

All About School of Larks @ Gloucester Resource Centre  
Workshop for 5-10's and Workshop for 11+/Teens

We are looking forward to meeting you when you come to our circus extravaganza. Below is some more information about us and what we do so you can have a better idea of what the circus skills session will look like on the day.

**Who are we?**

You will meet these adults when you come along:



**Where are we?**

This is where we will be for our activity session.



*Front entrance*



*Inside the dance studio*

**Accessibility Information**

- The Dance Studio is accessed from the far end of the building on the first floor (via a flight of stairs) with NO wheelchair access directly to the studio. However wheelchair users can use the lift in the main building and go through Active Gloucestershire's office - please let us know if you require access this way.
- One mixed toilet and one disabled toilet in the dance studio.
- Parking space is limited so please park in the designated spaces.
- Please do not park in the loading bay or where there are 'no parking' signs, e.g. alongside the building as emergency access will be hindered. If there are no spaces available you will need to park off-site in the surrounding streets; there are always plenty of spaces, and it is free!



## What will we be doing?

Below is an outline of what our day will look like:

<b>Workshop Times for ages 5-10's</b>	<b>Activity</b>
10:00am	Welcome, warm up and game
10:20am	Juggling scarves
10:35am	Flower sticks
10:45am	Aerial (Static Trapeze and Silks)
11:10am	Snack time: Fruit and energy balls
11:25am	Tightrope and other balancing
11:45am	Cool down, questionnaires and game
12:00pm	Time to go home

<b>Workshop Times for 11+/Teens</b>	<b>Activity</b>
1:00pm	Welcome, warm up and game
1:20pm	Juggling scarves
1:35pm	Flower sticks
1:45pm	Aerial (Static Trapeze and Silks)
2:10pm	Snack time: Fruit and energy balls
2:25pm	Tightrope and other balancing
2:45pm	Cool down, questionnaires and game
3:00pm	Time to go home

**If we have to change anything, we will let you know at the start of the day.**

If you still have any questions about the activity, you can contact us by using the details below:

Email: [info@schooloflarks.com](mailto:info@schooloflarks.com)

Telephone: 07962 701 001

Social Media: Instagram: [schooloflarks\\_circus](#)

Facebook: [School of Larks](#)



If you have any questions or worries during the day, Claudia will be there to help you.



Now you know who we are we would love to get to know you better. If you would find it helpful, you can fill out the 'All About Me' form in the link below. This will let us know how best to welcome you on the day:

<http://forms.gloucestershire.gov.uk/AllAboutMe>

We look forward to meeting you in person and having fun!

