

FRIDAY 6th OCTOBER - 1PM-9PM							
TIME	WORKSHOP	TUTOR	MAX NO.	LEVEL	PRE- REQUISITE	DESCRIPTION	WHERE
1 - 4:30pm	Registration and Jam						
4:30-5:15PM	Warm up and games	Ellis		ALL			
5:15 -6:00PM	Silks	Andres	8	Intermediate	Comfortable invert and foundational moves such as footlock, catchers and s-wrap.	Build on foundational vocabulary to learn sequences and simple drops, with Colombian expert Andres.	A1
	Duo straps	Ed	8	Beginners/Intermediate	Comfortable invert and some experience in the discipline at least solo.	Try your hand at duo straps, learn the foundational moves and learn how to move around the equipment with a partner.	A2
	Introduction to Acroyoga	Sam and Steven	10	Beginners	None	An introduction to the foundations of acroyoga - learn the foundations of L-basing in pairs and be introduced to beginners flows.	A2
	Trampoline	Massi	5	Intermediate/Advanced	Front and back saltos, sit drop, back drop. No back, knee, ankle or wrist injuries.	Build on exiting trampoline and tumbling knowledge and learn more advanced moves and combinations.	TR
			31				
6:15 - 7PM	Silks - S-wrap special	Ed	8	Advanced	A good degree of flexibility, a comfortable back balance, comfortable inverts, and prior knowledge of some s-wrap entries	Silks expert Ed Swift will look at a number of challenging ways to get into and out of S-wrap or use this position in combos.	A1
	Hoop manipulation	Nat	6	All levels	None	Work with multi-manipulator Natt Lunatricks to try out manipulation with small hoops. Look at throws and catches, rolls and sequences.	WB
	Straps	Andres	6	Beginner/intermediate	None - though good upper body strength will help.	Learn the foundations of the discipline, or build on existing knowledge. Learn basic wraps, rolls and positions.	A2/A3
	Korean Cradle	Massi	10	Intermediate/advanced	No experience with Korean cradle needed, but must have intermediate to advanced level in Hand2Hand able to hold hand to hand and 2 high. Bases - no back or knee injuries.	Try out this unique circus discipline, performed by very few people in the world. Learn the foundations of swinging and flying on this aerial structure, utilising experience in hand to hand and aerial work.	TR and A2
			30				
7:15 - 8PM	Doubles aerial hoop	Ed	8	Intermediate	Comfortable invert and experience in the discipline at least solo.	Use existing aerial skills to work with a partner on the hoop. Learn the foundations of working together, or learn new tricks and vocabulary for those with prior doubles experience.	A2/A3
	Korean Cradle continued	Massi	10	Intermediate/advanced	No experience with Korean cradle needed, but must have intermediate to advanced level in Hand2Hand able to hold hand to hand and 2 high. Bases - no back or knee injuries.	Try out this unique circus discipline, performed by very few people in the world. Learn the foundations of swinging and flying on this aerial structure, utilising experience in hand to hand and aerial work.	TR and A2
	Unicycle	Nat	4	Mixed level/beginners	None	Learn the basics of getting on and off the unicycle and begin moving, or learn new tricks and improved your technique for those comfortable with the basics.	WB
	Casino Acro Roulette	Edson	10	All levels	None	Get calibrated for all your fundamental basic moves of acroyoga with and exciting twist of roles and partners.	A1
			32				
8 - 8:30PM	Stretching and Cool down	Andres		ALL			A1 & A2
8:30 - 9PM	DINNER Pack up and leave space by 9PM						M
SATURDAY 7th OCTOBER - 10:00 - 9PM							
TIME	WORKSHOP	TUTOR	MAX NO.	LEVEL	PRE- REQUISITE	DESCRIPTION	WHERE
10:00 - 10:30	ARRIVALS AND WARM UP	Edson		ALL			
10:30 - 11:30	Doubles straps	Ed	8	Intermediate	Comfortable invert and experience in the discipline at least solo.	Use existing aerial skills to work with a partner on the straps. Learn the foundations of working together, or learn new tricks and vocabulary for those with prior doubles experience.	A1
	Trapeze	Tatiana	8	Intermediate	Good trapeze foundations such as front balance and one knee hang. Comfortable with a variety of basic/intermediate moves under, over and above the bar.	Build on existing vocabulary and learn new transitions and sequences.	A2/A3
	Trampoline	Victor	5	Beginners	No back, knee or neck injuries.	Learn the basics of trampoline - clean straight jump technique, front, set and back drop and basic sequences.	TR

