




Public Circus Classes Term 1 2012



Monday 30 Jan - 26 March * No class 12 March	Tuesday 31 Jan - 27 March	Wednesday 1 Feb - 28 March	Thursday 2 - 29 March	Friday 3 Feb - 30 March	Saturday 4 Feb - 24 March	Sunday 5 Feb - 25 March *No class 11 March
6.00 - 8.00pm Beginner Plus Flying \$288	6.00 - 7.30pm Beginner Flying \$288	6.00 - 7.30pm Beginner Flying \$288	6.30 - 9.00pm Tumbling and Acro- balance \$252	6.30 - 8.30pm Advanced Flying \$324	10.00 - 11.30am Introduction to Circus \$224 (K)	10 - 12pm Performing Arts at Circus Oz (D)
6.30 - 7.30pm Aerial Conditioning \$136	6.30 - 9.00pm Tumbling and Acro- balance \$252	6.30 - 9.00pm Aerial Extension \$324	6.30 - 8.30pm Flexability & Contor- tion \$288		11.30 - 1.00pm Circus Skills \$224 (K)	
7.30 - 9.30pm Tissu & Rope \$256	6.30 - 8.30pm Introduction to Aerial \$288	7.30 - 9.30pm Intermediate Flying \$324	6.30 - 8.30pm Aerial Ring \$288		1.30 - 3.30pm For the Fanatics \$256 (K&T)	
8.00 - 9.30pm Beginner Flying \$256	6.30 - 8.30pm Pole \$288		7.30 - 9.30pm Intermediate Flying \$324		3.30 - 5.30pm Teen Special \$256 (T)	
	7.30 - 9.30pm Intermediate Flying \$324					

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**

Circus Class Descriptions

Adults

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.

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/Advanced: 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.

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.

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.

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.

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: \$14 full or \$12 concession, or drop in for the whole class: \$32 full or \$30 concession. Pay cash for these on the night.

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.

Pole

Not for the faint of heart, Chinese poles is an extreme workout for the upper body, and is suitable for people with previous aerial or pole experience. Learn skills that defy gravity, while building strength and coordination.

Children

Introduction to Circus, ages: 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, ages: 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 available from classes coordinator.

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, ages: 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.