



**WESTSIDE
CIRCUS**

Look Book

A Visual Introduction to our circus workshops

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Outside the studio



The Circus Studio



The Circus Studio is big and full of exciting circus equipment.

There are many things to look at and the studio can get loud, but there is a quiet space inside our mini circus tent.



We do different activities in different areas



The waiting area



Shelves inside the studio for storing our bags and shoes and water bottles



The Balance and Juggling area



The Tumbling area



The Warm up and Acro area



The Aerials area

Circus Rules

It is important that we follow the rules so that we stay safe and have a good time.

AT WESTSIDE CIRCUS, WE:

1. HAVE FUN!
2. Stay off the floor and do not use the equipment without a trainer or parent with you (including before and after class)
3. Listen to the Trainers (& they will listen to you)
4. Be Safe: With each other
 On our own
 With the equipment
 With the space
5. Respect: The trainers
 Each Other
 Ourselves
 The Equipment
 Space Boundaries
6. Wait in the waiting area until your trainer invites you into your class (parents please wait with your children until the class starts)
7. Do not wear shoes or eat food on the mats



What we wear

Loose and comfortable clothes



Hair tied back, if it is long

Bare feet

The objects we use at the circus

Different activities at the circus use different equipment...

Warm up activities might use:



Skipping Rope

Warm Up activities might also use other equipment in the circus studio.

Tumbling activities might use:



Minitramp



Tumbling Blocks



Big Mats

Manipulation activities, like juggling, might use:



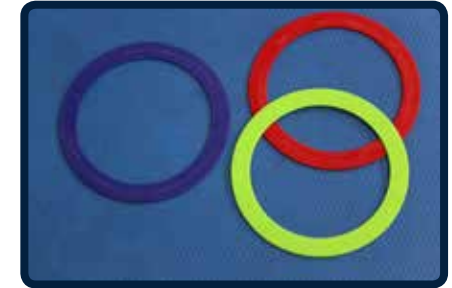
Juggling Balls



Juggling scarves



Hula Hoops



Juggling Rings



Juggling Clubs



Diabolo

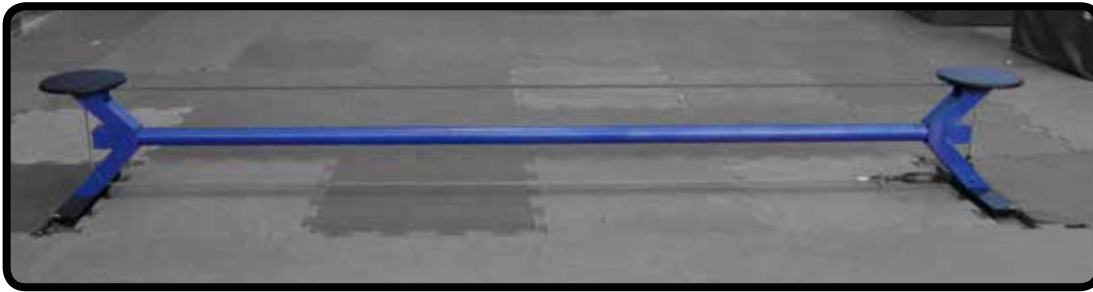


Flower sticks



Spinning Plates

Balance activities, like tightrope, might use:



Tightrope



Rola Bola



Walking Globe



Unicycle



Stilts



Sometimes we also balance using other people. This is called acrobalance.

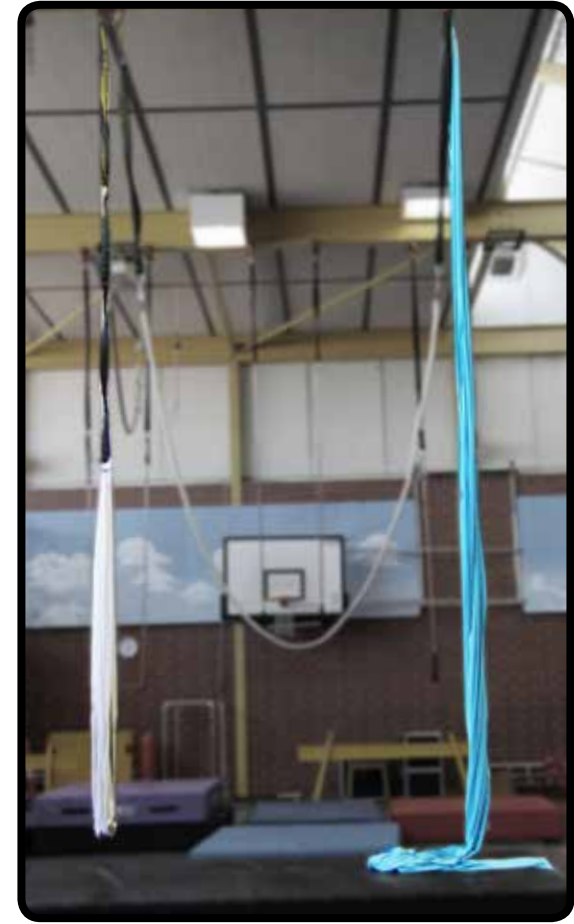
Aerial activities, like trapeze, might use:



Triple Trapeze



Single Trapeze & mats



Tissu Loop & Tissu

Hope you enjoyed our Look Book

Let us know if you have any other questions,
or if you would like to come in for a visit to just have a look.

We look forward to seeing you at the circus!



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