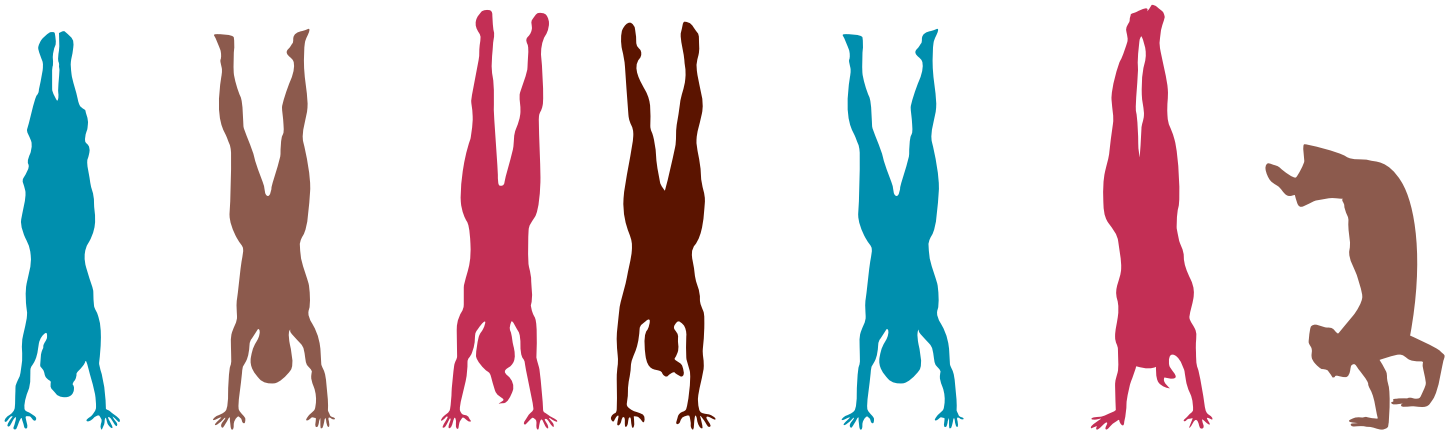


CLASSES & WORKSHOPS

LAVA classes serve youth and adults who seek the inspiration, transformation, and joy of physical accomplishment. Classes teach a basic yet rigorous movement vocabulary that uses acrobatics to improve strength, flexibility, and coordination; by learning group action and partnering techniques, students also gain communication and conflict-resolution skills that are invaluable in all walks of life.

Unlike traditional gymnastics or dance classes, the LAVA method focuses on connection with our physical, social, creative, and intellectual selves. Teachers have trained in Chinese acrobatics with Mr. Lu Yi and the San Francisco Circus Center, and classes incorporate instructors' experience in dance, improvisation, theater, capoeira, yoga, martial arts, and body awareness.

GENERAL INFORMATION

SCHEDULING: Classes are taught in 10-week sessions between September and June, with occasional workshops also available during the year and summer. Open rehearsals, Night of Renegades, and other community programs occur throughout the year. For exact dates and schedules, please visit **www.lavalove.org**.

PRICING: Ten-week sessions range from $195 to $225, with a 10% discount for individuals and families taking more than one class. Please see current schedule for details. We offer work-study for adults and scholarships and financial aid for kids, so no one will be turned away from classes for lack of funds. Community programs are free with suggested donation.

LOCATION AND DIRECTIONS: The LAVA Studio is located in Prospect Heights at 524 Bergen Street (between 6th Avenue and Carlton). Take the 2 or 3 to Bergen Street, the B or Q to 7th Ave, or any Atlantic Avenue subway.

REGISTRATION

❒ New Student ❒ Returning Student (contact info on file)

Student's Name _____

Student's Date of Birth _____

Parent's Name _____

Address _____

City _____ State _____ Zip _____

Phone (1) _____ (2) _____

Email _____

❒ Fall 08 ❒ Winter 09 ❒ Spring 09

Class _____ Day/Time _____ Fee _____

Class _____ Day/Time _____ Fee _____

Class _____ Day/Time _____ Fee _____

Class _____ Day/Time _____ Fee _____

Discount (if applicable) _____

❒ Please contact me about receiving financial aid

ROUND-UP (donation for our Scholarship Fund) _____

Total Amount Enclosed _____

ADDITIONAL INFORMATION

Fees may be paid in cash or check. Please make checks payable to VOLCANO LOVE INC.

