

Circus News

Feb - April 2011

Adults Trapeze Taster Total & Utter Beginners ★

Saturday 9 April 3.30pm-5pm £12

A gentle workshop for adults aged 15-100yrs!
All abilities welcome and absolutely no
experience needed. Learn the basics of static
trapeze. Much more fun than the gym.
Limited places – hurry to secure yours!
Email us for a booking form
@ HCC



Trapeze Taster for Children aged 7-12 ★

Saturday 9 April 1.30pm-3pm £10

A fun and friendly workshop for total beginners. Learn how to sit and
stand on the trapeze bar, then learn "moves" like Spider, Bird's Nest and
Catchers.

Limited places – hurry to secure yours!
Email us for a booking form
@ HCC

Or if you want to train every week... ★

There are just a FEW places on our youth programme which you could
nab if you are quick!

Trapeze, rope, silks and performance every week in term time.

Sundays 4-5.15pm 7-10yrs and 5.15-6.30pm 10yrs+

Mondays 6.15-7.30pm for 9-13 yrs

Tuesdays 4.15-5.30pm for 7yrs+

Contact us for more info

Movement 12...Hanging On ★

Curated by Lindsey Butcher.

Sat 19, Sun 20, Fri 25, Sat 26 and Sun 27 March

Working with highly respected body work practitioners, these weekend
labs are open to aerial artists, dancers & physical theatre practitioners
who can climb a rope & hold their body weight comfortably. Focusing on
body work principles and methodologies, these labs will encourage an
easier, more fluid breathing self, liberating our creative movement
potential whilst hanging on for dear life!

Please note places on all labs are strictly limited.

For more look at www.movement12.org

To book contact Lindsey: lbut@hotmail.com (not The Circus Project)
@ Dance Studio, Sussex University

The Hot Dots – an acrobatic love story ★

Friday 11 March 7.00pm

Ropetackle Arts Centre, Shoreham 01273 464440

'Outstanding' The Observer

'Entertaining, poignant, funny and clever' The Stage

So & So bring you the beautiful, touching and often thrilling story of Frank
and Evie, two vaudeville performers who fell in love in the summer of
1932. The show is directed by Kristine Landon-Smith (artistic director,
Tamasha Theatre), whose previous credits include East is East (National
Theatre), and Wuthering Heights (The Lyric). This is acrobatics for the
21st century, and will leave you questioning what you previously thought
was possible. So & So's unique style and jaw dropping performances
makes The Hot Dots a show like no other.

www.ropetacklecentre.co.uk

Contact:

For info about everything and to book a place on workshops contact
Emma tel: 01273 884732

mail@thecircusproject.co.uk www.thecircusproject.co.uk

Most classes are held at:

HCC = Hangleton Community Centre,
Harmsworth Crescent, Hove, BN3 8BW, unless otherwise stated
Buses 5, 5a and 5b from Brighton

THE CIRCUS PROJECT

DROP INS FOR ADULTS @ HCC

(Hangleton Community Centre)

The following sessions run throughout the year:

Beginners: Fridays 6.45-8pm £8

Learn static trapeze, rope, silks and doubles trapeze
in a safe and non-competitive environment.

.All ages (over 15), abilities, shapes and sizes
welcome! Our classes are very friendly and great fun.
No experience needed.
Just turn up!

Intermediates: Mondays 7.30-8.45pm £8

More challenging moves and drops for people who
can move confidently around the trapeze and climb a
rope. A mixture of silks, rope, trapeze and doubles
trapeze.

Open Practise: Fridays 10-11.30pm £5

Open Practise is a non-taught training session for
everyone from professionals to improvers. Anyone
wanting to practise basic stuff they've learnt in class
is very welcome. (Not suitable for total beginners)
Email us if you'd like to apply or to talk about whether
or not these will suit you.

