

# CLASS SCHEDULE NEW WESTMINSTER



## Spring Session 2, May 1<sup>st</sup> – June 30<sup>th</sup> 2017

### PRESCHOOL CLASSES

**CIRCUS WITH RHIANNON** **60MIN**  
Tuesday 3:30pm 4-6yrs

**CIRCUS WITH DARE** **60MIN**  
Thursday 4:00pm 4-6yrs

**CIRCUS WORKS** **90MIN**  
Saturday 10:00 / 11:30am 4-6yrs

**PARENT & TOT CIRCUS** **60MIN**  
Monday 11:30am 1-4yrs  
Tuesday 10:30am 1-4yrs

**PRE SCHOOL CIRCUS** **60MIN**  
Monday 12:30pm 4-6yrs  
Tuesday 11:30am 4-6yrs

### SCHOOL AGE CLASSES

**AERIAL HOOP & STATIC TRAPEZE** **60MIN**  
Monday 5:30pm 8-14yrs

**AERIAL SILKS** **60MIN**  
Monday 4:30 / 5:30pm 8-14yrs  
Tuesday 4:30pm 8-14yrs  
Thursday 4:30pm 8-14yrs  
Friday 4:30pm 8-14yrs  
Saturday 9:00am / 1:30pm 8-14yrs

**CIRCUS WITH RHIANNON & NATALIE** **60MIN**  
Monday 3:30pm 6-8yrs

**CIRCUS WITH NIGEL** **60MIN**  
Wednesday 4:00pm 6-8yrs

**CIRCUS WORKS** **90MIN**  
Saturday 10:00 / 11:30am 6-8yrs  
Saturday 10:00 / 11:30am 8-14yrs

**HOME SCHOOL TRAMPOLINE** **60MIN**  
Tuesday 2:00pm 6-16yrs

**SWINGING TRAPEZE** **60MIN**  
Thursday 4:00pm 8-14yrs

**TRAMPOLINE & TUMBLING** **60MIN**  
Monday 4:30pm 8-14yrs  
Saturday 2:00pm 8-14yrs

**TRAMPOLINE** **60MIN**  
Thursday 5:30pm 8-14yrs  
Saturday 1:00pm 8-14yrs

**60MIN CLASS COST (TAXES ADDITIONAL)**  
1-6yrs \$12.50 per class 8-14yrs \$16.50 per class  
6-8yrs \$15.00 per class 8-14yrs \$22.50 per workshop

**90MIN CLASS COST (TAXES ADDITIONAL)**  
3-6yrs \$16.00 per class 8-14yrs \$21.00 per class  
6-8yrs \$19.50 per class

**90MIN WORKSHOP COST (TAXES ADDITIONAL)**  
8-14yrs \$22.50 per class

Classes may be cancelled or combined due to low registration  
School Closed: Monday May 22<sup>nd</sup> 2017 (Victoria Day)

### SCHOOL AGE WORKSHOPS

**CONTORTION** **90MIN**  
Saturday 12:00pm 8-14yrs



# CLASS SCHEDULE NEW WESTMINSTER



## Spring Session 2, May 1<sup>st</sup> – June 30<sup>th</sup> 2017

### TEEN & ADULT CLASSES

<b>AERIAL HOOP &amp; STATIC TRAPEZE</b>	<b>60MIN</b>
Monday 7:00 / 8:00pm	15yrs+
Wednesday 3:30pm	15yrs+
Friday 3:30pm	15yrs+

<b>AERIAL SILK</b>	<b>60MIN</b>
Monday 7:00 / 8:00pm	15yrs+
Tuesday 5:30 / 7:00 / 8:00pm	15yrs+
Wednesday 2:00 / 4:30 / 5:30 / 7:00pm	15yrs+
8:00pm	15yrs+
Thursday 5:30 / 7:00 / 8:00pm	15yrs+
Friday 5:30pm	15yrs+

<b>AERIAL SILK &amp; CONDITIONING</b>	<b>90MIN</b>
Friday 7:00pm	15yrs+

<b>BEGINNER TUMBLING</b>	<b>60MIN</b>
Monday 5:30pm	15yrs+
Thursday 3:30pm	15yrs+
Friday 7:00pm	15yrs+

