



Public Circus Classes 2011

Spring & Term 4

Spring Holiday Classes

Monday 26 Sept & 3 Oct	Tuesday 27 Sept & 4 Oct	Wednesday 28 Sept & 5 October	Thursday 29 Sept or 6 Oct	Friday	Saturday School Holidays	Sunday
6.00 - 8.00pm Flying Trapeze Beginner Plus \$72	6.00 - 7.30pm Flying Trapeze Beginner \$64	6.00 - 7.30pm Flying Trapeze Beginner \$64	6.00 - 7.30pm First Time Flyers \$32 (one session only on 29 Sept or 6 Oct*)		10.00 - 12.00pm Kids Come 'n' Try 24 Sept or 8 Oct * \$35 (K)	
6.30 - 8.30pm Tissu for beginners \$64		6.30 - 8.30pm Aerial Ring \$64			1.00 - 4.00pm Teens Come 'n' Try 8 Oct \$50 (T)	
8.00 - 9.30pm Flying Trapeze Beginner \$64	7.30 - 9.30pm Flying Trapeze Intermediate \$72	7.30 - 9.30pm Flying Trapeze Intermediate \$72	7.30 - 9.00pm First Time Flyers \$32 (one session only on 29 Sept or 6 Oct*)			

Term 4

Monday 10 Oct -12 Dec	Tuesday 11 Oct - 13 Dec * no class 1 Nov	Wednesday 12 Oct - 14 Dec	Thursday 13 Oct - 15 Dec	Friday 14 Oct - 16 Dec	Saturday 15 Oct - 17 Dec	Sunday 16 Oct - 18 Dec
6.00 - 8.00pm Flying Trapeze Beginner Plus \$360	6.00 - 7.30pm Flying Trapeze Beginner \$288	6.00 - 7.30pm Flying Trapeze Beginner \$320	6.30 - 8.30pm Flexibility & Contortion \$320	6.30 - 8.30pm Flying Trapeze Advanced \$360	10.00 - 11.30am Introduction to Circus \$280 (K)	10.30 - 12.00pm Performing Arts at Circus Oz (D)
6.30 - 7.30pm Aerial Conditioning \$170	6.30pm - 9.00pm Tumbling & Acro- balance \$252	6.30 - 9pm Aerial Extension \$360	6.30pm - 9.00pm Tumbling & Acro-Balance \$280		11.30 - 1.00pm Circus Skills \$280(K)	1.00 - 2.30pm Performing Arts at Circus Oz (D)
7.30 - 9.30pm Tissu & Rope \$320	6.30 - 8.30pm Introduction to Aerial \$288	7.30 - 9.30pm Flying Trapeze Intermediate \$360	6.30 - 8.30pm Chinese Pole \$288 (classes start 20 Oct)		1.30 - 3.30pm For the Fanatics \$320 (K&T)	
8.00 - 9.30pm Flying Trapeze Beginner \$320	7.30 - 9.30pm Flying Trapeze Intermediate \$324		7.30 - 9.30pm Flying Trapeze Intermediate \$360		3.30 - 5.30pm Teen Special \$320 (T)	

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

* First Time Flyers and Kids Come 'n' Try prices are valid for one session only. The same program is offered on both dates.

Please check the class descriptions for prerequisites or call the class coordinator on (03) 9676 0325

Bookings Essential - www.circusoz.com

Class Descriptions and Prerequisites

Adults

Tumbling & Acro-balance

This class begins with one-hour of warm ups and light conditioning to increase strength, fitness and flexibility. In the following 1.5 hours you will work on handstand training, tumbling (including forward and backward rolls) and partner and group balances. The class is suitable for beginners to advanced participants. Advanced participants will be given opportunities to work on more advanced flips and somersaults. You may drop in to the first hour of this class as a get fit option: \$14 full or \$12 concession, or drop in for the whole class: \$32 full or \$30 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 aerial ring.

Tissu for beginners: This class introduces the fundamental skills for learning tissu (silks). Climbing, wrapping and even dropping into poses are all part of the program. Participants with a physical background (dance, gym, pole, rock climbing or other aerial skills) would most likely be suitable. It requires a moderate amount of upper body strength in order to participate.

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.

Aerial Ring: A cross between trapeze and spinning web. Suitable for beginners to intermediates. Minimum requirements: participants must be able to hold own body weight hanging from hands and lift legs to the bar unassisted.

Flying Trapeze

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

First time flyers: No previous trapeze skills necessary.

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

Beginner Plus: To enter a 'Beginner Plus' class you need to have completed a full term of Beginner flying classes and be recommended by your trainer.

Intermediate and Advanced: To enter an intermediate or 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.

Chinese Pole

Defying gravity as you pause mid air on the Chinese pole makes this class an extreme workout for the upper body. Build strength and coordination as you develop your skills in climbing, sliding down and holding poses on the pole. This class is only for people with previous aerial or pole experience.

Children

Kids Come 'n' Try (Holiday program)

Age: 7 - 12 years

Want a fun challenge? Test your coordination and balance with this introduction to circus. Come and try a range of circus skills including tightwire, trapeze, juggling and hula hooping.

Teens Come 'n' Try (Holiday program)

Are you curious to find out what it is like to fly through the air? Here's your chance! Learn how to swing on the flying trapeze and give juggling, acrobatics, human pyramids and more a go in our Come 'n' Try class, just for teens. There is a minimum height requirement of 150cm for flying trapeze.

Introduction to Circus

Age: 7 – 12

The ideal class for beginners, Introduction to Circus allows you to develop a wide range of circus skills including tumbling, trapeze, tight-wire, web (aerial apparatus), human pyramids, hula hooping and juggling.

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 coordinator to discuss suitability prior to booking.

For the Fanatics!

An advanced class for those committed to extending their aerial and acrobatic skills.

The class includes tumbling, hoop-diving, handstands, mini-tramp, acro-balance, double trapeze, static trapeze, corde lisse, and web-spinning. Please speak to the class coordinator or your trainer about the pre-requisites for this class.

Teenage Special

This class provides an opportunity to improve your strength, flexibility and coordination through circus. Learn or further develop your skills in tumbling, juggling, hula-hoops, various aerial skills, tight-wire and more.

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 JCAAA (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 JCAAA on 03 9209 6159

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