

# Circusful

## Adult Programme

Apr to June 2024

Wishing you all a brilliant Easter break from all at Circusful! Have a read at our April to June offering and sign up with us at [classes@circusful.org](mailto:classes@circusful.org)

Did you know that our Wednesday Adult Circus class is now back to drop in as well as block booking? Throughout April to June we will be shining a spotlight on some different Circus skills during the Wednesday class!

### **April Focus - E and M**

Have you always wanted to learn how to use a Diabolo? Fancy yourself a Hat manipulator?

Come join us in April for our spotlight on E and M – that's a fancy term for juggling!

### **May Focus - Tumbling and Trampoline**

Our spotlight in May is all things beginning with T. A showcase of different ways to move across the space with a focus on Tumbling and Trampoline.

No better activity to get moving as we move into Spring again!

### **June Focus - Tightwire**

The focus on June will be the iconic Tightwire. This is suitable for those who are new to Circus or those who are pros and looking more practise.

Set yourself a new challenge and put your balance to the test!

## All Things Circus

### – Wednesday Adult Circus

The Adult Circus classes will start back on **Wednesday 10<sup>th</sup> April – Wednesday 19<sup>th</sup> June (10 weeks)**. There will be no class on Wednesday 8<sup>th</sup> May (Festival of Fools break)

This class covers a variety of different circus skills during each class (including Aerial, Acro, Juggling, Tightwire, Diabolo, Unicycle and more) with a spotlight on a specific skill each month. If you fancy learning some new Circus skills or would like some guided support from our trainers, Wednesday is the place for you!

Class	Time	Pre-requisites / class requirements
Adult Circus	7:30pm – 9:30pm	<b>This class is suitable for beginners</b> or for those who want to improve their existing circus skills.

Provided you have registered your details with Circusful and interest in Adult Circus classes, you can drop-in at the door and pay via card on the evening for £13 a session – there is no need to book a place with us beforehand. **Please note:** if the class is full, you may be turned away.

You can still block book at the start of each term to secure your place. We would also like to offer a discount when block booking. The fee for block booking is £11 per session, £110 in total or 2 instalments of £55

## All things Aerial –

### Monday Single Apparatus Classes

Our Single Apparatus classes will be continuing from **Monday 8<sup>th</sup> April – 24<sup>th</sup> June (10 weeks)**. There will be no class on Monday 6<sup>th</sup> May (Festival of Fools!) and Monday 27<sup>th</sup> May (Bank Holiday).

We will be taking a break from Chinese Pole classes, if you would you like to see more Chinese Pole offered at a later date please get in touch with us.

Class	Time	Pre-requisites / class requirements
<b>Static and Dance Trapeze</b>	7pm - 8pm	<b>Some prior experience</b> of aerial is needed.
<b>Rope</b>	7pm - 8pm	<b>Some prior experience</b> of rope or silks is needed
<b>Straps and Conditioning</b>	8.15pm – 9.15pm	<b>Some prior experience</b> of aerial is needed
<b>Silks</b>	8.15pm – 9.15pm	<b>Some prior experience</b> of silks or rope is needed

The classes must be block booked for all 10 weeks, the fee is £12 per session, £120 in total or 2 instalments of £60.

### Tuesday Mixed Aerial

We are continuing our 2 Hour Mixed Aerial class from **Tuesday 9<sup>th</sup> April – 18<sup>th</sup> June (10 weeks)**. There will be no class on Tuesday 7<sup>th</sup> May (Festival of Fools). The classes must be block booked for all 10 weeks, the fee is £15 per session, £150 in total or 2 instalments of £75.

Class	Time	Pre-requisites / class requirements
<b>Mixed Aerial</b>	7 – 9pm	<b>Some prior experience</b> of aerial is needed

### Saturday Introduction to Aerial/Beginners Aerial

Our beginners' classes will cover the basics of aerial on trapeze, rope and silks. It is open to anyone who would like to try out aerial skills for the first time or who are continuing on the early stages of their aerial journey

We recommend completing this course at least twice before attending our other aerial classes.

This class will start on **Saturday 13<sup>th</sup> April – 22<sup>nd</sup> June**. There is no class on Saturday 4<sup>th</sup> May (Festival of Fools) The classes must be block booked for all 10 weeks, the fee is £12 per session, £120 in total or 2 instalments of £60.

Class	Time	Pre-requisites / class requirements
<b>Introduction to Aerial</b>	10 – 11:30am	<b>No experience needed</b>

## All things Training –

### Friday Community Training

Friday Community Training will be continuing every Friday right up until the 28<sup>th</sup> June (excluding Friday 3<sup>rd</sup> May due to Festival of Fools) from 5:30-8:30pm.

There may be a few extra dates that Community Training can't run due to other events but this will be communicated in advance to anyone registered to attend. If in doubt give us a call!

#### What will be on offer?

- The space will be set up with a range of aerial apparatus you can use – for instance trapeze, rope and silks. We may change/rotate the equipment each week
- A designated acro floor space for training, conditioning, and stretching.
- A clear floor space for those looking to juggle/diabolo/other skills will also be available.

To take part you must have experience within our Circusful classes or in another Circus training environment. If you are interested, all you need to do is to **fill in the registration form, read the guidelines and agree to our waiver** at least four working days before your first session.

Once this form has been completed the office will confirm that you have been 'signed off' to attend Community training. Once you've been 'signed off' you can simply turn up to as many sessions as you'd like to.

The cost to attend each session is £10. Payment will be taken at the door via a payment link or sum up machine.

#### Frequently Asked Questions:

- **Who are our adult classes for?** Our adult classes are for anyone aged 18 or over.
- **Can I only pay for the classes I attend?** Our Wednesday Adult Circus class can be block booked or you can drop-in provided there is a space. Our Monday Single Apparatus, Tuesday Mixed Aerial and Saturday Intro to Aerial need to be block booked. Our Friday Community Training runs as a drop in and pay on the evening (provided Circusful have approved your registration form and waiver)
- **How do I register for Friday Community Training?** Email [classes@circusful.org](mailto:classes@circusful.org) and we will send a link containing a number of guidelines for you to agree to and a waiver for you to complete. This must be completed before attending Community Training.
- **Do I need experience?** You need to have aerial experience or have completed at least one term of our Intro to Aerial or Circus classes to attend the Monday, Tuesday aerial classes or Friday Community Training. If you are new to Circus and would love to try something different, why not attend our Wednesday Adult Circus classes.
- **How do I reserve a place?** Places are allocated on a first come first served basis – so get in quick to reserve your spot. To book your place email [classes@circusful.org](mailto:classes@circusful.org) and let us know which class/classes you'd like to register for.
- **What happens next?** If there's a place available, we'll email you with more information. If the class is already full, we'll let you know and add your name to a reserve list. When a place becomes available, we will contact you.

If you would like more information about any of our adult classes send an email to [classes@circusful.org](mailto:classes@circusful.org) or call the office on 028 9023 6007