

CIRCUS SWINGAPORE @ THE CATHAY - FULL SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1000						@ACRO KIDS 1 4 - 12 yr 7/1, 24/3	
1030							
1100						@ACRO KIDS 2 6 - 12 yr 7/1, 24/3	
1130							
1200						@CIRCUS KIDS 2 7 - 12 yr 7/1, 24/3	
1230							
1300							
1330						@CIRCUS KIDS INTRO 7 - 12 yr 7/1, 24/3	ACROBATICS 1 13/11, 29/1, 25/3
1400							
1430						@ACRO KIDS INTRO 4 - 12 yr 7/1, 24/3	@ACRO KIDS 3 7 - 12 yr 8/1, 25/3
1500							
1530		@ACRO KIDS INTRO 4 - 6 yr 3/1, 20/3					ACROBATICS INTRO 13/11, 29/1, 25/3
1600			@ACRO KIDS INTRO 4 - 6 yr 4/1, 21/3			@CIRCUS KIDS 1 7 - 12 yr 7/1, 24/3	
1630							
1700		@CIRCUS KIDS INTRO 7 - 12 yr 3/1, 20/3					CIRCUS ARTS INTRO 13/11, 29/1, 25/3
1730			@CIRCUS KIDS INTRO 7 - 12 yr 4/1, 21/3				
1800							
1830		CIRQUE PRAC					
1900	CIRCUS ARTS TRIAL CLASS / WORKSHOP				CIRCUS ARTS 3 Apparatus Specific 6/1 - Trapeze		
1930		CIRCUS ARTS INTRO 29/11	CIRCUS ARTS 1 4/1				
2000	CIRCUS ARTS INTRO 9/1				CIRQUE PRAC		
2030							
2100			CIRCUS ARTS 2 4/1				
2130							

LEVELS:
Intro / 1 - Beginner
2 - Beginner / Intermediate

Adults - 8-week courses
@ Kids - 4 Terms of 9-week courses following the Singapore School calendar.

NOTES:

- Commencement dates for courses are as indicated.
- Adult courses are suitable for persons age 13 and above.
- Date of printing is **17 NOV 2011**. All information is correct at time of printing.
- Classes require early registration and advance payment of the cost of the entire course to confirm reservation.
- Closing date for registration is one week before the stated start date.
- Subject to a minimum of 10 fully-paid up and registered persons to start.
- If a class is missed, no replacement classes or refunds will be made.
- A S\$20 admin fee will be levied on any changes made to any course registration.
- Circus Singapore reserves the right to amend the schedule without prior notice.

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Below is a brief description of the classes we teach at Circus Swingapore. You don't need any previous Circus experience. Unless otherwise specified, Circus Arts classes are 1-hour Kids classes or 1.5-hour Adult classes.

CIRCUS SWINGAPORE ADULTS

Circus Arts covers a wide range of skills. Courses include:

- * **Acrobatics**, with tumbles, rolls, handstands and cartwheels.
- * **Lyra or Aerial Hoop** which involves poses and moves on a large metal ring suspended in the air.
- * **Silks, or Aerial Dance**, where the performer uses a long piece of fabric hanging from the ceiling to wind around the body and create drops and locking poses.
- * **Static Trapeze**, also known as fixed trapeze, is a type of circus art performed on the trapeze, a short horizontal bar hung by ropes or metal straps from a support. The performer moves around the bar and ropes, performing a wide range of movements including balances, drops, hangs while the bar itself stays mostly in place. The difficulty is making every move look effortless.
- * **Aerial Fitness**, which focuses on strengthening and stretching and is done with either hoop, hammock, rope or silks.

CIRCUS SWINGAPORE KIDS

Acro Kids (4 - 12 yr) - Develop the basics of tumbling and tricks.

Circus Kids (7 - 12 yr) - Explore aerial Circus Arts of hoop, hammock, rope or silks.

FEES

Membership Fee per annum:

S\$50 / S\$25 for Students and NSF

COURSE FEES	MEMBER	NON-MS
8-week course	S\$200.00	S\$280.00
Kids courses (9-week terms)		
1 Term	S\$225.00	S\$310.00
2 Terms	S\$430.00	S\$500.00
3 Terms	S\$600.00	S\$850.00
4 Terms	S\$800.00	S\$1,100.00

PRIVATE CLASSES (1 to 2 persons)

1 x Private Class (1 hour) S\$150.00
4 x Private Class package (4 hours) S\$520.00

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1. All class fees must be paid and registration must be completed before taking class.
2. Please try not to be late for class - it is disrespectful, disruptive and distracting to both your instructor and classmates.
3. Please help us keep the studio clean and tidy. Place your bags on the shelves or on the floor at the side of the studio.
4. Please do not bring any food and drink into the studio.
5. Please ensure that all beeping devices - pagers, cellphones, watches, PDAs, etc - are silenced before entering the studio for class.
6. Please direct questions in class to the instructor and not to another student - we always welcome questions and clarification during class and other students might benefit from the answer.
7. At all times, please be aware of your own safety and the safety of those around you.
8. All lost and found items will be kept for one month and then donated to charity.

I acknowledge that Circus Swingapore has informed me that there will be risks of injury associated with all forms of dance or exercise. I assume all such risks and agree that Circus Swingapore will not be responsible in any way for such injury I may suffer in or as a result of the classes and / or any other such events conducted at / by Circus Swingapore.

Trial classes for both adults and kids are available! Please email circus@swingapore.com or call 65.6887.0383 to enquire!

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Class Schedule and Descriptions THE CATHAY 2011



Introducing Circus Swingapore, a brand new school for Circus Arts! Offering an exciting line up of fun ways to keep fit and fabulous, Circus Swingapore trains Circus skills in a safe and comfortable environment. If you've ever dreamt of cartwheels, flying or spinning way above the heads of the audience, then roll right up and sign up for a recreation circus arts course!

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