



## Circus parties and workshop information

St Albans Trapeze offers aerial circus skills workshops for birthday parties or a one-off experience, where children can experience and learn tricks, climbs and poses on the static trapeze, aerial silks and aerial hammocks. Particularly ideal for The Greatest Showman fans and young gymnasts!

### What do you do at your circus parties?

We start off by playing a few fun games to get heart rates up and muscles moving. After this, we split the children into different groups, and under the supervision of an instructor, they can try out aerial hammock, static trapeze, and aerial silks.

We end with a few stretches, and then arrange them around their favourite piece of apparatus that day so you can take that group birthday photo.

### Health and safety

While every sporting activities has inherent risks, we strive to keep our aerial parties as safe as possible while ensuring that the children enjoy themselves and learn new skills. To this end, we maintain a ratio of at least one teacher for every four children. All instructors are experienced aerialists who have undergone enhanced DBS checks and first aid training.

We require all participating children's parents to sign a PAR-Q (Physical Activity Readiness Questionnaire) and waiver. This is so we can be aware of any past or continuing conditions (e.g, scoliosis, hypermobility/ Ehlers Danlos syndrome, Epipen requirements, diabetes) and have the appropriate measures in place to ensure their safety.

### Where to find us

The Grove Junior School  
Dark Lane  
Harpenden  
AL5 1QA

To get to Grove Junior School, drive all the way up Dark Lane, right up between the narrow hedged part. Turn right into the car park, and then facing the building, walk right and then take a left turn around to the

front of the building. As you walk in the door, the dining hall is right in front of you and the sports hall is on the right.

## Prices

No. of children	Price for 1 hour (£)
up to 3 (One instructor)	90
4 to 8 (Two instructors)	130

If you would like to have an after party with snacks and cake, the dining room next to the hall can be rented at **£28ph**. While we don't provide food, you are very welcome to bring your own.

Once we have a date and time we will send you an email with a link to book online

## Other FAQs

### ***What should my child wear?***

For all workshops, please ensure children wear leggings that cover the backs of knees, and a leotard or tight-fitting t-shirt or sports top. We strongly advise against wearing loose-fitting t-shirts – it's easy for them to fall over upside-down heads, even if tucked in! If children don't have a leotard, swimming costumes under leggings work well too. Please make sure parents of all participating children are aware of this.

### ***Can I/other parents stay and watch/take photos?***

Yes! However, please make sure you stay a safe distance away from the equipment stations. Please also refrain from trying to teach the children or give them guidance – that's what our experienced instructors are there for.

### ***Can a sibling under 6 join in?***

Sorry, no - our parties are for 7 - 13yrs (if it's for a 7th birthday party and some of the invitees are 6 and a bit, this is fine.)