



Public Circus Classes 2010

Spring & Term 4

Spring Holiday Classes

Monday 20 Sept & 27 Sept	Tuesday 21 Sept & 28 Sept	Wednesday 22 Sept & 29 Sept	Thursday 23 & 30 Sept	Friday	Saturday 18 September	Sunday
Flying Trapeze Intermediate 6.00 - 8.00pm \$70	Circus Allsorts 6.30 - 9.00pm \$60	Flying Trapeze Beginner 6.00 - 7.30pm \$60	Flying Trapeze Beginner 6.00 - 7.30pm \$60		Kids Come 'n' Try 10.00 - 12.00pm \$35 (K)	
Aerial Ring 6.30 - 8.30pm \$60					Teens Come 'n' Try 1.00 - 4.00pm \$45 (T)	
Flying Trapeze Beginner 8.00 - 9.30pm \$60		Flying trapeze Intermediate 7.30 - 9.30pm \$70	Flying Trapeze Beginner 7.30 - 9.00pm \$60			

Term 4

Monday 4 Oct - 13 December	Tuesday 5 Oct - 14 December *no class 2 Nov	Wednesday 6 Oct - 15 December	Thursday 7 Oct - 16 December	Friday 8 Oct - 17 December	Saturday 9 Oct - 11 Dec	Sunday 10 Oct - 12 Dec * no class 31 Oct
Flying Trapeze Intermediate 6.00 - 8.00pm \$385	Flying Trapeze Beginner 6.00 - 7.30pm \$300	Flying Trapeze Beginner 6.00 - 7.30pm \$330	Aerial Extension 6.30 - 9.00pm \$385	Flying Trapeze Advanced 6.30 - 8.30pm \$385	Introduction to Circus 10 - 11.30am \$250 (K)	10.30 - 12.00pm Performing Arts at Circus Oz (D)
Aerial Conditioning 6.30 - 7.30pm \$165	Tumbling & Acro- balance 6.30pm - 9.00pm \$250	Flexability & Contor- tion 6.30 - 8.30pm \$330	Tumbling & Acro- Balance 6.30pm - 9.00pm \$275		Circus Skills 11.30 - 1.00pm \$250 (K)	1.00 - 2.30pm Perfoming Arts at Circus Oz (D)
Tissu & Rope 7.30 - 9.30pm \$330	Introduction to Aerial 6.30 - 8.30pm \$300	Flying Trapeze Intermediate 7.30 - 9.30pm \$385			For the Fanatics 1.30 - 3.30pm \$300 (K&T)	
Flying Trapeze Beginner 8.00 - 9.30pm \$330	Flying Trapeze Beginner 7.30 - 9.00pm \$300				Teen Special 3.30 - 5.30pm \$300 (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).

Aerial Ring

A cross between Trapeze and Spinning Web. Suitable for beginners to intermediates. Requires participants to be able to hang from hands and lift legs to the bar..

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