

**Title: Sport Sampler**

**Location: Local**

**Instructor(s): Ms. Sullivan**

**Capacity: 20**

**Eligibility: Grades 6-12**

**Dates: May 20-24, 2019**

**Cost and Payment Information: \$375**

**Program Description and Location:**

Drawing on two popular sporting Focus Weeks from the past, this Focus Week lets you sample the circus arts and fencing:

Come join the circus - you don't even need to run away! Experience the life of a professional artistic athlete under our big top at the School of Acrobatics and New Circus Arts (SANCA). Climb to new heights with our aerial silks, flip out on our trampolines, traverse our tight wires, and learn so much more with our highly experienced and professional coaches. No circus experience necessary. Just show up with an open mind and comfy clothing and you'll be on your very own circus journey.

The three-day experiential program involves thorough workshops in most modern circus arts: ground and aerial acrobatics, object manipulation, equilibristics, and clowning. Students will also have the ability to talk with coaches and professional circus performers about circus as a lifestyle and career path.

Afterwards, will be spending two days with the instructors at Rain City Fencing in Bellevue, where students will learn the basics of fencing and start sparring with each other. Students need to wear T-shirts, long pants like sweat pants or athletic warmups, and clean athletic shoes.

Most days students will be required to bring a sack lunch / snacks. More details which days later.

Mon-Wed: 9:00am – 3:00pm

Th/Fri 9:30am - 3:30pm

**STUDENTS MUST BE PICKED UP AND DROPPED OFF AT THE RAIN CITY FENCING CENTER / SANCA**

**Rain City Fencing Center**

**1776 136<sup>th</sup> PI NE, Bellevue, WA 98005**

**SANCA**

**674 S. Orcas Street, Seattle, WA 98108**