	Washing machine variations	Sam and Steven	12	Beginners/intermediate	Some experience with Acro yoga and L-basing. Comfortable front and back bird.	Learn twists and spins through star, front and back balance and working on a variety of washing machine based sequences. Learn different transitions, and build combination sequences.	WB
	Korean Cradle	Massi	10	Intermediate/advanced	No experience with Korean cradle needed, but must have intermediate to advanced level in Hand2Hand able to hold hand to hand and 2 high. Bases - no back or knee injuries.	Try out this unique circus discipline, performed by very few people in the world. Learn the foundations of swinging and flying on this aerial structure, utilising experience in hand to hand and aerial work.	A2/TR
			43				
11:45 - 12:45	Tippy hoop	Lauren	6	Intermediate/advanced	Good existing hoop or trapeze vocabulary, able to invert comfortably and hold own weight.	Get an introduction to this fun new discipline, or build on existing experience. Learn how to get comfortable with the movement of the hoop and learn a variety of flips, drops and transitions.	A2
	Silks	Andres	8	Beginners	None	Learn the foundations of working on the silks - a range of climbs, break down techniques for inverts, and build foundational moves and sequences.	A3
	Standing acroyoga flows	Edson	10	Intermediate	Must have good standing on shoulders	Learn a variety of transitions and tricks in standing basing. From entrances and exits to standing on shoulders, balances, rolls and rotations.	A1
	Unicycle	Natt	4	Mixed level	None.	Learn the basics of getting on and off the unicycle and begin moving, or learn new tricks and improved your technique for those comfortable with the basics.	WB
	Trampoline	Victor	5	Intermediate	Comfortable with basic jumps on the trampoline. Clean straight jump and understand of sit, back and front drop. No back, knee or neck injuries.	Clean existing technique, build sequences and work up to front and back saltos.	TR
	Korean Cradle continued	Massi	10	Intermediate/advanced	No experience with Korean cradle needed, but must have intermediate to advanced level in Hand2Hand able to hold hand to hand and 2 high. Bases - no back or knee injuries.	Try out this unique circus discipline, performed by very few people in the world. Learn the foundations of swinging and flying on this aerial structure, utilising experience in hand to hand and aerial work.	TR and A2
			43				
12:45 - 2	LUNCH	Take down trampoline and cradle rig cloudswing					
	Cloudswing	Annabel	4	Intermediate/advanced	No previous swinging experience required but must have intermediate to advanced level in at least one aerial discipline. Must be able to comfortably invert off the floor without assistance and have the strength and stamina to climb, and build and execute aerial routines.	Cloudswing is a dynamic aerial discipline which involves swinging on a loop of rope and performing drops, rotations and dynamic movements with the swing, similar to swinging trapeze. This class with continue over the break, running 1 - 1 sessions of 15mins with some group preparation time at the beginning of each session.	A1+A2
2 - 3pm	Cloudswing	Annabel	4	Intermediate/advanced	No previous swinging experience required but must have intermediate to advanced level in at least one aerial discipline. Must be able to comfortably invert off the floor without assistance and have the strength and stamina to climb, and build and execute aerial routines.	Cloudswing is a dynamic aerial discipline which involves swinging on a loop of rope and performing drops, rotations and dynamic movements with the swing, similar to swinging trapeze. This class with continue over the break, running 1 - 1 sessions of 15mins with some group preparation time at the beginning of each session.	A1+A2
	Handbalancing	Victor	8	Beginners	None	Learn the foundations of standing on your hands. Practice a variety of exercises to develop form, stamina and balance.	CH
	Doubles hoop	Ed	10	Intermediate	Comfortable invert and experience in the discipline at least solo.	Use existing aerial skills to work with a partner on the hoop. Learn the foundations of working together, or learn new tricks and vocabulary for those with prior doubles experience.	A3
	Pitching and Tossing	Massi	12	Intermediate/advanced	Must have solid 2 high and good hand to hand, and have some experience of dynamic hand to hand or group acrobatics.	This class works on dynamic group acrobatics, throws and catches horizontally and vertically. Build on existing experience with dynamic group acrobatics and learn more advanced throws and catches with high experienced acrobatic base Massi.	TR and A1
