



Higher *learning*

Trapeze U offers students an education that soars

WRITTEN BY REBECCA LAURIN

PHOTOGRAPHY BY KAY BOWLING

Dylan Phillips' lofty career as a high-flying trapeze performer gave him the idea for a unique concept: Trapeze University.

Dylan traveled the world for 11 years performing trapeze at various events and teaching before discovering his true passion. "I wanted to give back to the community and still stay involved in the sport as I grew older and could no longer compete," says Phillips.

Trapeze U opened in March and is slowly growing and building popularity. The Trapeze U crew consists of cofounder Brian Lazarus, an entertainment and event specialist, and four other instructors, who've all worked extensively with Dylan performing or teaching.

Dylan and his crew take the fear factor out of trapeze and made it a fun and safe environment. "We have safety har-

nesses and ropes attached to students as well as the net," he says. "Students are guided slowly through the basics, and never taught advanced moves unless they have proven they are capable and are willing."

Group classes range from a chance to try out the trapeze to a six-week course teaching beginner to advanced moves. Students learn and advance at their own pace while given constant positive feedback and support. Graduation consists of a performance for friends and family.

The biggest challenge at Trapeze U is actually the Arizona heat. But outdoor misters, nighttime classes and outside lighting all help make it a comfortable experience.

To find out would drive a person to trapeze, I decided to check it out myself.

Keep in mind, I'm not an athlete. A working mom of two kids under 5, my idea of adventure includes having the kids asleep early and the TV remote all to myself. I was surprised to find that some students, including 6-year-old Autumn Gould, were scared of heights.

"At first she was afraid," said Autumn's mother April, "But when she saw me swing she was willing to give it a try. Now trapeze is her favorite thing to do." Autumn proudly showed off her toe-hang, which she learned in just a few weeks.

Kelly Griffin and George Roso found Trapeze U as a way to enhance their sport careers. "We're both competitive skydivers, and we found out trapeze is a great way to sharpen some of our moves." Having completed the entire course, the two are now strong enthusiasts who cheer on and inspire beginners.

I'll admit I was as skeptical as many of the others to climb the ladder and do my first swing. But Phillips', and the other instructors', enthusiasm was contagious. By the end of the lesson, several women had gone from fright to a full flip on the bar.

Future plans for Trapeze U are expansion into the corporate world and partnering with motivational speakers to hold teambuilding events. Says Dylan, "I would love to use trapeze as a way to help people work together and conquer their fears, whether it's heights or a new challenge at the office."

TRAPEZE U

14407 E. Pecos Road
Gilbert, AZ 85295
trapezu.com, (888) 872-7101



CLASS OFFERINGS:

Fly By - Basic ground training, climb and one chance to fly. \$20

ABC's of Trapeze - One hour of group training, climb and several chances to fly. \$35

Trapeze 101 - A comprehensive introduction to flying. The two-hour class includes classroom training, one-on-one support, climb and several chances to fly. \$65