

	Dance Hall	Assembly Hall	Main Hall 1	Main Hall 2	Outside
1030		Sound tech	Warm Up Claire Harvey		
1100	Beginners Aerial Cathie Sprague + Helen Averley Try out Trapeze, Aerial Hoop (tights, jogging bottoms advised)	Beatboxing Tess Cartwright and Vid Warren a crash course in beatboxing. Learn how to make the sounds and put them together to create music and sound FX. No prior knowledge of beatboxing is required.	Hands Free Acro Ian Henderson and Danuta Ramos Moves and techniques which allow juggling		
1200	Int. Aerial Helen Averley + Claire Harvey Further Trapeze, Aerial Hoop (tights, jogging bottoms advised). Working on individual skills.	Rola-Bola Ethan and Josh Vince-Urwin Beg-int. Focussing on controlled movements on the board		Poi – Stalls and Flowers Joe Hall details tbc	
1300	Unicycling JUST All levels, will work on new tricks with each person	Beatboxing and Juggling Tess and Vid how to combine beatboxing with juggling. Please BYO balls. Space permitting, feel free to bring other props - clubs, rings, diabolos, and devil sticks can all work! No prior knowledge of beatboxing is required but, if you would like a head start, visit the beatbox workshop at 11am.	Timing and Transitions (Hoop) Gail O'Brien exploring transitioning the hoop from the horizontal to the vertical plane it will cover a myriad of new tricks from circus flourishes to neck spins and weaves and how we can use the speed and timing of these tricks to help smooth out and create new transitions. Designed to help new hoopers who only have a few moves and no idea how to string them together. professionals looking for new ways to move and create "flow" and everyone in between		
1400	Unicycling JUST All levels, will work on new tricks with each person	Intermediate Acro Ian and Danuta Washing machines and rotations. Prerequisite : Solid Candlestick with hands on elbows	Rolls with Clubs and Rings Brydan Mathias body rolls with rings and clubs e.g. shoulder rolls, face rolls and chest rolls. Breaking each move down to 1 prop to achieve a solid basic understanding of how to make the prop roll.	Beg. Contact Staff Truan Mathias details tbc – try to find a staff to bring!	Slackline Dane Learn to Slackline at 2, lines up for practise 3-5.30.
1500	Unicycling/Aerial JUST/5RC Uni – all levels, will work on new tricks with each person Aerial – Space open for personal practise.	Juggling on a Uni Sam Goodburn Learn the basics of juggling (and tricks!) on a unicycle - all abilities.	Keeping in Contact – Rolls (Hoop) Gail O'Brien Back rolls, chest rolls, everything in between and some moves that are further outside the box. We will play with basic front and back rolls then look at combine throws and rolls with turning. Drawing from other flow toys disciplines we will then begin to try rolls from elbows shoulders and feet. Do not be afraid this workshop is suitable for all	Maths, juggling and siteswap Lee Tinnion Primarily aimed at people with an understanding of vanilla siteswap (ie knowing what 531 means) Touching on ladder and causal diagrams but the main bulk will be looking at state transitions, random juggling and the theory behind many siteswap rules we use without understanding as I'll move between recapping the findings of other jugglers and also moving into my own research and results. This workshop will be quite maths heavy but of course be explaining everything above common knowledge. Bring a cup of tea!	
1600					
1700	open for uni practise		Games		
1800		Show Prep			Fire Safety Induction If you are totally new or just starting to play with Fire props and wish to use them at the convention, please come to this induction and learn safe ways to take part.