

AVALON COMMUNITY CIRCUS



WHAT DO I DO AT THE CIRCUS?

Sessions will normally involve a 30 minute warm up and then group balances. Then participants work with whatever equipment they like for the remainder of the sessions. They can work with unicycling, juggling, hoops, diabolo, devil sticks, cigar boxes, balancing chair, rings, tightrope, trapeze and other aerial apparatus. Detailed training is offered for building the required body for advanced circus.

WHO ARE THE TRAINERS?

John has been teaching and performing circus for the last 15 years. He works with a number of specialized trainers, or performers with specialized skills.

WILL I GET TO PERFORM?

Performing is part of the deal. The groups takes the aerial rig out about once a month or so. We generally attend the Newcastle Show, Wallsend Winter fair, Mattara and several other festivals.

WHERE DO WE TRAIN?

Sat 10 am – 1 pm for beginners,
Tue 6.30 – 8.30 pm for intermediate and
Thur 6.30 – 8.30 pm for advanced. Please come to a Saturday or a Tuesday first if possible, but the classes are still rather flexible. Ring John to discuss.

HOW DO I JOIN?

Just ring the Circus and turn up. A \$10 fee is payable each session, and participants are also asked to contribute to the circus by performing, roaming, backstage or admin.

WHO LIKES CIRCUS AVALON?

"John is remarkable for his generosity, patience and the enthusiasm he generates ..."

Graham McDonald, Director, National Folk Festival, April 2004 ph 02 62497755.

"John's Circus Skills and innovative teaching methods are impressive" Jennie Raugh, Drama, Newcastle High School (02) 49693177.



HOW CAN AVALON BE CONTACTED?

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