

# youth circus summer festival

## Gŵyl Haf Sycras Ieuenctid

### monday llun

### tuesday mawrth

### wednesday mercher

### thursday iau

### friday gwener

10am

● ● 10.00am-10.30am  
Welcome Session

● 10.00am-10.20am  
Basic Tumbling with Rhian

● 10.00am-10.45am  
Zoom Games with Rhian

● 10.00am-10.30am  
Craft Session- Mask Making  
with Rhian

● 10.00am-10.20am  
Sock Poi with Rhian

● ● 10.30am-10.45am  
Yoga Stretch Movement Warm up  
with Laine

● 10.30am-10.50am  
Animal Boogie  
Dance Movement  
with Laine

● 10.55am-11.15am  
Hula Hoop Adventure with Elle

● ● 10.40am-10.55am  
Club Juggling for  
beginners with Rhian

● 10.30am-10.45am  
Animal Movement  
with Gemma

● 10.55am-11.40am  
Creation Movement/  
Dance Piece Creation  
with Laine

● ● 11.00am-11.30am  
Diablo with Rhian

● 11.25am-11.55am  
Hula Hoop Tricks  
with Elle

● 11.00am-11.30am  
Foot Juggling  
with Elle

● ● 10.55am-11.40am  
Physical Clowning  
or How to Walk Into a Door  
with Francis

12pm

● 11.50am- 12.25pm  
Movement with Hoop,  
Act Creation  
with Elle

● ● 11.40am-11.55am  
DIY Juggling Clubs  
with Rhian

● ● 12.05pm-12.25pm  
'Cascade' with Rhian

● 11.40am-12:15pm  
Movement with Hoop, Act Creation  
with Elle

● 11.50am-12.50pm  
Mills Mess and Variations with Lee (session  
for intermediate jugglers)

● 12.35pm-13.20pm  
Fitness and Conditioning  
with Hannah

● 12.05pm-12.25pm  
Object Balancing  
with Francis

● 12.35pm-13.05pm  
Vocal Warm-up  
and Exercises for Performance  
with Hannah

● 12.25pm-13.10pm  
Fitness and Conditioning  
with Laura

● 13.00pm-13.40pm  
Handstands-intermediate to advanced  
with Gemma

● 13.3pm-14.15pm  
Handstand-  
beginners to intermediate  
with Laura

● 12.35pm-13.15pm  
Handstands-  
intermediate to advanced  
with Gemma

● 13.15pm-14.00pm  
Handstand- beginners to intermediate  
with Laura

● 13.20pm-13.50pm  
Flexibility with  
Laura

● 13.50pm-14.20pm  
Flexibility with  
Hannah

● 13.25pm-14.10pm  
Creation Movement/  
Dance Piece with Laine

● 14.00pm-14.30pm  
Clown Workouts  
with Rhian

3pm

● ● 15.30pm-16.30pm  
Silent Film Session with Francis

● 15.15pm-16.00pm  
Text Creation, Character and  
Use of Voice with Hannah,  
(sign up required)

● ● 15.30pm- 16.30pm  
Creative Community Action  
with Becca Clark  
from Green Squirrel

● ● 15.30pm-16.30pm  
Silent Film Session with Francis

● 15.15pm-15.45pm  
Text creation, Character and Use of Voice  
with Hannah PRESENTATION  
(group only)

● ● 16.15pm-17.00pm  
Q and A with Luke Hallgarten.

● ● 16.00pm-17.00pm Living Room Cabaret

● social circus fun Hwyl Sycras  
Gymdeithasol  
● serious circus fun Hwyl Sycras  
Difrifol