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## SCHOOL HOLIDAY PROGRAM INFORMATION SHEET

### ½ & full day school holiday workshops

#### WHAT TO WEAR:

Leggings or not overly loose trackpants with a t-shirt that can be tucked in is perfect. Because the kids will be doing aerials and acrobatics, be mindful that they will be spending some time upside down so tighter fitting tops are recommended but not essential. Any rings should be removed and clothes with zippers are not allowed as they might catch or cause tears in some of the equipment. Shoes are not to be worn in the circus training space. The space can get quite cold in winter so please also have socks and a warm jumper on hand.

#### WHAT TO BRING:

For half days please bring along some morning tea.

For full day workshops please provide morning and afternoon tea as well as lunch.

We have water stations but also a small fridge if you want to bring a drink.

#### WHEN YOU ARRIVE:

If it's your first time here please come about 10-15min early to complete our standard release form and be shown around the space. Please advise of any allergies.

**SPACE FOR MOVEMENT**