

TERM 1 - NICA SHORT COURSES 2019

Tuesday 29 January to Saturday 6 April

MONDAY	NICAjets 5.00 - 6.30pm max:24 Streamed Kids 7-12 yrs	CIRCUSTEENS 5.15 - 7.15pm max:8 All Levels Teens	AERIAL TEENS 5.15 - 7.15pm max:16 Beginner Teens	CIRCUS FIT 5.15 - 6.15pm max:8 All levels Adult	CHINESE POLE 6.30-8.30pm max:8 All levels Adult	TUMBLING BEGINNERS 6.30-8.30pm max:16 Beginner Adult	FLEXIBILITY & HANDSTANDS 6.30-8.30pm max:10 All levels Adult	AERIAL ASSORTMENT 6.30-8.30pm max:16 Intermediate /Advanced Adult
TUESDAY	TEEN ACCELERATED CIRCUS 5.30 - 8.00pm max:16 Intermediate /Advanced Teens	TUMBLING INTERMEDIATE 6.30 - 8.30pm max:16 Intermediate Adult	AERIAL PREPARATION 6.30 - 8.00pm max:16 Beginner Adult	TISSU 6.00 - 7.30pm max:8 Beginner PLUS Adult	STRAPS 6.00 - 7.30pm Begin/Inter Adult STRAPS CONDITIONING 7.30 - 8.30pm Begin/Inter Adult	*NEW AERIAL COMPOSITION AND ACT CREATION 6.30-8.30PM max:6 All Levels Adult	*NEW STATIC TRAPEZE 8.00-9.00PM max:8 Beginner PLUS	*NEW - TISSU 7.30 - 9.00pm max:8 Intermediate Adult
WEDNESDAY	NICAmites 5.15 - 6.45pm max:16 Streamed Kids 5-7 yrs	NICAjets 5.15 - 6.45pm max: 24 Streamed Kids 7-12 yrs	SUPERjets 5.15PM - 6.45pm max:16 Intermediate Kids 10-12 yrs	ADVANCED AERIAL TEENS 5.15 - 7.15pm max:8 Inter/Adv Teens	TEEN TRAMPOLINE 5.15 - 7.15pm max: 8 All Levels Teens	AERIAL ASSORTMENT 6.30-8.30pm max:8 Beginner PLUS Adult	AERIAL ROPE & HANDBALANCING 6.30-8.30pm max:8 Begin/Inter Adult	TRAMPOLINE 7.15 - 9.15pm max:8 All Levels Adult
THURSDAY	NICAbumper, TRAMPOLINE & TUMBLING 5.15 - 6.45pm max:16 All Levels Kids 7-12 yrs	TEEN TUMBLING & ACROBATICS 5.30 - 8.00pm max:16 Intermediate Teens	CIRCUS FIT 5.15 - 6.15pm max:8 All levels Adult	BALANCE & MANIPULATION 6.00 - 7.00pm All Levels Adult 5 weeks 31/1 to 28/2 HULA HOOP 7.15 - 8.15pm All Levels Adult 5 weeks 31/1 to 28/2	AERIAL HOOP 6.30 - 8.30pm max:8 Beginner PLUS Adult	TISSU 6.30 - 8.30pm max:16 Intermediate Adult	HANDBALANCING & CONDITIONING 7.30 - 8.30pm max:8 All Levels Adult	*NEW - WALLTRAMPOLINE 7.00 - 8.30pm max:8 All Levels Adult/Teen 15+
SATURDAY	NICAmites 9.00 - 10.30am max:32 Streamed Kids 5-7 yrs	NICAjets 9.00 - 11.00am max:32 Streamed Kids 7-12 yrs	SUPERjets 9.00 - 11.00am max:16 Intermediate Kids 10-12 yrs	AERIAL HOOP 9.30 - 11.00am max:8 Beg/Inter Adult	CIRCUSTEENS 11.00am-1.00pm max: 16 Streamed Teens	TISSU 11.00am - 12.30pm max:8 Intermediate Adult	FLEXIBILITY & HANDSTANDS 1.00-3.00pm max:10 All levels Adult	Private Tuition is great for those looking to train in disciplines that aren't covered by short courses, or wanting to boost skills to the next level.

NB: PLACES ARE LIMITED AND CLASSES WILL ONLY RUN IF THERE ARE SUFFICIENT ENROLMENTS