

# VULCANA



# CONNECT AND FLY

**A supportive space to explore, create and  
build connections.**

**JOIN VULCANA NOW**

HOME OF THE BRAVE DARING AND STRONG

# WELCOME TO VULCANA

## ABOUT VULCANA

Vulcana Circus has been an integral part of the cultural landscape of Queensland since 1995. Vulcana was established to counter a major discrepancy between women' and men's experience of circus, both in training and in the expectation of how and what they perform. It is an incubator for new, emerging and professional artists who have developed their passion as practitioners, performers and teachers in this art form that offers every body a place to explore their uniqueness and their creativity.

Vulcana respects diversity and the feminist principles of equity and inclusion which are central to all our work and the starting point for engagement with students, participants, communities, and artists.

Across all our performance work we aim to represent diverse stories, bodies, abilities, and creative responses. Circus provides a shared physical language for people of all backgrounds to explore, express, and build connections. It contains the ideas of freedom, transgression, and risk. And within the structure of circus activity is the physical reality of cooperation, exploration, trust, strength, and daring.

## INFORMATION

[DEVELOPMENT@VULCANA.ORG.AU](mailto:DEVELOPMENT@VULCANA.ORG.AU)

(07) 3899 6223

[WWW.VULCANA.ORG.AU](http://WWW.VULCANA.ORG.AU)

## LOCATION

VULCANA STUDIOS

420 LYTTON RD,

MORNINGSIDE, QLD, 4170



# WELCOME TO VULCANA

## ABOUT THE PROGRAM

Connect and Fly is a specific program of activities aimed at those who experience disability. Vulcana can provide tailored and flexible workshops to regain or build trust and confidence in your own body, build strength, flexibility, and dexterity, find creative expression through supported physical activities, and build connections to the wider Vulcana community of students and artists.

Entering skills-based workshops at Vulcana provides access to exhilarating circus skills, including aerial apparatus such as trapeze, aerial ring and aerial fabrics such as silks and ropes. It can also include object manipulation such as juggling and hula hoops, and the foundational building blocks of acro-balance and basic tumbling. There is something for every body in circus, to be inspired by.

All students have access to an annual Showcase. Students are supported to develop their skills into fun and engaging performance pieces that match their skill level. The opportunity to perform to family and friends reinforces the progress made over a course and the creativity of the performers.

Workshops are held at the Vulcana Circus Arts Hub, 420 Lytton Rd, Morningside, that is fitted out with the systems and equipment necessary for all types of circus. We can also come to you if that is more convenient. We can travel with ground-based equipment.



# COVID 19 - SAFETY POLICY

## VULCANA TAKES YOUR SAFETY SERIOUSLY

Our workshops continue during COVID-19, as it is safe to do so, and as allowed by government regulations.

Vulcana takes your safety seriously, and we ask that you do too. If you are exhibiting any symptoms of Covid-19, or have been in a location where contact tracing alerts have been issued, do NOT come to class or training. Return to your residence and contact [covid19.qld.gov.au](https://www.covid19.qld.gov.au) for more information on your next steps.

When entering the Vulcana space, please make sure to sign in with the QR code at the front door and sanitise your hands.

During our classes, we may use a range of techniques to limit your movement around the room. This includes:

- When seated or standing when entering the building or whilst waiting for your turn, please keep 1.5 metres away from each other.
- Utilise hand sanitiser provided.
- Wash your hands for at least 20 seconds.
- Avoid touching your nose, mouth and eyes.
- Managed equipment sharing. Please follow trainer directions.
- Limiting contact between students and trainers to safety spotting only.
- Cleaning mats and equipment with disinfectant in between uses.
- Keep your possessions nearby and avoid touching general use areas unless necessary.
- Please use personal water bottles, gym towels and other items as required.

We clean the space regularly. Other safety measures will be implemented as advised by government and the NDIS.

