

ABOUT VULCANA

Vulcana works with the Circus traditions of inclusiveness, strength, excitement, and daring to transform and empower individuals and communities.

We value women as leaders and role models, and hold that empowered women are essential in building and shaping strong communities.

We value Circus as a transformational tool which can build that empowerment. Vulcana respects the individual and encourages expanded notions of "normal."

We hold that challenge by choice, in the spirit of play, builds confidence and capacity.

In a safe, playful space we encourage participants to be themselves with joy and push the boundaries of what is achievable as one or in a group.

Vulcana offers:

- A talent for everyone!
- A shared physical language for people of all backgrounds to explore, express, and build connections
- Opportunities for individual or community expression and collaboration, including performance opportunities
- Professional pathways for those who hear the Circus calling!

TRAINING SPACE

Open access to the training space is available for Vulcana members.

Sundays 9.30 – 1:30pm (women only)

Fridays 9.30 – 1:30pm (guys welcome)

Starts 22 Jan

Please check our facebook page calendar for changes

Everyone who uses the training space must be a member.

Annual membership is \$30/24con for students enrolled at Vulcana. Non-students pay \$50/40 con.

Casual membership \$5 p/session.

Forms are available from the office or from the Trainer on Duty.

BOOKING PROCEDURE

You must call the office to enrol.

Or, you can email admin@vulcana.org.au with your phone number so we can call you back.

We will calculate your fee & give you payment details.

If you are eligible for the concession price (student/unemployed/pension) you must send a copy of your concession card to the office before the term starts.

Also, a reminder: No Refunds. If you have a medical reason we will negotiate make-up classes as credit, based on the date you notify us.

Follow Vulcana news on

<http://www.facebook.com/circusvulcana>

<http://twitter.com/circusvulcana>

VULCANA WOMEN'S
CIRCUS

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'VULCADEMY'

CIRCUS
WORKSHOPS
FOR WOMEN



VULCANA
WOMEN'S CIRCUS

@BRISBANE POWERHOUSE

SUMMER SCHOOL
2012

FUN
FITNESS
CONFIDENCE

SUMMER SCHOOL
23 JAN-14 FEB

TERM 1 STARTS MARCH



SUMMER SCHOOL 2012

ONE-OFF COURSES

Mixed Acro –open to men!

Duo, trio & group balances.
For women and their partners or male friends of Vulcana.

Suitable for people who have already learnt the basics.

Mondays
6:30-9:00pm
30 Jan-13 Feb (3 wks)
\$99/89*



Advanced Tissu

With Tami

Get back into it after the break.. and all the cake!

Mondays
6:30-9:30pm
23 Jan-13 Feb (4 wks)
\$149/109*



Aerials Preparation

This is one of the accepted pre-requisites for beginners wishing to start Aerials in term 1.

Build the strength and body awareness needed to be confident in the air and prevent injury. Using a combination of yoga and the latest physio techniques, this is a great course for aerialists or anyone wanting to better understand their bodies.

This course is suitable for beginners through to advanced students and a great way to ease back into exercise after the break.

Tuesdays
6:30-9:00pm
24 -31 Jan (2 wks)
\$79/69*



General Aerials

Static Trapeze, Cloud, Lyra & Tissu (Silks)

A refresher course for students who have done aerial courses before and want to ease back into it after the break.

You will be divided into groups based on your level of experience.

Tuesdays
6:30-9:00pm
24 -31 Jan(2 wks)
\$79/69*



Come & Try Day!

Not sure if circus is for you?...or just want to have fun! Come and have a go at a range of skills in a supportive atmosphere.

For women of all ages and fitness levels. All activities optional.

Monday, 23 Jan
6:30-9pm (2.5 hours)
\$25



Advanced Trapeze Intensive

Single point, doubles, & Improvisation

For students who have a solid foundation in Trapeze.

Saturday, 28 Jan
10:30am-3:30pm (there will be a lunch break)
\$59/49



Fire!

Try your hand at poi & staff twirling, as well as fire-eating (optional) in a fun, safe and supportive environment.

All levels

31 March
5-8pm
\$35



* **CONCESSION** PRICE FOR
UNEMPLOYED/STUDENT/PENSION

VULCANA

WOMEN'S CIRCUS