

regular evening classes

MONDAY, 7.30 - 9.00pm, Beginners Trapeze

Learn the art of static trapeze. Full training including warm up, stretching and body conditioning. All levels welcome, no experience necessary.

Price per class: £7 / £5 members

Block of 4 Consecutive: £24 / £18 members*

TUESDAY, 8.30 - 10.30pm, Acrobalance Skill Share

A skill share session to learn acrobalance, partner balancing, hand balancing, basing, flying and spotting with a group of like-minded people! Great for fitness, flexibility & strength.

Price per class: £5 / £3.50 members

Block of 4 Consecutive: £17 non-members/ £12 members*

WEDNESDAY, 7.30 - 9.30pm, Circus Skill Share

Practice juggling, plate spinning, stilt walking, tight wire, unicycle, poi, staff and loads more. A community circus skill share session, open to everyone - from beginners to experienced performers, there is no fixed charge for these sessions, just donate what you can afford, all proceeds go towards new equipment for the space.

£ pay what you can

THURSDAY, 7.30 - 9.00pm, Aerial & Trapeze Skill Share

A skill share session for intermediate to advanced level Aerialists. This is not a taught class, therefore it is for people with some aerial experience.

Price per class: £7 / £5 members

Block of 4 Consecutive: £24 / £18 members*

*Pre-booking required

circus for business

Greentop provides fun circus workshops for businesses and organisations across the UK. The activities can include juggling, tightwire, trapeze, and even human pyramids. The training can help with issues such as team work, confidence and communication. The workshops can be delivered at our unique circus school in Sheffield or we can take the circus to our customers.

Contact us today to see what Greentop can do for your business.

www.greentop.org/teambuilding.html

0114 244 8828



Circus North - Greentop's 3 year programme aiming to transform circus as an artform in the North.
www.greentop.org/circusnorth

Circus North projects:

Hot House - the new creation space & act development project

Transform - our acclaimed programme of artist development masterclasses

Greentop is the principal centre for circus arts education in the North of England. We exist to use human circus skills to transform lives and bring about positive social and individual change. An arts education charity, one of the UK's few full time Circus Schools, we operate as a social enterprise - all the income we earn is reinvested into supporting our charitable objectives.

Greentop's vision is of: **"A thriving circus arts sector in the North of England, where circus is an artform that touches everyone in the North, transforming lives and inspiring positive social and individual change"**

Our Mission is **"To use contemporary circus skills to enhance people's lives and inspire positive change"**



CIRCUS

WORKSHOPS

Spring 2012



Supported by
**ARTS COUNCIL
ENGLAND**

Greentop Circus: Company No. 3185290. Charity No. 1054722



welcome to our exciting spring workshop programme

We have a variety of evening classes and weekend workshops available for everyone – from those of you who have never been to the circus to professional development masterclasses for existing performers!

All of our workshops are run by experienced circus tutors and professional performers, and offer a chance to try something new or develop existing skills in a fun, friendly and supportive environment. For more information or to book your place, please contact us on **0114 2448828**.



January

Hot House Artist Development Project Jan 16, 17, 18, 9.00am – 4.00pm

Hot House is our artist development creation space/R&D project, part of our **Circus North** lottery programme. The scheme offers the use of Greentop's unique space, and input from our associate Creative Director, to enable artists to develop new work in the fields of circus and associated art forms (including street arts and physical theatre). Hot House is available by application only. For details of the application process and deadline, go to: www.greentop.org/hotthouse

Beginners' Tight Wire 6 Week Block Evening Class Jan 16 - Feb 27, 6.00pm – 7.30pm

Learn the basics of Tight Wire. Taught by an experienced Tight Wire performer, these sessions offer a fantastic introduction to this traditional circus skill. A good starting point for those interested in Equilibratics or those wanting to develop their balance. This is a block of 6 weekly evening classes. **£45 for 6 week block - must be pre-booked.**

Beginners' Rope and Silks 6 Week Block Evening Class Jan 19, 26, Feb 2, 9, 23, March 1, 6.00pm – 7.30pm

Learn basic climbs, locks and drops performed on rope and silks, and get in shape while looking graceful. An experienced aerial tutor will show you the basics through to complex moves in a fun, friendly and fully supportive environment. This is a block of 6 weekly evening classes. **£45 for 6 week block - must be pre-booked.**

