

Flying Fruit Fly Circus

circus  
arts

2010



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## What is the Circus Arts program?

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It's the Flying Fruit Fly Circus' Saturday recreational program for children who are 4 +. As long as a child is enrolled in a school they can attend a class, up to the age of 18.

We teach a range of circus skills in a fun, noncompetitive and safe atmosphere. It is led by experienced, nationally respected trainers, alongside senior members of our school.

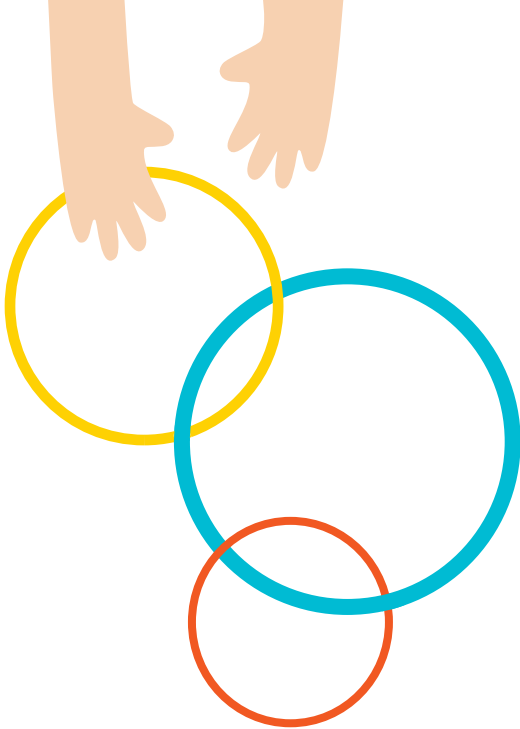
Our student to trainer ratio is 5:1.

Your child will develop a strong sense of hand-eye coordination and physical confidence, while learning lessons about working with others.

Circus Arts is a self esteem booster!

Skills practiced in the three senior classes (blue, green, red) are showcased at an end of year concert.

All classes occur in a positive learning environment coordinated by Natalie Dyball.



## The Flying Fruit Fly Circus

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Founded in 1979, today your local FFFC is one of the world's premier training and performing arts companies for youth.

In 2009 we won a prestigious national award - a Helpmann – in the Best Performance for Children category for *The Promise*.

Students (many who started in Circus Arts), have performed in New York, Sydney Olympic Arts festival and Opening Ceremony, Melbourne Commonwealth Games Closing Ceremony and Steve Waugh's annual fundraiser.

As a not-for-profit company our mission is to promote and enhance the education and cultural development of young people by providing high quality circus training and by producing and touring contemporary circus performances.

In 2009 we received \$3.75m from the Federal Government to redevelop our training centre. This \$4.65m project should be completed by June 2010. Our temporary home is 536 Dallinger Road.



## Saturday Dates

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**TERM 1** 6 Feb – 20 March

**TERM 2** 17 April – 19 June

**TERM 3** 17 July – 11 Sept

**TERM 4** 9 Oct – 11 Dec

We aim to provide 36 lessons a year.

The last day of Circus Arts, 11 December 2010, is 'show day' for each class.

## Culture of Safety

While Circus Arts is fun and exciting, we take our responsibility of care very seriously.

Training can be risky, so we ask families to support our culture of safety by:

- tying long hair back before warm-up
- removing jewellery
- wearing black shorts/pants/leggings with no pockets and your Circus Arts t-shirt
- wearing runners/sneakers into the building
- bringing a healthy drink and snack
- arriving on time. Children 15 minutes late cannot participate as they will have missed the warm up.

# classes



## **yellow** for 4-5 years, max. 60

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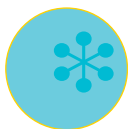
A one hour beginners' class that introduces students to circus skills including: balancing, juggling, rope climbing, skipping, jumping and elementary tumbling.

This class is aimed at developing coordination and physical awareness. Small groups rotate around a circuit of activities.

All classes start with a game and warm up.

**TIME:** Saturday 9:15am - 10:15am

**fees:** \$140 p/term  
\$30 membership /annum  
\$25 CircusArts t/shirt



## **blue** for 6-7 years, max. 52

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A romping 1<sup>1</sup>/<sub>2</sub> hour class that covers simple training and preparation for fundamental circus skills such as trapeze, juggling, mini tramp, big trampoline, tight wire walking, tumbling and pyramids.

All classes are conducted in small groups and include a warm up, stretching, handstands, tumbling and a cool down.

**time:** Saturday 10:30 am – 12:00pm

**fees:** \$180 p/term  
\$30 membership /annum  
\$25 CircusArts t/shirt

# classes



## **green** for 8 years + up, max. 60

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A fun two hour class that covers basic training and development of fundamental circus skills such as trapeze, juggling, rope climbing, mini tramp, big trampoline, tight wire walking, tumbling and pyramids.

All classes are conducted in small groups and include a warm up, stretching, handstands, tumbling and a cool down.

**time:** Saturday 1:00pm – 3:00pm

**fees:** \$220 p/term  
\$30 membership /annum  
\$25 CircusArts t/shirt



## **red** for 8 years + up, max. 60

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Another lively two hour class as outlined above, just later in the day!

All classes are conducted in small groups and include a warm up, stretching, handstands, tumbling and a cool down.

**time:** Saturday 3:15pm – 5:15pm

**fees:** \$220 p/term  
\$30 membership /annum  
\$25 CircusArts t/shirt

\* one membership/family  
all prices include GST and are subject to change  
all fees need to be paid before the start of each term