	Ladder balancing	Andres	5	Beginners	None	Learn the first steps of walking and climbing on the balance ladder. Come and try out a fun new discipline with multi-skilled circus artists Andres.	WB
			39				
3:15 - 4:15	Silks and rope - c- shape and roll ups.	Ed	8	Intermediate/Advanced	Must have good existing silks or rope vocabulary, confident s-wrap, back balance and propellor.	Work on C-shape technique, exits and entrances, and learn the foundations of those elusive roll ups.	A1
	Straps	Andres	6	Beginners/intermediate	None.	Learn the foundation of aerial straps - inverts, holds and wraps, or build on existing knowledge to develop sequences or simple rolls and drops.	A2
	Pyramids	Andy	14	Beginners/intermediate	Some existing acro or acro yoga experience is useful.	Work as team to build a wide range of shapes and balances. Using box basing, L-basing and standing basing variations Andy will work with the level of the group to develop different combinations.	WB
	Pitching and Tossing continued	Massi	12	Intermediate/Advanced	Must have solid 2 high and good hand to hand, and have some experience of dynamic hand to hand or group acrobatics.	This class works on dynamic group acrobatics, throws and catches horizontally and vertically. Build on existing experience with dynamic group acrobatics and learn more advanced throws and catches with high experienced acrobatic base Massi.	TR and A1
	Trapeze	Tatiana	8	Beginners	None	Learn the foundations of this classic circus discipline, with experienced circus artist Tatiana Urbano. Develop good form in basic shapes and learn beginners level sequences above and below the bar.	A3/A2
			48				

4:30 - 5:30	Aerial Hoop	Lauren	8	Beginners - intermediate	None	Build up your foundations or learn some fun new moves, rolls and transitions with hoop expert Lauren Williams.	A3
	Tumbling	Victor	8	Intermediate/advanced	Comfortable tumbling basics - rolls, cartwheels, roundoffs etc.	Clean your technique or learn the next level of moves from handsprings, flips or saltos with experienced acrobat Victor Ortiz.	WB
	Trapeze - dynamics and drops	Edson	8	Intermediate/Advanced	Must have good existing trapeze vocabulary including intermediate moves such as front balance, ankles, tricks in the rope, back balance.	Learn dynamic moves and drops on double point static trapeze with Edson.	A2
	Creative play on unusual aerial props	Annabel	10	All levels	None	Bring your own unusual props, or try out the aerial chandelier or zimmerframe. Have a play, invent moves and find out what you can do on a variety of weird aerial props	A1
	Stage combat	Andy	10	All levels	None	Learn the basics of stage fighting, hits, falls and parries with highly experienced all round performer and acrobat Andy.	TR
5:30 - 6	Stretch	Lauren	44				A1
6 - 7:30	Get ready for show/dinner break	Natt, Josh, Massi					
7:30 - 8:30	Show	Natt					
SUNDAY 8th OCTOBER - 10AM- 6.30PM							
TIME	WORKSHOP	TUTOR	MAX NO.	LEVEL	PRE- REQUISITE		WHERE
10-10:30AM	ARRIVALS AND WARM UPS	Lauren		ALL			
10:30-11:30PM	Silks	Lauren	8	Intermediate/advanced	Comfortable invert at height, understanding of all the basic silks forms - catchers, hip key, s-wrap, footlock, and some experience of simple drops and sequences.	Lauren will help you build on existing silks knowledge with an exciting array of new drops and sequences.	A1
	Slackline and tightwire	Andy	8	All levels		Learn or build on vocabulary for slackline and tightwire. Get familiar with the equipment, learn different ways of moving across the equipment, or build sequences and dynamic movements if you have experience.	A2
	L-base flow	Sam and Steven	10	Beginners/intermediate	Comfortable L basing foundational positions.	Use L-basing foundations to build sequences, work on transitions and learn new moves.	WB
	Headbalancing	Andres	6	Intermediate/Advanced	Must have a solid headstand and be confident holding a handstand shape or other floor balances.	Building towards no-hand head-balancing this class will work on headstand and acrobatic floor balancing technique, looking at various positions using hands and head to build vocabulary, endurance, and technique.	A3
	Standing acroyoga flows	Edson	10	Intermediate	Must have good standing on shoulders	Learn a variety of transitions and tricks in standing basing. From entrances and exits to standing on shoulders, balances, rolls and rotations.	TR and A1
			42				
11:45 - 12:45							