# WORKSHOP OPTIONS

**1. PRIVATE COACHING**

**2. CIRCUS COMES TO YOU**

**3. GROUP CLASSES**

# 1. PRIVATE COACHING

## ONE-ON-ONE OR SMALL GROUP SESSIONS

Our private coaching sessions are the perfect opportunity to learn new skills and try a range of equipment in our fully outfitted Morningside studio.

### Private and small group sessions

Book a private one-on-one or small group session with a coach to get ahead with your training or creative development. Classes can be tailored to the abilities and interests of participants with opportunities to try:

- acrobatics
- aerials
- object manipulation – juggling and balancing
- improvisation
- circus performance making

Our trainers are all professional circus performers and teachers who will ensure your safety and comfortability.

### Incubator Program

Students can continue to explore their creativity through circus with our Incubator program that supports emerging artists to learn to create their own work and present it at Vulcana Cabarets.



## 2. CIRCUS COMES TO YOU

### CUSTOMISED WORKSHOPS AND EVENTS

Ready for the circus to come to you? Vulcana can customise workshops or experience for your venue or home. Our capabilities are wide-ranging and adaptable depending on your goals, location, number of people and any other specific factors you may have. The following are examples of what we can offer.

- A term, semester or year of classes leading to a friends-and-family or public audience performance outcome
- Working you to insert circus skills into existing performance programs
- Classes for larger numbers of students
- Specialist skills classes
- Drop-in classes, roving performers, or circus shows at special occasions

Note workshops outside of our Morningside studio will cover ground-based activities and exclude aerial equipment.



# 3. TERM CLASSES

## PUBLIC TERM CLASSES

Our term classes provide workshops covering a range of ground and aerial based circus skills. Work with professional trainers in a supportive environment to learn circus skills with the Vulcana community.

### Adult classes

Adults classes for all levels aged 18 onward. We even have some students in their 60's! Classes are split into beginner, intermediate, advanced or all level classes so there is something for everyone.

Please note: Adult classes are available for female, trans and non-binary genders. Please pay attention to the prerequisites of the intermediate and advanced classes to make sure the class is right for you or check in with us if you are unsure.

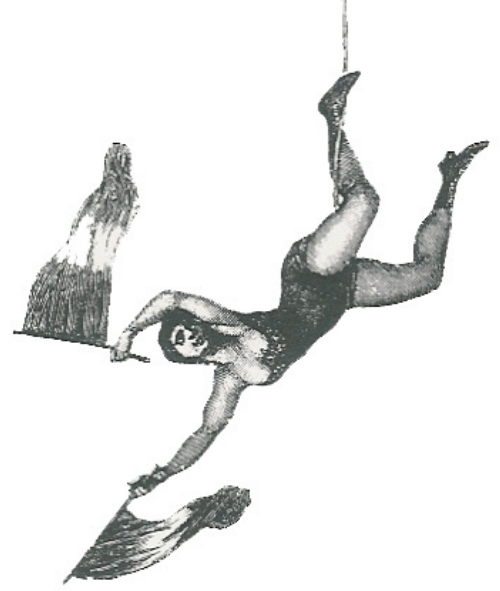
### Youth Classes

Circus classes for kids and teens from 5-17 years old. Get your young one involved in a unique all-in-one activity that lets them play, learn fun skills, make friends, discover teamwork, build co-ordination and confidence. They will be guided by our expert coaches with multiple years of experience in youth development through things like acrobatics, juggling, hula hoops, circus aerials, performance games and more.





# VULCANA



## CONTACT US

FOR MORE INFO AND BOOKINGS CONTACT  
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www.vulcana.org.au



**Queensland  
Government**

Vulcana is supported by the Queensland Government through Arts  
Queensland.

Vulcana acknowledges the Jagera and Turrbal peoples, the custodians of the lands and seas on which we live and seek inspiration. We pay our respects to all Elders past, present, and emerging. We recognise that this land now called Australia always was and always will be Aboriginal and Torres Strait Islander land and the great privilege it is to create and hold community here today.