10% Discount for individuals and families taking more than one class.

We will confirm your enrollment via email once we receive your registration and payment.

PLEASE MAIL FORM AND PAYMENT TO:
LAVA Studio, 524 Bergen Street, Brooklyn, New York 11217
www.lavalove.org | 718-399-3161 | classes@lavalove.org

FOR OFFICE USE ONLY:
■ QB ■ JR ■ EM confirmation

WINTER 2009

10-WEEK SESSION JANUARY 12–MARCH 21

ADULT CLASSES

ACROBATICS FOR ADULTS

10-Class Session $195, Drop-In $25

LAVA MIX | MONDAY | 6:15–7:45 PM
An open-level class that mixes it up from week to week by rotating teachers and class plan. LAVA company members and other teachers will bring their particular skills, enthusiasm, and a plan for a 90-minute physical and creative exploration.

INTRO TO LAVA | TUESDAY | 8:00–9:30 PM
Designed for beginners, this class is a great introduction to LAVA's methods with acrobatics, trapeze, and composition.

ACRO BALANCE | FRIDAY | 6:15–7:45 PM
An open-level class in which you will learn the joys of acrobatic basing and flying. You will balance on each other in fun and interesting ways.

HANDSTANDS FOR ADULTS

MONDAY 8:00–9:30 PM

WEDNESDAY 6:15–7:45 PM
Mixed-level class that builds strength, agility, and alignment through the development of a handstand practice.

10-Class Session $195, Drop-In $25

THE ANCHORED BUOY: Physical Acting for the Acrobat

WEDNESDAY 8:00-9:30 PM
Learn to anchor your body/mind in the present moment and be buoyant and ready to PLAY! Through this fun yet challenging class, students will learn how to breathe easier and express more while on stage, whether they are flying through the air, dancing, "acting," or just standing there.
10-Class Session $195, Drop-In $25 (No drop-ins after the 3rd week)

TRAPEZE FOR ADULTS

TUESDAY 6:15–7:45 PM
Students will learn strength and agility on the trapeze while exploring the creative possibilities for movement on the apparatus.

10-Class Session $225, No Drop-Ins

TUMBLING FOR ADULTS

SATURDAY 3:15–4:45 PM
Strength and flexibility are the focus as students build power, speed, and air awareness. Students will learn skills that range from rolling to flipping.

10-Class Session $195, Drop-In $25

SCHEDULE AND FEES

10-WEEK SESSION SEPTEMBER 17–NOVEMBER 25

KIDS CLASSES

LAVA FOR ACROBITS AND THEIR CAREGIVERS

This is a time for kids along with their parent or caregiver to start learning the joy of going upside down, rolling, and being in a LAVA class. Grown-ups and acrobits are both acrobats in this class.

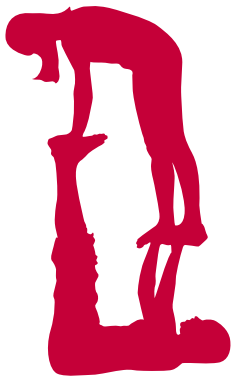
THURSDAY	11:00–11:45 AM	AGES 3–4 w/ caregiver
SATURDAY	9:30–10:15 AM	AGES 3–4 w/ caregiver

10-Class Session $195

ACROBATICS FOR KIDS — DROP-OFF CLASSES

Mixed-level classes that explore LAVA's methods with acrobatics, trapeze, and composition.

MONDAY	
3:45–4:45 PM	AGES 5–6
5:00–6:00 PM	AGES 7–9
WEDNESDAY	
5:00–6:00 PM	AGES 5–6
THURSDAY	
3:45–4:45 PM	AGES 6–8
5:00–6:00 PM	AGES 8–11
SATURDAY	
10:30–11:15 AM	AGES 3–4
11:30–12:30 AM	AGES 5–7
12:45–1:45 PM	AGES 8–12



10-Class Session $195

OPEN WORKOUT FOR KIDS — FREE

This class is open to kids with a desire to discover acrobatics without the full commitment of an entire session, or to practice skills they've already learned.
Open to beginners, newcomers, and enrolled students.

WEDNESDAY	3:45–4:45 PM	AGES 5–12	FREE
SATURDAY	2:00–3:00 PM	AGES 10–18	FREE