



Welcome everyone!!

Workshops, Jamming and Lunges downstairs, Sleeping and Kitchen upstairs. Please limit night time jamming to 11-11:30pm so people can sleep Stay safe & have a blast 😊

		<u>Saturday</u>			<u>Sunday</u>			<u>Monday</u>					<u>Tuesday</u>
		30-May			31-May			1-Jun					2-Jun
9-10:15am	Floor Acro with Freddy Warm-up- Handstands & Tumbling			Floor Acro with Freddy Warm-up- Handstands & Tumbling			Floor Acro with Freddy Warm-up- Handstands & Tumbling			9am	Floor Acro/Handstands self-warm-up. Practice what you learned		
10:15-10:30	Demos			Demos			Demos			9am	Space open to Jam		
Round 1 – (1.45h) 10:30am - 12:15pm	Open Level	Intermediate	Advanced	Open Level	Intermediate	Advanced	Open Level	Intermediate	Advanced	9-1pm	All Levels		
	Brendán & Cami	Pierre & Kaarthic	CikadaCircus	Brendán & Roisín	Neesha & Kaarthic	Celt & Klara	Brendán & Roisín	CikadaCircus	Celt & Klara		Coach: Ronan J All Teachers		
	Intro to Icarian	Dirty Martini? Nope, clean thanks	3 High Introduction	ForeArmPlay	Int:StepStep RH2H Adv: Reverse Paceska	Tarazan to Reverse Couch &/or Egg	Family Acro	Group Acro-Banquine/Toss /Swing	Int: Mortalito Adv: Full Mortalito		Big Open Pro-Coached Jam. Make a wish. Say goodbye play		
PreReqs	/	High Straight-Throw, Back Flip Experience	Solid 2high-walking, squatting	/	Low RH2H, Standing Spotted	Tarzan deep & clean	/	2 High solid	Tarzan deep and clean				
12:15	Lunch			Lunch			Kids Ninja Class 12:30-13:15pm		Lunch	1pm	Closing circle		
2:30-2:45	Demos			Demos			Demos						
Round 2 – (1.45h) 2:45-4:30	Open Level	Intermediate	Advanced	Open Level	Intermediate	Advanced	Open Level	Intermediate	Advanced				
	Brendán & Cami	Trini & RoSolar	Cikadacircus	Neesha, Pierre & Kaarthic	Cikadacircus	Trini & RoSolar	Trini & RoSolar	Celt & Klara	MadHawk				
	Intro to Whips	Front tuck	JaegerBird	Threesome fun, same-size, role swaps	Hungarian Teeterboard intro	Throne Arabian	River Dance (Dance lifts)	Tarzan to Shins &/or F2F	Linking Icarian				
PreReqs	/	Front roll, Straight throws solid	Easy High Bird, Handstand hops	/	2 high, not afraid of jumping/landin, no leg injuries	Spotted Front Tuck or Been to Front Tuck WS yesterday	/	Tarzan deep & clean, tarzan to throne with spot	Throne to Bird unspotted				
3-6pm	Registration			Snack/Break			Snack/Break			Snack/Break			
6pm	Welcome Circle			Demos			Demos			Demos			
6:15-11pm	All levels			Open Level	Intermediate	Advanced	Open Level	Intermediate	Advanced	Open Level	Intermediate	Advanced	
	Coach: Ronan J All Teachers			Neesha & Kaarthic	Celt & Klara	MadHawk	Celt & Klara	Trini & RoSolar	HawkMad	Marjolien	MadHawk	Trinity & RoSolar	
	Big Open Pro-Coached Jam. Meet and greet. Can you play with Everyone? ;)			Intro to Pitching & F2H	Whicarian Flow	F2H Dynamic Sequence	Ice-Cream Flow	Shooting Star	RevF2H Dynamic Sequence	Acro improv	H2H play time, in & out	Tornado Flow (Intermediate)	
PreReqs	/	Comfy with Icarian & whip basics	F2H walking and squatting, front roll experience.	/	Handspring spotted	RF2H walking and squatting, front roll experience,	/	None. Standing H2H beginners welcome	Icarian experience				
8:00	Don't forget to have Dinner			Dinner			Dinner			Dinner			
9:00 PM	Céilí- Irish Dancing			SAUNA			Thai Massage						

Helpful Info

Showers:

Unfortunately, LaCheili next door closed down :/ So, we only have **1 shower in the IACC**. Please be conscious of others and **take quick showers**. Maybe you and your friend can plan; you go morning, they go evening?
Please keep the shower and toilets clean and tidy.

Café opening times:

The Café, in the climbing centre a few doors down, opens from **10am -6pm daily**

The Pavillion, University Restaurant:

The Pavillion opens **every day from 9:30am – 8pm**

Food-trucks:

Saturday & Sunday at lunch a food-truck will arrive and park out front. About €10 for a meal. On Monday we'll all head to the Pavillion for Lunch.