



Recreational Programs 2017

Flying Fruit Fly Circus

All the fun of the Circus!

“Australian circus is some of the best in the world and a fair share of that talent can be traced back to the Flying Fruit Fly Circus... Fruit Flies, you rock!” *Herald Sun, 2014*

The Flying Fruit Fly Circus has been training and touring new generations of professional circus artists for more than 35 years... and it's right here on your doorstep. So, where better to keep fit and learn some skills than your very own local circus?

Circus training provides many positive health and social benefits and is more fun than the gym. Our popular recreational classes cater for all ages and skill levels; pick the class that best suits your needs and abilities, we'll do the rest.

You don't have to be a juggler or a tumbler to join in, all our classes are friendly and our experienced trainers will tailor the program to ensure you have an enjoyable and rewarding time.

So give it a try, you don't have to run very far to join our circus.

Roll up, roll up...

www.fruitflycircus.com.au

Our mission is to develop young artists through circus training at an elite level and create circus performance of exceptional quality for audiences nationally and internationally.



Image by Ian Sutherland

“The only circus troupe parents should happily let their kids run away to!” *Concrete Playground*

Our unique full-time circus program for young people aged 8-18 offers a holistic educational approach to creating a complete artist, focusing on physical development, skills technique and creative learning. National and local auditions are held once a year at our Albury HQ.

See website for further details.



Saturday Circus Arts Program



Teaching a range of circus skills in a fun, non-competitive and safe environment, led by experienced, nationally respected trainers, alongside senior circus students. Our pupil to trainer ratio is 5:1.

Children 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 and an amazing opportunity to experience the wonders of circus.

Skills practiced in all classes are showcased at an end of year performance. All classes occur in a positive learning environment coordinated by Tanya Lester.

Dates: 4 February – 1 April

Family discounts apply (three or more children).

Circus ToTs

Age 2½ and 3½ year olds

Thursday or Friday mornings

9.30am – 10.30am: 2½ to 3½ year olds

10.30am – 11.30am: 3½ to 4½ year olds

Classes are designed to promote hand-eye coordination, balance, strength, flexibility and building social skills.

Children learn in a fun non-competitive safe environment that encourages independence and self-confidence.

Professional circus trainers conduct all our classes.

Dates: 2 February – 30 March

Term 1 Fee: \$189.00

Friday dates: 3 February – 31 March

Term 1 Fee: \$189.00

9.15am – 10.15am

Age 4-5 years

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.

Term 1 Fee \$193.00

10.30am – 12.00pm

Age 6-7 years

A romping one-and-a half hour class that covers simple training and preparation for fundamental circus skills such as trapeze, juggling, mini tramp, big trampoline, tightwire walking, tumbling and pyramids.

All classes include a warm up, stretching, handstands, tumbling and a cool down.

Term 1 Fee \$261.00

Acro/Parkour

Age 12+

Wednesday evenings

7.00pm – 9.00pm

An exciting, high energy class for those interested in acrobatics, tumbling, parkour. Learn to flip, spin, twist, tumble, vault and fly through the air.

Dates: 1 February – 29 March

Cost: \$30 per class / \$225 per term

5 Class Passes \$130 (valid Term 1 only)

1.00pm – 3.00pm

Age 8-10 years

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, tightwire walking, tumbling and pyramids.

All classes include a warm up, stretching, handstands, tumbling and a cool down.

Term 1 Fee \$340.00

3.15pm – 5.15pm

Age 11-16 years

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

All classes include a warm up, stretching, handstands, tumbling and a cool down.

Term 1 Fee \$340.00

Night Flies



Age 9 - 16 years

Monday and Thursday evenings

6.30pm – 8.30pm

This is our advanced level training group for young people interested in developing their existing circus skills. The Night Flies Ensemble will also work towards various performance opportunities.

Participants will require a minimum of one year's circus experience.

Dates: 6 February – 28 March

Term 1 Fee: \$320 (8 weeks)

Hula Nation



Open age
Tuesday evenings
7.15pm – 8.15pm

Come along and join our resident Fruities in an open group session. Tone up your abs and discover your inner rhythm. Hula hooping for fitness and fun.

Dates: 31 January – 28 March
\$15 per class

Adult Aerial or Acrobatic



Age 18+
Tuesday evenings
7.15pm – 8.15pm

Specialised aerial or acrobatics classes. Lift your fitness game, build your upper body and core strength, learn the main aerial disciplines or challenge your acrobatic abilities.

Small class numbers.

Advanced booking required.

Dates: 31 January – 28 March
Cost: \$15 per class

Adult Classes

Age 18+
Wednesday evenings
7.00pm – 9.00pm

This class includes warm up, stretching, games, core strength, stability, aerial conditioning, juggling, pyramids, trampoline, trapeze, hula and handstands. A tailored program for adults aged 18 and over. Friendly and more fun than the gym.

Dates: 1 February - 29 March

Cost: \$30 per class / \$225 per term
5 Class Passes \$130 (valid Term 1 only)

Juggle Jam



Open age
Wednesday evenings
7.00pm – 8.00pm

Do you juggle? Do you have a burning desire to throw and catch things in the company of others? Come and join our Fruities, hone your skills and have some fun.

Dates: 1 February – 29 March
\$15 per class

Fruit Bats

Age 50+
Thursday mornings
9.30am – 11.30am

This class was initially created in partnership with VicHealth to assist senior adults with falls prevention, strengthening bones and balance skills. A typical class includes warm up, core strength, stability, hand-eye coordination and human pyramids.

Dates: 2 February – 30 March
\$15 per class

*We offer unique
team building programs
for all ages and abilities.*

Book us for your exclusive
school, organisation or
corporate workshop.



fruitflycircus.com.au



Discover. Support. Experience.

Support the Extraordinary

The Flying Fruit Fly Foundation is a registered charitable entity that supports the Flying Fruit Fly Circus across a range of activities and provides financial assistance to the families of young artists who could not otherwise participate. Join this unique Australian success story by making a gift to the Foundation that will assist the circus to discover, nurture and develop young people in a unique creative environment.

Make a donation. Make a difference.

Visit the Circus

You are welcome to drop by our HQ in Albury any time during normal office hours and discover the origins and colourful history of the Flying Fruit Fly Circus. You can ask about our programs and performances and, depending on the schedule, observe a training session or show rehearsal.

This is your local circus, enjoy!

Website

www.fruitflycircus.com.au

Flying Fruit Fly Circus

2017 dates for your diary

JUNK

Sydney Opera House	5 – 16 July
Arts Centre, Melbourne	20 – 23 September

Mad About Circus

Flying Fruit Fly Circus	3 – 14 July
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Borderville

The Cube, Wodonga	14 – 16 December
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Watch us



Contact us

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