



Circus parties and workshop information

St Albans Trapeze & Aerial Arts offers aerial circus skills workshops for birthday parties or a one-off experience, where children aged 7-13 years old 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, aerial silks and aerial hoop. (Please note: we don't always include hoop for groups of 12 or under. However, if this is something the birthday girl/boy really wants to do, just let us know and we'll include it.)

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/guardians to sign a PAR-Q (Physical Activity Readiness Questionnaire) and waiver ([click here to view](#)). 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
10 Dark Lane
Harpenden
AL5 1QA

To get to Grove Junior School, drive all the way up Dark Lane (it looks like a dead end.) 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.

We don't currently hold our children's parties at our other venue of the Yoga Hall in St Albans.

Prices and booking (for one hour)

3-4 children (one instructor): £105

5-8 children (two instructors) £162

9-12 children (three instructors) £216

12-16 children (four instructors) £256

This can be paid all upfront, or you can pay a 20% deposit to secure the place, with the remainder of the balance due two weeks before the event.

The activities can be booked for up to 90 minutes - but for most children, 1 hour is enough. Aerial is hard work!

If you would like to have an after party with snacks and cake, the dining room next to the hall can be rented at £43ph. While we don't provide food, you are very welcome to bring your own. We ask that you leave the room in the condition you found it, and bring along a bin liner in order to take your rubbish home with you.

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

Availability

Saturday during term time - 3.15pm-4.15pm (for between 4-8 children).

Saturday during school holidays - 11.30am-2pm (for between 4-16 children)

Sunday - 11.30am onwards (for between 4-16 children.)

Please also note that availability is also subject to instructor availability - particularly on Saturdays during term time, when our regular classes are running at our other venue.

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! Similarly, please no crop tops or exposed skin round the midriff.

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 /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 aged under 6 join in?

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