



Public Circus Classes Summer 2012



Monday 9 - 23 January	Tuesday 10 - 24 January (three classes)	Wednesday 11 - 25 January (three classes)	Thursday 12 - 19 January	Friday	Saturday 21 or 28 January (one class)
6.00 - 8.00pm Beginner Plus Flying \$108 3 classes	6.00 - 7.30pm Beginner Flying \$96	6.00 - 7.30pm Beginner Flying \$96	6.00 - 7.30pm First time Flyers \$42 (Gift included) 1 session only		10.00 - 12.00pm Kids Come 'n' Try \$45 (Gift included) (K)
6.30 - 8.30pm Tissu for Beginner's \$64 2 classes, 16 - 23 Jan	6.30 - 8.30pm Introduction to Aerial \$96	6.30 - 8.30pm Aerial Ring \$96	6.30 - 8.30pm Circus Allsorts \$75 (Gift included) 2 sessions		1.00 - 4.00pm Teens Come 'n' Try \$50 (T)
8.00 - 9.30pm Beginner Flying \$96 3 classes	6.30 - 8.30pm Hula Hoops \$120 (Hula Hoop included)	7.30 - 9.30pm Intermediate Flying \$108	7.30 - 9.00pm First time Flyers \$42 (Gift included) 1 session only		
	7.30 - 9.30pm Intermediate Flying \$108				

Class Descriptions

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

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

Adults 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.

Circus Allsorts: With our Circus Allsorts class, you're one step closer to running away and joining the circus. Try your hand at juggling, tumbling, unicycle and Acro-balance. This class is a great gift for those with a sense of adventure.

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.

Hula Hoops: Wiggle your hips and spin your way through a hula hooping class - Summer's the perfect time for it! Whether for fun or fitness, hula hooping strengthens your core muscles and increases flexibility. Happy hooping!

Kids and Teens

Kids Come 'n' Try. Ages: 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 (Holiday program)

Ever wanted to try the flying trapeze? Circus Oz is giving teens the chance these holidays, as well as the opportunity to try juggling, acrobatics, spinning web and more. There is a minimum height requirement of 150cm for Flying Trapeze (sorry nothing personal, it's just a physics thing).

Bookings Essential - www.circusoz.com