

## Spring Session, 2010

Welcome to the Spring 2010 session, we appreciate your trust and support.



### MARK THESE DATES ON YOUR CALENDAR!

SESSION START & END DATES This session starts: Wed, April 7 This session ends: Mon, June 14	NO CLASSES Easter Monday April 5 Victoria Day Monday May 24
<b>Register for June Student Spectacular!</b> Want to show off your skills at the end of the session in our student show? Rehearsals are Wed June 16, 18, 21, 23. And Show is Fri June 25	

Here are a few hints that will help you enjoy your class to the fullest:

- **What to Wear?** Shorts and T shirt, jogging pants or bodysuits, please no metal on clothing. Be sure to wear clothing you can **tuck-in**; you may be spending a lot of time upside down.
- Our high performance trampolines have beds made of string and may be abrasive to beginners learning seat drops, hand-knee drops, front drops etc, **please bring** long pants and a long sleeve shirt to prevent skin abrasions when on the trampoline.
- Aerial Silks can provide a certain level of friction against your skin, please bring long pants and a long sleeve shirt to prevent skin abrasions when on the Silks.
- Bare feet are best for everything we do here at the Vancouver Circus School **except** unicycle. Runners, not bare feet or sandals are mandatory for any unicycle activity.
- Please tie long hair back
- Please no jewelry, watches or gum, this is for your safety
- For the comfort and safety of other students, please ensure you have a high degree of personal hygiene. **(For example: Trim nails as it can rip our silks. Wash up before classes if need be)**
- Please no food or drink or personal belongings on the gym floor. **(except water bottles and firm grip spray)**
- Washrooms are downstairs; children under the age of 12 **must** travel with an older student to the washroom. Children and Teens: **PLEASE USE THE WASHROOM BEFORE THE START OF CLASS.**

### **While you or your friends watch**

Family members and friends are encouraged to stay and observe the classes, but, parents, siblings and guests, please remain in the white fenced viewing area. Only registered students are allowed on the floor.

- If students must leave early, please inform your instructor at the beginning of class.
- Taking pictures or videos during class at the gym is not permitted: Please see our photography policy on the bulletin board.

### **Medical Information, Release and Indemnity forms**

New participants must complete our 2-sided Medical Information sheet and Acknowledgment of Risk and Waiver of Liability. If you are a returning student and were registered anytime **after** August 2009, you are not required to fill out another form. If you have lost or did not receive a medical form, please follow the link below for a new **medical form** to fill out and bring it to **your** instructor for your next class: [http://vancouvercircusschool.ca/Forms/VCS\\_Medical\\_Idemnify.pdf](http://vancouvercircusschool.ca/Forms/VCS_Medical_Idemnify.pdf)

### **For more Vancouver Circus School information**

Please sign up to our newsletter at <http://vancouvercircusschool.ca/about/newsletter> for the latest information on classes, workshops, student show opportunities, and more.

**Questions, comments, suggestions** If you have any questions regarding our classes feel free to talk to your instructor when they are off the floor. If you have any comments or suggestions please let us know. We are always trying to create the best program possible; your feedback is encouraged and appreciated.

If you'd like to help us improve our overall service or if you have any suggestions, please take a few moments to fill out a survey provided by your instructors.

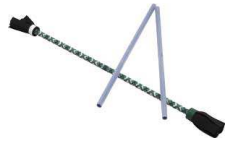
## **Store**

**Practice at home & show off your skills to friends and family with VCS Merchandise!**

Below are some of the exciting items we currently carry!



**Diablo's**



**Flower Sticks**



**Juggling Balls**



**Stage Balls**



**Firm Grip**

We have a wide selection of circus merchandise for sale at our head office in Gastown and at our School!  
Ask your instructor for product details! Limited quantity supplied

## **Vancouver Circus School's Full Time Facility**

The Vancouver Circus School is steps away from opening a full time School. The new School will be located at the newly renovated River market in New Westminister. 3 minute walk from New Westminister Skytrain Station. The new location will be geared toward professional development, workshops, & our rainbow-level system.

## **Circus Events**

**Back by popular demand, our self-produced show, BOUNCE is back!**



## **What is BOUNCE?**

This show is an unforgettably bouncy circus experience! It's an amazing display of bungees, bounding and rebounding acrobats, trampolines, bouncing balls, and all things stretchy!

Starring some of the Vancouver Circus School's coaches!

Get tickets at Massey theatre's online or on-site ticket center today! Call 604-521-5050

**Show Times: May 21 1:00pm and 7:00pm and May 22 8:00pm**



A portion of all tickets sold supports the Variety Club of BC



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