Acrobalance with TUYO Jan 21 - 22, 11.00am – 4.00pm

This weekend masterclass is suitable for anyone from beginners to those with some acrobatic balance or tumbling experience. Working in pairs and groups, the focus will be on using good technique in basic balance and adagio work, expanding your repertoire of balances and working towards practicing safely to improve your skill level. Juan Carlos Leon Benitez and Jackie Leon Sysum have more than twenty year's performing and teaching experience. They have worked all over the world with their Hand to Hand act TUYO. **£80 / £70***

Transform

Beginners Trapeze Day Jan 28, 11am – 4pm

An exploration of this exciting circus art, including: warm up, body conditioning, rope work, moves on and under the bar and some transitions. This workshop is suitable for adult beginners - no experience necessary. This workshop is also a good basis for further training in aerial silks and rope work in subsequent workshops. **£35 / £30***

Swinging Sunday Jan 29 11am – 5pm

Swinging Trapeze sessions led by an experienced trapeze tutor. Learn new techniques and improve existing skills, try moves on and under the bar, from standing and sitting and experience the thrill and the freedom of being weightless. Open to everyone with some aerial experience, a reasonable level of fitness and a good head for heights! **£25 / £20***

February

Hula Hoop Feb 11, 11am – 2.30pm

Get in shape for Valentines Day with a fun and energetic Hula Hoop workshop. A great way to keep fit and have fun in a friendly and supportive environment. **£15 / £12.50***

March

Beginners' Trapeze Day March 3, 11am – 4pm

An exploration of this exciting circus art, including: warm up, body conditioning, rope work, moves on and under the bar and some transitions. This workshop is suitable for adult beginners - no experience necessary. This workshop is also a good basis for further training in aerial silks and rope work in subsequent workshops. **£35 / £30***

Aerial and Acrobatics Masterclass with Boldo March 10, 11am – 3pm, March 11, 11am – 5pm

Learn the secrets of aerial and acrobatics with Boldo, award winning acrobat and aerial performer. He has performed with the The Mongolian State Circus, Blackpool Tower Circus, Cirque du Soleil and many others. The Masterclass will explore the use of Straps, Chinese Pole, Hand to Hand and Hand Balancing. A fantastic opportunity to work with a world renowned performer and develop your skills! **£80 / £70***

Pif-Paf Theatre Masterclass: Something to Hold March 17 - 18, 11am – 4pm

What do you get when you put an aerialist, a 12ft counter balance crane and a puppeteer in the same space? Pif-Paf Theatre are offering a unique opportunity to explore the meeting points and cross-overs between different performance disciplines. Through working with Pif-Paf you will explore how to tell a narrative whilst flying, spinning, climbing and transforming objects. Participants need experience in

Transform

Transform

either acting, dance, aerial or puppetry. **£80 / £70***

Swinging Sunday March 25, 11am – 5pm

Swinging Trapeze sessions led by an experienced trapeze tutor. Learn new techniques and improve existing skills, try moves on and under the bar, from standing and sitting and experience the thrill and the freedom of being weightless. Open to everyone with some aerial experience, a reasonable level of fitness and a good head for heights! **£25 / £20***

Beginners Trapeze Day March 31, 11.00am – 4.00pm

An exploration of this exciting circus art, including: warm up, body conditioning, rope work, moves on and under the bar and some transitions. This workshop is suitable for adult beginners - no experience necessary. This workshop is also a good basis for further training in aerial silks and rope work in subsequent workshops. **£35 / £30***

April

Aerial Hoops and Silks March 4, 11.00am – 4.00pm

Learn and practice climbs, locks, drops, moves and sequences on silks. Develop a variety of different ways of using aerial hoop, including low swinging, spinning, transitions and balances. Some previous aerial experience and upper body strength is required. This workshop will focus on good technique, conditioning and elements of performance with the equipment. **£35 / £30***

Beginners' Trapeze Day April 21, 11am – 4pm

An exploration of this exciting circus art, including: warm up, body conditioning, rope work, moves on and under the bar and some transitions. This workshop is suitable for adult beginners - no experience necessary. This workshop is also a good basis for further training in aerial silks and rope work in subsequent workshops. **£35 / £30***

Swinging Sunday April 22, 11am – 5pm

Swinging Trapeze sessions led by an experienced trapeze tutor. Learn new techniques and improve existing skills, try moves on and under the bar, from standing and sitting and experience the thrill and the freedom of being weightless. Open to everyone with some aerial experience, a reasonable level of fitness and a good head for heights! **£25 / £20***

* = Member's Price

KEY

Blue - Transform • **Orange - Beginners**
Pink - Intermediate • **Green - Evening Classes**