<b>CIRCUS FIT CONDITIONING</b>	<b>60MIN</b>
Tuesday 4:30pm	15yrs+

<b>SWINGING TRAPEZE</b>	<b>60MIN</b>
Tuesday 6:00 / 7:00 / 8:00pm	15yrs+
Thursday 8:00pm	15yrs+

<b>TRAMPOLINE</b>	<b>60MIN</b>
Monday 7:00 / 8:00pm	15yrs+
Thursday 7:00pm	15yrs+

#### 60MIN CLASS COST (TAXES ADDITIONAL)

15yrs+ \$22.50 per class

#### 90MIN CLASS COST (TAXES ADDITIONAL)

15yrs+ \$30.00 per class

Classes may be cancelled or combined due to low registration  
School Closed: Monday May 22<sup>nd</sup> 2017 (Victoria Day)

### TEEN & ADULT WORKSHOPS

<b>CONTORTION</b>	<b>90MIN</b>
Tuesday 3:30 / 8:00pm	15yrs+
Wednesday 3:30pm	15yrs+
Saturday 1:30pm	15yrs+

<b>HAND BALANCING</b>	<b>90MIN</b>
Saturday 3:30pm	15yrs+



# CLASS SCHEDULE NEW WESTMINSTER



## Spring Session 2, May 1<sup>st</sup> – June 30<sup>th</sup> 2017

### DROP IN CLASSES

#### INTRO TO CIRCUS/FAMILY INTRO TO CIRCUS

##### **60MIN**

This is the place time where you can sample the various apparatus and elements of the circus. We offer an introduction to Trampoline, Juggling and Aerial Silk in this class for beginners. A great new experience for all ages!

#### Youth Intro to Circus

##### **60MIN**

Friday 60min	4:30pm	6-14yrs
Cost	\$15.00	6-14yrs

#### Family Intro to Circus

##### **60MIN**

Saturdays	1:00pm	4yrs+
Cost	\$50.00	(2 adults, 2 children)
	\$35.00	(1 adult, 2 children)
	\$25.00	(1 adult, 1 child)

#### INTRO TO AERIAL HOOP & STATIC TRAPEZE

##### **60MIN**

While a staple apparatus of the circus, in its own right, the Static Trapeze also instills in students a skill set that is integral to Dance and Swinging Trapeze. Once students become adept at using the Static Trapeze, they will progress to using the Aerial Hoop. The Aerial Hoop, also sometimes referred to as lyra or cerceaux, is a dynamic aerial apparatus that makes use of combined strength, flexibility, and creative movement, while static or spinning.

Friday	5:30pm	15yrs+
Cost	\$25.00	15yrs+

#### INTRO TO AERIAL SILKS

##### **60MIN**

Suspended from the ceiling by lengths of soft fabric, students experience the thrill of this profoundly exciting performing art as they sequence through static and dynamic skills. This class will serve as an introduction to our Aerial Silks classes!

Monday	7:00 / 8:00pm	15yrs+
Cost	\$25.00	15yrs+

Advanced Registration Recommended.

Drop In spaces are limited. Please register online or by contacting our office.  
School Closed: Monday May 22<sup>nd</sup> 2017 (Victoria Day)

#### BIG TOP TODDLERS

##### **150MIN**

In this brand new preschool program children are invited to play and experience the many wonders and excitement of circus apparatus' combined with an amazing bouncy castle, toys and juggling props! Parents will be asked to stay and supervise their children as they explore and have fun becoming a Big Top Toddler!

Wednesday	10:00am	0-5yrs
Friday	12:00pm	0-5yrs
Cost	FREE	0-11months
	\$5.00	1-5yrs

#### UNICYCLE AND JUGGLING

##### **60MIN**

Juggling not only improves your hand-eye coordination but also memory, spatial awareness and the ability to find large expanses of time in small spaces. Classes are open to people of all ages and abilities. Exercise your most important muscle... your brain! Also in this class learn the art of unicycle. Whether you're brand new, still have a training wheel (a.k.a. a bike), or are already a one wheeled wonder, this is the class for you.

