

Circus News

July – Sept 2010

Adults Static Trapeze course

Beginners ★

26 July – 30 August @ HCC

Mondays 6.30pm - 7.45pm

This 6-week course is suitable for all levels from total beginners to general level. Learn basic moves, transitions and a short sequence in a friendly, safe and supportive environment. Absolutely everyone welcome. £50 for the course

Limited places – hurry to secure yours!

Email us for a booking form



Adults Aerial course

Intermediate ★

26 July – 30 August @ HCC

Mondays 7.45pm – 9pm

This course is suitable for people who can confidently move around the trapeze, climb the rope and silks, and know some basic moves.

We will look at linking short sequences together, learn new moves and drops and improve technique on rope, silks and trapeze.

£50 for the course

Limited places – hurry to secure yours!

Email us for a booking form

Adults Creative Aerial Workshop ★

Sunday 8 August 11am-3pm @ HCC

Some aerial experience is needed for this workshop.

This is a hugely fun and inspiring workshop about developing creativity and imagination. Suitable for people who want to develop performance skills, or those who just want to have fun and express themselves through circus.

With games and exercises in groups and alone, we will explore how to use aerial equipment as a tool to tell stories and express emotion.

No theatre experience needed.

£35 Limited places – hurry to secure yours!

Email us for a booking form

Aerial Dance Boot Camp ★

An intensive aerial dance boot camp hosted by Gravity and Levity Brighton Dome August 27th - 30th

www.southeastdance.org.uk

www.gravity-levity.net

Hooray! Drop-in Improvers Class for Adults back on!! ★

Starting on Monday 6 September at the later time of 7.30-8.45pm

£8 – just turn up! @ HCC

(More challenging moves and drops for people who can move confidently around the trapeze and climb a rope.)

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

Buses 5, 5a and 5b from Brighton

THE CIRCUS PROJECT

DROP-IN AERIAL TRAINING @ HCC

(Hangleton Community Centre)

The following sessions run throughout summer:

Beginners: Fridays 6.45-8pm £8

A drop-in class on every Friday throughout the year. 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!

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.

