ability. It may, if juggling enthusiasts are to be believed, even promote reading skills. Juggling can be stimulating as well as calming. While learning more complicated juggling skills you rely on left-brain processes, carefully focusing and analyzing the steps.

This class is free of charge and open to absolute beginners, but if you already have some juggling skills, feel free to join us in refining your technique and learning the steps to becoming a juggling master. **Juggling balls will be mailed to you – FREE!**

Register at: <https://tinyurl.com/a499trsd>

Questions? 530.598-3905



**Virtual Classes**  
**Ongoing Classes**  
**Every Monday ~ 5:30-6pm**

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**For those 7 years old**  
**-- and up!**

## Meet our Instructor – Jeremy Vik!

**Jeremy Vik** has been juggling professionally for over a decade, including performances at the 73<sup>rd</sup> annual Festival D'Avignon in France and for sold out audiences of 1200 with a circus theatre adaptation of Alice in Wonderland in Riga, Latvia. Originally an actor, Jeremy learned to juggle when he was 17 years old and put those rudimentary skills to use in his first paid theatre gig when he was 20. He currently teaches juggling to both adults and youth at Circus Center in San Francisco.

