

balancing the books



ADULT CLASSES 15+

Term One 1 Feb - 28 Mar 2010 [8wks]

Fortitude Valley and Bracken Ridge

Circus Mix

Experience everything - from acrobatics to aerials, from tumbling to juggling. An encouraging, creative environment that's challenging and loads of fun. All you need to bring is a reasonable level of fitness, a capacity for laughter and a readiness to explore.

Beginner

Mon 6.45-8.45pm or
Tue 6.30-8.30pm \$290

Intermediate

Tue 6.30-8.30pm \$290

Beginner Bracken Ridge

Mon 6.30-8.30pm \$220

Circus Fitness

This energetic and high intensity class is perfect for those who want less of the traditional gym experience and more of the dynamic circus environment. You get a great workout focusing on core strength, cardio fitness and flexibility. This class is excellent for people of all levels of fitness and experience.

Conditioning

Mon 5.30-6.30pm \$120

Circus Aerials

Flirt with gravity as our incredible trainers introduce you to aerial disciplines including trapeze, tissu, lyra and cloudswing. A reasonable degree of upper body strength and fitness is needed to join this class.

Beginner

Mon 6.45-8.45pm or
Wed 6.45-8.45pm \$290

Intermediate

Sat 4.00-6.00pm \$290

Advanced

Thu 6.30-9.00pm \$360

Circus Tricks

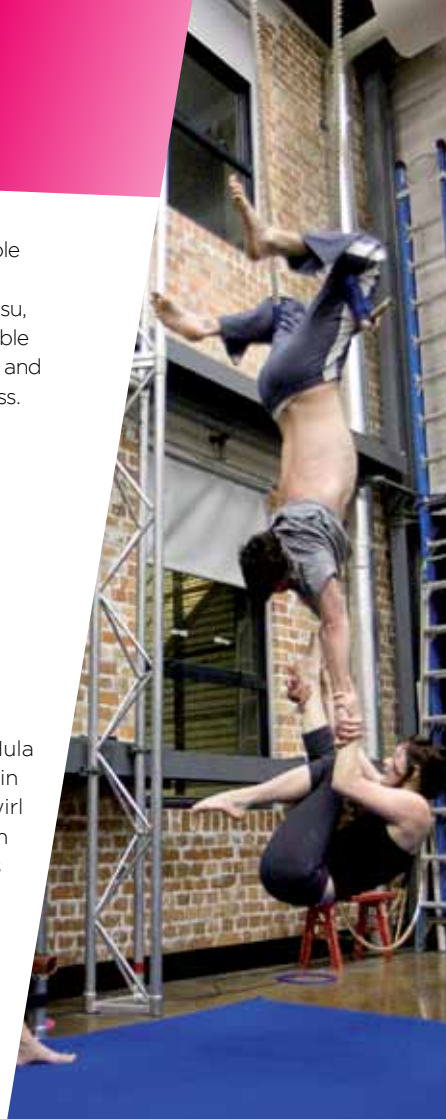
Get tricky with it! Circus Tricks are great for developing your favourite physical skills. With Hula Hoops, you'll learn how to spin a hoop around your waist, twirl it in your hands and other fun hoopy tricks. At Handstands & Acrobalance, you'll stand on your hands and stand on each other.

Hula-Hoops

Thu 6.30-7.30pm \$145

Handstands & Acrobalance

Wed 6.45-8.45pm \$290



EASTER INTENSIVES

5 - 16 Apr 2010 [2wks]

Fortitude Valley

Easter Intensives is a two-week program of specialised classes between terms.

Circus Aerials

Get higher with aerials intensives in tissu, trapeze and lyra.

Mon 5 & 12 Apr 6.00-9.00pm
Beginner or Intermediate \$120

Circus Fitness

The best circus/aerobic class you'll ever have. Work on your strength, fitness and flexibility.

Tue 6 & 13 Apr 6.00-9.00pm \$120

Acrobalance

Come explore the heights of Circa. Build human pyramids, fly from the tallest peak, and lift up your new friends.

Wed 7 & 14 Apr 6.00-9.00pm \$120

Manipulation

Learn juggling, hooping, twirling, diabolo, plate spinning and more. Suitable for absolute beginners through to juggling geniuses.

Thur 8 & 15 Apr 6.00-9.00pm \$120

How to enroll

Web: Go to www.circa.org.au and download the Online Booking Form

Phone: Call 07 3852 3110

Payment Options: Visa, Mastercard, Direct Deposit, Cheque or Cash

Enrolments are not accepted without full payment. Want to save? Check our website for some great discounts including double fun and siblings deals.

All classes are subject to a minimum and maximum number of participants. You will be notified if a class is cancelled. There is a NO REFUND policy on all Circa classes and classes are non-transferable. Circa reserves the right to alter details of programs at any stage. In cases of genuine hardship, please contact the Circa office for alternative payment methods.

The locations

Judith Wright Centre of Contemporary Arts
Level 3, 420 Brunswick Street
Fortitude Valley

St John Fisher College
St John Fisher Drive
Bracken Ridge



Circa acknowledges the assistance of the Australian Government through the Australia Council, its arts funding and advisory body and the Queensland Government through Arts Queensland.

2010 DATES

- + Term one 1 Feb - 28 Mar
- + Easter holiday 5 Apr-16 Apr
- + Term two 19 Apr - 13 Jun
- + Winter holiday 28 Jun - 9 Jul
- + Term three 19 Jul - 12 Sep
- + Spring holiday 20 Sep - 1 Oct
- + Term four 11 Oct - 5 Dec

At the end of each term join us for **Tea and Circus** a showcase cabaret event for all Training Centre participants to come and strut their stuff for friends and family. Event entry by gold coin donation.

Front page image Emma Serjeant by Justin Nicolas, inside image by Matt Palmer

Special thanks to Switch

...ALSO AT THE CIRCA TRAINING CENTRE

- + Children's circus classes
- + In-schools circus classes
- + Corporate circus classes

To keep up to date with the Circa Training Centre, join the mailing list at

www.circa.org.au

PO Box 116,
Fortitude Valley QLD 4006
Phone: 07 3852 3110
Fax: 07 3852 3120
office@circa.org.au