

Circus Classes

TERM 1, 2023

Ghetto Movement 12/30 Swan Street, Wollongong

MONDAY CLASS

Beginners Aerials – Trapeze

Mondays 30th January - 27th February (5 week program)

6:30pm - 8:00pm

\$125 Full / \$110 Concession

Trainer: Sarah Stevenson

Beginners Aerials – Silks

Mondays 6th March - 3rd April (5 week program)

6:30pm - 8:00pm

\$125 Full / \$110 Concession

Trainer: Sarah Stevenson

For brand newbies and those who are interested in revisiting the fundamentals. This 5 week block will cover the basics of aerial silks and trapeze, including climbing, inversions, correct technique and building strength and flexibility.

TUESDAY CLASS

Intermediate Aerials

Mondays 31st January - 4th April (10 week program)

6:30pm - 8:30pm

\$280 Full / \$250 Concession

Trainer: Jane Davis

Focus on pre-performance conditioning and aerial skills. Intermediate: for those who have mastered the skills in the beginners class and are ready for more!!!

WEDNESDAY CLASSES

Beginner/Intermediate Adagio

Wednesdays 1st February - 5th April (10 week program)

6:30pm - 8:30pm

\$260 Full / \$230 Concession

Trainers: Chantel & Aeron

Otherwise known as the fine art of standing on your friend... Acrobalance is the circus art of creating partner balances and acrobatic skills with two or more people.

THURSDAY CLASSES

Advanced Aerials

Thursdays 2nd February - 6th April (5 week program)

6:30pm - 8:30pm

\$280 Full / \$250 Concession

Trainer: Ali Kimbrough

In this class, we'll play with building aerial sequences (learning tricks and linking them together). We'll build strength, endurance, and sequences on each apparatus (silks, trapeze, Lyra).

Acquired Taste Choir

2nd & 4th Thursdays of the Month

Dates: 9th Feb, 23rd Feb, 9th Mar, 23rd Mar (4 week program)

7:00pm - 8:30pm

\$52 Full / \$44 Concession

Trainer: Tia Wilson

A community social choir with a unique circus edge! Join us in vocal experimentation, percussive exploration, and the joy of connection, as we create our own renditions of our favourite songs. No audition is required.

**Location: Coniston Community Centre,
24 Bridge Street Coniston**

BOOK ONLINE

www.circuswow.org.au/training/timetable/

\$20 Annual WOW 2023 Membership
for ALL PARTICIPANTS

NEED A PAYMENT PLAN? Select ZIP PAY at checkout!
Concession details on 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.

Circus WOW welcomes all women 18+, including those who identify as women. We also welcome intersex, non-binary and gender diverse people.

