

INFO MATERIAL FOR CIRCUS MEMBERS

Circus Taika-Aika aims to create a welcoming, enjoyable and fascinating art form activity where all the members are invited to join our growing, national youth circus family. We work towards providing a safe, encouraging atmosphere where all the members, young people and adults alike, can learn, develop and share a variety of circus arts skills.

Attire – what to wear and why:

Participants should wear suitable clothing which allows them to move freely and flexibly (i.e. flexible exercise-wear; leotards, long leggings, sweatpants, t-shirts).

At circus classes, it is common practice to remove your shoes and socks. Bare feet are better able to find stable, balanced contact with the floor and within different exercises (socks are slippery and can cause injuries). Working with bare feet also provides an opportunity to stretch and strengthen all the muscles in your feet.

Many exercises demand being upside down, please note this when choosing your clothes (i.e. a tight fitting shirt that won't go over your head when upside down)

For safety reasons we ask you to remove jewellery, watches, belt buckles and anything else you may be wearing that could injure you or others and cause damage to circus equipment. Long finger- or toe nails may snag circus materials and cause you injury, please keep them trimmed. Avoid perfumes and makeup.

Any food or snacks inside the training space are prohibited and you should put chewing gum into the garbage bin before rehearsal. Long hair has to be tied back and you should silence your mobile phone and leave it with your clothes.

You should also bring a water bottle, marked with your name. The best training drink is water!

Training routines:

All members should be reliable and punctual. Plan to arrive on time (about 10 min. before class start time). Respect the space and other members' training sessions. You should not run in the hall or practice any circus activities whilst waiting for your class to begin, you will be accompanied by an instructor to your class.

All participants must stay in the hall during the class, ask your instructor if you need to use the toilet. We have several, shared water breaks during exercises. Always feel free to ask if you are unsure about anything.

Our circus class include warm-up, learning acrobatic skills and circus techniques, strength practice and stretching. All the areas have a large variety of different exercises and themes. Circus school is a lifelong learning experience.

Each session will end 2-3 minutes before the scheduled finishing time, so changing groups runs smoothly and instructors have a possibility to discuss a moment with parents.

Safety issues:

Casualty insurance is included in term fees. The deductibles do not apply to this insurance and medical expenses are covered for up to a limit of 5000€.

Use of own insurance is possible if the member wishes to do so.

To ensure a safe environment for our participants, our teaching is supervised by professional instructors and we follow strictly the school's safety rules and regulations.

Circus Taika-Aika wishes to state that bullying is not acceptable.

Our priorities include the physical and mental welfare of our circus members and any instance of disciplinary problems (e.g. disrespect, defiance, bullying, aggression) will be treated seriously. If verbal warning is not sufficient in solving the disciplinary problem, participant will be sanctioned accordingly and the parents/carers will be informed.

Continuing disciplinary problems will lead into suspension from the group for an agreed amount of time or permanent exclusion in extreme cases.

Registration and information/communication system:

Online registration for each term (Spring and Autumn) on our webpage (link to a registration form).

To enquire about free places at classes, please contact our client manager. We inform our members mainly via email newsletters.

You can also find info material and timetable on our webpage and download them, some paper versions are distributed at the circus.

All questions and feedback concerning your training group are wished to be addressed directly to the group's instructor. For the latest news follow Taika-Aika on Facebook and Instagram.

Invoice and payment:

A new member can do first time trial without any obligation. If you are not able to accept your place, please contact our client manager within two days (forty-eight hours) to annul the possible invoice. A late cancellation fee of 20€ is charged if cancellation is not made in time.

Term fee is non-refundable in case of member dropping out in the middle of the term, without a valid reason. In case of sickness or injury, a medical certificate is required to refunding the rest of the fee.

You will receive an invoice to the email address that you provided on your registration form. Sender of the invoice-email is a company called **Maventa**. This email includes a link as well as a password, that should be typed after clicking on the link. You can see the invoice information only after typing the correct password. Invoice-email links will expire within 90 days after the invoice due date. In cases of expired link, you should contact our client manager to get invoice copy. The term fee is payable in 2 or 3 instalments. Note: if making this payment plan, instalment surcharge (5€/instalment) will apply. Please contact our client manager for more details.

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