	Hat Manipulation	Natt	8	Beginners/Intermediate	None	Learn the basics of using juggling hats from master manipulator Natt Lunatricks. Work on a variety of rolls, throws and flips.	A3
	Tippy Hoop	Lauren	6	Intermediate/Advanced	Good existing hoop or trapeze vocabulary, able to invert comfortably and hold own weight.	Get an introduction to this fun new discipline, or build on existing experience. Learn how to get comfortable with the movement of the hoop and learn a variety of flips, drops and transitions.	A2
	Airtrack tumbling	Andy	8	Beginners/Intermediate	None	Learn foundational tumbling moves with the extra bounce and support of the air track. From rolls, to handstands to handsprings, work from your own level and achieve more with some fun bounce.	WB
	Hand to hand	Massi	10	Intermediate/Advanced	Must have a solid 2 high and a good hand 2 hand.	Refine your hand to hand technique and learn more advanced dynamic moves with highly experienced acrobatic base Massi.	TR and A1
	Silks	Andres	10	Beginners	None	Learn the foundations of working on the silks - a range of climbs, break down techniques for inverts, and build foundational moves and sequences.	A1/A2
			42				
12:45 - 2	LUNCH						
1-2	Swinging trapeze	Annabel	4	Intermediate/Advanced	No previous swinging experience required but must have intermediate to advanced level in at least one aerial discipline. Must be able to comfortably invert off the floor without assistance and have the strength and stamina to climb, and build and execute aerial routines.	Swinging trapeze is a dynamic aerial discipline which involves swinging on a weighted trapeze including drops and rolls. This class with continue over the break, running 1 - 1 sessions of 15mins with some group preparation time at the beginning of each session.	A1 + A2
2 - 3	Swinging trapeze	Annabel	4	Intermediate/Advanced	No previous swinging experience required but must have intermediate to advanced level in at least one aerial discipline. Must be able to comfortably invert off the floor without assistance and have the strength and stamina to climb, and build and execute aerial routines.	Swinging trapeze is a dynamic aerial discipline which involves swinging on a weighted trapeze including drops and rolls. This class with continue over the break, running 1 - 1 sessions of 15mins with some group preparation time at the beginning of each session.	A1 and A2

	Hoop	Lauren	8	Beginners	None	Learn the foundations or clean technique on the aerial hoop. Build on existing vocabulary and learn new sequences with hoop expert Lauren Williams.	A3
	Partner acrobatics	Edson	10	Beginners/Intermediate	None	Learn the foundations of partner work in hand 2 hand on the floor and then progressing to standing for those with some acro experience.	CH
	Banquine	Andy	12	Intermediate	Some partner acro experience, comfortable holding/balancing on other people. Bases must be strong enough to hold someone else up with their arms, and flyers must be able to hold a straight position.	Banquine is a dynamic group acrobatic discipline with two bases throwing and catching a flyer. Learn the foundations of this advanced acrobatic discipline. Work in small groups to learn the basic positions and understand how to work together.	TR and A1
	Unicycle	Natt	4	All levels	None	Learn the basics of getting on and off the unicycle and begin moving, or learn new tricks and improved your technique for those comfortable with the basics.	WB
			38				
3:15 - 4:15pm	Aerial Jam	Lauren	12	All levels	Must have some aerial experience	Join Annabel and Rodrigo to share tricks, play on new or old apparatus and jam in the air.	A1/A2
	Spinning in the air	Annabel	8	Intermediate	Confident invert and no motion sickness.	Work on a variety of aerial apparatus including spanish web to develop your spinning skills.	A3/A2
	Rigging for aerial - introduction basic principles, equipment use and knots	Massi	10	All levels	None	Learn or refresh your knowledge of aerial rigging. Learn commonly used and useful knots, the uses of different kinds of equipment, and the basic foundations of force and load calculations needed for safe aerial rigging.	TR
	Handbalancing	Andres	10	Beginner/intermediate	None	Learn the foundations of balancing on your hands, or build on existing skills. Work on form, balance and strength. Build up exercises to help you progress.	WB
			40				
4:30 - 5:30pm	Circus Games	Natt					
	Acro Jam	Edson					
5:30 - 6:30pm	Stretch/cool down	Annabel		All			