



Public Circus Classes 2010

Winter & Term 3

Winter Holiday Classes

Monday 28 June - 5 July	Tuesday 29 June - 6 July	Wednesday 30 June - 7 July	Thursday 1-8 July	Friday	Saturday 26 June	Sunday
6.00 - 8.00pm Flying Trapeze Intermediate \$70		6.00 - 7.30pm Flying Trapeze Beginner \$60	6.00 - 7.30pm Flying Trapeze Beginner \$60		10.00 - 12.00pm Kids Come 'n' Try \$35 (K)	
8.00 - 9.30pm Flying Trapeze Beginner \$60	6.30 - 9.00pm Circus Allsorts \$60	7.30 - 9.30pm Flying trapeze Intermediate \$70	7.30 - 9.00pm Flying Trapeze Beginner \$60		1.00 - 4.00pm Teens Come 'n' Try \$45 (T)	

Term 3 - 2010

Monday 12 July - 13 September * No class 26 July	Tuesday 13 July - 14 September * No class 27 July	Wednesday 14 July - 15 September * No class 28 July	Thursday 15 July - 16 September * No class 29 July	Friday 16 July - 17 September *No class 30 July	Saturday 17 July - 11 September	Sunday 18 July - 12 September
6.00 - 8.00pm Flying Trapeze Intermediate \$315	6.00 - 7.30pm Flying Trapeze Beginner \$270	6.00 - 7.30pm Flying Trapeze Beginner \$270	6.00 - 7.30pm Flying Trapeze Beginner \$270	6.30 - 8.30pm Flying Trapeze Advanced \$315	10.00 - 11.30am Introduction to Circus \$225 (K)	10.30 - 12.00pm Performing Arts at Circus Oz (D)
6.30 - 7.30pm Aerial Conditioning \$180	6.30pm - 9.00pm Tumbling & Acro- balance \$225	6.30 - 8.30pm Flexability & Contor- tion \$270	6.30 - 9.00pm Aerial Extension \$315	6.30 - 8.30pm Introduction to Aerial \$270	11.30 - 1.00pm Circus Skills \$225 (K)	1.00 - 2.30pm Perfoming Arts at Circus Oz (D)
7.30 - 9.30pm Tissu & Rope \$270	6.30 - 8.30pm Introduction to Aerial \$270	7.30 - 9.30pm Flying Trapeze Intermediate \$315	6.30pm - 9.00pm Tumbling & Acro-Bal- ance \$225		1.30 - 3.30pm For the Fanatics \$270 (K&T)	
8.00 - 9.30pm Flying Trapeze Beginner \$270	7.30 - 9.00pm Flying Trapeze Beginner \$270		7.30 - 9.00pm Flying Trapeze Beginner \$270		3.30 - 5.30pm Teen Special \$270 (T)	

Adult classes unless marked otherwise. Key: K - Kids, T - Teen, D - Disability access

Please check the class descriptions for prerequisites or call the class coordinator on (03) 9676 0325
Bookings Essential - www.circusoz.com

Public Circus Class Descriptions



Adults

Tumbling & Acro-balance

Includes a one-hour strength, fitness and flexibility warm-up. Suitable for beginner to advanced participants. This class is also available as a one hour drop in and get fit option: \$12 full or \$10 concession, or drop in for the whole class: \$30 full or \$27 concession. Pay cash for these on the night

Aerial

Aerial classes develop strength, form, stamina and flexibility. Participation in some classes will depend on your aerial experience.

Introduction to Aerial: This is an introductory class which develops the foundation skills required for aerial work. Learn a repertoire on rope, trapeze, tissu and cloudswing.

Tissu & Rope: Once you have the basics down, you are welcome to join this class to consolidate your skills. Basic aerial awareness and fitness required.

Aerial Extension: This class is only suitable for participants who have previous aerial experience.

Aerial Conditioning: Make better use of your other aerial classes by using this session to prepare your body physically. Suitable for those with a basic knowledge of aerial already.

Flying Trapeze

Learn to fly through the air on our indoor 'Petit Volant,' or Little Rig.

Beginner: No previous trapeze skills necessary. It is recommended that you have done a term of "Introduction to Aerial" but it's not essential.

Intermediate: To enter an intermediate Flying Trapeze class you need to be recommended by your trainer. If you're new to Circus Oz classes but have been training elsewhere please call the class coordinator.

Advanced: To enter an Advanced Flying Trapeze class you need to be recommended by your trainer. If you're new to Circus Oz classes but have been training elsewhere please call the class coordinator.

Flexibility & Contortion

Focusing on increasing flexibility safely and sustainably and developing a repertoire in contortion poses and balances, this class is appropriate for both contortionists and people wanting to improve their flexibility.

Circus Allsorts

Did you ever think you had the makings of a clown, juggler, or highwire walker? Try your hand at a range of circus skills including juggling, tumbling, unicycle and Acro-balance. The perfect gift for the person who has everything (or yourself).

Children

Introduction to Circus

Age: 7 – 12

Experience a wide range of circus skills including tumbling, trapeze, tight-wire, web, pyramids, hula hooping and juggling. Ideal for beginners.

Circus Skills

Age: 8 – 12

This class provides the opportunity to extend and develop particular skills. Participants must be invited to attend this class. If you have prior experience please contact the classes co-ordinator to discuss suitability prior to booking.

For the Fanatics!

A focused approach for those committed to advancing their aerial and acrobatic skills. Includes tumbling, hoop-diving, handstands, mini-tramp, acro-balance, double trapeze, static trapeze, corde lisse, and web-spinning. Participants must have met pre-requisites and have been advised by their trainer.

Pre-requisite information available from Classes Coordinator and trainers.

Teenage Special

Try or further develop a great range of circus skills including tumbling, juggling, hula-hoops, aerial, tightwire and more! A great way to get and stay fit while having fun!

Performing Arts at Circus Oz - Supported by the Department of Human Services

Age: 8 – 18 years

Designed for young people with disabilities, this is a partnership with JCAAAA (Joint Councils Access for All Abilities) and Circus Oz. The program is a blend of circus, dance, clown, character, theatre, drama and a whole lot of fun! Builds self-esteem, confidence, social skills and co-ordination.

To register your interest please call Jessica Edwards at JCAAAA on 03 9209 6159

Kids Come 'n' Try

Age: 7 - 12 years

Try a range of circus skills including tightwire, trapeze, juggling and hula hooping. If you love this class you can book into a term program and develop your new found talents.

Teens Come 'n' Try

Think you might have what it takes to one day join Circus Oz? Come and try your hand at juggling, acrobatics, spinning web and more.

For more information please visit www.circusoz.com or call the class coordinator on (03) 9676 0325