

ONE-OFF WORKSHOPS

Fire!

Try your hand at poi and staff twirling, as well as fire-eating (optional) in a fun, safe and supportive environment.

All levels

Friday, 19 Feb (1 class)
6:30-9:30pm
\$35/30*

Wise Women-Circus for over 40's

Introduction to a range of circus skills including hula hoops, juggling, acro-balance and more.

Suitable for all fitness levels.

Friday, 26 Feb (1 class)
6:30-9:30pm
\$35/30*

SUMMER SCHOOL!

Circus Sampler

Choose one out of each pair: Trapeze/Silks, Cloud/Lyra, Juggling/Hula-hoops. Everyone does Acro-balance.

All levels; you will be divided into groups.

Monday, 18 Jan (1 class)
6-9pm
\$40/35*

Advanced Aerials

Swinging trapeze, Double trapeze, Web-spin & Advanced tissu.

For students who have completed several terms of Aerials.

Tuesday, 19 Jan (1 class)
6-9pm
\$40/35*



TRAINING SPACE

Open access to the training space is available for Vulcana members.

Wednesdays 9.30 – 1:30pm (guys welcome)
Sundays 9.30 – 1:30pm (women only)

Everyone who uses the training space on these days must be a member and sign in to the book each time they train. Annual membership is \$30/24con for students currently enrolled at Vulcana. Non-students pay \$50/40 con. Casual membership is available for people only in town for a short time. Forms are available from the office or the website, or from the Trainer on Duty.

There are also discounts for Vulcana members available from Bloch Emporium, Google Warming, Trash Video, Powerhouse & more.

BOOKING PROCEDURE

You must call the office to enrol.

Or, you can email admin@vulcana.org.au with your phone number so we can call you back.

We will calculate your fee over the phone and give you payment reference details.

An *Early Bird Discount* of 5% may apply if payment is made before **20 Jan**. Ask us about extra discounts for taking more than one 8 week course.

If you are eligible for the concession price (student/unemployed/pension) you must send a copy of your concession card to the office before the term starts.

Also, a reminder: No Refunds. If you have a medical reason we will negotiate make-up classes as credit, **based on the date you notify us.**

VULCANA WOMEN'S CIRCUS

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AT
BRISBANE
POWERHOUSE

CIRCUS WORKSHOPS FOR WOMEN



VULCANA
WOMEN'S CIRCUS

@BRISBANE POWERHOUSE

TERM 1 2010

FUN
FITNESS
CONFIDENCE

WORKSHOP PROGRAM TERM 1 2010

Beginner-Intermediate Courses

Mondays

6:30-9:30pm
8 Feb-29 Mar
(8 weeks)

Circus Essentials (\$245/205*)

The place to start!
Build strength & flexibility and learn a range of skills, including acro-balance, aerials, hula-hoops, juggling, stilts & more.
*Suitable for all fitness levels.
Open to Deaf women.*

Wednesdays

6:30-9:30pm
24 Feb-14 Apr
(8 weeks)

Wednesday Aerials (\$295/245*)

Static Trapeze & Tissu (Aerial Silks)
It is recommended that students complete at least 1 term of Essentials or equivalent first.
You will be divided into groups based on your level of experience.

Saturdays

12:00-3:00pm
6 Feb-27 Mar
(8 weeks)

Saturday Aerials (\$295/245*)

Static Trapeze & Tissu (Aerial Silks)
It is recommended that students complete at least 1 term of Essentials or equivalent first.
You will be divided into groups based on your level of experience.

Tuesdays

6:30-8:30pm
9 Feb-30 Mar
(8 weeks)

Circus Fit (\$170/150con*)

Build core strength & body awareness with this comprehensive workout based on pilates, yoga, physio exercises & research on injury prevention for circus performers.
A must for aerialists and acrobats of all skill levels.

Advanced Courses

Tuesdays

6:30-9:30pm
9 Feb-30 Mar
(8 weeks)

Lyra (\$295/245*)

Learn new skills and develop routines.
For students who have completed at least 1 term of aerials/equivalent.

Wednesdays

6:30-9:30pm
24 Feb-14 Apr
(8 weeks)

Advanced Tissu (\$295/245*)

Extend your skills & work on form & routines
For students who have completed several terms of tissu (please call office for specific criteria).



* CONCESSION PRICE FOR
UNEMPLOYED/STUDENT/PENSION

5% OFF ALL COURSES IF
YOU PAY BY 20 JANUARY

SPECIAL COURSES

Physical Comedy & Performance Craft

This course introduces participants to the principles of performance and stage craft through studying the techniques and traditions of physical comedy.
We will explore notions of what makes an act interesting, engaging and watchable and how to incorporate these principles into your own practice.

Open to participants of all levels of experience in circus skills and performance.

Facilitated by Penny Lowther & special guest trainers

Mondays

6:30-9:30pm
8 Feb-29 Mar (8 wks)
\$245/205

Wise Women-Circus for Over 50's

Hula-hoops, juggling, acro-balance, stilt-walking & more. Work at your own level for fun and fitness... **It's never too late to run away with the circus!**

Suitable for all fitness levels

Mondays

10am-12 noon
8 Mar-29 Mar (4 wks)
Introductory offer: \$20 (+membership fee)
Subsidised by BCC Gold program

Circus at Bayside

Build strength & flexibility and learn a range of ground-based circus skills, including acro-balance, hula-hoops, juggling, stilts & more.

Suitable for all fitness levels.

Saturdays

1:00-4:00pm
6 Feb-27 Mar (8 weeks)
\$245/205*

Venue: *Bayside PCYC, cnr Alexander & McDonald Streets, Lota*

VULCANA
WOMEN'S CIRCUS