



SUMMER 2021 TIMETABLE

Switchfit Gym
4/73 Montague St, Fairy Meadow

AERIAL CLASSES

BEGINNERS AERIALS

Monday 4th, 11th, 18th & 25th January
6:00pm - 7:30pm
\$90 Full / \$75 Concession

Trainers: Jane Davis on 4th, 11th & 25th, Sophia Belgrove on 18th. For brand newbies, and those who are interested in revisiting the fundamentals. This four week block will cover the basics of aerial silks and trapeze, including climbing, inversions, correct technique and building strength and flexibility.

INTERMEDIATE/ADVANCED AERIALS

Monday 4th, 11th, 18th & 25th January
7:00pm - 9:00pm
\$110 Full / \$95 Concession

Trainers: Louise Clark 4th & 11th, Fee 18th & 25th. 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.

CREATIVE WORKSHOPS

BUILDING A PERFORMANCE

Saturday 9th & Sunday 10th January
10:00am - 1:00pm both days
\$90 Both Days / \$70 Concession

With Guest trainer Jill Watkins. From Jill....."Working with the notion that participants of circus workshops have the ideas to create the content for performances is where I like to start from. I aim to provide the platform to bring ideas into the space and we build from there. Creating a safe place to be able to express ideas and feel free to explore creative development options is what I love to do"...
Read the full workshop outline on Humanitix.

CREATIVE & AERIAL MOVEMENT

Wednesday 6th January, 6:00pm - 8:30pm
(Creative Movement 6pm - 7pm, Aerial Movement 7pm - 8:30pm)
\$35 Full / \$25 Concession - Both Workshops
\$15 Full / \$10 Concession - Creative Movement only
\$20 Full / \$15 Concession - Aerial Movement only

Creative Movement is a playful investigation into how we connect with our bodies. This class is designed for circus people who would like to bring more flow and new pathways to their art, and for anyone who likes to dance. **Trainer:** Sarah Fitzgerald

Aerial Movement is a class exploring the space between the tricks. Classes are for intermediate/advanced level students. We will cover sequences on both static trapeze and aerial silk. **Trainer:** Nichola Hall
These workshops can be taken individually however as they are interconnected through concepts we encourage you to enjoy both.

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.

SHORT-BLOCK CLASSES

ACROBALANCE

Wednesdays 13th, 20th & 27th January
6:15pm - 8:15pm
\$80 Three Sessions / \$65 Concession

Trainers: Jane Davis and Erin Masters (dependant on numbers) Due to COVID-19 restrictions we ask women to enrol in a duo or trio. If you do not have a partner to work with please contact us, and we'll see if we can help women get in touch with an acro partner.

HANDSTANDS

Friday 8th January
5:30pm - 7:00pm
\$20 One Session / \$15 Concession

Come and learn the fundamentals of handstands with the amazing Louise Clark. Follow up this workshop with a training practise session on Friday 22nd January from 5:30 - 7:00 (Cost \$5; open training style session).

HOOPS

Saturdays 23rd & 30th January
11am - 12:30pm
\$50 Two Classes / \$40 Concession

Get your hoop on with Sarah Fitzgerald 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.

OPEN TRAINING

Drop-in/Casual - \$5 cash per session (pay on the day)

Open to all wow members. For training existing skills only. Please contact Jane or Sarah to join the messenger group for updates.

Times available include:

5:30am - 7:00am - Monday 28th Dec. - Saturday 2nd Jan.

5:00am - 6:30am - Monday 4th - Saturday 9th January

From 1:00pm - Saturday 23rd & 30th January

Plus lots more..... make sure you join the Messenger group if interested!

BOOK ONLINE

events.humanitix.com/circus-wow-summer-2021

\$10.50 annual WOW 2020 membership for all participants

PAYMENT PLAN REQUIRED? Select ZIP PAY at checkout

Concession details available through Humanitix