We're really looking forward to seeing you at our classes – we think you'll have a great time!

Here's a bit more information so you know what to expect

How to find us

Harehills Lane Baptist Church has a main entrance into the church on Harehills Lane. Don't go there. Come down the left side of the building on Hilton Place and there's a side entrance into the hall on the right. You'll see our CircusLeeds board outside

About our Circus Skills classes

- All circus classes are suitable for all abilities. Friday classes at Harehills Lane Baptist Church (HLBC) are on the ground floor with level access and wide doors. Staff are available if you need help; let us know in advance and we'll meet you at the main door
- Wear comfortable clothes you can move in – you don't need anything special
- Footwear – you'll keep your shoes on. Make sure they're comfortable and supportive – you might be doing some balancing. Trainers are ideal.
- We supply all the circus kit for the classes. You don't need to bring anything. If you have your own bits of kit, you're welcome to bring them but it's your responsibility to take care of them and make sure they go home with you
- If you're coming to the 4.30 Friday session, the hall at HLBC will be open from 4pm. You're welcome to bring a snack and a drink if you're coming straight after school. Just make sure you don't leave mess and crumbs ☺
- There is a small toilet area where you can get changed
- Bring a bottle of water – circus can be a thirsty business
- We want our sessions to be inclusive, safe spaces where everyone can join in. If you have particular needs or concerns, let us know or get in touch before your visit so we can make sure we look after you

- The hall at HLBC is big and can be noisy. If it's overwhelming and you need some time out, that's fine. It's useful if we know this beforehand so we can check you're ok
- Parents are welcome to stay for circus sessions and there are seats available. If you are leaving your child, let us know, make sure we have your mobile number and tell us who will be collecting them

About Acro, Conditioning and Aerial Classes

- Access: These classes are upstairs at HLBC. There are several flights of stairs and no lift. We're sorry about this. Let us know if we can help with access
- Please wear comfortable clothes you can move in. You'll be going upside down so wear a fitted top or one you can tuck in
- Leggings or long trousers are best as they protect the backs of knees. Shorts are best avoided.
- Please wear socks for the classes. You might also work with bare feet
- If you want to get changed, there is a small toilet area - just ask our staff
- Don't forget a bottle of water
- Let the teacher know at the start if you have any injuries or special needs

If you'd like to talk to us about the classes or need more information

contact Rosie Kelly, Programme Co-ordinator
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