

# Femmes du Feu Creations

Circus Skills Workshop



Length: 60- 180 min

Age: any age from 3 years +

Group size: 20 - 30- we prefer to work with a 7 students:1 instructor ratio. Groups of 14 or more require volunteers/ assistants

Space Requirement: Large studio space with floor appropriate for bare feet

\*\* Our circus workshops are flexible and can be tailored to the needs of participants.

## Taster Workshop- 1 hour (\$200)

This workshop will begin with a guided warm up and a series of active and social circus games. Children will then travel through a series of stations in small groups, and supported through the opportunity to experience a variety of circus skills.

Stations included:

- Prop manipulation including scarf juggling, hula hoops, spinning plates and more
- Balance including balance beam, tight wire, rolla bolla
- Aerial- children are spotted and guided through the chance to try a few simple aerial skills

The workshop finishes with a warm down game to connect and calm the group.



# Extended Workshop- 3 hours (\$550)

## Section 1: Games

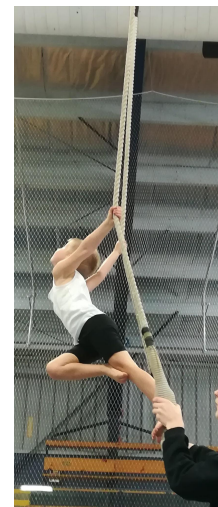
Our workshops begin with a short introduction of the team and what we do. We will lead kids in a short fun warm up, followed by a variety of physical and interactive circus games. These games will have everyone moving, thinking and having a blast!



## Section 2: Skills

Instructors perform a “gallery walk”- a demonstration of juggling, plate spinning, prop manipulation, hand balancing, and more.

Participants are then divided into groups where they travel from station to station to try out the new skills (5-7 min per station). Learning new skills builds confidence, a sense of pride, physical literacy and social engagement.



## Section 3: Circus Cabaret Show

Participants are then divided into groups of 1-3 to begin creating a short simple routine, incorporating the skills they have gained. Instructors prompt the participants using cues such as exploring levels, working with rhythm such as speed or unison work, structure (beginning/ middle/end), music selection, theatricality and costumes (we come with a tickle trunk full of hats and accessories). The final section of the workshop is our Circus Cabaret Show, where participants present their routines and an instructor plays the show host.



## Who we are

Holly Treddencik and Lindsay Goodtimes both actively teach various movement courses that range from dance to circus to a range of ages. Holly teaches circus to 3-9 year olds at Welland Community Centre, and has taught many circus camps through Look Up Theatre and Femmes du Feu Creations. Lindsay teaches acro to 6 - 12 year at Swansea School of Dance in Toronto, and a family yoga in her community. In 2017 they co- taught and developed the circus program at Toronto Waldorf School. Their experience in teaching and circus arts make this workshop an unforgettable experience for all who participate. Some may find a passion for life.



## Booking Information

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