Wednesday	5:00pm	10yrs+
Cost	\$10.00	10yrs+

Drop-in spaces are limited; advanced registration suggested. Contact info is listed on the bottom of page



# CLASS SCHEDULE

## NORTH VANCOUVER



Spring Session 2, May 1<sup>st</sup> – June 30<sup>th</sup> 2017

### PRESCHOOL CLASSES

#### CIRCUS WITH NIGEL **60MIN**

Monday	3:30 / 4:30pm	4-6yrs
Tuesday	3:30pm	4-6yrs
Thursday	4:30pm	4-6yrs
Friday	3:30pm	4-6yrs

### SCHOOL AGE CLASSES

#### AERIAL SILK **60MIN**

Monday	3:30 / 4:30 / 5:30 / 7:00pm	8-14yrs
Tuesday	3:30 / 4:30 / 5:30pm	8-14yrs
Wednesday	3:30pm	6-8yrs
Wednesday	4:30 / 5:30 / 7:00pm	8-14yrs
Thursday	3:30 / 4:30pm	6-8yrs
Thursday	3:30 / 4:30 / 5:30pm	8-14yrs
Friday	3:30pm	6-8yrs
Friday	4:30 / 5:30pm	8-14yrs

#### AERIAL HOOP & STATIC TRAPEZE **60MIN**

Friday	4:30pm	8-14yrs
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#### CIRCUS WITH NIGEL **60MIN**

Monday	5:30pm	6-8yrs
Tuesday	1:00 / 2:00 / 4:30pm	6-8yrs
Thursday	5:30pm	6-8yrs
Friday	4:30pm	6-8yrs
Friday	5:30pm	8-14yrs

#### 60MIN CLASS COST (TAXES ADDITIONAL)

4-6yrs	\$12.50 per class	8-14yrs	\$17.33 per class
6-8yrs	\$15.75 per class	15yrs +	\$22.50 per class

#### 60MIN ADVANCED TRAMPOLINE COST (TAXES ADDITIONAL)

8yrs+	\$18.50
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#### 90MIN CLASS COST (TAXES ADDITIONAL)

4-6yrs	\$16.00 per class	8-14yrs	\$21.00 per class
6-8yrs	\$19.50 per class		

#### CIRCUS WORKS **90MIN**

Saturday	10:00 / 11:30am	6-8yrs
Saturday	10:00 / 11:30am	8-14yrs

#### CIRCUS WORKS **90MIN**

Saturday	10:00 / 11:30am	4-6yrs
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#### SWINGING TRAPEZE **60MIN**

Monday	4:30 / 5:30pm	8-14yrs
Wednesday	4:30pm	8-14yrs

#### TRAMPOLINE **60MIN**

Monday	3:30 / 4:30pm	6-8yrs
Monday	4:30 / 5:30 / 6:30pm	8-14yrs
Tuesday	3:30 / 4:30 / 5:30pm	8-14yrs
Wednesday	3:30pm	6-8yrs
Wednesday	3:30 / 4:30 / 5:30pm	8-14yrs
Thursday	2:00 / 4:30pm	6-8yrs
Thursday	3:30 / 4:30 / 5:30 / 6:30pm	8-14yrs
Friday	3:30 / 4:30pm	6-8yrs
Friday	4:30 / 5:30 / 7:00pm	8-14yrs

#### TUMBLING **60MIN**

Friday	3:30 / 4:30pm	8-14yrs
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#### ADVANCED TRAMPOLINE **60MIN**

Tuesday	5:30 / 7:00 / 8:00pm	8yrs+
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Classes may be cancelled or combined due to low registration. Monday May 22<sup>nd</sup> 2017 (Victoria Day)



# CLASS SCHEDULE NORTH VANCOUVER



## Spring Session 2, May 1<sup>st</sup> – June 30<sup>th</sup> 2017

### TEEN & ADULT CLASSES

<b>AERIAL SILK</b>		<b>60MIN</b>
Monday	1:00 / 7:00 / 8:00pm	15yrs+
Tuesday	1:00 / 8:00pm	15yrs+
Wednesday	5:30 / 8:00pm	15yrs+
Thursday	6:30pm	15yrs+
Friday	7:00 / 8:00pm	15yrs+

