



TERM 4, 2020

T I M E T A B L E

Switchfit Gym
4/73 Montague St, Fairy Meadow

AERIAL CLASSES

INTERMEDIATE AERIALS

Mondays 12th October - 7th December
6:15pm - 8:15pm
\$235 Full Term / \$205 Concession

For those who have already had some experience of aerials and moved beyond Beginner level tricks. Please make contact with our trainer, Jane, if you have any questions.

INTERMEDIATE/ADVANCED AERIALS

Wednesdays 14th October - 9th December
6:15pm - 8:15pm
\$235 Full Term / \$205 Concession

For more experienced aerialists. If you have any questions about your suitability for this class, our trainer, Jane, will be happy to have a chat.

BEGINNER/INTERMEDIATE AERIALS

Thursdays 15th October - 10th December
11:30am - 1pm
\$180 Full Term / \$155 Concession

Aerials for Beginners through to Intermediate with an eclectic mix of other circus skills and strength work thrown in.

WEEKEND CLASSES

HOOPS

Saturdays 24th October - 12th December
11am - 12:30pm
\$135 Full Term / \$110 Concession

Get your hoop on with Sarah each Saturday! We explore the technical, creative and dance elements of hooping in a fun and supportive environment. New tricks are learnt whilst finding your individual style. This class is open to everyone, including beginners. Casual attendance is also welcome.

OPTION: Include a juggling class with Emma Khourey on 17th October, from 10am - 12 noon, to make this a full 9 week term. Cost for the juggling and hoops combined is \$150 full term / \$125 Concession.

OPEN TRAINING

Saturdays 24th October - 12th December
1pm - 2:15pm
Drop-in/Casual - \$5 cash per session (pay on the day)

Work independently or on small group skills from class with other WOW women. Start your Saturday with Hoops for a circus-filled afternoon.

SHORT-BLOCK CLASSES

IN YOUR BUBBLE ACROBALANCE

Wednesday 30th September & 7th October
6:15pm - 8:15pm
\$60 Two Sessions / \$45 Concession

Missing acro and feeling the need to climb on your friends again? Or always wanted to give it a try and never quite been able to fit it in? Now's your chance! Bring a partner (or 2 or 3) who are already 'in your bub-ble' (ie. in your household, or your partner, someone who you do not need to practise social distancing with). Male partners are welcome to this one; they just need to become associate members of Circus WOW.

JUGGLING 1-2-3

Saturday 17th October
10am - 12noon
\$30 One Session / \$25 Concession

In this two hour workshop you will master the basic 3 ball juggling cascade and experience the many health benefits of juggling such as brain growth, stress relief, improved focus, improved co-ordination and active meditation. You will get the opportunity to make your own eco friendly juggling balls to keep, and explore a variety of stylish ways to drop them and pick them up.

CREATIVE DEVELOPMENT

Sundays 22nd & 29th November
10am - 12noon
\$60 Two Sessions / \$45 Concession

This creative development will work towards a performance in the art gallery in 2021. Each performance group will include an aerialist, an object manipulator (hoops, juggling etc) and an acrobat or clown (adagio duos are very welcome), with the three performers working individually, but with their work intertwined with each other.

BOOK ONLINE

events.humanitix.com/circus-wow-2020-term-4-classes

\$10.50 annual WOW 2020 membership for all participants
PAYMENT PLAN REQUIRED? Select ZIP PAY at checkout
Concession details available through Humanitix

Circus WOW is a membership based community group. Membership is required for ongoing classes and performance. Being a member means that you support Circus WOW and its objectives. You will become part of this great inclusive community group. Have your say, volunteer and continue to let WOW grow.