

Teen Program Information Sheet (12-17 year olds)

BEGINNERS

- ❖ **Intro to Aerials:** *tissu, static trapeze, aerial hoop*
- ❖ **Intro to Circus:** *basic tumbling, trampolining, juggling, manipulation, tight wire and acrobalance*

INTERMEDIATE

- ❖ **Teen Intensive:** *intensive circus training to improve strength, flexibility and awareness through various drills and exercises. Not for beginners, these sessions are designed for students who wish to achieve significant improvement in their basic skills and techniques and have a background in gymnastics, dance, circus or similiar. Foundation skills include tumbling, manipulation, hand balancing, strength and conditioning, flexibility and acrobatics etc. NB, these sessions will not include the development of skills on specialty apparatus.*

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| 12.45pm | Arrival and check in – Sidney Myer Studio entrance, 41 Green Street, Prahran |
| 1.00pm | Warm up, stretch and circus instruction |
| 2.30pm | Rest break |
| 2.45pm | More circus! |
| 4.00pm | Session ends |

Arrival - Drop Off & Pick Up

Please come to the double glass door entrance on Green St, closest to the corner of Thomas St for both arrival and pick up. The security code to enter will be emailed up to 2 days prior so please have it accessible when you arrive.

Arrival is from 12:45pm. Our friendly staff will be here to welcome you to the circus and confirm that we have all the necessary information included with your enrolment details. Once you have registered, you will be requested to wait in the Green Room (to your left immediately after entering the building). Parents are welcome to wait in the Green Room until the Trainer collects the teens to start the session. For safety reasons, parents are not permitted in the training space once the program commences.

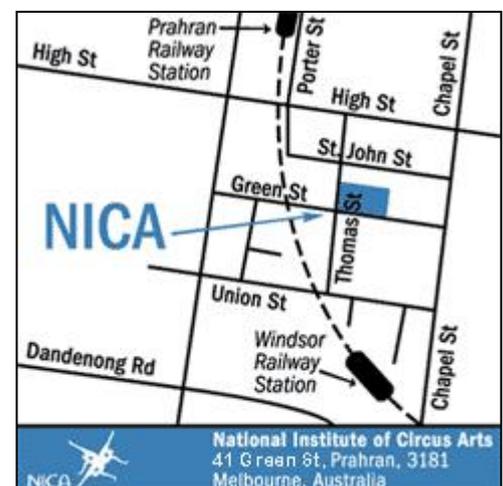
Please advise if your teen has permission to leave on their own.

What to wear

Participants need to wear clothing in which they can move easily. Suggested attire would be tracksuit pants, shorts or leggings, with a fairly close fitting T-shirt or singlet and a jumper or jacket to put on between activities. Long hair needs to be tied back and jewellery should be removed. Please do not bring valuables with you (electronic devices, cash, ipods, mobile phones). NICA will not be held responsible for the loss or damage of personal items.

What to bring

Teens should bring a water bottle and a snack.



How to find NICA

The Sidney Myer Circus Studio is the three storey silver building on the corner of Thomas and Green Streets in Prahran. Please note that both streets are one-way.

Car park Locations

The roads surrounding NICA have limited 1, 2 and 3 hour street parking. The nearest metered car park is on Union Street (131-133 Union Street, Windsor) and opposite the Windsor station on Chapel Street. There is also paid parking at Woolworths Cato Street carpark. Check Melways or Google Maps for locations.

Public Transport

Tram Routes 78, 6 or 72 or take the Sandringham Train to Windsor Station.

Privacy

NICA collects and uses your information in accordance with the relevant privacy legislation. Photos may be taken of short course participants for promotional purposes only. If you do not wish to receive marketing communications from NICA or have your/your child's photo used by NICA, please advise us via email shortcourses@nica.com.au or phone 03 9214 6585.

Cancellation, Withdrawal or Variation of Enrolment

Changes to enrolment, such as swapping classes, will only be allowed if there is a vacancy and will incur an administration fee of \$20 per change. The difference in prices, if any, will be paid by the student or refunded by NICA. Participants wishing to withdraw from the holiday program for any reason prior to the day will be refunded, incurring a \$30 administration fee.

Students withdrawing from a class due to injury or illness will be asked to provide a copy of a medical certificate and refunded for the full amount of unused classes.

Students withdrawing due to extenuating personal circumstances will be refunded the amount of unused classes at the Short Course Coordinator's discretion.

Missed Classes

No refunds or discounts will be given for missed sessions due to change of mind or availability.

Cancellation by NICA

If a course is cancelled or altered by NICA for any reason, students will be notified and receive a full refund. Students may be allowed to transfer to another class if there is a vacancy.

See you at the circus!

For more information contact Short Courses:

Ph: 03 9214 6585

Email: shortcourses@nica.com.au

NICA, 41 Green St, Prahran VIC 3181