<b>AERIAL HOOP &amp; STATIC TRAPEZE</b>		<b>60MIN</b>
Monday	8:00pm	15yrs+
Tuesday	7:00pm	15yrs+
Wednesday	8:00pm	15yrs+
Friday	7:00 / 8:00pm	15yrs+

<b>SWINGING TRAPEZE</b>		<b>60MIN</b>
Monday	7:00 / 8:00pm	15yrs+
Wednesday	5:30 / 7:00 / 8:00pm	15yrs+

<b>TRAMPOLINE</b>		<b>60MIN</b>
Wednesday	7:00 / 8:00pm	15yrs+
Friday	7:00 / 8:00pm	15yrs+

<b>ADVANCED TRAMPOLINE</b>		<b>60MIN</b>
Tuesday	5:30 / 7:00 / 8:00pm	8yrs+

<b>TUMBLING</b>		<b>60MIN</b>
Friday	5:30pm	15yrs+

### TEEN & ADULT WORKSHOPS

<b>HAND BALANCING</b>		<b>90MIN</b>
Wednesday	7:00pm	15yrs+

*\*Monthly*

#### **60MIN CLASS COST (TAXES ADDITIONAL)**

15yrs+ \$22.50

#### **90MIN CLASS & WORKSHOP COST (TAXES ADDITIONAL)**

15yrs+ \$30.00

#### **60MIN ADVANCED TRAMPOLINE COST (TAXES ADDITIONAL)**

8yrs+ \$18.50

Classes may be cancelled or combined due to low registration. Monday May 22<sup>nd</sup> 2017 (Victoria Day)



# CLASS SCHEDULE NORTH VANCOUVER

## Spring Session 2, May 1<sup>st</sup> – June 30<sup>th</sup> 2017



### DROP-IN CLASSES

**INTRO TO CIRCUS 60MIN**  
Welcome to the Vancouver Circus School's Intro Class. This is the place time where you can sample the various apparatus and elements of the circus. We offer Trampoline, Juggling and Aerial Silk. Never tried any of these before? Great! We're here to help!

Thursday 3:30pm 6-12yrs  
Cost \$15.00

**DATE NIGHT AT THE CIRCUS (INTRO TO CIRCUS) 90MIN**  
Did you know that *couples who play together, stay together*? Why not try something unique and "fun" with your date and take them to the circus! Our **Date Night** is an hour and a half "Intro To Circus" targeted to couples to allow them to try Aerial Silks, Trampoline and Juggling.

Friday 7:00pm 15yrs+  
Cost \$45.00-per couple

**UNICYCLE & JUGGLING 10yrs +**  
Juggling not only improves your hand-eye coordination but also memory, spatial awareness and the ability to find large expanses of time in small spaces. Classes are open to people of all ages and abilities. Exercise your most important muscle... your brain! Also in this class learn the art of unicycle. Whether you're brand new, still have a training wheel (a.k.a. a bike), or are already a one wheeled wonder, this is the class for you.

Monday 7:00pm 90MIN  
Cost \$20.00

Thursday 6:30pm 60MIN  
Cost \$10.00

**BIG TOP TODDLERS 150MIN**  
In this brand new preschool program children are invited to play and experience the many wonders and excitement of circus apparatus' combined with an amazing bouncy castle, toys and juggling props! Parents will be asked to stay and supervise their children as they explore and have fun becoming a Big Top Toddler!

Thursday 11:00am  
Cost FREE 0-11 months  
\$5.00 1-5yrs

**INFORMAL TRAINING 180MIN**  
Vancouver Circus School will be offering VCS students a Saturday night open gym drop in program for ages 10 years+! We invite VCS students to play games, train informally, build routines, you name it! Students are welcome to stay for up to three hours!

**Students must be currently enrolled in classes at the Vancouver Circus School and must have their instructors permission to attend.**

Saturday 6:00pm 10yrs +  
Cost: \$10.00 per student

Advanced Registration Recommended.

Drop In spaces are limited. Please register online or by contacting our office.

School Closed: Monday May 22<sup>nd</sup> 2017 (Victoria Day)

**Drop-in spaces are limited; advanced registration suggested.**

